

Pacific Rim Snow Sports Alliance

Vol. 7 • No. 4 • Almost Spring 2004

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Ski With Pride Watch All Sides • •Let It Ride • First With Safety Awareness





Membership in Pacific Rim Alliance gives you membership in LA Council of Ski Clubs (LAC), San Diego Ski Council (SDSC) and the Far West Ski Association (FWSA).



the Alliance

Verbier-

Verbier is sold out and should be off the ground by the time you read this.

Steamboat-

Pac Rim will be joining LA Council February 5-12, 2005 for a trip to Steamboat, one of the best ski and party areas ever. See page 8 for details. We won't know about the air until May or June but we plan to fly directly to Hayden. Air is estimated to be \$300.

Our lodging hasn't been confirmed yet but we plan to offer two tiers. Our first choice is the Steamboat Grand, a wonderfully new hotel that is just 50 yards from the Gondola. The Grand has ski storage at the Gondola Square which makes it really convenient. In addition, you will get a charge card that is good for a 15% discount for food on the mountain and in the hotel. The complete package for the Grand is estimated at \$1199 plus air.

Our second choice is the slightly older ski-in/ski out Thunderhead. We have requested the 2 bedroom / 2 bathroom condos. These units have a queen bed in the master bedroom and two twins in the second room. There are a few units that have a queen in the second room. The complete package for the Thunderhead is estimated at \$899 plus air.

Aspen Add-On-

There will also be an option to tag on to the FWSA trip to Aspen that is the previous week. People who choose to

attend both ski weeks will fly into Eagle and be bussed from there. Please let us know ASAP if you are interested in both trips by sending us a deposit.

Bormio & Malta-

Pac Rim's 2005 European trip will be to Bormio, Italy with an extension to Malta. We have booked the 3-star plus plus Larice Bianco Hotel in Bormio that is ski-in/ski out. Catherine has eaten there and says the meals were 5-star.

The old town of Bormio will give you a delightful taste of true Italian life, especially in the evenings. Here, a maze of small lanes zig and zag in all directions with lots of great shops. Also at around 5 PM you can witness the Italian ritual of walking to see and be seen.

The "Bagni Vecchi" ("Old Baths") is one of the two thermal centers of Bormio. These therapeutic waters come from nine different springs with a temperature of 98.6° - 105.8° F.

Bormio is skiable at just over 3,000 m (almost 10,000 feet) from convenient lifts operating near our hotel. There are about 75 km of prepared slopes for skiers of all abilities. Also there is a World Cup downhill run that is truly awesome.

Wine Maker Dinner-

The next Wine Maker Dinner for the Jimmie Heuga Center for MS is tentatively scheduled for September 18, 2004. Price will be \$60 per person. You can send your checks made out to the Heuga Center to me at 10818 Viacha Dr., San Diego, CA 92124. This event sold out last year. Au

TRIPPING AROUND

✤ Pacific Rim Alliance

• VERBIER, Switzerland 12-20 March 2004
BARCELONA, Spain 20-25 March 2004
Gene Fulkerson @ 858-467-9469
• WINE MAKER DINNER FOR MS 18 Sept 2004
Gene Fulkerson @ 858-467-9469
• STEAMBOAT, CO
Gene Fulkerson @ 858-467-9469
• BORMIO, Italy
MALTA, Italy Gene Fulkerson @ 858-467-9469

✤ Los Angeles Councíl ♦

♦ San Diego Council ♦

• FAMILY PICNIC	27 June 2004
	Gene Fulkerson @ 858-467-9469
• WINTER GALA	
	Gene Fulkerson @ 858-467-9469

Far West Ski Association *

• FWRA Championships, Heavenly1-4 April 2004
Nancy Sanford @ 909-866-9066
• FWSA Convention, Reno 10-13 June 2004
Joe Loader @ 775-972-8019
• SCANDINAVIA
Kathy Huffmann @ 510-278-5900
• ALASKA CRUISE 19-26 September 2004
Lynnell Calkins @ 310-370-4617
• ASPEN, Colorado
Lynnell Calkins @ 310-370-4617
• FWSA Convention, Long Beach

Catherine Ohl @ 858-467-9469



IN LOVING MEMORY

Maureen "Mo" Burrows

Maureen "Mo" Burrow was a survivor. She bravely battled cancer for almost ten years. After yet another round of radiation treatments, Mo passed away quietly at her daughter's home on Sunday, February 29, 2004.

Mo was born a Taurus and raised in Los Angeles. She is survived by her husband Paul, two brothers, a sister, four nephews, two grown kids, one step-daughter, and seven grandchildren.

Mo was the first to admit that she would never be a great skier but she loved the ambiance of it all — the clothes, scenery, people and most of all the fun. Maureen joined Pacific Rim Alliance in 1997 and served as Membership Chair for the past four years.



What most people didn't know about Mo was that she was diagnosed with Stage IV Ovarian Cancer in 1995 (on a Friday the 13th, no less) and it was about as serious as you can get. It eventually spread throughout her body. She had tons of chemotherapy and radiation, lost every hair on her head and body three times and endured numerous major surgeries.

Maureen was a survivor and she always had a smile and a positive attitude. Family, friends, the ski clubs and prayers kept her going. Maureen volunteered at the Wellness Community Foothill in Pasadena facilitating orientation for newly diagnosed cancer patients. She made a difference.

A non-denominational memorial service will be held at the Church of the Lighted Window on Saturday, March 20, 2004 from 11 AM to 12:45 PM. Those in attendance will be encouraged to share their remembrances of Maureen. Immediately following the service, a party will be held at Paul & Maureen's home. Please RSVP to Paul.

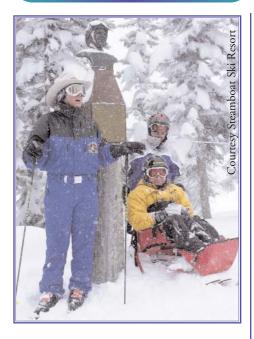
> Church of the Lighted Window 1200 Foothill Blvd., La Canada (corner Foothill & Verdugo Rd.)

Paul & Maureen's 5266 La Canada Blvd., La Canada, CA 91011 818-790-3576

In lieu of flowers, the family requests that donations be made to the Wellness Community Foothill.

Wellness Community Foothill 200 E. Del Mar Blvd., Suite 118 Pasadena, CA 91105.

SKI HISTORY



40th Anniversary Celebration– **Billy Kidd, Jimmie Heuga** and coach **Bob Beattie** celebrated America's men first Olympic Medals on February 8, 2004 at Steamboat, CO. This was also the 40th anniversary of the winning their medals in Innsbruck, Austria. They skied from the top of Buddy's Run, named for their friend and teammate **Buddy Werner**. Billy & Jimmie are pictured above at the top of Buddy's next to his bust.

History Gathering-

The International Ski History Association is hosting their 13th Annual Benefit Gathering, Monday, March 22 to Sunday, March 28, 2004 at Mammoth Lakes.

The schedule of events includes

- Visits to the Mason Beekley Archives and Mammoth Ski Museum
- Mason Beekley History Lecture
- Cocktail Receptions, Dinners
- All Breakfasts
- Lift Passes
- Slopeside Lodging at the Mammoth Mountain Inn

More information available at www.skihistory.org.

SAFETY TIPS FOR EVERYONE

Tips for as We Age-

As we age it's important to stay on top of our skiing game. We can prepare for the hill in three ways: physical training, nutrition and equipment selection.

Physical Training-

Getting tuned for skiing requires more than hitting the gym two weeks before the lifts open: we need to have a preparation season, the main ski season and a cool-down season each year to make it work. Experts recommend working on four areas: cardiovascular endurance,

strength, balance and flexibility.

Nutrition-

It's not news that we need to eat better as we age. But the reason why may come as a surprise to many. As we age, our bodies' ability to absorb calcium and vitamin D decreases, which takes a toll on bone health and makes fractures more likely. We also have a harder time absorbing vitamin B12, which is needed for normal nerve function.

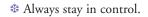
We need to eat a diet rich in these nutrients (try salmon, tuna, oysters, dairy products, barley and oatmeal), and some experts recommend taking supplements of each. The aging body also needs more water than ever. Skiers should drink at least eight glasses of caffeine-free fluid daily.

Equipment-

Modern equipment, despite making the sport significantly easier, isn't always easily embraced by seniors. There's a reason why skis are shaped now. There's a reason why cotton is called 'death cloth.' That old gear just isn't helping anymore. You need to update.

Know the Code-

Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce.



People ahead of you have the right of way.

Stop in a safe place for you and others.

Whenever starting downhill or merging, look uphill and yield.

Use devices to help prevent runaway equipment.

Observe signs and warnings, and keep off closed trails.

Know how to use the lifts safely.

Backcountry Safety Tips-

As more of us look for untracked snow out of bounds, backcountry safety is even more important

- Never ski in the backcountry alone. Always have a partner and be sure to stay within visual range of each other.
- Wear a beacon.
- Check snow stability before venturing in.
- Never ski in areas marked out-ofbounds or closed.
- Be "woods-wise" by understanding the hidden dangers of treeskiing— deep snow pockets, hidden undergrowth, stumps and rocks can all be dangerous.
- Always ski in control using caution.
- Be a good skier, not a statistic!





by Catherine Ohl

Sticker Shock for Europeans-

For many Europeans, skiing in the US can lead to a severe case of sticker shock. A one-day lift ticket in Aspen is \$72, but in Chamonix, France, Aspen's sister city, the price is \$50. In Vail, one day's skiing is \$73. Its sister city of St. Moritz, known for its glamour, celebrity and exclusivity, charges about \$42.

The large discrepancy in pricing can be explained by the different ways US and European resorts are structured as well as the high cost of liability insurance in the US where everyone sues for everything.

The Skiing Govenator-

It may be good news for the sport of skiing that newly elected Governor Arnold Schwarzenegger of California has been an avid skier since he grew up in Austria. The governor has a third home in Sun Valley that's almost as big as the Sun Valley Lodge. Arnold has always been a celebrity citizen in town. "Arnold's Run" on Sun Valley's

Mt. Baldy is named after him.

Bode Miller on Top-

Bode Miller missed a huge chance to build his World Cup points lead recently when he missed a gate in the first slalom run but he held onto his No. 1 spot when Austrian Beni Raich fell on his second run.

Miller won a giant slalom to reclaim the overall and giant slalom points leadership. With Hermann Maier of

Austria, Miller's top challenger, only eight points back and not skiing slalom, it was a major missed opportunity. There are only six races remaining- four of them are downhills and super Gs, where Maier excels.

SIA Show Sets Positive Tone-

SnowSports Industries America (SIA) wrapped up what was arguably one of its more successful shows.

While there was little in the way of the shock and awe factor, buyers liked what they saw. The general feeling was that this year's refinements were making a lot of good stuff even better.

Atomic introduced an electronic binding system with a computer chip that monitors adjustments.

Bogner came out with a super high-tech, retro-looking \$3,000 ski suit.

There is a proliferation of ski/binding systems in the \$1,000 range, prompting some dealers to question whether these products are outpricing the market, which still seems to favor skis in the \$400 range.

Boots continue to emphasize comfort along with performance.

Boa lacing systems were seen on many snowboard boots, while combo strap/step-in binding systems are trying to bridge the gap between ease of use and performance.

Some pretty diverse apparel trends were apparent, and many companies seemed to pick up on them simultaneously. The military look, bright colors - pink and neon in particular plaids, fur trim, faux fur, suede, softshell, quilting, leather, retro and technical backcountry looks were all in evidence.

Ski Fitness -Hop Like A Bunny

by Paul Maraschiello, www.skibumnews.com

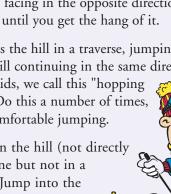
Begin by standing as tall as you can on your skis, keep your legs absolutely straight and jump into the air. This should be very difficult. Next, crouch down and try to jump. This should be very easy. Jump up a few times to get comfortable doing this while standing in place.

Next, jump into the air and make a 180 turn in the air and come down facing in the opposite direction. Do this a few times until you get the hang of it.

Now, start across the hill in a traverse, jumping up and landing while still continuing in the same direction in a traverse. With kids, we call this "hopping like a bunny". Do this a number of times, until you are comfortable jumping.

Next, start down the hill (not directly down the fall line but not in a traverse ether). Jump into the air and turn while in the air (less than 180) and land facing in the direction you want to be going in.

Congratulations, you now have a method of turning in crud, wet cement, and other endearing terms used to describe snow conditions often found in the Spring. As a historical note: This is one of the earliest types of turns used in skiing. The correct term is an Alburg turn ---sometimes referred to as a Gorilla turn.



KID'S KORNER 4 kids & grandkids

Snow Monsters-

Have your kids visit the Snow Monsters web site. It offers a fun, entertaining, and educational experience for kids of all ages.

http://www.snowmonsters.com/

Kids Ski Free-

Kids age 6-13 ski free at **Winter Park** Resort January 5 through March 9, 2004. For every paying adult, a child gets a free lift ticket and lodging (if staying in the same room as the adult) if the reservation is booked through Winter Park Central Reservations at 800.975.8892.

There is a three-night minimum for this package.

The Canyons Kids Clinics-

The Canyons offers ski clinics for ages 2-12, indoor and outdoor daycare with plenty of activities to make your kids happy. Making your vacation happier!

New Ski Laws for Italy-

A new law for the ski and board industry in Italy will come into force on January 1, 2005.

The most controversial element in the new law will probably be a requirement that helmets are compulsory for all children up to 14 years of age — with fines from 30 to 150 Euros (\$40-\$200) for transgressions.

Kids & Helmets-

Buying a ski helmet that fits your child properly helps reduce serious injuries while skiing or boarding. New models offer "room to grow" with removable padding.

Some ski areas have kids ski helmets available for daily rental for as low as \$5 and a few areas have recently made new rules for kids wearing helmets in ski school, so check before you go.

Kids Boeri Helmet-

The Boeri Apollo Kids Ski and Snowboard Helmet was newly developed this season specifically for the growing young skier or snowboarder. This children's helmet has a full shell, free flow venting, and jaw piece compatibility.

The newest feature exclusive to the Apollo child's helmet is the Boeri "Microplast Precision Helmet Sizing" System (MPHSTM). This room-to-grow feature works by strategically placing pads into recessed zones of the helmet, creating a snug fit while allowing the pads to be removed, relocated and attached selectively.

All Boeri Ranger helmets have a goggle retention strap on the back.

Star Kids-

There's no better place than **Silver Star** for kids to improve their skiing or boarding skills, whether they're new to the sport or already at a more advanced level.

The Children's Centre at Silver Star is like a spa for young children. They are coddled and encouraged by hand picked instructors who were obviously dealt an extra hand in patience with children.

Kid's Fly Free-

Destination ski resorts that rely primarily on fly-in visitors are offering more discounts than usual this winter.

Steamboat, the innovator of Kids Fly Free in the skiing industry, is offering an incredible deal — kids ages 12 and under can Fly Free to Steamboat with a parent purchase.

Vail is offering a Kids Fly Free deal with American Airlines.







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GOT History











Reserve

Room

Today

www.fwsa2005celebration.org

LA Council of Ski Clubs presents

FWSA 75th Anniversary June 9-12, 2005 The Westin Long Beach 333 East Ocean Blvd., Long Beach 562.436.3000

The Los Angeles Council is already hard at work planning the 75th Anniversary of the Far West Ski Association at the 2005 FWSA Convention to be held at the Westin Long Beach on June 9-12, 2005.

This Convention will be a bit different in that it will feature a significant historical event that runs concurrently with the normal convention business.

Changes to the convention will be the addition of a Ski History Exhibit that will be on display Friday night through Saturday night. On Saturday, we expect that all normal business activities will be finished by lunch to allow for an afternoon full of ski history with multi-media presentations, discussion groups, and a reunion reception.

The scope of the history presentations and exhibits will depend largely on the clubs, resorts, museums, and our guest speakers. We already have soft commitments from a number of National Ski Museums and Ski Resorts to display their history.

We would like the clubs to start thinking about presenting their history. We are in the process of defining a standard for displays. For more information, please contact **John James** at jsjxcski@sbcglobal.net.

Convention Highlights

- Special 75th Anniversary Celebrations
- History Reunion, Reception & Exhibit
- Celebrity Guest Speakers
- Silent Auction
- Travel Expo
- Saturday Awards Luncheon & Dinner Dance
- FWSA Business Meeting

Reservations at the Westin

- \$129 before May 15, 2005
- Call 800-228-3000, say you're with Far West
- Visit www.2005FWSACelebration.org
- Room rate available 3 days before/after event

Hotel Amenities

- A Starwood Hotel
- Turbo Net High Speed Internet Access Available
- Mini Bar, Coffee Maker, Hair Dryers, Robes
- Fitness Facility, Outdoor Heated Pool
- Lounge, Restaurants, 24-hour room service
- Great Location and rooms with ocean view

Nearby Attractions for the Whole Family

Aquarium of the Pacific, The Queen Mary, Pine Av., The Pike at Rainbow Harbor, Shoreline Village, Catalina Island, Disneyland & California Adventure, Knott's Berry Farm, Universal Studios, Beverly Hills

Information

Catherine Ohl, ohl@acatmeowz.com, 858-467-9469

NUTS & BOLTS



Mammoth Club Appreciation Weekend–

Don't miss this season's best party — Ski Club Appreciation Weekend at Mammoth Mountain, April 23-25, 2004.

There will be the usual parties and fun. Be sure to mark this date on your calendars. For more information contact **Catherine Ohl** at 858.467.9469 or ohl@acatmeowz.com.

FWRA Championships– HeavenlyLake Tahoe April 1 – 4, 2004

Only \$575 (\$520 for Seniors) Includes—

- Air from LAX to Reno, Non-Stop via Alaska
- Four Nights at Horizon Casino (dbl occ)
- Three Day Lift Ticket at Heavenly
- Transfers from/to Reno Airport
- FWRA Dinner at The Horizon

For Information—

Nancy Sanford at 909-866-9066

Payment—

Send check payable to FWSA to Lynnell Calkins, 2211-B Gates Av., Redondo Beach, CA 90278.



It's a Wrap Whistler, BC

For a number of years Pac Rim has been a supporter of sending The Unrecables to LAC Ski Week. As usual, we made a small donation this year. And once again, member **Patricia Ortiz** attended ski week with them.

The Unrecables were more challenged this year since Whistlter is not as wheelchair friendly as Winter Park was. They arrived Saturday, January 29, and encountered a few hicups but were back on track after a short time. They had an awesome experience.

They participated in the race hosted by L.A. Council. Afterwards they enjoyed a delicious mountain barbecue in the Roundhouse on top of the mountain. Beautiful view!

On their off day, Wednesday, some managed shopping, a few of went to Vancouver for a city tour, and a couple had a great time dog sledding and mushing.

The Unrecables competed in the Dave Seret Memorial Race and **Kathy Paisley** did them proud by performing very well in the race. She's an awesome skier!

Everyone, except **Gordon Cardona**, from The Unrecables raced both days and **Patricia Ortiz** and **Gina Ariola** were their other medalists.



Some of The Unrecables Out on the Town

LA Council is going to

Steamboat February 5-12, 2005



Package to Include—

- Round Trip Air to Hayden
- Round Trip Ground Transfer from Hayden
- Seven Nights Lodging [dbl. occ.] Thunderhead Ski-in/Ski-out for \$899 + air The Grand Summit for \$1199 + air
- Five of Six Day Lift Ticket
- Welcome Reception
- Mountain Picnic
- 2 NASTAR Races (4 runs total)
- Farewell Banquet & Dance
- Ski Week Souvenir Pin
- All Taxes & Service Charges

For Information—

- Contact Gene Fulkerson at 858-467-9469
- Send \$200 deposit to Gene at 10818 Viacha Dr., San Diego, CA 92124

Western Hospitality



Steamboat Stats

Base	6,900 feet
Summit	10,568 feet
Vertical	3,668 feet
Acres	2,939 acres
142 Trails	65 ⁺ miles
Longest Run	3 ⁺ miles
56%	3% Beginner Intermediate 1% Advanced
Annual Snowfa	11 337"

pg 8 — Pacific Rim Snow Sports Alliance Updates • Almost Spring 2004

http://pacificrimalliance.org/

from \$899 + air

SNOWBOARD STRIP

Alpine Snowboarding Gets A Boost-

Alpine snowboarding has never really caught on, but for a small and dedicated group, it is the thrill of a lifetime. In the past few years, however, most snowboard shops have stopped carrying alpine gear because almost nobody buys it.

Now Olympic bronze medalist and liver transplant survivor **Chris Klug** has developed an e-commerce web site, www.klugriding.com, solely dedicated to getting alpine snowboarding gear into the hands of riders.

Working with Burton Snowboards, the

web site will make available alpine snowboarding hard goods to the general public, including boards, bindings and boots.

Membership Application 2003-04

ALL Pacific Rim Alliance attendees must be a member to participate in one of our trips. Our membership year is from 1 July 2003 through 29 September 2004.

To join the Pacific Rim Alliance, fill out the following and send with your check (payable to Pacific Rim Alliance) to:

Pacific Rim 10818 Viacha Dr., SA		2124
NAME(S):		
HOME ADDR:		
CITY: S		
E-MAIL ADDR:		
HOME PHONE:		
WORK PHONE:		
FAX LINE:		
DATE OF BIRTH:		
Indicate Membership (Includes membership in F	WSA)	
 \$8 INDIVIDUAL Membership \$10 FAMILY Membership—Significant or same residence qualify 	ther, spouse, child	ren, friends residing at
WAIVER: I am aware that participation in the Pathe usual risks, dangers and hazards associated wi & off-piste skiing, certain additional risks, dange boarding, riding and disembarking ski lifts; chan natural or man-made objects; avalanches; failure and negligence on the part of other skiers and boaccept and fully assume all such risks and danger	th travel, snowboa rs and hazards incl ging weather cond to ski or ride safely arders, the organiz	urding, alpine, Nordic, Heli luding, but not limited to: itions; exposed or hidden y or within one's own ability; ration or their staff. I freely

Signature Date Date

Pacific Rim Trip Sign-Up Form

property damage or loss, resulting therefrom.

(You must be a cu	rrent member to sign up for this trip-	– include Dues and Membership Ap	oplication if not a member)	
		, ,	Steamboat 2005	
PRINTED NAME(S)			— ☐ Steamboat & Aspen ☐ Bormío, Italy 2005	
			Bormío, Italy 2005	
STREET ADDRESS				
CITY	S	TATE	ZIP	
HOME PHONE	FAX	E-MAIL		
DEPOSIT DUE:	\$200 / person for Steamboat, CO	\$400 / person Steamboat & Aspen	\$400 / person for Bormio, IT	
—Send this F	orm with Your Deposit Ma	de out to Pacific Rim All	iance to:	
Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124				
http://pooifionimollic	Paoifia Rim Sn	w Sports Allianon Undatos + /	Imost Spring 2004 - pg 9	

Pacific Rim Alliance

P.O. Box 420552 San Diego, CA 92142

First Class Mail

Almost Spring 2004

PACIFIC RIM

BOARD OF DIRECTORS

PRESIDENT Catherine Ohl
MEMBERSHIP open
TREASURER Patricia Ortiz
TRUSTEE Bernie Stanton
TRAVEL Gene Fulkerson



E-Mail us at info@pacificrimalliance.org

Mission Statement

The PACIFIC RIM ALLIANCE is a non-profit organization dedicated to the appreciation of skiing, snowboarding, sightseeing, photography, travel, public affairs and civic awareness. The Alliance is further oriented to the building of international relations among skiers, snowboarders and sports organizations throughout the Pacific Rim. The Alliance is a member of San Diego Council, Los Angeles Council, Far West Ski Association.

Surplus moneys above requirements for deposits for future trips will be donated to non-profit organizations devoted to charity, research & education. We are especially interested in, but not limited to, supporting Ski Area Development, Adaptive Ski Programs, Jimmie Heuga Center and Olympic & Junior Racers.

For Information & Forms, Contact-

• Catherine Ohl	
• Gene Fulkerson	
• Membership	