



# UPDATES

<http://PacificRimAlliance.org/>

Pacific Rim Snow Sports Alliance

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## the Alliance

### Sun Valley— January 20-27, 2007

We are off to Sun Valley. With more than 50”, it should be a great trip.

### Big White— April 8, 2007

For the past four years, Catherine & I have been closing out the North America ski season with a trip to Big White, Canada. This resort is amazing and we have always had great snow, fresh powder, and awesome weather.

We would like for others to join us in the fun so we are offering a trip to you. We got great lodging and lift tickets prices. In addition, reasonable air is available through Big White for around \$300. (See page 7.)

For about \$92 USD a day per person (dbl. occ.), we are offering 7 nights at the Inn at Big White, 7 days of lift tickets, ground transfer to and from the airport in Kelowna, a dinner, and nightly cocktail parties. The Inn at Big White is located in the Village Center with a restaurant (breakfast, lunch & dinner), bar, swimming pool, hot tub, fitness center, and ski-in/ski-out access. Each room has a queen bed and queen Murphy bed, a fireplace, microwave, and mini-fridge.

You will be able to use your credit card for both air and lodging/lift tickets. In addition, at the end of your trip you will be able to apply for the return of

the GST paid on your room, estimated to be \$28 USD.



If you are interested, you must act immediately. Please call or email us asap. We will be on the road but will keep in touch with both our land line (858-467-9469) and electronic mail ([gene@pacifricrimalliance.org](mailto:gene@pacifricrimalliance.org)).

### Argentina— August 2007

As of this writing, I am still waiting for confirmation of prices & dates for South America. The proposal submitted was for Las Leñas in Argentina with a stopover in Buenos Aires and a pre or post trip to Iguazu Falls and/or Rio de Janeiro. At Las Leñas, you will have a choice of the 5-star Pisces or the 4-star Escorpio.

We will be sending out email notices as soon as we get the numbers. Please email us if you are interested.

### Email Issues—

Catherine has been having a fine time trying to resolve a significant email issue. For a while both of our email addresses were on “THE Black List.” We have no idea how many emails went into the byte bucket. We are still being blocked by earthlink (our ISP) BUT Catherine has a work around in place and we are now getting all of our email. SO, if you send email and get a bounce, just ignore it. ✨

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



Associate Member  
**NATIONAL SKI AREAS ASSOCIATION**  
nsaa.org



Membership in Pacific Rim Alliance gives you membership in LA Council of Ski Clubs [LAC], San Diego Council of Ski Clubs [SDCSC], Far West Ski Association [FWSA], and National Ski Council Federation [NSCF].



## TRIPPING AROUND

### ❖ Pacific Rim Alliance ❖

- SUN VALLEY, ID ..... January 20-27, 2007  
*Fay Mumbauer @ 323-773-5330*
- BIG WHITE, BC, CANADA ..... April 1-8, 2007  
*Gene Fulkerson @ 858-467-9469*
- ARGENTINA ..... August 2007  
*Gene Fulkerson @ 858-467-9469*
- KOOTNEY SAFARI, Canada ..... February 2008  
*Gene Fulkerson @ 858-467-9469*
- MADONNA DI CAMPIGLIO, Italy ..... March 2008
- SORRENTO, Italy ..... March 2008  
*Gene Fulkerson @ 858-467-9469*

### ❖ Los Angeles Council ❖

- STEAMBOAT, CO ..... Jan. 27 - Feb. 3, 2007  
*Judy Chapel @ 949-275-8848*
- JACKSON HOLE, WY. .... February 3-10, 2007  
*Iris Williams @ 310-638-2826*
- SNOWBASIN/POWDER MTN., Utah. .... February 22-26, 2007  
*Britt Johnson @ 310.379.8972*
- COURMAYEUR, ITALY ..... March 3-14, 2007  
*Bonnie West @ 562-699-8880*

### ❖ San Diego Council ❖

- STEAMBOAT, CO ..... Jan. 27 - Feb. 3, 2007  
*Susie Vetter @ 619-435-8736*

### ❖ Far West Ski/Race Association ❖

- STEAMBOAT, CO ..... Jan. 27 - Feb. 3, 2007  
*Lynnell Calkins @ 310-278-5900*
- BORMIO, Italy ..... March 3-11, 2007  
*Norm Azevedo @ 925-944-9816*
- FWRA CHAMPIONSHIPS, Mt. Bachelor. . . Mar 29-Apr 2, 2007
- FAR WEST CONVENTION, Santa Clara, CA . . . May 31 - Jun 3, 2007
- CHINA & TIBET ..... Sept 14 - Oct 4, 2007  
*Norm Azevedo @ 925-944-9816*
- FAR WEST SKI WEEK, Whistler. .... 2008

Go to "Tripping Around" at <http://www.pacificrimalliance.org> to download color flyers for most of the events listed above.

## MEMBER PROFILE

### Marie Estocin



Courtesy Catherine Ohl

**Marie Estocin** has been around the club scene for a number of years. While she has been a member of Torrey Pines for many years she has been a part of Pac Rim since the beginning.

Recently, Marie attended the 2005 Jimmie Heuga dinner, trips to Snowmass, Bormio and Malta, and the 2006 trip to Val Thorens and Turkey.

We really got a chance to know Marie better on the trip to Turkey. Turns out the Navy named a ship, SS Estocin, after her husband who was killed in the service. A few years back that ship was decommissioned and sold to Turkey. So while we were in Turkey, Marie was able to visit the old ship. She had become friends with the Admiral and was treated to a personal tour. What a special event to be a part of.

Marie surprised us all last year when she brought a condo in Durango, Colorado on her way home from Far West's trip to Telluride. She figured, why not? If she doesn't do it when she can, when will she be able to? She rented her house in Tierrasanta, packed up her furniture, and headed out.

We have plans to stop by and ski a few runs with her this winter. Durango is such a wonderful town and we are so looking forward to hooking up with Marie again. ❄️

### Safety Tips Pre-Season Ski Tune Up—

You may have been working hard getting yourself in shape for ski season, but don't forget to have your skis tuned and your bindings checked before that first day on the snow. Not only does everybody get a good laugh at the expense of the person dragging rust tracks all the way to the lift line, but it can make for some tough skiing. All of sudden, those rocks you ran over during your last run in the spring will come back to grab you. ❄️



# HEALTH, FITNESS & SAFETY

## Nutritional Advice Designed for Skiers

Nutrition plays a crucial role in not only helping an athlete achieve optimal training results, but also recovering quickly. By applying a knowledge of the metabolic demands of skiing to nutritional strategies, you can reach peak performance.

Below is a list of guidelines that should be followed while at work, at home, or on the slopes.

- Eat fresh nutrient dense foods. Keep junk food and processed food at a minimum. These contain calories that the body does not use optimally because of their low vitamin and mineral content. Fresh is best.



- Eat approximately every 3-4 hours to maintain energy levels, aid in recovery, and avoid that evening crash.
- Eat complex carbohydrates at a ratio of 2.5-3.5 grams per pound of bodyweight. For example, a 180 lb. male needs 450-630 grams of carbohydrates per day and a 120 lb. female needs 300-420 grams.



- Eat primarily raw and lightly steamed vegetables, yams, sweet potatoes, brown rice, and occasionally wheat bread and whole grain cereals as a major energy source to fuel you. These foods are also a source of fiber, vitamins, minerals and phytonutrients – the health protective substances in plant foods.

- Choose protein sources at a ratio of 0.54-0.86 grams per pound of

bodyweight from turkey, chicken, eggs, fish, and lean cuts of beef, tofu, and low fat cottage cheese.

## Partial List of Complex Carbs—

Bran	Potatoes	Wheetabix
Wheatgerm	Root Vegetables	Shredded Wheat
Barley	Wholemeal Breads	Ryvita Crispbread
Maize	Granary Bread	Muesli
Buckwheat	Brown Bread	Cassava
Cornmeal	Pitta Bread	Corn
Oatmeal	Bagel	Yam
Pasta	Wholegrain Cereals	Oatcakes
Macaroni	High fiber Cereals	Peas
Spaghetti	Porridge Oats	Beans
Brown Rice	All Bran	Lentils *

## Eye Protection—

There's no question that good goggles should be an essential on everybody's snow experience checklist, especially in the cold and high wind of mid-winter. Here is a good cross-section of quality goggles.



### Oakley A Frame Goggles

The Oakley A Frame

Goggle comes in a variety of styles and different

features, but any make of this goggle will work well. These goggles will protect your eyes from the glare of snow and sun, and they are designed to give you the widest-range of vision. Also, these goggles have "Ram-Air surge ports" that encourage air flow and prevent fogging.



### Bolle Scream Goggles

These goggles have a

special "P80 Plus Carbo

Glas®" coating that prevents

fogging and scratching. The goggle is vented, so they are doubly-protected against fogging.

These goggles will be soft against your face, and they are helmet-compatible.

### Smith Transit Regulator Series

If you're tired of fogged up lenses, these Smith goggles are good for you. Their ventilation system regulates air exchange and makes sure that your goggles are never foggy. Plus, clear lenses are cut for optimal snow contrast, so your vision will be great.

### Carrera Tiger SC Goggle

If you're looking for an affordable goggle, the Carrera Tiger SC Goggle is definitely a top pick. If you don't need special high tech features and a flashy appearance, why spend a lot of money?

### Burton Anon Fignit Goggle

Available in a variety of

designs, these goggles are

designed to fit well on

many faces and allow extra

vision. Great lenses allow you

to see in many kinds of light. \*



# INDUSTRY

## Ski News

by Catherine Ohl

### Vail to Honor Former President's Award—

Former President Ford, a fixture at Vail and Beaver Creek resorts, will be honored by having runs named after him at each ski area. Ford, who until his death owned a Beaver Creek residence, was an active skier whose mere presence at Vail and Beaver Creek during his tenure as president did more to market each ski area than any ad campaign.

He was also an active promoter and benefactor of the communities, Ford Park in Vail is named after the former president and Vail's Gerald R. Ford Amphitheater hosts world-class events.



### U.S. Skiers Will Need Passports—

This is a reminder to all U.S. skiers thinking about a ski trip out of the country. The proposed implementation timeline of the new passport regulation has two phases:

Beginning January 23, 2007, ALL persons, including U.S. citizens, traveling **by air** between the United States and Canada, Mexico, Central and South America, the Caribbean, and Bermuda will be required to present a valid passport, Air NEXUS card, or U.S. Coast Guard Merchant Mariner Document, or an Alien Registration Card, Form I-551, if applicable.

As early as January 1, 2008, ALL persons, including U.S. citizens, traveling between the U.S. and Canada, Mexico, Central and South America, the Caribbean, and Bermuda **by land or sea** (including ferries), may be required to present a valid passport or other documents as determined by the Department of Homeland Security. Ample advance notice will be provided to enable the public to obtain passports or passport cards for land/sea entries.

For more information on passports, visit the United States State Department's travel web site (<http://www.travel.state.gov/>) or call the U.S. National Passport Information Center at 1-877-4USA-PPT.

### Protection For Your Season Pass Investment

It's human nature to think about powder days and not about sick days, and a season pass can be a sizable investment. It's good to know that you can insure your season pass against the loss of use due to injury or illness. Some resorts offer the option to insure refunds. There are also insurance companies writing policies to provide refunds after a sustained period of non-use of the pass due to illness or injury.

Season pass insurance usually costs a percent of the price of the pass, but, when you consider that most resorts impose restrictions on passes, making them non-refundable and non-transferable, a small percent of the of purchase price is not a lot. Plus, some policies extend the coverage to include coverage for other related incidents.

Check with the resort where you are getting your pass, then research private insurance. Be sure to check the terms and conditions and description of coverage of any policy for any preexisting conditions that may exempt you from coverage.

### Kit DesLaurier Skis Seven Summits—

On Wednesday, October 18, 2006, extreme skier and reigning world free skiing champion, **Kit DesLaurier**, stood on top of Mount Everest, strapped on her skis, and became the first woman to ski from the summit of the highest peak on each continent.



DesLaurier, along with her husband Rob, summited Everest as part of a team from Berg Adventures that put all 14 team members on top of the world that day. Kit, Rob, and photographer Jimmy Chin all started down on skis but were kept from making an entire ski descent due to lack of snow in critical areas.

The trio from Jackson Hole, Wyoming, did ski the entire Lhotse Face — 5,000 vertical feet of 45-50 degrees of thick ice, which had to have been the most harrowing run of their skiing careers. Read more of Kit's historic climb (the first husband and wife team to summit together) and descent at <http://www.mounteverest.net/news.php?id=15212>. \*

# KID'S KORNER

## 4 kids & grandkids

### **Kids Gear —**

The obvious problem with getting children outfitted for the slopes is that they're always growing.

Don't be tempted to buy equipment too big for them to 'grow into' because it can make skiing difficult or even hurt your child.

### **Boots—**

Ski boots should fit like trainers — with enough room for toes to wiggle.

It's hard sometimes to get feedback from smaller children so, if you can, take the liner out of the shell to get a better idea of where their toes are.

### **Poles—**

Kids don't tend to use them until they have at least learned the basics.

They are distracting and get in the way on lifts.

### **Bindings—**

They should be high quality and have a DIN setting that goes low enough (maybe down to 0.5) for your child.

Always get a technician in a good ski shop to set the bindings.

### **Skis—**

Children's skis tend to be shorter, softer versions of adult skis and the new shaped skis turn more easily than traditional straight skis.

It's a good idea to choose shaped skis for kids because they don't exert too much leverage on children's legs.

They're also shorter and therefore easier to turn and manage.

### **Length—**

As with adult skis, you should take into account the child's weight, ability and aggressiveness when picking the correct ski length.

Rental shops should always consult parents about their child's ability.

### **Carving skis—**

Ski height should come between the top of the shoulder (for light kids) and eye level (for heavier ones).

### **Traditional skis—**

Up to 6 years old, skis should come to 6" below head height.

For 6 - 10 years old, the ski should be around head height.

### **Helmets—**

It is advisable for all children to wear a helmet.

Make sure it fits properly and that your child can still see to the sides and hear clearly.

### **Buying versus renting—**

For beginners and kids who ski infrequently, renting equipment is the best option.

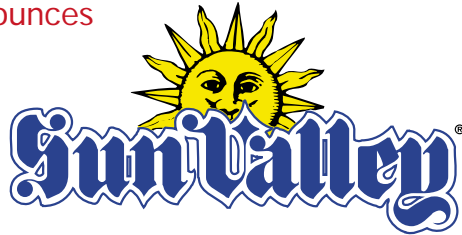
It can be stressful and busy in a rental shop, so bring along some toys to keep the young ones amused.

At peak season, choice may be limited and sizes unavailable so, if you can, rent at home or rent in advance.

If you do decide to buy, many ski shops offer a buy back scheme where you can trade in old equipment for new well-fitting boots or skis. \*



Pacific Rim announces



# January 20-27, 2007

Sun Valley Lodge **Rooms** for **\$959** + 10% bed tax (est. \$64)

Sun Valley Lodge **Deluxe Condos** for **\$869** + 10% bed tax (est. \$55)

### Trip Package Includes—

- Seven Nights Lodging (dbl occ)
- 5 out of 6 day Lift Ticket
- Round-trip Ground Transfer from Hailey Airport (SUN)
- The usual parties and more

### Extras—

- Seniors (60+) deduct **\$90**
- Non-skiers deduct **\$285**
- Single Supplement available upon request
- For **Air Referral**, contact Fay Mumbauer  
- Delta, Alaska, American fly into Hailey

**\$779-**  
**\$959\***  
per person

### Information & Reservations—

- **\$130** non-refundable deposit due NOW
- Send check payable to **Pacific Rim** to Fay Mumbauer  
6605 Marlow, Bell Gardens, CA 90201  
fmum@msn.com or 323-773-5330

### Payment & Cancellation—

- **\$450** due December 15, 2006, non-refundable unless replaced
- **Final Payment** due on departure from Sun Valley, credit cards accepted

\* 10% bed tax not included (est. \$55-64)



### About Sun Valley—

There can be only one original. And since 1936, Sun Valley has held that distinction! Born out of a desire to bring the magic of the European ski resorts to America, Sun Valley quickly became a phenomenon, without peer, anywhere.

### Stats—

- 19 Lifts (7 Quad, 4 Triple, 5 Double, 3 Surface)
- 2,054 Acres
- 75 Total Runs
- 9,150 feet Top Elevation
- 5,750 feet Base Elevation
- ◆ 36%    ■ 42%    ● 20%

Join Pac Rim for



# SPRING FLING

April 1 - 8, 2007

### Trip Includes—

- **Seven Nights Lodging** at the Inn at Big White (dbl occ).
  - Ski-in / Ski-out via ski access.
  - Gallery Kitchenette (Mini-Fridge & Microwave).
  - Units have 1 Queen Bed & 1 Murphy Queen Bed with a Fireplace.
  - Hot Tub, Swimming Pool & Fitness Center.
  - Carver's Restaurant open Breakfast, Lunch, Dinner.
  - Ski Lockers.
- **Seven Day Lift Ticket.**
- **Round Trip Transfer** from Kelowna Airport.
- Daily Cocktail **Parties** at Gene & Catherine's.
- One **Dinner.**

approximately  
**\$649 USD**  
+ air \*

### Air Options—

- Air can be purchased on your own or through [www.bigwhite.com](http://www.bigwhite.com).
- Alaska/Horizon, Air Canada/Jazz, West Jet fly from Western US cities to Kelowna through Seattle, Vancouver or Calgary.



### About Big White—

- 25' annual dry powder.
- 2,800 patrolled skiable acres.
- 2,550 feet of vertical.
- Longest run is 4.5 miles.
- 6% 22% 54% 8%
- 118 designated runs.
- 10 ski lifts (6 are high speed).
- Free ski hosts two times a day.
- Village elevation at 5,757'.
- Dummy Downhill on April 8, 2007.

### For Information & Reservations—

- \$115 deposit due now, check payable Pacific Rim Alliance, send to— Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124
- A Credit Card Number is needed to book the room (Est. \$534 USD pp).
- For information call **858-467-9469** or email [gene@pacificrimalliance.org](mailto:gene@pacificrimalliance.org).

\* After the trip, you can apply for a GST refund on lodging, an estimated \$30 Canadian.



Photos courtesy Big White Ski Resort



# Las Leñas, Argentina

Coming  
August 2008

## STATS

### Location—

Mendoza

### Runs—

- 10%
- 18%
- ◆ 37%
- ◆◆ 35%

### Lifts—

- 1 Quad
- 3 Dbls
- 5 Surface

### Vertical—

3,937'

### Base—

7,218'

### Top—

11,155'

### Highlights

- Endless Terrain
- Snowmaking
- Snowpark
- Mountains
- Parties
- Night Life

### Possible Options—

- Iguazu Falls
- Buenos Aires
- Rio de Janeiro

## PAC RIM GOES TO SOUTH AMERICA—

We are still waiting for dates and prices. We will be sending out an email bulletin as soon as this trip is finalized. We are looking at Las Leñas for the middle of August. Email us if you are interested.



### Why Las Leñas —

Las Leñas has rightfully earned its reputation as the best ski resort in South America with some of the best steep skiing, wide beginner and intermediate runs, uncrowded backcountry, friendly people, breathtaking views and nightlife in the world. There are plenty of groomed runs for all levels of abilities.

The gigantic ski resort of Las Leñas is aptly described in one simple statement— on a clear day, you can ski forever. This means that Las Leñas has more lift-serviced ski terrain than any other ski area in the Western Hemisphere. Combine Vail and Snowbird, remove all the lifts that parallel each other, and you have a fair representation of Las Leñas.

Las Leñas is a self-contained Andean village resort, and hosts many different restaurants, bars, shops, hotels, and even a casino. Buses run throughout the village, making it easy to get around no matter where you're staying.

The nightlife is unbelievable where you can start the night in the cozy "Wine Bar" and then party the night away until 6 AM in "Budwesier Urban Club" or "UFO Point". There is also a casino in the Piscis Hotel. Even with the busy nightlife, Las Leñas is a great place for families as well.

### Iguazu Falls—

Iguazu has awe-inspiring nature with jungle type vegetation around the falls. The actual falls are taller than and twice as wide as Niagara Falls. In the shape of a horseshoe, the falls border Argentina, Brazil & Paraguay.

### Rio de Janeiro—

Rio de Janeiro is one of the most spectacular cities— a natural harbor with good beaches surrounded by green mountains. Rio is Brazil's best known city in the world. Rio's climate is tropical. \*



Courtesy Las Leñas



Courtesy Iguazu Falls



Courtesy Rio de Janeiro



Join Pacific Rim in magnifico

# ITALY

## Verona / Madonna di Campiglio

March 2008

Trip Includes—

- Round Trip Air from San Diego, LA, Las Vegas
- Ground Transfer from Airport & Hotels
- Seven Nights Lodging in 4-star Hote [dbl occ]
  - 7 Nights Madonna di Campiglio
  - Daily Breakfast & Dinner

\$TBA\*

### About Madonna di Campiglio—

The snowfields of Madonna are located at the the foot of the Brenta Dolomites at 5,085 feet. Come see why Madonna has attracted worldwide enthusiasts with events of the highest standard, from World Cup to Snowboard Championships.

## Sorrento / Rome

March 2008

Trip Includes—

- Air from Venice to Naples
- Ground Transfers
- Four Nights Lodging in 4-star Hotels [dbl occ]
  - 3 Nights Sorrento at Hotel Bristol
  - 1 Night Rome
  - Daily Breakfast

\$TBA\*

### About Sorrento—

Sorrento has a landscape unique in the world— Pompei, Paestum, Naples and Vesuvius, Capri and Ischia, Positano, Amalfi and Ravello.

CST#1014781-20



Printed Name[s]

Street Address

City State ZIP

Home Phone Cell Phone e-mail

DEPOSIT DUE:  \$200 / person for Italy  Yes, Sign me up for Sorrento also!

–Send this Form with your Deposit made out to Pacific Rim Alliance to:

Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124

Deposit totally refundable until June 1, 2007



Sous Chef Gene & Executive Chef Mary



Mark, Michelle, Linda & Jordyn Mathis



Fay & Larry



Patricia, Gene and Mary after cleaning up



What would a party be without Gene in the pool?

# HEUGA WINE MAKER DINNER—

by Gene Fulkerson, photos by Catherine Old

We had such a wonderful time at Pac Rim's Sixth Annual Wine Maker Dinner. We maxed out with 24 people and raised more than \$1,300 for The Heuga Center for MS.

Executive Chef **Mary Trimmins** joined **Gene Fulkerson** in the kitchen and created some amazing dishes to go with all the wonderful wine he got donated. \*

## Menu

### Appetizers

**Piper Heidsieck Brut Champagne**

**2005 Penfolds Thomas Hyland Chardonnay**

Hot Artichoke Dip with Parmesan Crostinis  
Warm Brie & Greek Olive Tapanade with Milton Crackers

### Soup

**1999 Rosemount Estate Orange Vineyard Merlot**

Creme of Asparagus Soup with Tarragon Whipped Cream  
Sundried Tomato Garlic Cheese Bread Sticks

### Salad

**2005 Durbanville Hills Sauvignon Blanc**

Mixed Garden Greens with Asian Black Pepper Vinaigrette in Parmesan Bowl

### First Entrée

**2005 Rosemount Estate Show Reserve Chardonnay**

Grilled Bacon Wrapped Scallops with  
Spaghetti Squash in Nutmeg Garlic Butter and Mini Roasted Peppers

### Sorbet

Duo of Peach & Zesty Lemon

### Second Entrée

**2003 Penfolds Bin 389 Cabernet-Shiraz**

Grilled Rack of Lamb topped with Mint Sauce  
Grilled Yellow Squash and Green Zucchini & Pureed Yams with Grand Marnier

### Dessert

**2003 Sanctuary Usibelli Vineyards Cabernet Sauvignon**

Chocolate Bunt Cake topped with Chocolate Ganache & Whipped Cream



Lamb with Yams & Squash



Scallops & Asparagus atop Spaghetti Squash

# THANKS EVERYONE WHO MADE THE DINNER FOR MS A SUCCESS—

**Piper Heidsieck**

**Rosemount / Penfolds**

**Valley of the Moon / Kenwood**

**Durbanville Hills / Sanctuary**

**Dinner Program**

**Guests & Supporters**

Charlie Sheridan, Remy Amerique

Cindy Stetler, Fosters Wine Group

Marty Merritt, Heck Estates

Melanie Kemp Lewis, Brown Forman

A Cat Meowz Designz, San Diego

Patricia Ortiz

Linda, Mark, Michelle & Jordyn Mathis

Paul, Carmen & Brian Jackson

Arnie Anderson

Fay Mumbauer

Patricia Ortiz

Larry Armstrong

Rob, Pam & Page Fitting

Claudia & Robert Nordquest

Pacho Osorio & Cesar Molina

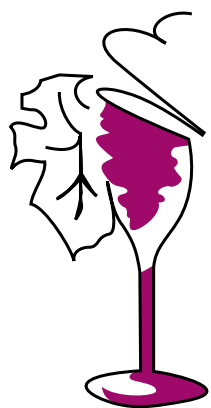
Hans & Birgit Iliew

The Radar River Rats Can Recycle Program

Pacific Rim Alliance

Gene Fulkerson & Catherine Ohl

Mary Trimmins



**Hosts**

**Executive Chef**



## SNOWBOARD STRIP

### Binding Angle—

The question of how much the bindings are angled depends on the rider's purpose and preference.

**Forward Stance**— This is the most common stance suitable for most purposes, the leading foot is angled roughly  $40^\circ$  to  $15^\circ$  and the trailing foot at  $0^\circ$  to  $30^\circ$ . An all mountain stance is  $+21^\circ/+6^\circ$ . A beginner stance is  $+30^\circ/+15^\circ$ .



**Alpine Stance**— Used primarily for alpine riding (race or carve), the leading foot may be from  $50^\circ$  up to around  $70^\circ$  and the trailing foot generally a little less (at least  $5^\circ$ ).



**Duck Stance**— Useful for tricks by removing the forward bias altogether, the feet are angled equally outwards such as  $15^\circ$  and  $-15^\circ$ . This stance is becoming increasingly popular, and is the most resilient of the three. The feet do not actually have to be angled equally outwards to be considered duck stance. The back foot simply has to be angled less than zero, i.e. angled toward the back of the board.



When a rider changes direction mid-run (for example a "regular" rider leads with their left foot), they are said to be riding "switch". This is obviously easier with a less biased stance, such as the "duck" stance.

For more information visit [www.cs.uu.nl](http://www.cs.uu.nl). \*

# NASTAR RACING



NASTAR (NATional STandard Race) racing is a program where recreational skiers of all ages and abilities can test their skills on courses set up at resorts across the country. Times and scores are compared under a universal handicapping system.

Hit the slopes this season to see if you have what it takes to win a chance to go to the Championships. You can sign up in advance at [www.nastar.com](http://www.nastar.com). If you've raced since 1997, you already have a number, just go to the website to find it.

The Championships is the ultimate reward for anyone who races Nature Valley NASTAR! The Championships returns to Steamboat March 22 – 25, 2007. The event will bring together over 1,300 racers. To qualify you must be ranked in the top three in your age & gender category in your division at any Nature Valley NASTAR resort by of February 19. Here's where you can race NASTAR in the west.

## California

Snow Summit	Jan 21, 28; Feb 11; Mar 4	Lower Miracle Mile
Mountain High	Dec 22, 30; Jan 12, 20; Feb 9, 10, 23	Mountain High
Badger Pass	Sat & Sun: 1-3 PM	Chipmunk

## Colorado

Aspen Highlands	Wed-Sun: 11 AM - 3 PM	Nugget
Aspen Mountain	Wed-Sun: 11 AM - 3 PM	Silver Dip Swing
Beaver Creek	Daily: 11 AM - 3:30 PM	Race World, Centenni
Breckenridge	Daily: 11 AM - 3 PM	Lower American
Copper	Daily: 11 AM - 3 PM	Copperopolis
Crested Butte	Daily: 11 AM - 3:30 PM	Smith Hill
Durango	Thur-Sun: 10 AM - 3 PM	Paradise Race Arena
Keystone	Daily: 10:30 AM - 2:30 PM	Flying D Race Arena
Ski Cooper	Sat, Sun, Holidays: 12-2 PM	Black Powder Race Arena
Snowmass	Mon, Tues, Fri & Sat: 11 AM - 2 PM	Cabin Trail
Steamboat	Wed-Sun: 10:30 AM - 12:30 PM	Bashor
Telluride	Daily: 10 AM - 3 PM	Nastar Race Hill
Vail	Daily: 10:30 AM - 3 PM	Black Forest Race Arena
Winter Park	Daily: 11 AM - 2:30 PM	Lower Cranmer

## Idaho

Schweitzer	Fri: 4-7:30 PM Sat, Sun, Hldy: 11-2 PM	Midway
Sun Valley	Tues, Thur, Fri: 12-1 PM	Cozy

## Montana

Moonlight Basin	Fri, Sat & Sun: 11 AM - 3 PM	Powder River
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## New Mexico

Angel Fire	Sat & Sun: 11 AM - 3 PM	Exhibition
Red River	Fri: 10 AM - 2 PM	Broadway
Taos	Wed-Sun: 10 AM - 2:30 PM	Maxies

## Utah

Brian Head	Sat, Sun & Holidays: 11 AM - 3 PM	Lower Engens
Deer Valley	TBD	Race Hill
Park City	Daily: 10 AM - 3 PM	Blanche
Snowbasin	Fri, Sat, Sun: 11 AM - 3 PM	Blue Grouse

## Wyoming

Jackson Hole	Wed, Fri, Sun: 10-12 & 1-3. Sat 1-3	Casper Lift Line
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## Canada

Fernie	Fri, Sat & Sun: 11 AM - 3 PM	Silver Fox *
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## Track Your Vertical Feet

### GPS Slope Tracker—

Ski resorts have a new way of using GPS technology with the ski tracking system from SlopeTracker™ where you can measure how much you been riding during a day, week or season.



For the first time ever, you can see exactly what kind of monster you are on the slopes. Simply slap on the SlopeTracker™ arm band and forget about it

Proprietary SlopeTracker™ software calculates number of runs, vertical, distance, top speed, difficulty, calories burned, hours riding, hours resting, run detail and more. All this information is illustrated on a poster size map for you to take home.

Currently SlopeTracker™ can be found at Park City, Copper Mountain, Winter Park, Telluride, Deer Valley, Sunshine Village and Keystone. Cost is about \$20 a day.

Now you may also earn something from your skiing as SlopeTracker™ has partnered with Continental Airlines and Telluride ski resort in a program to receive one air mile for every 100 vertical feet skied using GPS technology.

[www.slopetracker.com](http://www.slopetracker.com)

### SnowRanger for your GPS—



SnowRanger brings GPS technology to skiers and snowboarders by providing maps for Magellan and Garmin GPS receivers. These maps are powerful and very easy to use.

No more messing around with torn paper maps in high winds or trying to spot a landmark in a white-out—just pull out your GPS and see exactly where you are and which way to ski or board to get to the next chairlift or lodge.

[www.mountaindynamics.com](http://www.mountaindynamics.com) \*

**NATIONAL SAFETY AWARENESS WEEK**  
**JANUARY 15-21**  
**HEADS UP**

## Congratulations!

This past November, both LA and San Diego Councils hosted their annual Snow and Winter Galas. Besides being a great way to kick off the ski season, both councils honored their Men and Woman of the Year who will represent their respective councils at the Far West Convention in Santa Clara, June 1-2, 2007. Congratulations & Good Luck.



**San Diego Council**  
Man & Woman of the Year

**Susan Shaffer**, North Island  
**Dave Arnold**, North Island



**LA Council**  
Man & Woman of the Year

**Dave Felker**, CCSC Sports  
**Jessica Freeman**, Singles \*

## The Skwal—



Courtesy [aes.skwalzone.org](http://aes.skwalzone.org)

The Skwal is a ski-snowboarding hybrid, which has gained something of a cult following. It was created by Patrick 'Thias' Balmain in 1992, who went on to set up his own company 'Thias' — the producers of Skwal.

It comes in lengths from 168-183cm and looks more like a long, thin monoski than a normal snowboard. One foot is placed in front of the other and you face the direction of travel, much the same as in water skiing.

## Snow Kiting or Paraskiing—



Courtesy [www.flyozone.com](http://www.flyozone.com)

Snow Kiting is the latest winter sport. Large highly controllable foil kites are used to blast kite pilots along with just the power of the wind!

The 'Big Air' jumps that boarders and skiers are pulling off under the power and security of power kites are simply breath taking.

You'll need a lot of gear— your skis or board, a kite, as well as a harness, helmet, gloves and pads.

## Snow Bike—

Developed in France in 1991, the Snow Bike is a cross between a BMX bike and a snowboard.



Courtesy [www.snowbike.net](http://www.snowbike.net)

Its extreme agility and durability allows it to handle any kind of spectacular move, whether in deep powder or on hardpack. It will even perform all of your favorite BMX moves in the snowpark.

## Snow Funboards—



Courtesy [weurkweb.free.fr](http://weurkweb.free.fr)

Snow funboards are very similar to windsurfs and they are used to sail on snowy and icy plains. You'll need a lot of gear: a board, a boom and a short sail, as well as a harness, helmet, gloves and pads.

## Monoskiing—

The monoski came into fashion in the early '80s and was seen all over the mountains until the arrival of snowboards.

It's a double-width alpine ski with two bindings mounted side by side. A longer, broader ski is used for powder and a shorter, narrower ski for groomed snow. They are,



Courtesy [www.monoski.org](http://www.monoski.org)

however, notoriously unstable on straight schusses and hard work in firm or icy conditions.

You would find it difficult to rent or buy a monoski these days, despite attempts to revive the trend. *Check out [www.monoski.org](http://www.monoski.org).*

## Speed Skiing—



Courtesy [www.monoski.org](http://www.monoski.org)

Feel the need for speed? Then speed skiing is the sport for you. 0-154 mph within ten seconds— only speed freaks need apply.

You'll need a polyurethane coated polypropylene suit, an aerodynamic helmet and skis that are 240cm long, specifically made for speed skiing.

You will need racing boots and bindings, custom-bent poles filled with 2lb. of lead, gloves that have leather grip and a rubber coating.

You will also need fire-retardant high-density foam back protection, so that if (or when) you fall, you don't burn your back. \*



SMART STYLE



FREESTYLE TERRAIN

This Orange Oval symbol designates Freestyle Terrain such as parks and pipes. Smart Style represents Freestyle Terrain safety. Know it, Respect it, Use it!



### Look before you leap.

Scope around the jumps first, not over them. Know landings are clear, and clear yourself out of the landing area.

### Easy style it.

Start small and work your way up. (Inverted aerials not recommended.)

### Respect gets respect.

From the liftline through the park.



## Membership Application 2006-07

ALL Pacific Rim Alliance attendees must be a member to participate in one of our trips. Our membership year is from October 1, 2006 through September 30, 2007.

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

PACIFIC RIM ALLIANCE  
10818 VIACHA DR., SAN DIEGO, CA 92124

NAME[S]: \_\_\_\_\_

HOME ADDR: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDR: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

Indicate Membership [Includes membership in FWSA]

- \$8 INDIVIDUAL Membership
- \$10 FAMILY Membership—Significant other, spouse, children, friends residing at same residence qualify

WAIVER: I am aware that participation in the Pacific Rim Alliance events has, in addition to the usual risks, dangers and hazards associated with travel, snowboarding, alpine, Nordic, Heli & off-piste skiing, certain additional risks, dangers and hazards including, but not limited to: boarding, riding and disembarking ski lifts; changing weather conditions; exposed or hidden natural or man-made objects; avalanches; failure to ski or ride safely or within one's own ability; and negligence on the part of other skiers and boarders, the organization or their staff. I freely accept and fully assume all such risks and danger and the possibility of personal injury, death, property damage or loss, resulting therefrom.

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Signature Date

## Pacific Rim Trip Sign-Up Form

[You must be a current member to sign up for this trip— include Dues and Membership Application if not a member]

PRINTED NAME[S] \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

FAX \_\_\_\_\_

E-MAIL \_\_\_\_\_

- Sun Valley, ID 2007
- Big White, Canada 2007
- Argentina 2007
- Kootney Safari 2008
- Madonna di Campiglio 2008

**DEPOSIT DUE:**  \$130 pp Sun Valley  \$115 pp BigWhite  \$200 pp Argentina  \$200 pp Kootneys  \$200 pp Italy

—Send this Form with Your Deposit Made out to Pacific Rim Alliance to:

Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124

# Pacific Rim Alliance

P.O. Box 420552  
San Diego, CA 92142



First Class Mail



**Winter 2006/2007**



## 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](mailto:info@pacificrimalliance.org)

## Mission Statement

The PACIFIC RIM ALLIANCE is a non-profit organization dedicated to the appreciation of skiing, snowboarding, sight-seeing, 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 Ski Club 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 for MS and Olympic & Junior Racers, Mammoth Ski Museum.

### For Information & Forms, Contact—

- Catherine Ohl ..... 858-467-9469  
ohl@acatmeowz.com [e-mail]
- Gene Fulkerson ..... 858-467-9469  
gene@pacificrimalliance.org [email]
- Membership ..... 858-467-9469  
10818 Viacha Dr., San Diego, CA 92124

### 2007 Trip Schedule—

- Sun Valley, ID ..... January 20-27, 2007
- Big White, BC, Canada ..... April 1-8, 2007
- Argentina ..... August 2007