

# skiing SAFELY

## be **PREPARED** mentally physically equipment-wise



photo courtesy ABS Airbags

### Skiing Mashed Potatoes

We all love to ski the deep and sweet. But in the real world, you're more likely to face chop, crud and uneven conditions.

And since it's spring, we will certainly be faced mashed potatoes. That's when the real skiers show off. Think pace and a bit narrower stance, for a start.

Heavy wet snow will expose all your faults. But if you can remember a few tips you can learn to enjoy these tough conditions and ski safe.

You must learn to love the fall line. Keep your turns round while having a ski length of distance in the fall line. It will help maintain your momentum and momentum is key in these conditions.

Keep your skis moving forward and don't over steer. If you pivot your skis too quickly, your skis will sink and the wet snow will trip you up.

Keep your legs close together. This way both skis will experience the same conditions. And you'll avoid catching your inside ski tip and flipping over the high side. Because skiing mashed potatoes is always unpredictable and conditions vary from turn to turn. It's critical that you have a strong, stable and disciplined upper body that your lower body can turn against.

Mashed potatoes are an acquired taste but you can't acquire a taste for anything if you don't take a bite. So get out there, bring a fat ski and dive in.

### Google Selection

Seeing an amazing vista on a clear day makes for pure pleasure. Not seeing a treacherous slope on a stormy day makes for pure pain. The correct ski goggle lenses are crucial in both situations.

Considering examples of summit elevation such as Snowbird Resort in Utah at 11,000 feet and Colorado's

Arapahoe Basin Ski Area at 13,050 feet, the thin air means UV protection for your eyes is a must. Virtually all snow goggles on the market offer 100 percent UV protection, but they vary in terms of VLT, or visible light transmission.

As the name says, VLT measures visible light, so invisible UV rays are not affected by the VLT percentage. In other words, lighter tinted snow goggles offer as much UV protection as darker tinted goggles. Changing weather and conditions can make goggle selection tricky.

The other major consideration for a goggle lens is tint. Dark brown tints are most commonly used for sunny days. For storm days, or just overcast, flat-light conditions, most skiers and boarders find yellow or rose tints with a high VLT of 70 percent or more add the most definition to the terrain. Night skiers generally use clear lenses.

Seeing is believing and safer. ♦



### Water

Are you drinking the amount of water you should drink every day?

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism by 3%.
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and one is 50% less likely to develop bladder cancer. ♦