

1. Skiers should aim for a lunch that is:
 - a. high in carbohydrates and low in fat to boost blood-sugar levels.
 - b. a mix of carbohydrates and protein.
 - c. high in protein for sustained energy.
 - d. Lunch? Who thinks about lunch on a powder day?

2. To avoid knee injuries:
 - a. maintain a rhythmic up-and-down motion in and out of turns.
 - b. avoid fully flexing your knees.
 - c. keep skis far apart to maintain control.
 - d. lean far backward when falling to prevent a forward spill.

3. We all know sun protection on the mountain is essential. Exactly how much UV radiation is reflected from the dry powder characteristic of Western skiing?
 - a. 25-30 percent
 - b. 40-50 percent
 - c. 65-75 percent
 - d. 85-90 percent

4. Your pre-skiing warm-up routine should consist of:
 - a. 10 minutes of quick, bouncing stretches to warm up your muscles.
 - b. walking a few laps around the parking lot.
 - c. slow, static stretching of all major muscle groups.
 - d. an hour of yoga in the morning before you leave to promote both flexibility and inner peace.

4. Once you've packed up your skis for the winter, your best bet for off-season training is:
 - a. watching Warren Miller videos, with a bag of cheese puffs in one hand and a beer in the other.
 - b. an hour of moderate aerobic exercise three times a week to keep lungs in prime condition.
 - c. strength training, focusing mainly on legs to strengthen quad muscles.
 - d. a workout consisting of both cardio and weight training.

6. To avoid the fatigue, dizziness, nausea and shortness of breath that signal altitude sickness:
 - a. ski harder; sweating it out is your best bet, as you'll acclimate yourself by staying active.
 - b. drink plenty of water and avoid caffeine and alcohol.
 - c. rest your body in the weeks before your trip.
 - d. constantly gain and lose elevation during the day.

7. The best way to keep your feet warm in below-zero temperatures is:
 - a. layer; the more socks, the better.
 - b. make sure your socks are made of a natural material like cotton.
 - c. wear only one pair of socks made of synthetic material.
 - d. wear pant cuffs outside the boots, not inside.

8. Always yield to:
- a. skiers uphill.
 - b. skiers downhill.
 - c. skiers downhill only when you're merging onto a trail.
 - d. skiers who seem out of control.
9. You can get your pass revoked for:
- a. skiing out of control.
 - b. forging someone else's season pass.
 - c. skiing on a closed trail.
 - d. skiing terrain above your ability level.
10. What percentage of body heat is lost through the head?
- a. 20 percent
 - b. 40 percent
 - c. 60 percent
 - d. 80 percent

Answers

Answers

Test Your Skier Smarts: Answers by Amy Reinink

1. B. Forget the Atkins protein-only diet. Skiers need loads of carbohydrates, which the body burns quickly and easily, to stay alert on those double black-diamond slopes. But you also need protein for sustained energy. And never skip meals; your blood sugar will drop, leaving you susceptible to injuries that will keep you off the slopes.
2. B. Avoid leaning backward or any other movement that may cause loss of balance to the rear, particularly during a fall or panic stop. Don't let your skis get too far apart, either side to side or front to back while stopping or falling. Maintaining excellent flexibility, strength and endurance of the quadriceps and hamstring muscles may prevent some ACL tears.
3. D. Powdery snow reflects a whopping 85-90 percent of the dangerous UV rays, says the NSAA. Even more reason to wear a broad-spectrum sunscreen with a high SPF at all times for ultimate protection, taking care to apply it at least 20 minutes before hitting the slopes to avoid rub-off. Remember, even cloudy days require sun defense: 80 percent of dangerous UV rays can pass through clouds.
4. C. Stretching, which should not be painful, should be done before and after skiing. Hold each stretch for 30 seconds, and don't bounce while stretching. And don't forget your upper body—you use your arms and chest constantly, especially in moguls and steeps.
5. D. Cardiovascular and strength training are equally important when it comes to prepping your body for skiing. Again, make sure to include stretching to keep muscles long and limber till next winter.
6. B. Try to drink at least one (preferably two) quart(s) a day and avoid caffeinated beverages. To prepare for a high-altitude trip, make an effort to hit the gym more often; being in good shape makes it more likely that your lungs will be able to cope with the challenges of the high life.
7. C AND D. The more-is-less theory applies here. Multiple socks will prevent blood from flowing to your toes. Also, stick to synthetic materials, which are better at wicking moisture away from the skin. Wearing pant cuffs inside boots can cause shin discomfort and impede circulation, making feet feel cold and numb.
8. A AND C. While all are potentially correct, A and C are written in the NSAA's skier responsibility code. People ahead of you always have the right of way. However, when merging onto another slope or starting downhill, it's important to look uphill and yield.
9. Depending on the resort, all of the above may apply. To be certain the Big Men in Red won't kick you off the mountain, know and follow the Skier's Responsibility Code.
10. C. With 60 percent of all body heat lost through the head, any skier would be wise to invest in a warm hat or helmet.