



# Sugarloaf Ski Club

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November 2003

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## PAGES FROM THE JOURNAL OF AN OLD SUGARLOAFER

Prior to 1968 Sugarloaf never opened much before Christmas, because Amos Winter didn't believe that anybody would ski until Christmas. All this changed in 1968, when Harry Baxter figured out that, except for hunters, there isn't much for skiers to do in November if they can't ski. Of course, especially before the days of snow making, skiing in November and December was pretty iffy. What follows is a summary of the first decade of trying to open as early as possible.

### 1968-69 Season

Sugarloaf opened, without any prior notice, midday on Sunday, November 10, 1968, during a blinding snow-storm. They sent a truck with a bullhorn through the Valley announcing the opening. Only the Gondola to mid-station was open because none of the T-bars were on line. November 11, 1968, which was the Veteran's Day holiday that year, was a beautiful day with great powder skiing on 30 inches of fresh powder. The Mountain stayed open well into May of 1969.

### 1969-70 Season

I made due by hiking up the lowest slope at Saddleback on Saturday, November 30 and Saturday, December 6, skiing on man-made snow. On December 6 the lowest chair lift was open there, but it was faster (and cheaper) to hike up under the lift.

### December 20, 1969

Sugarloaf opened the new Bucksaw chair lift with 17 inches of powder.

### 1970-71 Season

Lack of snow at Sugarloaf led to a day trip to Squaw Mountain the Saturday after Thanksgiving, November 28, with Dick Keenan and Wayne Hughes. Only a lower slope was open, served by a T-bar with the help of new snow making equipment. We talked with Harvey Packard, who then ran the ski school there, and Jean Hodgkins, who was visiting from Sugarloaf. The best snow came that afternoon on the way home, when we had to detour around Mayfield Hill because of 6 or 8 inches of unplowed snow.

Sugarloaf finally opened on Saturday, December 5, 1970 when I skied much of the day with Neal Trask, Norm Gray and Fred Putnam. The evening activity started at The Red Stallion and ended up at The Madrid Barn Dance on Route 4 in Madrid, where Bing Crosby and his Rhythm Rangers were playing. This Bing Crosby didn't look much like the guy in the movies.

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### 1971-72 Season

On November 26 the chair lift and bunny slope T-bar opened on 15 to 18 inches of new snow. The crowd was minimal. On November 27 the Gondola opened, and all the lower lifts were running.

### 1972-73 Season

Sugarloaf opened on Thursday, November 9 with limited coverage. On Saturday, November 11 the Gondola to Mid-Station and the chair lift were open on 6 to 12 inches of new snow. The weather was cloudy, foggy and generally disagreeable, but it was skiing.

### 1973-74 Season

Sugarloaf never opened in late 1973, due to warm weather and lots of rain. For the first time in history, Sugarloaf attempted to make snow, with borrowed snow making equipment, beginning New Year's weekend. They opened lifts for the first time on January 5, 1974, with artificial snow on Boardwalk. After the first few runs the snow was pretty well skied off.

### 1974-75 Season

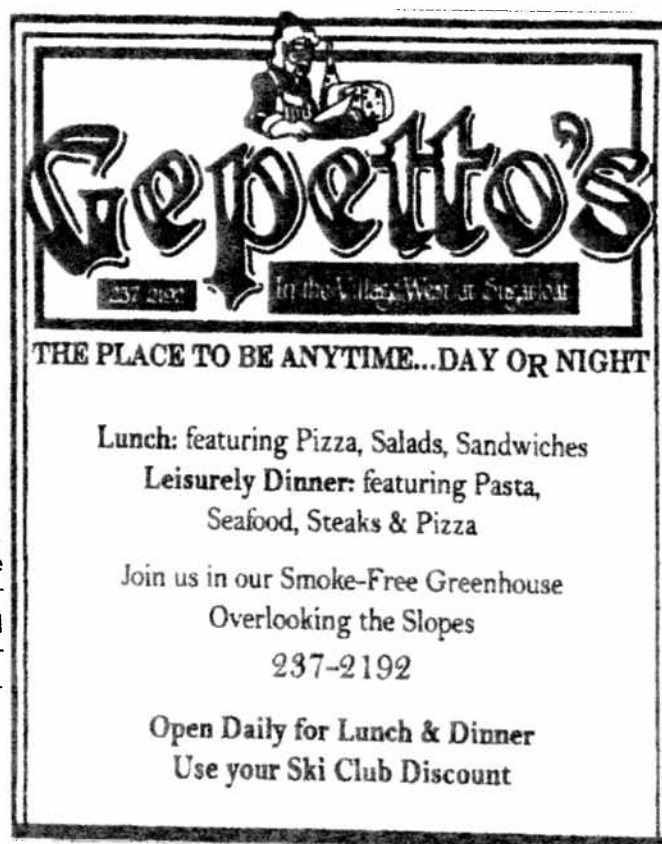
The lift started on Friday, November 22 but full operation began on Saturday, November 23. The Gondola was open to the top where it was clear and mild. Skiing was great on 16 inches of new powder snow. I skied with Neal Trask and John Wiltse, among others, for what was reported to be the best opening crowd ever. After skiing we stopped for a beer at the Capricorn. (For those of you who might be too new or too young to remember it, today's CVA building was built by Charlie and Elinor Clark of New Portland in 1962 as the Capricorn, a hotel-bar-restaurant which, with no liquor license on the Mountain, was the first stop after skiing.)

### 1975-76 Season

Sugarloaf opened on Thanksgiving Day, with a narrow path of man made snow from the top of Boardwalk. By late morning the crowd overwhelmed the trail capacity. Four or five inches of snow fell during the afternoon, enough to improve appearances, but not enough to improve the skiing underfoot.

### 1976-77 Season

The first full day of lift operation was Saturday, November 13. The lower chair lift line provided quite good snow conditions on very limited terrain. We skied with Don and Mary Fletcher. The next day on the way home we went by Sunday River, where they were skiing on thinly applied man-made snow from top to bottom on one trail off the Barker Mountain lift. We were surprised at how small and bush league the base of Sunday River looked after an absence of 10 years or so. It looked like Sugarloaf of 10 years or more ago, for better or worse.



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**HOMECOMING: RECEPTION AND THE FABULOUS PIG ROAST**

The weather for this year was nothing short of phenomenal! The Ski Club reception at the Touring Center was held mostly outside on the deck at the Touring Center, and those who attended (though fewer than usual due to some baseball game, we hear) had a super time. Jeff Niemi again did a fantastic job roasting the pig; we surely had the best dinner in town.

Thanks to Nancy Holliday and Anne Hanson for the coordination of grocery shopping, setup and organizing the cleanup. And many thanks to Sue Foster and the Touring Center. Also a big round of thanks go to Tom Hanson and the Steeves who stayed around and pitched in to clean up at the end.

**EARLY SEASON CALENDAR**

- November 21: Sugarloaf Opens
- November 22: Touring Center opens
- November 22-23: Tin Mountain Days
- November 29: Volunteer Party at Competition Center 4:30
- December 6: SCVA programs start
- December 6, 7: Opener SL and Dax Brown GS
- December 13: Maine High School Opener, Touring Center
- December 13: Sugarloaf Opener 10K, 5K Freestyle XC Race
- December 13: Bubblecuffers start
- December 13, 14: Greg Francoeur Memorial Mogul Meet
- December 18-21: Women's FIS GS and SL events
- December 27: Bill Bousum Memorial GS



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**THERE WILL BE ABOUT 6 MEMBERS OF THE US SKI TEAM HERE TO COMPETE DURING THE WOMEN'S FIS EVENTS OF DECEMBER 18-21 !!**

**COME AND WATCH - WE DON'T GET THIS OPPORTUNITY OFTEN !!**

## CARDIAC CLUB

### THE HEART OF SUGARLOAF

New to the area? Meet new people? Kids in programs?

Join the Ski Club's fabled Cardiac Club and ski with a thirties plus group of hardy sociable souls. Get coaching tips in the morning (groups of 6 or 7) and free-skiing with a coach in the afternoon. Occasional video taping and replays après ski in a social setting.

The Cardiac Club was founded around a kitchen table 25 (plus) years ago by Ski Club members for Ski Club members. Some members have been around since then and others only for a short while. The cost is \$135 with all proceeds benefiting the Ski Club. Meet at 8:45 a.m., lunch at 11 a.m. and ski with a coach from 9:00 - 11:00 a.m. and 12:00 until 2 p.m. Subject to later modifications, meeting place for December 13 and January 3 will be bottom of Double Runner. After that, at top of Whiffletree if running (otherwise at bottom of Double Runner). The dates will be December 13, January 3, 10, 17, February 7, 14, 28 and March 6 and 13 (as a make-up). For more information and an application, call the Ski Club Office - 237-6955 or contact Greg Foster - home - 207-829-6110 or Sugarloaf 237-3544. Come have some fun with the Cardiac Club, the Heart of Sugarloaf.



**DON'T FORGET THE PARTY AT THE COMPETITION CENTER FOR RACE EVENT VOLUNTEERS ON SATURDAY AFTERNOON, THE 29TH OF NOVEMBER, AT 4:30 . COME IF YOU VOLUNTEERED LAST YEAR; COME IF YOU PLAN TO VOLUNTEER THIS YEAR. IF YOU HAVE NON-SKI CLUB FRIENDS WHO WOULD LIKE TO GET INVOLVED, BRING THEM AS WELL.**

### S/CVA Tutorial Dates Set

Once again CVA will be running one-week tutorial programs for S/CVA athletes in grades 5-8. The tutorial weeks are a great way to gain extra training time during the winter, especially for competitive skiers and snowboarders. The sessions run as follows:

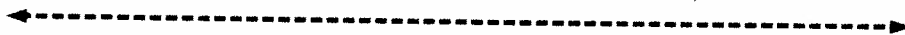
- Alpine: Dec. 19-21, Feb. 10-13, and Mar. 9-12.
- Alps: Mar. 9-12,
- Freestyle: Jan.13-16, Feb. 10-13, Mar.9-12,
- Snowboard: Jan 13-16, Feb. 10-13, Mar 9-12.



### CVA students gearing up for fall training trips!

The CVA students will be heading out for their fall training trips in the next few weeks. The Alps team will be traveling to Chile for one month beginning on October 31st where they will be participating in an extensive mountaineering training program and will also take some time to surf the coast of Chile. The CVA Freestyle team will be heading to Tignes, France for their annual training camp. A couple of CVA athletes will travel to Switzerland to compete in the first World Cup Halfpipe event while they are training. On November 11<sup>th</sup>, the CVA Snowboard team will be heading to Hintertux, Austria for an eleven-day pre season training camp. The CVA Alpine teams are skiing Sunday River, followed by a trip to Mont-St-Anne, Canada beginning November 9<sup>th</sup>. For the athletes not attending one of these camps a three-day mini camp is planned for Sunday River prior to the opening of Sugarloaf.

—Admissions office, CVA





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 Pizza Hut 2- \$5.00 certificates  
 Tufulio's \$35 Gift Certificate  
 Jordan Lumber \$25 Gift Certificate  
 Longfellows Restaurant \$25 Gift Certificate  
 Kentucky Fried Chicken: 2 \$5 certificates  
 Farmington Pizza \$10 certificate  
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 D'Ellies: Lunch for 2  
 Dinner at the Bag \$25 Certificate  
 50th Sugarloaf Anniversary Signed Poster  
 CVA Sweatshirt

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 Donn and Linda Gifford  
 Lev and Laurie Steeves  
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 Bernie and Ruth Carpenter  
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 Duane and Linda Fox  
 Bob and Sue Turner

2 Sugarloaf Mountain Corp Ski tuning vouchers (value (\$60):  
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 6 Sugarloaf Mountain Corp Lift ticket vouchers (value \$53):  
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 Marcia White, Mary and Doug Collins  
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 Jean Thayer, Fletcher and Charlotte Brown  
 1 Sugarloaf Mountain Corp 1 hour private coaching at Perfect Turn: Larry Dunphy  
 2 Sugarloaf Mountain Corp Turbo Tubing Certificates  
 Anthony Jessen, Bob and Maureen Gordon

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**ARE CROSS COUNTRY SKIERS SMARTER ??**

A study at the University of Illinois, Urbana-Champaign on the brain tissue of a group of 55 adults aged between 55 and 79 has confirmed the link between physical fitness and healthy brain tissue in aging adults. Improving physical fitness actually reduces the decline in the density of brain tissue, which naturally occurs with aging. This study was reported in the February 2003 issue of the Journal of Gerontology: Medical Sciences. The primary study used magnetic resonance imaging (MRI) scans to study the brain tissue.

A related analysis of previous studies allowed conclusions including the point that a combination of both strength and aerobic exercises was most effective, and that at least 30 minutes at a time were most beneficial. Further, these studies showed that the greater benefits came to older adults as compared with younger.

So, all of the over-55 Ski Club members should take heart! Keep active, BUT also keep in mind that a 15-minute lift ride does not qualify as exercise!! (Sorry, the shivering part doesn't count!) The active part comes when we head out from the Touring Center for a non-stop 30-minute cross-country session!

[Anyone interested in reading the abstract from this Journal, see Bonnie at the Ski Club Office]

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## DISCOUNT PROGRAM FOR SSC MEMBERS

Present your membership card at these area businesses to take advantage of benefits. Many discounts are for regular priced items only, and some may not be used for alcoholic beverages, or during holiday weeks.

### SUGARLOAF MOUNTAIN AREA

**The Seasons and Double Diamond Restaurants** 10% off dinner seven days a week

**The Bag and Kettle** -10% off dinner Sun-Thurs (excludes specials, excludes holiday weeks)

**D'Ellie's** - 10% off sandwiches before 10:30am and after 1:30 pm, every day

**Gepettos** - 20 % off lunch (Mon-Thurs)

**Gold/Smith Gallery** -10% off jewelry over \$100

**Hug's Italian Cuisine** - 10% off dinner, food only (Sun-Thurs, excludes holiday weeks); must show card before ordering

**Java Joe's** - \$1.00 for a medium coffee

**Mountain Images** -10% off all services and merchandise

**Ride On! Snowboard Shop and Sugarloaf Ski Shop** 20% off MSRP, not including Labor, Bogner, or Burton

**Sugarloafer Shop** - 20% off MSRP

**Perfect Turn** - package of 5 clinics, any discipline, for \$99

**Sugarloaf Outdoor Center** - 20% off services (lessons, rentals); show card

### STRATTON AREA

**White Wolf Restaurant** - 20% off entrees anytime, each patron must show membership card before ordering

### CARRABASSETT VALLEY & KINGFIELD AREA

**Julia's** - Complimentary Boutique wine tasting with purchase of prix fixe dinner (one time only)

**Longfellow's** - complimentary wine or soft drink with dinner

**Nostalgia Tavern** - new owners, stay tuned!

**Scent-sations** - 10% off store-wide

**Sports Plus** - 10% off regular priced items

**Sugarloaf Sports Outlet** - 20% off MSRP

### AROUND THE STATE

**Hilltop Ski & Bike, Manchester, ME** - 20% off all skis, snowboards, and other winter-related purchases (except sale items and labor)

**Kentucky Fried Chicken & Taco Bell, Farmington Only** - 20% off items or meals with the exception of Combo meals or Special price meals. Must show SSC Card.

**McDonald's in Farmington, Skowhegan, Jay, Winslow, Waterville (x2), Newport, Augusta**— With the purchase of a Value Meal, your choice of a **free** item from the \$1 menu. Please present your card to your order taker at the counter.

## SKI CLUB LOGO ITEMS

We have lots of nice Sugarloaf Mountain Ski Club logo items for sale. Support the Club, show you are a member—all at the same time!

Such items as:

Roomy grey sweatshirts: \$25

Heavy white tee shirts, with an outline of Maine: \$12

Also gray tee shirts: \$10

Great blue denim shirts: \$35

Long Sleeved Golf shirts: \$25

Baseball hats: \$15

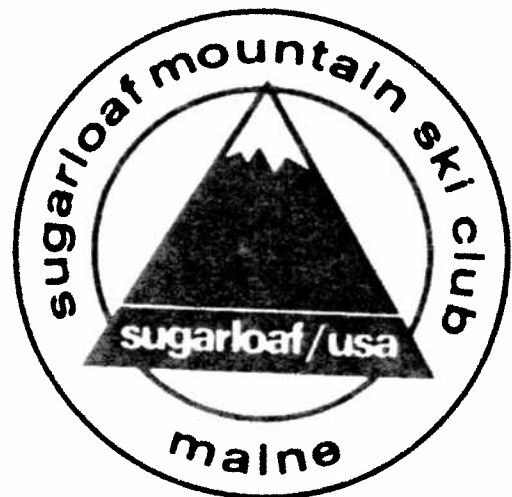
Child-size baseball hats: \$12

Pushovers: \$8 on sale

Full aprons (with pockets) for ski tuning or barbecuing: \$20

First Trail posters: \$5

The office is open every weekend when the mountain is open —from about 8/8:30 to 2, and varying weekday hours (call).



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### CONTACTS

Ski Club Office at the Competition Center  
 Bonnie Stagers, Administrator  
 207-237-6955  
 207-237-3026 (FAX)-winter only  
 sugski@tdstelme.net (EMAIL)

Lev Steeves, President	235-2183
Bruce Miles, Vice-Pres	235-2495
Don Fletcher, Secretary	235-2341
Philip Hunter, Treasurer	246-6181
Mary Jean Doyle, Membership	246-3283

Sugarloaf Ski Club  
 Village West #13  
 Carrabassett Valley ME 04947

Opening Day Coming Soon: Mountain 11/21, Touring Center 11/22