



Sugarloaf Mountain Ski Club

N · E · W · S

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Catherine Nodine

Exciting Season Ahead !

A Message from club President Bruce Miles



Happy 60th Anniversary to all of my fellow Sugarloafers.

The leaves are pretty much gone now and daylight savings time has come to an end. As we enter the "100 Days of Darkness" up here in the mountains, it is comforting to know that the snow guns are working hard to cover as many slopes as possible. Each year about this time I like to remember November, 1968 when Mother Nature gave us over 30 inches of snow and a record breaking season started. I keep hoping history will repeat itself.

Of course the big news this year is the opening of Brackett Basin. The much anticipated Glades will be a fun addition for the adventure seekers. I am sure it will be hard to keep the Cardiac Club gang from wanting to spend every minute there. That news, combined with all the new energy efficient snow guns, stirred some excitement over Homecoming.

Speaking of Homecoming... It was a great one. The mountain was jammed on Saturday and Gepetto's and the Bag were as busy as any winter Saturday. It certainly was déjà vu, walking into those establishments and seeing familiar faces sitting on the same bar stools. Like we never left!

The annual Pig Roast was a huge success. Not only was the meal super and the socializing superb, but we raised a considerable amount of money for our scholarship fund. This year we have almost 60 young skiers and riders applying for financial aid so that they can pursue their goals.

Continued on page 15



Looking out the Ski Club window on Halloween 2010. Could this be a harbinger of above average snow fall days to come?

Club members Peter and Delinda Smith and their two pups are already scoping out the snowfall.



Coming up soon on our Event Calendar!

For more information on these events and to view our complete calendar of events, check out our web site:
www.sugarloafskiclub.org

November 27

Competition Volunteer Party
5:00 pm at the Competition Center

December 5

Blessing of the Skis / followed by BBQ at noon
11:00 am at the Jean Luce Building

December 28

Family Pot Luck Supper
5:00 pm at the Competition Center

December 30

Sugarloaf Charity Summit
Warm Up for Summit Race & BBQ
11:00 am on Lower Comp Hill

January 11

Mid Week Social
4:30-6 at Gepetto's

January 15

Fish Tales and Cocktails Fundraiser
5:00 pm at the Sugarloaf Mountain Hotel

January 22

Annual Ski Club Meeting
5:30 at the Sugarloaf Golf Clubhouse

January 29

Sugarloaf Charity Summit
www.sugarloaf.com/charity for more info

February 5

Wine Tasting and Educational Evening
5:30 at the Sugarloaf Golf Clubhouse

February 8

Mid Week Social
4:30-6 Location TBD

February 22

Potluck Supper
5:00 at the Competition Center

March 8

Mid Week Social
4:30-6 Location TBD

March 12

16th Annual Snowball
6:00 pm at the Sugarloaf Inn

April 12

Mid Week Social
4:30-6 Location TBD

Kick-off the Race Season with other Volunteers

Saturday, November 27
at 4:30 at the Competition Center

Volunteering at Sugarloaf competitions is a great way to meet people, support our youth, and earn lift tickets. It takes lots of people to put on the high quality competitions for which Sugarloaf has developed a reputation. Many club members are on the roster of volunteers, and the Competition Center can always use more. There are events throughout the season for alpine racers, freestyle skiers and snowboarders, with a variety of jobs available.

If you are a past volunteer who'd like to catch up with friends, or someone who would like to learn more about the opportunities, come to the Competition Center on Saturday, November 27 at 4:30 for our Race Season Kick-Off Party. The race schedule and volunteer forms will be available, and it will be a great time to get signed up. For more information, contact Laurel Lashar at 237-6896. *

Get Your Copy Now!

In commemoration of our 60th anniversary, we have published a magazine for your reading pleasure! It is full of interesting articles by a variety of Sugarloafers, telling stories of past and present, our community at large, and human interest.



Please support our advertisers, and thanks go to our Patrons who are listed on the last page of the magazine. Because of our advertiser and Patron support, this 68-page magazine is free to all. It is available at several locations around the mountain, and there will always be a supply outside the Ski Club office, which is upstairs in the Competition Center. Pick up your copy now!

If you just can't get to the mountain, we can mail a magazine to you for \$5 shipping & handling - mail a check made out to "Sugarloaf Ski Club" and include your mailing address. *

Yes, I would like to be a member of the Sugarloaf Mountain Ski Club!

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SRSEF Wall Calendar Sale



The Sugarloaf Regional Ski Educational Foundation has issued a beautiful 15 month commemorative calendar to celebrate Sugarloaf's and the Ski Club's 60th birthday.

The calendars are available at the Ski Club office (upstairs in the Competition center) and at the Sugarloaf Shop. They are also available for purchase through our web site. Visit the on-

line store at www.sugarloafskiclub.org. We even have a shipping option!

The calendars sell for \$20, and you can start enjoying it immediately, as 2010 fall months are included. The photographs on the pages showcase the skiing heritage at Maine's premier ski resort from the 1950's to the present day. These make the perfect and useful holiday gift. The calendar is marked with many of the season's events.

All proceeds from the calendar will benefit SRSEF scholarship funds, which give assistance to local young skiers and riders to help defray expenses of their programs and competitions.

The SRSEF is a Maine non-profit corporation, established by the directors of the Sugarloaf Ski Club in 1968, with an IRS 501(c)(3) status. All board and committee members are volunteers. *

Midweek Socials

A chance to visit with other club members - By Cindy Foster

For SSC members, the club sponsors midweek après-ski socials on the second Tuesday of each month (January through April) from 4:30 – 6:00pm at local watering holes. The club and establishments work together to offer free food and a cash bar. Drop on by to catch up with old friends and make new friends.



Our first event will be held at Gepetto's on January 11. The locations for February 8, March 8, and April 12 will be posted in our newsletters and on our web site. Hope to see you there!

Mark your calendar now for the second Tuesday of each month, from 4:30 - 6:00. We have free food and a cash bar!

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Celebrating 60th Anniversary Sugarloaf Ski Club!

Sugarloaf Charity Summit to be held on January 29, 2011

Raising a mountain of money to find a cure

Once again the Sugarloaf community is teaming up with the Maine Cancer Foundation and the Martha B. Webber Breast Care Center to raise money to battle cancer. We all

have been affected by cancer, either personally or through the experience of a loved one or friend. This is an opportunity for us to fight back while having fun doing so.

Sugarloafers are a very generous group and they prove it year after year.

Sugarloafers are a very generous group and they prove it year after year. Over the last 10 years Sugarloafers have raised more than a million dollars at this event.

The day will start out with a challenge race on the Boardwalk and then a silent auction culminating with the Charity Ball and live auction in the evening.

Last year many tables were occupied by Sugarloaf Ski Club members. It was a memorable and moving evening and a great time was had by all.

There are many ways for you



Kathy Miles, Tony and Hilary Jessen, Peter and Lisa Judkins, and Nancy and Jay Marshall.

to participate in this very worthwhile and important event. We need volunteers to help with fundraising, or you might donate auction items or help run various aspects of the event. Corporate and individual sponsorship packages are

available. You can also fundraise and earn some valuable gifts. For more information on how you can be a part of this great event, go to: www.sugarloaf.com/charity or contact Bruce Miles at brucemiles@tds.net. *

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Fish Tales and Cocktails

By Bonnie Holding

As many of you Sugarloafers know, I own Gold/Smith Gallery on the mountain (if you didn't you do now!), and I am also a Registered Maine Guide. One of the events I really look forward to, and which many of you have attended, is the Fish Tales and Cocktails party that is held every year. What you may not know is the history of this event, so let me clue you in!

Casting For Recovery is a national non-profit organization that sponsors a retreat and fly-fishing school for breast cancer survivors. I became involved nearly thirteen years ago, and I wanted to start a program here in Maine. By hosting a retreat, I was agreeing to provide the funds to hold that retreat, as there is no charge to the fourteen participants. Since each retreat costs between \$10,000 and \$12,000, and I didn't have that money, I came up with the idea of Fish Tales and Cocktails! This is a silent auction and raffle with some good food, great items and terrific company!

This year will be the 12th annual Fish Tales and Cocktails. Where has the time gone? We have had some incredible parties and have raised anywhere between \$2500 to last year's more than \$9000 sum! I know that I am a little biased, but we do have a great time and I hope you will join us Jan. 15th, the Saturday of Martin Luther King weekend, at the Sugarloaf Mountain Hotel from 5-7pm. I am also always looking for auction items or raffle items, so if you have something or know of someone who might help us out let me know. I can be reached at 207- 237-2405, or goldsmithgallery@yahoo.com. Let's make some incredibly strong women happy.



Sugarloaf Hall of Famers

Joanie McWilliams Dolan and
Kirsten Clark Rickenbach

A good time was had by all at the annual Maine Ski Hall of Fame dinner and induction held at the Lost Valley ski area in Auburn. A large contingency from Sugarloaf attended.

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Maine Huts & Trails Opens the Grand Falls Hut

Maine Huts & Trails is pleased to announce the opening of its third hut, the Grand Falls Hut. This is the most remote hut within the current hut system and is located on the beautiful Dead River, approximately 13 miles north of the Flagstaff Hut.

The Dead River is famous for its trophy trout and salmon fishing and a favorite river for white water rafting and kayaking. It is also part of the Northern Forest Canoe Trail. The location on the Dead River makes this hut an ideal destination for anglers, paddlers and those who enjoy the splendor of the Dead River.

The new Grand Falls Hut

provides "off the grid" solar energy and sleeps 32 guests nightly. As with all of the huts, breakfast, lunch & dinner are served. Hot showers, comfortable beds and friendly staff offer the best in backcountry hospitality. As with the other Maine huts, the Grand Falls Hut will have access via groomed cross country ski trails during the winter months. In all, 48 kilometers



The new 200 foot bridge at Grand Falls spans the Dead River on the Dead River trail.



Newly opened Grand Falls hut

of trails will be groomed for full service cross country skiing this winter. Full service for the winter season at all three huts begins December 17th.

With the addition of Grand Falls, Maine Huts & Trails now offers a total of 30 miles of trails and three huts. This completes phase one of this project. The ultimate vision for this project is to create a total of 180 miles of trails with up to 12 huts along the way.

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The Sugarloaf Area Christian Ministry brings you Blessing of the Skis

The blessing will take place on Sunday, December 5 at 11:00 am and will be held at the Jean Luce Timing Building at bottom of Comp Hill. A BBQ will follow at noon (\$8).

Bring your skis and boards as we seek a blessing of safety upon all who come to the mountain this winter season. Just for fun we'll throw in a panel of judges to present awards for the following categories: oldest pair of skis, oldest and youngest skier/ rider; largest family group and judge's award for most outrageous equipment.

The Sugarloaf Ski Club will offer one of their famous cookouts with hamburgers, chips, whoopie pie and drink. \$8 donation will go towards the Ski Club Scholarship fund.

Downhill worship

Gather Sunday mornings (Christmas - Easter) at 11AM at the Downhill worship sign near the base of the Double Runner Chair. Lift ticket provided. All skiing abilities are welcome. The group takes a four stop run down a trail suitable for the abilities of those who are present. Each stop engages the natural beauty and the sport of skiing/riding to bring alive the theme for the day. Takes ap-



proximately 45 minutes. Come join us!

For almost 30 years Sugarloaf Area Christian Ministry has sought to provide spiritual refreshment, inspiration and comfort for resort guests,

locals, employees and everyone who calls themselves a Sugarloafer. Never content to sit in a building, this congregation goes to wherever people are bringing God's love, hope and joy. *

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CVA is gearing up for winter

Autumn is nearly a close, which for us here at CVA means starting to enact all of our fall preparations for the busy winter season.

We will have approximately 100 hundred student/athletes grace our campus this year including representation from England, Scotland, Spain, Republic of Georgia, Germany, New Zealand, Canada, and Russia. We are proud to have one of our most culturally diverse student bodies to date.

As part of their rigorous schedule, the CVA athletes will

travel throughout the world, train and compete. Here are some of the places our teams have gone or will be going:

Alpine

- The Men's Team will travel to Colorado this November. They are training at Arapahoe Basin and Loveland Ski area for 12 days. Training will consist of a lot of free ski miles, on snow drills, and some gate sessions for those athletes getting ready for the early season FIS races.

- One of our athletes from the Republic of Georgia



James Campbell and Ted Porter in Switzerland

(Dimitri Gedevanishvili) will be travelling to Italy to train with his National Federation (Georgian Ski Team).

- The Women's Team will be traveled to Colorado in early November. They are training

and free skiing in Copper Mountain Colorado.

- December 6th, the CVA Women will train at a slalom camp at a small ski area in Quebec.

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• We will also have a group of athletes that will stay home and be skiing and training at Sunday River as soon as it opens.

Snowboard

• In early December, our riders will be heading to Summit County Colorado for an early season pipe/slope camp. They will be riding primarily at Breckenridge and Copper Mountains. Early season fundamentals and mileage will be the focus. They will also have five nightly sessions in Woodward at Copper utilizing the most state of the art indoor air awareness facility.

• Six athletes will stay in Colorado to compete in the first stop of the 2010 "Revolution Tour" with Head Elite Coach Kim Stacey. The Revolution tour serves as a FIS Jr. World qualifier, Grand Prix qualifier and a fast track spot to

USASA nationals. This group of riders is vying for those spots.

• SBX Junior USASA National Champion Emily Eames will be attending Fall Training Camp and traveling to two stops on the national "Hole Shot Tour" to try to secure her position at the 2011 FIS Jr. Worlds in Valmalenco, Italy in March.

• All CVA snowboarders will be supporting the USASA Maine Mountains Series. This Series is a 15 stop series that offers spots to USASA Nationals at Copper Colorado April 2-10. These weekend competitions will be the proving ground for our young team and lay the ground work for future success.

Freeride

• This past September, the Freeride team took their annual trip to the Lake Placid

water ramps for some pre-season aerial practice.

• In late October, James Campbell and Ted Porter traveled to Sweden with coach Noah Labow to get a jump start with some on-snow training.

• The Freeride team plans to travel out west this winter to train and compete at a number of venues.

Big Mountain (ALPS)

• First, a fall trip to Mount Washington area for a SOLO led Wilderness First Responder course. This was an 80-hour wilderness medicine certification course that is known as the industry standard for guides and mountaineers.

• Next the team will head out west to the Big Sky area in Montana. While skiing at the

Big Sky ski resort as well as the Bridger bowl ski area, the team will venture off-piste for a backcountry experience.

• They will continue through Wyoming to the Grand Teton NP and Jackson Hole. After a few days of skiing the pass and the backcountry they will continue even farther Southwest to the Park City area in Utah.

• This winter they will travel to the remote and beautiful mountains of British Columbia, where they will spend a total of 10 days skiing the Revelstoke and Kicking Horse ski areas and some of the local backcountry the area has to offer.

• In the spring, the ALPS team will take advantage of our own local backcountry terrain, including the White Mountains of NH, and Jay peak in VT. ✱



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News From The Ski Museum of Maine

Bruce Miles, Executive Director

First, let me say how grateful we are for all the support that the Sugarloaf Ski Club has given the Museum since its incorporation in 1995. The creation of the Ski Museum of Maine is owed in large part to Sugarloaf Ski Club members Don Hayes, Don Fletcher and Greg Foster.



Club members John Parker and Jean Luce wear their ski garb of yesteryear at a recent Maine Ski Heritage Classic Event.

Secondly, I want to invite you all to our annual December Open House on Saturday, December 4th, 2010 3-6 pm at the museum. Light refreshments will be served.

It has been an exciting year for the museum. The board of the museum, led by our new President Glenn Parkinson of Freeport, has made a commitment to have a full time Executive Director and has hired me to do this job. I am very excited about playing a role in the development of the museum over the next few years. Board member Scott Andrews has taken on the role as curator and research director and is busy working on the develop-



A museum piece in his own right, Tom Hildreth looks over some of the archives at the Ski Museum.

ment of his historical presentations such as the "Fireside Chats". Scott is passionate about the history of skiing. He has traveled all over the state doing his presentations on different aspects of Maine's skiing heritage. We have also revamped our website www.skimuseumofmaine.org. It is a work in progress, so check it often.

We have established several exhibits in the museum. "Made in Maine" highlights Maine's contributions to manufacturing of ski equipment that was sold throughout the US. The Paris manufacturing exhibit tells the story of renowned Paris skis which were manufactured from the turn of the 20th century to the 1960's. These and other



We have a display of Paris skis manufactured in South Paris, Maine from early 1900's to the mid 1960's.

exhibits will pique your interest. As always, we are looking to increase our artifact collection. If you have any unique items that you would like to donate, please contact us. Mark your calendar for Feb. 19th, 2011. This is the date of our fourth annual Maine Ski Heritage Classic here at Sugarloaf, a day long celebration of Maine's Skiing Heritage. Check our website for further details. We look forward to having you visit the Museum. *

Ski Museum of Maine

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Using your head View from the shop by John Byrne

Why should you wear a helmet while skiing? It seems like every few years or so there is a tragic, high-profile, death on the ski slopes that gets everybody talking about on-hill safety and helmets. Last year it was Natasha Richardson, in the 90s it was Sonny Bono and Michael Kennedy. From these incidents the question naturally arises, will a helmet save your life? The short answer is, not likely.

Research has shown that helmets do not have a significant impact on the mortality rate in any snow sport. Studies by the American Medical Association (www.ama-assn.org) and research done by www.ski-injury.com show that most skiing/boarding related deaths have so much trauma that a helmet will not prevent that outcome. Despite all that, we in the Ski Shop strongly recommend wearing a helmet, as do most ski schools and shops around the country. This recommendation is based on evidence that helmets DO significantly reduce the number and severity of head injuries that occur while skiing or snowboarding. Helmets, these days, are all required to pass rigorous ASTM standards in order to be sold in the United States, a change that took place just a few years ago. This has ensured that safety is the primary driver in helmet designs, and not cosmetics.


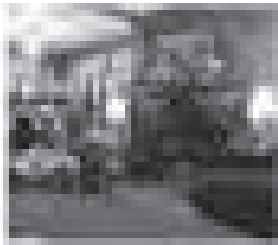


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Another great improvement in new helmets over early generation ski helmets is the materials being used now are much lighter, more comfortable to wear, and provide more ventilation than earlier ski helmets did. I remember my first ski helmet, and how big and gawmy it was, and how hard it was to hear out of it. Now, my helmet is much lighter than that first one, and I have noticed a vast improvement in hearing versus that first helmet. Another vast improvement is in the ventilation today's helmets provide. They can channel air pretty much anywhere, thus ensuring that on beautiful spring days you aren't overheating in your helmet. Of the many other benefits, one of the best in my book is that they are just plain warmer than wearing a hat. We've all heard about putting on a hat when we are cold because of the heat loss from our heads. Well, helmets are hats that the wind can't get through!

After all this, I am sure that all of you are now converted to the cause of wearing helmets. But in case you aren't, sit down and think about all the reasons why you don't want to wear one. Then think about the out of control skier coming down the hill at you that you can't avoid, and he isn't going to avoid you. No matter how good a skier you are, and how in control you are, you can't control the other skiers on the mountain. Fortunately, these types of incidents are fairly rare, but they do happen and I, personally, like the little extra insurance that my helmet gives me. In fact, I now feel naked without it on those increasingly rare occasions when I ski without a helmet. You should too. *

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ASK HAPPY TUNES!

What sort of life expectancy should I expect of my new ski boot liner?

In a previous Q & A session, we discussed the life expectancy of boot shells, arguing that in most cases, 80 to 120 days worth of exposure will do your boots in. It should come as no surprise that inner-liners' longevity aim at matching the life of the shells and almost always fail, "packing out" in as little as seven runs or seven days and often lifeless within as little as 60 days!

All liners are far from being created equal. Most run-of-the-mill liners are stuffed with open-cell "carpet foam"-sort of material. The general rule, therefore, is that the thicker/fluffier the liner originally is, the quicker it will break down and lose its characteristics: fit feels

sloppy, heel and ankle retention become past memories, insulation is compromised... Fortunately, these "luxurious" liners are mostly found in lower to middle-of-the-range boots, presuming that their owners may not be the most frequent users.

Higher-end boots usually incorporate areas and multi-layers of more dense closed-cell foam that tend to shape to the users' feet.

World Cup race boots, equipped with very thin liners (super tight fit!), are often filled

with cork or other high-density material... harder to "break-in", but very sensitive, and accurate. In the realm of mass-produced liners, Lange deserves a special mention as they are going out on a limb

There are several technologies of liners on the market that undeniably provide huge improvements, both in quality, performance, and durability, over standard liners.

this year with liners featuring one-piece toe boxes, saddle stitched seams, and polyurethane injected pre-molded padding in the heel and ankle areas, setting a new industry standard and a marked im-

provement over previous years! I suspect others will follow suit pronto! Still, hardly

good enough for the more "discriminating" skiers...

So how might one "extend" the life span of such a vital piece of equipment?

There are several technologies of liners on the market that undeniably provide huge improvements, both in quality, performance, and durability, over standard liners. Examples include INTUITION, which manufactures a line of 100% heat-moldable EVA foam liners that provide tremendous warmth, comfort, and lightness (usually around \$200 to \$250, fitted). CONFORMABLE still argues that foam-injected liners are the "cat's meow", and I believe that they still provide the greatest measure

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of accuracy when molded to one's foot. In all fairness, they are also the least environmentally-"friendly" to fabricate, boast the highest price-tag (often \$400 to \$500, fitted), and require the most experience at fitting folks into. ZIP-FIT is another established brand that champions the use of a heat-activated cork-like material that offers an interesting balance of comfort and performance.

Any one of the above will have double to triple the life expectancy of your original liners.

At Happy Tunes, our replacement liner of choice, over the more recent years, has been the INTUITION. It is by far the warmest of the bunch, and makes getting in and out of the boots easier.

When considering a new boot,

one has the option of choosing a custom boot... its most customizable feature will likely be the custom liner which comes standard with the boot. Examples include Strolz (and its proprietary foam injected liner), SureFoot (uses Lange shells with Conformable liners), and Daleboot (which holds the patent for the foam injected liner; yet now exclusively uses specially designed Intuition liners in their own shells). Pricing is usually a bit higher for one of these, although not as expensive as one might think when taking into consideration that the custom liner comes standard. A Daleboot, which we stock at Happy Tunes, usually ranges around \$800, exclusive of a custom footbed.

A custom footbed?... Could be our next topic!!
Lionel ✱

President's letter

Continued from page 1

Who knows what future Seth Wescott or Kirsten Clark caliber of competitor will emerge from the group of kids we help today?

By now many of you have had a chance to read our 60th anniversary magazine. It is a wonderful collection of many interesting tales of Sugarloaf. I want to thank ski club member Cindy Foster for all the hard work she put into it. Our anniversary tee shirt sale was a sell out, so we decide to do a second run. You can go online and order yours today for pick-up before Christmas. Also, you will not want to miss out on the calendar we have for sale. It is loaded with all the events that are happening throughout the year.

We have a busy season ahead of us so I urge you to check out the website frequently to stay on top of what's happening during our 60th season. If you have any pictures of Sugarloaf days gone by or recent ones of a good time on the mountain, we hope you will share them with us so that we can add them to our archives. Stay in touch and have a great winter.

See you on the hill,
Bruce



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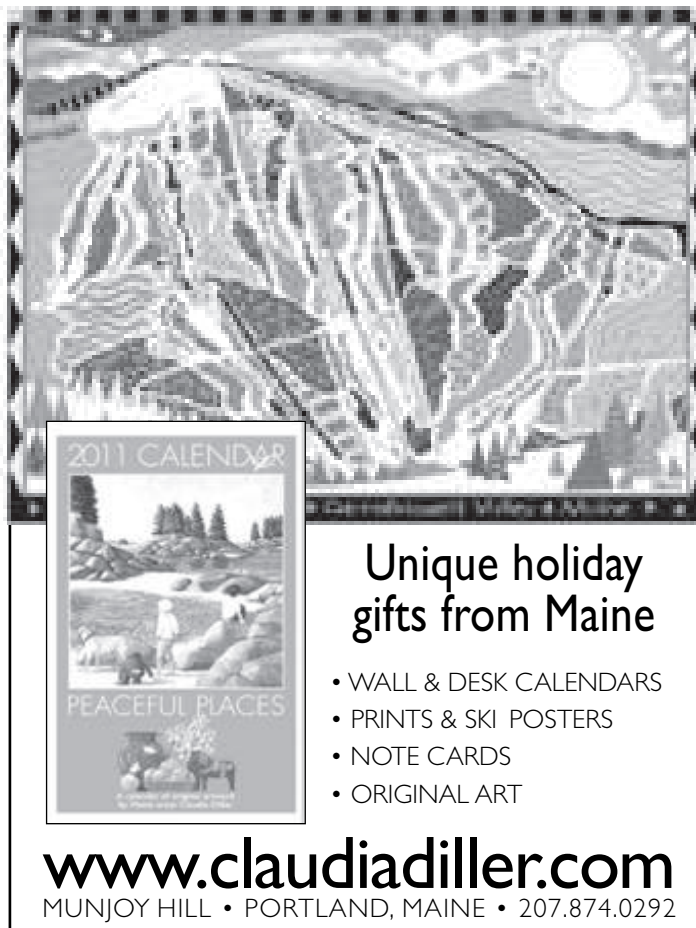
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