



Sugarloaf Mountain Ski Club

N·E·W·S

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Catherine Nodine

Ski Club Members:

App. 1,300



...and the snow just keeps on coming down.

Happy New Year

A message from Bruce Miles, Sugarloaf Mountain Ski Club President

And what a great season it has begun to be. With over 5 feet of snow falling on the Mountain before the New Year, we are more than halfway to last year's total. It's been great to see cars parked on the side of the access road this time of year. Over 143 trails are open, including the new and expanded Brackett Basin. It has been fun listening to the varied stories of ski club members relating their experience in Phase 2 of the Basin. Sounds like some have had a longer than expected run in the woods.

The Cross-country skiing and snowshoeing have also been as good as it has ever been during Christmas

week. Hopefully some of you have had a chance to visit the new Stratton Brook Hut, the fourth of the Maine Huts and Trails system. It is located on top of a knoll in the shadow of Bigelow and has magnificent views.

Today is December 31st and we have a bluebird day albeit a little windy. We are hoping to be able to start the annual Bill Bousum ski race as soon as the wind dies down. Tomorrow people will be heading home with memories of one of their best Christmas weeks ever at the Loaf.

Big news! The Ski Club Locals Racing Team finished in second place after the first two races. The Bag Team is feeling the

heat. The next race is scheduled for January 9 and is sure to be full of action.

Our next Tuesday socials are scheduled for February 12 at The Shipyard and March 12 at the New 45 North. We hope you can attend. These are always a good time.

Along with the new 45 North restaurant, which is getting great reviews, we also have a new authentic Maine Clam Shack. Bob's Clam Hut, renowned in Kittery, has opened up a spot in the Base Lodge and they are making some great fried clams and fish and chips.

I hope to see many of you at some of our events and BBQ's this year. See you on the Hill.▲

2013 Event Calendar!

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

January 8
Midweek Social
 4:30-6:00 pm • Gepetto's Restaurant

January 12
Annual Ski Club Meeting
 5:30pm • Begin Room at the Carrabassett Valley Library

January 26
Sugarloaf Charity Summit
 January 26 • For more info go to www.sugarloaf.com/charity

February 9
Beer Tasting
 5:30pm • Begin Room at the Carrabassett Valley Library • Tickets are on-line sugarloafskiclub.org \$25

February 12
Midweek Social
 4:30-6:00 pm • Shipyard at the Sugarloaf Inn

February 19
Spaghetti & Skating
 5:30-7pm • Outdoor Center • Great family fun! Look on-line for more information

March 12
Midweek Social
 4:30-6:00 pm • 45 North at the Sugarloaf Hotel

March 16
18th Annual Snowball
 King Pine Room in the Base Lodge
 Check web site for details

April 9
Mid Week Social
 4:30 to 6:00 pm – The Rack

Check our Website for the most recent updates:
www.sugarloafskiclub.org

\$24,000 in scholarships awarded

Sugarloaf Ski Club and Sugarloaf Regional Ski Educational Foundation (SRSEF) recently awarded \$24,000 to area snow-sport athletes.

Fifty-one athletes applied to the SRSEF and the Sugarloaf Ski Club for financial assistance in participating in ski and snowboard programs, which are run by Sugarloaf Mountain and Carrabassett Valley Academy. Funds were made available through the generosity of the Ayotte Fund, the Brook Gallup Memorial Fund, the McKay/Waddle race, the Sugarloaf Regional Ski Educational Foundation, the Sugarloaf Ski Club, and the Town of Carrabassett. *Continued on page 10*

Locals Racing Update

By Rand Surgi

The first two locals races are history and the Ski Club team placed SECOND in both!

That sets a high goal for the rest of the season, considering our past records of sixth and seventh for the two years I have captained the group. We got lucky on draft night and collected all prior eligible members and some new faces as well. Thanks to the newbies and oldies, we are off to a great start. The key will be to show up and stand up.

There will be a second draft to disperse the late arrivals to the series. I hope to be able to broaden our base with some telemark and snowboard racers; a diverse mix is best for scoring. The really neat thing about 'Scoring' is that it is on Live-timing.com. You can sort and select the spreadsheet-based data. It will be fun to explore the data as the season proceeds. ▲

Midweek Socials

The Ski Club sponsors midweek après-ski socials for its members on the second Tuesday of each month (January through April) from 4:30 – 6:00 at local watering holes. The club and establishments work together to offer free food and a cash bar. Drop in to catch up with old friends and make new friends. Check the web site's calendar of events as the season progresses. Our first event will be held on January 8, followed by February 12, March 12, and April 9. Hope to see you there! ▲

The Ski Club's Annual Snowball is on March 16

It is time once again for you and your friends to start making plans to attend the Social Highlight of the year at Sugarloaf; the Sugarloaf Mountain Ski Club Snow Ball.

This year the dinner and dance will be held in the King Pine Room at the Base Lodge on Saturday, March 16th. The **Retro Rockers** from Bangor will provide fabulous music and Sugarloaf Mountain will provide an outstanding meal.

Tables of 10 or 12 can be reserved, but if you don't have that large a group, or if you are just a couple, we can accommodate you with no problem. We can seat very large groups at adjoining tables so that you and your friends can all be near one another. The price is \$60 per guest and includes a complimentary glass of wine, a three-course dinner, and an evening of dancing. What could be better than to spend such a fine evening at Sugarloaf and, at the same time, help us raise money for our Scholarship Fund?

We are sure that the band will play music that everyone will enjoy, the food will be excellent and you will meet many old and hopefully some new friends at this fun event. To make reservations please contact the Ski Club Office at 207-237-6955 or go to our website at www.sugarloafskiclub.org



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

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Email: _____

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SMSC's Second Annual Beer Tasting Event

February 9 from 5:00 pm to 7:00 pm, Carrabassett Valley Library

This fun event will feature Artisanal handcrafted ales from Rising Tide Brewery; brewed in small batches in Portland, Maine by third-generation Sugarloaf skiers Heather and Nate Sanborn.

Nathan Sanborn, who has been brewing beer and ale for years, opened Rising Tide Brewery in 2010. It is located at 103 Fox Street in Portland. Check out their web site at www.risingtidebrewery.com. Tasting tours are held most Fridays and Saturdays at 1:00 pm (unless they are skiing or sailing.) We are fortunate to have Nathan and Heather sharing their knowledge of and interest in crafted ales with friends and members of the Sugarloaf Ski Club.

Tickets are \$ 25 and are available on-line at www.sugarloafskiclub.org. Space is limited, so get your tickets early. As in the past, Ginny and Nancy will make an effort to surprise attendees with interesting hors d'oeuvres to compliment the several varieties of ales served.

Rising Tide recently announced that its fine products will be poured locally at Tufulio's and The Rack. You can also buy Rising Tide at Ayotte's Country Store and Tranten's Family Market, as well as at Mountain-side Grocers (bottom of the Access Rd) and at Sugarloaf Groceries on the Mountain in Village West.

So tell your friends...buy your tickets, enjoy a fun evening



Above: Linda Allen, Nancy Holliday & Ginny Bousum proudly display their wares at last year's Beer Tasting. Below: Beer tasting attendees learn about the beer offerings



eating delicious food and tasting a new local brewery product while you support the

Sugarloaf Ski Club Scholarship Fund. You cannot go wrong on this one! ▲

What's New at Maine Huts & Trails?

Maine Huts & Trails' 4th Hut Now Open!

The Stratton Brook Hut opened with a ribbon cutting ceremony held on December 12th. Maine Huts & Trails is now accepting reservations for stays at this new hut, which is the fourth of twelve planned backcountry eco-lodge huts connected by 80 miles of trails in Maine's scenic Western Mountains region. Stratton Brook is the first hut within Maine Huts & Trails to have an alpine setting,



Clem & Rolande Begin cutting the ribbon at new Stratton Brook Hut.

offering spectacular views of both the Carrabassett Valley and Sugarloaf Mountain's 4,000 foot peaks. The hut has ten rooms, four of which are private, and sleeps a total of 44 people. It is accessible via a 3 mile trail from a new trailhead parking area off Route 27, just north of the Sugarloaf access road.

Ski Marathon

Maine Huts & Trails' 5th Annual Ski Marathon & Tour is planned for Sunday, January 20th and will feature 20K, 40K, and 60K options. Registration is open through 5pm on January 18th but space is limited. To register, please visit www.skireg.com.

Registration fees vary and there is a discounted rate for High School and College teams looking to participate in teams of 6 or more. For more information please call (207) 265-2400 or visit www.maine-huts.org. Volunteers are also always needed!



Rolande and Clem Begin with Win Robinson inside the newly constructed Stratton Brook Hut.

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Competition and Volunteers News

Another competition year at Sugarloaf is upon us.

It has already started with the Opener, the Dax Brown Alpine Races for the older racers and The Greg Francoeur Moguls event on the weekend of December 15-16. The FIS Ladies Technical Alpine Races ran the week of the 17th of December and the Bill Bousum, for the younger ski racers, on the 28th.

We are looking forward to another busy competition year at the Loaf with approximately 50 events in Ski Racing, Freestyle Skiing and Snowboarding. Volunteers will be needed to assist the Competition Center Staff in the successful execution of these races. There will be a Freestyle Mogul competition and a

Continued on page 11



Left to Right: Charlie Copeland, Diane Copeland, Lev Steeves and Jim McCormack

Out with the old, in with the new

The Club did this! We are going to do it again with the Comp.!



It could not have happened without a strong relationship between the Sugarloaf Mountain Ski Club, Sugarloaf and CVA and the generosity of many Sugarloafers. As many of you know, the Jean Luce Competition Building and Slim Melvin Timing Room has been a very successful addition to the Competition Venues at the Loaf. It was designed for us by Ski Club member and long time Sugarloafer Rick Goduti.

Now a new chapter is beginning. Rick has designed a spectacular new Competition Center for us.

As I have stressed before, the Ski Club, CVA and Sugarloaf are "joined at the hip". The three organizations have been working very hard to make this new facility become a reality. A committee

Continued on page 10

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Ski Club Multi-Generation Project

The Multi - Generation Photo Project is alive and well! This will be our third year of collecting photographs of families who can claim at least three generations of "Sugarloaf Skiers". We already have one album full of families with three generations, a second album with a growing number of four-generation families, and we are waiting for our first five-generation family.

If you and your family are not in the album, we'll be waiting for you! Also, if your family has added new grandchildren since your first picture, we'll be waiting for your updated photo too! Remember, your pictures do not have to be taken at the mountain and you may enclose portions of the family in different snapshots. Our photo editor, Cindy Foster, will create an interesting page for you. Please be sure to enclose the names of your family members and which generation they represent.

Thanks so much for your interest in this "History in the Making" project. Many people dropped by on Homecoming Weekend to check out the albums. They are really pretty special. ▲



Standing: left to right: Will, John, Sarah, Tommy, Rachel, and Christopher Thompson
Kneeling: left to right: Charlie, Sam, and Matthew Thompson

Three Generations:

- 1st: Tommy and Rachel Thompson
- 2nd: John and his wife Sarah, Reb and his wife Jeanne
- 3rd: Will, Christopher, Charlie, Sam, and Matthew
- 2nd: Reb and his wife Jeanne
- 3rd: Ellie and Andy



Sixth Annual "Maine Ski Heritage Classic"

Don't miss the 6th annual Maine Ski Heritage Classic
Saturday Feb 16, 2013 at Sugarloaf

Ski Museum of Maine

Bruce Miles,
Executive Director

256 Main St
Kingfield, Maine

207-265-2023

Email:
info@skimuseumof
maine.org

Winter hours:
Mon-Thurs
8:00 AM - 5:00 PM

Fri-Sun
8:00 AM - 6:00 PM

This annual event is a showcase of Maine's rich ski history featuring photos, memorabilia and historic equipment. The favorite display is the lineup of skis from the early 1900's through today.

Not only is this event very fun and interesting, it is also a very important benefit for the Ski Museum of Maine.

The day starts with a historical display and a chance to ask questions and exchange stories with members of our museum. This will run from 10:30 am to 3:30 pm at the Sugarloaf Base Lodge.

At 3:00 pm the Vintage Ski & Clothing Group Photo will take place on the Beach.

At 4:00 pm -6:30 pm we move to the Sugarloaf Inn where there will be a reception and a live and silent auction which will be open to the public. It is free to attend with a suggested donation of \$10.

Last year people were able to purchase great items such as a private on- mountain luncheon for 20, a snow cat skiing experience, ski and stay packages and many gift certificates for local restaurants. You could

also win a Saddleback Season Pass or a pair of Volkl skis in our raffle. This is an event you will not want to miss! It's a great way to kick off the February vacation week.

The Ski Museum of Maine is located in Kingfield above the Sugarloaf Sports Outlet. We are open 7 days a week. Check our website at www.skimuseumofmaine.org for updates and some cool pictures, historical info and our new Online Store. ▲

Bruce Miles
Executive Director



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Another Roadside Attraction, the legendary local's racing team

Back row left to right: Russ "Three Fingers" Morey, Chip "Chip Chop" Carey, Tommy "Uphill" Hildreth and Adam "Boy" Hoover. Front row left to right: John "The Thriller" Diller, Lauren "Lovely" Perkins and Steve "Zap" Pierce.

Scholarships *Continued from page 2*

All potential recipients must complete a formal application, which includes a recommendation.

Different criteria are in place for each of the funds. The committee commended the applicants for their commitment to their sports. The Sugarloaf Ski Club generously coordinates all the administrative work related to the applications and the application is available on the Ski Club website: www.sugarloafskiclub.org

The Ski Club's Homecoming Pig Roast, February Beer Tasting and March Snow Ball, all open to the public, raise funds for these scholarships, along with the Ayotte Golf Classic, the McKay/Waddle spring telemark and alpine races and donations given through the Club's web page. In addition, the Town of Carrabassett and the Sugarloaf Ski Club Board of Directors voted to give generous funding.

Donations are still being sought for the next round of applications. Visit www.sugarloafskiclub.org to donate on line. The SRSEF is a 501C3 organization and donations to funds at that organization are fully deductible. Please send donations to SRSEF, PO Box 546, Stratton, ME 04982. ▲

New Comp Center *Continued from page 4*

of the three partners, headed up by Ski Club member and CVA Trustee Paul Fritzson, has been meeting throughout the summer and fall to accomplish the task of making it happen, and we are getting very close to our goal. The Ski Club has been steadily raising money for this project for the past several years. A large part of our fundraising has been through an annual raffle, which Sugarloaf supports with a Season Pass as Grand prize. The Ski Club puts on many BBQ's, and many people have made donations. This money has been matched with a \$60K challenge gift that was made to our Competition Center Fund by Clem and Rolande Begin.

Stay tuned. As the Winter progresses, we will have more news on the status of this much needed building project. ▲

Volunteers *Continued from page 4*

Snowboarder Cross as well as some Maine Alpine Racing Association events and the Colby Carnival in January. In February we will have a Freestyle Skiing competition, an Alpine Speed week as well as some Snowboard competitions. March brings more of the same with U16 Junior Olympics, a Half Pipe event, more Speed Alpine and the MARA Spring Series. Even in April there will be a week of Speed and Technical ski racing events.

As always, new volunteers are more than welcome. Come over to the Competition Center and talk to Laurel Lashar or Lev Steeves about the many benefits of helping at the various events. Not always are the volunteers busy at doing their various competition duties: there are many good times, too. The Competition Center sponsors several parties at which Race Secretary Laurel Lashar outdoes herself with preparation of a fine lunch, and everyone has a great time. Each year at the closing party in April there are awards presented to volunteers who have "gone beyond" in their help at the various events. The main award is one that is sponsored by the Sugarloaf Mountain Ski Club in Memory of Dr. Gleason Rand, a long time and faithful volunteer. Last year the award was presented to Dianne and Charlie Copeland for their tireless help in all three disciplines: Alpine, Freestyle and Snowboard. See the photo of Dianne and Charlie being presented the award.

Chris Schipper, who all of our old time volunteers will remember sitting at the round table in the Comp Center each morning of competition, had an unfortunate fall at her home next to the Lumberjack Lodge and is recovering at Edgewood Rehab Center in Farmington. Please remember her in your prayers. ▲

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After you pull them out of the dark climate controlled closet, your boots will need a pre-season shake down:

1. Remove boots from your boot bag
2. Inspect your boots for broke or bent buckles and torn straps
3. Use the tool provided with

the boots when they were new to tighten any loose rivets. If your boots don't have a T-nut type rivet that's OK, check the rivets for any damage or looseness. These rivets can be fixed.

4. Check the soles of your boots for any excessive wear. If you have excessive wear you should replace these ASAP. Worn toe and heel lugs effect how the boot interfaces with the binding and can result in poor binding performance which will impact your skiing performance

5. Remove the liner from the boot and check them for rips and tears. Over time liners break down and effect how

the boot fits and performs. If you find that any of the above are broken, torn or damaged you should bring your boots to your most trusted boot fitter and he or she should be able to assist you with a boot tune up. Last but not least - your feet! Your feet are going to be in your boots all season and they need to be in the best possible condition. Clean socks, clean feet and trimmed toenails will all greatly improve your experience with your boots.

Throughout the season keep a mental inventory on how your boots are fitting. Little changes can make a big difference in comfort and warmth. Start

with socks. In a 100 day season it is nice to start with four pairs of new socks. This is about 25 days of skiing per pair of socks. Why is this important? New socks provide extra padding for better protection and warmth. They also rejuvenate the snug fit as your liners breakdown over time. Ski socks are sold in different thickness. At the beginning of the boot life you can start with a thinner pair since your liners are not packed out yet. As your liners begin to pack out you can switch to a thicker pair, which will adjust for the breakdown of the liner. This will also depend on how much you ski and if you have a custom liner or not. Custom liners provide a more consistent fit and do not break down as quickly as a standard liner that is in your boot when you purchase them.

Throughout the season make sure to keep your boot liners dry! If boot liners are not dried out they have the potential to get mildew, which will jaccelerate the breakdown of the liner. Taking care of the liner and removing them from the boot after you ski will extend the life of your liner and keep your feet happier!

Foot Pain - nobody likes foot pain. There are several different types of foot pain that you may experience while skiing. Two of the most common are:

1. Cramping of the foot – this normally happens at the beginning of the season and when snow conditions change from hard to soft or ust soft. This is either the result of the feet being out of shape or being out of balance, which will force the feet to work harder than they should while skiing. Relax while you enjoy your runs down the hill! If you are able

to relax your feet they will adjust and the cramping will go away.

2. Acute pain – this is the worst type of foot pain and can significantly impact your skiing and your love for skiing. Acute pain is often the result of a poor fitting boot. Often the foot or part of your foot is moving around in the boot and rubbing or banging against the shell causing bone spurs or plain 'ol boot bang. This type of pain often requires a visit to your most trusted boot fitter. The sooner you can catch this, the sooner it can be fixed and you can go back to enjoying some fresh tracks!

Caring for your boots is just as important as caring for your skis. Properly tuned boots and healthy feet will provide you with the best possible skiing! ▲



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CVAs Pre-season Training Trips

Every November and December, the CVA winter sports teams travel west in search of early season snow and training venues.

This year was no different as all of the teams set out to Colorado and British Columbia. They skied and rode Copper, Breckenridge, Beaver Creek, A-Basin, Silverton, and APEX mountains. Here are a few photos from their trips:

Alpine

The Alpine racers trained at Copper Mountain and enjoyed excellent training and free skiing conditions. Both the men and women's teams were able to take a trip to Beaver Creek to watch the world's best racers compete in the World Cup GS and Super G.



CVA U18 Men



CVA U18 U21 Women

Snowboard

The Elite Snowboard Team Traveled around Colorado to Keystone, Breckenridge, and A-Basin. They were able to hit the best pipes, parks and features available in the country for this time of year.



CVA Elite Snowboarders at Keystone- Coach Kim Stacey, Shannon Branthoover, Jerry McGuire, Cailean Schecter, Adam Hohmeyer, Chase Blakely

Freestyle

Like the Snowboarders, the Park and Pipe Skiers also went to Keystone, while the Mogul Team trained at APEX in BC Canada. All experienced great conditions.

ALPS

The ALPS Team also traveled to Colorado and skied both Beaver Creek and Silverton Mountains. With their alpine touring equipment, even with the limited snow fall, they were able to skin up the mountain and find some powder. ▲



CVA Mogul Team in front of Oganagan Lake, BC Canada



CVA ALPS Liam Bachtel and Coach Ian Hubbard



CVA Park and Pipe Team and the beautiful mountains of Colorado



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Those Spring BBQ's are right around the corner-Jon Helstedt & Rick Chenard

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