



Sugarloaf Mountain Ski Club

N · E · W · S

Published on the Mountain • Carrabassett Valley • Maine • Homecoming 2012

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Sugarloaf Mountain

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Catherine Nodine

Ski Club Members:

App. 1,300

Message from the SMSC President

Welcome Home!

As I write this, the leaves are turning and the nighttime frosts have started. A sure sign that our favorite season is coming.

Sugarloaf Homecoming weekend is one of my favorite times of the year. Fellow Sugarloafers come to the Valley excited to see old friends and hear what SMC has been up to over the summer. Friday night October 5, there will be a steady stream of traffic up Rt 27. Many will stop at the Valley Crossing for Happy Hour at Tufulios. A lot of "How was your summer?" talk will be happening there. More socializing will happen at the restaurants and bars on the mountain. Everyone will be looking forward to a Saturday filled with season ticket picture taking, trying on new ski and snowboard gear, information sessions, condo association meetings and the Annual Pig Roast at the Outdoor Center (tickets are available online now). Thanks to Cindy Foster for chairing this event. Speaking of new gear, when you walk into the Sugarloaf Ski Shop you will notice that it has had an "Extreme Makeover." It is a great design, with a warm Maine Woods feeling that reflects the area's heritage. Jill Dugas designed it and local contractor Jarrod Dicentis performed the renovation.

People at the mountain have been busy with trail work and increasing snowmaking capacity. Last year really reinforced to us just how important snowmaking is. Let's hope we won't need much of it this year.

We have had several meetings with CVA and SMC to discuss the new Competition Center. Ski Club member and Architect Rick Goduti, has come up with a great design for the new facility. This is a much needed project that will hopefully get started soon. It will be a great asset for CVA, the Club and SMC.



Ski Club Members Bill and Valerie Soules recently competed in the Fireball Run from Ohio to Maine to raise money for missing children fund.

We will have a historical display set up in our usual spot in the base lodge. If you have pictures of skiing and riding from yesteryear, we would love the opportunity to scan and add them to our collection. We are still collecting our "generations" photos. If you have a three- or more-generation photo of your family, we would love to add it to our collection.

In addition to meeting and greeting, we will have some new Ski Club patches and pins for sale at the desk. Come by and pick up a free club sticker to put on your car or ski locker.

The Winter will be a busy one for the Club. We will have our family pot luck suppers, skating parties, and many other social and fund- raising events. The annual Snowball will be in the King Pine Room on March 23. And of course we will be having many BBQ's on the deck of the Jean Luce building. I hope to see many of you at these fun gatherings.

So, have a great weekend and welcome home,
 Bruce Miles ▲

2012/13 EventCalendar!

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

November 24
Competition Volunteer Social
Comp Center • 5-7 pm

December 31
New Year's Eve Fireworks
The Landing • 9:00pm

January 19
Annual Ski Club Meeting
Sugarloaf Golf Clubhouse • 5:30
Tickets required

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

February 9
Beer Tasting
Sugarloaf Golf Clubhouse • 5:30
Tickets required

February 19
Spaghetti & Skating
Outdoor Center • 5:30-7pm
Great family fun!

March 16
18th Annual Snowball
Watch for details

Annual Pig Roast

Who: You, your family and your friends, of course

What: The Annual Ski Club Pig Roast!

When: It's happening during Homecoming Weekend on Saturday, October 6th, from 5:30 until 7:00 pm

Where: The Sugarloaf Outdoor Center

Why: Because you will have great food and a great time. You will reconnect with your friends after a long summer, and you will be helping to support our scholarship program, which is really the best part of all.

What else: Tickets are \$17.00 for ages 12 years and up and \$9.00 for 11 years and under. Tickets may be purchased online at the ski club web site (www.sugarloafskiclub.org) or at the ski club desk in the Base Lodge on Saturday, October 6, from 9am-3pm. ▲

Homecoming Social Event

On Saturday, October 6, from 4:00-5:30 pm, there will be a social gathering at the Sugarloaf Outdoor Center preceding the pig roast. The event is open to Ski Club members whether you're attending the pig roast or not. Come and catch up with your friends. ▲

Have you visited our website?

www.sugarloafskiclub.org

When you're looking for the date of our next social event, or for that copy of the Sugarloaf Ski Club newsletter that you misplaced, remember that you can find all of this information on our website at www.sugarloafskiclub.org

It's the easiest way to update your membership, buy tickets for social events and catch up on the club news. Find those old newsletters, see the list of club members, view the Locals Race results, and browse through our photo albums.

What else can you find there? We occasionally add new merchandise. We have recently added some nice three-inch patches that can be sewn onto a hat or jacket. And you can also easily donate to our scholarship fund at our online store. It's easy, and we're always there.

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

Name: _____ Address: _____

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Individual \$25 Couple \$40 Family \$50 This is a renewal. I've been a member since: _____

Please make checks out to: Sugarloaf Mountain Ski Club, • Village West #13 • Carrabassett Valley, Maine 04947



Maine Huts & Trails Homecoming Events

Annual Fall BBQ on October 7

Taking place during Sugarloaf's homecoming weekend, members and non-members alike are invited to join us for classic barbeque favorites and breathtaking scenery at the Poplar Hut from 11:00 AM – 3:00 PM. We'll have everything from home-cooked food to burgers and hotdogs, plus family fun, falling leaves, and great outdoor activities. Don't miss it! This event is free for members, \$10 for nonmembers and \$5 for children.

Win a Free Mountain Bike!

Enter our raffle to win a free mountain bike on the Maine Huts & Trails website! Go to: <http://fs8.formsite.com/mainehuts/form1/index.html> to enter. ▲

Ski & Snowboard Grants Available



Program snowboarder Madeline Chamberlin

If you Google "sure signs of winter," you'll see links to the Farmer's Almanac (www.farmersalmanac.com), and the National Wildlife Federation (www.nwf.org), where many of nature's signs are listed indicating the possibility of a snowy winter. Missing from the list however, is Skiers' Homecoming at Sugarloaf. Along with higher hornets nests, shorter daylight hours, thicker corn husks and the early departure of ducks and geese, we know that Homecoming Weekend is a sure sign that a new ski and snowboard season is "just around the corner."

We have ski and snowboard programs, and with those programs we have the opportunity for youngsters in the Sugarloaf area to participate on weekends and school vacations all winter long. However, for some families the cost of participation may put the program out of reach. Thanks to the fund raising efforts of the Sugarloaf Ski Club and Sugarloaf Regional Ski Educational Foundation (SRSEF), along with a generous grant from the Town of Carrabassett Valley, there are scholarship funds available to help defray the costs of Sugarloaf's ski and snowboard programs.

Sugarloaf Ski Club and SRSEF volunteer scholarship committee members, meet once a year in November to process applications and determine awards. Scholarship applications are available only at www.sugarloafskiclub.org. Completed forms and letters of recommendation MUST be mailed no later than October 11 to: Sports Funds, Sugarloaf Ski Club, Village West #13, Carrabassett Valley, ME 04947

Sugarloaf Homecoming and application due date – sure signs that a fun snowsport season is almost here! ▲

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News from Maine Huts & Trails

What's new at Maine Huts & Trails?



Meet our new Executive Director • Nicole Freedman joined MH&T in April 2012. Previously, Nicole served under Boston Mayor Thomas M. Menino as Boston's Director of Bicycle Programs. As Boston's Bike "Czar," Nicole helped transform Boston from the worst cycling city in the

United States to an award-winning nationally ranked cycling city with the launch of the New Balance Hubway bike share system. A former Olympic team member and three-time national champion road cyclist, Nicole is excited to join Maine Huts & Trails. Nicole is an avid cross country

skier and mountain biker who won her age group world championship in winter triathlon in 2011.

Left: New headquarters on Route 27 in Kingfield. Right: new MH&T Director Nicole Freedman

Better Trails • We've enhanced 16 miles of trails for mountain biking. You can now mountain bike from Poplar Hut and/or the Carrabassett Valley Outdoor Center all the way to Grand Falls Hut! True hut-to-hut mountain biking is now possible.

New Headquarters • Our new office is in a new building on Route 27 in Kingfield, Maine and we couldn't be more excited! ▲



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Iron Man Tom Hanson



Museum Treasurer Tom Hanson (center), receives the Paul Schipper Iron Man Award from Rich Wilkinson (left) and John Diller (right).

The award is named after the original Iron Man, Paul Schipper, who skied 3903 consecutive days. It is awarded each Spring to the Sugarloafer who best embodies the spirit and love of skiing at Sugarloaf that Schipper did

As you may have heard, Tom started his year with a quest to ski three million vertical feet and to raise some money for the Ski Museum of Maine. He blew that goal out of the water skiing over 4.2 million vertical feet. While some skiers waited for the lifts to open at 8:30, Tom would volunteer to work races and be on a cat at 7 am, usually with a gate drill or other equipment with him.

We hope you will show your support for Tom's dedication by making a donation to the Ski Museum of Maine which you can do through our secure PayPal link on our home page www.skimuseumofmaine.org ▲

Andrew Willihan to head SCVA Alpine Program

Michael Savage, CVA Alpine Program Director, announced recently the appointment of Andrew Willihan as SCVA Program Coordinator. Willihan has been a part of the CVA/SCVA system for over a decade as a student-athlete and coach.

Having been an SCVA coach for seven years, and an intricate part of the CVA coaching staff for three years, Willihan brings experience and confidence to his new role as program coordinator.

"Working with this age group is where I started my coaching career," said Willihan. "I'm excited and honored to continue SCVA's world-class programming." ▲

Andrew Willihan, the new SCVA Program Coordinator



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Bring your Mountain Bike to Homecoming!!



Adventure Camp Roughriders on the Stratton Brook bike trail in the Bigelow Preserve.

Mountain biking in Carrabassett Valley has never been better than it is today. The Carrabassett Region Chapter of the New England Mountain Bike Association (CR NEMBA) has been working with the Town of Carrabassett Valley to build and maintain mountain bike trails at the Sugarloaf Outdoor Center, and improve existing trail systems throughout the valley.

This summer the town completed year two of an initial three-year build plan at the Outdoor Center. While there is a lot of work left to be done, there are many new trails to ride. Much of what has been built is for beginner riders, but there are plenty of great new intermediate trails to shred too. CR NEMBA will be setting marked trail loops for those who want to explore the new trails by themselves and will be leading guided rides for

a variety of abilities on Saturday and Sunday, October 6 and 7.

If you plan to come to Skier's Homecoming and have a mountain bike, bring it with you. If you don't have a mountain bike you can rent one at the new bike shop (Carrabassett Valley Bike), located at the outdoor center. For information about CR NEMBA, the new trails, and for details regarding CR NEMBA's plans for Homecoming, visit our web site at www.carrabassett.nemba.org. While you're there, like us on Facebook to follow the progress and keep up to date on group rides, events, workshops and volunteer opportunities.



Come ride the new trails with us, you won't be disappointed!
Dave Hughes, CR NEMBA President ▲



Allison Thayer on the Stratton Brook bike trail in the Bigelow Preserve.

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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" display on Homecoming Weekend and check out the albums. They are really pretty special. ▲

The Al & Alice COLE Family



Left to right: Al Cole, Courtney Knapp, Alice Cole, Debbie Knapp, Michael Wilkins, Amanda Wilkins

February 2011

Four Generations

- 1st - Al and Alice Cole
- 2nd - Their daughter Debbie and her husband Courtney Knapp
- 3rd - Debbie and Courtney's daughter Amanda and her husband Nate Wilkins
- 4th - Amanda and Nate's son Michael Wilkins

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ASK HAPPY TUNES!

By Happy Tunes owner, Lionel Hering

I am told that stone-grinding my skis will shorten their life expectancy. Is that true? If so, why bother?

“Grinding” a ski is the process of cleanly cutting the top layer of plastic material off of the ski’s bases (versus “belt-sanding”, which essentially rips and easily burns said top layer; a process not nearly as clean). It is currently the best available tool for repairing damaged bases, “tru-ing” their flatness, as well as imparting special structure or micro-grooves to help minimize friction and suction (but we’ll keep the theory of “structure” for a future discussion).

Should “life expectancy” be measured by the thickness of the base material of a pair of skis or snowboard, there is no doubt that it is “shortened” via

grinding. Other factors would be edge thickness or, more realistically, material “fatigue” due to the constant shearing forces between the various laminates that inevitably “age” a pair of skis: loss of rebound and of torsional rigidity (edge-hold)... skis feel “dead”.

So “why bother”? Two reasons, both related to maximizing the performance of your skis. One pertains to the base material, the other to the overall geometry of the skis.

THE BASE: If performance were of no concern, and longevity of the utmost importance, you could expect skiing on bases made entirely of Ultra-High Molecular Weight Polyethylene: super hard, rystalline (non-porous), very scratch resistant (although hard to repair), and chemically



stable (doesn't oxidize). Think of skiing on a super hard cutting board. Indeed, UHMWP is an amazing plastic found in many industries where resiliency and longevity is of the utmost importance. Skiing, however, is subject to a huge range of environmental factors that are impossible to control. Those same characteristics that make UHMWP so stable are its downfall when having to deal with great ranges of

temperature, moisture, and friction coefficients that require adaptability. The engineering challenge therefore becomes one of manipulating that UHMWPE base into one that can be fine-tuned and modified to the conditions. Today, the process of manufacturing base material includes pressing together (or “sintering”) tiny particles of UHMWP together and adding lower density polyethylene

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and additives for a finished product that combines an ideal ratio of hardness and customization. Think of the UHMWPE as the “skeleton”, and the additives as the “flesh”.

The “flesh” is amorphous (non-crystalline, or porous). When you wax your skis, be it for general maintenance or to enhance glide via reduced friction and suction, the liquid form of the melted wax is only able to affect the “flesh”. You can thereby alter the hardness of your bases to better match the given snow conditions (ie. Hard wax for cold snow, soft wax for warm snow). However, this degree of customization comes at a cost: unlike the UHMWPE “skeleton”, the amorphous “flesh” material is very susceptible to heat damage and friction wear. Protecting the base via waxing therefore becomes essential: without it,

friction-heat “burns” the base... and damaged bases neither run fast nor do they hold wax well. To top it all, as wax wears off, the bases also start “drying”, or oxidizing, leaving a grayish film that ultimately spells: SLOW.

At this point, your only recourse is to peel-off this damaged top layer, best accomplished with a stone grinder. Obviously, the more the bases have been neglected, the more material needs to be removed. To better manage the available material, it is customary to first fill the rock-damaged areas with extruded, low-density polyethylene.

THE GEOMETRY: in a perfect world, skis are manufactured so that the bases are absolutely flat, with the surrounding edges almost imperceptibly recessed or, even better, beveled so as to

create least contact between steel and snow when the skis are running flat. One can best minimize friction that way (friction is SLOW and steel has a much higher coefficient of friction than a good quality sintered base). You may have experienced the effects of a “railed” ski before that you are constantly “muscling” to direct (aka “edge-high”), or its opposite, a ski that tracks poorly, difficult to edge, “wishy-washy” regardless of how sharp you keep the edges (aka “base-high”).

The reality however is that bases on new skis are rarely flat, and even more rarely on snowboards. It takes extensive and exacting manufacturing processes to reach this desired outcome and, not surprisingly, the “big” manufacturers are much better at it than the small “indie” brands. Now, if you’re skiing soft snow or

powder most of the time, this doesn’t matter so much; but on hard snow, a ski that is too “edge-high” or too “base-high” will drastically affect the performance of your ride!

At Sugarloaf, even when taking great care of your skis or snowboards, avoiding rocks and waxing daily, the wear-and-tear of the cold, aggressive snow crystals will inevitably lead to base damage and unevenness. For the CVA racer who must keep his or her skis tuned daily, this may mean two to three trips over the stone-grinder every season. His or her biggest challenge is actually trying to keep the training skis as close to par with the racing skis as possible, knowing that the former often gets five to six time more use than the latter. For the weekend skier who is unlikely to devote time to

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CVA Program Directors



CVA Athletic Program directors are excited about the upcoming school year.
Program directors left to right: Mike Mallon: Snowboard, Nate McKenzie: Freestyle, Ian Hubbard: Alps, and Mike Savage: Alpine.

On September 3, CVA welcomed their students for the 2012-13 school year. Program Directors and staff met with their groups to lay out plans for the year. There was a lot of excitement in the air as the new group of "Big Dogs" met with their teachers, coaches and fellow students. Now the fun begins with a rigorous academic and athletic schedule underway for the Fall. ▲



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I'm Not Hoarding Straight Skis...I'm Doing Research

By Tom Butler

Long live straight skis! You read that correctly, no typo. You may see these as relics at the transfer station but I see untapped potential. My wife wishes that I saw them as junk so I could stop bringing them home. My neighbor wishes that I would see them as junk too so I would stop stashing them behind my shed. I can't do it though and the reason is, chances are, those skis have never really been skied. Sure they've been pounded on and skidded all over the place — all 203cm of them yet have they ever truly been used the way little French engineers designed them?

The truth of the matter is that I couldn't ski the damn things either. Reverse camber

seemed like an exotic world to me, a dreamed up place inhabited by unicorns, rainbows and never ending reruns of Star Trek (my dream). The best I could do was to fake it. I'd crank and jam the things, sit just a teeny way back and...pow...launch off the snow and recover in the air (Bro!!! That ski has so much energy). Edging above the fall line? 'Fall Line' was another fancy term which literally translated into, "your face will land right there". However, the reason I'm so enamored of these skis is that it has only been within the past several years that I have finally figured out how to ski them and I owe it all to shaped skis.

Quite a few years ago a fellow Perfect Turn Pro at Sunday

River was skiing around in the height of shaped ski mania *on straight skis*. I never really asked him why but he's an outstanding skier so I figured that this cat must have been on to something. I took out my wife's old 195cm Rossignol 7xk's and started to feel some neat things. Shaped skis had me, all of us actually redefining the skills concept. The edging bubble in the Venn diagram in the PSIA manual was getting really big and the rotary bubble kept shrinking as ski shapes became more aggressive.

Why would anyone need to pivot a ski again? Just think about tipping them and you were on rails. We changed the way we taught skiing to beginners and gave them shaped skis too.

A funny thing happened along the way though. We began slicing up snow from way, way up in the top of the turn and left deep arcs that could hide a small Cadillac but the way we got there was troubling. In order to get that extreme edge, we started moving our bodies inside the turn practically before the old turn even ended. We began to move inside the turn too early in order to compensate for the aggressive edge. As the turn developed, our inside leg got really flexed, so much so that we needed to get it out of the way so we could get our hips floating just over the snow surface, which by the way happened to be the coolest looking thing ever! To accomplish this our inside

Continued on page 12

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Research *Continued from page 11*

foot would slide forward to make way for the hips to accommodate the added forces at the bottom of the turn. Ski lead change increased and hips started drifting behind the feet. And guess what...the skis still left bitchin' arcs so what incentive existed to stop doing that other than one of my mentors, Sugarloaf Perfect Turn Bubble-cuffer Supervisor and PSIA Examiner Lani Tapley, saying "stop doing that!"

Enter my friend over at Sunday River and the straight skis. He always looked to be over his feet so athletically and still left trenches. I was trying to get my feet further away from my body than physiology would allow and couldn't do what he did so what was going on? The experiment on those 1992 Rossi's was earth shifting for me. On my very first turn on pitch I fell right over.

The second turn too. By the third turn I started to not like being on my side so I brought my feet under me more and began to...wait for it...turn the legs with edge engagement throughout the turn. I didn't fall over. My body was more over my feet and I was kind of making little trenches. The takeaway for me though was that I didn't need to get waaayyy inside to get the skis to turn.

The straight skis though felt so energetic. Incredibly, a 15 year old ski at the time felt more lively that it did back in the early 1990's when it was fresh out of the plastic. The flip side is that what I was missing back in the early 90's was the stuff that made shaped skis so much fun, namely big edge angles. And, getting back on my shapes amazed me that what was missing were those things that we did on straight



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skis that made them so good (read: leg rotation).

However, I wouldn't recommend going out on old bindings. You're rolling the dice there and no shop worth their salt will service a binding from the last century! Mount up some newer bindings and give it a go next season. Many of these skis still have a lot of life in them and if any of you are like me (God help you if you are), you'll find them both exciting and a challenging or in other words, fun. The end result will be that you're skiing will rediscover some things that have been itching to get out! You will also have a legit excuse to hold onto those straight skis.

You're welcome ▲

Happy Tunes

Continued from page 9

tuning their skis after every outing, we find a stone-grind necessary, on average, after twelve to fifteen days of use.

So yes, stone-grinding your skis will shorten their life expectancy. Not stone-grinding them, on the other hand, will greatly affect their performance. And nothing shortens the life expectancy of skis and boards quicker than long-neglected bases that require excessive material removal!

My best advice: go to your ski shop, try out the quality of their "tunes", and if acceptable, inquire about their "loyalty" program so as to save a few dollars over the course of the season!

Cheers!
Lionel ▲

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Ski Museum of Maine News

Welcome home Sugarloafers

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

The Ski Museum of Maine is entering its 4th season here at our Kingfield location. Thanks to the support of Sugarloaf and the Sugarloaf Mountain Ski Club, the museum is flourishing. Membership is up and the support from people around the state is growing continually. We will once again have a booth set up during Homecoming weekend. Stop by and chat with us.

One exciting project we have been working on this year is an online exhibit featuring the Sugarloaf World Cup Alpine Ski Races of 1971. When finished, this project will be displayed on Maine Memory Network, which is the digital museum of the Maine Historical Society.

Last year, through a collaboration with Ski Maine Association, we had a very successful "Maine Ski Season Launch Party". This year we will be having the second

annual event at the Doubletree Hotel in South Portland. The date is Thursday Oct 11 and the theme this year is the evolution of snow grooming and snow-making. We hope to see you there.

Sugarloafer Natalie Terry will be inducted into the 10th Anniversary Maine Ski Hall of Fame on Friday, October 26 at Lost Valley in Auburn. Below is an excerpt from her biography

"Few instructors have brought along as many skiers as Natalie Terry. Since 1969 Natalie has taught skiing full time, uninterrupted, as part of the Sugarloaf Perfect Turn Program and in her late eighties shows no signs of letting up. Her devotion to each student has led to her being the most requested instructor at Sugarloaf for private lessons and an award for the second most requested is given in her name,

because no one else comes close. PSIA recognized her maintaining full level three certification with a life time membership and she has been recognized by Skiing Magazine as one of the top 100 instructors in the country".

She will be inducted along with Bruce Fenn, LL Bean, Andre Benoit, Bucky Broomhall, Frank Howell, Philip Hussey and Walter Stadig. A full house is expected to honor these inductees, so reserve early. For more information go to the Ski Museum website: <http://www.skimuseumof-maine.org/hall-of-fame>

The museum needs and appreciates your support. As this winter season starts, make some time to come down and visit the museum. We are always looking for old photos and movies of yesteryear pertaining to the history of the sport we love so much. ▲

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"When You Want It Done Right The First Time"

Pre Season Tune-up

By Kenny Jacques

If you're reading this now, the leaves have turned colors and dropped, or they will be soon. It signals that it's time to get ready for SKI SEASON! Hopefully you put your gear to bed for the summer properly, but if you are like most people, you just grabbed your golf bag or bike and tossed the skis into the corner. Let's cover a few tips that will get you and your gear ready for opening day.

For starters, empty your ski bag. Take the smelly stuff out and toss it into the washing machine. Once you've accomplished that, try everything on. The kids may have grown or you may have overindulged at too many summer barbeques.

Now that you've done all the trying on of clothes, it's time to waterproof outer wear with a product like Nikwax to keep you dry during those wet days.

Next, get your fresh ski socks on and slip your feet into your boots. Don't panic immediately. You're just suffering from a bad case of "sandalitus." You didn't wear your ski boots to all of those barbeques did you? Be sure to give yourself plenty of time to wear your boots BEFORE opening day. You'll be glad you did. Check your helmet, goggles and gloves to make sure the mice didn't move in during the summer.

The base lodge is no place to find out that your helmet bag was invaded while you weren't looking.

Finally, your skis and/or board need a little loving too. Inspect your bases for any damage or rust forming on the edges as a result of leaving them on the concrete in the garage all summer. If you are all set up to tune your skis, now is a good time to sharpen your

edges and start putting the wax to them. Your bindings should be inspected and properly adjusted by a certified binding technician. If tuning skis isn't your thing, your favorite ski shop can make your ride feel like it's brand new again. It sounds like a lot to do, but if you do it now, you'll be that much closer to being happily on the hill.

Let's not forget about tuning yourself for the season. I don't claim to be a fitness guru, but something as simple as going for a half hour walk several days a week can be a huge plus. The weather forecast for the East this winter looks great, so get out and enjoy it. And remember: if you ain't on the edge, you're takin' up too much space.

See you on the hill,
Kenny Jacques, co-owner of
Ski Depot ▲



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