



# Sugarloaf Mountain Ski Club

# N · E · W · S

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### Sugarloaf Mountain Ski Club Officers 2008/09

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Treasurer - Phil Hunter  
Secretary - Nancy Holliday  
Newsletter Chairman - Peter Smith

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Mike Rowland, Lev Steeves,  
Joyce Tobias, Joe Tutlis,  
Lani Cochrane, and  
Jim McCormack - SMC

**Club Administrator:**  
Catherine Nodine

## Welcome back Ski Club members

### *A Message from Sugarloaf Mountain Ski Club President, Bruce Miles*

The view from the window of the ski club office is full of activity today. Homecoming Weekend is just around the corner and there's a mad scramble to spruce things up. Kenny and Roger are busy painting the Competition Center, and another crew is painting the Base Lodge. Hopefully we won't be painting this Competition Center for many more years!

The big news from the mountain this year is increased snowmaking capabilities. I am also very excited that Gondi Extension will once again have snowmaking. It's an awesome trail.

Catherine Nodine is joining us once again as our Ski Club Administrator. This is great for many reasons, least of which is that she already knows the job from her experience in this position two years ago. Our former administrator Doreen Chamberlin, has landed a job at Stratton Elementary School and is looking forward to having weekends with her family this winter. Doreen is still going to be involved with the scholarship program as a SRSEF board member and treasurer.

I know I'm repeating myself, but I just want to reiterate how proud I am to serve you, my fellow ski club members, as your president. Our ski club has a proud tradition of supporting local youth, and carrying the torch of history for the mountain we all love to ride and ski on. And we do it in such a social way, by holding events like our Homecoming Pig Roast and midwinter Wine Tasting evenings. Hopefully you will get a chance to participate in some of our activities throughout the year.



*Kenny and Roger sprucing up the Comp Center*

As SMSC president I have always enjoyed answering the question, "What does the Sugarloaf Mountain Ski Club do?" We are a unique ski club. Our 1200 plus membership not only has a good time as a group, but we also know we're supporting good causes that benefit the local Sugarloaf area.

I will keep this short because there's a lot of news in this issue including a schedule of this year's Ski Club Homecoming Events.

The Ski Club desk in the Base Lodge will be open from 9:00 am to 3:00 pm on Saturday, and from 9:00 am to Noon on Sunday. Stop by early Saturday morning to pick up your Pig Roast tickets and to view our historical display and slide show.

See you at Homecoming!  
Bruce



## Events you won't want to miss

Keep your eyes open for news of upcoming social events. Don't miss out on the fun!

### October 10, Homecoming Weekend

Pig Roast at the Outdoor Center

December 29 & February 16

Family Potluck Suppers

January 23

Annual Meeting

January 30

Sugarloaf Chairty Summitt

February 6

Wine Tasting

March 20

15th Annual Snowball

Look for details about events in our upcoming newsletters.



SMSC members enjoys a wine tasting event at the Widomaker last winter.

## SMSC events for Homecoming

Saturday, October 10

5:00 to - 6:00 pm

### Ski Club Members Reception

To be held before the Pig Roast at the new Touring Center building

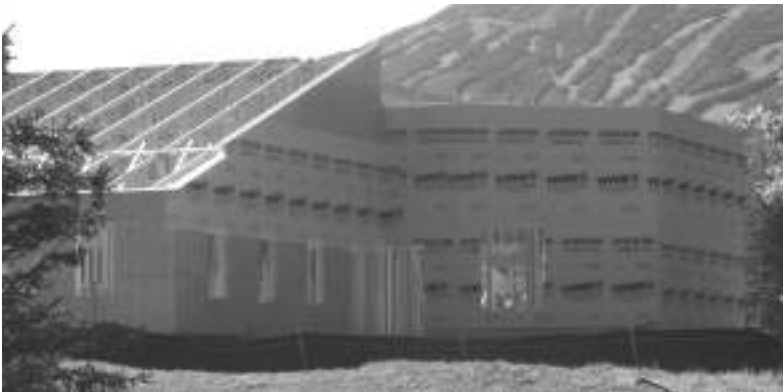
6:00 pm

### Come join the Ski Club for our Annual Pig Roast

Tickets are \$16.00 for 12 years and up and \$8.00 for 11 years and under. Tickets may be purchased at the ski club desk in the base lodge on Saturday, October 10th from 9am-3pm. As always, plan on having a good time with good food, good friends and remember that you are helping to support our scholarship programs. ▲

## Sugarloaf Area Yard Sale

On Saturday, October 10 during Homecoming Weekend, the Carrabassett Valley Public Library's fundraising committee will be holding an area yard sale to benefit the new building fund. If you have items to sell please contact Doreen Chamberlin, Shelley Ames or Kim Kearing at: adebaise@carrabassett.lib.me.us or call 207-235-2211 and we will establish a pick-up or drop off time for you. All sale items will be considered donations and owners will be given a receipt for tax purposes.



Progress moves ahead on the new Carrabassett Valley Public Library

The yard sale will be held in one of the upper parking lots on Sugarloaf Mountain with a rain location in the Mountain Magic Room in the base lodge. The event will be held from 9:00 am to 3:00 pm on Saturday. Drop off and pick up times will be on Friday from 3:00 am to 6:00 pm, and Saturday morning from 7:30 to 8:30 at the upper parking. If it is raining, drop offs will be at the Mountain Magic Room.

This yard sale should have many unique and wonderful items to purchase so please drop in to find something special! ▲

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

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

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

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## News From SMC

On the heels of substantial improvements to its snowmaking system in 2007 and 2008, Sugarloaf is once again committing significant resources toward enhancing its snowmaking capacity, with an eye toward improved efficiency and increased early-season terrain. Upgrades will include a new snowmaking line, hydrants, and guns on Gondola Line Extension, which will allow Sugarloaf to open a signature expert trail covering more than 1500 vertical feet from the summit early in the season.

Additional snowmaking upgrades will include electricity for additional Boyne Low-Energy Fan guns on the Sidewinder Snowboardcross Course and 5000 feet of new snowmaking pipe throughout the mountain, including a new main line across Peavey Cross-Cut, which will provide increased flexibility and capacity to central mountain areas, including the Pipe-Dreams Superpipe. Overall Sugarloaf will feature nearly 9000 feet of new snowmaking lines for the 09/10 winter season.

"We've committed a lot of resources over the past few years to improving our snowmaking system, and the results were extremely evident during the first few weeks of the season last year," said John Diller,

Sugarloaf General Manager. "The upgrades this summer will continue with the same objective, which is to make more snow and open more terrain early in the season."

Sugarloaf will also work to reduce the effects of wind on its lifts, with new wind fencing at the top of the #3 T-Bar and Double Runner Lift, as well as new sheave train configurations on the SuperQuad.

In addition to the on-hill capital improvements, Sugarloaf also bolstered its managerial staff with addition of Brad Larsen as the new Director of Sales and Marketing. Larsen is a ski industry veteran with a stellar track record, and was most recently employed as Director of Marketing at Snowshoe Mountain in West Virginia. Snowshoe is highly successful destination resort, with similar strengths and challenges to Sugarloaf. Larsen will oversee all aspects of Sugarloaf's sales and marketing efforts, including group and conference sales.

"Sugarloaf is truly an incredible place," Larsen said. "The mountain is breathtaking, but the region also has an engaged community that is second to none. The opportunity to relocate to this area was an easy decision." ▲

### CVA Wreath Sale

Don't forget to order your holiday wreath from Carrabassett Valley Academy for your Sugarloaf address, home, family and friends. Proceeds benefit the Carrabassett Valley Academy's Parent Support Organization. For more information contact Wendy Darienzo at [HYPERLINK](mailto:mailto:wdarienzo@gocva.com) <mailto:wdarienzo@gocva.com> or 207-237-4471.

## Winter Season 2009-2010

*Dear Sugarloaf Ski Club Members,*

Autumn is upon us once again, and it is with great excitement that we prepare for our 59th winter season on the slopes at Sugarloaf, and our third full season as a proud member of the Boyne Resorts family. And though the mountain has seen its fair share of changes in our 59 years, there is one thing that remains unchanged – our mission to offer the best possible experience for anyone who loves to ski or snowboard. It is a mission that Amos would be proud of, and one that the members of Ski Club help to make possible year after year.

Despite the current economic climate, Sugarloaf and Boyne have continued to invest in the future of the resort, with another round of capital improvements totaling more than \$1.8 million over the summer. The investment makes a total of more than \$11 million in resort upgrades since Sugarloaf joined the Boyne family in 2007.

As Ski Club members are well aware, Sugarloaf has a rich history of hosting competitive events, from the very first Sugarloaf Schuss in 1951 to the World Cup in 1971 to the US Nationals in 2006 and 2008. Sugarloaf has earned a reputation as a premier venue for world class competitions, and has developed many of the world's top skiers and snowboarders from two time World Cup champion Bode Miller to Olympic gold medalist Seth Wescott, who will look to defend his medal in Vancouver this February. None of these incredible accomplishments could have been achieved without the ongoing support of the Sugarloaf community and the Sugarloaf Ski Club.

Despite Sugarloaf's continued growth and great success, our mission has always been rooted in our history and the vision held by our founders nearly 60 years ago. As the keepers of the flame, Sugarloaf Ski Club members have worked to preserve the rich history of our great mountain, and Sugarloaf is immensely grateful.

With the ongoing support from dedicated Ski Club members, as well as the continued commitment from Boyne, we eagerly await the 2009-2010 season and look forward to our 60th anniversary season.

Sincerely,

John Diller  
General Manager  
Sugarloaf

## Maine Huts & Trails forges ahead

The highlight of 2009 has undoubtedly been the opening of Flagstaff Lake Hut, our second lodge, located along the east shore of Flagstaff Lake. The trailhead is a short 20 minute drive from Carrabassett Valley using Carriage Rd. and the hut is a short, scenic and enjoyable two-mile walk or ski from the trailhead. With the opening of this second hut, along with Poplar Stream Falls Hut, located in Carrabassett Valley, we're providing visitors with a system of two-huts and more than 20 miles of non-motorized trails to enjoy while hiking, cross country skiing, snowshoeing or mountain biking. Speaking of users, since we opened the doors at Poplar in February of 2008,

we've hosted more than 2500 overnight visitors and at least double that many day visitors. More impressive than the number of visitors we've had is the feedback we're getting from them. Check out some of the entries in the hut journal next time you're at one of the huts and read for yourself.

If you're one of the many outdoor enthusiasts who have been out on our trail and visited the huts, we'd like to take a moment and thank you for supporting our mission. I know, you're probably thinking to yourself, how did I support their mission when all I did was go for a hike, bike or ski? A key piece of our mission is to preserve year-round, public



access to remote and special places and to encourage you to take part in healthy, outdoor recreation activities. If you haven't had the opportunity to get out and explore our system, fall is a great time to enjoy our trails and there is still space available at both huts, but they're filling fast. Now would also be a good

time to call and reserve space for your winter hut trip.

There's really nothing quite like arriving at a warm, cozy and inviting lodge after a chilly day on the trails.

In 2007, we launched a membership campaign and now nearly one-thousand visionary

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Left: The new Flagstaff Lake Hut sits on the east shore of Flagstaff Lake.

Right: A happy hut crowd enjoying dinner at Flagstaff Lake Hut.

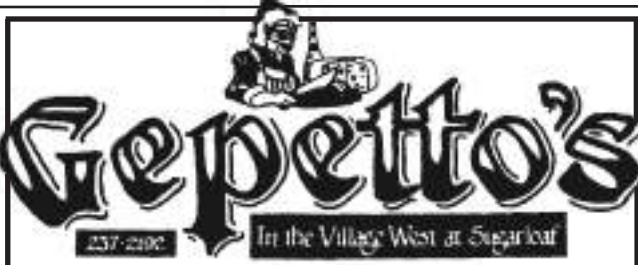
leaders throughout the state have become a part of this historic effort by signing up as members. The support of our members allows us to provide free access to our trails year-round, including groomed trails in the winter. It also allows us to keep our overnight lodging fees affordable. If you're impressed with what you're hear-

ing or seeing and you'd like to find a way to help, please take a minute to go to the membership page on our website ([www.mainehuts.org/join](http://www.mainehuts.org/join)). Please consider signing up now and tell a few friends about what a great thing we're doing right here in western Maine. Word of mouth and first hand experiences are significantly

more effective in getting the word out than any marketing we do.

The biggest news is that in 2010, we plan to push ahead and complete our first phase. Planning (and fundraising) is well underway to enable us to build our third hut, a 210' foot-bridge crossing the Dead River

and complete the trails into The Forks. We're really making it happen! On behalf of the Staff and Board of Directors of Maine Huts & Trails, thanks for being a part of this monumental undertaking, thanks for your support and we hope to see you out the trails and in the huts sometime soon. ▲



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# 2009-2010 Winter Sports Funds Available

The Sugarloaf Ski Club, the Sugarloaf Regional Ski Education Foundation (SRSEF), and the Ayotte Fund are now accepting applications from young alpine skiers, freestyle skiers, cross-country skiers and snowboarders for financial assistance for programs this winter. These funding organizations hope to foster both recreational and competitive snow sport activities. While there will be some children who take part in competitions, these funds also hope to encourage children to develop a healthy outdoor interest in a lifelong sport which is such a significant part of both work and play in the region.

Programs include the Minicuffer and Bubblecuffer programs, SAD #58 Punch Pass Lessons, and the Sugarloaf/Carrabassett Valley Academy Program. The Sugarloaf Ski Club Community Fund administers money from its own fund as well as funds appropriated by the town of

#58 children who participate in weekend Carrabassett Valley to aid SAD programs, both recreational and competitive, at Sugarloaf Mountain.

The SRSEF funds also include resources from the Brook Gallup Fund for snowboard athletes, and the Amos G Winter Fund, the Dan McKay and Mike Waddle funds for entry fees and out of state travel for Maine competitors that are generally awarded for spring events. Amos G Winter was noted for his encouragement of local girls and boys who wanted to ski. The Brook Gallup Fund commemorates a young snowboarder who grew up in Kingfield. The Ayotte Fund, in memory of Dick and Martha Ayotte, has also served many local SAD #58 skiers and snowboarders for a number of years.

The scholarship grants are partial, and are intended to

help those who might not be able to participate without some assistance.

Applicants must complete an application form and include a letter of recommendation from a teacher, coach, or other unrelated adult. A common single application form is now used for all programs and funds, and will be considered by a joint committee at one time.

Application forms, are available on line (click on the form at the upper right), and will be available at the Sugarloaf Ski club office, at the Competition Center on the mountain, at local schools, and at Ayotte's Country Store. They will be due November 11th, and should be mailed to:

Sugarloaf Ski Club  
Village West #13  
Carrabassett Valley  
Maine 04947 ▲

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## SCVA starts a new season

By Ron DiGravio, Matt Waddle, Directors, SCVA

First and foremost we would like to express our appreciation and thanks for all the hard work and dedication that Joan Dolan has contributed to the SCVA programs. It is hard to articulate her contributions over the years. I know it will be a real challenge for Ron and me to meet the standards set by Joan but, with her mentoring, we hope to meet and exceed expectations. Thank you, Joan, for all you have done and good luck with everything as you move forward.

Last year was another great year for SCVA programs; athlete participation was once again outstanding despite the lackluster economy. Ron and I have been working on the coaching staff for all our programs in order to fill the positions with coaches who understand and will work hard

to deliver our goal, which is to improve the technical skills of each individual's skiing & riding and to learn about competitive athletics through skiing and riding. However, we must never overlook or lose sight of the most important goal, which is to have FUN and enjoy the process. I'm always reminding the staff that Sugarloaf is our best coach: use it all, use it safely and know that skiing & riding are the ultimate family sports.

Once again this year, thanks to the expertise of Jeff Hawksley, we will be offering an on-line preseason workout program for our SCVA athletes.

For years Jeff was the men's development coach and physical conditioning coach at CVA. He has kindly offered to

continue the pilot program we started last season to help guide our young athletes with an eight week preseason physical conditioning program. The weekly workout templates will start Oct. 5 and can be easily accessed at the following link: [gocva.com/scvaalpinephysicalconditioning.asp](http://gocva.com/scvaalpinephysicalconditioning.asp)

This is a great opportunity to get our young athletes off to a strong start, and it is also a great family activity. We can't say enough about the importance of being physically prepared for ski and snowboard season. Check out this program and get moving.

In closing, Ron and I would like say that it is a privilege to manage such a great staff and to coach young Sugarloafers. We're excited to get back on the hill. Every day is an adventure. ▲

A smile worth a thousand words



A young Robert Anderson

## 1 CVA Student + 1 Laptop = Enriched Learning

CVA's 2009-10 school year started off with a bang as students were given their new Macbook laptops at student registration. Loaded with software to support every academic area, students and teachers did not waste any time in beginning to use these new tools in the classes. CVA's new 1:1 laptop program provides all students and teachers with the same laptop, complete and with software that allows teachers to support their teaching and learning with innovative, dynamic material, in the classroom and on-the-road.

According to Eric Chamberlin '86, CVA's Director of

Academics, "A 1:1 laptop program provides a platform for assignments and units designed to support CVA student-athletes on-the-road with an engaging digital model that includes rich, multi-media to support and enrich the material as well as give students a choice in how to complete the assignment. With the complete list of software included, together with the nearly endless content available online, any of our teachers, in any content area, is able to create a classroom experience that is more robust, up-to-date and engaging than ever before. I am very excited about this new program. I have had experi-

ence with 1:1 laptop programs and have seen the tremendous benefits to teaching and learning that schools can accomplish. In the CVA environment, with our existing mix of outstanding teachers

and committed students, those benefits will be magnified." ▲

To learn more, contact Dawn Smith at [dsmith@gocva.com](mailto:dsmith@gocva.com) or 207-237-4466.



Senior, Kelly Waddle, works on a video project with help from French teacher and Ski Club board member, Ragan Beauregard.

## For Seth Wescott, the road to Gold starts at Sugarloaf

*Maine's only Winter Olympic Gold Medalist prepares to defend his title in 2010*

When the world's best snowboarders line up in the start gate in Vancouver this February, everyone will be gunning for one man – Seth Wescott, the defending Olympic champion and the only gold medalist in the history of snowboardcross. While that kind of pressure might be crippling for some, for the Sugarloaf hero it's exactly what the doctor ordered.

"I've typically been someone who needs some sort of emotional inspiration to pull out my best athletic performances," Wescott said in a recent interview with CTVolympics.ca. "So, the Olympics are kind of a conduit

for that. It allows you to have all this other stuff attached to it that gives you a sense of motivation and energy."

After a thrilling Olympic victory in 2006 that captured the nation, Wescott suffered through two injury plagued seasons before returning to his winning form during the 2008-2009 World Cup season. After he earned his first ever World Cup victory in Arosa, Switzerland in December 2008, Wescott went on to finish the year ranked number two in World Cup standings, and never finished a time trial outside of the top ten.

Wescott attributes much of his

comeback to his coaches, who reinvigorated his passion and motivation following two disappointing seasons.

"A lot of [the turn around] was my coaches just kicking me in the ass. We went down to Argentina and we had a long discussion the day we got there with our assistant coach, Jeff Archibald. He said, 'It's really disappointing to watch you over these last few years,'" Wescott told CTV. "It was fun to flip that mental switch and to decide that I was going to do it."

There has been a bit more to it of course than just flipping the mental switch. Wescott's

drive to defend his gold medal has meant a renewed dedication to training throughout the year, and working closely with his snowboard manufacturer (Kessler) to engineer snowboards designed for one specific purpose – getting him across the finish line faster than anybody else.

"In all of my years working with people like Burton, Atomic, and Rossignol, I had never received such treatment or seen such a perfect finished product (as with Kessler)," Wescott wrote in his online blog, where he documents his travels and training throughout the year. "A big thank you and props to Hansjuerg Kessler

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and his team for truly being artisans of the snowboard world."

In between training and competition, Wescott returns to his home in Carrabassett Valley, where construction on his new house at the base of Sugarloaf was recently completed. He also pursues his passions with annual surfing trips to Costa Rica, and big mountain heli trips to Alaska. Footage from Wescott's 2009 Alaska trip is currently posted on his blog.

Wescott grew up riding at Sugarloaf and graduated from Carrabassett Valley Academy in 1994, making him one of a handful of potential 2010 Olympians to attend the renowned ski and snowboard academy. Emily Cook, a top US freestyle skier will look to earn her first Olympic medal

in Vancouver, and Korean Woo Hyun Cho, a CVA senior, is a likely competitor for the Korean freestyle team. Fellow graduates Bode Miller and Kirsten Clark have also enjoyed past Olympic successes.

According to Wescott, the ultimate goal in all of his pursuits is to find himself completely in the moment, whether he is riding a wave, making a first descent, or racing for a gold medal.

"When you can strip yourself down to being 100% in the moment - that's an experience I've gotten to have a lot of times in life and in competition - in the moments I've been able to do that - that's when I've had the most success," he said. "It happened for me [at the 2006 Olympics,] it happened for



Seth Wescott is going for the Gold again.

me more so in the World Championships in '05 and there are other times when it's happened. The process of getting yourself into something where you're wholly focused just in the moment - on what you're doing - that's a really hard thing to find in life."

The men's Olympic Snowboardcross finals will take place on Monday, February 15 at Cypress Mountain in British Columbia. Fans can learn more about Wescott and follow his journey to Vancouver on his blog at [www.sugarloaf.com/seth](http://www.sugarloaf.com/seth). ▲

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## Limitless Potential- The View from the Shop

The leaves are changing colors, there is a chill in the air, and I am once again surrounded by boxes. And boxes. And boxes. So many boxes in fact that I would be crazy to not be thinking about the coming ski season (despite most of my friends assuring me that I am quite mad to be thinking about winter during the beautiful months of late summer and early fall). When my mind drifts to snowy thoughts, all I can see is a season of limitless potential. How limitless? Well, it's another El Nino year, and that means LOTS of precipitation of the fluffy variety, we have skis that will ensure that you NEVER find the bottom of last night's storm, and then when the pow is nothing but a sweet memory we have some screaming fast skis to usher you around the mountain until the next two footer rolls in. Add to that all the warm weather wear you need to stay out on the hill in hurricane force winds and subzero temps (and more importantly looking good and not looking crazy) and you have the recipe for another memorable year.

Skis like the Volkl Katana (think Mantra but wider) will truly take you from boundary to boundary on just about any day you wake up. With slightly rockered tips it is almost impossible to bury them and a sheet of metal gives it a good amount of beef for ripping on groomers. If you are looking for something a little skinnier and faster, the Atomic D2 Varioflex, utilizing Atomic's Dual Deck, makes for a super smooth ski that is as stiff as you need it to be, and won't

slow down until you do. And then you have the Rossi Carbon 82 and Phantom 86. The K2 Recon (back for more) and the Kung Fugas. The Salomon X-Wing Tornado and Lord return for more good times. There are no bad choices, and days/weeks/years of fun to be had on any of them are unlimited. The ladies can look forward to more and more choices, as the ski industry finally realizes that boys and girls are different, and that women don't want or need 'girly skis'. Two great options are the Volkl Kiku on those powder days, and the K2 Burnin' Luv is back and beefed up to provided a season of all mountain carving fun. The kids out there can even get in on the powder fun with the Jr Gotoma from Volkl. There is truly no reason to not be having fun sliding around this winter. If the thought of buying a pair of skis based solely on the recommendation of a magazine or salesperson scares you, don't forget to take advantage of our amazing demo program. You can take out up to three pairs of skis over the course of the day and when you find the ones you fall in love with and just can live with out, we will credit your demo fees back to the purchase. No risk, and you know you are going to love the skis you are buying.

What better way to ensure that the gear you have worked so hard for is around for years to come than by regular maintenance? This doesn't mean getting a full tune and stone grind every week, but it does mean getting your skis or board checked out regularly.

Investing in a diamond stone from Swix is the best thing you can do to stretch out the miles between tune ups, it is the equivalent of changing your own oil between major check ups (but much less messy). Tom and CB are glad to show you how to do it, or you can come to our tuning clinic the Saturday of Demo Weekend when Bob Collins from Swix will be here to tell you everything you never knew you needed to know about tuning skis. Bob describes his job as "maximizing your grins per meter," and I can't find a better way to think about my job either.

When you drive up the Access Road this Homecoming, look at the mountain and remember that biggest, best-est, epic-est run of the year and start thinking about where that run is going to be found this season. It could be Pow-

der Keg with your buddies on a powder day, it could be the Birches with your three year old, or someplace in between. Epic runs are all around us, all season long. This is how I choose to see my ski season; and even in retrospect it approaches perfection. At this time of year, there are no sore muscles, no "weather events" or nights that went too late, and certainly no missed opportunities. Sure, as you actually live through the season the temperature will drop so far you start to question your sanity for being outside, the wind will pick up a little bit, and you will wander into the Ski Shop the day after the last pair of skis you wanted got sold, but for right now the entire season lies in front of us, untrammled perfection.

Unlimited Fun. Limitless Potential. ▲

## WSKI-TV Celebrates Its 30th Anniversary!

I can hardly believe that it was thirty years ago when Chip Carey hired me to be the supervisor of the newly created WSKI-TV, operated out of the closet in the basement of the west wing of the old Base lodge, beyond the public rest rooms! The cursed mimeograph machine was right outside my door, so I saw a lot of Jean Luce & Ginny Bousum in those days. Amos Winter was painting down there and told me stories that made me feel like I was SO lucky to hear from The Man himself with his wry humor & classic Yankee perspective!

Times sure have changed on the mountain and off since those days, but I couldn't be



*Nadine McLeod of WSKI, circa 1984, shooting video with part of the 50 lbs. of equipment then needed to film on the slopes.*

more happy that we are alive and well, and going up and up in 2009!

"We turn guests into locals."  
*Continued on page 15*



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## Ask Happy Tunes!

By Lionel Hering, owner of Happy Tunes Ski Service Center in Valley Crossing

I coach a group of J-4 athletes (ages 11 & 12). Two kids in the group share striking physical similarities in both height and weight and ski on the same equipment. However, one seems to easily generate power and energy out of his boots, while the other is very tentative, acting as if his boots were too stiff. Puzzled, I recently asked for his feedback and he told me that aggressively pressing onto the tongues of his boots "hurts" him. I have checked his boots: they seem properly sized and are in no (visible) way different than my other athlete's boots. Any hint as to how to alleviate this, or what to look for?

It sounds like you either have a

good case of "shin bang" or simply, and despite your initial assessment, an ill-fitted boot. Then again, the two are really the same.

"SHIN BANG" is usually the result of friction and could be due to a variety of conditions. Some examples: cotton or wet socks, boots too loose or upper cuff not tightened enough, boots too soft (resulting in increased range of flexion and increased friction between tongue and shin), boots too stiff (resulting in stress to the shins from "hitting the wall" with every bump), etc.

If the boots seem properly fitted, the "shin bang" is likely

due to trauma to the shins that may very well have occurred during some other activity. Extra padding between the boot tongue and tibia may help.

Some will go to the extent of shaving their shins (hairy legs translate into greater friction when shins constantly rub against the boot tongue). I often like to "troubleshoot" by taping a layer of plastic (from a plastic bag) to the tongue so as to diffuse friction.

But more often than not in a case like your athlete's, the "culprit" resides with an ill-fitting boot. Despite the shell appearing to be the correct size and flex, I am going to

guess that should we observe and compare the actual volume of foot/ankle/lower leg of both of your athletes, we are likely to notice distinct differences whereby the one with trouble "flexing" possesses least volume in the area of the ankle. In his case, the idea will be to first position his foot inside the boot as neutrally as possible (a good footbed ought to do it) since a neutral stance will not only benefit feel for snow and accurate edging via enhanced balance but also spread the boot pressure more uniformly throughout the foot. Second, we shall want to "fill the void": low in-step height, or "chicken-leg" syndrome, will both result in possible fore-aft and/or lateral and/or up-down movement of the ankle area. Filling that void will help pull and maintain the heel in the heel cup of the liner and shell and

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minimize the tendency to overbuckle the boots and oppress the foot with uneven pressure.

Custom foam liners, combined with a decent footbed, do that best, whereby foam is injected into the critical areas of the liner and, upon hardening, creates a powerful wrap and a truly "custom" fit... at a serious cost (usually \$400 to \$500); maybe not necessarily the "best" option for J4's, bound to outgrow boots and liners within a season!

Folks with high-end race boots (again, usually not J4's), will often have a removable tongue attached to their liner via Velcro... and therefore have the luxury of opting for a custom foam injected tongue (usually \$150 to \$200) instead of a full liner and reap many of the same rewards.

For years, my "down and dirty" trick involved recycling old whitewater kayaking 3mm and 5mm neoprene spray skirts, cutting and sewing patches onto the tongues of boot liners. But a company now produces a terrific, ready-made tongue of thick rubber and neoprene that is very easy to fit and even easier to experiment with: simply slide it in-between shin and tongue, push it down as far as you may bear (careful: too much pressure over the in-step area of the foot will send you back to the lodge after your first run with a foot that has lost all sensation; in this case, pull the tongue insert a little higher up), and enjoy renewed snugness, comfort, and performance. A couple of Velcro tabs help keep it in place.

In your athlete's case, he may very well find the insert to be

enough to keep his shin in contact with the tongue, minimizing friction and enabling him to generate the power and energy to initiate his turns much more quickly... and more comfortably.

And the cost? Usually between \$30 and \$40!... Definitely worth trying!

At Happy Tunes, once our foot assessment leads us towards "prescribing" a tongue insert, we usually follow-up with "wrapping" everything with a Booster Strap, a super effective elasticized power-strap that helps all skiers not only maintain better shin-to-tongue contact but also strives to help users generate more direct power transmission to their edges with every flexion. The Booster Strap... maybe a topic for a future discussion...

Cheers!



Can you name this happy winner?

Let us know if you know who this cutie is.



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# News from the Ski Museum of Maine

Megan Roberts, Curator

## Maine Ski Hall of Fame names eight inductees

The Maine Ski Hall of Fame is set to honor eight inductees at the 7th. Annual Awards Dinner to be held at Lost Valley Ski Area in Auburn, Friday, October 23rd. Founded in 2003, the Maine Ski Hall of Fame, a division of the Ski Museum of Maine seeks to honor instructors, competitors and other skiing visionaries – men and women who have elevated the sport of skiing in Maine.

Since its inaugural induction in 2003, the MSHF has inducted 57 skiers and one couple for their contribution to Maine skiing. Maine has had a skier in every Olympics since 1948 and has had numerous skiers

on the US Ski Team who didn't happen to make the Olympics. They have served as coaches at every level, instructors, patrollers, ski area builders and volunteers and this year's class has brought distinction to Maine and skiing.

The year's awards go to individuals whose vision made Maine skiing the way it should be. They include Sara Billmeir, Ted Curtis, Paul Kailey, Tom Bennett, Les Otten, Byron 'Bud' Dow, John Litchfield and John Roderick. David Irons is chairman of the event and master of ceremonies along with Greg Sweetser, John Williams and John Christie.

The social festivities begin at 5:00 p.m. with the awards and dinner at 6:30. Reservations can be made by calling (207) 773-7669, ext. 105. You can also mail your reservation and check to the Ski Maine Association, P.O. Box 7566, Portland, ME 04112. The dinner is \$33.00 per person, and the menu choice is Prime Rib or Chicken and Haddock. Reservations must be made by Wednesday, October 14.



*This plaque bears the names of these Sugarloafers: Amos Winter, Jean Luce, Robert "Bunny" Bass, Ralph A. "Doc" Deroches, Wes Marco, Tom Reynolds, Roger Page, Robert "Stub" Taylor, Greg Stump, Karl Anderson, Richard "Pat" Murphy, Fletcher Brown, John Christie, Irv Kagan, Jack Lufkin, Peter Webber, Richard "Dick" Bell, King Cummings, Julie Parisien*

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## WSKI-TV

*Continued from page 11*

This means that the knowledge we have as locals, and the genuine love we have for living in the Sugarloaf region, enables us to share what we know with our viewers. The more they learn about this area as a destination, the more they stay, return, spend money, and enable WSKI-TV 17 and our fellow small businesses, as well as the wider regional communities, to prosper.

In that manner, we at WSKI-TV 17 are committing ourselves anew to marketing this region in everything we produce and whatever information we impart. It is our ultimate objective to increase the number and duration of stays of visitors to the region and contribute to the growth of tourism through effective information dissemination. The whole region NEEDS more visitors; WSKI-TV 17 CAN help!

For three decades, WSKI has been improving the experiences of guests to the Sugar-

loaf region and getting them through the doors of local businesses that support our existence with their sponsorship. On this anniversary, it is a good time to review where we are and re-frame our state of affairs to get to where we want WSKI-TV 17 to be.

WSKI's top priority is to make every effort to have the video production competence that is necessary to run WSKI-TV 17 smoothly and at the level of quality WSKI-TV 17 is striving towards as we look to the future. RSN's quality programming sets a standard we seek to match in the time ahead.

We persist in making improvements in our production and broadcast capabilities, as we are working towards a higher level of quality in everything that we do. We may be small budget, but we have big ideas and aspirations that we are always examining in order to serve our viewers and neighbors better. That's why we are always looking for more financial supporters!

We continue to thank the many local businesses whose

financial support, through effective sponsorship options with WSKI, have enabled us to exist since 1979, when we were partially funded by Sugarloaf as part of the Marketing Department. After 1986, when we offered to keep the station going following Sugarloaf's Chapter 11 bankruptcy, we were able to gain support from a wider array of local businesses. It is a business model for local tourism focused television that has proven itself valuable to communities all across the RSN "nation" and other resort-style stations around the globe.

Our meager beginnings, as a new concept with only our instincts to guide us as skiers who wanted to know the weather, the mountain conditions, and where to go for fun after skiing, give us a clear reference point to see how far we have come in thirty years. With technology changing so fast, it is very exciting for us to look towards the next few years and beyond.

We cannot thank all our sponsors and viewers enough for their appreciation of our serv-

ices. We are glad we can consistently deliver results and contribute to our local economy as effectively as we do.

We welcome greater communication from as many sources as possible to pass information on to our viewers. If it's happening in the Sugarloaf region, please let us know! We ARE the "insiders" and we want to know what is going on at the mountain and around the region, why it is happening, and pass that information on to our viewers to enhance their experience.

Keep watching for footage from the past 30 years, as we are gradually digitizing old ¾" tape footage. Don't forget to bookmark our website and pass the word on to guests and Sugarloafers everywhere. They can enjoy the same information and entertainment available on-line at [www.wskitv.com](http://www.wskitv.com)

Thanks for your support; please celebrate with us!

Here's to the next thirty!

*Nadene & Crew ▲*

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We think this is Rory Strunk.  
If you know for sure let us know.

**INSIDE: News about stuff that only Sugarloafers care about!**