



# Sugarloaf Mountain Ski Club

# NEWS

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The usual suspects line up on opening weekend. Pictured from left to right: Chris Prudent, Mike Tighe, Frank Rogers, Bob Farrar, Pat Willihan, Don Fowler and Paul Fritzson in back.

## Welcome to our 63rd season

A message from Bruce Miles, Sugarloaf Mountain Ski Club President

The 2012-13 season got off to an earlier than usual start this year thanks to some cold nights and Sugarloaf's new the Golden Head snow guns. The mountain opened at 9am on Friday, Nov 9 with 2 trails and 1 lift. At an employee meeting on Wednesday, Sugarloaf's General Manager John Diller, expressed how pleased they were with the performance of these new guns, especially with the electricity savings piece of it.

The winter calendar is a full one this year with many events scheduled, from locals racing to college carnivals to international-level competitions. The very competitive Bud Light

Locals series kicks off on December 5th with Draft Night at the Sugarloaf Inn. If you have not tried locals racing you should. No talent is necessary to have a great social experience with your fellow Sugarloafers.

Our social calendar, as always, is filled with many events including Pot Luck Suppers, Skating Parties and the very well attended monthly Mid-week socials. The Snowball this year is scheduled for March 16 and will feature the popular band Retrorockerz. Check out their rock and roll play list at [www.retrorockerz.com](http://www.retrorockerz.com). This event is always a great evening, so mark your calendar now.

The 2013 Sugarloaf Charity

Summit is scheduled for January 26. This is a great opportunity for all Sugarloafers to help find a cure for Cancer. For more information about how you can participate and how you can earn a \$500 gift certificate at the Downhill Supply Co. (Sugarloaf's ski & snowboard shop), go to [www.sugarloafcharitsummit.org](http://www.sugarloafcharitsummit.org) or [www.sugarloaf.com/charity](http://www.sugarloaf.com/charity)

If you find yourself in Kingfield shopping at the Sugarloaf Sports Outlet, come on up to the Ski Museum of Maine to see our growing artifact collection.

As always let's hope for a great snow season of riding and skiing for all. See you on the hill. ▲

**Sugarloaf Mountain Ski Club Officers**  
 President - Bruce Miles  
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 Ginny Bousum, Greg Foster, Jennifer McCormack Ragan Beauregard, Tom Hildreth, Mike Rowland, Lev Steeves, John Thompson, Joyce Tobias, and Joe Tutlis  
 Jim McCormack - SMC  
 Eric Chamberlin - CVA

**Club Administrator:**  
 Catherine Nodine

**Ski Club Members:**  
 App. 1,300

## 2012/13 Event Calendar!

For more information on these events and to view our complete calendar of events, check out our web site: [www.sugarloafskiclub.com](http://www.sugarloafskiclub.com)

**November 24**

**Competition Volunteer Social**

Comp Center • 4:30pm

**December 27**

**Family Pot Luck Supper**

Bring a dish to share and your own favorite beverage.

Comp Center • 5:00pm

**December 31**

**New Year's Eve Fireworks**

The Landing • 9:00pm

**January 8**

**Midweek Social**

Gepetto's Restaurant • 4:30-6:30pm

**January 12**

**Annual Ski Club Meeting**

Location to be determined • 5:30pm

Tickets required

**January 26**

**Sugarloaf Charity Summit**

For more info go to [www.sugarloaf.com/charity](http://www.sugarloaf.com/charity)

**February 9**

**Beer Tasting**

Sugarloaf Golf Clubhouse • 5:30pm

Tickets required

**February 12**

**Midweek Social**

Location to be determined • 4:30-6:30pm

**February 19**

**Spaghetti & Skating**

Outdoor Center • 5:30-7pm

Great family fun!

**March 12**

**Midweek Social**

Location to be determined • 4:30-6:30pm

## 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. At press time the locations have not been determined. 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! ▲



## Ski Museum of Maine Annual Open House

Saturday Dec. 15 • 3-6pm • At the Museum located above the Sugarloaf Sports Outlet on Main Street in Kingfield

This is a great opportunity to spend some time browsing our expanding collection and talking to people who share a common interest in our Maine Skiing Heritage. If you have some memorabilia, including photos, slides or DVDs that you want to share, bring them along. It is also a good opportunity to meet some of our board members.

Of particular note, we have recently acquired on a long-term loan from the Finn-Am Society in West Paris, a pair of 10-foot handmade skis of the 1930s era. The Scandinavians who came to Maine had an important and major impact on skiing in Maine, and we are fortunate to have artifacts such as these skis to show in our collection. We have also been working on our Maine Memory Network online exhibit

featuring the Sugarloaf World Cup Ski Races of 1971. We will have a slide show of the images for attendees to view as well as other documents pertaining to the history of this event that put Maine on the ski racing world map.

We will be serving refreshments and snacks for all who come. The Sugarloaf Sports Outlet will also be open until 6pm and they will offer 20% off on non-sale items from 3-6pm to all museum attendees. ▲

### From the Archives



Former Maine Governor John Reed with Sugarloaf General Manager John Christie back in the 60s.

**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: \_\_\_\_\_

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



# Tin Mountain Round-Up

Rev. Pam Morse

DID YOU KNOW that our Tin Mountain Round-Up was one of the first organized food collections at a ski mountain ever? The Rev. Skip Schwarz and a few other caring individuals, (including long time Sugarloafer Nancy Marshall who was Assistant Director of Communications for Sugarloaf at the time) hatched the idea in 1984, 28 years ago, and a tradition was born!

Originally held mid-December, the Round-Up itself has moved around the calendar as weather, snowmaking capacity and the mountain's own needs have changed. This year the Round-Up is scheduled for the weekend after Thanksgiving, November 24-25, weather permitting. Donate 3 cans of food and get a lift ticket for \$30.

These days the mountain provides the reduced price lift ticket, some of the publicity and the space in the base lodge. Sugarloaf Area Christian Ministry provides the volunteer labor, publicity and transportation of the food to the food closets. We also make sure any cash donations reach their destination.

So, how big a deal is the Tin Mountain Round-Up? Well, amounts can vary widely depending on the weather, but over the last 5 years the Round-up has averaged donations of 855 food items and \$200 per year. Nice generosity from the Sugarloaf crowd.

But don't forget the Big Dogs of Carrabassett Valley Academy! They go door-to-door each December inviting



Volunteers at the Tin Mountain Round-Up come in all shapes and sizes. Left to right: Bethany Yellis, Tom "Hawk" O'Leary, Gerry Baril, Abishai, Heidi and Jesse Corey, Sam Morse, Al and Diane Keene, Thomas Faraday, Anna and Mark Yellis

vacationers and residents to support the local food banks. Over the same 5 year period they have averaged 1,157 food items and \$385. (The Big Dogs have always been competitors!) This year's drive is tentatively scheduled for Saturday, December 8th.

How you can help:

- Bring food & cash donations to the Round-Up, even if you have a season's pass already!
- Be generous when the CVA students and staff come to call on December 8th.

*Continued on page 13*



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# Maine Huts & Trails Announces Opening of Fourth Hut

## Stratton Brook Hut to Open for the Winter Season Offering 50 Miles of Hut-to-Hut Skiing Adventures with Warm Accommodations and Home-Cooked Meals

Maine Huts & Trails is pleased to announce the opening of the Stratton Brook Hut on December 21, 2012. Stratton Brook is the fourth of twelve planned backcountry huts and eco-lodges connected by 180 miles of trails in Maine's scenic Western Mountains region. This planned 180 mile connected hut-to-hut trail will be the longest groomed ski trail in America.

The Stratton Brook Hut is located in Carrabassett Valley and provides excellent access to Maine's many 4,000 foot peaks. It will be the first hut within Maine Huts & Trails to

have an alpine setting, offering spectacular views of both the Carrabassett Valley and Sugarloaf Mountain. The hut will have ten rooms, four of which are private, and will sleep a total of 44 people. It will be accessible via a 3- to 4-mile trail from a new trailhead parking area off Route 27, just north of the Sugarloaf access road.

"The hut-to-hut system gives unprecedented access to one of the most scenic stretches of mountains, forests, lakes and waterfalls in the eastern U.S. It has been specifically designed to make minimal impact on



this region's outstanding natural resources ensuring it will be preserved and enjoyed for many generations," said Nicole

Freedman, Executive Director of Maine Huts & Trails.

*Continued on page 12*



# HAPPY TUNES!!

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# Blessing of the Skis and Boards

Rev. Pam Morse

A new Sugarloaf tradition was born in November 2008 when Sugarloaf Area Christian Ministry invited all Sugarloafers to gather outside the Jean Luce Building on Competition Hill for the Blessing of the Skis and Boards. There's quite a precedent for inviting God to bless the things and creatures we love and releasing them to God's care. Everyone has heard of the Blessing of the Fleet, especially when a new ship is launched into the ocean. The Blessing of the Animals is a beloved tradition all over Maine. The blessing of the Motorcycles has become quite popular in some circles. And now there are even ceremonies to bless the Surfboards.

Mountain lovers should not be left out of this time honored tradition! The Blessing of Skis is a time to seek a blessing of safety on our gear and on our mountain community. Short prayers are offered including a new version of the old Irish Blessing, A Mountain Blessing, to recite together. This year there will be new improved and waterproof "I've been Blessed!" stickers (courtesy of Tom Hanson!) for all who attend.

Just for fun, a panel of "elite" judges awards prizes in silly categories such oldest pair of skis, oldest skier etc. Sometimes the Ski Club has even offered a cook-out to benefit the scholarship fund.



This year's Blessing of the Skis will take place at 11:00am on Sunday, December 9th at the

Jean Luce Timing Building at the base of Comp Hill. ▲

### A Mountain Blessing

May the mountain rise to greet you  
 May the wind be always at your back  
 May the sun shine warm upon your face,  
 and snow fall softly on the trails.  
 And with each run you take-  
 May God hold you in the palm of His hand.

Service provided by: Sugarloaf Area Christian Ministry, Revs. Pam & Earle Morse 207-237-2304 www.sugarloafministry.com

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# Is your family included in our Multi-generation project?

Our ongoing project, with real life and digital albums, documents the loyalty of "Sugarloaf's Skiing Families". Each 3- or 4-generation family (any 5-gen's out there?) will have a page in the album, with one or more photos - on-snow or not, past or present, small groups or large, complete families or not - and text such as photo captions, the names of each generation's Sugarloafers, and dates. Dig through your photos, and add your family to our albums.

To see our current collection of album pages, visit our website: [www.sugarloafskiclub.org](http://www.sugarloafskiclub.org)

Send your photos and family information to the Ski Club – by email to [sugarloafskiclub@roadrunner.com](mailto:sugarloafskiclub@roadrunner.com), or by USPS to Sugarloaf Ski Club, Village West # 13, Carrabassett Valley, ME 04947, or deliver them to the Ski Club office. For more information about the project, contact Mary Hunter at [marlhunter@aol.com](mailto:marlhunter@aol.com). Guidelines: Digital photos should be sent in the original file when possible, the larger file size the better; jpeg is preferred. Send the file as an attachment to an email. Printed photos can be scanned (at high resolution) and sent, or send the photo for us to scan, and we'll send it back to you. Questions? Contact Cindy Foster: [cindy@thefosters.me](mailto:cindy@thefosters.me) ▲

## Four Generations



1st: Ruth and Laurence Foster in Whitecap, Maine in December 1917

- 1st: Ruth and Laurence Foster
- 2nd: Greg Foster and his wife Cindy
- 3rd: Julie Foster; David Foster and Sarah Pratz
- 4th: David and Sarah's son Pike



4th Gen: Pike Foster (Nov. 2011)



2nd and 3rd: David and Sarah, Cindy and Greg, Julie and Brandon

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# SCVA Snowboard Program

By Michael Mallon  
Snowboard Program Director

The SCVA snowboard program will begin on December 1st. In years past we have started a week sooner to facilitate travel schedules of CVA coaches that are helping out. With a smaller group of CVA athletes on the road this season we will begin at the same time as the other groups. We will gather at 8:00 on the first day to make sure everyone has all of their paperwork in order and to meet and greet new families. After a fun morning of riding with the kids, there will be an informative meeting at 12:30 after lunch for all parents and athletes. We will use this time to go over plans for the year, establish goals for the season and answer any questions pertaining to the upcoming season. Location TBD. Additionally on the evening of the 1st at 7:00 pm there will be a discounted buying session - 30% off hard goods!! All of SCVA will meet at the Downhill Supply Company. Light refreshments will be served. SCVA coaches will be on hand to help fit and select new equipment for the upcoming season. We are looking forward to a great season and hope to see everyone soon. ▲

# A New Year / Another Year

By Peter Howard  
Sugarloaf Ski and Snowboard School Training Coordinator  
Mountain Masters Program Coordinator

If you are a long time Sugarloafer, no doubt you are excited about the prospect of another ski season just around the corner. Maybe it will snow (a lot). Maybe it won't blow, maybe we will remember how to go right and left, maybe we will meet other folks we enjoy skiing with. Chances are we will remember the patterns that are ingrained in our muscle memory as well as we remember our old ski buddies and the turns and contours of the Narrow Gauge trail. Even though the year and the snow may be fresh, the trails and how we move will be the same unless...

Unless we take the time to look anew at how we move on skis, unless we open ourselves to meeting other Sugarloafers and new ideas, what could be a new year may be just another year. Les Otten, the previous CEO of the American Skiing Company who once managed Sugarloaf, had some good ideas about what makes skiers tick. One of the signature sayings of the American Skiing Company was "The better you get the better it gets." I think most of us would agree that when we develop our skills at an activity, be it music, art, writing or sports, we enjoy it more.

One of the greatest things about our sport is that it seems possible to continually improve in spite of Father Time. What is lost in youthful exuberance and reaction time is gained in accurate timing and prudent tactical choices based on experience. An interviewer once said to the great base ball

*Continued on page 15*

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# ASK HAPPY TUNES!

By Happy Tunes owner, Lionel Hering

We just had our son's bindings re-adjusted to his new boots and current weight, yet he "popped-out" of his bindings twice in today's training course. What's going on?

When setting bindings, technicians must abide by certain "rules" set within the ski industry by the American Association for Testing and Materials (ASTM) and the Deutch Institute for Norms (DIN).

Bindings are first adjusted according to one's boot-sole-length (BSL). For proper function, there must be adequate amount of forward pressure applied upon the boot from the rear piece of the binding. Not an easy task, considering the constant cambering and de-cambering of the skis traveling over varying terrain and, in effect, the

lengthening and shortening of the binding span while abutted to an un-flexible boot sole. In your case, I would start trouble-shooting there.

Second, some binding models have toe-height and even toe-wing adjustments (ie. most higher-end Salomon bindings) while others rely on "auto-matic" adjustments at the toes (usually dependent on proper forward pressure from the rear piece). This would be the next place to double-check.

Third, one of the most important "pieces" of the binding are those points of contact where the binding interfaces with the boot. Whether it is a system of rollers, a hard Teflon plate, or the correct curvature of the binding components as it relates to the boot, these can

greatly affect the ability of a binding to retain, or to release, while in action. Conversely, exaggerated wear on boots will have the same effect. It is good therefore to check that all of these points of contact are in good shape.

It is quite common for shops to see mismatched equipment; for example, a junior boot built on a Junior Boot Norm (narrower and thinner chassis than its adult counterpart) matched to an Adult Norm binding. To further exacerbate the issue, certain "junior" boots are actually built on the Adult Boot Norm (most often from size 22.5 and up), and certain "junior" bindings are only compatible with Adult Boot Norms (!!!)... A newer/younger technician could easily "miss" recognizing this mismatch, to say nothing of ski swaps and used gear buyers!

In your case, given that you just had the bindings professionally adjusted, we shall assume that all functional adjustments were properly made. What remains is the last set of criteria: the skier's height, weight, age, and aggressiveness level.

A skier's physical attributes should be determined by objective measurement. They more often are slightly less than accurate. For instance, a husband might miss-judge his spouse's weight, or a father his son's, relying on his best "guesstimate". Due to the industry's standards however, and using an actual example, a binding set on a visual indicator of 5 for a person weighing 125 lbs should actually be set on 6 for that same person should his or her weight be 126 lbs (!!!). That's only 1 lb difference! Accurate measurements are, therefore, key.



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Again, in your case, let's assume that your son's height, weight, and age, were all correctly submitted, along with properly functioning, and matched equipment.

The last variable is the elusive and oh-so subjective "level of aggressiveness". Often misunderstood as one's ability level (ie. Beginner, Intermediate, or Expert), this criteria actually aims to evaluate how one uses the skis to get down the hill. For example, a skilled hockey player, perfectly at ease at setting edges and carving on ice, although he's never skied before, is likely to be "popping out" of his bindings repeatedly if set on a most conservative "beginner" indicator. Likewise, the retired World Cup skier, finely balanced but aging in body and soul, may very well elect to have a lower setting than his skills command in favor of easier releases.

For obvious liability reasons, ski shop technicians must not influence a skier's decision when categorizing himself. Instead, the industry has verbiage that folks can usually find prominently displayed at service counters to help them better self-assess. Once the skier makes that assessment and writes it down along with his height, weight, and age, a technician must set the bindings to these stats, unquestionably.

For some skiers, therefore, there is a bit of a trial and error approach to determining their correct level of aggressiveness. In your son's case, I would only presume that, given that everything else was done correctly, you may have "diagnosed" him a little too conservatively and the remedy may be as simple as finding out what his recommended visual indicator setting would

be for the next, more aggressive category.

Finally, we should be aware that for certain folks, and skilled ski racers in general when entering their mid to late teens and beyond, the industry's standards no longer "fit". Meaning that their skill level, the amount of forces applied to their turns, and the punishment inflicted upon their gear by an icy, rutted race course (or a steep mogul run, or harsh landings in the park) are beyond the "normal" forces experienced by "normal" skiers. At that point, one may simply request a particular setting of their own choosing, sign a liability waiver, and still have the opportunity to have their bindings installed, and more importantly, TESTED. Testing a binding is an important point, and maybe the source of another discussion, as it should be

understood that binding springs under stress don't always react consistently over their life span.

Indeed, when you are asking your ski shop to "check" your bindings, beyond performing all necessary adjustments and visual checks, the technician will actually submit the boot/binding system to repeated, simulated falls and take torque measurements of the forces required to properly release out of the bindings... and inform you as to the system's proper functioning, or whether tension adjustments were required, whereby you may look at your indicator settings and find both toes set at, say, 5, and one of the heels at 5.5 while the other shows 6. Or, in a worse case scenario, recommend a new binding, or a new boot, or both!

*Continued on page 13*



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# U18/U21 CVA Pre-season Camp: Austria

By Lee Foden, CVA Alpine Racer

I just got back from Austria where my team and I (U18/U21 CVA ski racers) skied on the Stubai Glacier. It was such a great opportunity to be skiing this early in October. Along with the skiing, we did some great conditioning and visited Innsbruck on our days off. We stayed in a little town called Patsch. I was there in great company and the whole trip couldn't have been better.

We started off each day with a morning run and stretch. An hour later we went to the mountain. Before we booted up, we took a gondola to the base of the glacier where we got ready to ski. We'd ski all morning, looping on a t-bar. The first few days were filled

with free skiing and drills. We later moved to training gates. Luckily, half way through the camp we started getting a lot of snow. This allowed us to ski a lot more terrain. Lunches were provided by the base lodge, and following a shorter afternoon session we headed back to Patsch for some dry land training.

Once we arrived back at the condos and unpacked our bags, we would meet for the recovery workout of the day. Conveniently, there was a perfect field for classic speed ball and soccer. Also, because we were staying in Patsch, we had access to some hiking trails that lead to places with phenomenal views. One day we hiked up to a hidden



*Training on Stubai Glacier, Austria*

church and did a core workout over-looking Innsbruck. Our new women's coach, Jen Steilow, led the dry land training. She was terrific to work with. After recovery came study hall and ski tuning before dinner.

Dinner was right down the street from our condos at a great hotel that served us every night. We had a really delicious and nutritious three-course meal every night. After

dinner was a chance to relax and do some more homework.

That was an average day in Austria. On both days off, we went into Innsbruck, which was a beautiful town and really fun. It was great to be a part of the training trip to Austria. It was an amazing opportunity to improve my skiing and I came home feeling really accomplished. The trip was so much fun I can't imagine a better way to start the season. ▲

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# Local Racing Scene

Rand Surgi - Sugarloaf Ski Club Team Captain

What do many of the bar/restaurants in the area have in common, besides food and drink? They support "Locals Racing", as does the mountain and the Sugarloaf Mountain Ski Club.

On selected Wednesdays throughout the season, the courses are set on Narrow Gauge and about a hundred racers pit themselves against gates and time and each other. Snowboards, tele and alpine skiers each take their places in a line-up from about 10 AM on, waiting for a turn (or two) in the starting gate, poised at the hinged wand. The wait times vary depending on when you arrive to queue up, but the crowd is convivial and unless it is very cold/windy, conversations up and down

the hill flow easily. An oft heard question, in line, is "Where is the post-race party?" A scheduled gathering is published at the start of the season, but is often forgotten once on the hill, staring at gates, trying to sight the best line, and talking up teammates and competitors.

The courses are generally loose GS and an occasional SL. Red and blue successively repeat down the hill to a finish line with an electric eye. You take two runs and the better time scores for your team in an arcane formula of classes and values, best explained by organizers. Few of us racers can figure it out from week to week. The best combination of racers on one team are men and women, boarders and

skiers, tele and alpine. The classes are a changing collection of names early in the season, when a few race results create benchmarks. Ski/board better each race and you get moved up in the class structure. Do worse; you move down.

How serious do the racers get? Some have serious fun and some are more highly strung. Speed suits have been seen recently, and overheard conversations focused on the latest race ski technology are not to be interrupted. A quote attributed to an unnamed mountain regular, on the subject of his friend becoming a local racer, stated, "that since xxxxxxxx started racing, it became a blood sport." I have not seen that level of intensity, but I have not watched an entire day's running of determined racers, run by run. I do know

that the timer clock is always the focus of attention at the bottom of the course. And the results sheets available at the post-race gathering are closely scrutinized by the crowd at the bar.

The aforementioned apres-race party is held at one of the establishments that field a team, with the exception of Sugarloaf Ski Club which makes use of the Comp Center building. Last year, one day's racing was captured on video which we then watched on the Comp Center's big screen, a humbling experience for many. At the gathering, we not only review results, but also may be fortunate in a bib-draw for door prizes. Jackets, vests, ski-tune coupons, beer glasses, and T-shirts, and more T-shirts, are awarded by luck of drawn names of those racing that day. Oh yes, besides

*Continued on page 15*

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**Maine Huts** *Continued from page 4*

The Stratton Brook Hut was made possible by a generous donation from Clem and Rolande Begin, local residents and major supporters of Maine Huts & Trails. All huts at Maine Huts & Trails feature best-in-class amenities and offer a variety of unique special events and activities such as hiking, mountain biking, canoeing and kayaking, fishing, skiing, and snowshoeing. Each hut features hearty, home-cooked meals using locally sourced organic ingredients; comfortable beds; bathrooms with hot showers and shuttles to take gear from hut to hut.

For more information and to book your stay please visit [www.maine-huts.org](http://www.maine-huts.org) or call (207) 265-2400. Book by December 15th to save and take advantage of Maine Huts & Trails' winter sale! Members can book weekday stays for just \$49 and for non-members, \$64, a savings of \$20 off good for visits made between December 21st and January 21st at all huts including the new Stratton Brook Hut. Guests must reference the phrase "Winter2012" for these limited-time rates.

For media inquiries or to request visual materials, please call Aigner/Prensky Marketing Group at (617) 254-9500.

Maine Huts & Trails is a non-profit organization which contributes to the economic, social and natural environment of Maine's Western Mountain region. Its backcountry trails enhance access to remote lakes, rivers and forest lands, and its low impact huts facilitate outdoor adventure and learning. ▲



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### Tin Moutnain *Continued from page 3*

Contact Pam Morse at pam@sugarloafministry.com to volunteer for either event or if you want more information!

*Some statistics: United Methodist Economic Ministry (UMEM) in Salem serves Strong, Salem, Freeman, Kingfield and Carrabassett Valley. On average, they serve 110 families a month representing approximately 310 individuals. UMEM calculated that in 2010 they provided food for 25,000 meals. This year, by September 30th, they'd already served 20,250. The Stratton Food Pantry serves Stratton/Eustis, Copeland, Coburn Gore and Wyman. On average they serve 60 families a month representing 102 individuals. ▲*

### Happy Tunes *Continued from page 3*

In conclusion, as it pertains to your son, if your ski shop deemed his bindings to be functioning properly, it is very likely that he is simply skiing more aggressively than you thought. He is probably skiing faster, and getting stronger, and it is likely that his visual indicator settings ought to be increased to reflect his more aggressive abilities. His coach may be able to do it, as long as he or she is skilled enough at that task, informs you of the change, and that you consent to it. Or bring the skis back to your shop, explain the situation, and have your tech make the adjustments. Depending on how long ago the original binding check was made, he may suggest a new, full binding-test, or simply document the change on either the original document or a new one that you will be asked to date and sign as your acknowledgement of your understanding of the work performed.

Best of luck for the rest of the season! ▲



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# Navigating the Ski Wall

Kenny Jacques / co-owner at Ski Depot

If you have been into a ski shop lately, it's almost like being a kid in a candy store. There are so many different choices it can make your head spin. When you look at the ski wall, you can't decide whether you want the Hershey Bar, Jaw Breakers, or that giant tube of Pixy Stix. If you're like me, you want them all. Unfortunately, that's not always possible. In this article, I'm going to try and make that decision a little easier to make and ease the confusion of navigating the ski wall.

Our team at Ski Depot will help you figure out which ski will work best for you. The first thing we will ask you is what type of skier you are. Are you cruising the greens and blues on Whiffletree, exploring Brackett Basin, or ripping figure 11's down Narrow Gauge or Spillway? The answer to that question will eliminate a lot of the guesswork that is associ-

ated with making the right choice. So much attention in the ski industry has been focused on "rockered" skis and wide powder skis. Powder skis are great out west and can be a blast when we get the occasional dump here. "Fatties" are great to have in your quiver, but don't work all that well on our signature "Eastern Powder." Waist widths on powder skis tend to be 100 millimeters or more under foot. A more appropriate choice for an everyday ski at Sugarloaf is something in the mid-fat to carver categories. Carving skis tend to be closer to 70-80 millimeters under foot. Most brands have begun to offer these widths again now that the newness has worn off from the wide ski craze. I think that carving skis work best on the hard pack and "boiler plate" conditions. "Mid-fats" generally run in the 80-100 millimeter range. If you want something that does a

little bit of everything, the "mid-fats" are the best choice for everything the east can throw at you.

Let's cover the "rocker" story now. Originally, "rocker" was introduced in powder skis. "Rockered skis" look like somebody slammed the tips and tails in a door and bent them upward. The idea is that when the tip is bent upward the ski will float much better in deep snow or the "crud" that builds up at the bottom of a steeper pitch on warm days. The idea worked great and now has even more uses in the more narrow skis. All of the ski companies are experimenting with different degrees of rocker and camber. The most popular rocker in all-mountain skis is a slight to moderate rocker in the tip, sometimes combined with slight to moderate tail rocker. This allows you to initiate the turn more easily and exit the turn without feeling like you can't get off your edge. The rockered skis will still perform similarly to the current ski you

are used to. The biggest difference is that you can buy a ski 5-10 centimeters longer than in recent years.

Kids skis have made some forward progress as well lately. In the past, you only had the choice of a "package" ski with a foam core or a junior race ski. This left a lot of room in the middle for kids who want to be in the trees, park, or pipe. All of the technology that is being used in adult skis has started trickling down into the junior categories. Many of the companies are making carbon copies of the adult skis with the same graphics and design, but with kids' weights and heights in mind. I didn't cover race skis here. I will try to do that in another edition of the newsletter. I hope this has helped you to be more informed as you purchase a new pair of skis. I strongly recommend that you visit us at Ski Depot or stop in to see the good folks at the Downhill Supply Company located in the base area of Sugarloaf. ▲

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## Locals Racing *Continued from page 11*

the swag door prizes, there is also food and drink. After all, it is named "Bud Light Locals Racing".

A great improvement was made in the 2012 season when "live Timing" became an online scorecard. On the web, (livetiming.com) you can select the date and area and pinpoint our day's race results, just like the real pro racers worldwide! Between watching race video and surfing results online, you could become obsessed with style or statistics, but after a day on the hill, a cold beer gives the group a nickname; we race in the 'Beer League'. "Been there; done that; got a mug to prove it!"

The Ski Club team is the newest entry to the weekly fray, a late arrival to the group of teams hosted by local bar/restaurants. At the season's end, a trophy is awarded to the winning team, probably displayed behind the bar of the winning host. I doubt that it will ever grace the shelves of the Club's trophy case, but you never know. Stay tuned for results of the upcoming season's races on the club website, or log online Wednesday afternoons to see results, racer by racer; run by run. ▲

## Another Year *Continued from page 7*

player Reggie Jackson, who was nearing the end of his major league career; "It seems that you are not making the spectacular plays anymore." Reggie's response was, "That's because I set myself up so I don't have to." While a series of linked recoveries may look spectacular it is indicative of inaccuracy. Like Reggie, we can set our selves up for success if we know how.

We are all fortunate as Sugarloafers to be around "cutting edge" skiers and information. CVA, students, their race coaches, visiting athletes and various very talented Sugarloaf skiers provide us with imagery that reinforces what good skiing looks like. The Sugarloaf

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