



Sugarloaf Mountain Ski Club

N·E·W·S

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Sugarloaf Mountain

Ski Club Officers

President - Bruce Miles
V. President - Steve Schaefer
Treasurer - Phil Hunter
Secretary - Nancy Holliday
Newsletter Chairman - Peter Smith

Board of Directors: Ginny Bousum, Greg Foster, Jennifer McCormack Ragan, Beauregard, Tom Hildreth, Mike Rowland, Lev Steeves, John Thompson, Joyce Tobias, Joe Tutlis, Kim Kearing, Stacy Patrick, Rick Ray, Birch Royall and Jim McCormack - SMC, Eric Chamberlin - CVA

Club Administrator:

Catherine Nodine

Ski Club Members: App. 1,300

Spring is Coming

A message from Bruce Miles, Sugarloaf Mountain Ski Club President



Greg Foster, Dick Foote and Peter VanAlstine put together a tasty BBQ lunch at the races.

The days are getting longer and warmer as we head into what many hold as the best part of the ski season. It's also BBQ season for the Ski Club. Check out the race calendar for March and April and you will find that we have many fund raising BBQ's scheduled at the Jean Luce Building. These fun events raise a lot of money for our scholarship and building funds and are open to all.

Make sure you have March 16th saved on your calendar. We will be having the Dan McKay / Mike Waddle scholarship races during the day and our 18th annual Snowball that night. The

Retro Rockers are coming to play some great rock and roll throughout the evening. So plan on joining friends and attending this great dinner and dance evening at the King Pine room.

Spring is also the time when the Ski Club will be awarding what we call Merit Scholarships to our young club members who have excelled during their competition season. Many of our Ski and Snowboard competitors will be heading off to regional and national championships. While it is an honor to be chosen, it is also a very expensive undertaking, some times running into thousands of dollars per

to attend these competitions. Your Ski Club has helped many Snowboard and Skiing athletes over the years, and each year we try to help as many as we can. It is our way of showing how proud we are of their hard work and discipline that helped them to excel.

We have two more monthly Tuesday socials planned, so check the website for date and place so you will not miss out on these fun gatherings. Have a great Spring.

See you on the Hill,
Bruce

2013 Event Calendar!

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

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

March 16
McKay/ Waddle Races
 Sign up at the Comp Center on Race Day 8-9:30
 \$25 includes T-shirt and BBQ lunch

March 16
18th Annual Snowball
 King Pine Room in the Base Lodge
 Buy tickets on line at www.sugarloafskiclub.com

April 9
Mid Week Social
 4:30 to 6:00 pm – The Rack
 Check our Website for the most recent updates: www.sugarloafskiclub.org



Snow Ball 2013 with the RetroRockerz

It's the Social Event that you do not want to miss!

Mark your Calendars and make your reservations...

The 18th Annual Snow Ball dinner and dance is on the calendar for March 16th in the King Pine Room.

The social hour will begin at 6:00 pm. Enjoy historical displays, a delicious three-course

dinner and dancing until midnight. This year we will be rocking to the beat of the RetroRockerz. Check out their website at retrorockerz.com

As always, the Snowball benefits the Sugarloaf Ski Club scholarship program and promises a great evening of entertainment. Browse

through historical displays, photos and our Generations Project albums. Make plans with your friends to reserve a table! Tickets are \$60 each and can be bought online at www.sugarloafskiclub.org. Call the club office at 207-237-6955 for more information or e-mail us at sugarloafski-club@roadrunner.com.



Ski Museum of Maine and Ski Maine to host first annual Golf Tournament

Save the date! June 10, 2013. Nonesuch River Golf Club in Scarborough will be the course for the first annual Ski Museum of Maine Golf Tournament.

Ski Maine Association and the Ski Museum of Maine

are partnering to put on this great event

Sugarloaf and Museum supporter, Dan Hourihan, has agreed to host this event to help the museum raise money to further its mission of "Preserving Maine's Skiing Heritage"

The format will be 4 person teams with a Shotgun start

The fee is \$119 per person, which includes round, cart, lunch, gift bag and awards.

There will be many opportunities to win some great prizes

including \$15,000 for a hole in one. There will also be many sponsorship opportunities.

For more information call Bo Bigelow at Ski Maine: 207-699-3121 or go to the event website: www.skimaine.com/golf.

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



Midweek Social Update

by Delinda Smith

About sixty Sugarloaf Ski Club members recently enjoyed the second of four midweek socials at The Shipyard Brewhaus in the Sugarloaf Inn on February 12. These events are scheduled for the second Tuesday of each month, January through April, from 4:30-6:00. The January social was held at Gepetto's Restaurant in their greenhouse. The socials so far have been very well attended. Both served delicious hors d'oeuvres, both had people talking about wonderful snow adventures, and most importantly, both had a room full of people laughing and smiling! The next gathering will be on Tuesday, March 12th at 45 North, the newly renovated restaurant and bar in the Sugarloaf Mountain Hotel. If you plan on staying for dinner after the social it is important to make your reservations soon.

The final social of the season will be held at The Rack on Tuesday, April 9th. Be sure to put these two dates on your calendars and come share a good time with fellow ski club members!



Three Sugarloaf Mountain Ski Club Presidents at the Mid-Week Social at The Shipyard Brehaus: Left to right, Pat Andrews, Greg Foster, current president Bruce Miles, and Jon Hellstedt.



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New Board members



Kim Kearing



Stacey Patrick



Rick Ray



Birch Royall

Four new Ski Club board members were voted in at the 62nd Annual Meeting, which took place on January 12th at the Carrabassett Town Library. This increases the number of elected members to 19 from the previous 15. Our numerous and varied committees will benefit from their participation.

COMPETITION & VOLUNTEERS

By Lev Steeves

The Competition year is nearing the end, however some of our biggest events of the Season are yet to come. In March there are the U16 JO's starting on March 7 for five days. The CAN AM's begin on March 21 for four days, then on April 2 we begin six days of FIS races.

This has been a great winter and we have held many events, mostly in very cold temperatures. The hardy Sugarloafers deserve everyone's congratulations for a job well done. If you see any of these hardy souls give them your thanks for helping maintain Sugarloaf's reputation for putting on great competition events. Jim McCormack, Laurel Lashar and the rest of the Staff at the Comp Center also deserve a note of thanks for their fine work throughout the year.

There is still need for volunteer help for the remaining events, so call Laurel Lashar at 237-6896 and offer your services and time. Many thanks.



Volunteers Cindy Foster, Jean Carpenter and Phil Hunter bundle up against the cold at the finish line.

The Ski Club Multi-Gen Project

Three Generations of the Hellstedt Family

Families are something to celebrate here at Sugarloaf!! The Ski Club is looking for more families with the distinction of having three or four generations of Sugarloaf skiers. If you are one of our missing families, we hope you will look through your photo albums or gather your tribe and create a new picture to add to our collection.

The Generation albums will be on display at the Snow Ball. You can also view the family pictures on the Ski Club website.

We share a strong heritage and it is growing stronger all the time. Help us celebrate this heritage!



December 2011
First Row: Will, Drew, Nathan holding Oscar; Second Row: Ben, Ellie, Kate, Emily, Megan holding Annika; Third Row: Charlie, Kristin, Leaf, Sharon, Sara, Laura; Back Row: Erik, Joe, Carrie, Brett, Jonathan

Three Generations:

First generation - Jon & Susan Hellstedt

Second - Kristin & husband Charlie Collier
Third - Ben, Will, Kate, Ellie Collier

Second - Jonathan Hellstedt & wife Laura
Third - Nathan, Drew, Emily Hellstedt

Second - Erik Hellstedt & wife Megan
Third - Leaf, Annika Hellstedt

Second - Brett Hellstedt & wife Sara
Third - Oscar Hellstedt

Second - Carrie Hellstedt



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32nd Annual McKay/Waddle Scholarship Races Telemark and Alpine

Saturday, March 16th is the scheduled date for the 32nd annual McKay- Waddle Scholarship Race. This 2 run, GS format, fun race is held each spring with the proceeds going to the Sugarloaf Regional Ski Educational Foundation. The McKay -Waddle Fund helps young racers defray the race entry fee costs and travel expenses.

This fund was started in the early 1980's by the families of Dan McKay and Mike Waddle- two young alpine ski racers who died tragically in separate accidents. These fellows were good friends as well as competitors in the beginnings of CVA tutorial weeks and State of Maine racing, and they exemplified the "spirit of Sugarloaf" with their determination and style. Both Mike and Dan were avid speed ski racers, and even driving fast as teenagers was the norm. There are many tales of "close calls" in their early years, but ironically this was not the reason for each of their untimely deaths. Dan died in a mountaineering accident and Mike was the victim of commercial fishing tragedy.

It was and still is important to the families of these courageous and crazy young men that their legacy lives on. Thus, the McKay-Waddle Scholarship Fund was started in 1982 with a fun race on Competition Hill to benefit others. So please come out and enjoy

a few hours of racing and a barbecue lunch at the Jean Luce Building. All the donated prizes are drawn in bib raffle style and the first 100 folks to sign up will receive a uniquely designed tee shirt - all for only \$25.00! Sign up at the Comp Center from 8:00 am to 9:30 am on the day of the race or at the Jean Luce Building after 9:30. See you there!



Mike Savage raced in many McKay Waddle races. Here he is as a youngster.

Our Second Beer Tasting Featuring Rising Tide Brewery by Nancy Holliday

The Mountain decided to close up the Golf Club for the winter, so we had to find a different location for both the Annual Meeting and the Second Beer tasting. Of our two options (the Library and the Competition Center), the more desirable place was definitely the Library. Ginny volunteered herself and me as the hors d'oeuvre detail for the Annual Meeting, which would give us a dry run on using the kitchen at the library...the very small kitchen, I might add.

We had lined up the Rising Tide Brewery to sponsor our event, and we wanted to be sure to complement their great selections with our offer-

ings. We were lucky to have the Annual Meeting to be a practice run for use of the Library facilities.

Our dry run went well as everyone who attended the Annual Meeting would agree. BUT it gave Ginny and me a definite logistics problem for the Beer Tasting. The Library kitchen, while adequate for small gatherings, has no space for preparation, or a commercial stove, which Ginny and I really needed to pull off a stellar event. So, we worked out a plan to get everything that could be prepped the day before done, leaving the rest of it for the day of the event at Ginny's house.

We wanted to add something interesting to our food list and came up with mini lobster cakes from a WCSH 207 program. You can go on line and look it up. Ginny worked diligently on getting as much of the pretzel recipe done beforehand; it is very labor intensive and really terrible if not done right. We both tried the mini lobster cakes on a dry run and decided they would work.

I called Bill Trussell, who owns French Hill Farm, about buying some gourmet sausage from him. (He's also a ski school



Left: Mary & Emily Nodine enjoying a Rising Tide brew and Bailey Sitz serving hors d'oeuvres.

instructor, so he understands the importance of the scholarship fund in making programs available to kids.) He was to drop the sausage off at Happy
Continued from page 8

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Locals Racing Update

By Rand Surgi, Team Captain

Locals Racing has completed five of the nine scheduled races. Three race days remain, with one day (March 13) set for two races. That day is important in the overall scoring schema because the teams who manage to have all racers show up will score well; absences hurt twice as much on that day. As of 1/30/2013 the SMSC team has retained its SECOND place overall, although by a decreasing margin. We are 50 points out of FIRST (Bag) and only 6 points ahead of THIRD (Gepettos).

I compiled some statistics for my own analysis of the competition and found it interesting enough to share.

Disregarding the current point scoring system, I compiled the average team times in race 5. Less than one half second separated the last three teams.

These "bottom" teams also scored comparable points in the last three slots, but the average times for the "top" three teams were in a much different order than the official

point system. By points, Bag, Gepettos, Rack, are the official order of finish in race 5. By average team time, the order is Gepettos, Rack, Bag! And the separation is about one second between each team. Interestingly, the SMSC team places fourth in both official points and average team time in race 5.

My conclusion puts emphasis on team diversity being the an important factor in scoring within the current schema, but attendance is of equal importance. The question in my mind that is generated by my analysis is, "Could there be another way to keep score that is both more simple and fair than the current point system?"

Official Point Standings as of 1/30/2013:

Bag	624
SMSC	574
Gepettos	568
Shipyards	515
Rack	489
Tufulios	473
Widowmaker	391

Beer Tasting *Continued from page 7*

Tunes for me. By the time I got there he had left, but told one of the employees to let me know it was a donation. Thank you Bill. I decided the sausage would make pretty fancy "pigs in a blanket" and Ginny and I tried it out. I could tell by the expression on Ginny's face that she thought it a little dubious, but they did work and after discovering that cutting them into 1/2 inch pieces was better than 1 inch, we had another new and delicious entry.

The Chicken Terrine was a substitute for chicken liver pate, as we were trying to spare everyone heavy doses of cholesterol. We served what in reality was a low fat, heart healthy, good for you Chicken Terrine, and I hoped you liked it. You said you did. On the other end of the fat spectrum, I reinstated my Cheese Fondue. The recipe has been printed in the newsletter in the past and will be included at the end of this article along with the Chicken Terrine; space permitting.



News from Maine Huts & Trails

We are pleased to announce the appointment of Charlie Woodworth as the new Executive Director of Maine Huts & Trails. Woodworth has been an MH&T member and supporter over the years and is a multi-year participant in the Annual Ski Marathon & Tour. An avid outdoor enthusiast, Woodworth's interests include Nordic skiing, hiking, paddling and cycling, and has experienced hut systems throughout the U.S. and abroad.

"I am thrilled for the privilege of leading this fine organization that has accomplished so much in a few short years", Woodworth said. "I look forward to sustaining the momentum and working together with others in the area to establish western Maine as a year-round destination for those seeking adventure and renewal in the outdoors."

Ski Marathon & Tour Planned for March 17th

Our 5th Annual Ski Marathon & Tour has been rescheduled to Sunday, March 17th and will feature 20K, 40K, and 60K race options. Registration is open through 5pm on March 15th but space is limited. Registration fees vary and there is a discounted rate for High School and College teams looking to participate in teams of 6 or more.

For additional information and to sign up, please visit www.mainehuts.org/ski-marathon or call (207) 265-2400. Those interested in volunteering are also encouraged to apply.

Maine Huts & Trails' 4th Hut Now Open!

The Stratton Brook Hut has been open for just over 2 months, have you visited yet? Guests who have made the trek have had a great time, and we invite you to come check it out for yourself. We still have plenty of space available for many days in March! Stratton Brook is the first hut in the Maine Huts & Trails system to have an alpine setting, offering spectacular views of both the Carrabassett Valley and Sugarloaf Mountain's 4,000 foot peaks.

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Spaghetti/ Skate at the Outdoor Center

More than one hundred people flocked to the Outdoor center for the 3rd Annual Ski Club Spaghetti and Skate party on the Tuesday of vacation week. Delicious spaghetti dinners were prepared and served by many volunteers and Board members. The tables inside were filled with chatting families and the skating rink was teeming with laughing children.

Thanks go out to Jen McCormack and Ragan Beauregard, who organized the event, and to all the volunteers who helped it to be a fun and successful evening.



Above: Left to right are three generations of Sugarloafers Christianne Doane, Douglas Doane and Annabel Doane, their mother Tatjana Haag Doane and her mother, Sonja Haag Ducharme.



Left: Bottle stacker Kendra Merrill

Right: Young Charlie Morris shares his best spaghetti smile.



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ASK HAPPY TUNES!

By Happy Tunes owner, Lionel Hering



Should I do any particular maintenance when I am ready to put my skis away for the summer?

Spring skiing is upon us!!!! Along with it comes the lure of long sunny days and soft snow, a Sugarloafer's well-deserved "reward" for weathering the harshness of early and mid-winter conditions. Yet, as snow begins to melt, its pretty white cloak starts to tarnish, slowly revealing ugly substrates: dirt, pebbles and rocks, even greases and oils... which, of course, all affect the wear and tear of our skis and boards. Putting them "away" for the summer in this state of disrepair is... NO GOOD:

EDGES WILL RUST if put away less than completely dry or if stored in a moist environment.

BASES WILL DRY if left exposed to air, resulting in drastic drop in performance.

BINDINGS possibly "DE-CALIBRATE" when left under

constant tension without "exercise".

Easy solutions to each of the above:

Good: Dry your edges thoroughly. Any dry, absorbent rag / paper towels will do. As a kid, I had a re-resourceful coach who even encouraged us to lightly swipe a rag imbued with motor oil (!) over the steel edges of our skis (it worked!).

Better: Clean your bases and wax your skis: all wax manufacturers now make Base Cleaners gentle enough so as not to damage the bases yet powerful enough so as to remove surface-bonded impurities. This is a very effective Spring-cleaning method, especially when used in combination with a fiber-woven fabric (ie. Swix Fiberlene or Toko Base

Tex). Then follow-up by ironing on a thick coat of soft wax over the base so as to prevent it from drying. Don't be afraid to let the wax coat the edges as well, provided that said edges are thoroughly dried first (otherwise, the wax will actually trap moisture, enabling spots of rust to "fester").

Best: Tune your skis before you put them away: Perform all necessary base repair, true your bases, bevel the edges as needed, and finish by applying the aforementioned thicker-than-usual coat of warm/soft-wax that will prevent oxidation of the bases. Bases left exposed to air for prolonged periods of time will dry up. I like to use the analogy of skin: a dry skin left untreated will die, flake-off, and require exfoliating before it can "breathe" and regenerate itself; so will a dry ski base; micro-fila-

ments of polyethylene start peeling off, giving the base a grayish look and a "fuzzy" feeling to the touch... resulting in excessive drag from all that "fuzz" and less than mediocre turning and gliding performance when the skis hit the slopes again. Then it is off to your favorite ski shop for a thorough stone-grind, always resulting in more base material being removed than ideally wished for!

Binding care: Twenty-five-plus years of working on skis have shown me that binding performance tends to be more affected by long periods of inactivity rather than by constant use. Although manufacturers no longer recommend releasing tension of the binding springs, I think it is mostly due to liability concerns. For the same liability reasons,

All manufacturers recommend

that skiers have their bindings torque-tested and calibrated every twenty-or-so days of skiing... and we believe a great time to do so is at the beginning of the season, when skis and bindings come out of storage and before one's first day on the slopes. If such is the case, then it really should be no concern to loosen the tension of the binding springs for the summer, thereby putting less "stress" on said springs. Simple "mechanical" observation.

Happy Tunes Tune and Store Package

At Happy Tunes, we instituted a very successful TUNE-AND-STORE package that a growing number of folks are taking advantage of: skiers can drop off their skis following their last day on the slopes, and pick them up the following fall / winter! For \$70, we "summerize" the skis

\$70, we "summerize" the skis following the steps described above, including a complete tune, store them at the shop until the following season, then "winterize" them again when folks are ready to hit the slopes! The "winterizing" process takes approximately one hour, so the trick is to anticipate when that first day back on the slopes may be so as to drop-off one's boot prior (seems like most folks do so around Homecoming / Columbus Day weekend), enabling us to torque-test and recalibrate the bindings. We then scrape off the excess storage wax, apply a new coat of ready-to-ski and more temperature-specific wax, scrape, brush, buff... ready to hit the slopes without missing a beat! All for \$70 (a \$15 to \$30 savings over those same tasks performed "a la carte")!

'Til next Fall... Cheers!

The Girls of Spring



Sugarloafers from back in the 50s heading up to the slopes.



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CVA Podiums

CVA athletes are off to a strong start. Here is a list of our podiums through mid-February. All results reflect finish in athlete's respective division/age class.

Alpine

12/9 – FIS – SL – Sunday River: Sam Morse 3rd
12/16 – Dax Brown GS – Sugarloaf: Sam Morse 1st, Max Richard 2nd, Erica Jensen 1st, Paige Chardavoyne 2nd
12/18 – USSA E. Cup – SL – Sunday River: Sam Morse 3rd
1/2 – MARA – GS – Sugarloaf: Henry Townsend 1st, Czari Cochrane 1st, Jeremy Leavitt 2nd, Jenie Rowland 3rd, Erica Jensen 3rd
1/3 – FIS E. Cup – GS – Attitash: Sam Morse 3rd
1/5 – FIS E. Cup – SL – Attitash: Sam Morse 2nd, Max Richard 3rd
1/10-1/13 – Quebec Super Series – SL: Sam Morse 1st GS: Sam Morse 1st (X2), Max Richard 3rd
1/23 – MARA – SL – Sugarloaf: Shane Connors 1st, Gabe Dalessandro 2nd, Max Richard 1st, Jeremy Leavitt 3rd, Abbie Macey 1st, Alex Habig 1st
1/23 – 1/25 – E. Cup – Whiteface: GS: Sam Morse 3rd SG: Sam Morse 1st (X2)
1/27 – MARA – GS – Sugarloaf: Max Richard 1st, Derek Banat 2nd, Jamie Marshall 3rd, Czari Cochrane 2nd, Shane Connors 1st, Gabe Dalessandro 2nd, Paige Chardavoyne 1st, Abbie Macey 2nd, Erica Jensen 1st, Christoph Hauck 1st, Shelby Battistelli 2nd, Meghan McCormack 3rd
2/2 – Night SL – Titcomb Mountain: Erica Jensen 2nd, Meghan McCormack 3rd
2/4 – E. Cup – Super G – Sugarloaf: Sam Morse 1st
2/4 – E. Cup – Downhill – Sugarloaf: Sam Morse 1st
2/10 – SL – Shawnee Peak: Jeremy Leavitt 2nd, Shane Connors 3rd

Park and Pipe Ski

1/27 - USSA Eastern Freestyle Tour – Halfpipe 1 - Okemo: Keegan Killbride 1st, Nick Rosenberger 2nd, Matt Smith 3rd
1/27 - USSA Eastern Freestyle Tour – Halfpipe 2 - Okemo: Declan O'Brien 3rd

Moguls

1/5 – 1/6 – USSA – Sunday River: Singles: Nessa Dzeimian 1st, Lesse Lowell 1st, Noah Fournier 2nd Duals: Nessa Dzeimian 1st
1/12-1/13 – USSA – Sugarloaf: Singles: Alex Jenson 1st, Jesse Lowell 1st, Noah Fournier 3rd Duals: Alex Jenson 1st, Jesse Lowell 1st
1/26 – USSA – Stratton: Alex Jenson 1st
1/27 – USSA – Stratton: Duals: Jesse Lowell 2nd, Noah Fournier 3rd
2/10 – USSA – Waterville: Duals: Jesse Lowell 3rd
1/27 – NorAm – Telluride: Duals: Nessa Dzeimian 2nd

Snowboard/Skier X

12/15 – USASA – HP – Copper: Shannon Branthoover 3rd, Jerry McGuire 3rd
1/6 – USASA – SL & GS – Mt. Abram: SL: Liam Moffatt 2nd, Finn Mackay 3rd, Eric Williams 3rd, Libby Shanahan 2nd, Austin Manley-O'Brien 3rd, Rollie Zagnoli 3rd GS: Stephen Just 3rd, Libby Shanahan 2nd, Liam Moffatt 1st
1/13 – USASA – Slopestyle – Loon: Shannon Branthoover 1st, Nick Malone 1st, Chase Blakely 2nd, Jerry McGuire 2nd, Adam Hohmeyer 1st
1/14 – USASA – SL & GS – Ride Mass: SL: Liam Moffatt 1st, Eric Williams 1st, Austin Manley-O'Brien 1st GS: Eric Williams 1st, Austin Manley-O'Brien 1st
1/19 – USASA – BX & SX – Sugarloaf: Rollie Zagnoli 2nd, Bianca Marcello 1st, Liam Moffatt 2nd, Austin Manley-O'Brien 1st
1/19 – USASA – BX & SX – Sugarloaf: Rollie Zagnoli 1st, Bianca Marcello 1st, Liam Moffatt 2nd, Austin Manley-O'Brien 3rd, Robert Squitieri 1st
1/26 – USASA – Slopestyle – Sunday River: Shannon Branthoover 1st, Stephen Just 2nd, Chase Blakely 3rd, Jerry McGuire 3rd, Adam Hohmeyer 3rd



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