



Sugarloaf Mountain Ski Club NEWS

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 Secretary - Nancy Holliday
 Newsletter Chairman - Peter Smith

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 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

Message from the SMSC President

Here Comes Spring!!

In spite of the light snowfall, the surface conditions have been pretty good this Winter. When Crusher was asked by someone at the Eastern Ski Writers Meeting how much it has snowed this winter, he answered "about 15 minutes." Hats off to the snowmakers and groomers. To paraphrase Winston; Never in the course of a winter has so much been done with so little for so many.

But March is here and with it comes more daylight and some great springtime activities. Our ever-popular BBQ season will be starting about mid March. We have some great events lined up, including the best 12 year old Alpine racers from the eastern US and Canada coming for the March 31st weekend.

Maine's number one dance band, Tony Boffa, is returning March 31st to play in the King Pine Room. You will not want to be left out of this great evening of dinner and dancing. Go to www.sugarloafskiclub.org for more information and to purchase tickets.

Our second Spaghetti and Skating party at the Outdoor center was a big success with over 100 kids and parents having a great time. Thank you to Ragan and Jen and all their helpers for making this a great success.

Spring is also the time when many of our young snowboard and ski competitors find out if they have qualified for regional and national championships. Congratulations to all of you who qualify.

Have a great Spring, and don't forget to stop by the Jean Luce building for some deck sitting.

See you on the hill,
 Bruce

2012 Ski Club Annual Meeting

The Sugarloaf Ski Club Annual Meeting was held on January 21 at the Sugarloaf Golf Club Clubhouse. The official business of electing officers and board members for the next year was carried out, resulting in no changes from this past year, on either the board or amongst the officers. Treasurer Phil Hunter presented his report. Bruce Miles, our President, spoke briefly, giving an overview of the Club's goals and fundraising activities. He gave an update on how the new Competition Center plans are proceeding.

After official business was carried out, the members enjoyed lasagna, salad and a pleasant social dinner. John Christie, the featured speaker of the evening, entertained the group with tales of the trials and tribulations of erecting the original Gondola, a timely comparison to the much higher-tech raising of our new Skyline Quad chair this past summer. It was a fun and informative evening. *

2012 EventCalendar!

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

March 2-3

Karl's Kid Ski Weekend at Sugarloaf

A family fun ski race and silent auction to raise money for underprivileged kids who like to ski. FMI Mike Hall 207-832-5541

March 3

3rd Annual Maine Handicapped Skiing Sugarloaf Social

5-9 pm • Sugarloaf Golf Course Club House FMI www.skimhs.org

March 20

Mid Week Social

Tuesday, 4:30 – 6 • Double Diamond, Sugarloaf Hotel

March 24 & 25

MARA Spring Series

March 31

17th Annual Snowball with the Tony Boffa Band

www.sugarloafskiclub.org for information

April 7

McKay / Waddle Race

\$25 registration after 8:00 am at Comp Center - includes BBQ lunch & t-shirt

April 10

Mid Week Social

4:30-6 • The Rack

Mid-week Socials

Due to conflicting Locals schedule, the March midweek social event is moved from Tuesday March 13 to Tuesday March 20 - at the Double Diamond at the hotel. 4:30-6:00.

Always the second Tuesday of the month and always a very good time - from 4:30 - 6pm; free food and cash bar; for Ski Club members:

We hope to see you there! ✨

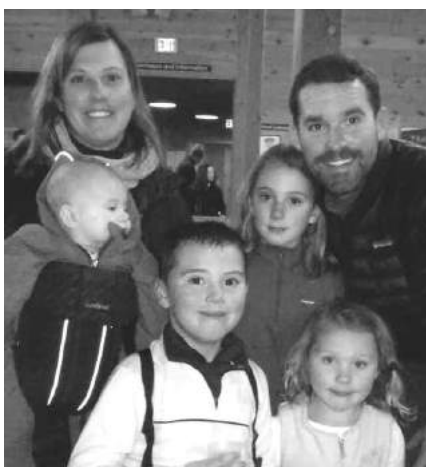
Tony Boffa Band Returns for the 17th Annual Sugarloaf Ski Club Snow Ball

The 2012 Sugarloaf Ski Club Snow Ball is coming up soon. On Saturday, March 31, we will be having a fabulous meal, with wine and dancing to the great sounds of the Tony Boffa Band in the King Pine Room of the Base Lodge. Last year Tony Boffa provided our music much to the enjoyment of everyone who attended.

This event is a major fund raiser for our Sugarloaf Ski Club Scholarship Fund, which enables many young athletes to enter competition programs. We hope to add to this Fund with the proceeds of this year's Snow Ball.

There is a table waiting for you and your group of friends, so go to our web site www.sugarloafskiclub.org to reserve your space. You may also call us at 207-237-6955, come in person to our office and make your reservations, or e-mail us at sugarloafskiclub@roadrunner.com. The price is \$60 per person and the food choices are Steak, Chicken or Salmon. Please indicate your food choices when you reserve. ✨

The 2nd Annual Spaghetti and Skating night



Whitney and Mike Gillett with children, left to right: Haddie (6 mo) on Mom, Fehr (8), Wells (10), and Ramona (4)

The Second Annual Spaghetti and Skating night at the Outdoor Center was held on Tuesday of vacation week, and a fabulous time was had by all who attended. Special thanks go out to our chefs, John Thompson and Eric Chamberlin, who kept the spaghetti & meatballs coming, as well as Ragan Beauregard and Jen McCormack, who planned this fun event. Cheryl and Amie Rowland did an excellent job serving meals to our hungry crowd. Don't forget the bread! Jessica Williams made it all from scratch, and it was delicious, indeed. Thanks to Mike Rowland for his hand in prepping food and washing pots! Thanks as well to the Outdoor Center staff who helped

with skate rentals and contributed to our successful evening of family fun. ✨

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

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Competitions

By Lev Steeves

There is a group of people working in and around the Competition Center who are essential to the smooth and timely operation of the many events held throughout the winter season. These are the Manager of the Competition Center; Jim McCormack; Race Secretary, Laurel Lashar and her assistant Valerie Alari; Foreman Jim Sturzenburger and the group of men that most of us call the Race Crew.

Jim McCormack spends a good deal of time planning for the events the year before they take place. With the help of the staff the events are carried out. At Sugarloaf there are events held in all three disciplines: Alpine, Freestyle and Snowboard, with each type of event having varying needs.

People who are not directly involved in these events may not notice this group of workers on the Mountain, but they are working most days and are always there to make sure events happen safely, with no complications. The netting we all see on Narrow Gauge is erected and taken down by this crew many times throughout a season as are gates, tag lines and all the other paraphanelia required to carry out an event.

Competitive events entail a lot of office work. Laurel and Valerie handle it all with ease. The entries for races arrive and they must be entered into the computer. Start orders must be prepared, and the athletes must be registered on the mornings of the events.



The Race Crew on their way to set up for the Locals Race. From left to right Tom Ferland, Adam Fisset, Foreman Jim Sturzenburger, Gordie Scannell, Dean Ellis and Rich Brooks.

After the event they are involved in preparing results. Various information packets must be forwarded to the many governing bodies. For any competition they might both be involved in timing the event. They also manage all the other office duties that any business must handle.

Jim McCormack does a lot of planning, but most days he can also be found on the hill directing and working along

with the staff. On Alpine Race days he is Chief of Race. The many other duties he performs could fill several pages.

We hope this gives everyone some insight into the operation of the Competition Center.

Without this staff Sugarloaf would be hard pressed to run the fine events it does. If you see this group on the hill give them a thank you wave. *

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The First Ever Beer Tasting

By Nancy Holliday

For those who went it was a great time with amazing food and for those who didn't, you missed a fantastic Ski Club party. Plan to attend next year. What makes tasting beer the week after the Super Bowl fantastic? The food! A great beer like Geary's needs great food to complement it!

We, the Board of Directors, had come to the conclusion that wine tastings were becoming commonplace and we needed to do something different, so the Beer Tasting was born. Ginny and I thought it was a great idea, because it would give us an opportunity to expand the menu beyond cheese and crackers and the occasional shrimp. Of course we would have cheese and crackers, but the rest was left

wide open to endless possibilities. What goes well with beer? Ginny had some sausage from Canada that she thought we should try, so one Saturday we had lunch and ate sausage. We decided that it would definitely work. It took people a while to try it, but once they did we had to serve up the second batch.

The open faced Reuben was my idea and I hope everyone liked them. I personally didn't try my recipe until after the party, when I enjoyed a few for lunch on Sunday with a beer. I must say they certainly beat pizza, which would have been an unimaginative substitute! The soft pretzels and the escargots idea was the brainchild of the Board. We generally meet on Saturdays at



Linda Allen, Nancy Holliday and Ginny Bousam with their creations.

about 3:30, right before Happy Hour, and people are hungry. Someone suggested soft pretzels at one meeting and Bruce said he thought escargots would be great at another.

So Ginny and I researched pretzels. She tried one from the Base Lodge and reported that it was awful. I went to Sam's Club to buy some frozen ones but decided that a

box of 20 large pretzels was a little more than I would want to handle if they weren't good. So I went online looking for a recipe. Ginny and I spent another afternoon learning how to make soft pretzels which, by the way, aren't as easy to make as it would seem. Our first batch looked a lot like a child's clay project with funny shapes, BUT ...they tasted great! After

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Ski Club Scholarship Program

By Ginny Bousum

March is a busy month as Snowsport programs finalize and championships determine the top competitors at all levels. Your Sugarloaf Ski Club's scholarship funds have supported Sugarloaf area athletes in "learn to" and school Ski-Skate programs as well as local, regional, state, national and World Cup competitions. Our members can feel pride for having been a part of these important steps in an athlete's development for many winter seasons.

Funds for both the Ski Club and the Sugarloaf Regional Ski Educational Foundation (SRSEF), come from many sources -- private donations by cash, check, or credit card at the Sugarloaf Ski Club's

store (www.sugarloafskiclub.org) and by social events such as the Snow Ball on March 31st. April's fun family race will benefit both the Dan McKay and the Mike Waddle memorial funds and help competitors reduce travel costs and entry fee expenses. The Ayotte Golf Tournament, held on the last Friday in September, raises money for all the young ski program participants in the local school district, as does the Town of Carrabassett Valley Fund. In addition, the Norton Luce memorial fund serves local school ski-skate participants who could otherwise not participate in this significant outdoor winter sports opportunity. Sugarloaf's famous Paul Schipper is

remembered with a memorial fund at the SRSEF as is Brook Gallup, a young snowboarder, whose memory continues to support snowboarders from this area.

As this 2011/2012 ski season winds up in the next few weeks, we must be reminded that in less than seven months applications will be available and due for 2012/2013!

While it may seem too soon to think of the next ski season, it is a good idea to make a note on your calendar -- applications are available for or download at www.sugarloafskiclub.org and will be due in the Ski Club mailbox no later than October 11, 2012. *

Big Mountain Team in Taos



Skier Emma Phillips in Taos

CVAs ALPS Big Mountain Team just got back from one of their two winter trips for the season to Taos, New Mexico. Within the first 24 hours of their arrival a storm system delivered over a foot of fresh new light and wonderful powder.



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Unsung Sugarloaf Volunteers

By Susan Adams

My favorite responsibilities here at Sugarloaf involve working with its volunteer work force. They are a committed and skilled group of fascinating people. I would like to recognize four of these people for their dedication and longevity to Sugarloaf programs.

Jon Helstedt came to Sugarloaf with his family back when I was still making infrequent day trips here. My relationship with Jon began only a few short years ago, but his service to this mountain goes back at least 30 years. He has dedicated time to the Ski Club, Competition Center, CVA and to our good fortune, the Sugarloaf Ambassador program. His sincerity and sense of responsibility to our guests is a model of what Guest



Jon Helstedt

Services is all about. His patience with me is legendary.

Sonja Ducharme has given so much of her time since 1994. She was part of the original Safety Patrol as well as being a volunteer for the competition center and helping with guest survey collection. When the Sugarloaf Ambassador Program reorganized in 2005, Sonja returned to her role on the hill, working in safety

education and guest satisfaction. To this day she plays a dual volunteer role, going from Ambassador to the Competition center as well as personal mountain guide to her many grandchildren.

Stacey Patrick came onto the Sugarloaf scene around 1994. At that time she was a working nurse in Farmington as well filling in at the Sugarloaf Clinic. She now spends less time at the hospital and more on the hill during the winters. She volunteers for the Sugarloaf Ambassadors as well as one of the head timers for the competition center. When she is not on the hill or nursing she is filling her other roll as "Nanny 911" here at Sugarloaf.

Brooke Barnes epitomizes the welcoming spirit of so many

of our volunteers and staff here at Sugarloaf. Everyone receives that signature smile when they meet up with Unit # 395 upon their arrival to the mountain. Brooke has volunteered his ski seasons for over 10 years, starting with the original Ambassador program and playing a crucial role in the



Muriel (Mum) Murphy

reinventing of the current Sugarloaf Ambassador program. His calm and fun demeanor is as infectious today as it always has been.

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Special Wine Dinner Events Monthly Dec. - April



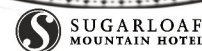
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Glen Plake - instructor?

By Peter Howard, Perfect Turn

Yes, that is right, Glen is becoming a Level 3 certified PSIA instructor. In December of 2011 I had the distinct pleasure of skiing and training with Glen for four days at Killington Vermont. Glen is a true gentleman and a wonderful ambassador for our sport. What follows is a bit about why Glen is working his way through certification, what it is like to be around him for a while, some of what he believes about the business of skiing, and some of the wonderful and wild stuff he has done.

As you may know, Glen has enjoyed a lot of public exposure, and he has routinely been asked to give ski tips. In his very straightforward way he explained, "I really have no formal credentials or training

to be doing this, I'm just a guy who loves to ski. If I get asked by high profile people to give ski tips I really should be certified". Glen would also like to be able to be internationally certified and lead clients in Europe. Glen has a wife who is working her way through the certification process for similar reasons. Glen and his wife spend several months a year in Chamonix, France.

What you see is what you get with Glen. He is big kid who loves to play on skis. He is a smart and savvy communicator and self-promoter. I think he has a big heart and, for the most part, fear is not a factor. While our group of seven was training together at Killington, people who recognized him were constantly asking for pictures, autographs and a little

time with him. From morning till late evening Glen gave everyone his warm smile, his time, his autograph, and never a cold shoulder. He was very professional in his approach to certification, working hard to demonstrate and teach to the task and level assigned. Because of his playfulness and communication skills he will be a wonderful teacher. He hides poles, skis with his legs crossed through blue bumps, does tip rolls, royal Christies, on-snow doughnuts, and lots of ballet based agility moves that most people (even PSIA National Demo Team members) look at and think, "yeah- right. Maybe some other day." If you saw Glen free skiing on a groomed run you would say that he looks like a good skier. If you saw him in bumps you would say, "That's a great bump skier." If you saw him in one of his favorite places, the steeps of Chamonix, you might think that he's crazy. If you saw him



interact with kids you'd see he has a big heart.

I think I have most of these facts right, but my apologies, Glen, if I'm off here or there. Glen's Dad ran a ski school, and Glen grew up skiing at a place called June Mountain

Continued on page 12

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Ski Museum Auction was a Success!

Over 100 items were auctioned.

Ski Museum of Maine

**Bruce Miles,
Executive Director**

**256 Main St
Kingfield, Maine**

207-265-2023

**Email:
info@skimuseumof
maine.org**

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

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

It has been a busy Winter here at the Museum. Our 5th annual Maine Ski Heritage Classic, which was held on February 18 at the Sugarloaf Inn was a great success.

Thanks to the generosity of Sugarloafers, the museum raised almost \$13,000.

Many hours of hard work by Museum board member Greg Sweetser and his many helpers went into preparing for this event. Over 100 items were donated by museum supporters for the silent and live auctions. A great time was had by all who attended.

Our next event will be held at

Saddleback Mountain on March 10 to coincide with their 8th annual Telemark memorabilia display and some great movie clips from skiing of yesteryear.

The Ski Museum of Maine is growing steadily. Our supporter/membership list is over 500 now. Our Research Director, Scott Andrews, has been traveling around the state presenting his "Fireside Chat" presentations. If you or any organization you belong to would like to host one of these great shows please contact me here at the Museum.

The Museum is open seven days a week throughout the Winter, so stop by some time and view our great memorabilia collection. We are always looking for artifacts that relate to Maine's contribution to the sport of skiing, so before you throw out any old gear give us a call 207-265-2023 or email info@skimuseumofmaine.org.

Have a great spring,

Bruce Miles
Executive Director,
Ski Museum of Maine ❄️

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Beer Tasting

Continued from page 4

that, Ginny spent time perfecting the recipe and watching you-tube videos in order to get it down to a science.

We tried the escargots on the same afternoon and decided that the recipe on the back of the can wasn't garlicky enough, so I was left in charge of making "Proper" garlic butter for the snails.

We decided that we would go shopping in Augusta on Thursday before the party, and if we found something else that we thought might be nice, we would include it. We ended up adding edamame, which we served cold. Everyone seemed to like them and someone said they cleansed the palate between beers. (Who knew?) By the time we served them people were hungry and ready to try anything, so they got

eaten faster than the sausage did in the beginning.

On Saturday we arrived at the Golf Club at 2:30 pm, assuming we would have plenty of time to get things going. Pretzels take a lot of time to shape, boil and bake, and we needed to assemble the Reubens and slice cheese. Luckily we had Linda Allen with us to do the cheese slicing. She had helped at several wine tastings and she is by far the best cheese slicer and arranger we have ever met. Thanks, Linda.

So there we were, ready to heat escargots, toast Reubens, warm Brie and bake pretzels, and we couldn't get the oven lit! After struggling unsuccessfully with it for a while we called Evening Dupre, the Events Coordinator, and left a message on her voice mail...then realized that Evening would simply call

maintenance. So I called maintenance and Bill, an old friend from my "Condo Check-in Days" arrived and we finally got the oven lit. Evening showed up and we spent too much time reminiscing about old times, but everything did get done with the help of Linda and Cathy Nodine.

"Finally we didn't over buy on cheese!"

The pretzels were a huge success. (Someone came in the kitchen and asked where we bought them.) Joe wanted to know about the Reubens and Charlie was delighted with the little forks we found for the escargots. (Ginny and I had thought they were metal, but they turned out to be plastic). That was really ok, because it is was one less thing to wash and one less thing to save. In the end, we had baked Brie

with apples, like at the wine tastings. And Ginny's final comment to me was, "Finally we didn't over buy on cheese"!

Many thanks go to Tony Jessen and Morgan Stanley Smith Barney, who sponsored this event. His support helps us raise more money for the Scholarship Fund. All profits from Ski Club Social Events are applied directly to the Scholarship fund. Thanks also for the excellent beer pouring by Kelly Geary Lucas and her husband Don Lucas from the family owned Geary Brewery in Maine, and distributor Bob Roy, who has helped us with our tasting events for many years.

Ginny and I are up for another beer tasting next year and plan to ask for volunteers. Mary Hunter has already signed up. Is anyone else interested? ✨

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A day in the life of a Snowmaker

By Greg Kwasnik

The temperature is slightly above zero on Upper Windrow, and Dan Keistea is lying on his back in the snow, manhandling an active snowmaking gun as though his life depends on it.

Keistea, a Sugarloaf snowmaker, needs to move the hose several feet across the trail to reposition the gun in a more favorable spot. With roughly 300 psi (pounds per square inch) of water and 100 psi of air blasting out of the gun's nozzle, Keistea, 19, was initially caught off guard by the sheer forces in play. After a few moments, though, he regains control of the situation.

"It's not usually that strong," Keistea says, out of breath and plastered in a fine coating of manmade snow.

For Keistea and the more than four dozen other snowmakers who work on Maine's second-

highest mountain, wrestling a snowmaking gun isn't all that unusual. When you wear mountaineering boots and carry an ice axe to work every day, you tend to take that sort of situation in stride.

It's a crisp mid-January morning, and Keistea, a snowmaking rookie, is making a 'gun run' with Derrick White, 26, a three-year snowmaking veteran. Their assignment for the morning is to walk down the entire length of Windrow to make sure that each gun is doing what it's supposed to do. Whenever the pair reaches a gun, they go through a diagnostic checklist: Is the gun pointed in the best direction? Is the snow too wet? Is the air hose blocked with ice?

By performing this daily checkup, the snowmakers make sure that the trail gets the best possible snow in all the right places. At a number



Snowmaker Derrick White

of spots, White and Keistea work together to move guns and hoses across the trail.

Further down the slope, several guns sputter, choked with ice. To fix the problem, the pair unscrews the air hose from each affected gun, and then sends a blast of high-pressure air through the hose to clear the ice.

It's the beginning of a long day for White and Keistea, who will work their usual 8 a.m. to 8 p.m. shift. Their typical workweek consists of three days of 12 hour shifts, followed by four days off. It's a schedule that doesn't really encourage post-work socializing.

"After a 12 hour shift, you pretty much hang out for an

hour and then you're ready for bed," White says.

White, who spends his summers doing contracting work, is a lifelong Sugarloafer who spends most of his free time skiing.

"I've been skiing since I was about 18 months old here at Sugarloaf," White says. "I learned how to walk and my mom was like 'All right, time to ski!'"

White has honed his snowmaking skills over the past three winters, and seems to know the exact right air/water mix to make powder at any temperature. By holding out his sleeve, he can generally tell if the snow falling from a gun is

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too wet or too dry. Ideally, White wants half the snow crystals to stick to his coat, and the other half to bounce off. If the snow is too wet, he'll open the throttle slightly on the air hydrant. He can tell the snow is just right when it squeaks like Styrofoam underfoot.

Today's zero-degree weather is perfect for manufacturing Styrofoam, but the cold weather doesn't affect White and Keistea, who have no trouble staying warm while working. White says things get much more unpleasant when the winds start to crank - particularly when 100 mph gusts buffet the upper mountain and send plumes of snow racing toward Kingfield.

Given the high winds that often rake the mountain's steep slopes, safety is a top priority for all snowmakers. Slips and falls are common, and helmets are mandatory. Wearing a helmet is a smart decision, especially when a piece of snowmaking

equipment malfunctions. "If a hydrant breaks, it can become pretty dangerous. I was standing next to a water hydrant earlier this year when it popped and that almost hit me," White says. "My rookie year, I think a guy was wearing his helmet when he got hit with an air hydrant. He was all right."

Despite those risks, White says snowmaking is a rewarding job - particularly so this winter. After a nearly snowless November and December, White and his snowmaking buddies stepped away from the guns to discover they had become the heroes of Sugarloaf.

"I've had times where I've been walking across the parking lot, people see my jacket and get out of their vehicles," White says. "They're coming up to me and I'm like 'Whoa! What did I do?' And they're just like 'Dude, I just had to stop you and say thank you.'"*

Multi-Generation Sugarloaf Families



Mary Hunter and Cindy Foster

Our project to gather photos of Sugarloaf's "Multi-Generation Families" is well underway and it is NEVER too late to add your family to the growing album! In fact, even if you have sent a picture of your family group, you can still add additional photos.

Many of us did not get all of our grandchildren into place the first time ... so keep on clicking and sending. If you have family members who are far away ... have them send you a picture, on snow or not. A single album page is created for each family, and it can include several photos.

Remember, also, that you may have a multi-generation Sugarloaf family album page even if the oldest generation is no longer living. Send us your photos, or simply the name of your oldest generation member(s) along with the younger generations photos.

Look for our album pages on display at the Snow Ball in March, and on the club's website.

Mail photos to the Sugarloaf Ski Club at Village West #13, Carrabassett Valley, ME 04947, or send them digitally to sugarloafskiclub@roadrunner.com. Call Mary Hunter at 246-6181 if you have questions. *

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Plake *Continued on page 12*

near Mammoth, California. He raced when he was young, then saw freestyle and was captivated by its freedom of expression. He has ski ballet training, and he loves bumps. Once at Chamonix he and his friends were stuck at the bottom due to fog and inclement weather, so for a couple of days they built a course with banks, bumps, and jumps below the hotel. Was this the first Skier cross? Glen has launched off water ski jumps, bristle ramps into aerated pools, parasailed off Alps and he loves to water ski in bare feet. It was surprising to me was that Glen was not a big fan of terrain parks and pipes. He would rather see free recreational racing and free sensible skier -cross courses. He believes these things train the skills of skiing. He also believes in big mountain knowl-

edge: the knowledge it takes to both ascend and descend extreme slopes safely. To get a sense of Glen's knowledge and love for the mountains, please find the movie "The Edge Of Never". I will only say that this is a great family film for skiers as well as a moving and entertaining true story.

I could tell you how the Mohawk is made but that would damage the mystique of the man. After this four day event was finished, I thought about who else is as recognized as Glen Plake in the entire world of skiing and beyond. Is it Stenmark? Is it Bode? Will it be Lindsey Vonn? I got back to Sugarloaf that Friday night, and on Saturday morning in the super-quad line in front of me was a little boy with a black helmet spiked with orange hair sticking straight out of the top. I had my answer. *



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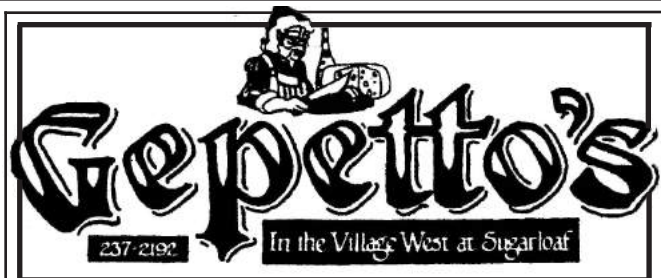
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Volunteers

Continued from page 6

Muriel (Mum) Murphy has been a base lodge fixture for more than 20 years. At 92 years of age, we are still blessed to have her smile greet so many of our guests in the ticket lobby each weekend. I have never met a more selfless, giving person. She has a dedicated following of young and old, staff and guests, who search her out each day. She arrives on the scene at some point each Christmas week. Until she gets here, I receive daily inquiries as to her status and ETA. She answers the same questions over and over again. She has probably explained where Ski Rentals is at least one thousand times and where the bathrooms are at least three thousand times. She has educated thousands of our young skiers and riders about The Skiers and Riders Responsibility Code and how

they can keep themselves safe on the slopes.

You will often see her nowadays in the company of her retired ski patrol husband Pat. If you have not met Mum yet, I encourage you to stop by some morning in the base lodge and do so. You will not regret it.

The next time you run into any of the folks or any other volunteer who has given up their free skiing and riding time to give back to this mountain, please, feel free to say "Thank You".

Thank you Jon, Sonja, Stacey, Brooke and Mum from the bottom of my heart and the hearts of all the others you have given to over the years. ✱



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Club and Racer Make a Team

This article, by current CVA Head of School Kate Webber Punderson was reprinted from the Winter 89-90 Volume 5 edition of the Ski Club Magazine.

I have been ski racing almost as long as I've been skiing and the Sugarloaf Ski Club has been there every step of the way. Competitive by nature, I started right out racing on the Lollipop Circuit. While racing the few gates set up on the Landing, I moved up from the wooden triangle prizes to the Nastar pins.

I was always involved in the weekend program where the instructors were lots of fun. Soon I participated in the Mini Masters. For some reason I always did better in the jumping and freestyle than in the racing, but to me racing was always more fun. By now I was in the bib leagues: I was a Buddy Werner. From then to now, right up through being a

V, IV, III, II and finally a I, I have been involved with the Ski Club.

The older and more experienced I became as a skier, the more serious a racer I became. In the seventh grade I made

morning, ski for three hours and then go back to class until dinner. The schedule is long and demanding but the teachers never let up on the homework and we somehow find time to get it all done. Goals, both long term and short

flexible and an overall good athlete is the most important and demanding part of becoming a ski racer. It is not always fun and games. But it provides the crucial base to being a good skier.

Once your body is ready and you've passed the grueling physical tests, the snow arrives and you start the on-snow work- the day after day of just getting in miles and miles of terrain. The early winter is spent doing continual drills. In these drills I work on perfecting my technique by working on balance, weight shift, edge control and body position. Then it's time to pound hundreds of gates, working on my timing and looking for speed all in preparation for the races.

The people who volunteer are not only the locals or parents of the competitors, but also people who are interested in Sugarloaf, the Ski Club, kids and ski racing.

the decision to seriously pursue ski racing, so I enrolled in Carrabassett Valley Academy. At CVA everyone works hard to achieve each student's potential in both academics and athletics. Each day we go to class for a few hours in the

term, are set and are continually being met.

Under the direction of the coaches at CVA, I started dry land training in the off-season to get in better shape for the on-snow time. Being strong,

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This is where the Ski Club comes in.

For weeks before race day the Ski Club prepares for the event. Competitors send in vouchers which must be organized and fed into the computer. Start orders have to be printed and bibs set out for the racers. Most importantly, volunteers must be gathered and jobs assigned in the office and on the hill. The people who volunteer are not only the locals or parents of the competitors, but also people who are interested in Sugarloaf, the Ski Club, kids and ski racing. Every race day I pick up my bib from the Chapel, head up the mountain and get ready to race. The races are always very well organized. The only thing that can go wrong is the weather, but even that doesn't seem to slow down the Ski Club's action.

For me, mental preparation on race day is most important. I have to be fired up and aggressive, but at the same time I cannot be tense or too serious. There is a fine line between a mental attitude that could win or lose it. Once I've memorized the course and my skis are all ready, the only thing left is to go for it. The most suspenseful part of the day comes when I'm waiting for my time at the bottom.

Knowing how critical timing is to the racer, the Ski Club has at least seven people working on the timing alone, operating at least two systems to make sure no time is missed or miscalculated.

Ski racing is an exciting and serious sport. Both the Ski Club and the ski competitor devote a lot of time, hard work and money to enable the ski competitor to reach his or her goals. *



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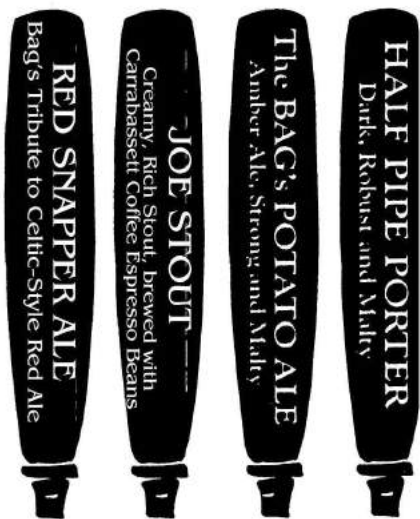
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The Spaghetti Kid

Walker Wolfe chows down some of the good spaghetti at the 2nd Annual Ski Club Spaghetti and Skate Night.

INSIDE: News about stuff that only Sugarloafers care about!