



Sugarloaf Mountain Ski Club

NEWS

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Doreen Chamberlin

Another typical January at Sugarloaf

A message from SMSC President, Bruce Miles

Today is Jan 3, 2009. As Crusher said, it is a typical January day at Sugarloaf. Blue sky, high winds and cold. But that does not keep Sugarloafers off the hill because today is also a typical day for Ski Club members and Competition Center volunteers.



Seth Wescott and "Crusher" Wilkenson announce the opening of "Sidewinder" before Seth cuts the ribbon and takes the inaugural ride with a few lucky local riders.

The Greg Francoeur mogul meet is being conducted on Skidder, the Kirsten Clark League is having their time trials on Comp Hill, Slopestyle competition is happening on Boardwalk and Snowboard-cross Champion Seth Wescott is cutting the ribbon to open Sidewinder, the new permanent Snowboard and Skier-cross course.

The Christmas/New Year holiday week is drawing to a close and it has been one that gives credence to Mark Twain's

phrase, "If you do not like our New England weather, wait a minute!"

December 21 brought almost three feet of snow, Christmas Day brought rain, December 27th fog, December 28th 50 degrees and sun, and then on New Year's Day the temperature dropped to below zero bringing with it the additional pleasure of high winds.

Sugarloaf's hearty snowmaking crew welcomed the subzero temps and have been busy putting a new surface on the slopes for us to enjoy - a far cry from the pre-snowmaking days when it was not uncommon for the mountain to close down after a big January thaw. (Note the journal of an old Sugarloaf entry this issue).

Although the fireworks were postponed due to fog, many Ski Club members came to the potluck supper on the December 27th. A good evening was had by all who attended. The next one will be February 17th, from 5:30-7pm at the Competition Center. Be there!

Our third annual wine tasting event is coming up on January 17th and our annual meeting is on the 24th of January. These are both great events, so get into the office and get



CVA junior Alex Rodway of Rangeley, Maine shows some style during the Slopestyle Competition at Sugarloaf on December 28th.

your tickets soon. Also mark March 14th on your calendar for our ever-popular Snowball.

The Winter is shaping up to be a busy one, so check the Ski Club website often for updates to the calendar. We have started doing email updates to our members, so if you have anti-spam programs on your email, be sure to put Sugarloafskiclub@roadrunner.com on your approved list so you will receive them. We have purchased a club camera, so you will be seeing lots of pictures on the website soon. Also, the club has a profile now on the Sugarloaf Community Forum under the name of "The Original Sugarloafers". Check it out. ▲

Congrats to our own Peter Smith who came out of retirement to capture third place in the Masters Race Circuit, Giant Slalom held at Ragged Mountain in NH on January 3.



SMSC Social Events

Ideas for additional social events are welcomed. Please email your thoughts to the Ski Club at sugarloafskiclub@roadrunner.com

January 17th • Educational Wine Tasting (3rd Annual)
Golf Club House from 5:00pm-7:00pm. Tickets are \$25 each. There is a limited number available, so call or stop by the Ski Club office to reserve yours today!

January 24th • Ski Club Annual Meeting and Lasagna Dinner
Golf Club Clubhouse (Doors open at 5:30 pm and will close at 6:00pm in order to begin on time). Tickets are limited due to capacity limits, so call or stop by the Ski Club office to reserve yours prior to the event.

February 17th • Family Potluck Supper
Competition Center from 5:30pm to 7:00 pm. All children must be accompanied by an adult. Please call Doreen at the Ski Club office and let her know what you plan to bring. After dinner, plan to stay for the fireworks!

March 14th • 14th Annual Snow Ball
Sugarloaf Inn at 6pm. Bring your friends and get a table together! This is a fun event that sells out early so be sure to reserve your tickets at the Ski Club office. Come and dance the night away to Elmo Twist and help support the scholarship fund.

Other Special Events:

Midweek Apres Ski
4:30pm – 6:30pm for Ski Club members, first Tuesday of each month through April. Sugarloaf Ski Club provides the hors d'oeuvres and there will be a cash bar. RSVP to the ski club if you think you can join us! 207-237-6955

February 3 - Widowmaker
March 3 - Shipyard BrewHaus
April 7 - The Rack

SMSC is on the web!

Remember your Club is on the web. Go to sugarloafskiclub.org. You can read old newsletters, check out the photo galleries and see the social and competition calendar. There are links to other sites of interest to club members. If you have ideas, things you would like to see on the site or photos to contribute email to info@sugarloafskiclub.com.

Where is the Ski Club?

The Ski Club office is located on the second floor of the Competition Center, next to the Base Lodge. A big Ski Club logo in the window makes the office easy to find. Just go into the building, up the stairs, and take a left. Follow the signs and you will find us. Doreen is in the office every weekend and each vacation week, so just drop in and say hello. You may also reach her at 237-6955, or at sugarloafskiclubi@roadrunner.com. Don't forget to check out our website at www.sugarloafskiclub.org, and let us know what you would like to see there! ▲

Area scholarship funds

"If a kid from here wanted to make it to the Olympics, he or she should be able to go!" said Dick Ayotte. In 1980, he organized a golf tournament to help pay fees for the ski competition programs at Sugarloaf which had been set up by the Sugarloaf Mountain Ski Club and managed by the Sugarloaf Regional Ski Educational Foundation (SRSEF).

After Dick Ayotte's death in 1981, his wife Martha kept up the tradition, and the golf tournament became an important part of the fundraising for the newly-emerging ski academy at Sugarloaf. Carrabassett Valley Academy continues to host a very successful fund-raising golf tournament every year.

Steve Pierce and John Beaupre, both of Carrabassett Valley, wanted to honor the founders/namesakes of the Dick and Martha Ayotte Memorial Scholarship Fund, and wished to continue making it possible for local youngsters to join the training programs at Sugarloaf. Their golf tournament is also held annually at Sugarloaf allowing the Ayotte Fund to help hundreds and hundreds of SAD#58 students with their training fees over the past twenty-plus years.

In addition to granting money from its Community Fund, the Ski Club distributes the money appropriated by the Town of Carrabassett Valley. Today these funds go beyond the competition programs to include both Minicuffer and Bubblecuffer season-long programs and the SAD#58 punch pass for ski lessons, thus fostering both recreational and competitive on-snow activity.

After putting its focus on establishing Carrabassett Valley Academy, the SRSEF continues to manage several funds. The funds named in memory of Dan McKay and Mike Waddle, both top-notch ski racers, give money to help defray entry fee and travel expenses for ski competitors. The Brooke Gallup Fund commemorates a young Kingfield snowboarder and helps snowboarders with the expenses of competing.

The Amos G. Winter Fund goes beyond granting to individuals. It also helps snow sport organizations expand their programs and allows Maine youngsters to participate in healthy outdoor activities. The SRSEF's own Community Fund also gives assistance to talented competitors.

This year the members of all the scholarship committees met and dispersed over \$12,000 to more than 60 deserving young skiers and snowboarders. These scholarship grants cover only a portion of what the families pay and are intended to help those who might not be able to join a program without some assistance. In addition, the Sugarloaf Mountain Ski Club granted money for an assistant to coach Denny Olsen for the Middle School Ski Team and to help fund the Kingfield Recreation Committee's ski bus.

These special grants are made possible by the participation of many members and friends in the various social events the Ski Club schedules during the season such as the Pig Roast, the Wine Tasting Night and the Snow Ball. ▲

The Gleason Rand Award



Tom Hanson the recipient of the Gleason Rand Award for 2007-2008

The Gleason Rand Award is presented to the outstanding competition volunteer each year.

Dr. Gleason Rand, a Physician from Orono Maine, was a tireless volunteer at the many competitive skiing events during the 1970's. He helped register the athletes for the event and when this was done he would head up the hill to do anything required like carry equipment, cheer on the athletes or any other job that had to be done. Unfortunately he was killed in a tragic highway accident in May of 1973.

In Dr Rand's memory, the Ski Club established the Gleason Rand Award which is presented to an outstanding competition volunteer each year. Many of the past recipients are still volunteering at competitions or

associated with Sugarloaf and the Ski Club today. A list of past recipients appears below.

For the 2007-2008 season, Tom Hanson is most deserving of this award. For many alpine competitions, Tom took a 7am "cat ride" to help with the set and then either went back to help the course crew maintain the course, or took some other volunteer positions such as gatekeeper or starter. He also helped with some of the freestyle and snowboard events.

RECIPIENTS OF THE GLEASON RAND AWARD

1974 Jean Luce
 1975 Peter Spaulding
 1976 Robert Waddle
 1977 Larry & Jackie Mahaney
 1978 Paula & Irving Kagan
 1979 Peter Smith
 1980 Tom Needham
 1981 Frank & Jean Woodland
 1982 Jim Merritt
 1983 Kathy Allen
 1984 Tina Hinkley
 1985 Mary Hunter, Jean Luce & Gil O'Connor
 1986 Carolyn & Regis Lepage
 1987 Bruce Miles
 1988 Kathy Acord
 1989 Peter & Carol Bass

1991 Carol Freemont Smith
 1992 Ron & Audrey Leonard
 1993 Jay & Gail Rowe
 1994 Barbara & Dick Hinman
 1995 Audrey Leonard
 1998 Mary Hunter & Lev Steeves
 1999 Bob Daley
 2000 Chris Schipper
 2001 Lev Steeves
 2002 Mary & Phil Hunter
 2003 Patti & Bob Silvia
 2004 Alice & Al Cole
 2005 Susan Manter
 2006 Marco Stivaletta
 2007 Terry Petley
 2008 Tom Hanson ▲

Competition Schedule

January

11th MARA GS
 12th FIS SG Camp
 13th FIS SG
 14th FIS SG
 17th USASA SL/GS
 18th USASA BX
 20th Super G 3/2/1
 21st DH Training
 22nd DH Training
 23rd MARA/VARA DH x 2
 26th FDH Training
 27th FIS DH Training
 28th FIS DH
 29th FIS DH
 30th FIS Super G
 31st B Mogul

February

1st B Meet Slope X 2
 7th USASA ½ Pipe
 8th MARA GS
 14th A Moguls
 15th A Meet Dual M
 16th A Meet ½ & Slope
 27th COLL Regional
 28th COLL Regional

March

2nd EAC DH Training
 3rd EAC DH Training
 4th EAC DH
 5th EAC Super G
 6th EAC Men GS
 7th EAC Women GS
 8th EAC M/W SL
 10th SB REV Tour
 11th SB REV Tour
 12th SB REV Tour
 28th Spring SER 3/4/5
 29th Spring SER 3/4/5

April

4th Spring SER 1/2/3
 5th Spring SER 1/2/3



CVA pays tribute to Lashar and her stake in skiing history

If you have signed up for a competition event at Sugarloaf over the past 10 years then you are sure to have met Laurel Lashar.

For many, when they step through the door and enter the Sugarloaf Competition Center, they picture Laurel Lashar working away at her desk, behind the counter during registration, or in the timing building. Laurel is Sugarloaf to many who have competed here. She is a tireless worker and her support for Sugarloaf competitions is a big part of the mountain's successful reputation as a competition venue. Current students and staff along with alumni and previous staff at CVA, owe a great deal to her hard work and dedication. But there is much more behind Laurel's dedication that is unknown. She and her family also have a stake in ski history.

Describe your family's history in skiing (your father, mother, siblings etc.).

My father, Doc Des Roches, was one of the founding fathers of American skiing. He was in the 10th mountain division, USSA representative to the FIS, fund raising chairman for the '64 & '68 Olympics, and on the board of directors of USSA. My father is in the National Ski Hall of Fame along with the Maine and Pennsylvania Ski Halls of Fame.

My mother didn't know how to ski when they got married but she quickly learned and proceeded to teach skiing for years. My two sisters and brother all learned to ski at a very early age and raced also but not to the level that I did.

Describe your personal history in skiing. Where did you start skiing? Racing? Ski Team? Any experiences you'd like to share from that time.

I started skiing when I was two at Laurel Mountain in Ligonier Pennsylvania. I lived in the lodge until I was 16. It was very easy to roll out of bed and go skiing. I could also turn on the lifts myself and go skiing after hours and when we were closed.

I started racing as soon as I could. When I was 10, I was beating all the J1 & 2's in Pennsylvania so as soon as I was old enough I came to Maine and went to Gould Academy. It was the closest thing to a ski academy back in that day. I trained with the boy's team back then, Paul Kailey was my coach and I was sometimes coached by Tom Reynolds and Dick Marshall. I loved to race downhill. It was awesome going over the headwall. I won the Eastern Championships right here at sugarloaf. I raced all over the country as a junior attending many nationals camps and international races. I was even the "Agony of Defeat" on Wide World of Sports one time when I fell and took out three gatekeepers and a few coaches.

I went to the University of Colorado, my freshman year. I got very badly hurt that year running downhill at Vail. I went off the trail and into the woods. Two surgeries later I transferred back east to Johnson State, from then on I only raced college.

What was your most memorable race event at Sugarloaf?

I remember back in the day having to boot pack the head

wall on Narrow Gauge - something that is never done any more - and running a downhill on Widowmaker.

Describe Laurel and Jeffrey Lashar and their children's history in skiing.

And of course the grandchildren should be included. Jeff could barely ski when I met him so he had to learn, kind of trial by fire or else he was left in the dust-and we did leave him in the dust. Our five children all skied and four raced in high school at CVA and in college. Our daughter, Noelle, volunteers all the time for the Sugarloaf Comp Center, her husband Kendall is a SCVA coach and their two children, Heather and Kyle are in SCVA. Garrett and Jay both coached at CVA. Garrett is now the Head Alpine Coach at Colby Sawyer College and Micah is the Women's FIS Coach at Green Mountain Valley School.

How long have you worked at the Comp Center?

I have worked at the Comp Center for 10 years. But prior to moving to Sugarloaf I coached for many years at Hidden Valley in New Jersey and after that ran the race program at Vernon Valley

Great Gorge now called Mountain Creek.

How long have you worked for Sugarloaf? What other jobs have you held?

I have worked at Sugarloaf 12 years, the first two years for Marketing doing concerts and events. While there I volunteered for the Comp Center.

Why do you do what you do? You work tirelessly behind the scenes. What motivates you to keep doing it?

Because I just love it. All the events are wicked fun, the kids are awesome and they are so much fun to watch.

What do you see for the future of competitions at Sugarloaf?

This is a great mountain and I hope we have tons of events always. We are the best!!!!!!!!!!!!!! Everyone at the mountain works very hard at making us the best in the East at competitions.

What thoughts or advice do you have for aspiring ski team athletes?

Work hard, train hard, keep focused and have lots of fun. ▲

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Many local references available • Sugarloaf since 1974

Life Members: Jerry and Mary Hopson

One of a series of short sketches about those people the Sugarloaf Ski Club has deemed worthy of "Life Member" designation, reserved for members who have given exceptional service to the Ski Club over the years.

By Barbara Ericson



When Jerry Hopson passed away in November, the Ski Club and the Sugarloaf area lost a strong supporter, a true friend and an erudite gentleman who, along with his wife Mary, was named one of the first Life Members of the Sugarloaf Ski Club.

The Hopson's initial journey to Sugarloaf was quite different from many. They came all the way from Baltimore, Maryland! As members of the Baltimore Ski Club, both Mary and Jerry had skied in the late 50's at areas like Killington and Grey Rocks in Quebec. In fact, it was on one long, long bus ride to Grey Rocks in 1958 that Mary and Jerry first met. Three weeks later they were married! Lured by a Sugarloaf visit to the "southern" ski clubs, Mary was eager to set up a trip here in 1959, but was rained out, which of course made her even more determined to get here in 1960. She did, and her group loved the mountain so much they came back frequently. She and Jerry dreamed of owning a ski lodge, and bought the Widows Walk in Stratton in 1973.

They were finally able to run their establishment as a B & B in

Continued on page 15

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Advice to SCVA parents

Parents frequently ask what they can be doing to help their children learn to be better athletes.

Usually the question is aimed at assisting the coach by complementing, augmenting or reinforcing what is being taught on the hill. The coaches require the children to focus and concentrate intensely for short periods that are appropriate to the age group and the specific skills being taught.

Compounding stresses is not productive. The most important thing that parents can do to assist the coaches is to properly manage the things that the coaches have no control over.

There are five things which are critical to effective, safe training that parents and their athletes have complete control over.

These are rest, nutrition, warm clothing, well tuned equipment and being on time.

Rest:

Adequate rest is extremely important in avoiding injury. Active athletes should be getting a minimum of eight or nine hours sleep daily. Younger children need even more sleep.

Nutrition:

Ski training requires enormous amounts of energy expended over a long period in a cold climate. Plenty of long lasting fuel is required to keep the fire burning hot and to light the afterburners when necessary. Be students of nutrition. Read the labels.

Warm Clothing:

Warm muscles work better and more safely than cold muscles. Again, we train in a very tough environment. Good clothing and dressing smartly are essential. Many layers are important. Start with a base layer of really good modern long underwear tops and bottoms. Pile on the fleeces and vests. There are some great high-tech fabrics that are light and very warm. I know sweatshirts are the thing but cotton is cool, not warm. Send them out dressed for the worst. They can take off layers.

Equipment:

Skis need to be well maintained. Edges always need to

be sharp. Polish the edges and wax the skis every two days of use or even more often. If they are kept waxed and tuned the skis will run faster, turn better, last longer and need less attention from the ski shop.

Be On Time:

Be there and be on time! Meeting times are the being of training time. Plan to arrive at the meeting place five minutes or more before meeting time. Be skis on and ready to go by meeting time. ▲

*Peter Smith SCVA Alpine J4
Pod Leader(retired)*



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Modern or not?

*Throughout history we have modernized life's tasks to minimize toil and failure.
It seems skiing is no exception.*

Today skiers flop from side to side rolling their edges and leaving arcs behind. It's all gotten so much easier. Almost anyone can carve and it seems hard to believe that carving was once the "signature of excellence" ten years ago. So is this modern skiing? Is there a difference between great modern skiing and just riding around on modern equipment?

Modern skiing is versatile and efficient. It is minimalistic in nature. It doesn't take much movement to make a lot happen. The challenge is that there must be movement and the movement must be accurate. I call this the "Goldie

Locks affect". Too quick into the turn and the skier is committed to a certain radius, and may be off-balance to the inside. Too slow going into the turn and the skis' edges may not engage. Too square to the skis and the edges may not hold the end of the turn and extra motion will be required to get into the next turn. Too countered and the skis may chatter as some flow along the arc is lost.

When it's just right there is a refined flow of movements in good modern skiing that connects the skis to the snow through edge penetration. The skier is connected to the arc of the turn even if the skis

momentarily come off the snow. The turns are connected to each other in a seamless flowing nature, ideally free of extra corrective adjustments. It is important for skiers to stay relaxed as they move towards the loading phase of the turn. (See statements about the use of strength below). The movements of the body should target where the edge penetration will take place.

We constantly move to where we are going next, and where we are going next is constantly moving. Accurate movement of the core leading the arc of the turn is key to utilizing the shaped ski to its full potential.

This is where fundamentals come into play. Practicing and coaching Fundamentals may not be flashy but it is necessary. Golfers hit thousands of balls, musicians practice scales, and yet many skiers and coaches try to take the physical work out of learning. Once a half-baked carved parallel turn is under the belt it's time to move on to more exiting things. Fundamentals taught to kids create great skiers of the future. Coaches infused with the fundamentals are insightful teachers and good visual models for others.

An example of practice on one task that can distill the fundamental purity of accurate

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core movement into a modern turn is as follows. (This practice may take the better part of a day and be revisited for a tune up every so often.) Even though I have heard the suggestion once in a while I never really equated bowling with my ski technique until I tried this. It's as though you use your leg muscles and the motion of your body segments to precisely lead your core (the bowling ball) so that the turn is entered perfectly, the ski arcs cleanly, and the skier is in balance enough to tighten the arc and continue to shape the turn. Begin from a stand still on a fairly wide blue-green trail. Traverse across the trail on the little toe edge of the uphill ski. Without touching the poles or the other ski to the ground, roll the uphill ski over and enter the turn. Try to ride a clean forward moving ski right away. As the ski begins to

glide into the turn, begin penetrating the inside edge into the snow all the time being sensitive to keeping the ski moving cleanly forward.. Try to tighten and shape the turn while maintaining a clean running ski. Chances are there will be a few gutter balls as evidenced by dragged poles, turns that went straight, and stepping down on the other ski to keep from falling over. And then through practice the strike zone will appear along with a few fundamentals.

Modern skiing is an athletic sport that requires strength, but being strong in a static, holding, isometric sense is not in harmony with a sport that requires touch. There are times we simultaneously soften up and yield with the inside half of the body and power up to stand strong with the outside half. In difficult

conditions a certain amount of functional tension in the core provides the anchor for the active and sometimes supple extremities that are swinging poles and sucking up bumps. Without that purposeful core tension the fabric would undoubtedly come off the wings now and then. As the body seamlessly connects turns, moments of power intersperse with moments of nimbleness. It would be fair to say that we should achieve strength through movement versus strength through holding. Here in lies one of the main differences between parking on the sidecut and skiing modern.

Modern versatility comes from selecting appropriate tactics, while maintaining sound fundamentals. Tactics can mean speed, radius, and use of terrain. It can also mean things

such as stance width, amount of edge applied, amount of vertical motion, where the heavy spot in the turn is etc. These selectable aspects of technique combined in motion with sound fundamentals create the versatility that separates great modern skiers from the person who needs four pairs of skis to deal with different snow conditions and different turn sizes.

Challenge yourself and anyone you may coach to lead the skis not merely ride the skis. To tighten the arc not just ride the arc. To make the turn with the equipment not select the equipment to make the turn. I hope these thoughts will aid in your coaching and skiing experience this season. ▲

*Peter Howard, Training Manager
Sugarloaf Ski and Snowboard
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News from the Ski Museum of Maine

Megan Roberts, Curator

The Ski Museum of Maine is welcoming 2009 with several events that you won't want to miss. We also invite you to enjoy the exhibit at the Museum located on Church Street in Farmington.

For all of you who love to dress up, this is your chance! The Ski Museum of Maine will once again host the Maine Ski Heritage Classic at Sugarloaf on Sunday, February 15. The plans are for this event to travel regularly to different ski areas in the state and next year it will be held elsewhere, so pull out the vintage ski clothes, boots, and skis, and join the parade! At 2:00 we'll gather outside the Sugarloaf Base Lodge and show off our outfits to the gawking teens. Actually, many adults gawk as well, since some of them have "only" been skiing since the '80's or '90's. The Museum will have its' traveling display set up in the lodge, so we'll walk around in there as well. It is a wonderful opportunity to show how we looked and what we skied on when we enjoyed the earlier days of our ski experiences. At 3:30 all of those that want to will ski down the Birches Trail to the Sugarloaf Inn, where the Reception and Silent Auction will be held. This is such a fun event, and everyone is welcome to join in, whether you dress up, ski or just watch and then come for the reception. The proceeds from the auction and reception (suggested \$10 donation) benefit the Ski Museum of Maine, whose goal it is to "To preserve and publicize the business of skiing in Maine, while celebrating Maine's ski history and heritage". See you then!



"Crash" Ketchen has donated his 1967 trophy to the Ski Museum. Do any of you remember when Homecoming Weekend included the "Dry Run" race, which involved racing (running) down through the gates instead of skiing through them? Do any of you have any pictures or memories of this event?

Another project of the Museum is our series of narrated slide shows that Scott Andrews has worked very hard to create and compile. Scott decided on the basic idea to

cover 140 years of Maine ski history in eight narrated digital slide shows. He narrates each presentation, and has gone through over 2,000 photos to put together about 120 - 150

Maine Ski Heritage Classic

Sunday, February 15
at the Sugarloaf Base
Lodge and Inn

2:00pm • Vintage Ski &
Clothing On-Snow Expo

3:30pm • Vintage Ski &
Clothing Parade to Inn
4:00 • Silent Auction at
Inn

4:00-6:00pm • Reception
(\$10 suggested donation)

digital slides in each show. Scott has had a tremendous response to the presentations of the first show at various locations throughout the state, and the second show is now ready to go. Your chance to see both of these shows is coming in February. On Tuesday, February 3rd at 7:00 pm, "Down-Mountain and Cross-Country: 140 Years of Skiing in Maine," will be shown on the mountain at the Sugarloaf Inn (Avery Room). On Wednesday, February 18th at 7:00 pm "Schuss-Boom and Schuss-Bust: Fast-Paced Growth and Face-Plants 1945-Present," will be shown at the Sugarloaf Outdoor Center. Plan to see both! "Schuss-Boom and Schuss-Bust" will also be shown in Farmington at the Ski Museum on February 10th at 7:00 pm, with the museum opening it's doors at 6:00 pm. For more information, you can call Megan at the Ski Museum, 491-5481, or presenter Scott Andrews at 773-9609. ▲

Special Wine Dinner Events Monthly Dec. - April

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Ask Happy Tunes!

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

I have a question for you: When tuning my son's slalom skis' edges this weekend, we noticed some black debris coming off with the diamond stone. Seemed more than just dirt, and now I'm wondering could this have been P-Tex?? We have definitely been filing more this year. I'm wondering whether this is a sign that we should bring the skis to you to make sure the bases are flat/reset the bevel?? Does that make sense?

Two possible answers, depending on which edge you were working on, BASE EDGE or SIDE EDGE.

If BASE EDGE, the black material is indeed likely to be p-tex, or base material, that the file is cutting into. A quick reminder here: if you are flat filing your skis with a file and no file guide, you are likely making your skis worse with every stroke. Use a guide and the best possible file available to you then let the tools do the work. We have very conclusive data on this: the straighter the file and the harder its steel, the better and more accurate the results! Good files are expensive, yet their per-use cost is

...if you are flat filing your skis with a file and no file guide, you are likely making your skis worse with every stroke. Use a guide and the best possible file available to you then let the tools do the work.

ALWAYS cheaper than with less expensive / lesser quality ones. Just remember to keep them clean with a good lubricating/cutting solution (same reasoning with diamond and ceramic stones!).

If you are hitting steel (from the base edge), keep filing in overlapping strokes until you have a consistent feel from tip to tail, then follow-up with diamond stones, from coarse to fine, to further smooth the edge. Fine tune the edge as needed with a gummi stone and voila!

If you are not hitting any steel from the base edge, then you already have either enough or too much bevel. Could be the result of having flat-filed too aggressively, maybe using a cheap or worn out file that either isn't absolutely straight or simply forces you to, consciously or not, "lean" on the edge a little too much, in effect bending the file so that you may feel it hitting steel and thereby giving you the satisfaction of actually "doing something" to that darn edge! Bad idea!

It could also be the result of skiing, plain and simple, most commonly on cold, aggres-

sive, mid-winter snow crystals or ice. So much friction is generated between base material / steel edge and snow surface that the base will actually burn and wear out!

In either case, your only remedy is a visit to your ski shop for a session with a stone-grinder that will re-flatten the bases. If such is the case, take the time to have whatever necessary base repair addressed and consider requesting that the edge geometry of your edges be re-set... this will make your job of maintaining the correct angles much easier in between tunes!

On the other hand, if SIDE EDGE is what you were working on, then the "black debris" is likely to be coming off the sidewall of your skis (do you have a black sidewall?). The key here is that now that you are more confident using files (versus relying solely on diamond stones), you are removing edge material at a much faster rate than ever before and doomed to find the sidewalls of the ski in your way.

At that point, your tool of choice is a sidewall planer, a guide armed with a carbide

bit, usually either square or round, designed to "pull" sidewall material immediately above the edge, in effect re-exposing said edge to your file. This process should be done periodically, every four or five filing-days. Indeed, the idea is to remove a small enough amount of sidewall to allow you to set your edge bevel and maintain it so. Removing too much at once will only weaken the structural integrity of the edge.

Sidewall planers are available in different configurations, ranging in price between \$50 and \$150. They are fairly easy to use and a worthy investment for every ski racer.

At Happy Tunes, we address side-edge sharpening by first rough-setting every edge with one degree more acute an angle than desired, sanding directly into the sidewall. It is then much easier to re-set the required bevel, and maintain it so between visits. Finally, every edge is polished to a minimum 600 grit for least friction and better edge-hold on hard snow. Despite this thorough and systematic approach, we often rely on our sidewall planers, especially with race skis requiring three, or four, or more degrees of side-edge bevel.

We hope this answer sheds a light on your question. If in doubt, bring your skis in and we should be able to tell you very easily the cause of the "ailment" with a brief inspection.

Cheers!
Lionel

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Pages from the journal of an Old Sugarloafer

New Year's Eve, Saturday, December 31, 1966.

The day before New Year's and the slopes were mobbed with people. The first few runs were delightful, with lots of light snow covering the entire length of the Tote Road. However, the surface that was at first delightfully light powder was easily scraped off by a relentless New Year's weekend mob. In addition, the T-bars were continually breaking down, and for an hour this morning a power failure shut down the entire Mountain, including the Base Lodge and Gondola. The only trail open from the top was Upper Narrow Gauge, and while it wasn't as crowded as Tote Road, it was also rougher. I skied with John LaCasse a good part of the day. After skiing I stopped by the Cary camp [later Avalanche Control] to visit with the Carys. I went with Jeff Cary and a friend, Ross Faneuf, to Stratton for a beer at Roger's Motel [now The White Wolf]. We

stopped in to visit the Reas, cousins of the Carys, at their camp on the Sugarloaf Inn Road. At midnight, for lack of any better excitement, we celebrated New Years with a volley of shotgun fire.

New Year's Day, Sunday, January 1, 1967.

After having spent the night at the Cary camp I got my car out of the snow bank I backed in to the night before and was ready to ski when the lifts opened. I beat the hung-over crowds onto the Mountain and skied hard until 1:00 or so. Eventually the crowds caught up with me and commenced to scrape some more snow off the well-used slopes. After lunch I hiked up to the summit from the top of #3 T-bar with Jeff and Charlie Cary. We set up camp in the closed in but still under construction Gondola Summit Station and watched the two pro league playoff games. We sat in the circular hearth in the upper

level of the Summit Station and watched the games on Jeff's small Sony tv set. We had the best, if not the only, reception in the Valley [no satellite or cable tv in 1967]. After the games were over, about 8:00 p.m., we skied down the Mountain on Quint's Road [now Binder], on a very dark evening. We could only see a white tunnel stretching out below us. The only light we had were the sparks from steel edges hitting occasional rocks. It was a strange sensation, in which one easily lost all sense of direction, up and down and every other way. I ate supper at the Carys and spent a quiet evening sleeping in my trailer parked in Skip Skaling's lumber yard [now Mountain Colony Apartments in Wyman].

Saturday, December 29, 1973

No snow on the Mountain. Not just too little to operate the lifts, but no snow. [In 1973 snow-making was confined to places like Lost Valley]. What

do you do at Sugarloaf on New Year's weekend without any snow? We picked up Norm Gray, who had plenty to complain about for a change, and caught up with Peter and Jill Allen and Neal and Linda Trask, for an expedition to the north side of the Bigelow Range via the Carriage Road, in two four wheel drive vehicles. We had one breakdown in a stream across the Carriage Road, but that's why we brought two vehicles. After some tugging and hauling we got both vehicles across the Carriage Road and onto the mostly bare Bigelow Mountain Access Road. We drove to Dutch Demshar's house on the north side of Bigelow Mountain, and found enough snow to cross country ski on the ridges above his house.

Sunday, December 30, 1973

With various kinds of ski and sliding equipment we drove up to the end of the road on Eu-

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stis Ridge, with Ted and Donna Walls, John Wiltse, Neal and Linda Trask, and assorted kids. In the fields extending downhill from the road, we tried cross country skiing, sliding, and even alpine skiing on the skimpy snow cover. The best part was the view. After a couple of hours we went out on Flagstaff Lake for skating on the nearly snowless surface and a little cross country skiing on the ice. On the way home we stopped on the Mountain, and commiserated about the lack of snow with Harry Baxter, manager, and Larry Warren, chief book-keeper, over a post-work beer. ▲

The Hopsons *Continued from page 6*

1978 when they both retired, Jerry from a position with U. S. customs and Mary from teaching. "We joined the Ski Club the day we moved in," Mary remembers. From then on, Mary and Jerry were an integral part of the volunteer staff for races, as well as active participants in all the fun of Locals Week and White White World Week. One of the highlights Mary remembers is when famous racer Alberto Tombe gave Jerry, his gatekeeper and jury member, a special pin.

Despite a hectic schedule in Stratton, the Hopsons always found time to ski and volunteer for the Ski Club, their number one priorities. Jerry was also the designer of the library in Stratton and served as its first librarian. The Hopson's dedication to the Ski Club was matched by their enthusiasm for meeting new people.

The Widows Walk was a friendly haven, and Mary recalls her four children playing with the children of guests. Some guests became lifelong friends, and many of them skied with the Hopson family. Untold numbers of new Sugarloafers got a welcome introduction to Sugarloaf through the warm encouragement of Jerry and Mary Hopson. "You have to love people, says Mary about running a B & B. Mary and Jerry Hopson certainly did, and in return, these adoptive Mainers received enormous affection from so many who appreciated their unique talents and positive personalities. Mary is as upbeat as ever. "I think I'm going to try skiing this season" she says with her usual sunny smile. ▲



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John Parker of Falmouth shows off his fur coat and skis at the Maine Ski Heritage Classic that he used to wear on the slopes.

Photo by Dan Cassidy

INSIDE: News about stuff that only Sugarloafers care about!