

GREAT ADVENTURES and VALUE AWAIT in BRITISH COLUMBIA'S MOUNTAIN PLAYGROUND

A Strong U.S. Dollar Means a Great Deal along the Powder Highway



The Main Trail down to the base, accessed from Kimberley's North Star Express High Speed Quad. Skier's delight on the Main Trails' perfect corduroy after reveling in the challenging terrain found off of the Easter Triple. Kimberley is a great location for a Powder Highway stop in Canada's British Columbia province.

Photo courtesy of RCR/Kimberley Tourism



You can get there from here. Fly Delta to Cranbrook, B.C., Canada, to the heart of the Kootenay Rockies. Convenient and frequent connections depart from Salt Lake City and other airlines from Vancouver and Calgary for easy connections from the U.S. as well, getting you to the eight great, unique resorts that await.

Map courtesy of the Kootenay Rockies



Panorama, another stop on the Powder Highway, has a unique cabin that is ready to serve you lunch or a warm beverage. Just off the Champagne Express Quad you will find the intimate Elkhorn Cabin with spectacular views of the surrounding peaks. Every time you visit you will marvel at the scenery of the Canadian Rockies.

Photo courtesy of Panorama Resort

KIMBERLEY, B.C. CANADA — The Kootenay Rockies may be British Columbia's fastest growing region from a tourism perspective, and the birthplace of heliskiing and cat skiing, but this gem in the south eastern corner of British Columbia remains mostly undiscovered by the US skiing masses. Short lift lines, epic snow and excellent value are very much the norm here.

This is the home of the Powder Highway – a group of ski resorts and winter adventure operators nestled in the Canadian Rockies. The region is blessed with five pristine mountain ranges: the Selkirks, the Monashees, the Valhallas, the Purcells (including the renowned Bugaboos) and of course, the majestic Rocky Mountains. A popular destination for ski aficionados world-wide, the region has attracted mountaineering adventurers since the mid 1800s. Now, it is known for legendary powder, an endless feast of terrain, reasonable prices and down home hospitality.

"The Kootenay Rockies offer guests a snow sports experience like no other," says Chris Dadson, President of Kootenay Rockies Tourism. "Our Powder Highway consists of more resorts, backcountry, helicopter skiing, cat skiing, touring and adventure operators than any other region in the world. There is truly something here for every level of skier and every member of the family."

Noteworthy is the fact that Delta Air Lines discovered the hidden gems of the Kootenay Rockies this year, and in December, started non-stop winter service from its western hub in Salt Lake City (SLC) to the Canadian Rockies International airport (YXC) in Cranbrook, BC. What used to be an all day trek by way of Vancouver or Calgary is now a short jump through SLC. You can literally leave home in the morning and be on the slopes that afternoon.

Another huge incentive for travellers during these tough economic times is the relative strength of the American dollar. While exchange rates are constantly changing, \$1.00 US tends to buy about \$1.25 worth of "stuff" in Canada, and

that adds up to huge value. Essentially, the Powder Highway is offering 25 percent off already great travel values. Top that off with seat sales, "Stay & Ski" specials and other "DeltaDeals", and you can hardly afford to stay home! (Please see www.KootenayRockies.com/deltadeals for more information).

There are eight resorts in total on the Powder Highway, four within 20 to 90 minutes of the airport, each with a different flavor. For example, you can stay at a resort that boasts true family hospitality and natural mineral hot springs (Fairmont Hot Springs), ski the home of Canada's National Training Centre just 45 minutes away (Panorama Mountain Village), and even fly out of their base for your first-ever heli-ski experience. You do not have to be a millionaire or an expert skier to do it.

Settle in a slopeside condo just 20 minutes from the airport (Kimberley Alpine Resort), ski in and out all day long, head out for "Dinner in an Igloo" (www.spirittrails.com) and then finish the evening with a relaxing soak in your private hot tub overlooking the mountains. Plan your trip well and you can enjoy a great variety of other activities, including star gazing outings, wildlife safaris, evening "Snowshoe Fondues", ice fishing or family-fun dog sled tours. Legendary snow and loads of special events can be found at Fernie Alpine Resort, North America's No. 6 best ski resort according to the November 2008, Outside Magazine.

Now is a great time to look for a winter escape, and the deals have never been better.

It is www.KootenayRockies.com/powderhighwayinfo to log on. Let them help you get started finding your best adventures along the Powder Highway.

SO MANY CHOICES, SO MUCH SNOW!

The Kootenay Rockies Region of British Columbia is home to the highest concentration of winter sport and adventure operators in the world. Check it out. With so

many options, so much snow and US exchange favoring you considerably, you are sure to find your perfect winter getaway in BC's Canadian Rockies.

Visit www.PowderHighway.com either directly or from an easily found link on the homepage of www.skiernews.com and follow the links to explore this winter wonderland. To speak with a Powder Highway rep, you may also call 1-800-661-6603.

For more info about this stunning corner of the world, visit these sites online for all your travel needs.

AIRLINE AND TRAVEL PLANNING RESOURCES:

Ski package info: www.SkiCan.com/Delta

Canadian Rockies International Airport/bookings:
www.FlyCanadianRockies.com

Travel planning: www.KootenayRockies.com

Powder Highway: www.PowderHighway.com

FLY DELTA TO CRANBROOK, BC CANADA (YXC) TO ENJOY THESE POWDER HIGHWAY DESTINATIONS:

Fairmont Hot Springs Ski Resort:

www.fairmonthotspings.com

Fernie Alpine Resort: www.skiferne.com

Kicking Horse Mountain Resort

www.kickinghorseresort.com

Kimberley Alpine Resort: www.skikimberley.com

Panorama Mountain Resort: www.skipanorama.com

Red Mountain Resort: www.redresort.com

Revelstoke Mountain Resort

www.revelstokemountainresort.com

Whitewater Ski Resort: www.skiwhitewater.com

SPORTS MEDICINE IDEAS TO TRY TO ENHANCE YOUR SKIING EXPERIENCE • ALWAYS CHECK WITH YOUR OWN PHYSICIAN ON INJURIES, ETC.

COMING BACK FROM A SKIING INJURY

Special to SKIER NEWS by Dr. Chris Lutz from the Physiatry Department at Hospital for Special Surgery in New York City

As a doctor specializing in a unique field of medicine, I am often asked what a physiatrist is. To my ski enthusiast patients there seems to be two distinct definitions.

For the patients who complete a season on the slopes without an injury, I am the doctor who helps remind them that the season never truly ends and the best way to protect against possible future injuries is to stay conditioned and prepare physically during the off-season.

To my patients who find themselves injured, a physiatrist is the doctor who utilizes the latest in physical medicine to help them work through their injuries and get back on the slopes, without the need for surgery, as soon as possible.

Regardless of the skill level or years of experience that a skier has, there should always be awareness about what to do after suffering an injury while skiing. Sometimes, even the most conditioned and skilled skiers will find themselves with a sprain or other common injury. Most of these injuries can be treated non-operatively and with minimal invasiveness if the right combination of physical medicine and rehabilitation is used.

I find skiing injuries to occur more often to the lower extremities than to the upper extremities by an almost two-to-one margin. The most common lower extremity injuries include knee sprains and ACL injuries, tibial fractures, and a variety of ankle ailments. The most common upper extremity injuries are wrist sprains and fractures, and shoulder sprains, strains and dislocations. Another common ailment to be aware of is skier's thumb, which occurs when the soft tissue that connects the bones of your thumb becomes strained and damaged.

One of the very first things you should remember after an incident takes place is a simple acronym: P.R.I.C.E. This stands for Pressure, Rest, Ice, Compression and Elevation.

Of course, it cannot be overstated that it is always best to follow any injury with an evaluation by a physician as soon as possible. Playing doctor is never a good way to diagnosis yourself and can lead to trouble down the line.

If the pain from a seemingly minor accident lasts for more than 48 hours, you should certainly make an appointment. In addition, if there appears to be swelling, weakness, numbness or any major restrictions, make sure to get that evaluation as soon as you can.

Overall, the amount of time you will lose off the slopes following an injury will greatly differ depending on the type and severity of the injury. Someone with a common ankle sprain may be out for only two weeks with the proper care and conditioning, while someone with a dislocation will be out longer. More serious strains and sprains may cause you to lose anywhere from four to eight weeks.

Once you do secure a diagnosis, and if the physician determines that you have an injury that does not demand surgical attention, then you can begin to prepare for the path back to the slopes. A good rule to follow for returning to any sport after an injury is carefully testing to see if you have regained full pain-free range of motion backed by a regular force of strength.

The best way to make a come back from an injury is through good rehab and sport-specific training, in addition to being in good shape. Please keep in mind that fatigue is a major factor in causing ski injuries, therefore attaining and even surpassing past levels of physical conditioning is important to prevent a re-injury.

If you have not been skiing for a number of weeks while recovering, make sure that you have not forgotten about the basics and that you have been keeping up with a variety of endurance and cardiovascular exercises. These can include running, biking, jumping rope, elliptical training, or even rowing.

As mentioned, successfully increasing your levels of strength, flexibility and agility should significantly reduce your chances of suffering another injury. Sport-specific training for muscles that can effectively reduce injury include: quadriceps, hamstrings, hip abductors/adductors,

hip flexors, abdominals and back extensors - the core muscles. Quads are actually one of the most important muscles to condition as they are involved in maintaining a skier's position and balance on skis. If possible, knee extensions are good concentric strengthening exercises for the quads, in addition to hamstring curls (hamstrings prevent anterior translation of the knee and are important in ACL injuries), single leg squats (good for both eccentric and concentric strengthening of the lower extremity), as well as squats and leg presses. Proprioceptive and balance training exercises are also important. Of course, stretching to maintain, and perhaps increase, flexibility is also crucial in preventing re-injury. Pilates can also help to increase both core strength and flexibility.

Along with physical conditioning, try to remain aware of the latest offerings in skiing equipment. This can include functional braces for skiers who have had prior knee injuries and surgeries or even properly adjusted equipment that accurately matches a skier's size and ability level. The key is to provide much needed support to the common injury problem spots that are comprised of the ankles, knees, and wrists.

In all, if you do suffer a ski injury, just remember that it might not necessarily mean the end of your whole season.

Dr. Chris Lutz a leading member of the Physiatry Department at Hospital for Special Surgery in New York City.

His specialty is Physiatry.

Physiatrists at Hospital for Special Surgery perform non-operative treatment procedures on patients who have spinal and sports-related injuries as well as other musculo-skeletal problems. These procedures are combined with medically supervised exercise therapies to restore mobility and function in patients who might otherwise require surgery.

To learn more about this field or Hospital for Special Surgery, please log on to www.hss.edu/physiatry.asp

Dr. Lutz, through his staff, volunteered to provide this article.