

ALTA, BRIGHTON, SNOWBIRD & SOLITUDE HAVE EASY ACCESS WITH SKI SALT LAKE'S SUPER PASS DEAL

SALT LAKE CITY, UT – Ski Salt Lake promotes Salt Lake and its four Cottonwood Canyon resorts as the ideal winter vacation destination. They are unmatched in variety and snow quality and accessibility, located just 40 minutes from the Salt Lake City International Airport. Salt Lake's resorts average 500 inches of snow annually and collectively offer more than 7,500 skiable acres.

This winter, a vacation in Salt Lake just became more affordable and accessible than ever before. The Ski Salt Lake Super Pass, sold in increments of one to six days, good over a seven-day period, is valid at all four world-class resorts in the Cottonwood Canyons. The pass provides an easy and inexpensive way to experience each of the resorts through a single lift pass, while enjoying all the dining, nightlife and value that downtown Salt Lake has to offer. With most major airlines operating flights into Salt Lake every day, many featuring non-stop morning arrival flights from major gateway cities, visitors can be schussing down the slopes when those bound for other destinations are still going through security lines.

Super Pass prices start at \$114 for a two-day adult pass and go up to a six-day pass for \$336. It is valid at Alta, Brighton, Snowbird and Solitude, and is redeemable for a full-day lift ticket at any one of these resorts. Available for purchase online at www.Ski-SaltLake.com or through travel agencies, tour operators and Salt Lake hotels. The Super Pass gives visitors the opportunity to easily tour all the famed resorts from a convenient base camp in Salt Lake.

One of the resorts included in the Super Pass, Solitude

Mountain Resort, has recently installed the Powderhorn II chairlift, a \$1.5 million improvement to lift infrastructure. The replacement of the original Powderhorn double and a holdover from its mid-70s installation, albeit with an improved lift line, comes on the heels of last winter's \$7 million investment in two, new high-speed detachable lifts.

Powderhorn II starts from the bottom of Sunshine Bowl, travels above the Concord ski run, and ends in the same location as the original Powderhorn Lift. The move to a mid-mountain starting point allows expert snow riders to make continuous laps on the upper mountain from Diamond Lane to Sunshine Bowl without the need to return to the base area via beginner runs. Visitors will enjoy a seven-minute lift ride on the new lift, as opposed to 12 on the old double, a savings of 5 minutes per run on some of Utah's steepest groomed terrain. Moreover, Honeycomb Canyon will still be conveniently accessed from the top of this lift.

To make getting on the slopes from Salt Lake even easier, the Super Pass also includes free transportation on the UTA ski buses and the new TRAX-light-rail. The direct-resort ski buses run on regularly scheduled service, eliminating the need and associated costs of renting a car.

In addition to the Super Pass, a Salt Lake winter vacation provides a variety of lodging options to fit every interest and budget. From a luxury Five-Diamond hotel and spa to a variety of remarkably well priced budget hotels, Salt Lake offers a downtown base camp that is high on value and low on stress. Off the slopes, visitors can take advantage of the other activities Salt Lake has to offer, including a variety of

cultural offerings, happening restaurants, nightlife scene and endless shopping. Salt Lake is also the ski town in the U.S. to have its own NBA franchise, the Utah Jazz.

THE SNOW IS DRY - THE BARS ARE WET

As of July 1, 2009, the nightlife in Salt Lake City got a whole lot better. The quirky private club membership requirement for entry into bars, nightclubs and some restaurants was removed. Private Clubs in Utah are no longer required to charge membership fees or ask patrons to fill out applications before they can enter the business to buy a drink or dine. In other words, Utah's liquor laws have been "normalized" and the drinking misconceptions should no longer be used as a reason for not taking advantage of all that Salt Lake has to offer.

As most cities in America, there are some differences between restaurants and bars, or as Utah Liquor Licenses define them, Dining Clubs and Social Clubs. Guests under 21 years of age can enter a Dining Club type restaurant if accompanied an adult, but cannot enter Social Clubs or bar. With Utah's new laws, patrons of legal drinking age are no longer required to become a member to enter and be served an alcoholic beverage in Social Clubs.

For more, please visit Salt Lake's Super Pass website through an easily found link on the newly redesigned homepage of www.skiernews.com or view their site directly at www.ski-saltlake.com

You can read more online by also logging on to www.skiernews.net/Feb-Spring2010-SaltLake

THE MOUNTAIN JOURNAL

SPEED CONTROL: MASTER YOUR THROTTLE and MASTER YOUR TECHNIQUE

By TONY D. CRESPI, TECHNICAL EDITOR

Truly, speed control is crucial. Who has not courted disaster when speed became out-of-control? Sometimes even top experts seem to be edging the upper limits of speed control. Suddenly, arms can reach for the sky. The result? A yard sale complete with goggles, ski poles, and skis suddenly litter the slope.

Speed control can help, practicing skiing slowly heightens balance. It is an opportunity to refine all your skills.

Understand that skiing slowly heightens our balance without the consequence of a high speed fall. World class racers also train at slow speeds to perfect technique so they can move effectively with speed. It is like figure skaters who practice school figures.

Have you experienced a loss of control when throttling along on your favorite trail? Whether intermediate or expert, whether enjoying Seattle Ridge at Sun Valley or Rahlves Run at Sugar Bowl, the question of speed control is not an unfamiliar problem. Consider the technical advances you might achieve by learning how to thoroughly monitor your throttle. Accomplished skiers of any age can find it beneficial to execute various movement patterns at a slow, controlled rate of speed. Even for experts, speed-controlled skiing – slow mountain skiing – can be a challenge.

Whether a beginner or a racer, decelerated skiing is much more challenging than might be imagined. Frankly, while some experts would have you believe that competition level skiing can only be measured on the mountain by rate of descent, and while it is true that the fastest time wins the race, it also true that learning to subtly master speed can add great technical skill and comfort for any skier. In fact, for the recreational enthusiast specific speed controlled drills can help identify weaknesses in balance, illuminate movement patterns in need of refinement, and help isolate and refine weaknesses which centrifugal force may hide at high speeds.

You have to be proactive when skiing slow. Speed makes you reactive. Racers are usually proactive.

The Advanced Class for Speed Control

Since decelerated skiing can be a powerful learning exercise, consider this. A highly talented skier, standing in the middle of a mogul run, feels annoyed. It must be a bad day. Their timing is off, they cannot identify a line, and each turn results in a catapulting, body jolting series of unbalanced movements. This is not that uncommon a situation. Still, the cycle can be broken. After all, headlong guts for glory runs just do not polish skills. Something just has to be modified and a slow methodical descent is one effective approach for altering a movement pattern.

Slow mountain skiing has great similarity to riding a bicycle. When riding a bicycle at fast speeds the motion and balance can be very smooth, just as skiing at fast speed can feel fluid. However, high speed movement can cover technical flaws.

On a bicycle, at very slow speeds, balance increases in difficulty. Similarly, in high-speed skiing balance and motion may feel smooth but can mask problems. Slow mountain skiing, though, can reveal these balance weaknesses. Just as a biker may wobble at a notably slow pace, so too will a skier, moving very slowly, wobble to find their balance. With learning as a goal, slow skiing can reveal problems. These problems hopefully will lead to solutions with balance, turn entry, edging, and basic rotary movements.

Practicing skiing at a very, very slow rate, on different kinds of terrain and while executing very different kinds of turns, can enhance skiing ability. Consider these drills:

1. Practice Turning Contests for Fun and Control.

Realize that this drill is NOT about winning. It is provided to provide focus and create a fun challenge and change of pace.

Who can get from Point A to Point B without stopping, at the slowest rate of descent? Who can execute twenty slow, smooth and round, turns while moving from from Point A to Point B? Who can execute 20 turns while demonstrating smoothly connected turns?

Practice turning contests at different speeds. Try a contest where whoever makes the maximum number of turns, without stopping, at the slowest speed is the winner. Then compete in a second contest where the fastest run wins.

Synchronized skiing can also focus on direction of movement and the skillful application of skills. This can also provide an opportunity to experience different sensations at a speed where you can recognize what is happening with your skis, and there can be clear results.

2. Mix and Match - Vary the Velocity!

Practice alternating high and low velocity speeds, by shifting speeds within a run as well as between runs. If you pick a rhythm, then vary the speed, you will find that it is tougher than you think.

Are you interested in racing? Racers often practice training runs at one-third, two-thirds speed as well as full velocity. Try alternating one run at a decelerated pace, with a second, faster, "on the brink" run. Mixing speed can help you to isolate your most efficient line and balance point.

During your slower runs take the opportunity to enhance a smorgasbord of skiing skills. Practice key skills while moving at a markedly decelerated pace and concentrate on your pole plants, turn initiation, weight transfer, and edging. Then refine your technique by blending these skills.

3. Practice Both Long and Short Turns at Slow Speeds.

True experts can execute a wide array of turn shapes at a wide array of speeds. Have you ever seen a top (world class) mogul skier negotiate a bump run both at high and low speeds? If you have, then you most likely have seen dazzling technical skills.

Try skiing a wide array of turn shapes maintaining smooth and consistent movements. This will require the smooth blending of skiing skills. Fluidity is challenging. Take the time to practice both long and short turns at both high and low speeds. Be sure to maintain even turn shapes. Use slower speed runs to refine all your technical skills.

The Take Home

Too often intermediate and aspiring experts think that speed is the only marker of excellence. But that is simply untrue. While learning to ski very fast does offer a wonderful element of excitement and adrenaline, great technical growth can occur by learning to ski at slower and more moderate rates of speed. In fact, learning to truly master speed control – being able to ski at any speed by simply modifying your accelerator – can truly offer the opportunity to refine all of your skills.

It is apparent that world class skiers often break their skiing down into small learning sequences. For those who can execute their movements slowly, with the balance of a cat, the only question becomes how best to turn up the speed dial. Truly, slow skiing exercises can be enormously beneficial to virtually any skier. In addition to promoting and improving skiing skills, such exercises also test muscle conditioning and offer numerous opportunities for mental visualization.

Ultimately, there are many sides to becoming an accomplished skier, but know that slow mountain skiing offers a unique challenge. While it is true that slow mountain skiing is not the only exercise skiers can use to master black diamond terrain, it can definitely enhance balance and mental confidence; key ingredients for skiers at any level levels.

Carpe Diem.

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