

MAMMOTH LAKES IS THE HOME of CALIFORNIA'S MAMMOTH MOUNTAIN – GREAT SNOW MEETS NEW FLIGHTS

MAMMOTH LAKES, CA – Mammoth Lakes is your home base for Mammoth Mountain, June Mountain, 100 miles of snowmobiling trails, 150 miles of cross-country skiing and snowshoeing trails, and your newest winter tradition. From families to extreme athletes, from budget to four-star, Mammoth Lakes has something for just about everyone.

Mammoth Lakes has a lot to share with the announcement of new commercial flights, new helicopter scenic tours, new lift at Mammoth Mountain, and the Tubing Park purchase, just to name a few.

NEW WINTER FLIGHTS

There has never been a better time to visit Mammoth Lakes, Calif., with new winter flights. Mammoth Lakes is just a short one-hour flight from San Francisco, San Jose, Orange County and San Diego. As always, you can fly year round from Los Angeles. It is only a 10-minute drive from the airport to town. For more information log onto www.VisitMammoth.com/fly

NEW HIGH-SPEED QUAD LIFT

Mammoth Mountain has replaced the popular Chair 5 lift with a new high-speed quad. This new chair will move 600 more people up the mountain, resulting in shorter lines and more skiing and snowboarding. For more information, please log on to www.MammothMountain.com

Woolly's Summit Adventure Tubing Park

Sledz tubing park was purchased by Mammoth Mountain and will now be called Woolly's Summit Adventure Tubing Park. It is all the fun of sledding but without the hike

Last year Mammoth Mountain was frequently in the news for its record snowfall of more than 55 feet, marking its second year in a row that it was open until July 4th.

back up the hill. Check out this new lift-accessed tubing adventure during your visit. It is advertised to attract kids but is fun for your whole group.

UNIQUE OFFERINGS

Looking for unique? Here are three favorites:

Take a snowcat to happy hour and enjoy overlooking Mammoth Lakes' signature skyline: the Minarets.

Ride on a dog sled through the Inyo National Forest with Mammoth Dog Teams.

Tamarack Cross Country Ski Center offers 19 miles of groomed track for cross-country skiing and snowshoeing. The highlight of their offerings is the moonlight tours. Enjoy a brilliant moonlight tour that ends with dessert beside a cozy fireplace.

AFTER YOUR DAY OF PLAY

After your day of play, you have plenty of options. Which do you prefer: family restaurant or fine dining? Relaxing at a full-service spa or dancing the night away to live music? The Village at Mammoth is a popular gathering spot offering not only dining and nightlife, but free music and kids events throughout the year, too.

MAMMOTH LAKES – TRULY A SKI TOWN

You stay in Mammoth Lakes, and you ski in Mammoth Lakes. No commute required. Walk, bus or take the gondola to Mammoth Mountain. With 3,500 acres, 28 lifts, 150 trails. Mammoth receives so much snow that the lifts were transporting very happy visitors until July 4 for the last two years.

Book your vacation or order a vacation planner by logging onto www.VisitMammoth.com or by calling 1-888-Go-Mammoth (1-888-466-2666).

SCHWEITZER in NORTHERN IDAHO HAS EVERYTHING for a GREAT SKI TRIP

SANDPOINT, ID – Located in the Selkirk Mountains of the northern Idaho panhandle and northwest Rocky Mountains, Schweitzer Mountain Resort overlooks Lake Pend Oreille and the town of Sandpoint. Schweitzer is one of the largest resorts in the US with 2,900 skiable acres, including its renowned tree skiing. Making a name for itself with uncrowded terrain, Schweitzer is serviced by nine lifts with access to 92 named runs and has an annual average of 300 inches of snowfall. SKI Magazine readers voted Schweitzer the 2012 Best Kept Secret in North America. A host of amazing attributes, great snow and friendly staff are just some of the things that make up The Schweitzer Difference.

This past summer, mountain operations crews worked to thin a new area of tree skiing off the Basin Express Quad. This new area will offer a great intermediate route and expand Schweitzer's already-impressive 1,200 acres of gladed terrain.

Operating for its first winter season is Schweitzer's new zip line. Having opened late this summer to rave reviews, the zip line starts adjacent to the tubing hill and spans over 750 feet with stunning views of the lake.

Another exciting addition this year is the new seven-day-a-week bus service between the resort village and the town of Sandpoint. The new service will allow Schweitzer guests to reach Sandpoint's popular restaurants, shops and nightspots without use of a car.

Returning this year is Schweitzer's Ski3 pack. It allows for three days of skiing and the flexibility of being fully transferable to family and friends. The Ski3 package can be split into individual tickets, making them great for stocking stuffers or prizes.

As for overnight lodging, Schweitzer offers a true ski-in/ski-out village with two hotel properties. Schweitzer Difference

Lodging Packages include a free buffet breakfast, complimentary of Chimney Rock Grill, for everyone staying in the Selkirk or White Pine Lodge, up to maximum occupancy. Packages include two complimentary adult ski clinics with each stay.

Selkirk Lodge offers rooms ranging from standard to the elegant Northwest Suites. Some rooms feature wet bars, microwaves and refrigerators, with upgrades available, including jetted hot tubs and studio kitchens. Enjoy the European flavor of the alpine lodge décor and relax by the fireplace in the lobby.

The White Pine Lodge offers condominium style units featuring contemporary mountain architecture. All units include full kitchens, living rooms and fireplaces. Guests of both lodges have access to an outdoor heated pool and an exercise room. On-mountain condominiums are also available.

The retail shops at Schweitzer offer top of the line technical snowsports gear and fashionable lifestyle mountain apparel, as well as accessories, supplies, art and gifts.

A full array of on- and off-mountain activities, including spectacular guided cat-skiing trips and snowmobile tours with Selkirk Powder, are available. After a day on the slopes, enjoy a full service spa treatment at Solstice Spa. Schweitzer also offers tubing at Hermit's Hollow, snowshoeing, Nordic skiing and a host of fun kid's activities.

You can link to Schweitzer on the homepage of www.skiernews.com or view this page online at www.skiernews.net/Oct-Nov2011-Technical.pdf

Schweitzer is located less than two hours from Spokane International Airport, near the beautiful town of Sandpoint, Id. For more information go to www.schweitzer.com or call 1-877-487-4643.

THE MOUNTAIN JOURNAL

BOOT FITTING: THE KEY TO GREAT SKIING

By TONY D. CRESPI, TECHNICAL EDITOR

There are two things which can keep you off the hill, improper boot fit and cold feet.

"If it doesn't fit right you can't ski well. And if it's too sloppy you lose contact," reflects Leslie Baker Brown, a former U.S. Team Racer and Director of Marketing at Tecnica Boots. "You don't want to be sloping around."

The past few seasons it has seemed that changes in ski technology, changes including the use of rocker and refinements in ski technology - has captured the lion's share of interest among skiers. While contemporary skis can help enhance performance, they are not the sole ingredient to high performance skiing. In fact, proper boot fit can produce startling improvements.

The Performance Center

In many ways, ski boots are the heart to performance skiing. Unfortunately, though, many skiers purchase boots which are too big. Or not correctly fit. This can compromise performance

To help you we spoke with some of the most knowledgeable experts in the industry: Lange's Tait Wardlaw, Technica's Leslie Baker Brown, and we spoke with Plymouth, N.H., based Boot Fitter Paul Richelson, a Certified Pedorthist who has worked with a number of top racers. After all, we did not want you to, dare we say it, have a fit over a poor boot fit!

Keys to Proper Boot Fit

"Shell fit is the most accurate way to start," explains Baker Brown. "Shell fit is very accurate and it lets you determine if the boot fits the contours. The bladder will compress and materials mold. That's inevitable but the shell is the limit."

Unfortunately, many skiers purchase boots without realizing that the "shell" should be sized with the "bladder" removed. Understand, after even a few days skiing most bladders will compress. This is to say, while a boot may feel comfortable in the shop, it can quickly become loose and a loose fit can compromise performance.

"The shell needs to fit," explains Lange's Wardlaw. "There needs to be room for the toes and the mid-foot needs to be fairly snug and you want a rather snug ankle that tapers to toe room. A liner will compress over time."

Take the liner out of the shell. One finger between your heel and the shell is a minimum size for performance, and you wouldn't want to go beyond two fingers.

Remember that the boot is the transmission driving performance. It is truly the link between ski and skier.

Shell sizing is one way to help ensure that proper fit. But it is only one ingredient. In truth, most racers and coaches rarely ski a boot "out-of-the-box."

"It's so important to go to a good boot fitter" notes Baker Brown. "A lot of people put a boot on and think it is too small but it needs to fit like a glove. The toes should just touch the front in the full boot and when flexed the toes should come off the front. Shell sizing can also tell this quite accurately. A good boot fitter knows this. Someone like Paul Richelson just knows this and can narrow the selection quickly."

Shell sizing is the starting point. In addition, though, performance can be enhanced through custom foot beds and/or orthotics, and thorough boot fitting can enhance performance. Typically these adjustments can also help correct for biomechanical issues which, when corrected, can further elevate performance.

"If you have a perfect foot the foot bed in the boot is probably okay but if you have any issues then a custom foot bed is a good idea," says Baker Brown. "I have one and once you make the investment you can wear it for years and switch it over to new boots. It helps both comfort and performance."

"The best skiers ski a boot a size or two too small. Then a boot fitter sculpts the shell to fit their foot," notes Wardlaw. "The ability to recover and customize a boot should be available at any good shop."

How can you tell which boot is the best fit for your foot? Here are three keys. First, it is important the boot fit well in heel and ankle; second, the boot should fit closely over the top of the instep - you don't want a gap, and third, the boot should wrap nicely around the lower leg.

What is the solution? It is a top mountain shop with a top boot fitter.

The Inside Edge To Boot Fit

"Skiing motions often accentuate poor foot biomechanics," explains Richelson. "Foot beds offered with boot purchases often give little more than a soft bed for your foot. Custom orthotics probably will help with comfort and increased edge control. The quote, no pain no gain theory went out long ago. The normal routine of trying on lots of boots often doesn't work because we're fooled by the ski shop fit. Once the boot has been skied five or six times it will fit differently. Treat yourself right. Don't settle for good enough. You can enjoy the ultimate boot fit."

"A close fit gives you performance like a Porsche," adds Wardlaw. "A bad fit is like a loose linkage. But too often people buy boots too loose. It's worth spending

the time at a specialty store. The lesser performance skier you are really the more you need a performance fit!"

Maximize your fit, consider this 10-step guide

- 1) Size the boot using the shell without the liner.
- 2) Ask whether the boot is sized for narrow or wide feet. (The shop should be able to tell this, notes Baker Brown.)
- 3) Walk around in the boots for 10 to 15 minutes.
- 4) Check for pressure points.
- 5) Check the flex. Not all skiers demand a race boot.
- 6) Be realistic. A 120 pound skier does not have the same needs as a 220 pound skier!
- 7) Realize liners compress with use. Don't go too big.
- 8) Realize a boot fitter can modify minor problems.
- 9) Purchase and use a supportive or custom foot bed.
- 10) If one boot doesn't fit, try a different brand.

"A good fitting boot enhances performance," notes Baker Brown. "And it enhances the experience on the slopes."

"A good pair of boots can take a mediocre pair of skis and deliver a great experience and bad boot cannot be helped by the best skis," notes Wardlaw.

Do not minimize YOUR performance. Talk to a mountain shop. Work with a boot fitter the caliber of Paul Richelson. Consider a custom foot bed or sport orthotic designed for a ski boot.

To get the most out of your skiing do not settle for a mediocre boot fit. Look at least two different brands of boots. If one shell is too long or wide, try another brand. Find the right boot for you. When you do you will maximize your performance.

Do not have a fit over a poor boot fit. Find a good boot fitter.

(PUB. NOTE: One of Paul Richelson's shops, Richelson's Feet First, is located in Plymouth, N.H., a few minutes west off of I-93, at 7 Town West Rd #3. It is extremely convenient, especially if you are traveling to Waterville, Loon, Bretton Woods or the other resorts close to I-93. Phone Paul at (603) 536-3338. You can find more about his work and his other locations at www.myfeetfirst.com)

Technical Editor Tony D. Crespi has served as both a Ski School Supervisor and Development Team Coach. A frequent contributor to publications in snow country, his column is published here, throughout the season.