



UPDATES

<http://PacificRimAlliance.org/>

INSIDE THIS ISSUE

The Alliance..... 1

Features

- Member Profile: The Davidsons..... 2
- Kid's Korner..... 5
- Member Benefits..... 12
- Snowboard Strip..... 10

Public Affairs

- Health, Fitness, Safety 2-3
- Industry Ski News..... 4 & 14

Tripping Around 2

- San Diego Winter Gala 10
- LA Snow Gala..... 11
- Rokka Race/Ski/Board Camp 11
- Madonna di Campiglio 6
- Sun Valley, ID..... 7
- Warren Miller Movie..... 13

Trip Wrap Up

- Far West Convention..... 8-9

Sign-Up Forms 15

the Alliance

Due to a number of technical problems— way too many to list— this newsletter is extremely late in getting to you. Catherine is hard at work trying to recover the Summer edition for the web site while putting together the winter edition.

Madonna di Campiglio Update— We have decided to reschedule the trip to Madonna di Campiglio until 2008. We were competing with Far West going to Bormio and LA Council going to Courmayeur for the same week. The air was the biggest headache and while we were getting a handle on it, it was getting to be too much of a hassle. Stay tuned for updates.

Sun Valley, ID January 20-27, 2007

We will be taking a group to Sun Valley, ID, this winter. **Fay Mumbauer** has put together a great trip and it should be a lot of fun. Catherine and I will be there to host the daily happy hours. Fay will be hosting a German dinner on one of the nights. It's not too late to sign up, just contact Fay at 323-773-5330. See page 7 for details.

Big White, BC, Canada— Pacific Rim went to Big White back in 2002. Catherine & I loved it so much we go back every year in April. We are working on putting a package together

for anyone who would like to join us April 1-8, 2007. We should have the details available for you in December.



Since I have retired, I will be spending most of December in Big White. On the way home, we plan to stop at some small resorts— Shasta, Baker, Mt. Hood and others.

Hope to see you on slopes this winter. *

• **Ski With Pride** •
• **Watch All Sides** •
• **Let It Ride** •
First With Safety Awareness



Associate Member
NATIONAL SKI AREAS ASSOCIATION
nsaa.org



Membership in Pacific Rim Alliance gives you membership in LA Council of Ski Clubs [LAC], San Diego Council of Ski Clubs [SDCSC], Far West Ski Association [FWSA], and National Ski Council Federation [NSCF].



SNOW Jam
SKI & SNOWBOARD SHOW

Del Mar Fairgrounds, Pat O'Brien Hall
November 10-12, 2006

Fri, Nov. 10	4 PM to 10 PM
Sat, Nov. 11	10 AM to 6 PM
Sun, Nov. 12	10 AM to 6 PM

Ski Dazzle
The Los Angeles
Ski Show & Snowboard Expo
LOS ANGELES CONVENTION CENTER
www.skidazzle.com

LA Convention Center – **South Hall**
1201 S. Figueroa, LA

November 16-19, 2006

Th, Nov. 16	4 PM to 11 PM
Fri, Nov. 17	4 PM to 11 PM
Sat, Nov. 18	11 AM to 10 PM
Sun, Nov. 19	Noon to 6 PM

2006-07 Membership is NOW due. Please RENEW today.

TRIPPING AROUND

❖ Pacific Rim Alliance ❖

- SUN VALLEY, ID January 20-27, 2007
Fay Mumbauer @ 323-773-5330
- BIG WHITE, BC, CANADA April 1-8, 2007
Gene Fulkerson @ 858-467-9469
- ARGENTINA August 2007
Gene Fulkerson @ 858-467-9469
- KOOTNEY SAFARI, Canada February 2008
Gene Fulkerson @ 858-467-9469
- MADONNA DI CAMPIGLIO, Italy March 2008
- SORRENTO, Italy March 2008
Gene Fulkerson @ 858-467-9469

❖ Los Angeles Council ❖

- SNOW GALA, Long Beach November 5, 2006
- SKI DAZZLE, LA Convention Center Nov. 16-19, 2006
- ROKKA RACE CAMP, Mammoth Dec. 3-8, 2006
Jessica Freedman @ 805-520-3460
- LACOUNCIL RACE CAMP, Mammoth Dec. 8-17, 2006
John Funtsch @ 310-545-9349
- STEAMBOAT, CO Jan. 27 - Feb. 3, 2007
Judy Chapel @ 949-275-8848
- JACKSON HOLE, WY. February 3-10, 2007
Iris Williams @ 310-638-2826
- SNOWBASIN/POWDER MTN., Utah. February 22-26, 2007
Britt Johnson @ 310.379.8972
- COURMAYEUR, ITALY March 3-14, 2007
Bonnie West @ 562-699-8880

❖ San Diego Council ❖

- SNOW JAM, Del Mar Fairgrounds Nov 10-12, 2006
- WINTER GALA November 18, 2006
Connie Smith @
- BRECKENRIDGE, CO December 7-12, 2006
Mike Sanford @ 858-695-1442
- STEAMBOAT, CO Jan. 27 - Feb. 3, 2007
Susie Vetter @ 619-435-8736

❖ Far West Ski/Race Association ❖

- STEAMBOAT, CO Jan. 27 - Feb. 3, 2007
Lynnell Calkins @ 310-278-5900
- BORMIO, Italy March 3-11, 2007
Norm Azevedo @ 925-944-9816
- FWRA CHAMPIONSHIPS, Mt. Bachelor. . Mar 29-Apr 2, 2007
- FAR WEST CONVENTION, Santa Clara, CA . . . May 31 - Jun 3, 2007
- CHINA & TIBET Sept 14 - Oct 4, 2007
Norm Azevedo @ 925-944-9816
- FAR WEST SKI WEEK, Whistler. 2008

Go to "Tripping Around" at <http://www.pacificrimalliance.org> to download color flyers for most of the events listed above.

MEMBER PROFILE

Jeanie & James Davidson



Courtesy Marie Eocin

We first met James and Jeanie on the Far West infamous trip to Cortina in 1996. They hooked up in spite of the fact that, even though they were both from Las Vegas, they were with different groups.

The following year, they continued to go on Far West and Las Vegas Ski Club ski trips.

In 1999, James and Jeanie joined Pacific Rim as we went to Meribel, France. They

haven't missed a trip since.

Jeanie & James were married in 2002 in Las Vegas.

James is a great skier and gets around expertly on shorties without poles. He can tell you a few hair raising stories about skiing with Gene as he has followed him on a number of occasions. The most memorable would be the time the "Great Eight" hired a guide to take them to ski La Grave, the most extreme lift-service area in the world. They were whipped when they got home but it was an adventure of a life time.

Jeanie has come a long way in her skiing. She too is now on shorties and has been taking pilate classes to get in ski shape. The wonderful thing about skiing with Jeanie is that she doesn't complain when the rest of us ski too fast. *

Snowboard Safety Tips

- The front foot should be attached by a security leash.
- Before changing direction, especially on a backside turn look behind and check your blind spot.
- Stop only at the side of the slope and kneel or stand facing up-hill in order to see oncoming traffic rather than sitting down in the middle of the run.
- When not attached, your board should be face-down with the bindings in the snow.
- Due to danger of crevasses, do not remove your snowboard when traversing glaciers.
- The rear foot should be detached from the bindings when riding or boarding the chair. *

HEALTH, FITNESS & SAFETY

excerpted from "Fit to Ski" by Carl Peterson

Get Fit to Ski & Play—

Being in good shape will improve on hill performance and make your skiing and other sports activities safer and more enjoyable.

But if you are having trouble fitting any sort of workout into your daily schedule due to lack of time then use this 45 minute workout—guaranteed to boost your on hill fitness.

You can do this workout anywhere and all you need is running gear and 45 minutes free time.

Vary the route you run and use forest trails or parks to prevent wear and tear on your joints. Taking a friend will also encourage you to follow through regularly. When winter weather starts, a treadmill or stationary bike can be substituted for the running portion.

45 Minute Fitness—

Begin with a slow warm-up jog for 5 minutes that includes some dynamic stretching exercises such as arm circles, crossover runs, high knees, backwards running, side shuffle steps and skipping. These exercises improve agility and coordination at the same time as warming up the muscles of the shoulder girdle, hips and pelvis.

Do some continuous running until you reach the 18-minute mark, keeping your heart rate at between 65-75% of maximum [maximum heart rate = 220 - your age] or at a RPE (rate of perceived exertion of a 6-7 out of 10. This ensures that you get a good aerobic benefit.

At the 23 minute mark, stop and do alternating sets of mini squats and stride lunges.

Continue jogging until you reach the 35-40 minute mark, then start walking to cool down. While cooling down, add a little more general body & core strength to the workout by alternating different exercises. Move from one exercise to the next without resting to continue the aerobic benefits.

Sit Downs work your core functionally by starting in a sit up position and doing a reverse crunch or sit down.

Calf Raises work all lower leg muscles. Raise up slowly, hold seconds, and lower slowly. Try for 2 x 10-20.

Push-ups improve the strength of the chest muscles and shoulder stabilizers. Do one set of push-ups in each of three different hand positions: hands narrow (thumbs touching), hands shoulder width and wide.

Hip Bridges are done lying on your back with knees bent to 90 degrees, bridge hips up in the air and hold for 4 seconds. Do 2-3 sets of 10-15 repetitions. When your core strength improves add a 1/4 twist at the top. *



Mini Squats and stride lunges also help decrease your risk of injury by dynamically correcting potential imbalances in your pelvis, hips and legs. Not a bad pay-off for a few minutes work.

Mini Squats—

Mini squats are very functional and provide both concentric (shortening) and eccentric (lengthening) muscle contractions. They stimulate the medial quadriceps to work and strengthening them helps maintain proper knee alignment and may decrease knee pain that is associated with muscular imbalances. These exercises will also help give more kick to your knee extension on the service motion and overheads.

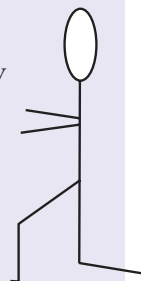


Keeping knees aligned over your toes & keep a good arch as you go down. Start slowly with 2-3 sets of 10-20 repetitions to gain control of the knee and after several sessions gradually progress to a faster drop and then increase from double to single leg.

Alternate these with sets of stride lunges.

Stride Lunges—

Stride lunges improves flexibility in the hip flexors and extensors, improves balance and co-ordination in the hip, knee and ankle and increases strength in the hips and legs.



Keeping your back straight and head up, take your rear knee down towards the ground.

Start slowly with 2-3 sets of 10-20 repetitions going only to 30-45 degree knee angle gradually increase over a month's period until you can do sets of 20-30 repetitions. *

INDUSTRY

Ski News

by Catherine Ohl

Top Ten Ski Resorts in North America—

1. Vail, CO

More a snow empire than a resort, Vail's Back Bowls (3,017 acres), frontside (1,627 acres) and Blue Sky Basin (645 acres, shown) ski like three distinct ski areas, which means boredom is never an issue.

2. Deer Valley, UT

Deer Valley is built on the singular concept of service: You get yourself to Utah, and Deer Valley will take care of the rest.

3. Snowmass, CO

With a new base village underway, Snowmass looks to fill the only hole in its lengthy résumé.

4. Whistler/Blackcomb, BC

With 8,171 acres, Whistler Blackcomb is the biggest resort on the continent. You've got your work cut out for you.

5. Park City, UT

The Silver Star triple will open up 50 acres of previously roped-off terrain; 14 snowmaking guns for early-season snowmaking and three new snowcats.

6. Breckenridge, CO

With a base elevation of 9,600 feet, Breckenridge starts where most resorts end.

7. Aspen, CO

Aspen Mountain doesn't have any trails designated for beginners. The same could be said about the town.

8. Beaver Creek

Stone Creek Chutes opens with 180 new acres of expert terrain at the resort's eastern edge.

9. Steamboat, CO

In a world rife with hyperbole, it's always refreshing to discover a seam of authenticity. Steamboat's champagne powder? No hype— it's real.

10. Sun Valley, ID

A great place to get away from it all.

Gold Medal Ski Shops in the Far West—

Sturtevant's Sports, Bellevue, WA

Mel Cotton's Sporting Goods, San Jose, CA

Santa Rosa Ski & Sport, Santa Rosa, CA

Elite Feet, Olympic Valley, CA

Footloose, Mammoth Lakes, CA

The Starthaus, Truckee, CA

Mt. Bachelor Ski and Sport, Bend, OR

Fiorini Sports, Seattle, WA

Arapahoe Basin First to Open in North America—

This is what they were hoping for when they installed snowmaking four years ago. And for 2006, they are the champions. Colorado's Arapahoe Basin beat out perennial champion Loveland for the first time, chalking up the earliest opening ever for the 60-year old area and claiming boasting rights as the first ski area to open in North America for the 2006-2007 season.

Mammoth Fined in Patroller Deaths—

Last April, a tragic accident at Mammoth Mountain resulted in the deaths of three ski patrollers. **James Juarez**, **John "Scott" McAndrews** and **Charles Walter Rosenthal** all died from a fall into a volcanic fumarole inside the ski area.

The California Department of Industrial Relations' Division of Occupational Safety and Health (Cal/OSHA) which oversees the state's workplace safety has determined that the deaths were the result of failures in Mammoth's training and safety procedures and has fined the resort approximately \$50,000 for the violations.

Both James and Scott fell approximately 20 feet through the snow pack into the fumarole while attempting to rope the area off and Charles then died while attempting to rescue the two other patrollers. All three deaths were the result of lack of oxygen due to the presence of carbon dioxide gas.

Group Led by Ken Read Purchases Mt. Norquay—

An investment group which includes legendary Canadian skier **Ken Read** has purchased Mt. Norquay Ski Area outside of Banff.

The group includes Read, who currently serves as president of Alpine Canada Alpin, the governing body of ski racing in Canada, as well as **Stephen Ross** of Devonian Properties in Canmore, **Jeff Kohn** of Calgary and **Peter, Robert** and **Len Sudermann** of Fortune Resorts.

The new owners will maintain Norquay as a family ski resort, with a focus on value and a variety of programs, from ski racing to free ride and snowboarding. ❄️

KID'S KORNER

4 kids & grandkids

Skiing need not stop when the children are born. Children love snow, and a skiing holiday can be a great family experience. Make sure that your children are warm, and that it's fun to ski, and you should all enjoy your holiday.

When Can They Start?

There is no reason why children should not start skiing as soon as they can walk properly, say around three years old. In some resorts they can even attend ski school at this age. However, before the age of seven or eight, most children do not master any advanced techniques, so they will not have missed out if they start a few years later. Be guided by the child: if they want to ski, fine; if not, don't force them.

What Should You Do With Baby?

Very young babies should not be taken to higher elevations because their inner ear cannot yet properly adjust to changes in pressure.

Some resorts have a babysitting facility where you may be able to place your child. Otherwise try a local nanny: phone the Tourist Office before you arrive. Failing this, you may have to take your own baby-sitter. Grandparents could be considered since they are cheap and not usually so keen on skiing as their offspring.

Enquire before you book. Skiing with the family can be fun and rewarding.

Skiing Vacations Family-Style—

Family-friendly resorts provide opportunities for parents and youngsters to be both together and separate.

The best of the best have congenial

slopes for little skiers (and nervous parents), children's terrain gardens, slow-skiing zones, and most of all, top-flight day care and children's ski schools, where full-day instruction, off-slope play, and lunch give parents freedom for the day.

Bonuses include good snowboarding programs and facilities for teen activities.

Steamboat—

Steamboat, Colorado, pioneered **Kids Ski Free** in 1982, and some 10,000 vacationing youngsters a season get free skiing, lodging, and even rental gear. The huge slopeside **Kid's Vacation Center** contains day care and launches small-fry skiing careers on a protected teaching hill outside the door.

Big White—

Alaska / Horizon and Big White have the ultimate winter family vacation deal. Book a flight, accommodation and lift tickets through Big White Central Reservations and kids under 12 will FLY, SKI and STAY for FREE.

Northstar—

Northstar, California, a small navigable village at the base of a big mountain, is the most compact and family-friendly of the major Tahoe resorts. There's child care for potty-trained tykes of age two and over, with add-on skiing for threes and up.

Vail—

Vail's kids' programs cut this mega-resort down to child-size. Ski programs include programs for all age groups so the kids can ski or board with their peers. ❄️



Courtesy Alta, UT



Courtesy Aspen Skiing Company, CO

Join Pacific Rim in magnifico

ITALY

Verona / Madonna di Campiglio

March 2008

Trip Includes—

- Round Trip Air from San Diego, LA, Las Vegas
- Ground Transfer from Airport & Hotels
- Seven Nights Lodging in 4-star Hote [dbl occ]
 - 7 Nights Madonna di Campiglio
 - Daily Breakfast & Dinner



About Madonna di Campiglio—

The snowfields of Madonna are located at the the foot of the Brenta Dolomites at 5,085 feet. Come see why Madonna has attracted worldwide enthusiasts with events of the highest standard, from World Cup to Snowboard Championships.

Sorrento / Rome

March 2008

Trip Includes—

- Air from Venice to Naples
- Ground Transfers
- Four Nights Lodging in 4-star Hotels [dbl occ]
 - 3 Nights Sorrento at Hotel Bristol
 - 1 Night Rome
 - Daily Breakfast



About Sorrento—

Sorrento has a landscape unique in the world— Pompei, Paestum, Naples and Vesuvius, Capri and Ischia, Positano, Amalfi and Ravello.

CST#1014781-20



Printed Name(s) _____

Street Address _____

City _____

State _____

ZIP _____

Home Phone _____

Cell Phone _____

e-mail _____

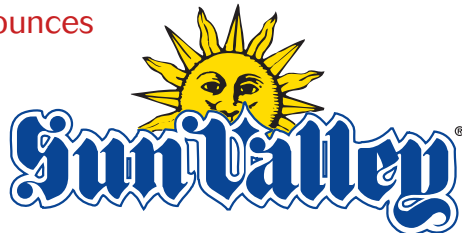
DEPOSIT DUE: \$200 / person for Italy **Yes, Sign me up for Sorrento also!**

–Send this Form with your Deposit made out to Pacific Rim Alliance to:

Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124

Deposit totally refundable until June 1, 2007

Pacific Rim announces



January 20-27, 2007

Sun Valley Lodge **Rooms** for **\$959** + 10% bed tax (est. \$64)

Sun Valley Lodge **Deluxe Condos** for **\$869** + 10% bed tax (est. \$55)

Trip Package Includes—

- Seven Nights Lodging (dbl occ)
- 5 out of 6 day Lift Ticket
- Round-trip Ground Transfer from Hailey Airport (SUN)
- The usual parties and more

Extras—

- Seniors (60+) deduct **\$90**
- Non-skiers deduct **\$285**
- Single Supplement available upon request
- For **Air Referral**, contact Fay Mumbauer
- Delta, Alaska, American fly into Hailey

\$779-
\$959*
per person

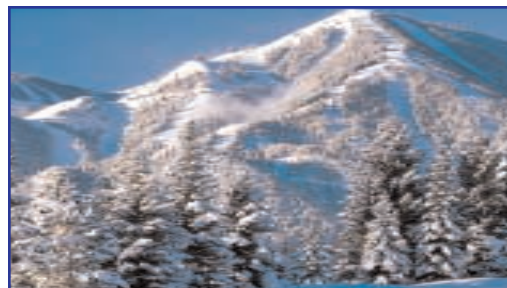
Information & Reservations—

- **\$130** non-refundable deposit due NOW
- Send check **payable to Pacific Rim** to Fay Mumbauer
6605 Marlow, Bell Gardens, CA 90201
fmum@msn.com or 323-773-5330

Payment & Cancellation—

- **\$450** due December 15, 2006, non-refundable unless replaced
- **Final Payment** due on departure from Sun Valley, credit cards accepted

* 10% bed tax not included (est. \$55-64)



About Sun Valley—

There can be only one original. And since 1936, Sun Valley has held that distinction! Born out of a desire to bring the magic of the European ski resorts to America, Sun Valley quickly became a phenomenon, without peer, anywhere.

Stats—

19 Lifts (7 Quad, 4 Triple, 5 Double, 3 Surface)
 2,054 Acres
 75 Total Runs
 9,150 feet Top Elevation
 5,750 feet Base Elevation

◆ 36% ■ 42% ● 20%

FAR WEST CONVENTION WRAP-UP—

by Gene Fulkerson, photos by Catherine Ohl



Catherine & Gene accept Pac Rim's Best Club Award



Catherine receives Safety Award from Aspen



John Watson & Gene just having too much fun!



Hollis Brooks, Gene, Catherine, Billy Kidd



The "Big White" Boat in Phoenix

The 74th annual Far West convention took place in Phoenix, Arizona at the Sheraton Wild Horse Resort on June 8-11, 2006.

Pac Rim takes a Clean Sweep of the Far West AAA Club Awards—

It was a great convention for Pacific Rim as we were given the Tollakson Award for being the best AAA Far West Club. In addition, Pac Rim's newsletter and website were given 1st place awards for being the best of the AAA division. Thank you, Catherine, for a job well done.

In addition to winning awards at the club level, Catherine was given a first place for her LA Council newsletter. She has done LAC's newsletter for four years and has won this award four times. Again, Congratulations.

Catherine Wins the 2006 Far West Safety Award—

Catherine as been working for many years to bring safety to LA Council, San Diego Council, Far West, and Pacific Rim. She has written articles for newsletters and websites. She has also produced posters and wall paper to promote safety on the slope and in the water. For her years of effort she was presented with the 2006 Far West Safety Award from Aspen. She was also given a week in Aspen and Snowmass for two. Congratulations.

The Silent Auction—

Pacific Rim was represented by attendees, Catherine Ohl and Gene Fulkerson. Other members including John & Claudia Watson were also in attendance. This was the first time we have been able to actually bid on packages offered in the Silent Auction.

It was fun, running around trying to outbid our fellow skiers. Catherine

beat **John Watson** in bidding on a 5 night / 4 day ski package to Crested Butte, a resort she has never been to. I was able to outbid **M.C. Eastman** on a 4 night/ 3 day ski package to the Banff Springs Hotel. The hardest part has been trying to schedule it all in. Thanks goodness I am retired.

We also lost on bids for Sun Valley lift tickets and trips to Steamboat, Vail, Alaska, and others. We are looking forward to bidding again next year. You should try it.

The Convention—

Arizona council did a fabulous job on the convention. And the gods shined on us with a cool spell so we were actually able to enjoy the pool.

The three days went by so fast. We attended the Awards Luncheon, Awards Dinner Dance and all the parties. It was wonderful to have the time to catch up with old friends in both ski clubs and the industry.

We brought our boat to the convention just because it was easier to pick it up on our way to the convention. Now, our truck has a couple of very big Big White stickers on it. So the Big White reps were asked all weekend if they actually brought a ski boat with them from Canada. Why would they? It was pretty funny, they even thought so, after we finally clued them in.

2007 Far West Convention—

The 2007 Far West convention will be held in Santa Clara, CA on May 31 - June 3, 2007 at the Hyatt Regency. Call 408-200-1234 for hotel reservations. Check out fwsa.org for more information. ✨

continued on page 9

MORE FAR WEST CONVENTION—

from page 8

FAR WEST SERVICE AWARDS

Hans Georg - Long-term contributions	Ken Calkins LA Council
Elizabeth Schatzi Wood - Female One or Two-Year Contribution	Debbie Kor-Lew North West Council
J. Stanley Mullin - Male One or Two-Year Contribution	Robb Margrave Bay Area Council
Jordon-Reily - Public Affairs	Scott Kaden President, PSNAA, Hood River, OR
Terry Smith - Racing	Jim Sommer
Jimmie Heuga - Humanitarian	Sigrid Noack LA Council
Tommi Tyndall - Ski Industry Contribution	Big White Ski Area
Bill Mackey - Ski Industry Employee	Kris McKinnon Aspen
President's Awards	Steve Coxen , NW Council Michael German , San Diego Council Kathy Hoffmann , Bay Area Council
Bill Berry - Feature Article	Jimmy Petterson "Skiing Around the World" Book
Bill Berry - Hard News	April Darrow Freelance Journalist
Warren Miller - Modern Media	Steve Porino NBC & OLN Broadcaster, Bend, OR
Safety Awards	Catherine Ohl
History Award	Robin Morning Mammoth Museum



Catherine with the Aspen Ladies— Mary & Kris



Jim Loyd, Big White, accepts Tommi Tyndall Award



Kris, Aspen, accepts Bill Mackey Award from Mike



Harry & Mc Eastman with Billy Kidd



Hollis Brooks and Gene

FAR WEST COUNCIL AWARDS—

Newsletters

- 1st Los Angeles
- 2nd San Diego
- 3rd Northwest

Websites

- 1st Northwest
- 2nd San Diego
- 3rd Los Angeles

Snowboard Strip

Best thing to do if you are a beginner is to take a lesson— at least 3 days to start.

Dress in comfortable, loose-fitting snow clothing. Don't forget gloves, goggles and a hat. Consider wearing a pair of wrist guards and a helmet.

The following are steps you will go through when you learn to board.



In a flat area with the board in front of you, place your front foot in the front binding. Repeat with your back foot. Bounce around a little bit to see what it feels like to be strapped into a snowboard. Now, take out just your back foot (leave your front foot in its binding).

Take a few steps up a slight incline with your front foot in the snowboard binding and your back foot out. For this to work you need to start by facing your shoulders and toes directly up the incline with your snowboard going perpendicular to the incline. Take one step with your foot that is not attached to the snowboard, then lift your foot with the snowboard attached to it and take a step with the entire snowboard (keep it perpendicular to the slope).

Sit down and strap both feet into the snowboard. With your snowboard perpendicular to a small slope, stand up so you are looking down the slope. Your weight will be mostly on your heels. Now point your toes on both feet just a little bit and you will start to slide down the hill. Pull back up on your toes to stop. Repeat this until you get the hang of it.

"Skating" is an essential skill to have for maneuvering through flat areas and getting on the lift. It refers to the way boarders push themselves along using their back foot while the front foot is in the binding. Practice skating around for 10 or 15 minutes before you go near a lift! Push off the snow with your back foot and slide your front foot forward with the board.

Go to an area with a slight incline and secure only your front foot in its binding. Point your board down the incline, put your weight on your front foot and start to glide down toward the flat area. Just as you start sliding, place your back foot on the stomp pad alongside the rear binding. Glide to a stop.

Once you feel comfortable skating and gliding, you're ready to head for the chairlift. Find the beginner lift. From a safe distance, watch how other boarders get on the chairlift.

Now that you are at the top of a beginner slope, you are going to slowly slide back and forth across the hill like a "falling leaf," staying on your heelside edge the entire time. On the next run, try this same thing but on your toeside edge. To begin sliding from your toeside edge, push down with the heel of your leading foot. Pull it up to stop.

San Diego Council Invites You to Kick Up Your Heels at—

Winter Gala



Saturday
November 18, 2006
6 PM til Midnight

Marriott

8651 Spectrum Center

Celebrating

6:00 PM

7:00 PM

8:30 PM

9PM - Midnight

Send check to
[payable to "SDCSC"]

Courtyard

(Off Kearney Villa Way between Balboa and
Clairemont Mesa Blvd.)

San Diego Council's Man & Woman of the Year
Joe Harris Service Award

No Host Bar

Sit Down Chicken or Salmon Dinner

Man & Woman of the Year Awards

Dance to Music of 60s & 70s

Connie Smith
1369 Granite Hills Dr., El Cajon, CA 92019
619-442-4924

Attire is Semi-Formal [Black Tie Optional]

*Tickets \$50 after Nov. 2, \$55 at the door.

All this for ONLY
\$45*

SKI SWAP & SALE

4620 Alvarado Canyon Rd., SD • 619-280-0304

OCTOBER 21, 2006, 10 AM - 4 PM



SKI & SPORT, INC

Saturday Swap & Sale—

- New "In-Store" Items Marked Down
- Terrific Sale & Swap Items Outside
- Mountain Reps Available to Answer Questions
- Council & Club Booths
- Hamburgers, Hot Dogs, Snacks, Drinks for Sale
- proceeds to benefit San Diego Ski Club Council

Special Club Sale Oct. 19, 5-8 PM—

- 5% Off Marked Down "New Items" for Ski Club Members
- This discount is for **Thursday Night Only**
- Hosted Cocktails & Nibbles

Earn Money in the Swap—

- Bring Your Old Ski Stuff to
- Put it in the swap or
- Donate to Kids at Risk Program



2006 LAC SNOW GALA

SUNDAY, NOVEMBER 5, 2006, 11:30 AM



Photo courtesy Jim Degner

Coast Hotel

700 Queensway Dr, Long Beach
562.435.7676

2005 MAN & WOMAN OF YEAR

\$38*

Evening Events—

- 6 PM — No Host Bar
- 7 PM — Elegant Sit Down Lunch
 - Choice of London Broil or Baked Chicken or Vegetarian
- 8 PM — **Men & Women of Year Awards**
- 9 PM — Dancing until 4 PM
 - Raffle Prizes, Great Door Prizes
 - FREE Parking

Dinner Tickets & Reservations—

- Contact your Club's LAC Representative or
 - Celeste Coleman at 626.797.0892 or queencele2001@yahoo.com

* \$48 after October 21, 2006

Dress is Casual

Grand Raffle— Tickets only \$1 each

- **Grand Prize:** Trip for Two to LAC's Ski Week in Jackson Hole, February 3-10, 2007. Includes Lodging, Lift Tickets, Parties, Races and more
- Lots of Great Raffle Prizes [lift tickets, lodging & more]
- Winners need **NOT** be present

ROKKA Learn to Race, Ski or Board Week

December 3 - 8, 2005

5-Day Race Camp for \$455

Includes—

- Sunday night starts with a Welcome Party!
- Monday through Friday lessons are 5 hours each day in the same class (unless a change is requested)
- Video Analysis on Timed Race
- Wednesday Happy Hour in the afternoon
- Friday Standard Race
- Friday night Banquet in the Inn with instructors and awards
- Rokka Week Souvenir

Lift Tickets for \$220—

- 5 of 6 day pass

Discounts Available—

- Lodging at Mammoth Mountain Inn, rooms or apartments, is available at discounts. Inn rooms \$60-95 per night per person. Condos from \$60-120 per night per person.
- Discount of 10% on meals at most Mammoth Restaurants.
- Discount of 50% for regular and demo rentals and tuneups.
- More discounts to be announced.

Chairperson—

- For Information contact
Jessica Freeman at
805-520-3460 or
skiingrandma@msn.com
- Chris Jacobson
805-536-9329
cj4christ@yahoo.com

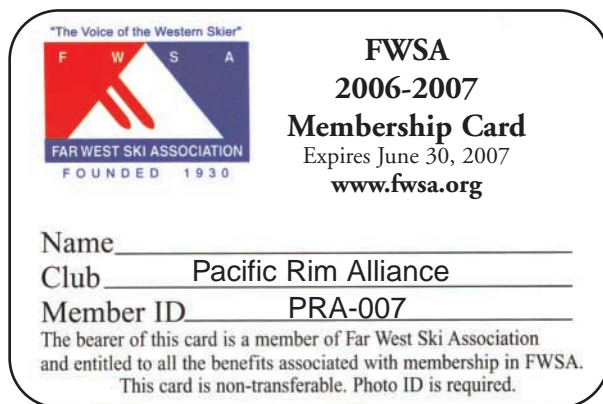
MEMBERSHIP HAS IT'S BENEFITS

MEMBERSHIP HAS ITS FAR WEST BENEFITS

The FWSA membership card below identifies the cardholder as a member of not only Pacific Rim, but also as a member of Far West Ski Association [FWSA] during 2006-07.

The card entitles you to receive a variety of benefits as listed on the FWSA web site [www.fwsa.org].

Other membership benefits include excellent trips at reduced prices, recreational racing, social activities, industry discounts and the opportunity to participate in Far West's special events.



MEMBERSHIP HAS ITS NSCF BENEFITS

The National Ski Council Federation has new benefits for club members which include: Cellular Abroad, East West Resorts, Rentskis.com, Crazy Heads, Geardirect.com, Breeze Ski Rental, Mountain Chalet, and so much more.

Check out www.skifederation.org for the complete list of benefits. Go to the "Members Only" area and input the following:

User Name: **skiclub**
Password: **member**

MEMBERSHIP HAS ITS LA COUNCIL BENEFITS

Pacific Rim is a member of Los Angeles Council of Ski Clubs (LAC).

Some of the individual benefits include—

LAC traditionally provides 2-3 ski trips a season at a great price. They provide lots of extras like a banquet, on-mountain lunch, races, and more.

LAC allows you to participate in a Race League (ULLR or Rokka) with other Clubs. These races are held at Mammoth at least once a month. There are also two Race/Ski/Board Camps held in December.



MEMBERSHIP HAS ITS SD COUNCIL BENEFITS

Pacific Rim is a member of San Diego Council of Ski Clubs (SDC).

Some of the individual benefits include—

SDC traditionally provides a ski trip in December at a great price. Most often these trips have been to Aspen.

SDC allows you to participate in the Alpine Race League races held at least once a month at Mammoth.

SDC offers social activities such as the Summer Family Picnic and the Winter Gala.



MEMBERSHIP HAS ITS PAC RIM BENEFITS

Membership in Pacific Rim gives you benefits in all of the above organizations. In addition, we generally offer a first-class ski vacation to Europe. In addition, we often offer domestics trips and trip to test the snow in the Southern Hemisphere.

What we are most proud of is our fund raising efforts for the Jimmie Heuga Center for MS.

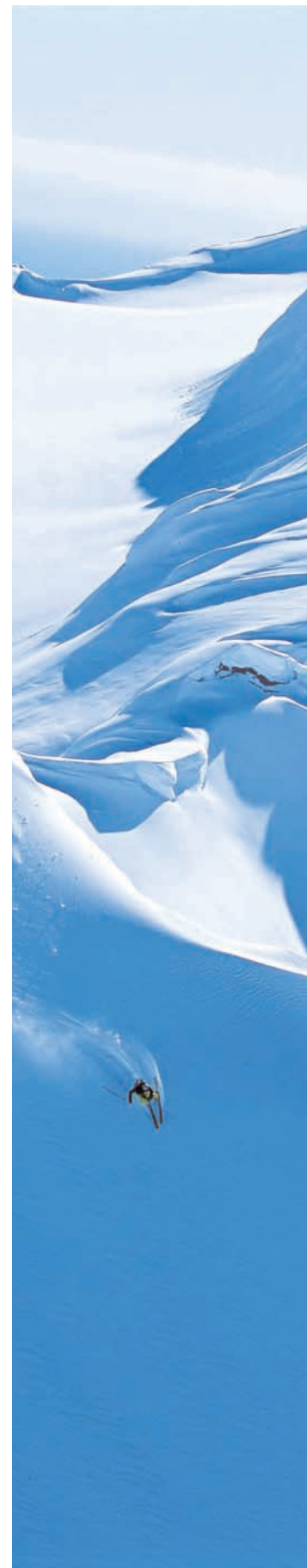




Jeep
PRESENTS
WARREN MILLER'S
OFF THE GRID

Don't miss the latest Warren Miller movie and the chance to win great prizes and get a free year of Skiing Magazine & more.

Carlsbad	Village Theatre	12/3	4:00 & 7:00
Encinitas	La Paloma Theatre	11/30	6:00 & 9:00
La Jolla	Museum of Contemporary Art	12/1	8:00
La Jolla	Museum of Contemporary Art	12/2	6:00 & 9:00
Costa Mesa	Orange County Performing Arts Center	12/5	8:00
Laguna Beach	LBHS - Artist's Theater	12/3	4:00 & 7:00
Loma Linda	Chan Auditorium	11/18	6:00 & 8:30
Beverly Hills	Writers Guild Theater	12/2	6:00 & 9:00
Long Beach	CSULB - Carpenter Performing Arts Center	12/7	8:00
Pasadena	Pasadena Civic Auditorium	12/6	8:00
Redondo Beach	Redondo Beach Union H.S. Auditorium	12/8	8:00
Thousand Oaks	Fred Kavli Theatre	11/30	8:00
Santa Barbara	Marjorie Luke Theatre	11/29	8:00
San Luis Obispo	Spanos Theater	11/29	7:00
Berkeley	Wheeler Auditorium	11/16	8:00
Modesto	State Theater	12/2	3:00, 6:00 & 8:30
Mountain View	Mountain View Center for the Performing Arts	11/3	6:30 & 9:30
Mountain View	Mountain View Center for the Performing Arts	11/4	6:00 & 9:00
Pleasanton	Amador Theater	11/12	4:00 & 7:00
San Jose	Montgomery Theater	11/2	6:00 & 9:00
San Francisco	Palace of Fine Arts	11/1	6:00 & 9:00
San Francisco	Castro Theatre	11/17	8:00
San Francisco	Castro Theater	11/18	6:00 & 9:00
San Mateo	Performing Arts Center	11/19	7:00
San Rafael	Marin Center	11/11	8:00
Santa Cruz	Rio Theatre	11/21	8:00
Santa Cruz	Rio Theater	11/22	8:00
Santa Rosa	Wells Fargo Center for the Arts	10/28	7:00
Walnut Creek	Regional Center for the Arts - Hoffman Theatre	11/8	6:00 & 9:00
Walnut Creek	Regional Center for the Arts - Hoffman Theater	11/9	6:00 & 9:00
Grass Valley	NV Union HS, Baggett Theater	11/25	7:00
North Lake Tahoe	Cal Neva Resort	11/24	7:30
North Lake Tahoe	Cal Neva Resort	11/25	7:30
Sacramento	Crest Theatre	10/26	6:00 & 9:00
Sacramento	Crest Theater	10/27	6:30 & 9:30
South Lake Tahoe	Montbleu Resort	12/7	7:30
South Lake Tahoe	Montbleu Resort	12/9	7:30



SKI AREAS GET GREENER

Rising energy costs are cutting into bottom lines for ski resorts from the Catskills to the Sierras. The broader science of global warming has the attention of an industry increasingly worried about its financial future in a warmer world.

To date, programs such as NSAA's Sustainable Slopes and Keep Winter Cool campaign have raised the level of dialogue and prompted actions as innocuous as buying low-energy light bulbs and as costly as purchasing biodiesel vehicles.

Ski Areas Get Greener—

The National Ski Area Association (NSAA) has announced that 45 ski resorts across the nation are currently buying green energy. The list of mountains that have taken this proactive step is diverse, and ranges from Aspen, Colorado to Okemo, Vermont.

Green power is generated from renewable and nonpolluting energy sources including wind power, geothermal power, small scale hydro-power, solar power or bio-mass power.

“These renewable energy investments speak volumes about industry’s commitment to environmental stewardship” said Michael Berry, NSAA president. “Greener energy means cleaner air and better views of the mountain landscapes that our guests come to enjoy.”

According to the NSAA, while 45 resorts nationwide are using some form of green power, 16 are now operating exclusively with power from green energy sources. These resorts are: California’s Sugar Bowl and Heavenly Valley, Colorado’s Aspen Highlands, Aspen Mountain, Beaver Creek, Breckenridge, Buttermilk, Crested Butte, Keystone, Snowmass, Vail Mountain and Wolf Creek, Oregon’s Mt. Ashland, as well as Maine’s Shawnee Peak, New Hampshire’s Mount Sunapee, and Vermont’s Okemo Mountain Resort.

In total, the 16 resorts are purchasing 208,548,832 kWh of green energy and their purchases result in the avoidance of 299,767,044 pounds of CO₂. This is the equivalent of planting nearly 12 million trees or avoiding over 115,000 round-trip flights between New York and San Francisco.

Utah Launches Green Program—

Ski Utah has announced a new initiative to combat global warming. Called KeepUtahCool.com, the new website offers information on global warming, how warming

impacts the ski industry and what individuals can do to help combat global warming. The site has coverage of what Utah ski resorts are doing to preserve and protect the environment, including combating global warming.

Ski Utah’s KeepUtahCool site was inspired by a similar program instituted by The National Ski Areas Association (NSAA). The Association’s global warming awareness campaign called Keep Winter Cool provided some of the content for Ski Utah’s KeepUtahCool.com.



Courtesy Aspen Skiing Company

Aspen Goes Solar—

Over at Aspen Skiing Company, long recognized as an environmental leader, they have installed the largest solar system in the ski industry at almost no cost, taking advantage of tax breaks, subsidies and incentives.

In 2004, Aspen installed the industry’s first micro-hydro power plant at Snowmass—a system that channels spring runoff through a turbine, generating about 250,000 kilowatt hours of electricity a year—enough to power 40 homes a year and keep 500,000 pounds of carbon dioxide out of the atmosphere.

Aspen also buys enough wind power to claim several lifts and facilities are on the green juice, even marketing the fact that the annual Winter X Games are totally wind-powered.

Vail Gets Windy—

Vail Resorts garnered some serious publicity in early August when it announced plans to purchase 152,000 megawatt-hours of wind energy, enough to offset 100 percent of its energy use at its five mountain resorts, its lodging properties, 125 retail locations and its new corporate headquarters in Broomfield, Colo.



Courtesy Vail Resorts

The move, which will make the ski company the second largest corporate buyer of wind energy in the U.S. behind Texas-based Whole Foods, preempts a study the company launched several years ago to explore the installation of four wind turbines on Ptarmigan Ridge atop Vail Mountain. *



SMART STYLE



FREESTYLE TERRAIN

This Orange Oval symbol designates Freestyle Terrain such as parks and pipes. Smart Style represents Freestyle Terrain safety. Know it, Respect it, Use it!



Look before you leap.

Scope around the jumps first, not over them. Know landings are clear, and clear yourself out of the landing area.

Easy style it.

Start small and work your way up. (Inverted aerials not recommended.)

Respect gets respect.

From the liftline through the park.



Membership Application 2006-07

ALL Pacific Rim Alliance attendees must be a member to participate in one of our trips. Our membership year is from October 1, 2006 through September 30, 2007.

To join the Pacific Rim Alliance, fill out the following and send with your check [payable to Pacific Rim Alliance] to:

PACIFIC RIM ALLIANCE
10818 VIACHA DR., SAN DIEGO, CA 92124

NAME[S]: _____

HOME ADDR: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDR: _____

HOME PHONE: _____

WORK PHONE: _____

CELL PHONE: _____

DATE OF BIRTH: _____

Indicate Membership [Includes membership in FWSA]

- \$8 INDIVIDUAL Membership
- \$10 FAMILY Membership—Significant other, spouse, children, friends residing at same residence qualify

WAIVER: I am aware that participation in the Pacific Rim Alliance events has, in addition to the usual risks, dangers and hazards associated with travel, snowboarding, alpine, Nordic, Heli & off-piste skiing, certain additional risks, dangers and hazards including, but not limited to: boarding, riding and disembarking ski lifts; changing weather conditions; exposed or hidden natural or man-made objects; avalanches; failure to ski or ride safely or within one's own ability; and negligence on the part of other skiers and boarders, the organization or their staff. I freely accept and fully assume all such risks and danger and the possibility of personal injury, death, property damage or loss, resulting therefrom.

Signature Date

Signature Date

Pacific Rim Trip Sign-Up Form

[You must be a current member to sign up for this trip— include Dues and Membership Application if not a member]

PRINTED NAME[S] _____

STREET ADDRESS _____

CITY _____

STATE _____

ZIP _____

HOME PHONE _____

FAX _____

E-MAIL _____

- Sun Valley, ID 2007
- Argentina 2007
- Kootney Safari 2008
- Madonna di Campiglio 2008

DEPOSIT DUE: \$130 pp Sun Valley \$200 pp for Argentina \$200 pp for Canada \$200 pp for Italy

—Send this Form with Your Deposit Made out to Pacific Rim Alliance to:

Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124

Pacific Rim Alliance

P.O. Box 420552
San Diego, CA 92142



First Class Mail



Fall 2006



PACIFIC RIM BOARD OF DIRECTORS

- PRESIDENT** . . . Catherine Ohl
- MEMBERSHIP** open
- TREASURER** . . . Patricia Ortiz
- TRUSTEE** Bernie Stanton
- TRAVEL** Gene Fulkerson



E-Mail us at info@pacificrimalliance.org

Mission Statement

The PACIFIC RIM ALLIANCE is a non-profit organization dedicated to the appreciation of skiing, snowboarding, sight-seeing, photography, travel, public affairs and civic awareness. The Alliance is further oriented to the building of international relations among skiers, snowboarders and sports organizations throughout the Pacific Rim. The Alliance is a member of **San Diego Ski Club Council, Los Angeles Council, Far West Ski Association.**

Surplus moneys above requirements for deposits for future trips will be donated to non-profit organizations devoted to charity, research & education. We are especially interested in, but not limited to, supporting Ski Area Development, Adaptive Ski Programs, Jimmie Heuga Center for MS and Olympic & Junior Racers, Mammoth Ski Museum.

For Information & Forms, Contact-

- Catherine Ohl 858-467-9469
ohl@acatmeowz.com [e-mail]
- Gene Fulkerson 858-467-9469 [eve]/858-565-6721 [fax]
gene@pacificrimalliance.org [email]
- Membership 858-467-9469
10818 Viacha Dr., San Diego, CA 92124

2007 Trip Schedule-

- Sun Valley, ID January 20-27, 2007
- Big White, BC, Canada April 1-8, 2007
- Argentina August 2007