



# UPDATES

<http://PacificRimAlliance.org/>

Pacific Rim Snow Sports Alliance

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First With Safety Awareness

NATIONAL SKI AREAS ASSOCIATION



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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].



## the Alliance

As you read this, a group of us will be headed to ski Japan and then onto China. It should be a wonderful trip.

### Madonna di Campiglio Sorrento, Italy

March 1-12, 2008—

Madonna di Campiglio is nestled at an altitude of 5,000' in the stupendous valley between the Brenta Dolomites and the glaciers of Adamello and Presanella. It is Italy's number one ski resort with 57 runs, 93 miles of piste, and 3,000' of vertical.

You might notice an increase in trip price. Those already signed up caught one \$60 fuel surcharge but dodged a couple of other increases due to a declining exchange rate and various transportation increases. The flyer included [pg. 9] and the web site reflects the increased trip costs.

### Big White, BC, Canada

March 30 - April 6, 2008—

We will be closing out the winter season at Big White. This year will be staying at the ski-in/ski-out Inn at Big White conveniently located in the Village Center.

If you are interested in joining us, we will help you get air. Options include Alaska (through Seattle), Air Canada, and West Jet (from LAX). The basic package which includes lodging, lift tickets and ground transfers has been reduced to \$650 per person (dbl occ).

Big White has the best end of season snow with a bit of fresh powder and lots of great sunshine and fun. [pg. 10]



### Las Leñas, Argentina

August 20 - Sept. 5, 2008—

The details are finally in for the Las Leñas trip. The basic package includes a two-day stopover in Buenos Aires and a week in Las Leñas. We will be offering a 5-day extension to Iguazu Falls and Rio de Janerio.

At Las Leñas, we will be staying at 5-star Pisces. We've chosen this week specifically because the Pisces holds it's annual wine maker dinners. These dinners are included at no additional charge. [pg. 11]

### Heuga Wine Maker Dinner

September 27, 2008, 5 PM—

You won't want to miss our annual Wine Maker Dinner on Saturday, September 27, 2008, 5 PM. Chef **Mary Trimmins** and I are already working on the menu and wines. Cost is \$75 check made out to **The Heuga Center for MS**. Mark your calendar now because this dinner typically sells out.

### Far West Convention—

The Far West Ski Association convention will be held in Seattle this year, June 5-8, 2008. Check out [fwsa.org](http://fwsa.org) for details.

After the convention, we will be kicking off our water ski season. [pg. 5]

Happy skiing. ♦

## TRIPPING AROUND

### ❖ Pacific Rim Alliance ❖

- Madonna di Campiglio, Italy. . . . . March 1-9, 2008  
*Gene Fulkerson / 858-457-9469*
- Sorrento, Italy. . . . . March 9-12, 2008  
*Gene Fulkerson / 858-457-9469*
- Big White, BC, Canada . . . . . March 30 - April 6, 2008  
*Gene Fulkerson / 858-457-9469*
- Las Leñas, Argentina . . . . . August 20-Sept 3, 2008  
*Gene Fulkerson / 858-457-9469*
- Water Ski Weekends. . . . . Twice a month June - Oct  
*Patricia Ortiz / 323-651-0686*
- Jimmie Heuga Wine Maker Dinner . . . . . Sept 27, 2008  
*Gene Fulkerson / 858-457-9469*
- Kootenay Safari, Canada . . . . . February 2009  
*Gene Fulkerson / 858-457-9469*

### ❖ Los Angeles Council ❖

- Whistler, Canada. . . . . January 19-26, 2008  
*Judith Miller / 818-841-4192*
- Snowbasin/Powder Mountain, UT. . . . February 7-11, 2008  
*Britt Johnson / 310-379-8972*
- Coeur d'Alene, Idaho . . . . . March 12-16, 2008  
*Britt Johnson / 310-379-8972*

### ❖ San Diego Council ❖

- WHISTLER, CANADA . . . . . JANUARY 19-26, 2008  
*Susan Shaffer / 858-481-5043*

### ❖ Far West Ski/Race Association ❖

- WHISTLER, CANADA . . . . . JANUARY 19-26, 2008  
*Gloria Raminha / 713-818-0471*
- LA TANIA, FRANCE. . . . . MARCH 7-15, 2008  
*Norm Azevedo / 925-944-9816*
- FAR WEST RACE CHAMP, MAMMOTH . . . . . APRIL 4-6, 2008  
*Bob Ellis / 530-414-4270*
- CONVENTION, SEATTLE, WA . . . . . JUNE 5-8, 2008  
*Mary Olhausen / 360-892-1814*
- GREEK ISLAND CRUISE . . . . . OCTOBER 1-17, 2008  
*Norm Azevedo / 925-944-9816*
- BIG SKY, MT . . . . . JANUARY 24-31, 2009  
*Gloria Raminha / 713-818-0471*

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

## PROFILE HIGHLIGHT

### Mary Trimmins

**Mary Trimmins** is an amazing woman. She is full of fun and one of the best chefs I've ever had the honor of sharing a kitchen with.

We first met Mary when she was chef at the Hilton on Harbor Island. She did an amazing job with the food at the San Diego annual Snow Gala. We even managed to get her out of retirement to handle some of the galas.

Mary was chef for our annual Wine Maker dinner in 2004 and has helped out ever since.

Below is an interview with Mary that appeared in the Palm Springs "Desert Sun."

**Occupation:** Banquet chef & wedding and event planner for Chef David's Catering. For more info go to [www.chefdavidskitchen.com](http://www.chefdavidskitchen.com)

**Most Memorable Cooking Experience:** She worked with Wolfgang Puck at a dinner for 2,000 people and was in charge of preparing all the salads. "We had over 100 chefs helping at this event and when the evening ended, he introduced the entire staff to the guests."

**Career Highlight:** She and her California Culinary Olympic teammates, received a gold medal at the International Culinary Olympic competition in Germany.

**Favorite Food Indulgence:** Jack in the Box tacos and Fritos.

**Proudest culinary accomplishment:** Catering a wedding for 50 people while she was the innkeeper at Butterfield Bed and Breakfast in Julian.

**Source of Satisfaction:** Mentoring students pursuing a culinary profession.

**Act of Kindness:** Mary collects and donates cookbooks to the U.S. Navy "Adopt a Ship" program.

**Interesting Tidbit:** For the past three seasons, she has cooked for the finalists on "American Idol."

**Treasured Quote:** "One shoe can change your life." — Cinderella

**Restaurant Preferences:** Sullivan's in Palm Desert and El Mirasol in Palm Springs. ♦



Courtesy Desert Sun

# BACK COUNTRY SAFETY

Excerpted from Laura Landro in the Wall Street Journal

Experienced snowboarder **Jessica Gregorie** was walking across the High Beaver Traverse, a steep passage outside the boundaries of the Alpine Meadows ski resort near Lake Tahoe, when she slipped on the icy terrain. The 24-year-old plunged downhill and over a cliff into a rocky crevice. Taken to a nearby trauma center, she later died from injuries sustained in the fall.

While rare, such incidents, along with a steady toll of serious injuries, are spurring a movement to improve safety for skiers and snowboarders. Industry groups and resorts are offering new safety-education programs to raise awareness of risks in the backcountry, including falls and avalanches

In response to his daughter's death in February 2006, which took place on a common route skiers and snowboarders from the resort use to reach fresh powder runs, **Dan Gregorie**, a physician and consultant based in Castine, Maine, started the California Ski and Snowboard Safety Organization ([calskisafety.org](http://calskisafety.org)). The nonprofit organization, launched November 2007, promotes safety improvements in California snow sports and provides information on the safety of California ski resorts.

According to the National Ski Patrol, which trains and credentials emergency rescuers, more and more skiers and snowboarders are heading away from the more-predictable terrain of ski-area boundaries in search of untracked powder and adventure.

Each year, avalanches claim more



Signs warning of dangers pictured above are posted at resorts. But is it enough?

than 150 lives worldwide, a number that has been increasing over the past few decades. In addition thousands more are caught in avalanches, partly buried or injured, according to the National Snow and Ice Data Center at the University of Colorado.

The National Ski Patrol, which offers safety tips at [nsp.org](http://nsp.org), recommends that skiers and snowboarders who venture to the backcountry take avalanche safety courses and invest in equipment such as signal-emitting avalanche transceivers to help rescuers find them, along with probes and shovels, which can help them dig out. Safety experts also recommend carrying newer equipment such as the AvaLung, a filtration device that draws air directly from the snow pack to help victims avoid suffocation.

Within the boundaries of U.S. snow resorts, meanwhile, there were 562 deaths to snowboarders and skiers during 761 million resort visits between 1992 and 2005 (that's an average of 43 deaths a year), according to researchers at the University of Vermont and the Rochester Institute of Technology.

The majority of the fatalities were

experienced male skiers between the ages of 18 to 43 and accounted for most of the deaths. Most commonly deaths were from severe head injuries resulting from high-speed impact with a tree.

In addition, an estimated 100,000 to 140,000 injuries require treatment in an emergency room each year.

Resorts and safety organizations are emphasizing the importance of personal responsibility in avoiding high-speed collisions on downhill runs and jumps.

Resorts are promoting the use of safety gear, especially helmets, which studies show can reduce the risk of head injury by as much as 50 percent. And to discourage reckless skiers and snowboarders, some resorts are instituting zero-tolerance policies that include confiscating season passes and day tickets. ♦

## KNOW YOUR LIMITS—

The simplest safety message is to ski or snowboard within the limits of your ability. That ability level can vary over the course of the day. Many injuries occur when experienced skiers are tired at the end of the day, when their muscles are no longer able to sustain the turns they could do at lunchtime.

While new equipment such as improved boots and bindings in recent years has helped to cut down on orthopedic injuries, such equipment can also give less able and experienced skiers more confidence to attempt steeper slopes and more difficult terrain.

While helmet use has increased about 5 percent annually for the past several years to nearly 40 percent for skiers and snowboarders, riders at any age and level of experience should consider wearing a helmet. ♦

# INDUSTRY

## Ski News

by Catherine Ohl



### Silver Star & Big White are All White

Big White Ski Area in BC continues to get pounded with an Okanagan specialty – fresh, feather-light Champagne powder.

Since Christmas Eve, the resort has received more than 60 centimeters of snow, including a fabulous 15-centimeter dump early this January.

Big White has opened runs serviced by the Gem Lake Express and Cliff chairs.



### Miller Wins 26th in Bormio Downhill—

**Bode Miller**, returning to the speed run where he claimed the 2005 downhill world championship, earned the 26th World Cup win of his career in Bormio, Italy.

He won a World Cup downhill and moved into third place in the overall and downhill standings. He is one victory shy of tying Phil Mahre's U.S. record for wins.

After 15 races, Austrian **Benjamin Raich** leads the points with 524. **Didier Cuche** of Switzerland is second with 503 and **Bodie Miller** is third at 406. **Ted Ligety** (Park City, UT) stands fifth overall (335) and tops the GS standings. In the World Cup DH standings, **Michael Walchhofer** of Austria leads with 230 and **Didier Cuche** of Switzerland is second (204) with **Bodie Miller** at third with 183.

### Holiday Period Very, Very Good—

The holiday news is mostly good. California's mountain resorts got an early Christmas present when a series of storms deposited up to four feet of snow in the Sierra just before the holiday period.

The public responded to nature's largesse, perhaps not in record numbers, but enough so that the resorts are feeling good about the season.

After the storms came through, the weather became really awesome between Christmas and New Year's. California resorts had some great crowds.

The jolly feeling even extended to California's more southern mountains where they have doubled the number of visits from last year at Mountain High. The combination of natural snow and a beefed-up snowmaking system have worked wonders at the Los Angeles commuter resorts.

Utah resorts got off to a slow start at the beginning of Christmas week but finished like a true thoroughbred. The weekend between Christmas and New Year's was described as "insane."

Colorado ski resorts were blanketed with more than a foot of fresh snow as the New Year dawned and the same exclamation points echoed all across the state. That was good news for skiers and riders who had no plans to return to Denver or to fly home for to celebrate the ball drop. Some 3,000 people were stranded in Red Cross shelters as officials closed I-70, the main drag from Denver to many resorts, New Year's Eve.

It was a very Merry Christmas and Happy New Year for those riding white powder.

### 2 For 1 Wednesdays at Mountain High—

Join Mountain High on Wednesdays, January 9th through March 12th, for live music, drink specials, celebrity radio remotes, vendors, giveaways, and 2 for 1 Lift Tickets.



- 2 for 1 Adult 8-Hour Tickets (Regularly \$51.00 each)
- 2 for 1 Adult Night Tickets (Regularly \$30.00 each)

2 FOR 1 TICKETS MUST BE PRE-PURCHASED ONLINE AT MTHIGH.COM!!! This offer is not available at the resort. So don't give the ticket sellers a hard time. You must pre-purchase your tickets online to receive the discount. Tickets are nontransferable. Offer not valid in conjunction with any other discount or promotion. ♦

# MAMMOTHNEWS



## January Midweek Madness JMM—

Show your JMM (January Midweek Madness) lift ticket for \$1 off draft beer, well drinks and house wine Jan. 8, 15, 22 and 29, 2008 at Mammoth Slopeside bars.

\$55 midweek lift tickets with minimum 3 day advanced purchase. Tickets valid Tuesdays, Wednesdays and Thursdays, January 8-31, 2008. Buy Online or call 800.MAMMOTH.

Canyon Lodge and Main Lodge Sport Shops. Show your JMM lift ticket to receive 20% off select helmets, or 10% off purchases \$100 or more, Tuesdays through Thursdays.

Mammoth Mountain Ski and Snowboard School Advanced Ski and Snowboard Workshops. Join up with our top instructors any day of the week for a 2.5-hour workshop. Offered from 12:45 to 3:15pm for advanced level skiers and snowboarders ages 13 and up. Register at any ticket window. Meet at the Mill Cafe. \$70 per person.

Get a complimentary Mammoth Mountain lift ticket with a purchase of \$500 or more at Panache Tuesdays through Thursdays in January. Cannot be combined with any other offer. Free lift ticket valid March 1, 2008 to end of 2007/08 season. Located at the Village at Mammoth.

Belladonna Spa – 10% off spa services including massages, facials and waxes Tuesdays through Thursdays. Some restrictions may apply. 760.934.3344.

Ben & Jerry's Ice Cream – Two-fer-Tuesdays, Waffle Cone Wednesdays, Hot Shake & Cake Thursdays. Located at the Village at Mammoth.

Old New York Deli Co. – \$6 1/2 lb. Burger w/ side Tuesdays through Thursdays. Located at the Village at Mammoth.

## January Crazy Fun Events!—

Jan. 8-10 – Advanced Ski Camp

Jan. 14-17 – Freeride World Tour Open/Quest

Jan. 15 – Village Championships Race #1. Happy Hour @ Tusks (Main Lodge); Racer Gift Bags while supplies last. Wear JMM colors (pink, blue, white, black) to be labeled GUILTY of having fun and enter to win prizes.

Jan. 15-17 – Women's Ski/Snowboard Camp

Jan. 21-25 – National Safety Awareness Week

Jan. 22 – Avalanche Rescue Demo

Jan. 22 – Full Moon Snowshoe Tour at Tamarack

Jan. 22-24 – Experienced Skier Camp

Jan. 23 – A Day in the Life of a Ski Patroller

Jan. 29 – Village Championship Race #3. Team Photo Day (weather permitting). Happy Hour @ Clocktower Cellar with Cellar snacks. Wear JMM colors (pink, blue, white, black) to be labeled GUILTY of having fun and enter to win prizes. ♦

only  
**\$110**

## Water Skiing & Wake Boarding

at its Best!

### 2008 Colorado River Schedule

- Two Days Water Skiing •
- Equipment • Instruction •
- Sandy Beaches • Camping •
- Food • Beer • Wine • Soda •

June 13-15  
July 11-13  
August 8-10  
Sept. 5-7  
October 3-5

June 27-29  
July 25-27  
August 22-24  
Sept. 19-21  
October 17-19

Prices—

- \$110** Skier / Boarder
- \$55** Non-Skier \*
- \$18** Child under 12 \*

\* May not ride in the boat.

**For information—**  
 Visit [www.RadarRiverRats.org](http://www.RadarRiverRats.org)  
 Call Patricia at **323-651-0686** (before 9 PM)

Everyone Welcome—

Friends, Family, Beginner, Expert

# SKI BOOT FIT

## Ski Boot Fit—

Have you checked your boots lately? Do they pinch? Do your toes tingle? Does your foot slip around, making it hard to control your skis?

Lots of people think that ski boots are destined to be uncomfortable, so they suffer through it. It's just not true. Boots that fit well should feel good.

Fit is important, so get good insoles and wear your new boots around the house a bit before you go out on the hill.

- It's always a good idea to try boots on whenever possible before you buy them. The salesperson should look at your feet to determine the shape your foot should go into. Each brand has its own unique last, not every brand fits every foot, nor is it intended to.
- Have your foot measured and sized for a shell.
- Remember to pull out the standard footbed and insert your custom footbed before trying on the boots. Custom footbeds are highly recommended for a proper fit.
- New boots should fit snugly around the entire foot. Very snug. Remember, you'll gain 1/8 to 1/4 of a size as the boot packs in over time.
- The boot should reflect your ability with some room for improvement.
- You should be able to flex the boot. If you can't flex the boot at room temperature, this doesn't bode well for flexing a boot stiffened by the cold on ski day!



## How should a ski boot fit?

Your boot should feel comfortable and snug.

When you flex your knees forward, your heel should stay in the heel pocket.

Your toes need wiggle room. It's all right to feel the front of the boot, as long as your toes pull away a bit from the shell when the boot is buckled and your knees are flexed.

The liners will compress and stretch over time. Some minor pressure will disappear by itself.

The area from the instep through the top of the ankle should be snug but not cramped or painful.

The foot should be held firmly without setting the buckles too tight. The fit should be from the boot itself, not the buckle system.

Even with the best fit boot, some problems need to be corrected by having your boots custom fit.

Toe room can be expanded, boot tongues adjusted, and your position in the boot improved by inserting custom insoles to support your foot in a neutral position. ♦

## Top of the Line 2007/08 Boots—

**Atomic boots** have long been well known for stepping on World Cup podiums and their Race Line continues that trend. This year, Atomic has a new line called Hawx. The rubber like gills are designed to flex your foot naturally. Remember, this is brand new technology, but it's Atomic, so consider giving it a try.

The **Head Raptor** series is new this year, but, how can they not be a hit when the buzz is they are based on Bode Miller's boots? The women's Dream Thang, at about \$600, is complete with faux fur lining.

**Lange's** World Cup 150 plug boot is back again at the top of the line, but, at about \$900 retail, it's not for bargain hunters. However, there are models for juniors and seniors, as well as ski boots for everybody in between. The Fluid Performance Series is also back. The Men's and Women's Fluid offer comfort and fit to translate foot commands to the skis.

The **Nordica** Dobermann Aggressor 100 is the high-end boot for women skiers. For the men, the Nordica Speed Machine gives a racing boot with a more comfortable fit.

**Rossignol's** Radical Pro Composite and Zenith Pro Composite are high-end pricey boots, but are well worth the price. The women's Electra is a true expert skier's boot, with a fit especially designed for women.

The **Salomon** Falcon 10, will set you back about \$850, but if you look around, you'll see a lot of pros wearing them. The same with the women's Idol.

The **Tecnica** Diablo series is once again all it's cracked up to be. The Ativa Flame is sure to be a bestseller on the women's side. ♦

# KID'S KORNER

## 4 kids & grandkids

### Family Ski Trip Resolutions—

by **Eileen Ogintz**,  
Tribune Media Services

**Resolution 1:** (Are you listening, moms?) I'm going to "chill," as my kids would say. I'm no longer going to fret every detail. I'm not going to get unduly upset when plans go awry and itineraries change, as they invariably will. I'm going to embrace such changes as part of the adventure. I'm going to try anyway.

**Resolution 2:** I'm going to ask for help from the rest of my family. I don't mean just hoisting luggage or doing dishes in the condo – they're pretty good about that – but helping to plan the trip. We all know kids are often the most web-savvy in the family, anyway. Besides, if they help plan, they'll be more vested in what we do when we get there and won't complain as much. That's the idea anyway. You'll be amazed at where they'll lead you.

**Resolution 3:** Let go of the guilt! Wherever we go, I'm going to plan some just-for-me time. Maybe a massage, a couple hours browsing at shops not on my teenage daughter's list or an hour by myself on the slopes. I'm going to pay extra for maid service and opt for takeout if no one wants to cook. Don't feel guilty either if you want to get away by yourselves for a weekend or longer. Remember, it's good for the kids to see that your life doesn't revolve entirely around them!

**Resolution 4:** I'm going to book nonstop flights whenever possible, even if they cost a little more and especially when I'm sending a child or teen unaccompanied. And, no matter how

much the teens complain, I'm going to make sure they know what to do if their travel plans get derailed while they're traveling solo. (They should immediately identify themselves to airline personnel and ask for help. Then they should use their cell phones to call home so that you can talk to the agent on the ground there.)

**Resolution 5:** Wherever we go, I'm going to find something for us to do that we've never done before – snowshoeing in Yellowstone National Park ([www.nps.gov](http://www.nps.gov)), scuba diving in the Bahamas ([www.bahamas.com](http://www.bahamas.com)), swimming with dolphins in Orlando ([www.discoverycove.com](http://www.discoverycove.com)) or surfing in California ([www.gocalif.ca.gov](http://www.gocalif.ca.gov)). I will encourage, but not force anyone to do anything. It's a vacation, after all.

**Resolution 6:** I won't force everyone to be in lockstep the entire trip (hear that grandparents?). A little space from each other is a good thing – especially on vacation where you may be staying in tight quarters. Let the teens sleep in and take the little ones to the pool or out for breakfast. Let the older cousins baby-sit so the adults can get a night out without the kids.

**Resolution 7:** To get everyone excited about the trip, I will look for books and movies that are set in the locales we're going to visit. When taking kids to foreign destinations or unfamiliar places, I'm going to make sure they're prepared for what we're going to see and do. (No one said it was going to be so hot in Rome!)

**Resolution 8:** I will get the relatives motivated for that often postponed family gathering. None of us want our next reunion to be at a funeral. Check out reunion planning tips at [www.takingthekids.com](http://www.takingthekids.com).

**Resolution 9:** I'm going to try trading houses. Not only is it cheaper than hotels, but it's also an opportunity to experience a new place from a local's perspective. Check out [www.intervac.com](http://www.intervac.com), [www.diggsville.com](http://www.diggsville.com) or [www.thevacationexchange.com](http://www.thevacationexchange.com).

**Resolution 10:** I'm going to invite one child for a special just-us weekend. Maybe your son can join you for the weekend after a business trip, or, after touring colleges, you can tack on a day strictly for fun. It doesn't have to be anything expensive either. ♦



Photos courtesy Big White Ski Resort

## IT'S A WRAP

### LA Council Snow Gala—

The annual LA Council Snow Gala was held at Marina Del Rey Hotel on Saturday, November 3, 2007 at 6 PM. The highlight of the evening was honoring of the Club's Men and Women of the Year.

- **Martha Simpson & Lloyd Huff**, CCSC.
- **Inge Hobo-Scheinfarb**, Unrecables.
- **John Dwight & Sandra Blackwell**, Singles.

Once again, **Celeste Coleman** did a wonderful job putting on this event.

### San Diego Winter Gala—

The annual San Diego Winter Gala was held at the Marriott Courtyard on Saturday, November 3, 2007 at 5:30 PM. Over a hundred ski clubbers wined, danced and celebrated the kick-off of the ski season.

The highlight of the evening was honoring the Clubs' Men and Women of the Year.

- **Lisa Bradley & Ken Hodge**, Action.
- **Darlene Little & Carl Cobb**, Don Diego.
- **Stephanie Young & Bill Altonen**, North Island.
- **Debbi Schroeder & Joe Goldhammer**, Torrey Pines.

For the second year in a row, **Connie Smith** did a wonderful job putting on this event.

### San Diego Joe Harris Award—

The Fifth Annual Joe Harris Award was announced at the Winter Gala. This award honors the memory of **Joe Harris**, founder of San Diego Council and a big player in the middle days of the Far West Ski Association. He was also a hell of a racer. ♦



LA Council's Woman and Man of the Year—**Marsha Simpson** and **Lloyd Huff**, CCSC.



San Diegos Council's Man and Woman of the Year—**Carl Cobb**, Don Diego, and **Debbi Schroeder**, Torrey Pines.



**Helen Harris** presents the Joe Harris Award to **Susie Vetter** for her many years of service to San Diego Council of Ski Club.

### Ski Fitness – Injury Prevention

Since skiing and boarding involves many multi-joint movements that require a mixture of strength, balance, and flexibility, your conditioning program should reflect the same. The focus of any program should be to prevent injuries and improve performance.

Injuries are the worst. It's a heck of a lot easier to prevent an injury than it is to rehab it. Strength exercises all help prevent injuries by specifically targeting and conditioning the muscles used during sports.

**Quad Stretch**—The quadricep stretch is a great way to loosen up those tight front leg muscles and because it's a standing stretch, you can do it pretty much anywhere. Because the quads are involved in keeping you upright and maintaining balance, it's important to keep them flexible.

1. Standing upright, grab left foot with left hand.
2. Pull foot and stretch to the point of tightness. Hold for 10 to 30 seconds.
3. Repeat on right side.

You should do this stretch right before you get out on the mountain and 2-3 times during the course of the day. Like all stretches this one should be used pre-season to help get you in shape. ♦





Price Increase!

Join Pacific Rim in magnifico

# ITALY

## Madonna di Campiglio

March 1 - 9, 2008

**\$1,899\***

Trip Includes—

- Round Trip Air from LAX, San Diego to Milan on Delta (based on availability)
  - other airports may available for additional charge
- Ground Transfer from Airport & Hotels
- Seven Nights Lodging in Hotel Miramonti Park [dbl occ]
  - Daily Breakfast & Dinner
  - Close to Town Center & recently Renovated
  - Internet Access
  - Sauna, Gym, Jacuzzi

## Sorrento / Rome

March 9-12, 2008

**\$899\***

Trip Includes—

- Round Trip Air from Milan to Naples
- Ground Transfers
- Three Nights Lodging in 4-star Bistol Hotel [dbl occ]
  - Daily Breakfast
- Options to visit Pompei, Capri, Amalfi Coast & more

Prices based on 1 Euro = \$1.46 USD (1 USD = 0.68 Euro)

CST# 1014781-20

### 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.

### About Sorrento—

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



Revised 12/05/07



Printed Name[s] as on Passport

Street Address

City

State

ZIP

Home Phone

Cell Phone

e-mail

**DEPOSIT DUE:**  \$2,109 / person for Madonna [dbl occ]  \$1,029 / person for Sorrento [dbl occ]

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

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

\* plus \$150 airport taxes & fees for Madonna, \$130 airport taxes & fees for Sorrento, \$60 Fuel Surcharge.

<http://pacificrimalliance.org/>

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Join Pac Rim for



Price Restructure!

# SPRING MADNESS

March 30 - April 6, 2008

## Trip Includes—

- **Seven Nights Lodging** at the Inn at Big White (dbl occ).
  - Ski-in / Ski-out, located in the Village Center.
  - Standard Room with 1 Queen + 1 Murphy Bed.
  - Rooms have Mini-fridge, Micro-wave & Fireplace.
  - Hot Tub & Sauna & Swimming Pool.
  - Free Wireless Internet.
  - Carvers Bar & Grill open Breakfast, Lunch, Dinner.
- **FREE Five-out-of Six Day Lift Ticket.**
- **Round Trip Transfer** from Kelowna Airport.
- Daily Cocktail **Parties** at Gene & Catherine's.
- One **Dinner** at Gene & Catherine's.
- **GST & Bed Taxes.**

**\$650\*** USD  
+ air



## Options—

- **Group Dinner** Kettle Valley Steakhouse.
- **Air** through Big White from \$323 + taxes from LAX. Other airports available.

## About Big White—

- 25 feet annual dry powder.
- 2,800 patrolled skiable acres.
- 2,550 feet of vertical.
- 4.5 miles longest run.
- 6% ◆◆ 22% ◆ 54% ■ 18% ●
- 118 designated runs.
- 10 ski lifts (6 are high speed).
- Free ski hosts two times a day.
- 5,757 feet Village elevation.
- 18 Restaurants & Bars.

## For Information & Reservations—

- **\$200 deposit due at sign-up. Final Payment due February 20, 2008.**  
Send check payable Pacific Rim Alliance, send to—  
Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124.
- For information call 858-467-9469 or email [gene@pacifcrimalliance.org](mailto:gene@pacifcrimalliance.org).

\* Prices based on an exchange rate \$1 Canadian to \$1 USD.  
Book Air **NOW** before the price rises!

Revised 10/01/07



Photos courtesy Big White Ski Resort

Join Pacific Rim for a Trip of a Lifetime—



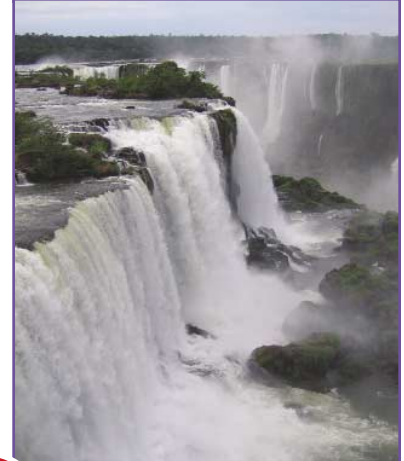
# Las Leñas, Argentina

August 20-31, 2008 \*\*

**\$2,979\***  
USD

## Trip Package Includes—

- **Two Nights Lodging** in Buenos Aires at 5-star Melia Hotel.
  - Daily Breakfast.
  - 3-1/2 Hour Local City Tour.
  - Dinner & Tango show.
- **Seven Nights Lodging** in Las Leñas at Piscis 5-star with Mountain View.
  - Ski-in / Ski-out.
  - 7 Breakfasts.
  - 7 Dinners Choice of two all-inclusive restaurants for dinner.
  - Gourmet Theme Week with Special Events & Meals.
  - Free Wi-Fi in lobby.
- **Lift Pass** for Week (8 days).
  - Non-Skiers and those over 65+, deduct \$TBA\*.
- **Round Trip Air\***
  - LAX to Buenos Aires via LAN.
  - Buenos Aires to Marlargue (90 minutes) via Las Lenas Charter.
- **Round Trip Transfers** from Buenos Aires and Marlargue (45 minutes).
- Welcome & Daily Cocktail **Parties**.

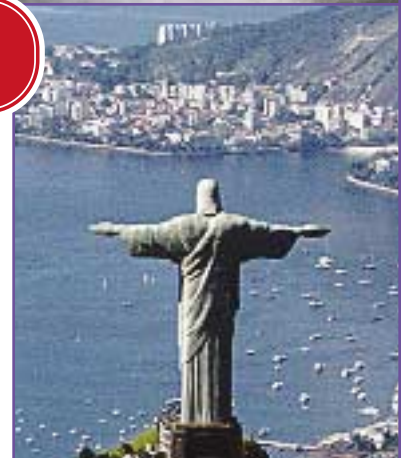


## Iguazu Falls & Rio de Janeiro Post Extension—

August 30 - September 5, 2008 \*\*

**\$899\***  
USD

- **Round Trip Air** Buenos Aires to Iguazu Falls to Rio de Janeiro
- **Round Trip Transfers**
- **Two Nights Lodging** in Iguazu Falls at 4-star Continental Inn Hotel.
  - Daily Breakfast.
  - Full Day Falls Tour on Brazil side and Devil's Throat on Argentina side.
- **Three Nights Lodging** in Rio de Janeiro at 4-star Luxor Regente.
  - Daily Breakfast.
  - Full Day Rio Tour including Sugar Loaf & Cocorado.
- **Brazil Visa** Additional (currently \$110).



## Reservations & Information—

- \$700 Payment due NOW.
- \$1,500 Payment due February 15, 2008.
- Final Payment due by April 15, 2008..
- Check payable Pacific Rim Alliance send to—  
Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124.
- For information, call 858-467-9469 or email [gene@pacifricrimalliance.org](mailto:gene@pacifricrimalliance.org).



## Piscis Extras—

- Gourmet Theme Week (lots of extras for FREE!)
- Choice of TWO all-inclusive restaurants for dinner.
- Ski Valet.
- Casino, Bars, Restaurants.
- 24-Hour Room Service.
- Indoor/Outdoor Swimming Pool, Jacuzzi, Sauna.

\* Prices may fluctuate based on the Argentina Pesos (ARS).  
 Airport taxes for Basic trip estimated \$320. Airport taxes for extension estimated \$32.  
 \*\* Depart LAX 8/20/08 and arrive 8/21. On return, arrive home next day in early AM.

Last revised 01/15/2008

## 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 2007-08.

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

"The Voice of the Western Skier"



**FWSA**  
**2007-2008**  
**Membership Card**  
Expires June 30, 2008  
[www.fwsa.org](http://www.fwsa.org)

Name \_\_\_\_\_  
Club Pacific Rim Alliance  
Member ID PRA-007

The bearer of this card is a member of Far West Ski Association and entitled to all the benefits associated with membership in FWSA. This card is non-transferable. Photo ID is required.



### 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](http://www.skifederation.org) for the complete list of benefits. Go to the "Members Only" area and input the following:

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

### HOT DEALS AT NSCF

See NSCF website [www.skifederation.org](http://www.skifederation.org) for further details.

- **Cellular Abroad**, 3019 Pico Blvd, Santa Monica, CA, (800) 287-3020. \$25 off international phone rental or purchase & \$10 off SIM card purchase at [www.cellularabroad.com](http://www.cellularabroad.com).
- **Mountain Chalet**, City of Industry, CA, (800) 535-5438. 15% off orders over \$50 on snowsports posters, cards, t-shirts, cabin decor and other vintage gift items at [www.mchalet.com](http://www.mchalet.com).
- **Penguin Group USA**, New York, NY, (212) 366-2368. 15% off online book purchases at <http://us.penguingroup.com>.
- **Hertz Car Rentals**. Up to 20% off in the U.S. & Canada and up to 25% off Europe at [www.hertz.com](http://www.hertz.com).
- **Sport Innovations**, Washington Depot, CT, (860) 488-5973. 50% off Heat Vario Plus shoe dryers and heaters from Mematec Products at [www.sport-innovations.com/skiclub](http://www.sport-innovations.com/skiclub).
- **SportStar Pro Sales** (ProSunglass), 258 South Taylor Ave, Louisville, CO, (800) 784-4090. Up to 35% off Bolle goggles and up to 36% off Bolle helmets plus other manufacturers' products at pro form prices at [www.ProSunglass.com](http://www.ProSunglass.com) (see NSCF website for further details).
- **Ski Daddle Rolling Ski Tote**, Arlington, TX, (817) 939-4571. 33% off at [www.dfw.net/~morris/nscf.html](http://www.dfw.net/~morris/nscf.html) (see NSCF website for further details).
- **Breeze Ski/Max Snowboard Rentals**, (800) 525-0314 x122. (60 locations in U.S./Canada - CA, CO, NM, OR, UT, WY, British Columbia, Alberta). 30% off rentals, 25% off shop services & 10% off retail sales at [www.SkiRental.com](http://www.SkiRental.com).
- **RentSkis.com** (100 locations in U.S./Canada - CA, CO, ID, UT, WY, British Columbia, Alberta), (800) 544-6648. 25% off online equipment rentals at [www.rentskis.com](http://www.rentskis.com) (some black out dates).
- **Terry Sports** (4 locations Steamboat Springs, CO & Taos, NM), (800) 233-7547. 25% off rentals, 25% off shop services & 20% off retail merchandise at [www.TerrySports.com](http://www.TerrySports.com). ♦

# SNOWBOARD STRIP



Expanding competition opportunities in the sport of big mountain snowboarding, the North Face and Mountain Sports International (MSI) have unveiled The North Face Masters, a two-stop tour designed

to cater to the motivation, talent and skill of world-class big mountain snowboarders.

The North Face Masters features a \$45,000 cash prize purse and an opportunity for big mountain snowboarders to pit themselves against athlete and mountain alike.

Fans of big mountain snowboarding can also catch same-day live coverage of the Semi-Final and Final rounds on the event website, where there are complete videos, photos, athlete profiles, detailed event schedules, registration information and more. Visit [www.thenorthface.com/masters](http://www.thenorthface.com/masters) for more information, and online-only registration for The North Face Masters is now open. ♦

## Membership Application 2007-08

ALL Pacific Rim Alliance attendees must be a member to participate in one of our trips. Our membership year is from July 1, 2007 through September 30, 2008.

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: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

Indicate Membership [Includes membership in FWSA, LA & San Diego Councils, NSAA]

- \$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 \_\_\_\_\_

### DEPOSIT DUE:

- Final Payment Madonna  \$200 pp for Canada  \$700 pp for Las Leñas  
 Final Payment Sorrento  \$500 pp for Iguazu Falls

- Madonna di Campiglio 2008  
 Big White, Canada 2008  
 Argentina 2008

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

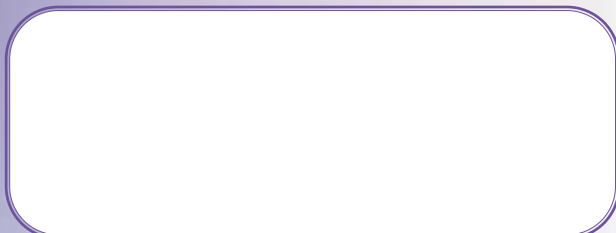
Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124

# Pacific Rim Alliance

10818 Viacha Dr.  
San Diego, CA 92124



First Class Mail



**Winter 2007/08**



## PACIFIC RIM BOARD OF DIRECTORS

**PRESIDENT...** Catherine Ohl  
**MEMBERSHIP.....** open  
**TREASURER....** Patricia Ortiz  
**TRAVEL.....** Gene Fulkerson



E-Mail us at [info@pacificrimalliance.org](mailto: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]  
gene@pacificrimalliance.org [email]
- Membership ..... 858-467-9469  
10818 Viacha Dr., San Diego, CA 92124

### 2008 Trip Schedule-

- Hakuba/Tokyo, Japan & Beijing, China ..... Jan 19 - Feb 1, 2008
- Madonna di Campiglio & Sorrento, Italy ..... March 1-12, 2008
- Big White, BC, Canada ..... March 30 - April 6, 2008
- Las Leñas, Argentina ..... August 20 - Sept 5, 2008