



Update

www.PacificRimAlliance.org

Volume 16 | Issue 4

Winter | 2012-13

BIG WINTER snow

La Niña, the weather condition that fizzled last season, is predicted to return this year. This is excellent news.

SKI RESORTS early openings

Early snow and cold temperatures have encouraged several areas across North America to begin operations as early as October 2013. We are off and running.

Can Do ms

Our annual Wine Make Dinner was amazing. In addition to the great food and wine, and the people and the \$2,300 raised, we were treated to a viewing of "Can Do: The Legacy of Jimmie Heuga." We hope to be able to borrow the film again and host a fund-raising viewing BBQ at our home. Stay turned for details



Bring a new unwrapped gift to the Council Happy Hour (at least a \$10.00 value) for the Toys for Tots Drive sponsored by the USMC checks (made payable to the toys for tots) and cash are greatly appreciated.

COUNCIL trips

Be sure to check out the Council's ski trips. Both are joining Far West in Snowmass, CO. In addition, LA Council is going to Mt. Bachelor in Oregon. San Diego Council will be in Vail, CO in December. (see page 2)

FAR WEST Ski Association

Bay Area Council is hosting the Far West convention in Reno on June 6-19, 2013. Catherine and I have been involved in setting up some of the optional activities. Specifically we will be running the Pub Crawl on Reno's River Walk on Thursday.

Catherine has been working her ass off on the Far West web site (fwsa.org). You should check it out. You just might find something of interest. ♦

in this ISSUE

Features

- Member Posting 3
- Safety: Tips 6
- Fitness: Get Ready for Skiing 9-10
- Kids' Korner 16
- Community Center 22
- Pac Rim Policy & Contact 24

Public Affairs

- Snow Industry Bulletin 7-8
- Skiing Legacy: Timberline Lodge 13
- Skiing Heritage Ski Week 2013 14
- 2013 Hall of Fame Honorees 15

Tripping Around

- Water Ski Schedule 2013 2
- Race Schedule 2012-2013 17
- Council Happy Hour 17
- Mission Bay Biking 18
- Big White 2013 19
- FWSA Convention 2013 20

It's a Wrap

- Wine Maker Dinner for MS 4
- Waterski 5

Membership Sign Up . . . 21

Trip Sign Up . . . 23

SKIING overseas

Due to the unstable US dollar and an uncertain economy, we are moving our European and New Zealand trips to 2014. We are in the process of getting new bids.

CANADA, Dec 2012 & April 2013

We will be opening and closing Big White in British Columbia, Canada again this year. Is anyone out there interested in adding a safari to include Red Mountain, Apex and Silver Star in April? Let us know.

BEAVER CREEK 2014

Far West announced that the 2014 ski week will be in Beaver Creek, January 25 - February 1, 2014. We are so excited. We are looking into hooking up with one of the ski councils and staying at a ski-in ski-out condo close to the main village. Prices will be available in the spring. Please let us know if you are interested.

TRIPPING around

snow TRIPS & ACTIVITIES on tap

Details and flyers can be found under **TRIPS** at PacificRimAlliance.org

[Pacific Rim Alliance](http://PacificRimAlliance.org) pacificrimalliance.org

Contact Gene Fulkerson / 858-457-9469 unless otherwise noted

- **Biking** Typically one Friday a Month, 10 AM
- **Snowmass, CO** February 2–9, 2013
- **Big White** April 6–13, 2013
- **Water Ski Weekends** June – Oct, 2013
Patricia Ortiz / 323-651-0686
- **Wine Maker Dinner for Can Do MS** Sept 28, 2013
- **Big White** December 7–14, 2013
- **Italy & Cinque Terre** March 2014
- **New Zealand & Tasmania** August 2014

[Los Angeles Council](http://LosAngelesCouncil.org) lacouncil.org

- **Aspen/Snowmass, CO** February 2–9, 2013
- **Mt. Bachelor, OR** February 23 – March 3, 2013

[San Diego Council](http://SanDiegoCouncil.org) skisandiego.org

- **Vail, CO** December 2–6, 2012
- **Aspen/Snowmass, CO** February 2–9, 2013

[Far West Ski Association](http://FarWestSkiAssociation.org) fwsa.org

- **Aspen/Snowmass, CO** February 2–9, 2013
Gloria Raminha / 713-818-0471
- **Innsbruck + Garmisch + Munich** March 2–17, 2013
Debbie Stewart / 935-944-9816
- **Mt. Bachelor, OR** March 25–30, 2013
Gloria Raminha / 713-818-0471
- **Convention** June 6–9, 2013
Dennis Heffley / 925-998-4415
- **Mammoth Lakes** June 27–30, 2013
Fran Long / 805-712-5781
- **Belize Diving** September TBA, 2013
Randy Lew / 530-304-0802
- **Caribbean Cruise** Oct or Nov, 2013
Gloria Raminha / 713-818-0471
- **Beaver Creek, CO** January 25 – February 1, 2014
- **Zermatt, Switzerland** March TBA, 2014



photo courtesy Catherine Ohl

2013 Colorado River Schedule

June 21–23

July 12–14

Aug 9–11

Sept 6-8

Oct 4-6

July 26–28

Aug 23–25

Sept 23–253

Oct 18-20

Trip Includes—

Two Days Water Skiing & Wake Boarding
Equipment & Instruction
Sandy Beaches & Camping
Water Games
5 Meals plus Happy Hour
Beer, Wine & Soda

Prices—

\$140 ** Skier / Boarder
\$70 Non-Skier *
\$35 Child 6-12 *
Free Child 5 and under*

For information—

Visit www.RadarRiverRats.org

Call Patricia at 323-651-0686 (before 9 PM)

EVERYONE WELCOME
Friends • Family • Beginner • Expert

** Subject to fuel surcharge if gas is more than \$5/gal

* May not ride in the club boat.

COUNCILS selects MAN & WOMAN of the YEAR

Council Men and Women of the Year are chosen by their peers in recognition of their many contributions to organized skiing. They will represent their council at the Far West Ski Association Convention to be held in Reno, June 6–9, 2013.

Pacific Rim Alliance belongs to two councils in the Far West Ski Association. This gives members the opportunity to participate in many of the activities and events they host throughout the year.

The councils annually kick off the ski season with a Gala, with a twist this year. Los Angeles hosted a Champagne brunch while San Diego partied it up with beer and some good German food. Most importantly, the councils honored the Men of Women of their member ski & board clubs who have contributed to their club, council, Far West or nationally in the promotion of snow sports. These were fun and festive events.

San Diego Council experienced "Galafest" at the Rock Bottom Restaurant, November 6, 2012. **David Arnold**, North Island, and **Diane Raines**, Torrey Pines, were honored as their Council's Man and Woman of the Year. **Eileen Sanford**, North Island, was awarded the annual Joe Harris Award. In addition, **Alexa Wehsener**, a third year J2 racer and recipient of a San Diego Council ski scholarship for the third year was introduced.

Los Angeles Council hosted an elegant Champagne brunch in Granada Hills



photo courtesy Los Angeles Council

LA Council's Man & Woman of the Year Steve Elkins & Sandy Blackwell.



LA Council's Fay Mumbauer award with Jane Wyckoff, Fay Mumbauer, Judith Miller.

on Saturday, October 27, 2012. **Sandy Blackwell**, Singles, and **Steve Elkins**, Singles, were honored as their Council's Man and Woman of the Year. The Fay Mumbauer Award was presented to **Judith Miller** for her long-term contributions to skiing. In addition, the Silent Auction raised enough money to send an Unrecable and companion to the FWSA Snowmass Ski Week. ♦



photo courtesy San Diego Council

San Diego's Woman & Man of the Year-Dave Arnold and Diane Raines.

happy BIRTHDAY

December

- 1 Patrick Loo
- 2 Christel Chang
- 3 Donna Huston
- 5 Pat Holzinger
- 6 Len Danczyk
- 7 Bob Berg
- 10 Dick Anderson
- 17 Barbara Bontempo
- 17 Bruce Malinoski
- 17 Dean Smith
- 18 Susan Buckley
- 18 Therese Frey
- 22 Nick Friedman
- 26 Sharon Bays
- 29 Kim Gerringer

January

- 3 Jeff Beeman
- 7 Nadya Penoff
- 10 Anne Coniglio
- 11 Hans Iliew
- 12 Jim Knapp
- 12 Bob Miller
- 13 Viki Turnipseed
- 16 Kristen Benson
- 21 Celia Lemon
- 27 Phil Harris
- 29 Brigitte Cox

February

- 1 Lynda Johnson
- 2 Thomas Delahanty
- 2 Fay Mumbauer
- 3 Susan Corum
- 5 Bob Schulz
- 6 Sue Sindelar
- 14 Karen Abbott
- 16 Michael O' Connor
- 21 Richard Frey
- 25 Marie Lafayette
- 28 Mark Mathis
- 28 Kelly Roberts

it's a **WRAP**

PACIFIC RIM raises \$2,300 for **CAN DO MS**

Our 12th Annual Wine Maker Fund Raiser Diner was held in San Diego, September 29, 2012
in memory of our beloved friend **Jimmie Heuga**

Our twelfth annual Wine Maker Dinner for Can Do MS raised more than \$2,300. Thanks everyone for your donations and support. We couldn't have done it without **Chef Mary Trimmings** and the seven fabulous wines and the special water that were donated.



photo courtesy Catherine Ohl

Celebrating our chef's birthdays.

The wine that has been donated this year is outstanding and each was perfectly paired with one course.

Charles Heidsieck Brut Réserve Champagne donated by Rémy Cointreau USA.

Joel Gott Pinot Gris donated by Trinchero Family Estates.

Treana Marsanne/Viognier donated by Hope Family Wines.

Joel Gott Alakai Red by Trinchero Family Estates.

Napa Cellars Pinot Noir donated by Trinchero Family Estates.

Montevina Terra d'Oro Zinfandel donated by Trinchero Family Estates .

Troublemaker Blend 4 Red donated by Hope Family Wines.

Candor Lot 3 Zinfandel donated by Hope Family Wines.



photo courtesy Catherine Ohl

Appetizers in the back yard.

In addition, sparkling water was donated by **Solé Water**.

Gene Fulkerson worked with Mary as her Sous Chef. **Robert Nordquest, Mark & Linda Mathis** and **George Kish** served as their waiters and assistants. **Mark** and **Linda** stayed around to help with the clean up and the hand washing of more than 100 crystal glasses. These events just get better each year.

Thanks to everyone else who contributed and participated—**Claudia & Robert Nordquest, Barb & Stu Baily, Linda & Mark Mathis, Paul & Carmen Jackson, Hans & Birgit Iliew, George Kish & Agnes Johnson, Rob & Ann Drake, Rusty Etzel, Kim & Scott Griffin, Joe & Kirsten Busalacchi, Judy & Jerry Schulthesis, Pam & Rob Fitting,** and **Catherine Ohl.** ♦



photo courtesy Catherine Ohl

We were so fortunate to view the movie "Can Do: The Legacy of Jimmie Heuga." There was not a dry eye.



THE POWER TO BE MORE THAN YOUR MS

Formerly **The Heuga Center for MS**
IRS 501(c)(3) Number 74-2337853
www.mscondo.org • 970-926-1290

mark your **CALENDAR**
SEPT. 28, 2013, 5 PM

it's a **WRAP**

WATER SPORTS on the Colorado River

Pacific Rim joins the Radar River Rats at Park Moabi

It's been an incredible water ski season this year. The sunsets, the sunrises, the clouds, the moons, the skiing and boarding, the food and the people were wonderful. For nine weekends, Pacific Rim joined the Radar River Rats at Park Moabi on the Colorado River.

Our campsite was on the river with a hundred-yard private beach. **Gene Fulkerson** was our chef and as usual he was always trying to outdo himself. He now has everyone drooling over his fabulous garbage omelettes on Sunday.

Over the course of the summer we had four boat drivers— **Paul Jackson, Mark Mathis, Craig Henderson, Catherine Ohl**. In addition, **Troy** and **Seena** would occasionally show up with their boat.

The last trip of the year did not disappoint. Amazing sunrises and sunsets, unbelievable glass, Gene's deep fried turkey and great friends.

Many thanks to the people who chipped in and helped trip after trip— **Linda Newcomb-Mathis, Simone Beaudoin & Trudy Ferris**.

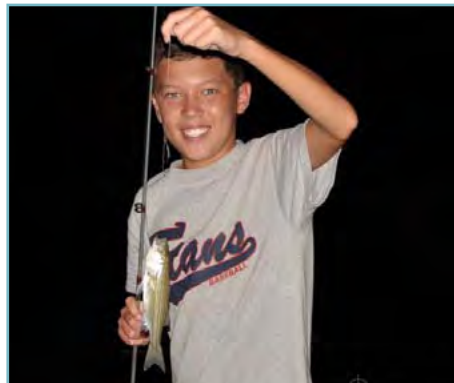
Be sure to check out the Photo Gallery at **RadarRiverRats.org** for summer photo highlights. ♦



Gene on an early glass run. Not bad for a 73-year-old man.



Sean trying out the clubs old "skufer," the predecessor to the wake board. Definitely an impressive ride.



Johnnie really enjoyed fishing. He caught enough for breakfast.



Gene taking heading out with the boys for a testosterone run.



Joel and Barbara have made the last trip of the year for many years.



Alan worked hard and now he's up on the wakeboard... for miles.



Another beautiful sunset on our last night on the beach.

photos courtesy Catherine Ohl

get ready for **SAFETY**

UPdate
www.PacificRimAlliance.org

Winter | 2012-13

be **PREPARED**

*mentally
physically
equipment-wise*

Nothing ruins a skiing or snowboarding weekend like having to hitchhike down the hill in a ski patroller's sled — or in an ambulance. Fortunately, the overall rate of skiing injuries has declined by 50% since the 1970s.

This decline is largely due to significant improvements in the equipment. Skis are shorter and hourglass shaped making them more responsive and easier to turn. And, more important, ski bindings release more easily than those of a generation ago, reducing the risk of fractures in the lower legs.

Skiers who are injured have a few things in common. They are generally male and have a "high readiness for risk" as they are eager to try jumps and moguls.

So what can you do to reduce the risk of injury?

First, start thinking about conditioning long before the ski season arrives. Skiing and snowboarding both demand a lot from the muscles in the quads and lower back, and from the knees.

It may be too late for preseason conditioning, but these tips will also help keep you and your family safe on the hill.

- Make sure your equipment fits. Borrowing equipment from well-meaning friends is never a good idea.
- Make sure your equipment functions. If you own your ski gear, have the bindings examined by a ski shop technician at the beginning of each season.
- Don't go out cold. Before you slide onto the chairlift, do some dynamic movement exercises to warm up your muscles.
- Stay forward. Your instinct, when you get going too fast, is to lean back. This only makes you go faster.
- When you start to fall, just go with it. The more rigid you are, the more likely you'll be hurt when you fall.
- Wear a helmet. Helmets do not decrease the risk of skiing or snowboarding related head injuries, but they do reduce the severity.
- Finally, take lessons. No one is ever too good for instruction. ♦

NATIONAL SAFETY WEEK 2013
Jan 19—27

RESPONSIBILITY
is the key to Lift Safety

KidsOnLifts.org

LIFT SAFETY

- 1. NEED ASSISTANCE?**
Ask the Lift Attendant for Help.
Smallest Kids Should Load Closest to the Attendant.
- 2. REMOVE & CARRY PACKS.**
Do Not use phones, music or games while loading or unloading.
- 3. IT IS OK TO MISS A CHAIR.**
Wait for the Next One.
- 4. WHEN LOADING, WATCH FOR THE APPROACHING CHAIR. THEN SIT TO THE BACK ONCE SEATED!**
- 5. DROP SOMETHING?**
Let it FALL. Any item dropped can be picked up later.
- 6. ABSOLUTELY NO HORSEPLAY ON THE LIFTS!!**

NO HORSEPLAY

NATIONAL SKI PATROL | NATIONAL SKI TEACHERS ASSOCIATION | NATIONAL SKI PATROL | KIDS ON LIFTS | KNOW THE CODE | SMART STYLE | rpd



exciting
CHANGES
for skiers in the west

Excerpted from saminfo.com

Utah's Powder Mountain Finds New Owners

The Summit Series announced that the group has agreed to purchase Utah's Powder Mountain. Published reports claim the price tag for the deal was \$40 million.

The goal for Summit Series at Powder Mountain is to create a residential community on the southern side of the mountain that promotes environmental responsibility and sustainability, while becoming a home base for the community and its events. Plans for the ski area were not disclosed, but most assume it will be business as usual.

KSL Buys 24% of Whistler

Whistler Blackcomb Holdings Inc. and KSL Capital Partners, LLC (KSL) announced that an affiliate of KSL has entered into a purchase agreement with Intrawest to acquire Intrawest's 9,092,500 common shares of the corporation, representing approximately 24% of the corporation's issued and outstanding common shares, for \$12.75 per common share.

KSL, an affiliate of KSL Capital Partners, currently manages nine premier resort destinations in the United States, some of which are owned by the funds managed by KSL Capital Partners, and include a property at Vail Resorts.

Utah goes for 2026 Olympics

Utah officials have announced plans to bid for the 2026 Winter Olympics. The bid is contingent on an upcoming United



States Olympic Committee (USOC) decision regarding potential bidders, and could well face stiff competition from Reno-Tahoe and Denver.

Both Reno-Tahoe and Denver had been pursuing a bid for the 2022 Games before the USOC decided to take a pass on that edition. Tahoe resorts have indicated a willingness to bid anew, and Nevada officials have said they will await a USOC decision before making a new bid.

June Mountain To Relaunch

June Mountain Ski Area will be closed this winter, but will re-open for the 2013-14 winter season.

Mammoth will use the coming year to relaunch the area with a new mission and targeted market. Currently, the plan is to position June as a destination for young families. But the details of what that means are yet to be determined.

Avalanche Hits Sun Valley

It was a big slide in Lookout Bowl.

The area where the slide occurred was not yet open to the public. Sun Valley received about 37 inches of fresh snow in the previous three days, which the TV report notes, equates to about 3.83 inches of water precipitation in the snow.

Ski Patrol crews are continuing to work on explosive testing to check stability in the area and to reduce any hazards. They also will be monitoring activity in adjacent bowls on the north side, including Easter Bowl, Mayday, and the Upper Bowl area. ♦

BRING A FRIEND
challenge

Organizers of the Bring a Friend Challenge are asking all of the estimated 100,000 people working full-time in the snow sports industry, as well as the many thousands who are working part-time, to take the "Bring a Friend" campaign personally. That means, bring a non-skiing or riding friend to the slopes and sign them up for a lesson.

Those who help newcomers sign up for a lesson or lessons can win some fantastic prizes from Challenge partners. See bringafriend.org for specifics.

Weekly prize drawings will start during the first week in January—Learn to Ski and Snowboard Month—when (presumably) all areas will be open. Drawings will continue through March 17, and the Grand Prize winners of three fabulous trips (for the 2013-14 season) will be selected from all Challenge participants immediately following that date.

So, be a leader! Take the Challenge and encourage your colleagues to do the same. Help a friend or family member sign up for a lesson or lessons this winter. ♦



Sun Valley Avalanche in Lookout Bowl.

FREE riding

You don't have to be 80 to ski for FREE.



EAGLEPOINTRESORT.COM (435) 438-3700

EAGLE POINT
BEAVER
UTAH

Eagle Point is 3.5 hr. from Vegas, 600 acres,
1,500 Vertical Feet, 5 lifts, Terrain Park & more...

Live in Cali?
Ski or Snowboard
FREE

All Season Long

SKI FREE



CALIFORNIA PARTICIPATING RESORTS



COLORADO PARTICIPATING RESORTS



OREGON PARTICIPATING RESORTS



HOW TO SKI FREE[®]

Purchase 10 gallons or more of Shell fuel.

Read and accept SKI FREE[®] voucher terms and conditions by printing and signing your name.

Shell station attendant will stamp voucher AND your gas receipt.

Take stamped voucher AND stamped gas receipt to ski resort lift ticket window.

Purchase one full-price adult lift ticket and receive a second for FREE.

FREE lift ticket and purchased adult lift ticket must be used same day.

Both guests must be present at resort lift ticket window at time of redemption.

FREE LIFT TICKET



PRINT THIS VOUCHER and redeem
at the Main Club Sycuan desk.

Sycuan
CASINO



Offer is valid for new Club Sycuan members only.

5469 CASINO WAY, EL CAJON, CA | 619.445.6002

*Bear Mountain / Snow Summit Midweek Lift Ticket (Monday - Friday, excluding holidays).
Expires March 31, 2013 • While supplies last. See Club Sycuan for Official Rules.



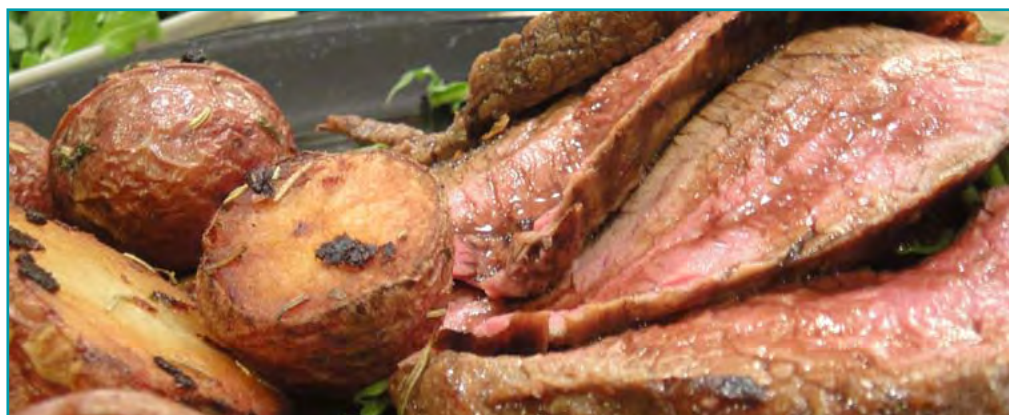
getting **FIT**

SKIER'S DIET surprising muscle building foods

Super foods that will make you super fit this ski season.

Excerpted from skinet.com by Kellee Katagi

As you coax your muscles back into ski shape, fueling them well can add heft to your training. Your instinct is likely to reach for a steak – and rightly so. A 2009 study in the Journal of the American Dietetic Association found that eating four ounces of steak after a workout built muscle 50 percent better than a placebo. These other strength-building foods may surprise you.



► Muscle-Building Food	► Why It's Super	► Skier-Friendly Source	► How Much You Need	► Bonus
 <p>ALMONDS</p>	They're loaded with vitamin E, which fights free radicals that damage muscle tissue.	Justin's Classic Almond Butter (try the 1-oz. squeeze packs)	Get half the adult RDA of vitamin E with 23 almonds -or 2 Tbsp. almond butter.	They're a good source of leucine, a muscle-building amino acid; plus, studies show almonds can reduce LDL (bad) cholesterol.
 <p>APPLES</p>	Apple peels contain ursolic acid, which a 2011 study found promotes muscle mass and strength (at least in mice).	Fuji and Smith (not Granny Smith) apples are especially high in ursolic acid.	An apple a day . . .	They strengthen bones too, thanks to boron and a flavonoid called phlorizin.
 <p>FISH OIL</p>	High daily doses of this omega-3 fatty acid help you pack on muscle, says a 2011 study.	Nordic Naturals Ultimate Omega Xtra Liquid	The study tested 1.5 grams DHA, 2 grams EPA, but even lower doses are likely beneficial.	What doesn't fish oil do? Studies link it to better heart, brain, and joint health -and more.
 <p>GARLIC</p>	Lots of garlic may raise testosterone levels, boosting muscle growth.	Choose fresh cloves: the allicin (the key component) is often degraded in supplements.	The jury's still out on the necessary dose; in the meantime, add liberally to dishes daily.	Research suggests garlic can fight off colds.
 <p>LENTILS</p>	They're one of the best sources of leucine, a muscle-building essential amino acid.	Tasty Bite Madras Lentils	2 servings weekly	Leucine, as well as lentils' high fiber content, controls blood-sugar levels.
 <p>POTATOES</p>	Spuds are crammed with potassium, which grows muscle tissue and neutralizes the muscle-damaging effects of high-acid foods like red meat.	Any variety will do, but be sure to eat the skin, where a lot of the goodies are stored.	A few a week, especially on intense training or skiing days, when your body will use up the starchy carbs quickly.	One large potato serves up a third of your daily vitamin C needs.

getting & staying **FIT**

STRETCH for strong, flexible muscles & joints

Stretch slowly, and never do any exercise that causes pain.

Excerpted from skinet.com



Knee Twist

Lie on your back with your knees bent. While trying to keep your lower back flat, slowly let both knees fall together toward the floor. Hold for ten seconds, then go back to start position with knees up. Repeat other side. Repeat the exercise ten times.



Leg Raises

Lie on side as shown with right leg bent and left leg straight. Slowly raise left leg upward. Hold for 5 seconds. Repeat 10 times before switching legs.



Bridge with Ball

Lie on floor with heels on ball. Keeping abs tightened and glutes squeezed, slowly lift your hips off the floor until shoulders, hips and feet are in a straight line (don't arch back). Hold position 5 seconds and lower while maintaining ab and glute contraction. Repeat 10 times.



Arm Triceps Stretch

Position hands behind head as shown. Grasp right elbow with left hand and pull toward the left slightly to feel a stretch in the right tricep. Hold for 5 seconds, and then repeat with other arm.



Hamstring Stretch

Place a belt or rope around the arch of your foot. Straighten your leg. Slowly begin to pull your leg to a straight up position. Depending upon your flexibility, having your leg point straight up may be a realistic goal. For those who have good flexibility, you may be able to go past vertical during your stretch. Repeat 10 times.



Standing Rotation

If you want to get back in shape for rotational sports like skiing, tennis and golf, you need rotational stretches. Hold a racquet, golf club or broom across your shoulders as shown. Without moving your feet, slowly rotate your shoulders to the left, then back to the right. Also do this stretch for 5 minutes before playing to reduce risk of strain.

SKI CAMPS for women

BUILD upon skiing skills & confidence



Allison Gannett's Rippin Chix Steep Camps

Allison Gannett has won freeskiing competitions, skied for TGR and Warren Miller, built straw homes, founded Save Our Snow, and worked with Al Gore on climate solutions—to name a few of her accomplishments. This winter, she is once again offering multiple freeskiing camps: Silverton and Aspen Highlands in Colorado, Wintergreen, Virginia, and a media camp at Alta, Utah. All sessions are two days for \$350 and include lift tickets and video and photography analysis. For dates and more information visit [Rippin Chix Steep Camps](#).



Alta Camps

Three days of coaching and four nights of lodging, breakfasts, lunches, and dinners are covered during the sessions offered on January 20-24 and March 31-April 4 at Alta, Utah. Instructors hail from Alta's famous Alf Engen Ski School and participants stay at the quaint Alta Lodge. Ski demos and yoga classes are also integrated into the single occupancy rate of \$2,620. Women of intermediate ability can meet the Alf Engen Ski School director Dave "Hoopa" Robinson, check out the Alta Lodge Sitzmark Bar, and enjoy Alta's 500-inch seasonal snowfall average. For photos, registration, and information visit the [Alta Lodge website](#).



North Cascades Mountain Guides Camp

A backcountry specific clinic, the North Cascades Mountain Guides Women's AT Clinic features three days of instruction from January 6-9 during the middle of this winter's La Nina cycle. The first day at Loup Loup ski area on the eastside of Washington's Cascades focuses on ski technique, the second takes place in the classroom and outside practicing avalanche rescue, and the third spent touring in the North Cascades near Mazama, Washington. Space is limited to twelve women and \$850 pays for three nights of lodging at Mazama Country Inn, meals, a lift ticket at Loup Loup, and free demos. Go to the [North Cascades Mountain Guides](#).



Snowbird Camps

Offering sessions January 14-17 and March 6-10, the Snowbird camps are ideal for intermediate women skiers. Ranging from \$400 to \$2,000—depending on camp dates and the option to stay at Snowbird's Cliff Lodge—the sessions include on-hill training and off-hill video analysis. The optional all-inclusive Cliff Lodge packages consist of lift tickets, breakfasts, lunches, and spa privileges. Each camp begins on the first date with an evening reception, so participants can meet the coaches and other skiers. And in Little Cottonwood Canyon the snow is almost guaranteed to exceed expectations. Call the Snowbird Mountain School (801-933-2174) or visit their [website](#).



Squaw Camp

Available for intermediate to expert women skiers ages 13 and older, pro skiers Ingrid Backstrom, Jessica Sobolowski-Quinn, and Michelle Parker will coach their women's freeskiing camp on January 8-9 this winter at Squaw Valley. The \$395 cost does not include lift tickets, but campers receive half hour yoga sessions, breakfast, lunch, video, and a gift bag, plus the chance to hang out with freeskiing's top female athletes. To reserve the last spots available visit Squaw's [website](#) or call (530) 412-1031 with questions.

SKI WAXING an introduction

A regular coating of wax makes your skis last longer, go faster and turn more easily.

Here is an introduction to waxing your skis, especially useful for those of you who have storage wax on your skis.

You need to have the proper tools, a proper work area, and the time and energy to do the work!

Place ski on ski holding device (ski vise), with brakes disabled; either removed or banded up so they are out of your way.

With your plastic scraper, scrape off all the old storage wax or wax or if you did not put storage wax on your skis before storing them over the summer, all the old junk and dirt that is left on the ski. Scrape till clean and smooth.

Use your wire brush (steel or brass or third choice combo brush (brass/nylon), and brush the base firmly from tip to tail. Wipe off the excess wax dust with Fibertex or some sort of lint free material. Be sure to clean the bristles of the brush as well. Run the brush across the edge of the table to knock off all the excess wax.



Begin the waxing process by using a good base wax, such as an all temperature wax, to begin your base layer. Melt a bead of wax the entire length of the ski and then smooth it out by running the wax iron back and forth across the ski. It does not matter if you go tip to tail or visa versa. Make sure the wax is liquefied on the base.

Place your hand underneath the ski, which would be the actual top of the ski, to check that the surface is not too hot. It should be only warm to the touch.

Tip: to see if the wax iron is the proper temperature, wait till the wax iron is at temperature and then, with the wax iron upside down, rub a little wax on the surface. If the wax smokes, the wax iron is to hot and needs to be turned down. If the wax does not readily melt, then turn the heat up.

Take your plastic scraper and scrape the ski clean, and use the side edge to scrape the excess wax off the metal edges of the ski. Scrape the ski from tip to tail.



Brush the ski with your brass or combo brush from tip to tail.

Wipe off any residue with your Fibertex.

Brush again with your nylon brush and wipe off residue.

Repeat this twice over a two week period to prepare your ski for your daily wax.

Repeat process to the other ski. Protect your hard work by placing wax paper between the tip and tail and wait for it to snow. ♦

Grab a Slam before the slopes.

Hit Denny's before you hit the slopes and get **50% OFF** SNOW VALLEY LIFT TICKETS with any entrée purchase. While you're here, warm up with our two new diner coffee roasts.

SNOW VALLEY MOUNTAIN RESORT & CALIFORNIA

Denny's

America's diner is always open.

© 2012 DFO, LLC. Valid at participating Southern California area Denny's restaurants only. Selection and prices may vary. Offer ends 2.28.13



TIMBERLINE LODGE turns 75

Build entirely by the craftsmanship of 400 artisans during the Depression.
Visit <http://pacificrimalliance.org/history.html> for more ski history.

Declared a National Historic Landmark in 1977, Timberline Lodge is one of Oregon's most popular tourist attractions, drawing nearly two million visitors every year. Considered an architectural wonder, it's still being used for its original intent—a magnificent ski lodge and mountain retreat for all to enjoy.

1929 The Great Depression

The Pacific Northwest suffered economic catastrophe like the rest of the country. Thousands of Oregonians lost their jobs, homes, businesses and savings.

1935 The WPA is Established

As part of the New Deal President Franklin Delano Roosevelt established the Works Progress Administration (WPA) and funded the majority of Timberline's construction. This funding was the catalyst that started the creation of a ski lodge originally envisioned by several groups including Jack Meier of the Mt. Hood Development Association, and Francis E. "Scotty" Williamson Jr. of the USFS.

1936 Building the Lodge

Once the ground was clear of snow construction of the lodge proceeded and was completed in 15 months—a remarkable achievement. The lodge

was primarily built by hand using native materials collected on site and from around the region.

1937 FDR Dedication

On the morning of September 28, 1937, the President, the First Lady, and an entourage of ninety arrived at the lodge to be greeted by an assemblage of twelve hundred—it was a monumental event for a monumental effort.

1939 The Magic Mile Is Opened

The original Magic Mile Chairlift is the first chairlift in Oregon and the second chairlift in North America, ushering in a golden era of skiing on Mt. Hood. The lift ascended to its top terminal building at 7,000', that has since been converted into the now historic Silcox Hut.

1942 Closure during World War II

Timberline Lodge was closed during WWII as the country braced for difficult times.

1951 Skiway Aerial Tram Opens

America's second aerial passenger tram carried skiers and sightseers between Government Camp and Timberline from 1951 to 1953. The ride to the lodge averaged 20-30 minutes and often broke down—rendering it obsolete after a few short years.

TIMBERLINE LODGE: A Love Story, Diamond Jubilee Edition

by Jon Tullis



This book celebrates the Lodge and the people who cared enough to build and then preserve the house that Oregon built on Mount Hood. This edition is an updated version of the regional best seller originally released in 1987 with updated material. ♦

1955 Lodge Shuts Down Again!

The lodge was shut down on February 17, 1955 by the USFS due to mismanagement and failure by its management company to pay its bills. Gambling and prostitution had found their way into the lodge just before the closure.

1955 Timberline Re-Opens

The Lodge Re-Opened on July 1, 1955. During the following years, alpine skiing would find a new popularity in America. Oregonians rallied behind R.L.K. and his future vision for the lodge. For the first time in its history, Timberline would soon become a financially stable operation with a strong future outlook. ♦



Mt. Hood and Timberline Lodge in 1943.

ski LEGACY skiing HERITAGE week

A Celebration of the 50th Anniversary of Vail, April 8-14, 2013.



During the week of April 8–15, 2013, the International Skiing History Association (ISHA) will visit one of America's Premier Mountain Resorts: Vail.

This once-in-a-lifetime gathering will be full of skiing, parties, entertainment, reunions with old and new friends, snowboarding, film showings, etc.

There will also be a number of special events and activities taking place throughout the week as part of International Skiing History Association's annual gathering including ISHA's Award Banquet.

The week will also be the site of the 3rd Annual Ishpeming International Film Festival of classic ski films. The week's highlight will be The Hall of Fame's Annual Induction Ceremony, on Saturday evening, April 14, 2013, which will also include a special tribute to the "Pioneers of Professional Ski Racing".

Vail Marriot Mountain Resort has an unbelievable rate of \$137 per room per night. To book a room call 800-648-0720 and mention you're with ISHA/Ski Hall of Fame.

There are three levels of participation:

1. "All-Access" pass costs \$350 and gets you admission to the various receptions, film showings and the U.S. Ski & Snowboard Hall of Fame Induction Ceremony.
2. "Premier All-Access" pass costs \$595 and gets you all of the above plus admission to all ISHA events.
3. The Ski Hall of Fame Induction Ceremony is available for \$300 per person, \$500 per couple, \$2500 per table of ten.

For more information visit <http://www.skihall.com> and click on "Skiing Heritage Week Vail 2013" found in the sidebar on the left. ♦

schedule of EVENTS

Monday, April 8, 2013

Check-in: Registration & Lift Tickets
Welcome Reception

Tuesday, April 9, 2013

Ski / Board Vail / Beaver Creek
Ishpeming Int'l Ski Film Fest Premier Showing
ISHA Movers and Shakers Party

Wednesday, April 10, 2013

Ski / Board Vail / Beaver Creek
ISHA Lunch at The 10th
Ishpeming Int'l Ski Film Fest Premier Showing
Awarding of the Jerry's Film Fest Prizes

Thursday, April 11, 2013

Ski / Board Vail / Beaver Creek
ISHA & Hall Board Meetings
Check-in Pro Ski Racing
Ishpeming Int'l Ski Film Fest Premier Showing
ISHA Beekley Presentation Dinner

Friday, April 12, 2013

Ski / Board Vail / Beaver Creek
Skiing on Mountain Reunion
Pro Racer "On Mountain" Picnic Lunch
Ishpeming Int'l Ski Film Fest Premier Showing
Pioneers of Pro Ski Racing Apres Ski Party
ISHA Awards Banquet

Saturday, April 13, 2013

Ski / Board Vail / Beaver Creek
Pro-Am Benefit Race & Barbecue
US Ski Hall of Fame Induction Ceremony
- with special tribute to Pioneers of pro racing

Sunday, April 14, 2013

Check out / Ski / Home / Rest



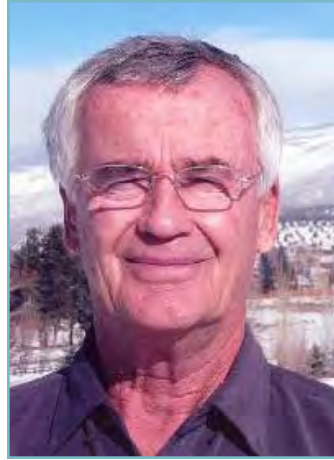
photo courtesy Colorado Ski Museum

Since its founding in 1976, the Colorado Ski & Snowboard Museum has been passionately dedicated to safeguarding the spirit and evolution of snow sports and their contribution to Colorado's history.



Wayne Wong is regarded by many as a living legend. He was the leading and most popular skier of his day when hotdog or freestyle skiing was emerging on the scene. The inventor of the famous "Wong Banger" and a star of countless skiing movies, Wong packaged his fame into being a true ambassador for skiing and continues to this day to convey his passion and enjoyment for the benefit of ski sports across the country. Both SKI and Powder magazines

have named him among the most influential skiers in the 20th century.



Horst Abraham is an Austrian native who rewrote the script for American ski instruction that had a significant impact internationally. Through his work America's ski instructors emerged as world leaders in their field. Starting with the Aspen Ski School and later the technical director for the Vail Ski School, he eventually became the education vice president for the Professional Ski Instructors of America. As the developer of what became known as the

American Teaching Method in 1980, he led the U.S. to become the world leader in snow sports education.



Jeremy Bloom was also a star of freestyle skiing who won two World Cup titles and a World Championship and was one of America's most visible skiing stars in the mid-2000's. In 2003 he won gold in the dual moguls event at the World Championships and a silver in the individual moguls. Two years later he won his third World Championship medal as well as earning the moguls and overall World Cup titles. His six straight wins in World Cup competition

set a record that stood for seven years. Bloom was also a football star at the University of Colorado and played for two years for the NFL's Pittsburgh Steelers.



Craig Kelly is the third snowboarding honoree to be elected to the U.S. Ski and Snowboard Hall of Fame. A winner of four world titles in the early days of the sport, Kelly was one of its most influential pioneers working with Jake Burton Carpenter to open countless ski areas to the sport in the 1980s. He also played a key role during the early years of Burton Snowboards. The holder of an honors degree in chemical engineering, he starred in numerous skiing and snowboarding films over 20 years. The first true professional snowboarder, he was awarded

TransWorld Snowboarding's Lifetime Achievement Award in 2002. He died a year later in an avalanche while seeking to become the first fully certified Canadian Mountain Guide as a snowboarder.



Kirsten Clark started racing at the age of seven, developing her skiing skills at Maine's Sugarloaf Mountain. During her 13 year career on the U.S. Ski Team she won seven U.S. titles and reached the World Cup podium eight times. In 2003 she won a World Championship silver medal in the super G. From 1998 to 2002 she strung together four straight U.S. downhill titles. A three time Olympian, Clark was respected for her

quiet leadership and the high standards she set preparing for competition. Lindsey Vonn said of her, "Clarkie was always someone I looked up to."



Hans Geier was a leading manager and developer of ski areas across the United States for nearly 30 years. From the time he completed Pennsylvania's Ski Round Top in 1971 until his retirement in 1998, he had a large impact on the growth of the sport. Most notably he was the president and CEO of Steamboat Springs resort in Colorado from 1981 to 1990 when he led it through a \$43 million expansion, growing annual skier visits from 360,000

to over a million and putting the resort's finances in the black. In 1994 he was hired as president of Doppelmayr Corporation for North America, a position he held until his retirement in 1998.

KIDS' korner

GOOD STUFF for the kids & grandkids

Preparing children for the slopes.

by Lisa Mercer excerpted from *Livestrong.com*.

Teaching kids to ski is similar to parenting. Few experts agree about the best methods. Children's age, location and training aids discussions often lead to heated debates, but despite these differences of opinion, certain children's teaching methods are consistent.

The Professional Ski Instructors of America have a special children's accreditation program. These instructors must pass an exam that displays their knowledge about child physical and cognitive development, as well as child-specific safety measures and motivational techniques.

Time Frame

While some children learn as early as 2 years old, most ski schools will not accept kids until they've reached age 3 or 4. Instructors prefer to work with



photo courtesy Big White

Be sure your child is ready for skiing.



photo courtesy esp La Pagne

children who are potty trained and are able to keep their balance while walking.

Preschoolers have loose ligaments, which easily leads to fatigue and younger children also have shorter attention spans. Children's balance and attention span improves by age 7 or 8.

Mental Considerations

It is important to be aware of your child's unique psychological makeup. For young children, ski school may be the first time they have ever been away from their parents. Preschoolers who have not attended nursery school or camp may be unaccustomed to socializing with large groups of children.

Children who have never seen snow or who have never experienced gliding and sliding movements may be overwhelmed. Begin with a shorter lesson before arranging for a full day at ski school.

Planning

Many ski areas get bombarded with children during spring break and holidays. Classes during this time frame are often enormous. While expensive, private lessons or family lessons, which teach parents how to ski with their kids, may be a better option.

Images

Instructors use "pizza" or "French fries" to

help children visualize what they should be doing. Pizza refers to the wedge position, and French fries refer to parallel skiing. Children respond better to these images than they do to technical explanations of the snow plow and parallel skiing.

Instructors use a group exercise called the eraser to teach turning. The instructor descends the slope, imagining that they are drawing lines in the snow with a pencil between their toes. The next skier follows, imagining that he has erasers on skis, which erases the line. This is an effective way to teach turn shape.



Preparation

Prepare your kids for a day at the slopes.

- The stork stand involves balancing on one foot for 10 seconds at a time.
- The foot-to-foot is a hopping exercise, which teaches kids ski-specific weight transference.
- Side-by-side drill teaches kids how to side step up a hill. ♦

Ski Areas Win Water Fight With Forest Service

A federal district court in Colorado has struck down a U.S. Forest Service water policy that would have required resorts to transfer ownership of valuable water rights to the U.S. government without compensation.

“Given how critical and valuable water is to ski area operations, we are pleased that the court has stopped this unreasonable and unlawful policy in its tracks,” said Michael Berry, president of the National Ski Areas Association. “We look forward to working in cooperation with the Forest Service to develop a water policy in the future that respects property rights and state water law.”

The court’s decision affects 121 ski areas operating on National Forest System lands in 13 states. The ruling will remove the controversial water requirement from ski area permits that were renewed in 2011 and 2012 and preclude the Forest Service from including the requirement in future ski area permits. As a result, ski areas to continue to own and control their water for crucial ski area operations and guest services.

NSAA sued the U.S. Forest Service in federal court in January 2012, claiming that the water clause and underlying policy violated the Administrative Procedures Act (APA), the National Forest Management Act (NFMA) and the Regulatory Flexibility Act (RFA). The court agreed on all three of these claims.

A number of parties filed amicus briefs siding with the ski industry, including the Colorado River Water Conservation Board, the Ute Water Conservancy District, the Eagle River Water and Sanitation District and Upper Eagle Regional Water Authority. ♦



wanna **RACE?**

If you'd like to test your skills in a race course, as a member of Pac Rim you can race in League, Council and Far West sponsored races. **More information is available at fwra.com.** These dates are tentative and subject to change. *Rokka & Ullr are LAC leagues, SDAL is a San Diego League.*

December 15, 2012 (Sat)	Rokka 1 & Ullr 1 (GS) & SDAL 1	Mammoth
January 7-11, 2013 (M-F)	Rokka Ski/Board Race Camp	Mammoth
January 12, 2013(Sat)	Rokka 2 & Ullr 2 (SL) & SDAL 2	Mammoth
February 6, 2013 (Wed)	SDAL 3 (GS)	Aspen
February 23, 2013 (Sat)	Rokka 3 & Ullr 3 + SDAL 4 (GS)	Mammoth
March 23, 2013 (Sat)	SoCals (GS)	Mammoth
March 24, 2013(Sun)	SoCals (SL)	Mammoth
April 5, 2013 (Fri)	FWRA Championships (pacesetters)	Alpine Meadows
April 6, 2013 (Sat)	FWRA Championships (SL)	Alpine Meadows
April 7, 2013 (Sun)	FWRA Championships (GS)	Alpine Meadows



FUN STUFF to do



Join Pacific Rim
Bike Mission Bay
 Fridays at 10 AM
 December 27, 2012 Feb 15, 2013
 January 18, 2013 March 22, 2013

Meet in the Parking Lot just East of the Bahia Hotel, 998 West Mission Bay Dr.

About the Ride

- Easy 20 miles around the bay!
- Can add 3 or 5 miles by taking the short or long way around Fiesta Island.
- The 260-foot \$2.9 Million Rose Creek bridge is now open!
- Bring water, helmet, sunscreen, extra tube and money for lunch.

fun FREE stuff to do in San Diego

Art & Museums

Balboa Park, San Diego's most famous park, is home to both architecturally stunning buildings and landscaped gardens. Entry is free, but most park museums have set admission prices. There are also free guided tours of Balboa Park leaving from the Visitors Center throughout the week. The famous Botanical Building and almost all the gardens require no fee—so stop by to smell the roses.

Visit the **Hotel Del Coronado**, which was built in 1888 on the oceanfront. Known as "the Del" to locals, it is where the 1950s classic *Some Like it Hot* was filmed. Non-hotel guests can stroll around this National Historic Landmark and learn about its history. After, amble

around the streets of cozy downtown Coronado or grab your boogie board and head down to the Beach.



photo by Catherine Ohl

See over 4,000 works of art created after 1950 at the **Museum of Contemporary Art** in downtown San Diego. The museum has expanded to the historic Jacobs Building, which was previously home to the Santa Fe Depot baggage building. Free admission daily for anyone 25 and under. Free for all

visitors the third Thursday of every month from 5 to 7 p.m.

A historic 1800s stagecoach greets visitors outside the **Wells Fargo Museum**. Located within the Colorado House (originally a hotel) in the **Old Town San Diego State Historic Park**. This museum is home to one of 30 original Concord coaches shipped to Wells Fargo in 1867 and also to two authentic telegraph machines. Admission is always free.

Stop by the **Seeley Stable Museum**, a replica of the Yuma/San Diego stage stop that burned down—along with the rest of Old Town—in the fire of 1872. It has a wide collection of vintage transportation vehicles on display. Open 10 a.m. to 5 p.m. daily; Free admission. ♦

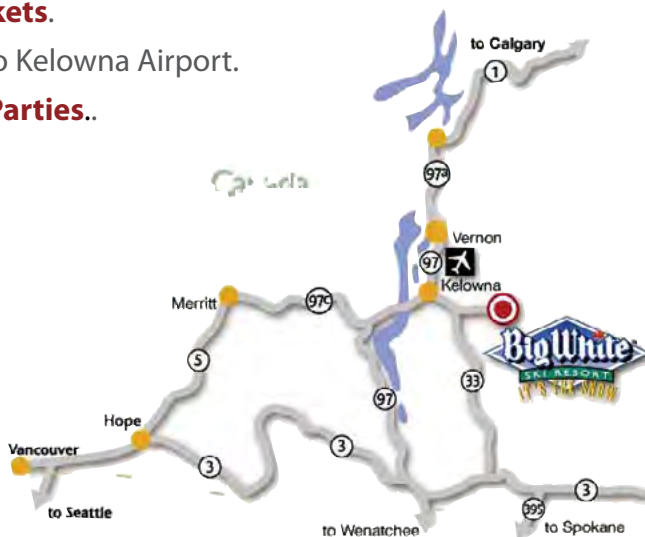


photo courtesy Big White

Big White April 6-13, 2013 & December 7-14, 2013

Basic Package \$699 per person dbl occ *

- Seven nights **Lodging** at The White Crystal Inn or Inn at Big White
 - Ski in / Ski out, located in the Village Center.
 - Superior Room with 2 Queen Beds.
 - Rooms have Mini-fridge
 - On-site Restaurant open Breakfast, Lunch, Dinner.
 - Hot Tub & Sauna, Ski Storage.
 - Includes HST and Bed Taxes.
- Six days **Lift Tickets**.
- **Transfer** from/to Kelowna Airport.
- Daily Après Ski **Parties**..



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.
- The Best Ever Powder Skiing.



NOT Included—

- Air** to/from the Resort
 - Air Canada, West Jet, Alaska fly to Kelowna. West Jet & United offers non-stop flights.

Payment due NOW—

- Pacific Rim Alliance**
10818 Viacha Dr.
San Diego, CA 92124
- Cancellation policy will apply

For Information—

- Gene Fulkerson**
gene@PacificRimAlliance.org
858-467-9469



Far West Ski Association

81st Annual Convention

Mountain Magic Moments

June 6-9, 2013

Grand Sierra Resort & Casino



2500 East 2nd Street Reno, NV 89595
(775) 789-2129 (reservations)
www.grandsierraresort.com

hosted by Bay Area Snow Sports Council

"The Voice of the Western Skier"



Grand Sierra Resort & Casino

Reservations call 800-648-5080 or 775-789-2129

Group Name Far West Ski Association 2013

Online <https://resweb.passkey.com/go/FarWestSki>

Room Rates per night plus tax single or double occupancy

Grand Sierra Room **\$79**

Summit Grand II Upgrade **\$104**

RV Spots at Grand Sierra: call 800-648-5080 or 775-789-2129

Hotel Features

- 11 Restaurants, 5 Bars & Lounges, Casino, Beach/Pool, Spa/Health Club, Movie Theater, Bowling, Miniature Golf
- NO Resort Fees, FREE In-room Wi-Fi, FREE Parking
- Rates available 3 days pre and post Convention
- FREE TRANSFER from Reno International Airport
- Room block release date is May 10, 2013

Convention Highlights

- Silent Auction
- Travel Expo
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panel
- Saturday Awards Luncheon
- Celebrity Multi-Media Presentation
- Saturday Awards Dinner
- Far West General Meeting & Elections

Optional Activities

- Pub Crawl
- Michael German Golf Tournament
- Reno Run White Water Rafting
- Tahoe Rim Trail Hike
- Grand Sierra Spa Day
- Grand Sierra Resort Fun
- Beach Party

Information www.fwsa.org

• Jane Wyckoff

FWSA Convention Chair
janewyckoff1@cox.net or 949-933-9607

• Mary Olhausen

Silent Auction/Travel Expo Chair
omary52@comcast.net or 503-880-7383

• Linda Indreboe

BAC Host Council Convention Coordinator
bac.publicaffairs@skibac.org or 408-248-8426

Membership Application

ALL Pacific Rim Alliance attendees must be a member to participate in one of our trips. Our membership year is from July 1, 2012 through June 30, 2013.

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

Pacific Rim Alliance
10818 Viacha Dr., San Diego, CA 92124

Name [1]: _____ **Name [2]:** _____

Home Addr: _____

City: _____ **State:** _____ **Zip:** _____

E-Mail Addr [1]: _____

E-Mail Addr [2]: _____

Cell [1]: _____ **Cell [2]:** _____

Home: _____ **Work [1]:** _____

Birthdate [1]: _____ **Birthdate [2]:** _____

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.

Photographs of members participating in club activities are routinely included in a newsletter or on our web site or facebook which is distributed to the membership and other interested parties and is made available to the general public. Signature is required below to agree to this and to the terms of the Release of Liability to the right.

 Signature [1] Date

 Signature [2] Date

Release Of Liability, Waiver Of Claims, Express Assumption of Risk and Indemnity Agreement

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, disability, death, loss or damage to person or property that may occur as a result of my engaging in the above activities.

I HEREBY RELEASE AND HOLD HARMLESS [releases Pacific Rim Alliance] WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE.

I hereby release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise.

MEMBERSHIP has its BENEFITS

The National Ski Council Federation has discount 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. They have a great pair of carbon ski poles for a mere \$30 with all their member association logos. Such a deal.

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**



COMMUNITY center giving BACK

There are so many ways to get involved and it's so easy to do.

Can Do MS

For the past 12 years Pacific Rim has hosted a wine maker dinner for **Can Do**



MS. Each dinner typically raises around \$2,500. 100% of the proceeds go to the Center. We collect donations year round whether you attend the dinner or not.

Can Do MS [formerly Heuga Center for MS]
IRS 501(c)(3) Number 74-2337853
www.mscando.org • 970.926.1290

Our next dinner will be September 28, 2013. For more information contact

Gene Fulkerson, VP Travel
gene@pacificrimalliance.org
858-467-9469

Recycle Program

Pacific Rim recycles cans, bottles and glass at all our events. Each quarter we donate the proceeds to a charity.



This quarter's donation goes to **Wounded Warrior Project.** To donate visit <https://support.woundedwarriorproject.org/>.

Wounded Warrior Project serves veterans and service members who incurred a physical or mental injury, illness, or wound, co-incident to their military service on or after September 11, 2001 and their families.



photo courtesy usarc.org

Today, most ski areas offer alpine skiing instruction for adults and children with disabilities. Consider volunteering or make a donation at your favorite resort.

USARC Ski-A-Thon

The U.S. Adaptive Recreation Center hosts its annual ski-a-thon winter fundraiser.

The USARC is a nonprofit organization stationed at Bear Mountain teaching skiing and snowboarding to improve the quality of life for children and adults with disabilities.



The ski-a-thon fundraiser is a fun day of skiing and riding, food and festivities, music and merriment. Participants receive:

- Full-day ticket to Bear Mountain (with line cutting privileges!)
- Goodie bag
- 100% cotton Skiathon T-shirt
- Lunch
- Après-ski party with refreshments, hors-d'oeuvres, raffle ticket(s), auction and entertainment.

When Saturday, March 2, 2013
Where Bear Mountain Resort
Cost \$150 Individual or \$500 Teams of Four

<http://www.firstgiving.com/usarc/skiathon2013>.

Support The Unrecables

[Re-] Register your Ralphs Card

The Unrecables Ski Club is a non-profit, volunteer-based organization,



servicing the recreational needs of people with disabilities. They promote adaptive sports, and encourage people with disabilities to participate in sports, recreational, and social activities in their communities. The club is a member of the LA Council of Ski Clubs.

[Re]registering your Ralphs Card is easy.

- Log in to www.ralphs.com.
- Click on **Community Contribution**.
- Click on **Participant**.
- Follow the easy steps to enroll. **Their NPO# is 80831.** Be sure to complete all information.
- Set back and watch your grocery shopping save you money and at the same time earn revenue for The Unrecables.

To volunteer visit unrecables.org or email info@unrecables.org. ♦

TRIPS sign up pacific rim 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 _____

Cell Phone _____ Home Phone _____ e-mail _____

Deposit Due:

- Final payment per person FWSA **Snowmass**, CO, February 2–9, 2013
- Final payment per person **Big White**, Canada, April 6–13, 2013
- \$200 per person FWSA **Beaver Creek**, CO, Jan 25 – Feb 1, 2014
- \$200 per person **Big White**, Canada, December 8–15, 2013
- \$300 per person **Italy / France**, March 2014 [tentative]
- \$400 per person **New Zealand & Tasmania**, August 2014 [tentative]

CONTACT Information

Gene Fulkerson, VP Travel
gene@pacificrimalliance.org
858-467-9469

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

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

late breaking NEWS

SkiLink is the proposed gondola that would connect Canyons and Solitude Mountain Resorts in only 11 minutes and significantly enhance the amazing skiing and snowboarding experience the resorts offer. The gondola would be the first of its kind in the United States and give Utah a competitive advantage.

In November, four members of Utah's Congressional delegation introduced the Wasatch Range Recreation Access Enhancement Act, as the proposal is formally known. The legislation is necessary for SkiLink to even be considered by local jurisdictions.

This is just the first step on a path of public approvals, studies, and local jurisdictional review necessary in order for **SkiLink** to become a reality. ◆



Ski with Pride • Watch all Sides • Let it Ride First with Safety Awareness



Contact Information

Board of Directors

Associate Member National Ski Areas Association

Catherine Ohl, President
ohl@acatmeowz.com
858.467.9469

Gene Fulkerson, VP Travel
gene@PacificRimAlliance.org
858.467.9469

Fay Mumbauer, Director
fay@PacificRimAlliance.org

Patricia Ortiz, Accounting
patricia@PacificRimAlliance.org

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.

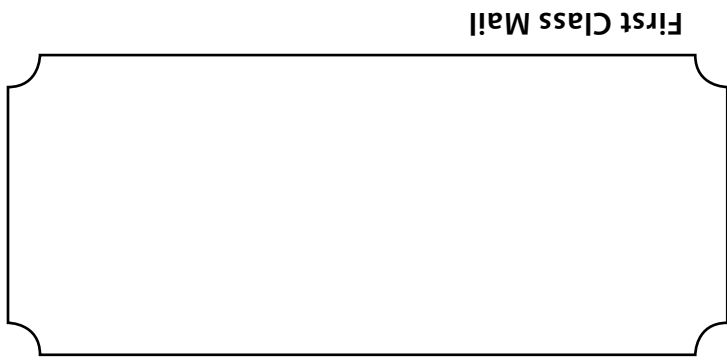
Surplus moneys above requirements for deposits for future trips will be donated to non-profit organizations devoted

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.

The Alliance is a member of San Diego Council of Ski Clubs (SDCSC), Los Angeles Council of Ski Clubs (LAC), Far West Ski Association (FWSA) and National Ski Council Federation (NSCF).



Visit us on Facebook



Biking
One Friday a Month, 10 AM
Bahia Bell Public Parking
998 West Mission Bay Drive
San Diego
Contact Gene Fulkerson at 858-467-9569 or gene@pacificrimalliance.org

Pacific Rim Alliance
Catherine Ohl, Newsletter Editor
10818 Viacha Dr.
San Diego, CA 92124-3241