



SKI CLUB NEWS

PUBLISHED FOR THE MEMBERS OF THE MT. MANSFIELD SKI CLUB

VOL. 32 NO. 4

NOVEMBER 1967

STOWE, VERMONT

SNOW JOB AT SPRUCE

Story On Page 3





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Letters To The Editor

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 Contributing Editor Lanou Hudson
 Contributing Editor Charles H. Daly

Mt. Mansfield Ski Club

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 2nd Vice President Charles Black
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Charles Buik	Arthur Goodrich
Lanou Hudson	Henry Simoneau
Frank Springer-Miller	J. Bishop McGill, M.D.
John Flint	Gale Shaw, Jr.

COMMITTEES

BUDGET AND FINANCE - Sepp Ruschp, Gale Shaw, Jr., John Flint and Peter Dresser. EXECUTIVE - John Flint, William Harrington, Sepp Ruschp, Gale Shaw, Jr. and George Thompson. TRIP FLIGHT - Charles Black, Peter Dresser and Dawn Hazelett. TROPHY - Gale Shaw, Jr. RACE - Henry Simoneau. MEMBERSHIP - Frank Springer-Miller. JUNIOR SKIING - Charles Buik. SKI PATROL - Lanou Hudson. ENTERTAINMENT - George Thompson. RACE TIMING - Dawn Hazelett. NOMINATING - Arthur Goodrich.

President's Message

BY BILL HARRINGTON

The Mt. Mansfield Ski Club will hold its annual fall meeting Saturday, November 25th. The new snow making equipment should be in operation on Little Spruce with weather permitting and this will give our members a chance to see the snowmaker along with enjoying some early season skiing. The Mt. Mansfield Company has been working all summer installing the equipment and I, for one, never realized just what a huge project this really is.

We have been busy preparing for the meeting because it is our feeling that with the snowmaker and the date that has been chosen for the get together we certainly can anticipate a record turn out. The business meeting will be held before the cocktail hour, then dinner.

Music will be provided for those who wish to dance later.

The ski club directors feel this coming year will be a very busy one for our secretary, Paul Biedermann and his staff. With a guarantee of excellent snow conditions on Little Spruce, our ski season will start earlier and finish much later in the spring. The membership should increase considerably and we are preparing for a banner season.

Please make every effort to attend our Fall meeting-dinner-dance and a special effort to attend the business meeting because this is where we have the opportunity to discuss with you all our program activities. Plan to come early and stay late!

I would like to take this opportunity to thank you and the members of the Mt. Mansfield Ski Club for your most generous donation of \$2000.

The continued support of the Mt. Mansfield Ski Club is most pleasing to those of us who are struggling to see the U.S. Ski Team Program reach ultimate success.

I hope that it is possible to convey my sincere thanks to the members of the Mt. Mansfield Ski Club since year in and year out we seem to enjoy continued support from them.

Again, many thanks.

Bob Beattie
 Head Alpine Coach

This is to express my personal appreciation for the wonderful assistance and for the great sacrifice that you rendered in assisting the search party in recovering the body of your friend, Mr. Sachs.

I have attempted to publicly credit the many individuals involved in the search but I am sure that I have been unable to list all of the persons who rendered assistance. It was unfortunate that Mr. Sachs died in the manner that he did, but your unselfish sacrifice in aiding the effort certainly erases some of the sadness surrounding the fatal crash.

If this office or any of the members of the departments involved can ever be of assistance to you in any situation in which we have any control, please feel free to contact us and we will render whatever help we can.

I can assure you that as a member of the second day of the expedition that without your assistance which was rendered on the third day, the recovery of the body would have been prolonged.

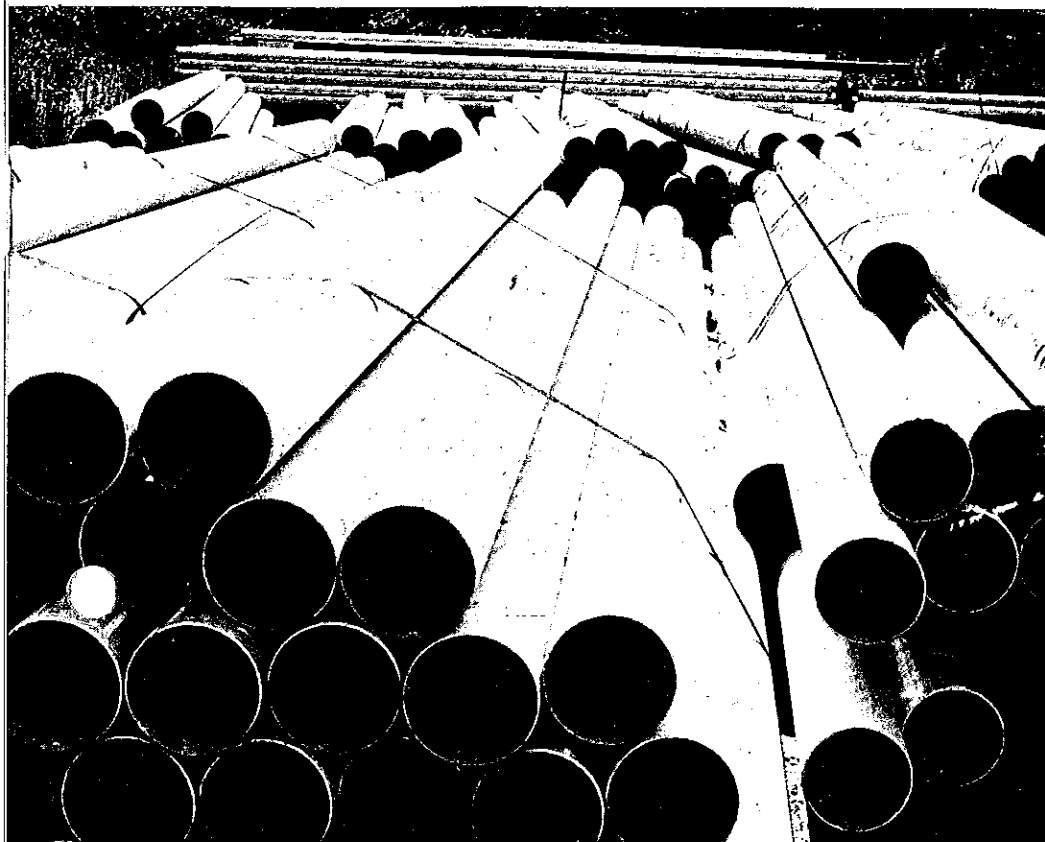
Your organization should be justly proud of the volunteers who participated in this effort.

Joseph C. Palmisano

Washington County State's Attorney

(Editor's note: We were all saddened by the untimely death of Herbie Sachs when his light plane crashed near Sugarbush on August 26. A mountain rescue team, consisting mostly of Mt. Mansfield Ski Patrolmen brought his body down from the top of 4052 ft. Mt. Abraham. Sachs himself had been a former member of the Mt. Mansfield Patrol as well as a ski club member for many years.)

"SNOW JOB" USES 6 MILES OF PIPE



The most modern snowmaking equipment will be in operation on the slopes of Spruce Peak at Stowe this winter. The snowmaking installation is the first phase of a two year, \$1.5 million improvement program at the Ski Capital of the East. A four-passenger gondola lift and new trails on Mt. Mansfield will be in operation for the 1968-69 ski season.

More than six miles of steel pipe have been buried on the open slopes at the base of Spruce Peak, one of the most popular areas in the vast Mt. Mansfield skiing complex. 700 gallons of water per minute will be pumped from the spring fed mountain stream that flows from the slopes of Mt. Mansfield and Spruce Peak, to create the man-made snow cover. In the compressor building, constructed this summer at the Spruce Peak parking area, four electrically powered 1100 CFM air compressors and two 150 horsepower pumps boost the air and water 3000 feet to the top of the slopes, a vertical rise of 500 feet.

25 Larchmont snow-making guns mix the air and water in a sub-freezing atmosphere to create the artificial snow. Larchmont snow-making engineers estimate that with ideal temperatures and weather conditions it will be possible to cover the 30 acres of slopes and trails with 4-5 inches of snow overnight.

The double chair and T-Bar lifts will service the area for novice, intermediate and advanced skiing. An unloading ramp has been installed on the 4000 foot double chair lift allowing early season skiers to get off the lift at the top of the slopes.

The average temperature for November and December is well below the freezing mark and snowmaking is scheduled to begin in mid-November with sports shops, and restaurant facilities in Spruce House opened by December first.

"We will make snow whenever possible," commented Sepp Ruschp, President and General manager of the Mt. Mansfield Company. "This major snow-making installation will guarantee good conditions for the Christmas and holiday periods and during the special ski weeks throughout the winter season."

U.S. SKI TEAM CONTRIBUTORS (CONT.)

Joseph Radding
John Selvage
Benjamin B. DuPont
K. Fred Netter
Richard L. Stanley
Thomas Miller
John H. Hall, Jr.
Harold Lawson, Jr.
Lanou Hudson

Instant Snow Reports Now Toll Free From Stowe

A new concept in reporting the latest snow and ski conditions will be in effect throughout the northeastern U.S. for skiers desiring the up-to-the-minute information on the ski conditions at Stowe. The Mt. Mansfield Company will maintain a toll-free service from any telephone in eleven states (except Vermont) directly to Stowe. Multiple lines of the wide area telephone service will connect every call with the ski area made to a special long distance number. The calling party need only make a regular long distance call to 800-451-4161 free of charge. Telephone operators are required to ask for the calling number for company records, but no charge will be made to the caller for the service. The ski report will be up-dated as conditions change throughout the day.

The direct phone service is primarily for late snow conditions and a concise report of the weather, the forecast and an evaluation of conditions will make up the report. Special information on events and activities will be included when appropriate. Reservations and general area information will continue to be available through the Stowe Area Association office with a regular long distance call to Stowe.

The eleven states include: Maine, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, Pennsylvania, New Jersey, Maryland, Delaware, The District of Columbia and the northern portion of Ohio, served by area codes 216 and 419. The Stowe snow report will also be available through the Ellis ski information center 24 hours daily, with local numbers in 12 major eastern cities.

Junior Happenings

by Chuck Buik

Most of our members associate our junior racers with the winter season at Stowe, and the hours of training at Spruce Peak. For some of them, however, there are 12 months of skiing and hard work.

This summer Erica (Ricky) Skinger and Louise (Weezy) Sparks trained with the National Squad at Bend, Oregon. Ricky was chosen as U.S. "Hopeful" and spent the remainder of the summer in Chile with the U.S. Olympic team and one of her letters is being reproduced below. Ricky turned in an outstanding fourth in the Kandahar in Chile, beating all of the U.S. Olympic team members. As of now, she is in Boulder, Colorado, with Chuck Ferries and six other "Hopefuls" and will have dry land training through November and then will go on to Aspen for some more on-snow workouts. Plans also call for this group to go to Europe

JR. TEAM TRYOUTS

This year the Junior Race Squads will be based on the selection of the top 15 boys and girls in the two age groups with groups III and IV (ages 13 and under) having one team and groups I AND II (14-18) having one team.

At the start of the season we will start by sending "invitations" to the juniors based on their past performance within the program. Additional try-outs for the squad will be based on applications as follows:

(a) Groups III and IV (ages 9 -13)---

Letters of application should be sent to the Chairman, Junior Race Committee, Mt. Mansfield Ski Club, and should include name, age, birth date, and any experience in racing. This age group need not have had prior racing experience, but must be proficient in skiing and be a member of the Mt. Mansfield Ski Club. Notices for try-outs for this group will be by letter to applicants.

(b) Groups I and II (ages 14-18) - - -

Letter of application should be sent as above, but must include past performance records from U.S.E.A.S.A Races with a Race classification. Based on these letters, invitations will be sent for try-outs.

Final try-outs for both teams will be held in December for all juniors, including those members of last year's squad.

in late December for some of the bigger races.

For the other juniors, it was apparently a busy summer with many of the older boys and girls working at lodges, farms, and factories.

The summer get-together was held at Malletts Bay and the day was almost good for skiing. We had wind and hail and low temperatures which, however, didn't seem to bother anyone.

This year, with the new snow-making equipment on Spruce, we plan to get "on snow" about Thanksgiving. This will give us the time we need for hard training before the races start in January.

LETTER FROM CHILE

Dear Chuck:

Where does one go when the snow is all gone in the United States? Portillo Chile, of course! I sound like a member of the jet set, but I am only a lucky member of the racing world. This summer I was fortunate enough to be able to train for a month in Chile with the U.S. Olympic squad. I was one of eight non-Olympic girls who shared this privilege. Barbara Cochran was also one of the eight.

Our summer is the Chilian winter, but no one seemed to have told the weatherman. Snow conditions were very poor. This year was reputed to be their poorest season in history.

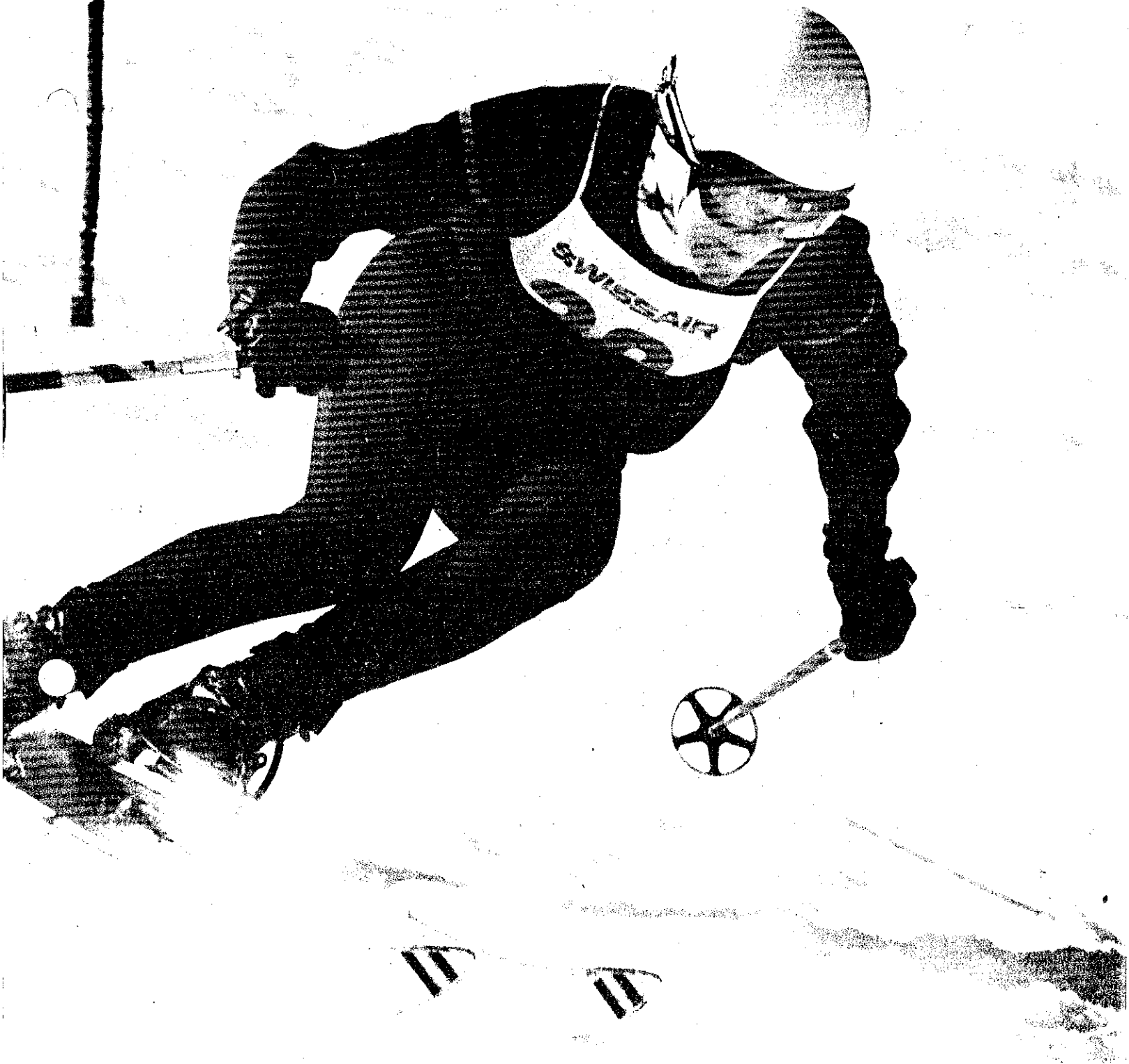
Lack of snow did not hinder our training program, however. We would have skied more downhill if conditions had been better, but the concentrated slalom and giant slalom practice made up for what we missed in downhill. We usually skied three or four hours of slalom or giant slalom in the morning. We had full use of all the lifts and slopes for our training. Our afternoons were spent working on the individual technical points in our skiing. Concentration during free skiing is a great way to improve racing techniques.

We went to one race at Feriones, another Chilian Ski area. It was the Andes Kandahar. There were racers from several countries, but the United States Team claimed the majority of the field. We also did a vast majority of the course preparation. The race was two runs of Giant Slalom. The non-Olympic girls had a good showing at this, our only official

race. We took three out of five medals. Jody Nagel won the race, I was fourth and Kiki Cutter was fifth. Barb Cochran had one very good run also, but she missed a gate. Penny McCoy and Karen Korfanta were second and third.

Besides this one official race, we had our own time trials almost every day at Portillo.

To many of you, this must sound like it adds up to too much skiing for one



year. After all, no one wants a stale Olympic team. This is true and the Coaches, Chuck Ferries and Bob Beattie, realized it. The whole summer training amp was relaxed. We trained hard, but no one frowned on taking the morning off if we were tired of it. Of course, very few of the racers took advantage of this privilege. When a racer looks out his window and sees a slalom course, it takes a lot of effort to stay off the

mountain.

Just being in Chili was a great experience. The drive from Santiago to Portillo is a long one and there is plenty to see. The huge rocky Andes, drops that plunged thousands of feet below the road into a river bed, the shacks of the poor Chilians. The beautiful houses of the rich, the towns, the fields, the people. The people are of Spanish descent and exceptionally beautiful, especially the

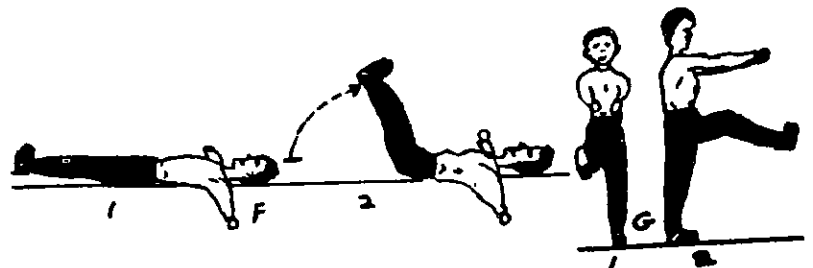
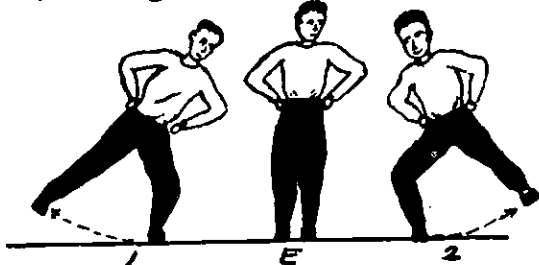
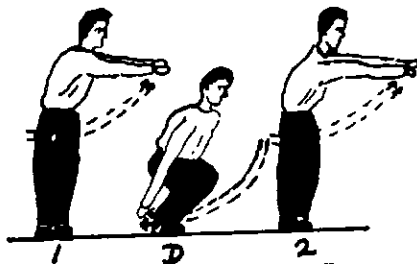
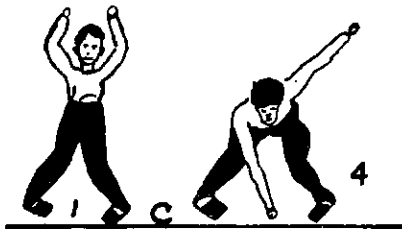
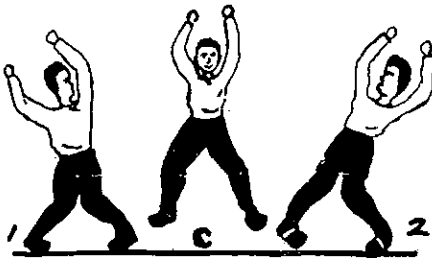
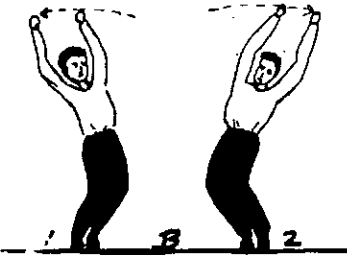
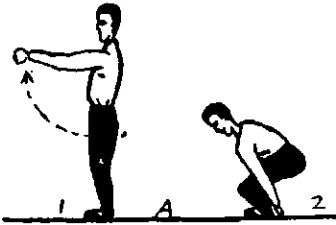
children. Many came to Portillo by train on weekends. Only some skied, but they brought picnics and enjoyed the frozen lake and the sliding. Very few people that I have met can enjoy themselves so totally.

All in all, the trip was very successful; I learned so much about my own skiing and I consider myself much improved. This winter will be the judge.

Ricky Skinger

PRE-SEASON CONDITIONING

Courtesy: Met. N.Y. Ski Patrols



PRE-SEASON CONDITIONING is of great importance. By getting your muscles in shape beforehand, you save just that much time when you get to the snow. Following are exercises useful in preparing for the commoner ski movements.

In all exercises, the knees are kept slightly bent, as required in skiing. The feet are flat on the floor, weight evenly distributed between ball of foot and heel, at all times.

A. Exercises for Knee and Ankle Action (Downhill Position).

1. Swing arms forward, straightening up the body.
2. Swing the arms down and back at the same time going into a deep crouch with supple knee action.
3. Repeat for 20 to 30 times.

B. Exercises for Hip Action in Traversing and Christina Position.

1. Swing the raised arms to the left, shifting the hips and knees to the right, knees slightly bent, body in straight line vertically.
2. Repeat, reversing arm, hip and knee action to the right.
3. Repeat 15 to 25 times.

C. Exercises for Knee and Shoulder Action in Stem Position and Snowplow turn.

Throughout this exercise, legs are spread apart, toes pointing in a little, and the heels are on the floor.

1. From an erect position, swing the raised arms to the left side and back with evenly bent knees.
2. Repeat to the right side.
3. Repeat combined from 10 to 20 times.
4. From same erect position, reach forward with swing of right shoulder, touching right hand to imaginary right ski tip.
5. Repeat to left.
6. Repeat combined from 10 to 20 times.

D. Exercises for Knee and Hip Action in the Christiana Turn.

Throughout this exercise, feet are together and the heels are on the floor. Upper body with raised arms turned to the right.

1. Swing the arms down and back, at the same time going into a deep crouch and back up.
2. Swing the arms back to starting position, at the same time repeating the crouch with supple knee action.
3. Repeat 1 and 2 ten times, then do the exercise ten times with the body turned to the left.

E. Exercises for Knee Action and Balance (Stem Christiana).

Throughout the exercise, hands on hips.

1. Bending the right knee, swing the left leg straight out to the side.
2. Bending the left knee slightly, swing the right leg straight out to the side.
3. Repeat 10 to 20 times, gradually deepening the crouch.

F. Exercises for Stomach Muscles (Jump-Turns and Climbing.)

Lie flat on the floor with the arms spread sideways.

1. Raise both legs together straight up to a right angle.
2. Lower them slowly until a few inches from the floor.
3. Repeat from 5 to 10 times without touching the floor with heels.

G. Exercises for the Kick-Turn.

1. Stand erect arms raised to horizontal position. Raise right leg forward as high as possible, keeping leg straight.

2. Repeat with left.
3. Lift right leg and turn foot out to right in lunge position. Bend knee forward over toe several times. Alternate.

Attention Junior Racers

Age 10 and over

Once again the Mt. Mansfield Ski Club, through the cooperation of the Mt. Mansfield Company, Inc. announces its two-day Race Training Program.

Student should be able to do a good STEM CHRISTY.

JANUARY 6 and 7

Name

Address

Age

I am a member in good standing of the Mt. Mansfield Ski Club. Yes No

I hereby release the Mt. Mansfield Company, Inc., the Mt. Mansfield Ski Club, its members or agents, or any person officially connected with this course, from all liability for any injuries or damages whatsoever arising from my participation or presence at this competition.

Parent or legal Guardian

Student should report to Spruce House by 9:00 A.M. on each day. Please send entries to Paul Biedermann, Secretary, Mt. Mansfield Ski Club, Stowe, Vt. 05672.

NOTICE

OF THE ANNUAL FALL MEETING

AT THE CENTRE

November 25th

6:00 - 7:00 P.M. MEETING

7:00 - 8:00 P.M. COCKTAILS

8:00 P.M. ROAST BEEF DINNER

DANCING TO FOLLOW

In anticipation of a large turnout, the Centre Motor Lodge requests that all reservations be made at least one week prior to the dinner. Preferential service will be given to prior reservations and late comers will have to wait their turn.

For those coming from out of town and desiring accommodations, the Centre will have special room rates available for both the motel and the new deluxe resort apartments.

Please Fill In and Return to

MT. MANSFIELD SKI CLUB

Spruce House, Stowe, Vt. 05672

We will attend Dinner

at \$5.50 per person

No. in Party.....

Signature

Clip Now

This is the last issue of the MMSC News to be sent to members who have not yet paid their 1967-68 dues.



MAIL TODAY

MT. MANSFIELD SKI CLUB MEMBERSHIP APPLICATION

May 1, 1967 - April 30, 1968

Please complete application for each person and mail with remittance to Mt. Mansfield Ski Club, Little Spruce, Stowe, Vt. 05672

Last Name

First Name

Initial

Street

City

State

ZIP CODE

PLEASE CHECK ONE New Member Renewal

Husband and Wife \$ 10.00

Senior (Male or Female) 7.50

Family Juniors 2.50

Single Juniors 5.00

JUNIORS UNDER 18 YEARS MUST GIVE DATE OF BIRTH

Month

Day

Year

Extra Patch \$ 1.00

Club Emblem Pin 1.50

Please state if you are a member of the

U.S. Eastern Amateur Ski Association.

For mailing we MUST have your ZIP NO. Yes No

Dates and Events to Remember

1967-1968 WINTER SEASON

- NOVEMBER 25th - - - - - ANNUAL FALL MEETING AND PARTY
See application blank in this issue.
- JANUARY 6th and 7th - - - - - JUNIOR RACING SCHOOL
(10 years and over) See application
blank in this issue
- FEBRUARY 10th and 11th - - - - - U.S.E.A.S.A Western Divisional Jr.
Championships (Replaces Vt. Jr.
Championships)
- MARCH 30 - - - - - CLUB CHAMPIONSHIPS
- APRIL 14th - - - - - EASTER PARADE
Costume contest with many prizes
- APRIL 20 and 21 - - - - - 29th ANNUAL SUGAR SLALOM
All Men and Women. Dance & Party

