

MT. MANSFIELD SKI CLUB BULLETIN

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A PRACTICAL TECHNIQUE

For several years now we all have watched the evolution of the tempo-swing and other high speed turns, which are very helpful to the racer and leave spectators thrilled and envious. It is felt, however, that in this drive for greater speed the performer of only average ability has been neglected, and that something should be done to make his more awkward convolutions appear as definitely premeditated maneuvers. To this end the writer has developed two skiing turns which it is believed will prove of great assistance to those who can matter their not intricate details.

Stern Turn

In its initial stages this elementary turn is not unlike the common snowplow or the stern. Somewhere along the line, however, the logical sequence of the stem is forgotten and the skier finds himself with the rear ends of his skis crossed and himself facing up the slope, while at the same time he moves down the slope. Under ordinary circumstances a nasty fall would result. If at this point he will gracefully sit down, spin through 180 degrees on his buttocks and spring lightly to his feet, he will be pleasantly surprised to find himself progressing in his original direction. Of course any desired course can be selected, merely by varying the degree of rotation. The only disadvantage of the Stern Turn is the consequential wear on the seat of the trousers, which may be offset by reinforcing with leather pads.

Tempo Spin

This turn is most likely to be used by the practice slope crack who hurtles straight downhill, trips, and pitches forward on the face or chest amid horrifying sounds of splitting ski tips and knee joints. If when the skier has embarked on a spill of this nature he will arch his back and contrive to land squarely on his head, spinning while in this position through a complete circle, then leaping; smartly onto his feet, he will continue on his way successfully though somewhat dazed. For those practicing this turn a crash helmet and a substantial insurance policy will overcome any tendency to shrink back. It is important not to edge one's ears during the actual spin, although a subdued flapping will assist the final stage.

The writer is sure that these turns will find their proper place in the skiing world, and they are offered here in a spirit of sincere helpfulness. If the years of study and observation which have been spent in analyzing the separate movements result in clarifying for the spectator the apparently senseless gyration of the average skiers, the effort will not have been wasted.

(The contributor of the foregoing treatise has requested to remain anonymous. Inasmuch as his researches in technique are not completed he fears that if his identity were known future field observations would be hindered by self-consciousness on the part of his subjects. More turns are promised for future Bulletins. Ed.)

EASTERN DOWNHILL AND SLALOM

An important divisional ski championship will be held next weekend (Feb. 4 & 5) under the auspices of our Club with the running of the U.S. Eastern downhill and slalom races on the Nose Dive. Entries already received insure a top-notch field of runners, and present snow conditions are very favorable. The downhill event is scheduled for Saturday at 2:30 P.M., and the slalom on Sunday commencing at noon.

In order to defray our expenses for prizes, a donation of fifty cents will be requested from spectators on each day. This of course is not a compulsory admission fee, but should be regarded in the light of a voluntary contribution from those interested in watching the races. Those who wish to see the slalom on Sunday should realize that it will be set on the upper Nose Dive, involving at least a three-quarter mile climb from the parking area to the finish line. The finish of the downhill race is not over an easy quarter mile from the road.

SKI PATROL

Ski Patrol members will receive detailed instructions for their participation in next week-ends races directly from Mr. Luther Booth, chairman of the Patrol Committee. To carry on the good work started at the National races last winter it is hoped that all patrolmen will make every effort to be on hand both days. This year arrangements have been made by the committee to have all toboggans and first aid equipment placed at the stations on the day before the race, so that patrolmen will be able to concentrate on the more interesting phases of their duties.

THE NOSE DIVE SKI RUN

This past fall the Trails Committee completed a detailed survey of the Nose Dive. Since the run is one of the major racing trails in the East, it was believed that accurate data regarding length, descent, steepness and widths not only would be of interest to competitors but also would serve as an authoritative reference to settle those friendly arguments which up until now have resulted rather inconclusively. A plan drawing of the trail will be posted this week at strategic locations in the region.

A summary of the survey's important figures follows:

Total length (slope distance).....	1.4- miles
Vertical descent.....	2030 feet
Maximum slope.....	34 degrees
Minimum slope.....	6 degrees
Average slope.....	16.5 degrees
Width.....	100-20 feet
Exposure.....	North and East

While the Nose Dive is comparatively wide and has several long straight sections, it is by no means a run on which a skier can cut loose unchecked. All slopes which are possible to be taken in schuss are controlled at the bottoms by turns demanding a measure of control at all times. The variety of turns, slopes and straight-aways provide an expert run of considerable interest.

On the left side of the trail as one ascends there are small orange discs with black numbers, which were designed as Ski Patrol Stations and a means of referring readily to any particular location. On the opposite side are orange squares indicating each quarter-mile mark from the bottom to the top.

RANCH CAMP

If you are one who shudders at the thought of skiing on Mt. Mansfield during a race week-end, why not plan to spend next Saturday night at Ranch Camp. You will find comfortable bunk cabins, electric lights, hot showers, and sheets on the beds. The food is excellent and the Conklings delightful hosts.

Park your car at the foot of Harlow Hill and follow the signs along the Ranch road, an easy half hour's skiing to camp. Saturday afternoon you can work, up an appetite for dinner by exploring any of the variety of trails in the valley. Sunday you either can ski over to the Toll House for a lesson with Sepp or All, or you can get acquainted with the fine touring country on Luce Hill. For downhill-only sharks, who may be discouraged at not being allowed on the Nose Dive, there are the Bruce and Steeple runs.

THE SKI SCHOOL

It is easy for any fairly active person to pick up enough skiing knowledge so that he can negotiate most trails in one way or another. Easier still is the acquisition of an apparently flawless technique on a hard-packed tow or practice slope. But if you have any feeling at all for the sport, you will learn to really ski from a competent instructor.

The Club is fortunate in having Sepp Ruschp at the Toll House in

complete charge of his own ski school. With his assistant Ali Mauracher, and Jacque Charmoz of The Lodge, well organized instructional facilities are available for the first time at Mt. Mansfield. It is hoped that our members will not miss this opportunity for increasing their skiing enjoyment.