

FAR WEST MASTERS

SKI RACING



THE FORERUNNER

JANUARY 30, 2024

Mission Statement

We, the Far West Masters, embrace ski racing as a lifelong sport. Our mission is to provide skiers of all levels with an opportunity to compete in quality, challenging, and fun alpine ski racing events.

Membership Info

- Both a Far West Masters and a USSA membership are required to race with us.
- Far West Masters membership for 2023-2024 for new and renewing members:
masters.AdminSkiRacing.com/farwest
- USSA Alpine Masters membership: [Masters Getting Started: usskiandsnowboard.org](https://MastersGettingStarted.us skiandsnowboard.org)
- First time racers get a temporary bib.
- Questions? Contact membership@farwestmasters.org

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President's Message

Well, we are finally racing again!

Despite some changes, Mammoth was able to smoothly pull off 2 GS races on Sunday, January 21. Quite a feat considering a storm blew through the area the day before. A nice get-together was held Saturday evening in town where some new members were introduced, and a significant amount of money was raised for our scholarship program.

Next on our schedule are more GS races at Mt. Rose. Should be fun and exciting! Please sign up right away.

Best of luck to our 5 Far West members traveling to the Masters National Championships in Wisconsin next week - Don Smith, Deb Lewis, Scott Malmsten, Vera Savage and Ken Bailey!

FIS races are also on the calendar and still accepting entries. Personally speaking, it is such a unique experience to race in an international FIS Masters race! With all the different languages, yet all having ski racing in common, there is a commonality that is so wonderfully fulfilling and exciting! And, sometimes friendships develop between competitors that may bring you to other countries. Having these races in North America makes it that much easier. Give it a try!

One last thing, please attend the award ceremonies after each of our races, even if you are not receiving an award. Yes, I know you want to get on the road. But the hosting venue can see the enthusiasm of our group and will put more effort into our post race party if a larger group shows up. And, obviously, those receiving an award appreciate the recognition as well!

See you at the races!

Rees

The [US Ski & Snowboard Masters Events & Schedules](https://us skiandsnowboard.org/masters/masters-events-schedules) page has details on the events above: <https://us skiandsnowboard.org/masters/masters-events-schedules>

Some Rules to Know

While inspecting a course prior to the race, a competitor is not allowed to "run" any part of the course.

First run DNF's or DQ's may, at the discretion of the jury, take a second run within their age class at the end of all the qualified racers.

If a competitor misses his/her start, he/she shall be allowed to run at the end of his/her class, or as soon as possible after that.

If a gate is missing, the racer still has to follow the correct line where the gate should be.

If you feel you are interfered with during your race run (a missing gate could be considered an interference) by a course worker, equipment in the track, a bear running across the course, etc., it is your obligation to STOP as soon as safely possible and request a re-run to the nearest official. Generally, you would be granted a "provisional" re-run. If, however, you continue through the course, crossing the finish line, and then claim interference, you will NOT be granted a re-run.

If a competitor does not start within the rules of a start procedure, or stops on the course then continues on (exception SL), that competitor may be sanctioned, including disqualification.

A race jury is there to enforce the rules of ski racing. They are not punitive and are there to insure fairness. If a competitor makes an infraction that does not benefit his/her time in some way, that person will usually not be DQ'd.

Again, as in all sports, it is up to the competitor to know the rules.

All rules are in the 2024 Alpine Competition Guide:

https://usskiandsnowboard.org/sites/default/files/files-resources/files/2023/2024_Alpine_Guide.pdf

Also review the 2024 Masters Competition Guide:

https://usskiandsnowboard.org/sites/default/files/files-resources/files/2023/Masters_Book.pdf

2023-2024 Season Schedule

Scheduling Director Mike Braun has put together a 2023-2024 race calendar with a good mix of events at proven venues. The schedule this season has different dates for some of our traditional events in consideration of the early Nationals races scheduled for February. The FIS Masters World Criterium is in March, a major event that only comes to North America every 5 years. A season highlight is the Masters National DH Championship in our home division at Mammoth Mountain.

Date	Location	Event Name	Discipline(s)
Nov. 28-Dec. 1 (Canceled)	Mammoth Mountain, CA	Masters race camp	GS and SL
December 2-3 (Canceled)	Mammoth Mountain, CA	Dave McCoy Memorial	GS / SL
January 20-23 [Sat-Tue] January 21 [Sun]	Mammoth Mountain, CA	Mammoth Speed Races DH National Championship & Speed Series	SGx2 SGx2 DH(t)x2 DHx2 GSx2
February 5-10 [Mon-Sat]	Granite Peak, WI	Masters National Championships	SG / GS / SL + AC or Parallel (tbd)
February 10 [Sat]	Mt. Rose, NV	McKinney Cup	GSx2
Feb. 24-25	Palisades World Cup		Men GS / SL
February 22-25 [Thu-Sun]	Beaver Creek, CO	FIS Masters Cup / Western Region Championships	SGx2 / GS_1x2 / SL (Sat: two 1-run GS)
Mar 1-7 [Fri-Thu]	Kimberly, BC, CAN	Masters World Criterium	SG / SL / GS + FMC GS
March 8 [Fri]	Alpine Meadows, CA		SLx2
March 15 [Fri]	Northstar, CA	Northstar Speed Series	SGx2 (both NSS)
March 16-17	Diamond Peak, NV	Viva Italia	SL / SL
April 5-6 [Fri-Sat]	Palisades Tahoe, CA	Season Finals & Banquet Bernard Cup	GS/ GS

The schedule is subject to change, for the latest go to farwestmasters.org/schedule.

Registration: Far West Masters membership signup and race entries are available on AdminSkiRacing: masters.adminskiracing.com/farwest

History of McKinney Cup and Beyond

A Retrospective by Rees Palermo

Ski racing hasn't always been as smoothly run as it is today. It has evolved. There were a lot more volunteers involved in running races. Here is a little background from the many years in which I was involved with Mt. Rose.

The season was 1982. Lynn Johnson was setting gates for a Masters DH race on Slide Mountain. Mt. Rose and Slide Mountain were separate ski areas at that time. Lynn was receiving so much grief from some of the older racers that he threw up his hands and said, "I'm done." And, with that, he vacated the premises. I had been coaching for a few years, so I volunteered to set the rest of the course. We ran DH races there for several years after that calling it the Slide Mountain Descent. We also had an April "Team" race on Silver Dollar trail in 1984 with several US Ski Team members racing with us. That event caught the eye of the Mt. Rose general manager, Randy Zoesch, who asked if we wanted to consider running a Masters race on the Mt. Rose side the following year. So, we bought a perpetual trophy in 1985 which still sits on the mantle of the fireplace in the base lodge. It was named the Ramsey Cup in honor of Kess Ramsey, one of the founding fathers of the Mt Rose Ski Area.

After a few years, it was decided that this Masters trophy be renamed The Silver Dollar Derby, which was a revival of an old name of open events held on Slide Mountain many years before, but abandoned in 1974. This new Masters event continued from 1990 through 2002. At that point, it was suggested that this annual Masters event be renamed The McKinney Cup to honor the legendary McKinney family who had started skiing at Mt. Rose in the 1950's. Frances McKinney, the matriarch, brought the young family to Mt. Rose and was an instructor there while the kids learned to ski.

- Steve: A member of the US Ski Team and winner of numerous CanAm DH's, later set multiple speed records and became the first human to break 200 km/hr on skis!
- McLane: Junior national slalom champion at age 15 and was named to the US Ski Team at age 16.
- Shiela: Named to the US Ski Team at AGE 13, but suffered a career ending brain injury at age 19 from a fall in a World Cup DH.
- Tamara: 18 Wold Cup victories, a world champion, 4 crystal globes, and became the first US woman to win the overall World Cup! (There have only been 3)

Tamara was delighted to hear the news about the McKinney Cup and contracted the Standteiner family to create a trophy which also sits on the mantle displaying all the names of the annual winners.

Unlike the other two Far west Masters perpetual trophies, the Bernard Cup, and the Viva d'Italia award, the Mt Rose races are not age handicapped and the overall champions are simply the fastest combined time of the race weekend.

The races have been held on several different trails with different events over the years, but, in recent years, it has been run exclusively on Silver Dollar trail with a GS from the top of the mountain to the bottom. It is considered by many to be the best and most challenging GS trail on which the Masters race in the Far West. And, the management at Mt. Rose has, for many years, been very welcoming and generous by donating a continental breakfast and post event buffet for the racers.

To have one's name on the Mt. Rose trophies means you really earned it. The races there have always been challenging!

Historically, the early races couldn't have happened without Lynn Johnson who donated all his equipment including poles, flags, ribbon, and timing gear. Dave Garner and Grant Wells, did much of the labor and sponsorship, and Danielle Palermo who did many years of administrative work, all deserve credit. And there were many other volunteers through the years to help insure the races were a success.

But, we couldn't have done it without the generous help and blessing of the management, including grooming and the food and beverage departments.

Somehow I got hooked into being the chairman and chief of race from 1982 through the next 30+ years. It included many memories, a lot of work, and a lot of enjoyment.

Hope to see you at Mt. Rose this year. The tradition continues.

Multi-year winners at Mt Rose include:

Gina Orozco	Matt Waddington
Deb Lewis	Pierre Jeangirard
Danielle Palermo	George Crown
Cory Ritchie	Ara Papazian
Liesl Panke	Mike Shklovski
Carol Levine	Mihai Filimon
Andrea Levy	
Linda Crowell	

Coach's corner: Pierre Jeangirard

Mammoth Mountain Masters

In the last Forerunner, I discussed getting your skis on edge and flexing your ankles.

Once your skis are on edge and you moved forward to the front of the ski, that will start your arc. As you create more angles by shortening (flexing) your inside leg (inclination), you need to extend your outside leg (short leg/long leg) to create more pressure and counteract the G force pulling you outside the turn so.

As you get closer to the gate, your weight needs to shift to the middle of the ski for maximum bend, maximum pressure and angulate so you don't lose pressure on your outside ski. Angulation is the greatest at the gate, then past the gate flex the outside leg since pressure is now created from gravity. Keep maintaining high edge angle and let the sidecut of the ski finish the turn. (All this is also connected with angulation and countering.)

So, the awareness of the fore and aft is very important. This is something to play with free skiing and see how far you need to move to make it work. It is not a big move, but it has to happen. No matter what part of the skis you are working, your ankles have to be flexed. You don't want to lose contact in front of the boot.

Coach's corner: Alby Dean

Palisades Tahoe Masters

Alby Dean is on the coaching staff of Palisades Tahoe Masters. She has a 4 year degree in exercise sciences with an athletic training certification, is a PT assistant with 25 years experience in outpatient physical therapy, and is an advanced certified Rolfer.

Dynamic stretching is stretching with movement. It's different from how most people think of stretching - by holding a position for 30-60 seconds. Dynamic stretching is going through an active range of motion of the muscle you're trying to stretch. For example, if you're doing a hamstring stretch, I'd have you lie on your back and hold your leg while you flex and straighten your knee and try to reach the ceiling with your heel. You're moving it while stretching, probably pausing for a few seconds, but for the most part it's moving while you stretch.

A better, more functional, way to warm up for skiing is with dynamic stretching. If we are going to go ski, we could do some leg swings, rotation, punching, and movements that stretch and lengthen the body. It's

better because that's what your body is going to do when you are going out to ski.

I'm not suggesting that you go and do the kind of movement at the start of a World Cup race. These athletes are activating their musculature for the race. They're using the bands, rotating, and getting the muscles warmed up and activated. This is not necessarily a stretch, but it is a good way to get your body going before you start a sport activity. You don't have to use the bands, you can do the motion and pretend you're skiing while waiting for the lift to load.

Active stretching before a day of skiing or while you're at the start of a race course is an excellent way to get your body prepared for activity.

Some examples of good pre-ski or pre-race dynamic stretching are:

- Place your poles on the ground to help you balance while you swing one leg at a time forward and backward and side to side
- Hip openers forward and back
- Hip circles forward and back
- Jumping rotation with the legs (not jumping high, and best done on snow where you won't slip)
- Quad stretches standing or with your back on the ground
- Kick your leg up and grab your ankle like you're marching
- March with high knees
- Butt kickers (carefully in ski boots, maybe balance with your poles)

This is all meant to be an active warm-up, where you are maintaining movement and stretching muscles while also getting your body moving before activity.

Every athlete has different goals, skills, strengths and weakness. These warmup movements are suggestions to consider, and each athlete should research and try movements that will best suit their needs and physical well being.

Past scholarship recipient FIS success:

A few of the athletes we support qualify for international FIS races. Interestingly, the competition Luca just qualified for is similar to the one that Maddie Johnson went to at the Whistler Cup in 2010.

Take a close look at Maddie’s results and the other competitors from the Whistler Cup. If you follow the World Cup women, you should recognize at least six of the athletes Maddie competed with. Maybe ten years from now we’ll recognize Luca or some his competitors from his upcoming race in Italy.

Past scholarship recipient update: Luca Peterson

I am really excited to race in my first international race that I qualified for at NPS! I placed 5th and 7th in the two GS races and 2nd and DNF in the two SL races. Overall, I placed 5th at the event and I am heading to Italy later this month. I have attached a photo from the event below.

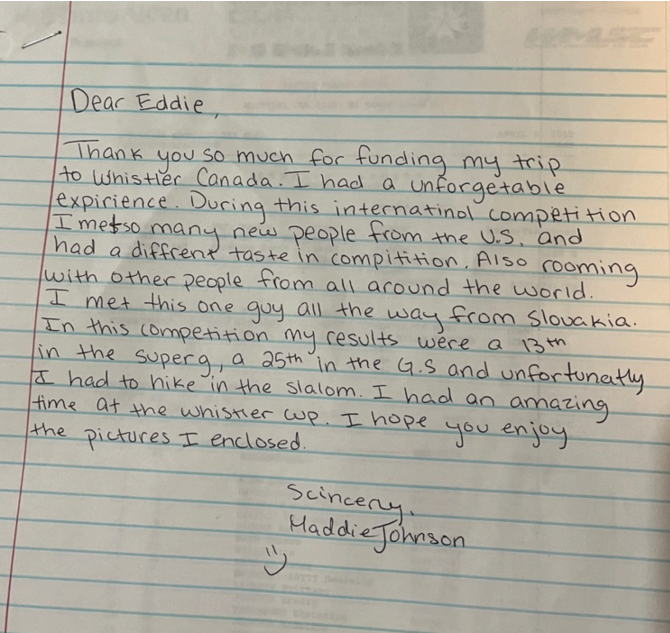
The international event is the 2024 U16 Alpe Cimbra in Folgaria, ITA. Luca is holding the Atomic skis in the photo below.



To donate to the Far West Masters Scholarship program, go to: farwestmasters.org/scholarship_program

Past scholarship recipient update: Maddie Johnson

Letter to Eddie Mozen from April, 2010



ALPINE CANADA ALPIN

WHISTLER CUP 2010: K2 WOMEN SUPER G

WHISTLER MOUNTAIN SKI CLUB
WHISTLER/BLACKCOMB

APRIL 9, 2010
COAST

SUPER - G LADIES
OFFICIAL RESULTS

JURY

TD FIS FRED TURTON (USA)
 REFEREE DARLENE NOLTING (USA)
 ASSISTANT REF REINHARD EBERNER (AUT)
 CHIEF OF RACE IRENE WHITNEY (CAN)

TECHNICAL DATA

COURSE Raven/Ptarmigan
 START 1662 M
 FINISH 1289 M
 VERTICAL DROP 373 M
 LENGTH 1380 M
 FIS HOMOLOG.Nr. 5709/219/00

COURSE SETTER CRAIG GLENDAY (CAN)
 FORERUNNERS -A- KYLE GARDINER (CAN)
 -C- SOFIE LAROUX (CAN)
 -E-
 -G-
 -I-

-B- DAVIS WONG (CAN)
 -D- TYLER RAYMOND (CAN)
 -F-
 -H-
 -J-

GATES/DIR CHANGES 35/(32)

START TIME 11.02

WEATHER: SUNNY

SNOW: PACKED

TEMP. S: -6 C F: -5 C

PL	BIB Nr	CODE	COMPETITOR- SURNAME+NAME	NAT/CLUB	FINAL TIME
1	7		KING Emma	CAN/CAN1	1'08.22
2	12		GROSHAUPT Julia	AUT/AUT1	1'08.33
3	2		SHIFFRIN Mikaela	USA/USA1	1'08.37
4	6		OCCELLI Francesca	ITA/ITA1	1'08.49
5	9		VHOVA Petra	SVK/SVK1	1'08.58
6	36		MAIR Chiara	AUT/AUT1	1'09.26
7	32		WELLS Alix	CAN/CAN1	1'09.88
8	1		LEDECKA Ester	CZE/CZE1	1'09.89
9	44		BROWNELL-PATTY Danielle	USA/USA2	1'10.18
10	24		LATHROP Brittany	USA/USA1	1'10.27
11	42		JOHNSON Breezy	USA/USA2	1'10.28
12	18		TRACHENKO Ekaterina	RUS/RUS1	1'10.74
13	48		JOHNSON Madeline	USA/USA3	1'10.91
14	10		VAN BREUKEL Romy	NED/NED1	1'10.93
15	17		ANDO Asa	JPN/JPN1	1'11.24



Eddie says: She ALWAYS!!!! And I mean always had a SMILE on her face... that was her trademark.

Additional North Tahoe racing

If you're looking for additional racing opportunities in the North Tahoe area, [check out the 2024 Schedule for the Bay Area Snow Sports Council races](#). The [Bay Area Snow Sports Council](#) and the [Far West Skiing Association](#) provide recreational racing opportunities for adult and children skiers and riders in the North Lake Tahoe area. Race courses are designed for all ability levels and ages, from beginning skiers and riders to former college racers.

To sign up as day racers:

1. [Pre-Register for the race online](#)
2. Print & sign [Release of Liability Form](#) and bring to check-in
3. Check-in on race day ([check-in location and other race day info will be posted here](#)) and get temporary bibs
4. Questions - at check-in, direct to Debi Phelps, OpenLeagueRacing@gmail.com, chair of Open League

Payment is \$40. [Pre-pay by Venmo@MrColey61](#) or pay at check-in with cash or by check to OLRC.

Membership renewal

We are once again using Admin Ski Racing (ASR) for membership and race fees. Far West Masters membership for 2022-2023 is now open at masters.AdminSkiRacing.com/farwest. Activate your account for the season and pay your Far West Masters dues online.

This was a new process for us last season, and there were some challenges. Deb Lewis has been working closely with the ASR team and we hope many of the issues have been resolved. The Far West page at ASR has detailed instructions to help you with the system. If you need additional assistance, you can contact Deb Lewis at dlewis@farwestmasters.org.

Don't forget, your Far West Masters membership is **in addition** to your US Ski & Snowboard Alpine Master membership. Your FWM membership dues supports organizing our division race calendar and provides you with a permanent race bib for all our Far West masters races.

Far West Masters membership is not required for first-time racers or competitors from other divisions. Mary Feddis, our Membership Director, will contact you with additional information after you sign up for a race.

Palisades & Northstar parking update

At this time, advance parking is not required for any of our races. Palisades and Northstar are not requiring or offering parking reservations on Fridays or in April.

Our races on Friday, March 8 (Alpine), Friday, March 15 (Northstar), and Friday and Saturday, April 5-6 (Palisades) **do not require reservations at this time.**

We will send an update by email if this changes.

Season scoring & Open class

Far West Masters races are conducted following the standard US masters age class rules. An additional option is used by Far West Masters in our division races, allowing competitors to elect to be scored in an Open class drawn from all age classes rather than their age class for race awards and season scoring.

All competitors start within their age group in the race start order but may elect to be scored for race awards based on the overall ranking of Open class participants rather than within their age class. The season leader bibs are awarded based on the rankings of the Open class.

Note: due to limited racing in the 2023 "snowpocalypse" season, the 2023 season leader bibs are carried over for 2024 so that competitors have a chance to wear the season bibs they earned with their season results in 2022!

The 2024 Open class elections list is started with all current season bib holders registered by default. Everyone else (including "the usual folks") need to explicitly elect to participate in Open class. It's your choice - no one is obligated or expected to elect Open class - go Open if you'll have fun doing that, stay in your age class for scoring and awards if you're happy with the standard age class system.

- [FWM 2024 Open Class competitors](#)
- [FWM 2024 Season Scoring and Open Class rules](#)

To elect Open class, contact scoring director Deb Lewis at dlewis@farwestmasters.org. Open class participants will be noted on start lists with "OP" designation and when possible on the finish board so that all competitors know who is competing within their age class and who is being scored in the overall Open class.

Be a race official

Any member can learn to be a race official. Contact Lead Official Mark Mirviss & find info here: fwskiing.org/content/far-west-officials-page

Helmet & wax info

- A FIS-certified race helmet is **required** for all GS / SG / DH events
- A helmet is also required for SL, a face guard is recommended
- Fluoro race waxes are NOT ALLOWED in any events, USSA Masters and FIS Masters (ban instituted in 2021)

Getting to know you

We'd love to get to know our members in upcoming newsletters. If you're interested, answer a few of these questions and send us 1 or 2 photos (with & without a helmet) and we'll include your profile in the late January newsletter.

- How did you get into ski racing, and what keeps you passionate about it?
- What's been your most memorable ski racing moment or achievement so far?
- Have you ever participated in Masters races outside our area? What was your experience like?
- Are there any specific training routines or rituals you follow before a race?
- Outside of skiing, what interests or hobbies do you pursue?
- What advice would you give to someone starting in ski racing?

Race day profiles

[@fisalpine](#) on Instagram asks racers questions and posting their fun and candid responses. We're going to try this at some of our events and post them to our social media. If you see Melissa taking video and would like to participate, let her know!

2023-2024 Far West Masters Board

The Far West Masters board met on May 7, 2023 and voted on new board members for the 2023-2024 season. Many of our board members are returning, but a few have changed. Here is the list of our board members for the upcoming season, effective June 1st. New positions are noted in the list.

President	Rees Palermo	president@farwestmasters.org	new for 23-24
Past President	Ray Tulloch		
Officials	Mark Mirviss	mmirviss@farwestmasters.org	
Race Scheduling	Mike Braun		
Membership	Mary Feddis	membership@farwestmasters.org	
Communications	Melissa House	forerunner@farwestmasters.org	new for 23-24
Secretary	Linda Crowell		new for 23-24
Treasurer	Hamish Butler		new to this role 23-24
Chief Technical Officer	Deb Lewis	dlewis@farwestmasters.org	