

FAR WEST MASTERS

SKI RACING



THE FORERUNNER

MARCH 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://usskiandsnowboard.org)
- First time racers get a temporary bib.
- Questions? Contact membership@farwestmasters.org

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President's Message: What's your next sport?

Who among us is so young that they don't worry about their physical conditioning?

Is skiing the sport that you get in shape for, or is skiing the sport that carries you through the winter for your summertime sports? Or, do you try to keep in shape all year?

The book, "[Younger Next Year](#)" stresses that some daily activity that gets your heart rate up a little for 40 minutes or more will have profound long term health benefits. Even, simply walking can achieve this goal as long as it is done on a regular basis.

For many years I have been inspired by our older racers who often seem to be in excellent physical condition. Now, I realize I am one of those and need to find the self-discipline to get out and keep in shape! I found yoga to be of great help in keeping more flexible over the last three years. Depending on the class, it can be quite a work out as well! Pilates is also a great non-impact activity that stretches and strengthens! You can find classes near you as these studios seem to be popping up everywhere. And, cycling, of course, is a great way to get your heart rate up with no impact....hopefully. Having a hip replacement is also a great way to feel younger. But, whatever you do, do it regularly, like six days a week.

I would like to take this opportunity to thank all the members of the Far West Masters Board of Directors. I can tell you every one of them puts in hours behind the scenes to make this program run as smoothly as possible. It is really an impressive, hard-working group of volunteers with a passion for the sport. Thank you all!!

And with that I would like to hold a "**General Meeting**" next Friday afternoon, April 5, for any and all of our members. The meeting will take place **on the deck of the members locker room near the base of the gondola at Palisades Tahoe, 3pm**. It will follow awards at 2:30 and questions and comments will be addressed by members of our current board. Hope to see many of you there!!

- Rees

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

Upcoming races and parties

Final season races at Palisades Tahoe April 5-6

- GS races on Fri-Sat Apr. 5-6
- **Parking reservations are not required for the April 5-6 races at Palisades Tahoe**
- The Bernard Cup trophy will be also awarded to the man and woman with fastest combined times from both races using Bob Bernard's age-handicap formula
- [Event Information - Palisades Tahoe GS-GS Apr. 5-6](#)
- Membership & race registration at masters.AdminSkiRacing.com/farwest

Far West Masters General Meeting April 5

- 3pm Friday, April 5 for all members, following race awards
- On the deck of the members locker room near the base of the gondola at Palisades Tahoe
- Season announcements, with additional questions and comments will be addressed by members of our current board

End of season banquet, raffle, and silent auction April 6

Our first End of Season Banquet since 2019 will happen after the Palisades GS on Saturday, April 6. We will have speeches from Scholarship recipients, [end of season awards](#), a silent auction, raffle, and dinner.

- Tickets \$55 per person, dinner included
- No-host bar with beer and wine selections
- Opens at 5:30, dinner at 6:30 followed by awards
- Purchase tickets at: masters.AdminSkiRacing.com/farwest
- Location: Palisades Ballroom at the east end of the Village (enter through the lodging entrance on the parking lot side)

Buffet dinner menu:

- Baby Wedge Salad, Point Reyes blue cheese, ranch, cherry wood bacon, red onion, tomatoes
- White cheddar mac and cheese, panko and parmesan crust
- Butternut Spears and Brussels Crisps with pomegranate balsamic glacé
- BBQ Smokehouse Pork Belly with green tomato chutney, ancho chile pesto
- Smoked Brisket with Cherry Cola BBQ
- Achiotte Chicken Thighs
- Smoked Portobellos with black salt-roasted tomatoes and onions
- Assorted chocolate, caramel & whiskey-friendly treats by Chef Cortney

Silent auction to benefit Far West Masters Scholarship Program

The Far West Masters Scholarship Program is now in our 33rd year of raising funds to benefit Far West Junior ski racers. Over that time period, we have awarded more than \$1,500,000 in scholarship funds. We are an incorporated 501(c)(3) public charity tax exempt organization.

Our goal is to promote academic scholarship, citizenship and leadership within the ski racing community. It is also our goal to keep athletes involved in ski racing that might not otherwise have a chance without our financial support. We believe keeping athletes involved in ski racing keeps them focused, teaches discipline and helps them to be successful in the rest of their life endeavors.

The Far West Masters annual season end banquet and silent auction is April 6th at Palisades after our GS race that day. We have several auction items available for bid to help raise money for our scholarship program. If you are interested in bidding on any of the items but will not be at the auction, you may place bids by contacting Eddie Mozen with your minimum and maximum bids as well as any other instructions and Eddie will place bids for you. Most of these items you will be purchasing anyway, so why not buy them at auction and help support the Far West Masters Scholarship Program? We will have many more items for bid at the actual auction.

Eddie's contact information is: ebmozen@gmail.com or text (916) 813-2776.

Rules of the Auction

Eddie will start taking bids now, and the bidding will close on April 6th at the banquet. Live bidding will take place at the banquet. Absent bids can be made by notifying Eddie Mozen at the contact info above. He will then place bids for you at the auction. I suggest you get your bids in prior to April 6th! All funds raised go directly to the scholarship fund...we have no overhead.

Below is a **partial** list with suggested opening bids, all offers will be entertained!


1. Palisades Tahoe full season Masters Training pass for 2024-25. Next year's rack price will be > \$4000
2. Mammoth full season Masters Training pass for 2024-25. Last years rack price was \$3100
3. Diamond Peak Masters 2024-2025 full season, full time training pass for a NEW DPSEF Masters Athlete (not for returning members). Retail value is > \$2,500
4. One Set of Four (4) Yokohama Passenger or Light Truck Tires up to 20" (retail value ~\$2000)

Alpine Meadows race day: A rookie's perspective by J.C. Fat, Palisades Tahoe Masters Racer

March 8, 2024 brought us our first Tahoe area Masters race of the season. As one of the newer members to the Palisades Masters Race Team and unfamiliar with the whole race day process, I was excited to sign up and give it a go.

Not knowing what to expect, I arrived at registration and immediately found it filled with the nicest bunch of mature adults that had two things in common they loved to race and they were all wearing these skin tight Lycra body suits that showed off every curve of their bodies. Teams from Mammoth, Diamond Peak, Mt. Rose, The Olympic Club, and Palisades were well represented with close to 60 competitors for the 1 day double header Slalom event. Class 12 Sarah Lemire from Mammoth was so sweet and was one of the first to introduce herself to me as she could probably tell that I was a newbie among the crowd. Open Class Linda Crowell handled registration for all of us as everyone gathered together in the Alpine Meadows lodge to boot up and put on their various pieces of armor. I noticed Open Class (and former National Spanish Team racer) Coach Wenceslao Lada having the darndest time getting his ski boots on as he put on his ZipFit liners on his feet first, then tried to slide his lined foot into the boot shell with all his physical might. It was like one of those People Magazine posts where they show a celebrity struggling with things like normal people do under the heading, "Hey, they're just like us too"!



Masters racers below the Alpine Meadows race arena  Linda Crowell

All went out to warm up and inspect the course under an absolutely beautiful sunny blue sky. You could feel the excitement building as this was the first race of the season for many of the competitors. But as everyone was just settling in on the snow and getting into their race mindset, Alpine Meadows experienced a valley wide electrical blackout that lasted for about 1.5 hours. Back up diesel powered generators got the lifts rolling

to get skiers off the chairlifts except for the poor skiers on the Summit chair who were stuck dangling in the cold wind for about an hour before that chair got moving. Race organizers worried whether or not they would still be able to pull off the race, competitors went back inside to take that extra potty break they knew they needed, and Class 7 Coach Mark Payne graciously bought a big load of hot and crispy tater tots to share with everybody. The thought was that if the electricity didn't return by 11 am, the race would be canceled.




J.C. with Masters racers at Diamond Peak  J.C. Fat

The power company fortunately knew how important the race was to us and got energy flowing again before the cancel deadline.

Race organizers decided to hold the normal 2 runs in two separate courses for the 1st slalom event, and a 1 run course for the 2nd slalom event due to time constraints. The race went smooth and the race course setters did a phenomenal job in resetting each course after each race so that there was almost no wait time between finishing your race and inspecting the next course.



Alpine Meadows SL race course.  Linda Crowell

Race highlights for me was that I got down the course all the way to the finish line as only a week prior I learned how to hit those pesky poles out of the way. It felt like running down a fraternity hazing gauntlet as all your future fraternity brothers whacked you with long canes. Come to the finish line and I see Coach Mark Mirviss giving me a thumbs up but telling me I might not want to move my body up and down so much as I'm going through the gates. I then turn around and see Open Class Mark Braun impressively skiing in the last 8 gates into the finish line with his upper body so silent and his skis arcing from side to side and then knew exactly what Coach Mark Mirviss was talking about. Another highlight was seeing Oren Jacob medal in Class 6 in his first slalom race ever. He was so happy and couldn't wait to go home to show his new shiny bronze medal to his kids! But probably the biggest highlight for me was to see 88 year old Ji Chang in Class 13 go down and get a smooth and solid top to bottom in whatever slalom course the race setters put up impressive and inspiring! I left the Alpine Meadows event knowing that I want to be just like that when I grow up!

Northstar Super-G Race Report by Ingrid Braun, Mammoth Mountain Masters Racer

We gathered on a beautiful, sunny Friday morning for some fun Super-G racing at Northstar on March 15. Two Super-Gs in one day, both of which doubled as National Speed Series (NSS) races. NSS races challenge our local talent with some of the top racers from across the country. We had representation from Eastern (although we still count Andrea Levy as one of our own), Rocky Mountain, Intermountain, and Pacific Northwest.

Mammoth Mountain Coach Pierre Jeangirard set both courses starting on Loggers Loop, a moderate pitch with rolling terrain, and finishing on the steeper pitch of Surprise. The first course catered to those who prefer a turny set, while the second course felt more open and fast. Both courses ran smooth and fun, with opportunities to catch air, some intentional, some not! Most racers came through hooting and hollering at the joy of Super-G. And if you could eavesdrop on me when I race, you'd heard me coaching and cheering myself with funny lines like "hang on sister" and "whoa - that was fun!" I know I've entertained many a courseworker with my constant chatter on the race hill.

The times reflected the course sets, with the fastest men's time on the first course at 59.64 by Ryan Ritchie and fastest woman at 1:06.06 by Andrea Levy. Top five women were Andrea, Liesl Panke, Linda Crowell, Ingrid Braun, and Deb Lewis. Top five men were Ryan, Mihai Filimon, Mike Shklovski, Tim Hill (PN), and Andrew Vetterlein (PN). Andrea ran the fastest women's time of 59.39 on the second course, and Ryan scorched the course with a time of 54.89. Top five men in the second race were Ritchie, Filimon, Shklovski, Hill, and Mike Braun. Top five women were Levy, Panke, Crowell, Lewis, and Ellen Hendrickson (IM).

A few of us felt frustration when we found that LiveTiming failed to connect to the races, but most enjoyed racing for the sake of racing. Plus, sometimes the timing aspect detracts from the fun. We enjoyed the afternoon sun on the deck in Northstar Village as we awaited official results. Although it took longer than anticipated, the fine weather and good conversation helped the time pass quickly. All in all, a fabulous day!



Ingrid Braun at Beaver Creek  Mike Braun

Diamond Peak SL Races Report by Steve Bard, Diamond Peak Ski Education Foundation Masters Racer

Far West Masters hasn't raced at Diamond Peak in a few years, and it was fantastic to be back for two days of slalom. We enjoyed bluebird skies, a solid race surface on Show Off, two challenging course sets per race, and stellar support from the Diamond Peak race department and volunteers. Those who ventured to the top of the mountain after racing got to experience great free skiing and drop-dead views of Lake Tahoe!

The usual suspects fought for the Open Class podium on both days - with one exception... As the final racers

came down the first course on Saturday there was a consistent banter in the finish area: "Whoa!", "Who is that?", "Holy \$&!#!", "WTF!", "OMG!"... you get the idea. Dave Law made his Far West Masters debut last weekend. He is a Canadian who grew up racing in Alberta and recently relocated to San Francisco with Uber. Dave also recently relocated to the top of the Far West Masters Men's Open podium! Here's how the weekend unfolded:

Saturday SL 1

| Women's Open Class | | Men's Open Class | |
|--------------------|---------|------------------|---------|
| 1. Andrea Levy | 1:33.05 | 1. Dave Law | 1:21.09 |
| 2. Deb Lewis | 1:50.74 | 2. Tim Hill | 1:24.95 |
| 3. Linda Crowell | 2:00.86 | 3. Mihai Filmon | 1:25.57 |

Sunday SL 2


| Women's Open Class | | Men's Open Class | |
|--------------------|---------|------------------|---------|
| 1. Andrea Levy | 1:29.77 | 1. Dave Law | 1:19.34 |
| 2. Katie Sears | 1:33.65 | 2. Tim Hill | 1:24.13 |
| 3. Deb Lewis | 1:52.22 | 3. Ryan Ritchie | 1:25.02 |

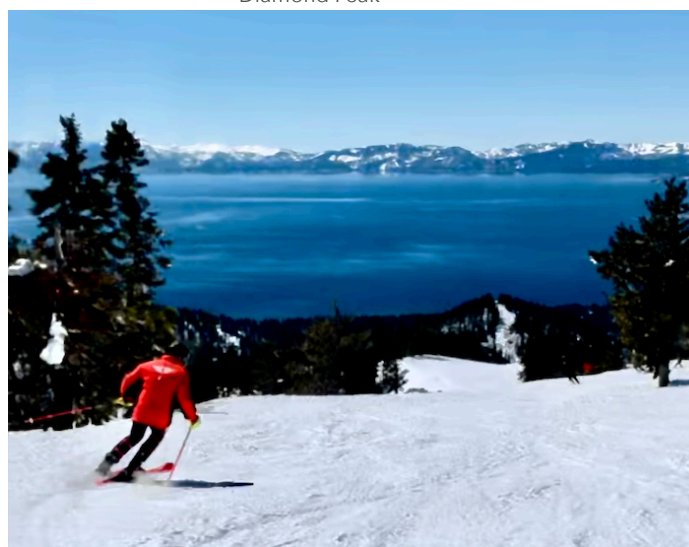
It is great to have young racers join our ranks. Dave Law's debut affirms the importance of recruiting and priming the pump! And it is also fantastic and so inspirational to see our Class 12 racers out there, like Don Smith and Robert Barnett! And it was nice to have Tim Hill of Pacific Northwest Masters make the trip from Bend, OR to race with us - and take a spot on the podium.


On Saturday after racing, we gathered at Jiffy's Pizza in Incline Village for pizza (duh), awards, raffles, and presentations by four recipients of the Far West Masters Scholarships. The remarks by the student - athlete scholars were poignant and a great reminder of the organization's amazing mission to promote scholarship, citizenship, and leadership - and enable young ski racers to pursue their athletic and educational dreams. On top of that, thanks to the yeoman's efforts of Eddie Mozen, 100 cents of every dollar contributed goes to the cause. https://farwestmasters.org/scholarship_program

All-in-all, it was a fantastic weekend of racing, inspiration, and camaraderie - and we hope to be back racing at Diamond Peak in future seasons!




Steve Bard & Dave Law at the top of Diamond Peak  Steve Bard



Post-race free skiing with a pretty good view  Steve Bard



Sunday men's podium L to R: Hill, Law, Ritchie  Steve Bard




Diamond Peak course inspection  J.C. Fat




Amazing view of Lake Tahoe from Diamond Peak  J.C. Fat



J.C. Fat, Bob Barnett, Wenceslao Lada, and Don Smith  J.C. Fat



Northstar après-ski: Lisel Panke, Andrea Levy, Nancy Gieske, and Pierre Jeangirard  Linda Crowell



Women who competed in the Alpine Meadows SL races: Sarah Lemire, Judy Colton, Linda Crowell, Nancy Gieske, Terri Forrest, Tricia Wall, Danielle Palermo.  Melissa House



Diamond Peak Women's Open class: Linda Crowell, Andrea Levy, Deb Lewis


 Linda Crowell

Dan Simmons and Ron Thomsen with medals from the Diamond Peak races.


 Linda Crowell





View from the start at Diamond Peak.
It's steeper than it looks!  Linda Crowell




2024 Women's Viva Italia Cup  Linda Crowell
Deb Lewis and Andrea Levy



2024 Men's Viva Italia Cup  Linda Crowell
Timothy Hill



View from the finish at Diamond Peak  Linda Crowell

Coach's corner: How To Overcome Injuries – Lessons Learned

Mark Mirviss, Palisades Tahoe Masters

Mark Mirviss is the head coach of Palisades Tahoe Masters.

Just as in racing itself, there are many things about being injured we must learn, unfortunately from experience. Hopefully some will be able to learn from my experiences with injuries.

My first skiing injury was relatively minor and looking back humorous. I, being a brilliant teen, thought it would be really cool (and it was) to ski without a shirt on a sunny almost warm morning. Unfortunately falling on the rock hard ungroomed granular snow of Chair 3 at Badger Pass, and the resulting bloody abrasions dissuaded me from ever skiing shirtless again. Lesson learned!

My second skiing injury occurred while training slalom at Lake Eldora and on the CU "C" team. That one resulted in a spiral fracture to the tibia. After 5 days in the Hospital, I, seeing my ski racing "career" threatened, resorted to self pity, and probably a minor case of depression. So, while in a cast, and on crutches, I "decided", instead of continuing my normal lifestyle (working out like crazy and skiing), I'd become sedentary and significantly changed my diet to drinking more beer, milkshakes, and self pity. Twelve pounds of useless fat gained...lesson learned!

Of course, being an (sarcasm alert) extremely bright 18 year old, I attempted to ski two weeks after the cast was removed from my now, atrophied leg. This was the very first time, by necessity, I did a one ski drill, as my left leg was all but useless. Lesson learned!

Fortunately, those two episodes were relatively cheap lessons.

My next injury occurred as a result of a motorcycle accident. A few minutes after coming to, and finding myself underneath a moving van, I had my radius pinned back together and was in a splint for my fractured crest of the greater tubercle of the humerus. HOWEVER, having remembered, and having gained experience from my previous incapacitating injuries, this time instead of becoming sedentary and going on a beer and milkshake diet, I restricted my caloric intake significantly, and figured out how to resume exercising to the extent that was possible. Lesson learned!

My next milestone injury was an ACL repair. Now being about 44 years of age, but still not all that bright, I didn't even realize I was injured for about 2 months. But after I was surgically repaired, I did everything my surgeon and my Physical Therapist told me to do, and just as important, no more! I was able to ski again in 6 months. Lesson learned!

Now to the present. As many know, I caused some of you a delay in starting your race run at Mammoth a while back as I broke my tibial plateau during the Giant Slalom. But lessons learned, I immediately cut back on my caloric intake, and when my Orthopedic Surgeon said it was ok, (2 days post injury) I was in the gym on an exercise bike. We will see how this one turns out as far as returning to the slopes. But I didn't gain any weight and thanks to my past experiences...Lesson(s) learned

Photo Series: Anatomy of a slalom fall

Maren Paidakovich is one of the Far West Masters scholarship recipients and an outstanding skier - one of the best in the country at her age class. However, she took this magnificent fall as a forerunner for one of our Diamond Peak races. Coach Pierre caught it on video and provided the following series of stills which capture her amazing tumble. Thankfully, Maren is fine and doesn't need any of Coach Mark's advice this time!




Scholarship Recipient Photos


Our Far West Masters scholarship recipients get the opportunity to forerun Masters races. After, they each get valuable public speaking experience by speaking about their race experience and life goals - both in skiing and other pursuits - at the awards ceremonies after each race. Here are photos of some of our scholarship recipients from recent races.

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



Ryan, Bobbi Jo, Evi, Maren, Tyne, Eddie and Doug Fulton  Linda Crowell (Eddie, Ryan and Doug run the Scholarship Program along with Miles Anderson who was not present)



The athletes who forerun the Diamond Peak races are from left  Linda Crowell to right: Maren Paidakovich (Diamond Peak, U-16), Evi Barber (FIS athlete, Northstar), Ryan Ritchie (Masters Scholarship Board of Directors), Bobbi Jo Griffin (FIS athlete Palisades) and Tyne Beckwith (FIS athlete Palisades).



Daron Rahlves with the athletes who forerun the Alpine Meadows races, from left to Right: Koko Bruce, Kash VanKirk, Peter Russek, Luca Peterson and Brynn Hanley. Koko skis for Northstar, Kash skis for Kirkwood, Peter, Brynn and Luca ski for Palisades. All went Alaska for the U-16 Regional Championships. If they do well there, they go to US Nationals in Vail March 30 - April 4.

 Melissa House

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.



Daron Rahlves and Don Smith in the finish at Alpine Meadows.  Melissa House

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.



Far West Masters President Rees Palermo speaking at the Diamond Peak post-race party.  Linda Crowell

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)

Race reports

The best way to get to know our racers this season has been through race reports! Thank you to all of our racers who have submitted reports to The Forerunner.

If you would like to write about your experience at any of our races, we would love to hear about your experience. The best reports talk about the race in general but also include something personal about the race from the author - a goal, or experience, or something funny or unusual that happened at the race. For reference, a single column without photos is about 400 words.

If you have questions or to submit a report, email Melissa House, editor of The Forerunner at forerunner@farwestmasters.org.

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 this season, effective June 1, 2023. 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 | |

