

FAR WEST MASTERS

SKI RACING



THE FORERUNNER

DECEMBER 27, 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 2024-2025 for new and renewing members: masters.AdminSkiRacing.com/farwest
- USSA Alpine Masters membership: [Masters Getting Started: usskiandsnowboard.org](https://MastersGettingStarted.us Ski and Snowboard.org)
- If you're a first time racer with Far West Masters, or if you have other questions, contact: membership@farwestmasters.org

In This Issue

President's Message: p.1
24-25 Season Schedule: p.2
Parking update: p.2
Rules you should know: p. 2
Additional N. Tahoe racing: p.3
Mammoth report: p. 4
Scholarship program: p. 5
Race signup & new member info: p.6
Lifetime achievement award: p.7
Helmet & wax info: p.7
Contact info: p.7

President's Message: Join us! It's fun!

Join Us! It's Fun!

This is the message printed on our new banners to be displayed at all our races, along with QR codes to direct anyone interested to our website.

Is it fun? Is it challenging? Why do we do it? Why do we participate in ski races? My old friend, Hans Standteiner used to say, "You guys look ridiculous in those outfits!" Yeah, well some of us probably do, but what the hell? We want to go fast, right?

But really, why do we do this sport? None of us is trying to compete in the Olympics or the World Cup, but we ARE trying to improve our skiing and this is a good way to measure our progress. It's challenging! Perhaps, we just like competing? We all have personal goals. Maybe it's just doing it, getting in the gate and making it to the finish? Maybe it's the adrenaline rush? It certainly is a thrill to go through those gates as fast as you can! I've noticed, as I get older, my brain thinks I'm going as fast as I did when I was in my 20's, but, obviously, I'm not. This is verified every time I see a video of myself lately. Ugh.

Yes, it is a challenge, both physically and mentally on several different levels! And the rewards are personal. We all feel discouraged at times, but find the joy in it and keep going!

And then there is the social aspect, the camaraderie that is found with like-minded people from different walks of life. So many different people enjoy and are challenged by this sport! And, please attend the award ceremonies and find new friends! Attend even if you're not receiving an award, because the real reward is sharing the experience!

See you on the hill!

- Rees



Rees Palermo
Lors Spicher

2024-2025 Season Schedule

Below is the current schedule for the 2024-2025 season.

Date	Location	Event Name	Discipline(s)
Dec. 3-6 [Tue-Fri]	Mammoth Mountain, CA	Masters race camp	GS and SL
December 7-8 [Sat-Sun]	Mammoth Mountain, CA		GS / GS
Jan. 11-12 [Sat-Sun]	Sugar Bowl, CA	Viva Italia Cup	SL / SL
January 24-25 [Fri-Sat]	Mammoth Mountain, CA	Mammoth Speed Series (1st SG race each day scored for 2025 NSS)	Fri: SGx2 (SG1 NSS) Sat: SGx2 (SG1 NSS)
Jan. 31 [Fri]	Alpine Meadows		SL x 2
Feb. 1-2 [Sat-Sun]	Palisades Tahoe, CA (Olympic Valley)	Bernard Cup	GS / GS
Feb. 4-6 [Tue-Thu]	Big Sky, MT	Masters race camp	
Feb. 7-9 [Fri-Sat-Sun]	Big Sky, MT	FIS Masters Cup / WesternRegion Championships (both SG races scored for NSS)	Fri: SGx2 Sat: 1-run GS x2 Sun: SL
Feb. 10-12 [Mon - Wed]	Soldier Mountain, ID	National DH Championship	DH(t) / DH(t) / DHx2
Mar. 1-2 [Sat-Sun]	Diamond Peak, NV		SLx2 / SL
Mar. 14-15 [Fri-Sat]	Northstar, CA	Northstar Speed Series (both SG races scored for NSS)	Fri: NSS SGx2 Sat: GS
Mar. 18-22 [Tue-Sat]	Gore Mountain, NY	Masters National Championships	SG / GS / SL + AC
April 4-5 [Fri-Sat]	Palisades Tahoe, CA	Season Finals & Banquet	SL / GS

This schedule is subject to change. For the latest schedule and any additional info on upcoming races, go to farwestmasters.org/schedule.

Link to the printable schedule: https://farwestmasters.org/announcements/2025/FWM_Schedule_2025.pdf

See the section in this newsletter about **New member info & how to sign up for racing** to get more info on registration for our races.

Palisades & Northstar parking update

Both Palisades and Northstar are requiring parking reservations on weekends and holidays through March, 2025. You can pay to reserve parking now, or wait and follow the instructions on each web site to get a free spot closer to the date of the race.

Palisades Tahoe reservations are required on

- **Saturday Feb 1**
- **Sunday Feb 2,**
- **Saturday April 5**

Detailed parking information:

<https://www.parkpalisadestahoe.com/parkingbasics>

Palisades parking reservations:

<https://reservenski.parkpalisadestahoe.com/>

Northstar reservations are required on

- **Saturday, March 15**

Detailed Northstar parking information:

<https://www.northstarcalifornia.com/explore-the-resort/about-the-resort/getting-here.aspx>

Northstar parking reservations:

<https://www.parknorthstar.com/>

Our races on Friday, January 31 (Alpine Meadows), Friday, March 14 (Northstar), and Friday, April 5 (Palisades) **do not require reservations at this time.**

We will send an update by email if this changes.

Rules you should know!

In GS, SG, and DH, if you come to a stop for any reason, or miss a gate, your run is finished and you may not continue on through the course. And PLEASE, don't go through the finish line! Hopefully there is room for you to pull off to the side of the course. You should then be able to slide down along side the race course over the next few minutes being careful not to interfere with the next few racers.

In Slalom, however, you ARE allowed to stop and hike up to make a clear passage around the pole that was missed. But, keep in mind, if the next racer is coming toward you, you must get out of his/her way so not to interfere with that person's run. And, once you are passed, your run is over.

And, of course, if a ski comes off during your run, you are finished and may not put on your ski and continue your run.

FIS International Masters races do not allow “hiking” in any event, not even slalom.

Speaking of interference, **if you feel your run is being impeded by an obstacle, person, or animal, you must STOP AT THAT SITE and claim interference.** Or, if a gate is missing and there is some confusion where to go, again you must stop there, claim the interference to the nearest official, and you should be granted a “provisional” rerun. Then, make your way back up to the start for the rerun. It is “provisional” because the situation will be reviewed by the race jury as soon as possible, and validated or not. If you continue on through the course and go through the finish and then claim “interference,” you will NOT be granted a rerun because you chose to continue on and finish the course, essentially getting a practice run.

There is one exception where you don’t have to pull off the course if you miss a gate, and that is ONLY in a DH Training Run. In that case, you may continue on with your training run without stopping.

Another situation where a racer could be disqualified for not following the rules is Starting On Time. All Alpine events have a 10 second window of a start time during which you must start your run. In GS, SG, and DH, there is usually a fixed start interval of about 40 seconds between racers. The Starter should say, “10 seconds,” which should signal you to get in the gate with your poles planted in front of the start wand. Then “5, 4, 3, 2, 1, Go!” **Your 10 second window to start is after “5” and 5 seconds after “Go.”** If you leave before “5,” or more than 5 seconds after “Go,” you could be DQ’d. The reason for this is course workers generally have an idea when the next racer will be coming down the course. So if you are outside that time parameter, it could result in a dangerous situation.

In Slalom, the Starter should say, “Ready.....Go!” Your window to leave the start is within approximately 10 seconds after “Go.”

Helmets are required for all events! Hard shell helmets covering head and ears and meeting FIS standards, must be used in GS, SG, and DH. Helmets shall not have any protruding parts such as a spoiler or camera mount. Only in slalom is a soft ear helmet permitted, including a chin guard.

Forearm protection is allowed outside the suit in most events, but not in DH. If used in DH, they must be under

the suit. Also, knee braces must be worn under the suit in all events, or it may be worn over the suit, if covered by a piece of old suit.

Also, the Stand Height, measured from the base of the ski to the base of your boot, cannot be more than 50 mm for all skis, all events. More than that is considered unsafe.

It is up to each of us to know the rules. These, and many more, can be found in the competition guides on the U.S. Ski and Snowboard website.

1. Masters Competition Guide
https://www.us skiandsnowboard.org/sites/default/files/files-resources/files/2024/2025_Masters_Guide.pdf
2. USSS Alpine Competition Guide
https://www.us skiandsnowboard.org/sites/default/files/files-resources/files/2024/2025_Alpine_Guide.pdf

Stay safe and Enjoy!

- Rees

Additional North Tahoe racing

If you’re looking for additional racing opportunities in the North Tahoe area, **check out the 2025 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 a day racer, **follow the instructions for racer registration** (summarized here, but check the website for updates):

1. **Pre-Register for the race online**
2. Print & sign **Release of Liability Form** and bring to check-in on race day
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

Fee is \$40, payable at the time of check-in at the Open League (OLRC) registration table.

Race day check-in is required for all day racers.

Mammoth camp and race report by Linda Crowell

Fantastic! Best ever! Great snow! Great weather! Great hill space! Great coaching!

These are just some of the superlatives that were being thrown around this week at the Mammoth race camp.

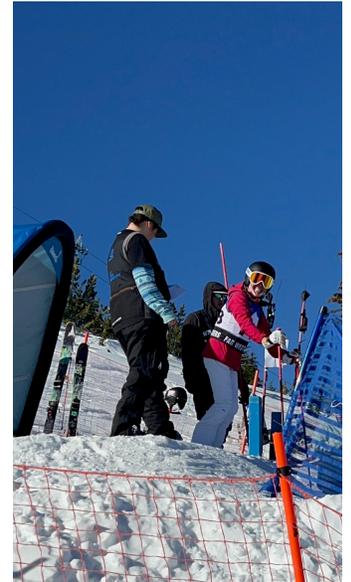
The four days of training with coaches Pierre, Amy and Bill were great! Being able to train on Broadway and Ralphies because of the hill space given to us by the Mammoth race department was perfect for early season training.

The weather continued sunny and warm for the races. Again, the Mammoth race department put on an excellent race.

Everyone who attended the camp and the races thoroughly enjoyed themselves this week!



Men's Open Class: Ara Papazian (2nd), Erik Nelson (1st), Ryan Ritchie (3rd)
 📷 Lors Spicher



Shareen Fat starting her first race ever!
 📷 J.C. Fat



Linda Crowell, Lors Spicher, and Deb Lewis on the chairlift
 📷 Linda Crowell



Women's Open Class: Deb Lewis (3rd), Vera Savage (1st), Julie Loisel (2nd)
 📷 Lors Spicher



At the start with Rees Palermo and Shareen Fat
 📷 J.C. Fat



Rick Harrington, Bob Ellis, Donald Shafe, Larry Gowing
 📷 Lors Spicher



Far West Masters women racing at Mammoth
 📷 Lors Spicher

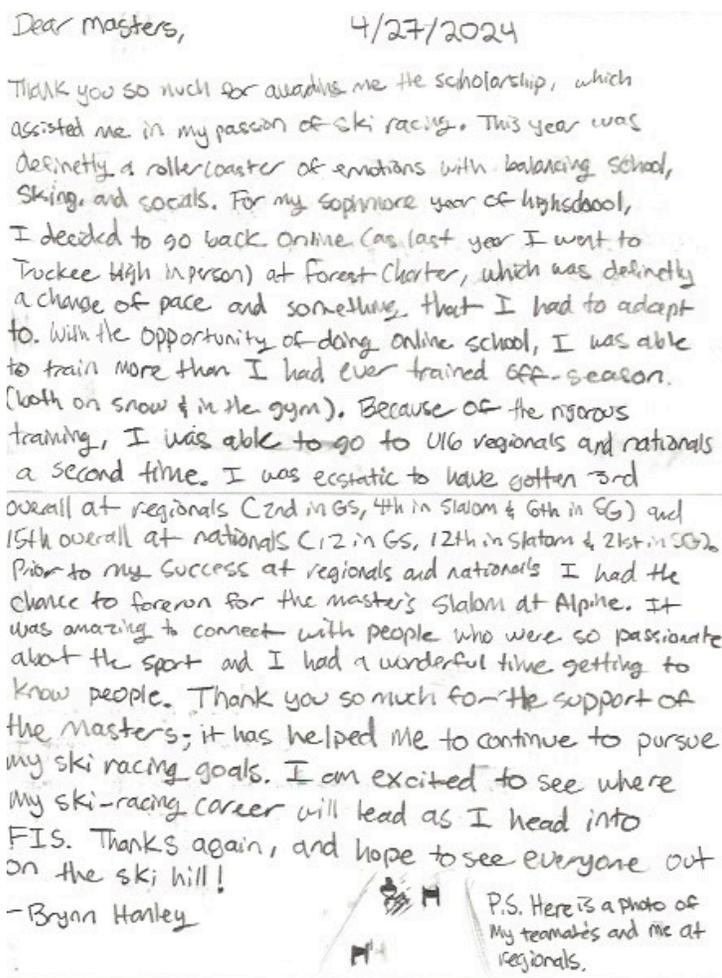
Scholarship Program recipients for the 2024-2025 season

24-25 Recipient	Team
Vivaan Alleyne	Sugar Bowl
Aksel Atkins	Northstar
Lila Attolico	Palisades
Mason Ayers	Sugar Bowl
Evi Barber	Northstar
Walker Barber	Northstar
Zach Beevor	Sugar Bowl
Ava Bradford	Sugar Bowl
Jacob Brown	Mt Rose
Michaela Bruce	Northstar
Zosia Buchanan	Palisades
Chloe Byrnes	Northstar
Maxwell Cooper	Palisades
Avery Cronin	Diamond Peak
Kole Cronin	Diamond Peak
Julia Cunningham	Palisades
Harper Dahlberg	Mammoth
Lexy Denis	Palisades
Lyla Denis	Palisades
Siduri Dunning	Palisades
Jackson Fossum	Sugar Bowl
Brady Garbarino	Palisades
Bobby Jo Griffin	Palisades/Western Region
Brighton Hamilton	Palisades
Brynn Hanley	Palisades
Prince Ilano	Palisades
Sara Jennings	Northstar
Jadyn Knight	Northstar
Sophia Lee	Mt Rose
Aaron Leopold	Sugar Bowl
Rhett Lindsey	Palisades
David Lu	Northstar
Madeline Lu	Northstar
Brody Mitchell	Palisades
Aiden Morgan	Palisades
Maren Paidakovich	Diamond Peak
Cassidy Pearson	Palisades
Luca Peterson	Palisades
Peter Rusek	Palisades
Dylan Schemenauer	Diamond Peak
Kash VanKirk	Kirkwood
Ivy Wilson	Palisades
Olive Wilson	Palisades
Charles Zaretsky	Palisades

The Far West Masters Scholarship Program is now entering our 35th year. We encourage all Far West Skiing Alpine athletes 13-20 years old to apply. We have just announced this year's winners. We awarded 44 scholarships totaling \$25,000. We additionally awarded a college scholarship of \$8000. Scholarships are awarded based on a combination of (and in order of importance) exemplary work ethic, academic scholarship, citizenship, financial need, and race results.

Awarded funds are placed into the individual racers' accounts from which they may draw upon during the season for racing expenses.

In return for funding, recipients forerun one of our Masters races and speak at the following awards ceremony. The experience has proven to be quite fun as it allows a junior athlete to show off their stuff and to thank the Masters in person for their support. Their participation by speaking and selling raffle tickets at our awards parties is an important contribution to our fund raising efforts and it helps to teach about "giving back". Look for our sponsored athletes at our races this season. Talk with them, forward your love of ski racing to them. This is how we pass on our experience and success to the next generation!



Brynn Hanley

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

New member info & how to sign up for racing (and renewals if you haven't yet!)

What do I need to do?

There are two steps to signing up to race with Far West Masters each season. Please review these instructions and make sure you complete both steps.

- Racing with Far West Masters requires **BOTH** a Far West Masters Membership and a US Ski & Snowboard Alpine Master membership
- **Both memberships should be renewed** if you plan to race with us in the 2024-2025 season
- 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
- **Are you a new racer with Far West Masters?**
Follow step one and step two, and Mary Feddis, our Membership Director, will contact you after you've signed up

Step One: Far West Masters Race Sign-up

We are once again using Admin Ski Racing (ASR) for membership and race fees. Far West Masters membership for 2024-2025 is now open at at masters.AdminSkiRacing.com/farwest.

Once you log in to masters.AdminSkiRacing.com/farwest:

- You will be asked to review (or create) your account for the season.
 - You may need to update your contact and credit card information
 - You will be able to proceed after you have completed this step
- Click on Event Signup in the left sidebar (remember, races aren't listed yet - registration will open in November)
- Select the 2024-2025 Far West Masters membership purchase
- Check out and submit payment

The Far West Masters page on ASR has detailed instructions to help you with the system. If you need additional assistance, you can contact Mary Feddis at membership@farwestmasters.org.

Step Two: US Ski & Snowboard Sign-Up

Renew your US Ski & Snowboard membership

- Registration instructions are on the US Ski & Snowboard website:
<https://usskiandsnowboard.org/membership/registration-instructions>
- Renew by October 15th to get the best price!

Reminders for US Ski & Snowboard Sign-Up

- Most masters should select the "Alpine Master" membership type. Only select the "Alpine Master w/ requirements" membership type if you are required to have SafeSport training and background checks due to your engagement with junior athletes through a US Ski & Snowboard club role.
- Most masters should select "No Club Affiliation" for the US Ski & Snowboard club affiliation. Do NOT select the club at the area where you ski and train unless you are actually a member - the clubs are generally associated only with junior alpine competitor programs.
- At the end of the renewal or new member process, you will be asked to e-sign a release of liability.
- 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.



Mary Feddis with first time racer Shareen Fat
Lors Spicher

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)

Anyone can write for The Forerunner!

If you have an idea for a forerunner article, whether it's something you'd like to read about or something you're offering to write, let Melissa know!

The best way to get to know our racers is through race reports. Thank you to all of our racers who have submit reports.

We'd love to hear about your experiences at our races! The best reports talk about the race in general but also include something personal about the race - a goal, or experience, or something funny or unusual that happened. For reference, a single column without photos is about 400 words. If you can submit photos, it's fewer words. One idea is to partner with another racer for photos at the race.

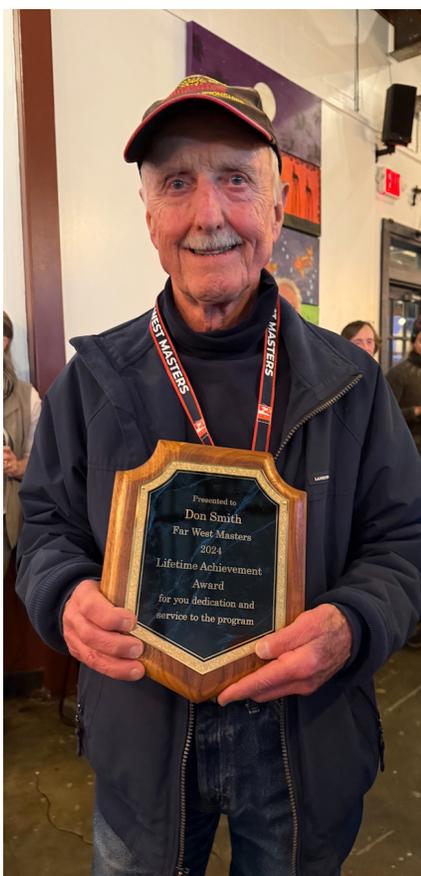
Have photos? We love those too! Photos, with or without an article, are appreciated. They can be emailed, or uploaded to a location of your choice.

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

2024-2025 Far West Masters Board

Here is the list of our board members for this season, effective June 1, 2024. New positions are noted in the list. If you are interested in participating on the board next year, please contact Rees Palermo.

President	Rees Palermo	president@farwestmasters.org	
Past President	Ray Tulloch		
Officials	Mark Mirviss	mmirviss@farwestmasters.org	
Race Scheduling	Mike Braun		
Membership	Mary Feddis	membership@farwestmasters.org	
Recruiting	Damian Palfini	recruiting@farwestmasters.org	new for 2024-25
Communications	Melissa House	forerunner@farwestmasters.org	
Secretary	Linda Crowell		
Treasurer	Hamish Butler		
Chief Technical Officer	Deb Lewis	dlewis@farwestmasters.org	



Don Smith
Far West Masters 2024 Lifetime Achievement Award &
First place, Men's class 12 at Mammoth