

Far West News *Flash*

JULY, 2018

Far West Ski Association

WHO & WHAT'S NEW FOR 2018

SkiPost Offers Summer Training Advice: Skiers are always searching for ways to keep in ski-shape during the summer. Most switch over to hiking, biking, and/or swimming to name a few. Here are a few ways to try building speed, endurance and agility: *Swimming* is like skiing, in that it is a quadra-pedal cardio activity and when done in moderation is great for flexibility which by the way is a huge deal for the more "mature athletes". *Rollerskiing* can be used for: endurance, intensity, speed, recovery, racing; strength - no poles skating, double-pole and single pole only sessions. *Running and cycling* can be used for: endurance, intensity, recovery, racing. *Bounding* can be used for: intensity, speed, strength.

Bounding can be done with or without poles. The motion should closely imitate classical skiing. To focus on strength and explosiveness do shorter intervals focusing on getting maximum distance with each bound. For intervals try to use the explosiveness, rhythm and intensity that imitates ski racing. Ski walking can be used for: intensity, endurance, strength. Can be done with poles but is generally done without them. It should closely imitate classical skiing. It can be incorporated into running endurance sessions on steep and/or long up-hills and be used for intervals on up-hills. Poles should be about 2 inches shorter than poles used for classical skiing on snow.

U.S. Ski and Snowboard Hall of Fame: SAVE THE DATE- April 6, 2019 will be the date of the 2019 *U.S. Ski and Snowboard Hall of Fame* Induction Ceremony. The event will be held at Park City Resort, April 4-7, 2019, with events and activities going on every day. Order your tickets now at: www.snowsporthistory.com.

FAR WEST TRAVEL

Far West Ski Week, 2019: February 2-9, 2019, are the dates for the Far West Ski Week trip to *Steamboat*. There is a lot of room on this trip, so get in touch with your Council Trip Leader or Nancy Ellis to sign up: fwsatravelnancy@sbcglobal.net or (530) 414-8261.

Far West Mini Ski Week: The Mini Trip to *Winter Park* is set for March 24-29, 2019. Registration information is on the website. Winter Park is on the Ikon Pass so people can go on this trip and add a trip to Steamboat, Copper Mtn., or Aspen/Snowmass before or after the trip. Clubs and Councils can bring a group of 12 or more and earn compensation for each person they bring. A great way to raise money for your club or council. Contact Gloria Raminha, Trip Leader, to sign up for the trip or for information on the Club/Council Incentives program. Gloria: garski2011@gmail.com; (661) 800-8229.

Far West Adventure Trip: **ROOM FOR ONE MORE GUY!** Far West will be going on an adventure trip to *India*. The dates are set for October 5-21, 2018. There has been a cancellation, so if you'd like

to join this adventurous group on a trip to New Delhi, Jaipur, and Agra, Contact Debbie Stewart: fwsaintltrvl@prodigy.net.

Far West Windjammer Sailboat Adventure Trip: HEY! WHAT ARE YOU DOING NEXT MAY? THERE ARE STILL 3 DELUXE CABINS available on the 2019 Island Windjammer Sailboat Adventure Trip aboard the *NEW* sailing vessel *Vela*. The ship departs Tortola and will sail May 19-26, 2019. Extended stay on the island of Tortola will be available. Contact Sheri Parshall at cougskier@aol.com or visit <http://www.fwsa.org/Travel/Cruise/2T019-FWSA-Windjammer> for more information.

Far West 2019 International Trip: RESERVATIONS ARE NOW BEING TAKEN... March 9-16, 2019 will be the dates for the next international trip, which will take you to *Hakuba Valley Ski Resort*, in Japan. This is the home of the 1998 Nagano Winter Olympics. A Pre-Trip is being offered to Niseko, on the island of Hokkaido (with a limited number of participants) from March 4-8. The Pre-Trip, which will depart the U.S. on March 3rd, will only be sold in conjunction with the BASIC Hakuba trip. There is also an EXTENSION trip, or Stand-Alone trip, from March 16-23, traveling by motor coach and train to Kanazawa, Kyoto, and Tokyo. While in Tokyo, an optional day-tour will be offered to Mt. Fuji. Final details are still in the making. Contact Debbie Stewart: fwsaintltrvl@prodigy.net to add your name to the list.

FAR WEST COUNCILS

San Diego Council of Ski Clubs: Aspen - December 6-12, 2018: The Annual *Aspen* ski trip will be taking place again this year. If you buy the *IKON* pass from deanna@ski.com, you will receive \$30 off your SDCSC Aspen trip. The pass, on sale now, includes *Mammoth, Bear Mountain, Aspen* and *Steamboat*. The Aspen early sign up party will be June 23, 2018 at the Sanfords' house. At that time, deposits will be taken, and online registration will be open. Contact powerskristinam@gmail.com for more information.

- **Amsterdam to Bruges- April 27- May 4, 2019:** The *Amsterdam Bike & Boat* will be an amazing bike trip. The trip spends three days cycling in Belgium which will introduce you to famous brands of Belgium beer each served in their special style glass and of course Belgium waffles!. Three professional guides will be with the group on daily long or short ride. We will be on the brand new, luxurious boat, the *Manifique III*, with some large suites featuring outside decks, satellite TV and a jacuzzi on the top deck. Come join us for this wonderful adventure! Contact Eileen Sanford- esanford660@gmail.com for more information.
- **Australia and New Zealand – October 13 - November 1, 2019:** SDCSC will be doing a trip through Australia and New Zealand, with a pre-trip to *Melbourne, Alice Springs* October 9-13, and post-trip to *Fiji*, November 1-5, 2019. Grand Circle Tours will be the tour operator on this amazing trip to *Cairns and Sydney, Australia; Queenstown, New Zealand, Rotorua, and Auckland*, before returning back home. Contact Eileen Sanford (esanford660@gmail.com) for more information.

Sierra League And Council: Sierra Council 's Reno Ski and Recreation has dropped the price on their 2019 *Big Sky, Montana*, January 12-19, 2019, trip to \$1,775. They are waiving the club membership fee for any FWSA club members who would like to participate. The trip includes lodging and breakfast at the ski in/ski out Huntley Lodge, a sleigh ride with dinner, and a top of the mountain farewell dinner. Contact Mary Kelly: mkellyintahoe@sbcglobal.net to sign up.

Los Angeles Council: LAC clubs are having a wonderful summer trying to “stay cool.” They love the sun, the sand, the surf, it’s all great stuff! Many of the clubs have been water skiing, playing volleyball, beach volleyball, and pickle ball. The September general meeting, Sept. 10, will be a “mini

convention” with miniature golf, goodie bags, food, etc. LAC is also looking for a few people to assist on the board. They **need a VP of Membership**, and a **Webmaster**. Contact Sandy Blackwell: sblackwell@brightandbrown.com.

FAR WEST SKIERS GUIDE

Looking for fun things to do this summer??? Check out the Far West Skier;s Guide / Summer Supplement on the www.fwsa.org website. To be included in the **2018 - 2019 Far West Skier’s Guide**, please contact Leigh Gieringer at fwsg2@cox.net.

FAR WEST CONVENTION PRESS RELEASE

The Far West Ski Association conducted its 86th Annual Convention and Meeting June 7-10, 2018 at the Atlantis Casino Resort Spa, hosted by the Bay Area Snow Sports Council and the Sierra League & Council. The Far West Ski Association, founded in 1930, is a volunteer, non-profit organization representing 150 affiliated ski clubs located throughout nine regional councils in the states of Alaska, Arizona, California, Colorado, Hawaii, Idaho, Nevada, South Dakota, Oregon, Utah, Washington, and Wyoming. The Association conducts active programs in public affairs, skier safety, ski heritage, racing, communications, travel, council development, ski industry and community outreach. In addition to the 170 ski club delegates attending the annual meeting, approximately 75 ski and sports industry representatives participated in the weekend’s events.

Special guests included: *Billy Kidd*, Keynote Speaker, Olympic Medalist; *Tom Kelly*, US Skiing VP of Communications; *Lila Lapanja*, US Ski Team Member & FWSA Athletic Scholarship Recipient; *Matt Smallhouse*, Junior Racer & FWSA Athletic Scholarship Recipient, *Ingrid Wicken*, Historian & Founder of the California Ski Library; *Bill Clark*, Curator, Western Skisport Museum; *Dave Ludwig*, Founder of Hope on the Slopes; *Amy Berry*, Tahoe Fund CEO; *Trey Humphries*, High Fives Foundation Interim Executive Director and *Dr. Jon Kedrowski*, author and mountain climber.

The 33rd Annual Silent Auction on Friday evening raised over \$27,000 to support FWSA programs. The highest bidders purchased ski trips, bicycle trips, diving trips, and tour packages. Saturday morning’s Travel Expo enabled industry representatives to meet with travel decision makers from the Association’s clubs and councils.

Saturday afternoon, following the luncheon, was a presentation by Keynote Speaker *Billy Kidd*. When you think of legends in American skiing the name Billy Kidd is at the top of the list. He and teammate Jimmie Heuga became the first American men to win Olympic medals in alpine skiing – a silver for Kidd and a bronze for Heuga – in the slalom at Innsbruck, Austria in 1964. Billy became a World Cup Champion in 1970 in Val Gardena, Italy. Among many accomplishments, he is a member of the US Ski and Snowboard Hall of Fame and the Colorado Sports Hall of Fame. He continues his involvement in

snowsports as Director of Skiing at Steamboat. A longtime friend and continued convention attendee over the years, Kidd is a recipient of the FWSA Hans Georg Award. He gave an inspirational presentation regarding the challenges and rewards of being a member of the US Ski Team, and brought the audience back to his experiences at the Olympics and as a World Cup Racer. To the delight of everyone, he brought his Olympic and World Cup medals, and some attendees had the honor of privilege of wearing his medals for a once-in-a-lifetime photo opportunity.

Bids were presented to the FWSA Travel Committee for selection of the 2020 FWSA Ski & Snowboard Week, with the result to be announced later in the summer. The 2019 FWSA Ski & Snowboard Week will be held in Steamboat, Colorado, Feb 2-9. A Mini Ski & Snowboard Week will be held at Winter Park, Colorado, Mar 24-29. The 2019 International Ski & Snowboard Adventure will be to Ski Niseko, Japan, Mar 9-16, with an extension to be announced. Three FWSA Snowsports Leadership Academy classes were held on Saturday, two morning sessions “Make your Nonprofit Passion a Successful Reality” and “Knock Knock, Who’s There to Take Over? Successful Succession Planning,” and an afternoon session “I Want to Go On the Trip, Too; Maximizing Travel for Your Clients with Special Needs. Two Public Affairs Sessions were conducted, with the morning session dedicated to snowsports history and documentation, and the afternoon session to the junior racing and the US Ski Team, past and future.

FWSA Snowsports Builder Awards were presented to *Fritz Buser*, *Ingrid Wicken* and *John Watson*. Mike Pierce, Mount Rose - Ski Tahoe, accepted the award on behalf of Fritz Buser. Fritz was the founder and developer of Mt. Rose – Ski Tahoe. His son Kurt has been executive of the company for the past 20 years. Fritz recently passed away in his native home of Switzerland. Ingrid Wicken has written seven books and numerous professional papers on ski history in various journals. She is the founder of the California Ski Library, which celebrated its 30th year of operation this year. John Watson has dedicated over 50 years of volunteerism to organizations that support snowsports. He was the creator of multiple innovative programs and recognition awards on all levels of snowsport – club, council, FWSA, US Ski Association, US Recreational Ski Association and the Far West Ski Foundation.

Two FWSA Industry Awards were presented: the FWSA Tommi Tyndall Award for Outstanding Ski Industry Contribution, to *Sugar Bowl Resort* and the FWSA Bill Mackey Award for Outstanding Ski Industry Employee, to *Sandy Gaudette*, SKIGroup.com. Three FWSA Media Awards were presented: the Bill Berry Award for Featured Article, to *Dr. Jon Kedrowski*, author of “Skiing and Sleeping in the Summits”; the Bill Berry Hard News Award to *Justin Scacco*, writer for the “Truckee Sun”, and the Warren Miller Modern Media Award to *Red Bull Media House* for their movie “Peak Season”.

Jo Simpson, Sierra league & Council (Reno, NV) received the FWSA Hans Georg Award for long-term service to organized skiing. Other individuals receiving recognition awards included: the FWSA Elizabeth “Schatzi” Wood Award for a decisive contribution to skiing to *Jane Gutierrez*, Los Angeles

Council of Ski Clubs (Hawthorne, CA); the FWSA J. Stanley Mullin Award for a decisive contribution to skiing to *Todd Hood*, Los Angeles Council of Ski Clubs (Palos Verdes Peninsula, CA); the FWSA Jordan-Reily Award for Outstanding Contribution to Public Affairs, to *Amy Berry*, Tahoe Fund; and the Terry Smith Award for greatly contributing to the advancement of intramural skiing to *Kevin Kermode*, Mammoth Mountain. The FWSA Jimmie Heuga Award was presented for Outstanding Humanitarian, to *Dee Armstrong*, Can Do MS. The FWSA Councils' Man & Woman of the Year program, sponsored by Big White Ski Resort, recognized *Kim Hovren* and *Mike Bouton* of Intermountain Ski Council. The FWSA Presidents Award was given to; *Tom Kelly*, VP of Communications, US Ski and Snowboard Association; *Michael Bouton*, 2017 Host Council Convention Coordinator and Past President of Intermountain Ski Council; and to *Jane Gutierrez*, FWSA VP of Membership, and Snowsports Leadership Academy Chairperson.

The Wentworth Award for the Outstanding Publication was presented to *Pacific Rim Alliance* (Masters Class) and *North Island Snowdrifters* (Novice Class). The Outstanding Website Awards were given to: *Pacific Rim Alliance* (Masters Class) and *Conejo Ski_and Sports Club* (Novice Class). The FWSA Charity & Community Service Recognition Awards were presented to *Monterey Ski & Social Club* (Double Diamond Class), and *Bogus Basin Ski Club* (Diamond Class).

Special presentations were made to *Monica Palmer*, a member of the Reno Ski and Recreation Club, for the FWSA Safety Person of the Year Award, sponsored by Telluride Ski Resort. The FWSA Western Ski Heritage Award, sponsored by Steamboat Ski & Resort Corporation, was presented to *Ingrid Wicken*, ski historian and author of "50 Years of Flight". Historic Ski Club designations were awarded to Long Beach Ski Club and Wailers Ski Club.

The FWSA Athletic Scholarship Program raised over \$5,000 during the Convention through a raffle, silent auction and oral auction of two trips sponsored by Whitefish Mountain Resort and Averill Hospitality - The Lodge at Whitefish Lake and Firebrand Hotel. The FWSA Athletic Scholarship Program, which began in 2004, has awarded 123 scholarships for a total of over \$129,000 to deserving USSA racers throughout the western United States.

Elections were held at Sunday's General Session. FWSA Officers for 2018–2019 are: President, *Gloria Raminha* (Bakersfield, CA); Secretary, *Sheri Parshall* (Fairview, OR); Treasurer, *Randy Lew* (Battle Ground, WA); Chairperson Board of Trustees, *Linda Westlund* (Scottsdale, AZ); VP Council Services, *Jo Simpson* (Reno, NV); VP Marketing, *Debbi Kor* (Vancouver, WA); VP Membership, *Michael Bouton* (Boise, ID); VP Public Affairs, *Paula Hazzard* (Manhattan Beach, CA); VP North American Travel, *Nancy Ellis* (Truckee, CA); VP International Travel, *Debbie Stewart* (Visalia, CA); VP Racing, *Bob Ellis* (Truckee CA); Trustees *Tom Bundgard* (San Diego, CA), *Jane Wyckoff* (Irvine, CA), and *Tucker Hoffman* (Livermore, CA).

Far West Ski Association is appreciative of the many sponsors who are a big part of the success of the FWSA Annual Convention. Sponsors included: Alterra Mountain Company/IKON Pass, Aspen/Snowmass, Big White Ski Resort, BikeTours.com, Brian Head Resort, Cahilty Hotel & Suites, ClubExpress, Club Med, Diamond Peak Ski Resort, Great Basin Brewing Company, Holidayz Ski Tours, Jackson Hole Mountain Resort, Karbon, Mammoth Mountain Ski Area, Nancy Greene's Cahilty Hotel & Suites, Reno Sparks Convention and Visitors Authority, Sports America Tours, Squaw Valley Alpine Meadows, Ski.Com, Snowmass, Steamboat Ski and Resort Corporation, Telluride, Vail Resorts, The Firebrand Hotel, Winter Park Resort, Whitefish Mountain Resort, Winter Park, and Ski.com.

The 87th Annual Far West Ski Association Convention is scheduled for June 13-16, 2019 at the Hyatt Regency Indian Wells Resort & Spa, California, hosted by the Orange Council of Ski Clubs. For additional information regarding the Far West Ski Association, please visit our website at www.fwsa.org.

Photographs are available upon request.