

U.S. picks Olympic Team

Ski/board teams mix past Olympians and newcomers

The U.S. Ski and Snowboard Association has named the 2006 Olympic ski and snowboard teams that will compete this month in Torino, Italy.

The teams are made up of a strong mix of newcomers and past Olympians, giving the U.S. squad one of its most



Daron Rahlves

powerful teams ever for a Winter Olympics.

Team announcements began Jan. 16 with the Nordic Combined and Ski Jumping teams being unveiled in Park City, Utah, and ended Jan. 25 with the announcement of the Alpine (in Las Vegas, NV) and the Freestyle (in Deer Valley, UT) teams.

Alpine

LAS VEGAS, NV - Defending World Cup and world champion Bode Miller (Bretton Woods, NH), three-event star Daron Rahlves (Sugar Bowl, CA) and emerging talents Lindsey Kildow (Vail, CO) and Julia Mancuso (Olympic Valley, CA) are part of a 19-member U.S. Olympic Alpine Team announced Jan. 25.

Bill Marolt, president and

CEO of the U.S. Ski and Snowboard Association, the national governing body for Olympic skiing and snowboarding, said the team will include nine men and 10 women. Fourteen of the athletes have been to previous Olympics, nine are three-time Olympians.

The Ski Team was announced at the SIA 2006 Snowsports trade show in Las Vegas.

Miller, who skied to two silver medals at the 2002 Olympics in Salt Lake City, became the first American since 1983 to win the overall alpine World Cup title last season; he also was gold medalist in downhill and super G at the World Championships. Rahlves, the most successful U.S. male speed skier, has won 11 World Cup races, including three this season, and had two medals at the 2005 Worlds.

Kildow, a four-event skier, has won two downhills this season while Mancuso collected two bronze medals at the '05 Worlds.

"This is an incredibly talented group of athletes. We've never had such a wealth of experience at this



Lindsey Jacobellis



Julia Mancuso

level," said U.S. Alpine Director Jesse Hunt. "Not only do we have more than a dozen Olympians from previous Games, but eight of them have won World Cup races or medaled at the World Championships."

Snowboard

MOUNTAIN CREEK, New Jersey - Teen halfpipe superstar Shaun White (Carlsbad, CA), and snowboardcross world champions Lindsey Jacobellis (Stratton, VT) and Seth Wescott (Kingfield, ME) lead a 16-member U.S. Olympic Snowboard Team announced Jan. 22.

Three riders competed in previous Olympics (defending 2002 halfpipe gold medalist Kelly Clark, 2002 Olympic silver medalist Danny Kass and Rosey Fletcher, the first American named to the first U.S. Olympic Snowboard Team in 1998).

White, 19, swept the five Grand Prix halfpipe contests and has energized his sport in recent seasons with his

See TEAMS, Page 15

Northstar introduces Matix Mega Staircase

First in signature jib series

TRUCKEE, Calif. - In an effort to constantly evolve its nationally-ranked parks and pipes, Northstar-at-Tahoe introduces a new series of signature freestyle features this season, thanks to the collaboration between Northstar's expert park and pipe design team, Snow Park Tech-

feature can be found in the park located on Moonshine, off of the Vista Express chairlift.

It is a 25-foot staircase feature with a 10-foot flat to 25-foot down flatbar rail, 25-foot single barrel rail and 10-foot flat to 25-foot down box with ledges.

This Matix feature is just

the beginning of many more innovative jibs to be added to Northstar-at-Tahoe's six terrain parks, which include the first-ever Burton Progression Park to be built in the West. More signature features will be announced soon.

Northstar's terrain parks

were ranked seventh in North America by *Transworld Snowboarding* magazine in its 2006 Reader's Poll.

Snow Park Technologies is led by Chris "Gunny" Gunnarson and Josh Chauvet, who have designed terrain parks for notable events such as ESPN's Winter X Games, Vans Triple Crown of Snowboarding, the World Championships of Snowboarding, and numerous resorts throughout North America, Europe, and Asia.

For more information, visit NorthstarAtTahoe.com.



nologies, and select companies that have been chosen as Northstar's partners.

The first signature feature being added to Northstar's parks is a mega stair feature by Matix, a clothing manufacturer that supports the casual and active lifestyle of today's generation of skate, surf and snow culture.

The company's proven dedication to the snowsports industry made Matix a natural fit for Northstar's progressive brand.

Matix's new permanent

Jibber Rail Jam - February 5, 12, 19, & 26

Do you have what it takes to Jib to the top? Beginning Feb. 5 and continuing every Sunday until the end of the month, Sierra-at-Tahoe will host the second season of its signature rail jam series open to all amateur snowboarders and skiers, men and women.

See JIBBER, Page 15

Bode Miller apologizes for CBS '60 Minutes' comments

By Joe Blenkle

Sierra Ski News Editor

U.S. Ski Team member Bode Miller got himself in hot water with the skiing community after commenting during an interview on CBS' "60 Minutes" in early January that it's "not easy to ski when you're wasted."

Miller held a press conference on Jan. 12 in Wengen, Switzerland to apologize to family, friends and the media

for what he said.

"The reason I wanted to do a press conference," said Miller, "is so there is no misunderstanding and everything will be really clear, and everyone will have the same story about how I feel about the comments.

"First of all, I want to come straight out and apologize to my family and friends. We have a lot of people who have supported me on the Team for



made the comments in the '60 Minutes' interview, it caused

a long time who are subject to only what the media puts out in America. Because of the way I

a lot of pain for those people. And I want to apologize to them.

"And secondly, to the people I don't have any direct contact with, the kids and the fans and parents who are trying to put all the athletes up on a pedestal and show their kids what they're supposed to be like. The message that came through is not what I'm about in any way in my sporting career. Those who have

watched me and know me know that I don't put anything in front of my sporting career in terms of taking sport and my career seriously."

Three days prior to Miller's apology, U.S. Ski & Snowboard Association President and CEO Bill Marolt had underlined the seriousness of Miller's '60 Minutes' comments by saying, "As the leader of the U.S. Ski and Snowboard

See MILLER, Page 15



When I say "Torino Olympics" does everyone out there know what I'm talking about?
For the past couple of years, that's all I can remember when seeing references to the coming Winter Games... Torino this and



Sierra Ski News is published monthly (November-March) during the 2005-2006 ski season. **SSN** is distributed FREE through Northern California area ski shops and other businesses of interest. Subscriptions available for \$10 per year (5 issues). Article submissions, letters, photos and other materials may be sent to: **Sierra Ski News**, P.O. Box 1056, Citrus Heights, California 95611, or email: ssn@sacnews.net. Phone: (916) 276-8292.

Editor/Publisher
Joe & Sharlene Blenkle

Contributing Editor
Sam Morishima
Louie the Chimp

Printed By
Herburger Publications, Inc.
Galt, California

Torino that.
According to a story in the Jan. 18 *The Sacramento Bee*, however, the proper name for the 2006 Olympics is "Turin" as that's the American name for Torino.

This is Associated Press style which the *Bee* insists on following. Never mind the logo for the Games says Torino. Never mind the U.S. Ski & Snowboard Teams call them the Torino Olympics. Never mind that most of America - and the world - call them the Torino Olympics.

I'm as proud as anyone else to be an American, but last time I checked the Olympic Games were for the entire world.

I find it disrespectful to both the Olympic Games and the host city for egotistical media outlets to take it upon themselves to rename the Games.

The Associated Press, *The Sacramento Bee*, and anyone else adopting a new name for the 2006 Games should worry more about covering the Games than about what to call them - they already had a perfectly fine name with "Torino."

You can find more information on the Games at www.torino2006.org, although if you're confused by the name, www.turin2006.org will redirect you to the properly

named Torino site as well.

Speaking of names, a sad day will soon be upon us.

This spring, Caesars Tahoe, long a Tahoe icon with its Roman-themed everything, will become MontBleu Resort Casino and Spa.

The name change comes as a result of Caesars sale to the Columbia Sussex Corporation this past June.

Our source at Caesars tells us that remodeling is well underway and the name change should take effect in April.

No more Circus Maximus Showroom, The Roman Feast (all you can eat buffet), Club Nero, and all the Roman-themed art and statuary that adorned the hotel and casino.

Instead we will have MontBleu - whatever that is...we can't imagine it will be anything good!

Columbia Sussex has said the MontBleu name will be used to capture a theme that mirrors the character of Lake Tahoe and will give the casino a more contemporary look.

From what we've read in various news reports, it will have a kind of French Alps meets Tahoe feel and look.

Possibilities there, but personally we liked Caesars the way it was!

Alpine's adaptive ski school teaches disabled athletes

TAHOE CITY, Calif. - "If I can do this, I can do anything!" As the motto for Tahoe Adaptive Ski School (T.A.S.S.)

and Disabled Sports USA, this statement rings true for athletes who participate in the T.A.S.S. program.

Geared toward students with physical and mental disabilities, the T.A.S.S. mission statement is "to improve the quality of life for people with disabilities by providing affordable inclusive sports which build self-esteem and confidence, enhancing active participation in community life."

In 1967 Jim Winthers brought together a small group of Vietnam Veterans to support each other as they learned to cope with their disabilities.

These Veterans taught themselves and others how to ski.

Winthers, a World War II Veteran of the 10th Mountain Division and Director of the Soda Springs Ski School, helped form Disabled Sports USA, Far West (DSUSA-FW).

DSUSA-FW has continued its rehabilitation orientation and remains dedicated to the belief that sports are a vital part of the process in which disabled individuals gain self-confidence, mobility, and greater independence.

Our programs promote education, socialization and employment. They help turn tragedy into triumph by instilling in participants the knowledge that it's not their disabilities, but their abilities that count.

Operated by more than 200 volunteers who collectively donate more than 4,000 hours per winter season, T.A.S.S. is open every day at Alpine Meadows, located at the Subway Lift access point.

Because of T.A.S.S.'s popularity, students must make a reservation. Two and one-half hour lessons are offered twice daily, and can be purchased individually or in packs of five. T.A.S.S. rents specialized equipment - such as the

Shadow Mono Ski with Riggers, Standup Outriggers, Ski Bras, or Blind Bibs - depending upon a student's needs.

For more information on Tahoe Adaptive Ski School, contact Alpine Meadows Ski Resort at (530) 581-8321 or contact Haakon Lang-Ree, Tahoe Adaptive Ski School Vice President, at (530) 581-4161.

Information may also be obtained on line at www.dsusafw.org.

Squaw opens new restaurant at base

SQUAW VALLEY, Calif. - Squaw Valley USA welcomes a new restaurant to the Valley. The Blue Onion Café has moved into the spot that Mother Barclay's used to occupy and is now open for breakfast and lunch.

The Blue Onion is conveniently located at the base of the mountain between Le Chamois and Olympic House in the Village Green.

This will be their second café, adding to their first location in Kings Beach.

Breakfast at the Blue Onion will be a superb way to kick off your day on the slopes. With Belgian Waffles, Eggs Benedict, and delicious crepes how can you go wrong?

For late risers or hardcore riders who want to get fresh tracks before you eat, the Blue Onion serves breakfast all day long.

For lunch, skiers and boarders can enjoy focaccia sandwiches, hot paninis, and an appetizing array of soups and salads. Or snack on a hardy cup of New England clam chowder, a filling Cobb salad or the Blue Onion salad which has caramelized pecans, pears, gorgonzola, and balsamic vinaigrette over mixed baby greens.

See ONION, Page 3

Tahoe Lake Cottages
Cute, Cozy, Quiet & Clean
Cozy 1 and 2 bedroom cottages with kitchens and fireplaces on the quiet West Shore of Lake Tahoe. Minutes from Homewood Ski Area, Alpine Meadows and Squaw Valley. Rental and lift ticket discounts available - ask about our 1/2 price specials.

Please call Mike Lafferty - (800) 852-8246
P.O. Box 126 / 7030 Highway 89, Tahoma, CA 96142
www.tahoelakecottages.com

YOUR PREMIUM MOUNTAIN CONNECTION

GIRO HELMETS
\$59.95

NEW THIS WINTER

Children's coats and pants and Roxy for Juniors

Celebrating 32 years

TUNE YOUR BOARDS AND DEMO OURS FOR FREE FULL STONE GROUND AND CERAMIC EDGE TUNE UP - \$34.95 PLUS FREE DEMO

Expires April 30, 2006
One FREE Demo day during Tune Up

20% OFF

ALL RENTALS SKI & SNOWBOARD DAILY RENTALS

NOT VALID: 12/23 - 1/1, 1/13 - 1/16, 2/17 - 2/20

Conveniently located on Ski Run Blvd. on your way to Heavenly

Hours: 7:30 AM - 7:30 PM Daily

RAINBOW MOUNTAIN PREMIUM SKI & BOARD RENTALS

1133 Ski Run Blvd. South Lake Tahoe 530-541-7470
www.rainbowwintersports.com

CHAR-PIT
BURGERS • RIBS • CHICKEN FISH & CHIPS • FROSTIES

\$2.00 OFF Any Combo Meal
(Good For Up To 4 People)

8732 N. Lake Blvd. Kings Beach, CA
(530) 546-3171 For Carry-Out

"World Famous Char-Broiler Since 1962"

Visit Char-Pit online at www.charpit.com

Borges Family Sleigh Rides

Good for \$5.00 off Per Adult Couple (Valid on Carriage or Sleigh Rides. Not valid Saturdays or holidays.) Coupon good for 2005-06 season

The Borges Sleigh Rides are located across from Caesars Tahoe Casino on Hwy. 50 Lake Tahoe. The Borges Family has delighted visitors from around the world with history, fun and nostalgia. Each ride is 35 minutes. Call for reservations. Open 10 a.m. to Sunset. Snow & Road Conditions permitting.

(775) 588-2953 See us on the web at www.sleighride.com
Ask about Dinner Sleigh Rides

Onion

(Continued from Page 2)

Still hungry? choose from a variety of delicious dessert crepes like bananas and Nutella or chocolate, strawberries, and cream.

Blue Onion's owner Margaretha Valois, says, "We are extremely happy to be here at Squaw."

Stop on by on your next visit and give Blue Onion a try.

Central Sierra series at Bear

Bear Valley and Dodge Ridge have teamed up once again to offer the 2005-2006 Central Sierra Series (CSS).

A dual-mountain Slopestyle competition, skiers and snowboarders alike have a chance to test their skills against the area's best. Bear Valley will host the final event on Mar. 18.

Registration will be open at the slope-side events shack from 9 a.m.-10:30 a.m. The competition will kick off at 12 p.m. on the Shady Grove terrain park.

Riders must have competed in at least 3 of the 4 slopestyle competitions to be eligible for the series title and cash purse (ages 16+).

Call (209) 753-2301 for further details.

Soldiers invade Heavenly Resort

Southshore Soldiers has announced its 5th anniversary snowboarding and skiing camp schedule, invading Heavenly Mountain Resort for three six-day sessions in March.

Reviewed by *Ski Magazine* as the "biggest adult-focused new-school" camp in the United States, each session has a ratio of campers to instructors

ranging between 7-1 to 2-1.

Instruction using the latest techniques takes place on and off the mountain and the camp often is able to provide access to professional snowboarders and skiers from all other the world—including X-Game and Olympic medalists.

Heavenly Snowboard Foundation Director Ed McClain explains, "Southshore Soldiers camp is ideal for snowboarders and skiers of all levels. All our coaches are committed to creating an enjoyable, non-threatening learning environment that helps each guest maximize his/her stay - whether working on the basics or new tricks."

The spring-break adult snowboard and ski camp is operated out of the private Soldiers Terrain Park at Heavenly Mountain Resort (summit elevation over 10,000-feet) in Lake Tahoe, Nevada. Soldiers Park is a private, world-class facility, with a half-mile of varied terrain features, including rails, boxes, kickers, and a 15-foot-high wall ride, all of which comprise the training grounds for the week.

Taught by the Southshore Soldiers professional coaching staff, the week long sessions are designed for skiers and snowboarders of all abilities, whether or not they have ever been on the slopes and even those who want to perform tricks like X Games "gangsta" (pro skier) Tanner Hall (who has been known on occasion to mingle with the guests)."

In the September 26, 2005 issue of *Skiing Magazine*, Ryan Brant noted, "As an adult camp, SouthShore Soldiers is the biggest adult-focused new-school camp in the country-and the only one that mixes partying and riding with equal gusto." In the article, he

See SOLDIERS, Page 4



Four Great Reasons to Stay at Best Tahoe West Inn

Mention this ad for a 50% discount on any room type - Sunday through Thursday or a 25% discount Friday and Saturday (offer expires 4/20/2006)

#1 Ideal Location
 ½ block to Stateline
 2 blocks to casinos
 2 blocks to lake and private beach facilities
 4 blocks to new Heavenly Gondola
 3 blocks off Highway 50 in a more quiet location

#2 Amenities
 Discount Sierra-at-Tahoe lift tickets
 Year-round outdoor whirlpool spa and sauna facilities
 All rooms queen size beds
 Non-smoking rooms, balconies and efficiency kitchens available
 Ski lockers with a ski tune area

#3 Services
 Complimentary coffee/tea/donuts
 Video player/video rentals available
 Free local calls/discount long distance
 Guest laundry facility
 Casino/ski shuttles
 Complimentary valuable casino fun packs

#4 Guest Rooms
 1 or 2 Queen beds
 New King Spa Suites
 Color television with remote
 Basic cable
 Best Tahoe West Inn is featured on the inside cover of the California/Nevada AAA Tour Book

Best Tahoe West Inn
 4107 Pine Boulevard
 So. Lake Tahoe, CA 96150

Direct: (530) 544-6455
 Toll Free: (800) 700-Tahoe
 Web: www.besttahoe.com
 email: besttahoe@hotmail.com

SKI RENTER SNOW PHONE
Road, Ski, Weather
Kirkwood - Heavenly - Sierra
(530) 544-8900
Updated Daily
on the spot!

Powder To The People
 WELCOME TO THE WINTER OF LOVE: A groovy snowporters paradise where skiers and boarders alike can throw away any heavy feelings and live together in harmony. It's been said that distance makes the heart grow fonder. We think that's a crock. That is why we're conveniently located as the first resort off Highway 50. So, don't torment your heart anymore, make the short drive and bask in the love.

SKI OR RIDE FOR AS LOW AS \$39 DAY* WITH THE 3-PAK

SierraAtTahoe.com **SIERRA** at tahoe 530.659.7453

* 3-Pak is three non-transferable lift tickets valid any day throughout the 2005-06 winter season; available in limited quantities.

NILS • NIDECKER • MARKER • SALOMON • RAICHLE • SCOTT
 LEEDOM • BETTY RIDES • SPYDER • FISCHER • THERMOFLEX • BETTY RIDES

ONE STOP SHOPPING
FASHIONS & GEAR - CUSTOM FITTED!
400 DEMOS & RENTAL GEAR!
 TRY BEFORE YOU BUY AT NO EXTRA COST

THE PERFECT RIDE STARTS HERE!

HOUSE OF SKI TAHOE
 TAHOE SOUTH SHORE SINCE 1979
 WWW.HOUSEOFSKI.COM
 775-588-5935

775-588-5935
 1-800-475-4432

to Heavenly, Nevada
 to Heavenly, California

• POST OFFICE
 • **HOUSE OF SKI**
 EXXON 209 Kingsbury Grade
 P.O. Box 5668, Stateline, NV 89449
 • CAESAR'S • HARRAH'S
 • LAKESIDE INN • HORIZON • HARVEY'S

DISCOVER AMERICAN EXPRESS VISA MasterCard

PROFESSIONAL BOOT FITTING
YOURS OR OURS - CUSTOMIZED!
CUSTOM-GLIDE TUNE-UPS
YOUR SKIS OR BOARDS, OLD OR NEW,
BEGINNER TO EXPERT, MACHINE-FINISHED &
HAND-FILED, FOR YOUR NEEDS: CUSTOMIZED!
OVERNIGHT GUARANTEED!
OPEN EVERY DAY - EVES TOO!

WINTERSTICK • RIPZONE • SNOSKINS • POLARMAX • PAN OPTX

Soldiers

(Continued from Page 3)
continued, "The daily itinerary is simple: rally by nine, raid the park all day, and party till the rooster crows."

Sessions are designed to be beneficial for all - beginners to advanced - with the program providing coaching both on and off the mountain.

This includes nightly video analysis of the participants riding/skiing, considered a

critical component to helping each person dramatically improve their technique.

In addition to the focus on skill improvement, the nightly lineup of entertainment, private parties, and casino nightlife tests many "campers" stamina.

There are three 6-day sessions; each includes 5 night's accommodations, 4-day lift ticket to Heavenly, coaching, video analysis, evening events, and more.

Camp dates are: Mar. 13-

18; Mar. 20-25 and Mar. 27-Apr. 1.

Adult (ages 18+) prices range from \$699 for double occupancy to \$649 for triple and quad occupancy at the Super 8 in S. Lake Tahoe.

Day Soldier packages are offered for ages 12 and over and cost \$485 per session.

Group rates and discounts to Heavenly locals Season Pass Holders, are also available.

Southshore Soldiers spring break adult snowboard and ski camp operates at Heavenly

Mountain Resort on Lake Tahoe's South Shore.

Founded in 2002 by pro-snowboarder Jimmy Halopoff-former ESPN Winter X-Games and Vans Triple Crown of Snowboarding gold medal winner, the camp is dedicated to providing an exciting, safe, supportive environment - both on and off the mountain - where guests receive personalized instruction while riding with pros and coaches from around the world.

For further information, or to sign up, visit www.southshoresoldiers.com.

Snow Festival expands band, party venues

TAHOE CITY, Calif. - Roof-raising rock n' roll and the funkier zydeco in the land are both highlights of the expanded music calendar for the 25th Annual North Lake Tahoe Snow Festival coming up Mar. 3-12, 2006.

"Music is a major factor in Snow Festival, and we have a great series of very entertaining concerts planned for this year," explained Festival Director Eric Brandt. "Not only are they terrific party bands, but they will give visitors a chance to enjoy some of the area's huge variety of music venues."

Highlighting the music calendar's numerous events are three noteworthy shows. The first is a performance by the

rocking all-girl tribute band AC/DShe on Saturday, Mar. 4 in the newly updated, state-of-the-art, Crystal Bay Club Crown Room.

AC/DShe is an all-girl band that is true to the high energy spirit of early rock legends, AC/DC.

The girls banded together and went on tour because they believe that "everyone should have a regular opportunity to go out, have some beers, and hear the kick-ass genius of AC/DC songs live."

Keeping in the spirit of the 'Mountain Mardi-Gras' theme of this year's festivities, Snow Festival is bringing true Zydeco and rocking Orleans funk music and dancing to the Crystal Bay Crown Room on Friday, Mar. 10. The double-bill heats up with Lil' Brian & the Zydeco Travelers. This young band has been defining a new generation of zydeco music. They draw upon contemporary urban black sounds while remaining respectful and true to their zydeco roots.

They have dubbed their music Z-Funk which has been called "an exciting and modern form of zydeco music that is both rhythmically and lyrically sophisticated - and just plain unbelievably funky."

Following the Travelers, the evening will take a leap when Bonerama hits the stage.

This brass band from New Orleans, Louisiana features five trombone players and produces music with "pure horn muscle, a rock 'n' roll mission, and the traditional funk of their New Orleans roots."

Across the street from the Crystal Bay Club on the same night, and rounding out what may become a Bourbon St. style street party, the Tahoe Biltmore hosts an evening of Zydeco music and dance with T. Broussard & The Zydeco Steppers. T. Broussard is a descendant from one of Louisiana's grand families of Zydeco and infuses contemporary sounds to his music while maintaining the essence of this musical heritage. When he takes the stage, T offers a solid heart-felt performance, and gets the crowd moving with an infectious Zydeco beat.

Other concerts and performances take place at numerous bars and restaurants throughout North Lake Tahoe during Snow Festival, including the traditional post-fireworks opening party at Olympic Plaza in Squaw Valley, and a Mardi Gras party at Jake's On The Lake in Tahoe City.

The 2006 North Lake Tahoe Snow Festival, taking place March 3-12, 2006 is sponsored by the North Lake Tahoe Resort Association and the North Lake Tahoe community.

Every spring, since 1982, North Lake Tahoe comes alive with 10 fun-filled days and nights packed with events and activities for all ages including parades, races, parties, concerts, and much more.

The festival's goal is to attract visitors and showcase the North Lake Tahoe area to benefit local businesses, organizations, and residents.

For more information about festival events, concerts and tickets, call (530) 583-7167 or visit www.tahoefest.com.

TAHOE Lakeshore Lodge & Spa

Stay and Play at Tahoe Lakeshore Lodge & Spa. Conveniently located just minutes from nightlife, casinos and world class skiing!

- Lake views & Fireplaces
- Hot Tub and Heated Pool
- Casino & Ski Shuttles
- Free Continental Breakfast
- Full Service Day Spa

Call 800 448-4577
Ask about our wonderful ski season rates!
www.tahoelakeshorelodge.com

Tahoe Donner downhill

05/06

Kids Learn to Ski Free every Tuesday
Non-holiday with the purchase of an all-day lift ticket.

Web Site Wednesday
Check our Web Site for great deals during non-holiday periods.
www.skitahoedonner.com

Parent's Day
Bring your child and ski free. Every Thursday during non-holiday periods.

TAHOE DONNER

11603 Slalom Way
Truckee, CA 96161
www.skitahoedonner.com
530.587.9444

FREQUENT SKIER PLUS
1 2 3 4... FREE!

Every 5th day free!
PLUS!
\$55 Bonus Club Days every Tuesday, Wednesday and Thursday

The Program...
Register for \$5 online or \$10 at any ticket window and for the rest of the ski season, every 5th full day you ski is free!

SQUAW VALLEY USA
el. 6200' · VIII Olympic Winter Games · el. 8200'

530 583-6985 • www.squaw.com

crazee ... but cute!

See 'em once and you can't forget 'em!

Get **crazeeHeads®** helmet covers for the entire family ... the easiest way to get your little one to wear a helmet!

No matter what your age or skill level, **crazeeHeads®** helmet covers make winter sports more fun! One size fits most helmets. Eleven styles now available online at:

www.crazeeHeads.com or call 1-866-4-CRAZEE.



BENNY the Raccoon



LEXI the Lion



ZEE ZEE the Panda



KLEO the Tiger



MO the Monkey



WHITE QUILTED



BLACK QUILTED



SNAKE



COW / PONY



ZEBRA



LEOPARD

**Play Smart. Wear a Helmet.
Look Smart.**

Wear a crazeeHeads®

crazeeHeads®

DECORATIVE HELMET COVERS FOR SKIERS & SNOWBOARDERS

YES, I WANT MY CRAZEEHEADS!

Plush Animals - \$31.99 each

Monkey #101 Tiger #102
Panda #103 Lion #104 Raccoon #105

Animal Skins - \$23.99 each

Zebra #201 Snake #202 Leopard #203 Pony #204

Quilted Nylon Basics - \$26.99 each

Black #401 White #402

One size fits most!



ITEM#	DESCRIPTION	PRICE	QUANTITY	
				Subtotal:
				Shipping:
				Sales Tax*:
				TOTAL:

Check enclosed (payable to crazeeHeads, inc.)

Visa MasterCard Card # _____

Expires (month) [] [] (year) [] []

Signature _____

Print your name _____

Address _____

City/State/Zip _____

Daytime phone number _____

in case we have questions about your order.

MERCHANDISE TOTAL	SHIPPING COSTS
Up to \$30.00	\$6.95
\$30.01 - \$40.00	\$7.95
\$40.01 - \$70.00	\$8.95
\$70.01 and over	\$9.95

*NY (8.75%) and CT (6%) residents only. State laws require sales tax on merchandise plus shipping.

We ship UPS Ground to lower 48 states. Delivery may take up to 10 days. UPS 2-Day service is available for a \$19.95 surcharge in addition to standard shipping costs. (UPS doesn't ship to PO Boxes.) Alaska, Hawaii, Puerto Rico, and Canada orders call 1-866-427-2933 for rates. Sorry - no international or APO/FPO retail orders.

Mail to: crazeeHeads, inc. • 130 Shore Rd. #126 • Port Washington NY 11050

www.crazeeHeads.com

or call toll-free: 1-866-4crazee (866-427-2933)

For use only with helmets having padding material extending at least to the outer edge of the helmet. Photographs of products are for illustrative purposes only. ©2005 crazeeHeads®. All rights reserved. Models: Tony Davis, Leza (Mom), Lexi and Ben Mendella.

Sick & Twisted tour continues at Homewood, DP & Kirkwood

SnowBomb's Sick & Twisted Tour continues with early February competitions and two stops in March.

Upcoming Sick & Twisted events in the series include a slopestyle event at Homewood on Feb. 5, and two amateur only slopestyle competitions at Diamond Peak on Feb. 11 and Mar. 12, and a slopestyle at Kirkwood on Mar. 25.

SnowBomb has been in existence since 1997. Based out of Tahoe City, SnowBomb has brought "locals" deals to enthusiasts that don't live at Lake Tahoe.

For more information about SnowBomb and the Sick & Twisted Big Air Festival and for a complete schedule of pick-up times and locations for SnowBomb bus trips, visit www.snowbomb.com, email info@snowbomb.com, or call (530) 581-0553.



Donner Ski Ranch Photo

Ski Ranch offers 'old school' prices

Every other Thursday until the end of the season, "when the snow's all gone," Donner Ski Ranch will roll back their lift ticket prices to only \$10 for adults and \$5 for children.

Dates included in the "Old School" promotion are: Feb. 2 and 16; Mar. 2, 16 and 30; Apr. 13 and 27, and continuing on every other Thursday until the snow is gone.

For more information, call Donner Ski Ranch at (530) 426-3635, or visit DSR on the web at www.donnerranch.com.

Park & Pipe Jam at Alpine Meadows

Alpine Meadows' "new" Park and Pipe Jam Series will

be running on Saturdays, Feb. 12 and 26, Mar. 12 and 26, Apr. 2, 9, 16 and 23.

The new rail jam series is free with a lift ticket or pass, ride from 10 a.m. - 12 p.m. and 2 p.m. to 4 p.m. with the best single run in as many laps as you can make.

Alpine's judging crew will be awarding prizes to first, second and third place in one open category. Sign up at the Kangaroo Race Shack where you'll get a bib. Participants will need to sign a liability release (if under 18, a parent or guardian will need to sign).

Superpipe qualifier at Boreal Resort

If you are looking to win an invitation to Park City Mountain Resorts World Superpipe Championship on Mar. 11-12, now is your chance to enter Boreal's World Superpipe Championship Qualifier on Feb. 11.

Entry is \$55, with a cash purse of \$5,250 and an invitation to ride among the top rated pros in the country. Visit worldsuperpipe.com to register.

Women's Edition ski & board clinic at Alpine Meadows

Alpine Meadows will be offering the fourth of its popular women's ski and snowboard clinics on Mar. 8-10.

The three-day clinic is among the most popular in the West. Technical skill, strength and above all - fun - are top priorities, as well as providing a safe and supportive atmosphere.

The clinic includes video analysis, pre-ski and snowboard yoga, as well as advice on choosing and fitting equipment.

Participants also unwind at an apres-ski party, banquet dinner, breakfast and lunch. Additional perks include basket check, ski and snowboard demos, gift bags and commemorative fleece.

The clinic is open only to intermediate and advanced skiers.

The cost is \$480 for passholders, or \$597 including lift tickets.

For further information and clinic registration, call Alpine Meadows at (530) 581-8240, or visit Alpine Meadows online at www.skialpine.com.



Bear Valley offers many upgrades for 2005-06 season

Under new ownership, Bear Valley Mountain Resort has undergone a facelift for the 2005-06 season.

Some of the recent upgrades that guest can enjoy this season include:

- Increased slope grooming - As any powder hound will attest, grooming makes all the difference in the skiing experience. Bear Valley has added two new Snow Cats, which will run nightly and increase the resort's grooming capacity by about 30 percent.

- Improved transportation - The resort has increased its bus fleet size by 66 percent, making traveling to and from the resort and Bear Valley village easier.

- Cozy cafe - Redesigned by Whitehavens Design of Capitola, the Cub Café features a warm, inviting dining/lounge area with comfortable furniture, gourmet coffees, and Wi-Fi Internet access for those who want to remain "connected."

- Enhanced guest services - The redesigned Winter Lift retail shop and Guest Services center offer a warm inviting atmosphere, increased accessibility, visibility, and a new floor plan that allows for increased space for skis, boards, snow sports apparel and accessories.

- Monte Wolf Mug Club - The Monte Wolf Saloon offers a new membership for beer lovers. Mug Club members can enjoy their brew in personalized mugs, plus an extra two ounces for \$1 less.

Visit www.BearValley.com for more information on the resort.

Sierra-at-Tahoe women's clinics

Sierra-at-Tahoe will be offering ski and snowboard clinics for women on Feb. 19 and Mar. 26.

The clinics run from 8:30 a.m. to 4:30 p.m. each day.

All day events include ladies specific instruction, video analysis, lunch, goodies, group photo and best of all, fun!

The clinics are for intermediate through advanced skiers and riders. (Must be able to turn both ways with confidence on a blue slope).

Prices for the clinic only are \$79. Clinic and lift ticket \$115. Clinic, lift ticket and rental \$145.

For more information or to sign-up, call (530) 659-7453, ext. 270.

Tahoe Trivia

Donner Ski Ranch was the first resort in the Tahoe area to offer night skiing...over 45 years ago in 1959!

From the Tahoe Ski Trivia Game
Contact tahoetrivia@yahoo.com

Sacramento's Largest Outdoor Warehouse

<p>Snowboards, Boots & Bindings 20 - 40% OFF Suggested Retail</p> <p>BURTON K2 & M3 AVALANCHE ELEVATION</p>	<p>GORDINI GOGGLES 40% OFF Suggested Retail</p>	<p>Men's & Women's HIKING BOOTS 20-60% OFF Suggested Retail</p>	<p>Men's & Women's TRAVEL WEAR 20-30% OFF Suggested Retail</p>
<p>Snowboard Package Deals Available (while supplies last)</p>	<p>All Men's & Women's JACKETS 20-50% OFF Suggested Retail COLUMBIA, HELLY HANSEN, MOUNTAIN HARDWEAR, ECT...</p>	<p>BIG JOHNSON SLEEPING BAG \$119.97 msrp \$130.00</p>	<p>LAFUMA PRESSION 50 BACKPACK \$99.97 msrp \$139.99</p>
<p>ATLAS & MSR SNOWSHOES 20% OFF Suggested Retail</p>	<p>ALL WINTER FOOTWEAR 20-40% OFF Suggested Retail</p>	<p>BIG COT by Slumberjack msrp \$89.99 \$59.97</p>	<p>36" Rolling Cartop Duffel by KIVA msrp \$189.95 \$99.97</p>
<p>THE NORTH FACE ALPINE JACKET \$209.25 msrp \$279.00</p> <p>GET A SKI LIFT TICKET W/ \$250.00 PURCHASE (while supplies last)</p>	<p>ALL MEN'S & WOMEN'S THERMALS 20% OFF Suggested Retail</p>	<p>Travel Chair STADIUM SEAT/ CAMP CHAIR \$19.97 msrp \$29.99</p>	<p>LOST LAKE 2 PERSON TENT by Columbia 20% OFF Suggested Retail</p>

N A M E B R A N D S

D I S C O U N T P R I C E S

20 - 50% OFF Gloves, Beanies & Scarves

SQUALL RIDGE FAMILY DOME TENT 30% OFF
Suggested Retail

SCHWINN MESA \$369.00
GT CHUCKER \$479.00
MARIN FAIRFAX \$640.00

Instore Specials Available

Bring your old bike in for a tune-up FULL SERVICE BIKE SHOP - NOW OPEN

VALENTINES WEEK SAVINGS
Bring this ad in and get
10% OFF
your next purchase
(COUPON GOOD 2/11/06 - 2/19/06, must have ad to get discount)

Check out our huge Kayak selection

PERCEPTION CAROLINA \$1045.00
BIC SCAPA \$599.97 msrp \$699.99
BIC FISHING BILBOA \$599.00 msrp \$699.99
PERCEPTION SWIFTY \$329.00
HERITAGE FEATHERLITE \$299.97 msrp \$410.00

We have a large selection of kayaking accessories

JB₃ OUTDOOR WAREHOUSE
CAMPING * CYCLING * KAYAKING * SNOWSPORTS & MORE

6249 Sunrise Blvd, Citrus Heights 916-745-1099

Our 25,000 sqft location on the northwest corner of Sunrise & Greenback, between Chuck E Cheese & Office Max, behind TGI Fridays & Pier 1 Imports

At JB3 we have made every effort to strive for accuracy. Not responsible for ad inaccuracies. Photographs for illustration only and may not reflect the actual product sold

Annual Glowstick Parade Feb. 25 at Tahoe Donner

TRUCKEE, Calif. - Tahoe Donner Downhill Ski Area will be hosting the 11th Annual Children's Glow-Stick Parade on Saturday, Feb. 25.

This event is open to all children ages 10 and under who can ski or ride in the dark unassisted on Tahoe Donner's beginner hill.

With guidance from Tahoe Donner ski instructors, children will lead themselves skiing or riding in chain-like formations with glow sticks of various colors down Tahoe Donner's Snowbird Run.

Families and friends will be able to watch the magnificent show while enjoying free snacks and a live DJ from the lodge.

Join Tahoe Donner for an event that is becoming a Tahoe favorite.

Registration will begin at 5

Tahoe Trivia

During what Dick Barrymore ski movie did Frankie Bear successfully pull off the first ever Triple Twisting Quad Somersault at Donner Ski Ranch?

"Bit of Madness." No ski resort at Lake Tahoe - except Donner Ski Ranch - would allow Barrymore to film this dangerous stunt due to the liability involved.

From the Tahoe Ski Trivia Game
Contact tahoetrivia@yahoo.com

p.m. in the cafeteria, children will meet at the bottom of the Snowbird Double Chairlift at 6:30 p.m., and the event will kick off at 7 p.m.

This event is weather permitting and subject to change or cancellation. For further details call Tahoe Donner Downhill Ski Area at (530) 587-9444.

Squaw offers board clinics

Squaw Valley is offering Sunday snowboard clinics for men and women throughout February and March.

The clinics are designed for boarders to improve their individual skills in a comfortable and supportive environment. The goal is to take participants to the next level in any snow, any conditions, and on any terrain.

Program features include:

A get acquainted meeting between clinic instructors and participants at the beginning of each session.

Instructor-led stretching, warm-up exercises, and body awareness techniques.

Up to 5 hours of riding each day.

Small, well-matched

classes with approximately five students per instructor.

A healthy mountain lunch is included in all clinics.

Instructor staff selected for their technical expertise.

Use of video feedback, proven as a highly successful method for improving skills.

Technical workshops on ski selection and equipment care.

The cost of the clinics are \$199. Remaining dates include: Feb. 5, 12 & 19, and Mar. 5 & 19. Reservations are required.

For information or to register online, go to www.squaw.com.

Can't decide what to wear? Then visit SnowFashions.org

In this virtual world we live in there's a web page for just about everything.

Now for those skiers and boarders who can't make up their minds what to wear on their next trip to the slopes, there's SnowFashions.org.

When you go to this web page you will be presented with a list of all the major clothing manufacturers. Clicking on one will present you with a slideshow of all the latest fashions from that manufacturer. The virtual fashion show is even accompanied by music!

In addition to the fashion slideshow you are presented with information about each manufacturer, including a link to their web page for more detailed information if you desire.

Upcoming events at Mount Rose

Skiers and boarders can look forward to several great events at Mt. Rose heading into February and continuing into March.

If you still think that "New school" equates to stretch pants that leave nothing to the imagination, rear-entry boots and old skinny skis, then mark your calendar for Mt. Rose's 4th Annual Slide Back 80s Retro Ski Party.

Slide Back
...to the Glory Days of Slide Mountain

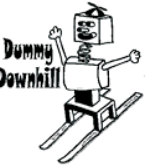
Retro 80s
Ski Party

Break all of the ski fashion laws - on this one-day only - at the always-chic Slide Lodge at the bottom of East Bowl.

The Fashion Show starts at Noon, so wear your finest Day Glow Stretch Pants to win up to \$500 in Modern Gear from Village Ski Loft.

Mar. 6, Mt. Rose opens the gate to high flying, speed demons of every shape and size, but with a catch...no entries may have a pulse. Witness the 7th Annual Dummy Downhill

See MT. ROSE, Page 8



SKI & SNOWBOARD PACKAGES FOR KIDS

12 Packages for the Junior Skier & Rider

38 2006 Ski Packages for Adults

80 Ski Packages From Last Year - 40-50% OFF

48 Of 2006's Hottest Skis Available for Demo

NEW * NEW * NEW

We have a TRADE-IN program for the Junior skier and rider on new equipment purchased from us (to age 16).

M-F 10-8
Sat-Sun 11-5



BE SAFE! CALL AHEAD BEFORE LEAVING HOME

Need the latest road conditions for your ski or snowboard trip? It's easy...just call (800) 447-7623 and say the number of the road you want conditions for. You will get a recorded,

\$46 Everyday
*(non-holiday)

It's different up here...
530-426-9000
www.sugarbowl.com
*see web site for details

SHOP HERE BEFORE YOU GO TO THE SNOW!

We offer fast, friendly, neighborhood service

SUNDANCE Ski & Sports
SKI & SNOWBOARD
EQUIPMENT & CLOTHING
SALES * SERVICE

LOCALLY OWNED AND OPERATED
OVER 30 YEARS EXPERIENCE SERVING
SKI & SNOWBOARD ENTHUSIASTS

* * * * *

ENTIRE STORE
EQUIPMENT
CLOTHING

CLEARANCE
SALE

\$10 OFF SKI TUNE-UP WITH THIS AD

Sundance Ski & Sports
404 E. Bidwell Street
Folsom * (916) 983-3451

SIERRA CHALET

Ski Equipment Packages Competitively Priced



ALL SKI & BINDING
PACKAGES NOW
UP TO
40% OFF!!!



NORDICA
ROSSIGNOL
SALOMON
HEAD

K2
ATOMIC
MARKER
SCOTT



Sierra Chalet
7524 Walnut Avenue
Citrus Heights, California
(916) 725-0108
www.sierrachalet.com

Babes in the Backcountry at Sugar Bowl

Aspiring or seasoned backcountry enthusiasts can join Babes in the Backcountry for three unique workshops at Sugar Bowl on Feb. 24, 25 & 26.

These clinics will cover a variety of topics.

Feb. 24 - Moving From Center / Advanced Tele Clinic

will let skiers join BIB and local female Free Heel talent for a Mini Steeps Camp to help increase confidence



BADES! BACKCOUNTRY

and fine tune technique for skiing the steeps, bumps and narrow chutes.

Skiers can treat themselves to a ski improvement clinic, demo women's specific gear from Black Diamond, Scarpa and Patagonia and have a chance to win great prizes from event sponsors.

The cost is \$99 and space is limited to six students.

Feb. 25 - Ski Like a Babe! Women's Telemark Clinic, includes full day lesson from PSIA Female Telemark Instructors, demo equipment (please reserve), stretching session, giveaways, après ski party sponsored by New Belgium. Discounted lift tickets available for Babes.

The cost is \$85, with a \$25 late registration fee five days before the clinic.

Feb. 26 - Backcountry Basics. This clinic will help you build your confidence traveling in the backcountry. Through the guidance and expertise of BIB's professional female instructors, participants

will gain knowledge and skills to become a more educated traveler and to increase awareness of backcountry concerns and hazards.

No matter what your ability level is, continuing to develop your backcountry skills will help you to travel smarter, safer and efficiently. With this knowledge and comfort comes more time to thoroughly enjoy your outdoor experiences (on many different levels)!

Instructors will cover appropriate equipment selection, avalanche awareness, terrain and route selection, basic rescue, hiking/skinning techniques, nutritional choices and tips on developing safe backcountry travel habits.

No backcountry experience required.

The Backcountry Basics clinic is \$85 with a limit of 16 students. Sign up early to reserve a spot.

Whether you are looking for an introduction on "how to" go into the backcountry, to improve on your skiing/riding in challenging backcountry terrain or seeking to fine tune and enhance your avalanche awareness skills, BIB's workshop's are designed with your skill level in mind.

For more information or to register, visit BIB online at: www.babesinthebackcountry.com.

Mt. Rose

(Continued from Page 7) at Mt. Rose - Ski Tahoe where creations of all sizes, shapes, and most of all pure lunacy compete for the best possible runs down Show-off run directly in front of the Mt. Rose main lodge.

For more information on these events visit www.ski-rose.com, or call (800) SKI-ROSE.

Squaw Valley to host Snow Festival opening ceremony

Squaw Valley lights up the sky with fireworks, a torchlight parade, and rockin' music to officially open the 25th annual North Tahoe Snow Festival.

The Opening Night festivities get going just before dusk.

Other highlights from the Festival, which runs Mar. 3-12, include:

Mar. 4 - Tahoe City Snow Festival Parade. See Tahoe's wackiest and wildest entries at this Snow Festival favorite event. Location: Downtown Tahoe City, 11:30 a.m.-12:30 p.m.

Mar. 4 - Snow Festival Concert - AC/DShe. Get ready to rock with this high energy band playing in the Crystal Bay Club's fantastic Crown Room. 9 p.m.

Mar. 5 - Pierce Street Monster Dawg Pull. The 13th Annual dog pull competition for dogs of all sizes and breeds. Dogs pull a weighted sled on a snow-packed course. Many prizes, food and spirits are available. Location: Pierce Street Annex behind Safeway in Tahoe City.

Mar. 9 - West Shore Association Olympic Nordic Trails XC Interpretive Tour. Join cross country ski enthusiasts as you travel along the historic 1960 Olympic Nordic Trails. Experience a part of what put Lake Tahoe on the map as a winter destination. Location: Sugar Pine Point State Park, West Shore.

Mar. 11 - Kings Beach 'Everything Under the Sun' Parade. Join in the fun as the North Tahoe crowd gathers for a colorful and festive parade through downtown Kings Beach, 11:30 a.m.

Mar. 12 - River Ranch Snow Sculpture Contest. Invited teams of 3 build snow sculptures and are judged for creativity. Prizes are awarded. Live music, great raffle, and BBQ finish out the event. Location: River Ranch, Hwy. 89 and Alpine Meadows Road.

Mar. 12 - Tahoe Donner Association I-dida-Run Dog

Pull. This Donner Party-themed dog race will pit dogs against dogs while pulling covered wagon sleds over a course. After the dogs have pulled their wagons over hills and dales, a mouth watering BBQ will be served. Location: Tahoe Donner Association Clubhouse on Northwoods Blvd., Truckee.

For more events and information on the 25th Annual North Tahoe Snow Festival, visit www.tahoesnow-festival.com.

Celebrity Special Olympics visit Heavenly Mar. 10-11

Heavenly Mountain Resort will host the Celebrity Winterfest Special Olympics, Mar. 10-11 at the resort. The competition teams corporations, celebrities and Special Olympics athletes in a fun-filled event that benefits Special Olympics athletic training and competition. For more information visit www.celebritywinterfest.com.

MAKE PLANS NOW!
25th ANNUAL
NORTH LAKE TAHOE
SNOW FESTIVAL
"Mountain Mardi Gras" Winter Carnival
Ten days of events, activities, concerts, and celebrations at venues around North Lake Tahoe
MARCH 3-12, 2006

Info, calendar & lodging information at:
www.tahoesnowfestival.com

The Mellow Mountain Retreat

Lake Tahoe Ski Hostel
\$25 per night

Hostel is here!

heavenly - 10 meters of snow - walking distance
 sierra-at tahoe - 12 meters of snow - 20 minutes
 kirkwood - 15 meters of snow! - 45 minutes

9 other ski resorts within a 1.5 hour drive

530.544.8065
hostelguy@hotmail.com
 3787 forest ave. south lake tahoe, ca

The BackCountry Lake Tahoe
www.thebackcountry.net
 tahoe city - 530-581-5861 truckee - 530-582-0909
 order line 888-625-8444

Telemark
 Randonnee / AT
 Split Snowboard
 Snowshoe
 XC Ski Touring
 Climbing
 Cycling

FREE Online
 Tahoe Backcountry Guidebook



Get ready for winter driving

By Sam Morishima
Contributing Editor

This is part three of preparing for a fun first day. So if you have read the last two issues of *SSN* on getting ready through exercise, protecting your skin, eyes and head, keeping the right body temperature by properly dressing, then you are now ready to prepare your car for the snow trip.

Interestingly enough I am writing this from a condo next to Heavenly ski resort in blizzard like conditions.

We arrived after delaying our snow vacation a day due to the winter storm that made the road uncomfortable to travel on. Good thing I called ahead and spoke to the condo manager who advised us to stay in Sacramento and enjoy a good meal there, because five feet of snow was covering the parking area - no sign of any snow removal equipment!

Viewing the web cameras on www.endlesslope.com showed lines of parked cars on the road to South Lake Tahoe at Myers, further reinforcing our decision to not travel on the mountain road that day.

So leaving the next day was a wise choice as the day was still cloudy, but there were no 50 mile per hour winds and snow slashing down on us as we tried to desperately attach tire chains in the freezing cold.

So lesson one is call ahead. Check weather reports; use the technologies available such as Internet sites with the latest road conditions, weather forecast, satellite views, etc. to view the latest and forecasted weather and road conditions.

This will help make your decision as to whether to travel or avoid impending situations.

OK, so you're going to travel during the winter.

We need to focus on our vehicle. If you have the latest in an all terrain type vehicle I can save you some reading here and you can skip this section and move directly to tire chains.

But for us who have transportation that has lost its new car smell and requires a bit more attention, you need to read this carefully.

Check the following:

Cooling system - Check the antifreeze/coolant level and that they will provide adequate freeze protection.

Brakes - have the brakes checked.

Battery - Check to see if it is near the end of its warranty. Check the battery cables and that the battery cable connection are tight and corrosion free.

Windshield wipers - Change the wiper blades if worn or cracked and refill the wiper fluid. Make sure you use wiper fluid that is made for cold. They contain solvents that will not freeze in most

winter driving conditions. Or add special solvents to your windshield washer reservoir to prevent icing. Do not replace with water, as it will freeze.

Inspect the engine hoses and belts for cracks, soft spots or bulges.

Defroster/heater - check to make sure they are in working order.

Head lamps - Check the car's headlamps, taillights and the interior lights making sure they all work properly.

Exhaust system - Check they are working properly.

Check your tires. Make sure they are properly inflated and the tread is in good condition. Don't forget to also check the spare.

Tire chains - Regarding tire chains - you must carry them or similar traction devices. This goes even if you have four-wheel drive. In fact, you have to have chains on all four tires if required to put on chains.

Make sure they are the proper size for your tires and are in working order. I suggest very strongly rehearsing putting them on at home so you know how to install them quickly and easily as well as checking for the fit and if there are any damages to the links and attachments.

Trying to figure them out on the side of the road in freezing, wet weather can make you very cranky as well as be quite hazardous.

Take along a flashlight and chain repair links. Chains must be installed on the drive wheels. Make sure you know if your vehicle is front or rear wheel drive because you will need to put the chains on the wheels that are driving the vehicle.

If using all four wheels as drive, you need to put the chains on all four tires. Other things I like to have are light thin rubber gloves that I can easily manipulate to hook attachments on the tire chain, knee pads so my knees don't get soaked and a plastic or

waterproof pad if I have to lay down on the snow trying to figure out why the chain doesn't fit over the tire.

An old, not so important, water-proof jacket and over pants to wear when out in the wet and cold putting on the chains is also helpful.

We also carry a couple of two-way radios - one on me when I am changing the tire - and the other for my wife.

As she sits warmly and patiently in the drivers seat, I can communicate to her when to move the vehicle forward or back to either position the tires or to loosen any existing slack so I can tighten the chains.

With the two-way radio, she doesn't have to roll down the widow or open the door to hear me and stays nice and cozy in the car while I brave the elements.

By the way - she can also put on chains and has done so before we met - but for some reason I always lose the toss and is the one that ends up with dirty jacket sleeves and cold hands.

Another helpful item to have is plastic bags to put the wet jacket and over pants in, not to mention the tire chains after I take them off.

This way you don't have to fuss with trying to cram the wet dirty chains bag back into the original case.

A towel or wipes are a good thing to have ready to clean yourself off after putting or taking the chains off.

A possible alternative is to carry \$40 to have the chains put on and \$20 to have them removed by the chain gang.

Remember, when you are mouthing the words "how much is it to put on my chains," from inside the comfort of your car to the person in the rubber rain gear outfit standing in the slashing rain/snow/sleet freezing weather.

If they raise more than one finger you have to multiple the fingers by 10 to get the dollar amount they are charging.

If it is just one finger they raise it will either mean \$100 or they don't like you - depending upon the finger that is being raised.

You may also want to carry extra chain money in case prices go up further during demanding times.

Another good thing to have is an extra car key attached outside the car hidden in a secure place just in case you lock yourself out when putting on the chains or negotiating the price further.

For emergency carry a tool kit that includes at least a screwdriver, pliers and adjustable wrench.

Also carry highway safety flares and/or markers with reflectors and a battery jumper cable.

If you don't have a garage to park your car in when up in the snow then make sure you have an ice scraper or commercial deicer, a broom or brush for brushing snow off your car, a shovel to free your car if you get "snowed in," and sand or burlap for traction if your wheels should become mired in snow.

Hand wipes are great too and carry a first aid kit especially antibiotics and Band-aids when you scrap or cut your hands. I have most of these things in a duffle bag in my trunk and call it my "winter emergency kit."

In addition, take along water and a thermos of your hot beverage, non-perishable food, blankets, extra clothing, battery powered radio with spare batteries, a portable DVD player, and a good book. You'll

appreciate them during any lengthy weather or road delays.

Also, make sure your cell phone is fully charged.

Now if there is room for you, your passengers, your ski/snowboard equipment and the all the rest of your gear then you may just be ready to take your trip.

Did I mention don't forget your season pass and to arrange for pet care?

Drive safe and be courteous on the road. It might be me in the other car.

Sam Morishima is a contributing editor for Sierra Ski News and director of SnoZone, a ski & snowboard school offering lessons on an "Endless Slope."

For more information, visit www.endlesslope.com, or call SnoZone at (916)736-0432.

Training Tip
Listen to your body, not your mind, while skiing. It's tempting to want to get those last few runs in, but tired legs can result in accident or injury.

Hard day on the slopes?

NEPHELES Hot Spa

Relax in Nepheles Hot Spas after your day of skiing or snowboarding.

- * Relaxing Hot Spa
- * Full Cocktail Service
- * Private Room
- * Shower Facilities & Towels
- * Stereo Music

Rates
\$20/hour for 2 persons
(\$7.50 ea./additional person)

Visit Nepheles online at www.nepheles.com
1169 Ski Run Blvd. So. Lake Tahoe
Call for Reservations (530) 544-8130
Open 7 days a week ~ All Major Credit Cards Accepted

SUNDANCE BAR & DELI
5430 SUNRISE BLVD.
CITRUS HEIGHTS

WE CATER!
We can cater any event including:
Sporting Events
Parties
Banquets
Weddings
Business Lunches

DELI HOURS
MONDAY-THURSDAY
7 A.M. - 8 P.M.
FRIDAY
7 A.M. - 9 P.M.
SATURDAY
8 A.M. - 9 P.M.
SUNDAY
10 A.M. - 5 P.M.

PHONE: 962-1666

SUNRISE	5430	
LOCATED JUST NORTH OF MADISON ON SUNRISE		MADISON

Call 962-1666 for information
Visit www.sacnews.net/skinews/sundance.html

Indoor Ski & Snowboard
on the Endless Slope
Develop correct skills, habits and muscle memory.
Master the sport before you go!

- * Fun and ideal lessons for Beginners and Intermediates
- * Advanced training for the Experts
- * "It really works," transfers directly to the snow

On Pier 38 in San Francisco
www.adventurous.com/EndlessSlope
(415) 397-7978

In Sacramento visit SnoZone at
www.endlesslope.com
Phone: (916) 736-0432 Email: snozone@pacbell.net



X-COUNTRY

After being closed for a short time, Ice Lakes has reopened having gone through a few renovations and code updates.

Royal Gorge XC takes over lodge

Royal Gorge has taken over the ownership and management of Ice Lakes Lodge.

The ski area says that Ice Lakes will be a wonderful new addition to the Royal Gorge system as it will add another cafe at which skiers can get off the trail system and get a bite to eat.

Reindeer Trail will exit the system right at Ice Lakes Lodge and there will

be a ticket booth at Ice Lakes, as well, for easier access to skiing.

Echo to Kirkwood XC race set for March 11

The 33rd Annual Echo-to-Kirkwood Race and Tour is set for Saturday, Mar. 11, 2006.

The race is a 13-mile course across the crest of the Sierra Nevada from Highway 50 to Highway 88. The route involves gliding across meadows, climbing 1,300 vertical feet in the second mile, moving through dense woods, and finishing with a fun descent to the Kirkwood Touring Center.

The course is flagged and the tracks have been skied. Checkpoints and

cookie stations staffed by the El Dorado Nordic Ski Patrol are set up along the trail for your safety. This is a long, high-altitude course for skiers and snowshoers with good endurance, and looking for a fun and challenging day of skiing and snowshoeing through the scenic Sierra High Country.

The race and tour begin at 10 a.m. at the Echo Summit Sno-Park.

There will be 12 age divisions, 6 each for men and women, including: 19 and younger, 20 to 29, 30 to 39, 40 to 49, 50 to 59, and 60 and older.

There will be overall awards for the top three men and women, both skiers and snowshoers. Also, there will be awards for the top three skiers in each age category.

As this is a point-to-point ski and snow-shoe course, parking will be available at both ends: near the Kirkwood Cross Country Center on Highway 88 and at Echo Summit Sno-Park on Highway 50.

A pre-race shuttle bus from Kirkwood to Echo is available, but you must pre-register and reserve a bus seat to use the shuttle.

Skiers should park and board the shuttle bus across from Kirkwood Cross Country Center on Kirkwood Meadows Road. Bus boarding is from 7 a.m. to 7:45 a.m. to allow time to travel to Echo Summit before the 10 a.m. start.

Those not signed up for the shuttle are responsible for their own transportation.

If you park at the Echo Summit Sno-Park, a Sno-Park permit is required.

This is not a machine groomed track skiing race.

Skiers and snowshoers will be on a well-flagged packed track. Advanced skiers usually prefer skating skis.

Intermediate skiers and those who choose to ski the race as a tour will prefer the extra stability of wider touring cross country skis. Race officials recommend the use of climbing skins for skiers of all skill levels to complete the two climbs.

Winners usually finish the race in less than 2 hours. Those skiing or snowshoeing the race as a tour should be prepared to ski 4-6 hours.

This is a backcountry ski event. You should be prepared with proper clothing; for your safety, no cotton is allowed.

Registration and Entry Fees

\$40 pre-registration postmarked by February 27, 2006.

\$50 late registration: February 28 to race day.

\$15 bus transportation to start - deadline: February 27.

For more information or to register for the race, visit the El Dorado Nordic Ski Patrol page at www.ednsp.org.

Echo Clinic at Kirkwood

Kirkwood will be holding a special clinic for the Echo to Kirkwood race on Feb. 26.

This clinic will focus on training for the Echo to Kirkwood Tour and Race covering skills needed for this unique race course.

The clinic starts at 10 a.m. at the Kirkwood Cross Country & Snowshoe Center. The cost is \$25 (does not include trail pass).

Reservations are required by calling (209) 258-7248.

Spend the night at Spooner Lake XC

Skiers can spend the night at Spooner Lake XC by reserving the Wild Cat or Spooner Lake cabins.

The cabins are beautiful hand hewn Scandinavian style log buildings located on Spooner's 9,000-acre trail system. The Wild Cat cabin is 3km away from the lodge and has a view of

See SPOONER, Page 11

SPOONER LAKE
Cross Country Skiing

Cross Country skiing as it should be...

Spectacular groomed trails
Overnight cabins
Snowshoeing
Nice rental gear

50 & 28 east side Lake Tahoe 775 749-5349 spoonerlake.com

hike • fish • ski • bike • raft

kick-and-glide through forest glades, or across sweeping valley floors.

Sorensens
Your all season resort in the Sierra Nevada

Cozy log cabins
Country café serving 7 days per week
Over 100kms of mapped XC ski trails
XC ski and snow shoe rentals

Come stay at a historic resort in Sierra Nevada
ALL SEASON RESORT
Beautiful Hope Valley, California
Just 20 minutes South of Lake Tahoe
www.sorensensresort.com

530-694-2203 or 800-423-9949

KIRKWOOD CROSS COUNTRY & SNOWSHOE CENTER

Above all the rest.
with a Base Elevation of 7,800' and 80k of Groomed Track

Debbi Waldear
7-Time World Masters Champion
Cross Country Center Director

- Beautiful High Sierra Scenery
- Skating and Snowshoe Lanes
- 3 Interconnecting Trail Systems
- Daylodge, Retail & Rentals
- Cozy Nook with Fireplace
- Lessons: Intro, Skate, Snowshoe

EQUIPMENT • TRAIL PASS

2 FOR 1

\$46

BEGINNER PACKAGE

Good Sunday through Friday, non-holiday with this ad.

FIRST-TIME LESSON

KIRKWOOD
Kirkwood Cross Country
Highway 88, Carson Pass

Cross Country/Snowshoe Ctr. 209.258.7248 • Resort Info. 209.258.6000 • Lodging 1.800.967.7500 • www.kirkwood.com

Spooner

(Continued from Page 10)
Lake Tahoe's Emerald Bay.

The Spooner Lake Cabin is 1 km away above the north side of Spooner Lake.

These cozy getaways are accessible only by skis, snow shoes or hiking.

For more information and rates visit www.spooner-lake.com. For reservations, call (775) 749-5349, or send your reservation request to spoonerlake@pyramid.net.

Redevelopment in future plans for Bear Valley Resort

Bear Valley Mountain Resort's new partnership is effectively merging accommodations, real estate and the ski area (previously disjointed entities), which will result in positive changes for the Mountain Resort and Village.

The vision for Bear Valley is clear: improve and redevelop the ski area, build a lift that connects the Village to the Mountain and construct new condominiums and retail space in the village at the base of the lift.

Bear Valley Mountain Resort's new COO, Jim Gentling, said prior to the start of the ski season, that revitalization plans were underway.

"In just 90 days we've spent over a half-million dollars on the sunroom remodel, new snow cats, new buses and other maintenance programs."

"In addition, ski area department managers are participating in intensive training and orientation programs to lead a seasonal staff with a fresh commitment to superior customer service."

These initial upgrades are

just the beginning of a broad master plan to redevelop the area, with a clear focus on maintaining Bear Valley's unspoiled beauty and family-friendly appeal.

Save on weekdays at Mount Shasta

Heading North? Skiers and boarders can save money the rest of the season at Mt. Shasta Board & Ski Park.

The resort has dropped its lift tickets to \$25 for adults, \$15 for juniors and \$5 for "pups," Monday through Thursday, excluding Monday, Feb. 20.

Mt. Shasta Board & Ski Park is 245 miles north of the Sacramento area, just six miles east off Interstate 5 on Highway 89.

For more information on Mt. Shasta, visit www.ski-park.com, or call (800) SKI-SHASTA.

Five different lands of Sierra

SO. LAKE TAHOE, Calif. - At Sierra-at-Tahoe, every turn can lead to a whole new beginning. This season, Sierra-at-Tahoe introduces the mountain's five lands, each representing one aspect of the mountain's personality.

Each of the lands is shaded a different color on the trail map with distinguishing on-mountain signage for easy navigation.

The following is a description of each land:

Grandview - The pride of Sierra's mountain, Grandview offers panoramic views of Lake Tahoe and scenic mountain vistas that can be savored at the Grandview Bar & Grill.

Trees appear strategically placed by Mother Nature with ample spacing for perfect turns

and deep powder stashes on the East side of the Grandview chair, while a 2.5 mile beginner trail meanders from the summit to the base on the West side.

In between, skiers and riders relish Avalanche Bowl for its open trees and untracked powder, Lower Dynamite for its rhythmic bumps and Lower Main for its sculpted corduroy.

With a 1,552-foot vertical drop, Grandview is one of the longest chairs to welcome all ability levels.

West Bowl - West Bowl is

the place to chill at Sierra. The majority of skiers and riders come to the Bowl because it is home to Sierra's longest blue cruisers, with a vertical drop of more than 1,400 feet.

Others come to hit the big, bad Bashful terrain park to show what they're made of, while some just prefer to soak up the sun at the West Bowl Bar & Grill - Sierra's own version of a beach party on snow.

Whether it is the terrain, the views of Pyramid Peak or the smell of the barbecued ribs that

gets people there, the West Bowl provides more than enough reasons to convince people to stay.

The Playground - Located on the front side of the mountain, the Playground draws people in because it is all about fun. The home of Sierra's lift accessed tubing hill, the beginner terrain park on Broadway and the learning zones, Sierra's Playground is always hoppin'. This land is the most popular in the

See SIERRA, Page 15

Starting at \$35 per person Stay and Ski Free!

Stay any Sunday through Thursday night (excluding holidays) at a participating Bear Valley lodging establishment and get a free lift ticket for the next day (M-F).



Bear Valley
Mountain Resort

Go to www.bearvalley.com and click on "Lodging Specials" for more details. Real people, real fun, right now!

Based on double occupancy, advanced reservation required, while supplies last.



209.753.6556
www.basecampodge.com



209.753.2327
www.bearvalleylodge.com



209.753.2080
www.tamarackholiday.com



877.897.8828
www.bearvalleyrealestate.com

Tamarack Lodge

2311 North Lake Boulevard
Tahoe City, California 96145

Hospitality... The Way It Used To Be!



Nestled among the evergreen trees on a 4-acre knoll, Tamarack Lodge provides its guests with a quiet haven of rest after enjoying an active day at Lake Tahoe's North Shore. Tamarack Lodge is located only a short distance from downtown Tahoe City and is minutes away from major Tahoe ski resorts.

Phone: (530) 583-3350 • Fax: (530) 583-3531
(888) TAHOE BED (824-6323)

We now offer wireless high speed Internet access free with room rate

www.tamarackattahoe.com

PRESENT THIS AD FOR 10% OFF SUNDAY THROUGH THURSDAY NON-HOLIDAY

This ad cannot be used with any other offer and expires on June 1, 2006



Cedar Inn lake tahoe

890 Stateline Avenue
So. Lake Tahoe, CA 96150

Great Winter Ski Packages

from \$129 per couple including lodging, 2 lift tickets. (see web page or call for details)

Suites, Fireplaces & Kitchenettes available

Wireless Internet in most rooms

Near casinos, ski rental shops & restaurants

Within walking distance of Heavenly's gondola



Toll Free 888-822-0199 Tel.: (530) 543-0159 Fax: (530) 543-0304

Visit us online at www.cedarinntahoe.com



The Season Never Ends at the FaGowee's of Sacramento

We are a year-round ski and recreation club devoted for 27 years to providing activities during and after the ski season. Membership is open to all adults interested in joining friends on a variety of exciting trips and adventures:

- *Skiing Trips
- *Snowshoe Trips
- *Hikes
- *Biking
- *Camping
- *Luau's

- *Car Rallies
- *Clam Digs
- *Abalone Dives
- *BBQs
- *Dances
- *Parties

& Much, Much More...

Contact Membership Chair Karen @ (916) 985-8523

www.sacramentofagowees.org

HEADING TO NORTH TAHOE & TRUCKEE?

Visit tahoetruckeenews.com for:



INDEPENDENT
&
LOCALLY OWNED

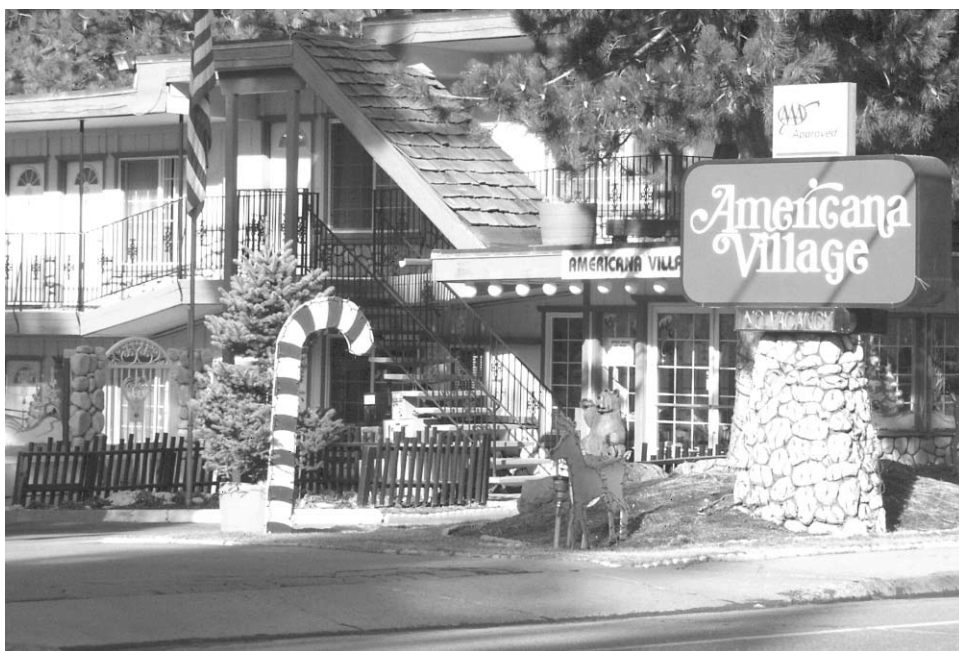
- LIVE TRAFFIC WEBCAMS
- TRAFFIC & ROAD UPDATES
- SCENIC TAHOE WEBCAMS
- RESORT CONDITIONS
- SNOWPHONES & PODCASTS
- DAILY LOCAL NEWS
- LOCAL WEATHER

plus, a complete regional event calendar,
forum, classifieds, and more!

TAHOE TRUCKEE NEWS NETWORK

The Daily Source for News & Information from North Lake Tahoe & Truckee

WWW.TAHOETRUCKEENEWS.COM



Less Drive Time, More Slope Time **Americana Vacation Club**

3845 Pioneer Trail • South Lake Tahoe

(800) 822-5920

(530) 541-8022

CLOSE TO NEW
HEAVENLY GONDOLA
SIERRA-AT-TAHOE AND
KIRKWOOD SKI RESORTS



www.gototahoe.com www.americana-tahoe.com www.stardust-tahoe.com

Stardust Vacation Club

4061 Lake Tahoe Blvd. • So. Lake Tahoe

(800) 262-5077

(530) 544-5211



SKI PACKAGES AVAILABLE
RATES STARTING AS LOW AS
\$85 PER PERSON WITH LIFT
TICKET ROOM RATES AS LOW
AS \$55 PLUS TAX WEEKDAY
AND \$75 PLUS TAX WEEKEND





Don't have a cow man!

VAL D'ISERE, France - Olympian Lindsey Kildow (Vail, CO) has won two World Cup downhill races this season...and literally, biggest prize of her young career - a cow.

She knows what to do on a race hill but she's a little slower



Lindsey Kildow

when it comes to bovine care.

Kildow won the World Cup downhill as part of the women's program at Val d'Isere's 50th anniversary of its Criterium of the First Snow, the traditional opening ski races in this resort town.

One of her prizes was Olympe, an 8-year-old Tarine cow, presented by a local farming group; the cow produces milk for Beaufort cheese, a specialty of the region.

"Last year I had a lot of top-3 results, but we didn't really get any prizes, just money, so this is really awesome," the racer told reporters.

"She's a little ornery but she's cool."

Kildow, an Olympian at 17 in 2002, is, by general consensus, a medal threat at the Torino Olympics in February.

At 21, she's in her sixth season on the U.S. Ski Team

and has won three U.S. titles as well as three medals at the Junior World Championships.

She probably won't milk the cow, but Kildow - the oldest of triplet siblings (two brothers and a sister) plus another sister - is determined to keep the bovine. She's recruited her head coach to oversee the project.

"They were laughing at me," U.S. Head Coach Patrick Riml said, "when I went to the race secretary's office, saying they'd give Lindsey another 1,000 euros but they keep the cow. I told 'em 'No, we want the cow.' For one thing, of course, I think it's worth more than 1,000 euros."

It seems, no one really thought Kildow - who grew up in Burnsville, Minn., outside the Twin Cities, and lives in Vail, hardly an agricultural region - would want to keep her four-legged milk machine. But she did. And still does.

She wants to bring it to Kirchberg, Austria, where the women's team maintains an apartment to reduce travel.

"And this is wild," Riml said, "but I got a text message before the race from my friend and he said, 'If you guys win today, I have a place for the cow.' He's the ski coach for the local club in Kirchberg and runs the training program, and he'll put the cow on the mountain to graze."

When someone jokingly suggested after the awards ceremony that Kildow could make the cow the centerpiece in a large barbecue. She rejected that immediately; she said she considered giving the cow to Maria Riesch, the German skier who is one of Kildow's good friends and recently suffered a season-ending knee injury, but then Riml convinced her to keep the critter for Kirchberg.

"This is the weirdest prize I've ever won," she told *Ski*

Racing magazine. "She's a little crazy, but she's cool."

"It's not that easy to move a cow from country to country," said Riml, who grew out in Soelden, Austria, traditional site of the first World Cup races in a season. So, some things still are being sorted out on the fly, while Kildow continues with her World Cup racing.

"We've got some paperwork to complete, but," Riml said, "we've already agreed that before next season opens in Soelden, Austria, we'll have a party in Kirchberg for the Val d'Isere farmers who gave Lindsey the cow."

Newell has best result in XC race

OBERSTDORF, Germany - Olympics-bound cross country racer Andy Newell (Shaftsbury, VT) hung-up the best World Cup sprint result by a U.S. skier Jan. 22, finishing fourth behind fast-closing Norwegian Odd-Bjoern Kjelmeset in a 1.2K classic technique sprint event.

Olympic teammate Torin Koos (Leavenworth, WA) was 11th.

Hjelmeset out-lunged teammate Johan Kjoelstad at the finish for the win with sprint world champion Vassili Rotchev of Russia in third place, edging Newell in a squeaker of a finish for third place.

The best previous U.S. sprint finish had been Newell's 11th in a freestyle technique sprint Dec. 11 at Sovereign Lake outside Vernon, B.C.

"It was fun - a little disappointing at the finish," Newell said, "but not too bad, really. It's my first sprint final, so I'm pretty excited about that."

In sprints, the entire field skis over the course in a time trial. The top 30 skiers are broken into five heats of six with the top two skiers in each heat advancing; then two heats of five skiers, and finally the final foursome.

"Getting through that first heat of six has been something we've had to practice a little bit. You need different tactics

in the heat of six than a heat of four. Today, it was worked out for us," said Newell, a Stratton Mountain School (VT) graduate who, a junior, was ranked No. 1 among junior sprinters in the world.

After rain the day before and snow during the night, conditions were tricky for waxing and skiing, according to Newell.

"After raining yesterday and then turning to snow, it was hard waxing for everybody; the tracks got glazed - they stayed firm but they were glazed and our wax guys did a sweet job at finding skis because it was changing conditions all the way through to the final heat."

Coach Trond Nystad said the key was a strong qualifying time - Koos was second, Newell fourth - and the experience they have picked up in sprints during the last month.

"Andy was maybe a centimeter from beating Rotchev, but that's not too bad, considering you lose to the current world champion in sprints," he said.

"The guys have been getting better every sprint, every race. We know they have the speed - they show that in every prologue [time trial]...and now they're building that experience in learning good tactics of racing in a pack," he added. "It's so important to be patient, and stick to the plan."

"Andy and Torin are making steps forward every day. This was not a fluke result. If Andy were skiing for second or third place, he probably would have finished second or

third," Nystad said, "but he was skiing to win, and you can lose big or you can win big. I think that's the right attitude for the victory. There's no sense going for second place, especially when it's your first final. Make it memorable."

Ella Gjoemle made it a sprints sweep for Norway, edging Sweden's Lina Andersson with Guro Stroem Solli, another Norwegian, in third place and Poland's Justyna Kowalczyk completing the final foursome.

The World Cup took a break before regrouping Feb. 4-5 in Davos, Switzerland, for final tuneup races before the Olympics Feb. 10-26 in Torino, Italy.

Viessmann Cross Country World Cup Men

1. Odd-Bjoern Hjelmeset, Norway.
2. Johan Kjoelstad, Norway.
3. Vassilli Rotchev, Russia.
4. Andy Newell, Shaftsbury, VT.
5. Jens Arne Svartedal, Norway.
11. Torin Koos, Leavenworth, WA.

Women

1. Ellen Gjoemle, Norway.
2. Lina Andersson, Sweden.
3. Guro Stroem Solli, Norway.
4. Justyna Kowalczyk, Poland.

Call (800) 447-7623 for the latest road conditions.

TAHOE WEST SHORE'S NEW SHOP !!



DROP IN TO WEST SHORE'S NEWEST SNOW SPORTS SHOP

WE DEMO & RENT SKIS, SNOWBOARDS X/C, SNOWSHOES

K2, FISCHER, ROSSIGNOL, SALOMON VOLKL

PROFESSIONAL TUNING AND REPAIRS, OVERNIGHT

OPEN FRIDAY NIGHTS TO 10:00 P.M. !!!

5395 WEST LAKE BLVD., HOMEWOOD (Next to Homewood Post Office)

530-525-9920

Sun-Thur 8:00am-5:00pm
Fri 8:00am-10:00pm
Sat 7:30am-6pm

www.westshoresports.com
westshoresports@sbcglobal.net

\$20 OFF*

THE SKI RENTER SNOWBOARDS

Since 1969

DISCOUNT LIFT TICKETS

\$5 OFF Ski or Snowboard Repairs or Tune-Ups.	\$10 OFF Two or more Rental Packages.	\$5 OFF Retail Sales Over \$50, Non Sale Items.
---	---	---

*\$20 Off when all three discounts are combined. Valid only at time of purchase for first days rentals. Not valid with any other discounts or promotions.

HEAVENLY SKI RESORT

LAKE TAHOE BLVD.

(530) 544-2100

1093 Ski Run Blvd. So. Lake Tahoe

www.skirenter.com

ALDER

PARADISE

OSGOOD

STORE HOURS: 7:30am-7:30pm daily, 7:30am-9pm Fridays, Saturdays & Sundays



Ski & Snowboard News From Around the World

Koreans prefer their skiing at Japan resorts

By Kim Hoo-ran

APPI KOGEN, Japan - Sashaying down a pristine white ski slope is one of the greatest pleasures of the winter season for ski enthusiasts.

The deafening silence, broken only by the swoosh of skis cutting through the powdery snow, and the uninterrupted view of a snow covered landscape, a skier feels humbled in the majesty of nature.

For Korean ski lovers looking for new challenges, Japanese ski resorts are quickly becoming an attractive alternative to the crowded slopes of most Korean venues.

Appi Kogen Ski Resort (www.appi.co.jp) in northeast Honshu, boasting 21 trails and three different hotels - Hotel Appi Grand, Appi Grand Villa, and Appi Grand Annex - with a total capacity of 4,100 guests, is one of Japan's premier ski resorts that is just now being discovered by Korean skiers.

Situated next to Towada Hachimantai National Park, Appi Kogen is a unique resort in a country where the vast majority of ski venues are modeled after the ski village concept.

In a typical ski village, skiers stay at individual lodgings some distance from the slopes.

At Appi the convenience of "ski-in and ski-out," - having direct access to the ski slopes from the hotel - is one of its major crowd pullers.

The trails at Appi Kogen are carved out of Mt. Maemori (1,305m) and Mt. Nishimori (1,328m).

With 21 slopes of varying difficulty and length to choose from, everyone from beginners to experts should be able to find something to their taste and ability.

About 30 percent of the slopes are classified as beginner trails, 40 percent for intermediate skiers and 30 percent for experts.

At Appi Kogen Ski Resort, even beginners can come down the slope from the very top of the mountain: The Yamabato Course for beginners, the longest slope at Appi at 5.5 km starts at the very top of Mt. Maemori.

A total of 18 lifts offers a wide choice of slopes and ensures there is very little waiting at the base of the runs.

Of course, as any avid skier will tell you, the quality of snow is all important.

The fake fluff stuff blown out by snow making machines just does not make the cut.

The average snow accumulation at Appi Kogen is about 200 cm per year, guaranteeing a first class skiing experience.

Resort officials boast that the quality of snow is on par

with that found in Hokkaido to the north, primarily because the mountain faces north.

The snow can pile up as high as 2-3 meters.

With abundant snow, the ski season here starts from the first Saturday of December and lasts all the way through May 5, depending on the weather.

The peak season is February to April. Also, you can expect more snow than usual this year, as Japan is right now experiencing heavier than usual snowfall.

While snowboarders are welcome at Appi, skiers make up some 70 percent of the visitors.

"Snowboarding is declining in popularity in Japan," said Hiroshi Joji, sales manager at Appi Kogen Ski Resort, explaining that many boarders are now returning to skiing as they get older.

Although Appi Kogen Ski Resort is one of the largest ski resorts in Japan, it has retained the natural beauty of the snow-capped mountains, some slopes left natural and ungroomed.

Since the ski resort opened 25 years ago, the top two-thirds of Mt. Maemori has been designated national park, making further developments impossible.

Appi Ski Resort is the largest ski resort operated by a single company, the Iwate Hotel and Resort Corp. After nearly going belly-up following the Asian financial crisis of late 1997, the resort has been slowly recovering.

In an attempt to boost business, it began developing the Korean market two years ago and now Koreans make up the largest contingent of foreign visitors, with about 1,000 Koreans visiting the resort last year, according to Joji.

For Korean skiers, Appi Kogen Resort is one of the more easily accessible foreign ski slopes.

There are daily flights from Incheon International Airport to Sendai International Airport, about three hours from the ski resort.

A typical four-day itinerary would yield approximately 27 hours of possible ski time, starting with three hours of nighttime skiing on the day of arrival.

If you are a novice skier, a stay at Appi is an excellent opportunity to get started on the right foot.

Appi Ski and Snowboard School, headed by Kowada, who has extensive experience as ski instructor in Austria and the United States, is staffed by Japanese and Austrian certified instructors.

English-speaking instructors are also available. A two-hour lesson costs 3,200 yen.

Non-skiers can enjoy other activities such as thrilling snow mobile rides and snow shoeing in the woods, discovering the beauty of the winter forest.



A skier and snowboarder enjoy a day at Appi Kogen Ski Resort located in Northern Japan.

For young children, there is Kid's Play Land where they can romp around, enjoy a tube ride down a gentle slope or simply make snow angels.

Some would say apres-ski is as important a part of a ski resort experience as the skiing itself.

There is a large indoor pool, a fitness club and a squash court at the hotel Appi Grand.

Also at the most luxurious of the resort's lodging facilities you will discover a hot spring bath house where you can soak away the tight muscles for the next day's skiing.

For an even more invigorating spa experience, a soak at the Appi Hot Spring Patio's outdoor tub under the falling snow is a must.

The resort has a total of 15 restaurants, including a yaki niku restaurant that serves beef, seafood and pork barbecue grilled on the table, very much like a Korean bulgogi restaurant.

This article was provided courtesy of the Korea Herald. You can find them online at www.koreaherald.co.kr.

Want to get chilly in August? Join in on Chile trip

If you want to extend your ski season well into the summer, why not join in on Alpine Adventures' trip to Valle Nevado, Chile, Aug. 4-13.

The Sacramento-based ski club will be taking a group of skiers and snowboarders (non-skiers/boarders are welcome too) to one of the premiere ski areas in the world.

Called "The most modern ski resort in Chile," Valle Nevado has been in a constant state of development since 1988.

Inspired by the modern-style European resorts, Valle Nevado was built by a French company at the foot of the imposing El Plomo Peak (elevation 5,430 meters).

Valle Nevado's lift system stretches 3,670 meters up the mountain and encompasses 23 miles of trails for all preferences and skill levels.

After its inauguration in 1988, it immediately became an absolute on all the itineraries of ski tourists in South America.

Valle Nevado is not only the newest winter resort in Chile, it is also the largest and most modern.

Its base, located at 3,025 meters (9,922 ft.) above sea level, 60 km. (37 miles) from Santiago, Valle Nevado boasts a skiable surface area of 9,000 hectares (21,600 acres) and an 810-meter (2,656-ft.) drop.

Together with La Parva and El Colorado-Farellones, these three ski centers form the largest skiing area in South America.

In addition, the center has the capacity to create snow and cover 30 percent of the surface area.

For snowboarding fanatics, Valle Nevado is concerned

with staying on top of modern technology and maintains its Snow Park and Half Pipe in perfect condition.

The Half Pipe provides an ultimate experience in the frequently-practiced Free Style method.

The Snow Park also has a special area reserved for jumps, tricks and spins (can also be used with skis).

The ski center also features programs specifically set aside for heliskiing and heliboarding.

There is a Bell 407 helicopter available in Valle Nevado that takes skiers and snowboarders to altitudes of 4,500 meters (14,760 ft.).

Accompanied by experienced guides, skiers and boarders can descend slopes of untouched snow and drop more than 2,000 meters (6,560 ft.), sliding down the steep hillsides of the majestic Andes Mountains.

For further information on the Valle Nevado resort, visit www.vallenevado.cl.

For information on the Aug. 4-13 trip, visit Alpine Adventures at www.HitTheSlopes.org, or call (916) 737-SNOW.



The Valle Nevado Ski Center in Valle Nevado, Chile.

Miller

(Continued from Page 1)

Association I'm proud of what our organization, our coaches and our teams have accomplished athletically this season. And we are excited about our opportunities as we head to the Olympics in Torino.

"But the on-camera comments by Bode Miller on CBS' '60 Minutes' on Sunday (Jan. 8) relative to alcohol use in conjunction with competition are unacceptable within the values expected of U.S. Ski and Snowboard Association athletes.

"Not only is the use of alcohol irresponsible on the part of an athlete, but it is also a dangerously inappropriate message to send to participants in our sport, especially young skiers and snowboarders.

"As members of USSA, we expect Bode and all other athletes to be responsible for their actions and statements that adversely affect our organization and our sport."

Jibber

(Continued from Page 1)

With Vans, Von Zipper, Studio 411, Protec, Skull Candy, Smith Optics, Eastpak, Sport Beans, KWOD FM, Sessions Clothing, and K2 Skis & Snowboards sponsoring the event, participants are bound to



walk away with something great!

If you qualify for the Finals on February 26 you could pick up a 2006-2007 Double Whammy Season Pass, a complete kit from SESSIONS and K2 and an entry into the Vans Cup.

For more information, visit www.SierraAtTahoe.com.

Sierra

(Continued from Page 11)

morning and at the end of the day when live bands, exciting events and happy hour specials encourage people to linger for the après ski activities.

The Circuit - This is the route that separates the men from the boys. Park riders can jib their way across the entire mountain on this freestyle joyride that takes them to the front side, the backside and to West Bowl. With six different park runs on the mountain, riders can virtually hit a park or pipe off of every chairlift at Sierra. Park rats can do laps to their hearts content through the Circuit and easily see why Sierra's parks and pipes have been ranked in *Freeskier* and *Transworld* magazine.

The Gates - Sierra brings the backcountry adventure to its guests with lift accessed backcountry terrain. There is no need to hike uphill for miles to find virgin powder when Sierra takes the work out of it. Whether it is chutes, rock drops, cliffs or untracked

powder fields that skiers and riders seek, advanced/expert skiers and riders will find it here. Five backcountry gates off the ridgeline at Grandview provide access to old-growth forests and some of the steepest terrain found in South Lake Tahoe.

For more information on Sierra-at-Tahoe, visit www.SierraAtTahoe.com.

Teams

(Continued from Page 1)

creativity and dynamic rides. Jacobellis and Wescott were SBX gold medalists at the 2005 World Championships. Kass and Finch each clinched Olympic Team spots with second-place finishes earlier in the week at Mountain Creek.

White and Bleiler, who led men's and women's qualifiers, narrowly missed selection in 2002.

"Adding snowboardcross brings an incredibly exciting event to the Olympics, and fortunately, we have many of the best riders the world," said U.S. Snowboarding Program Director Jeremy Forster.

"This is certainly not a one-dimensional Olympic Team. We have a huge legacy to live up to from our success in 2002, but I think everyone will see that this team is certainly as strong, maybe even stronger."

Shaun Palmer (South Lake Tahoe, CA) would have qualified for the Olympic team with a second place in a World Cup, but suffered an injury earlier this month in training in Europe that will keep him out of competition.

* * *

Here's a look at the United States' 2006 Olympic Team for skiing and snowboarding. Previous Olympics are noted.

Cross Country Team Men

- Chris Cook, 25, Rhinelander, WI.
- Justin Freeman, 29, Andover, NH.
- Kris Freeman, 25, Andover, NH. (2002).



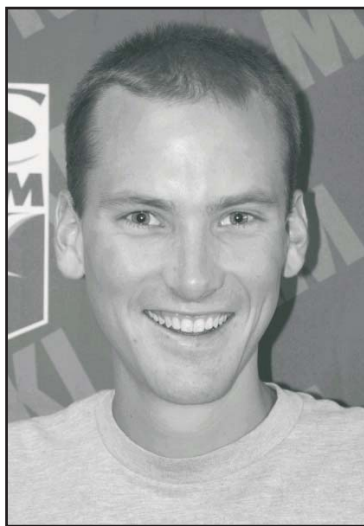
Kris Freeman

- Lars Flora, 28, Anchorage, Alaska (2002).
 - Andrew Johnson, 28, Greensboro, VT (2002).
 - Torin Koos, 25, Leavenworth, WA (2002).
 - Andy Newell, 22, Shaftsbury, VT.
 - James Southam, 27, Anchorage, AK.
 - Carl Swenson, 35, Park City, UT (1994, 2002).
 - Leif Zimmermann, 22, Bozeman, MT.
- ## Women
- Rebecca Dussault, 25, Gunnison, CO.

- Sarah Konrad, 38, Laramie, WY.
- Abigail Larson, 32, Bozeman, MT.
- Kikkan Randall, 23, Anchorage, AK (2002).
- Wendy Wagner, 32, Park City, UT (2002).
- Lindsey Weier, 21, Mahtomedi, MN (2002).
- Lindsay Williams, 21, Hastings, MN.

Nordic Combined Team

- Brett Camerota, 21, Park City, UT.
- Eric Camerota, 21, Park City, UT.
- Bill Demong, 25, Vermontville, NY (1998, 2002).
- Todd Lodwick, 29, Steamboat Springs, CO (1994, '98, 2002).
- Johnny Spillane, 25, Steamboat Springs, CO (2002).
- Carl Van Loan, 25, Webster, NH (2002).



Alan Alborn Ski Jumping Team

- Alan Alborn, 25, Anchorage, Alaska (1998, 2002).
 - Jim Denney, 22, Duluth, MN.
 - Anders Johnson, 16, Park City, UT.
 - Clint Jones, 21, Steamboat Springs, CO (2002).
 - Tommy Schwall, 22, Steamboat Springs, CO (2002).
- ## Snowboard Team
- ### Snowboardercross - Men
- Jayson Hale, 20, Sierraville, CA.
 - Nate Holland, 27, Olympic Valley, CA.
 - Jason Smith, 24, Basalt, CO.
 - Seth Wescott, 29, Kingfield, ME.
- ### Women
- Lindsey Jacobellis, 20, Stratton, VT.
- ### Halfpipe - Men
- Mason Aguirre, 18, Duluth, MN.
 - Andy Finch, 24, Fresno, CA.
 - Danny Kass, 23, Hamburg, NJ (2002).
 - Shaun White, 19, Carlsbad, CA.

Women

- Gretchen Bleiler, 24, Aspen/Snowmass Village, CO.
 - Kelly Clark, 22, Mount Snow, VT (2002).
 - Elena Hight, 16, Zephyr Cove, NV.
 - Hannah Teter, 18, Belmont, VT.
- ## Alpine - Men
- Tyler Jewell, 28, Sudbury, MA.
- ## Women
- Rosey Fletcher, 30, Girdwood, AK (1998, 2002).
 - Michelle Gorgone, 22, Sudbury, MA.

Freestyle Team - Moguls Men

- Jeremy Bloom, 23, Loveland, CO (2002).
- Travis Cabral, 22, South Lake Tahoe, CA.
- Toby Dawson, 27, Vail, CO.
- Travis Mayer, 23, Steamboat Springs, CO (2002).

Women

- Shannon Bahrke, 25, Tahoe City, CA (2002).
- Hannah Kearney, 19, Norwich, VT. (2005 moguls world champion).
- Michelle Roark, 31, Denver, CO.
- Jillian Vogtli, 32, Ellicottville, NY (2002).

Aerials - Men

- Eric Bergoust, 36, Missoula, MT (1994, '98, 2002 - '98 aerials champion).
- Joe Pack, 27, Park City, UT (2002).
- Jeret Peterson, 24, Boise, ID (2002).
- Ryan St. Onge, 22, Steamboat Springs, CO.

Women

- Emily Cook, 26, Belmont, MA.
- Jana Lindsey, 21, Black Hawk, SD.

Alpine Team Men

- Jimmy Cochran, 24, Keene, NH.
- Chip Knight, 31, Stowe, VT (1998, 2002).
- Ted Ligety, 21, Park City, UT.
- Scott Macartney, 28, Redmond, WA (2002).
- Bode Miller, 28, Bretton Woods, NH (1998, 2002).
- Steve Nyman, 23, Orem, UT.



Erik Schlopy

- Daron Rahlves, 32, Sugar Bowl, CA (1998, 2002).
- Erik Schlopy, 33, Park City, UT (1994, 2002).
- Marco Sullivan, 25, Squaw Valley, CA (2002).

Women

- Kirsten Clark, 28, Raymond, ME (1998, 2002).



Kirsten Clark

- Stacey Cook, 21, Truckee, CA.
- Lindsey Kildow, 21, Vail, CO (2002).
- Kristina Koznick, 30, Eagan, MN (1998, 2002).
- Caroline Lalive, 26, Steamboat Springs, CO (1998, 2002).
- Libby Ludlow, 24, Bellevue, WA.
- Julia Mancuso, 21, Olympic Valley, CA (2002).
- Kaylin Richardson, 21, Edina, MN.
- Sarah Schleper, 26, Vail, CO (1998, 2002).
- Resi Stiegler, 20, Jackson Hole, WY.

Nordic U23 teams picked

SOLDIER HOLLOW, UT - Six men and six women - including three recently named Olympians for the Torino Winter Games - have been named to compete in the 2006 Under-23 Cross Country World Championships in Slovenia, U.S. Nordic Director Luke Bodensteiner said.

The championships, which are designed to be a transitional bridge for skiers between the junior ranks and entering the World Cup on a regular basis, will include three days of racing in conjunction with the Junior World Championships in Kranj, Slovenia.

Lindsey Weier (Mahtomedi, MN), a senior at Northern Michigan University and a 2002 Olympian, also has been named to the 2006 Olympic Team, along with Lindsay Williams (Hastings, MN), another NMU senior, and Leif Zimmermann (Bozeman, MT).

The U.S. U-23 racers (including age, hometown, club):

Men

- Bryan Cook, 21, Rhinelander, WI/Northern Michigan University.
- Tyson Flaharty, 20, Fairbanks, AK/Nordic Ski Club of Fairbanks.
- Brian Gregg, 21, Anchorage, AK/University of Alaska Anchorage.
- Steve Scott, 22, Presque Isle, ME/Maine Winter Sports Center.
- Mike Sinnott, 21, Sun Valley, ID/Dartmouth College.
- Leif Zimmermann, 22, Bozeman, MT/Bridger Nordic.

Women

- Alison Crocker, 21, Poughkeepsie, NY/Dartmouth College.
- Kristina Owen, 21, Houghton, MI/Michigan Tech.
- Kassie Rice, 22, Anchorage, AK/UAA/Nordic Ski Association of Anchorage.
- Laura Valaas, 21, Wenatchee, WA/Whitman College.
- Lindsey Weier, 21, Mahtomedi, MN/Northern Michigan University (2002, 2006 Olympian).
- Lindsay Williams, 21, Hastings, MN/Northern Michigan University (2006 Olympian).

Caltrans Driving Tip
 Keep windshield and windows clear. You may want to stop at a safe turnout to use a snow brush or scraper.

Join The Fun!

❄️ Ski and Snowboard Adventures ❄️

Alpine Juniors Snowdrifters

For Kids
& Teens

Ski & Snowboard Trips

This season, ski and snowboard the best of the Sierra with us! Alpine Juniors and Snowdrifters will take you to the slopes for up to 20 great days of fun. Whether you're a beginner or a pro, we offer a complete package including transportation to the slopes, lift passes, lessons, adult guides, chaperones and more.

Since 1965, thousands of kids have learned to ski and snowboard with us. So get ready for a great season - call us today for schedules and rates.

Trips Include

- ❄️ Choice of Saturday or Sunday trips
- ❄️ Up to 20 days of skiing
- ❄️ Transportation by chartered bus
- ❄️ All day lift passes
- ❄️ Adult guides & supervisors
- ❄️ Certified instruction for all levels



Trips to Squaw Valley ❄️ Heavenly ❄️ Northstar ❄️ Alpine Meadows ❄️ Mt. Rose ❄️ Sugar Bowl

Winterset (for adults)

Love to ski - but gas prices are getting you down? Hate to drive in the snow? Want to ski more often? Looking for fun people to ski with?

Then Winterset is for you! Every Wednesday in December, January, February and March, our deluxe chartered buses head for the slopes for a full day of skiing and snowboarding. Trips include transportation with complimentary coffee and pastries, all-day lift pass, optional instruction for beginners through experts, and guided tours of the ski areas. Everyone is welcome - from first-timers to experts. Year after year, Winterset members return because it's simply the easiest and most convenient way to enjoy the season. Nine Sierra ski trips are scheduled for this season - sign up for as many as you like - the more you sign up for - the bigger the savings!

Special Travel Packages

Each year Winterset travels to famous destination resorts. This season we visit Breckenridge, Colorado (Feb. 4-11) and St. Anton, Austria (Mar. 10-19/23). Winterset vacations are open to all skill levels - even non-skiers are welcome. You enjoy all the benefits of group travel - discounted rates, camaraderie, activities, guides - with the freedom of an individual trip. Winterset trips are an outstanding bargain.



Call now for information on our trips!!!

Mar. 10-19/23 - St. Anton, Austria

Aug. 4-13 - Valle Nevado, Chile

Call (916) 737-SNOW or visit www.HitTheSlopes.org for information

Alpine Adventures

Winterset ❄️ Snowdrifters ❄️ Alpine Juniors

4601 Francis Court, Sacramento, CA 95822 ❄️ Phone: (916) 737-SNOW ❄️ Fax: (916) 456-5880

Be sure to visit our Web Site at: www.HitTheSlopes.org