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**Kellogg, ID**  
1 hour east of Spokane

## SILVER MOUNTAIN RESORT – THE ULTIMATE FAMILY GETAWAY

KELLOGG, ID – A mother lode of powder is waiting for you at Silver Mountain Resort – the premier Northwest winter destination for the whole family. More than 300 inches of annual snowfall on north-facing slopes sustain Silver’s season late into April and May. Silver Mountain’s terrain spans two peaks, 73 trails, 2 terrain parks, 1,600 acres and 2,200 vertical feet.

Secret gladed areas store powder fresh days after the last storm. Skiers and boarders alike will find an assortment of groomed and ungroomed runs, moguls, steeps, and glades, as well as a large and beginner terrain park to entertain seasoned and aspiring free riders. This is Idaho skiing at its finest.

### ATMOSPHERE

Visitors to the mountain quickly notice the welcoming culture at Silver Mountain Resort. Located just a quarter mile off Interstate 90 in the Idaho panhandle, there are no winding mountain roads to get to the snow. Simply hop in North America’s longest single-stage gondola, at 3.1 miles long, and arrive at the Mountain House in 25 minutes. The resort staff are inviting and warm to the guests and always willing to offer a helping hand. The surrounding area of Silver Mountain, called the Silver Valley, is quaint and full of interesting characters, local bars, and craft breweries that complete the small ski town feel.

### FAMILY FRIENDLY

Silver Mountain is home to some of the best tree-skiing

and powder in the region. However, the resort also boasts expansive beginner terrain. The snow sports learning zone has a moving carpet lift to transport beginners to the top for maximum time on the slope. Adjacent to the bunny hill is a snow-tubing course that is 700 feet long and five lanes wide. It is sure to keep the whole family entertained and never want to leave. They can warm up in the Mountain House with hot chocolate and snacks.

### SILVER RAPIDS INDOOR WATER PARK

At Silver, the fun does not have to end when the lifts stop turning. Located in the Gondola Village, Silver Rapids is Idaho’s largest indoor water park. Stretching the size of two football fields and staying at a balmy 84 degrees year-round, it is the perfect place to recoup after a day on the slopes. With seven waterslides, a lazy river, a Flowrider to surf on, multiple hot tubs, a poolside bar, and a huge children’s play area, this park is sure to provide hours and hours of excitement. Cabanas are available to rent for your own private space, and surf lessons are available before opening every day.

### EVENTS

Silver Mountain opens Nov. 29 for weekends and Dec. 13 for full seven-day-a-week operations. Silver is a vibrant resort that frequently has events to add to the ski experience. Jackass Day, on Jan. 11, celebrates when the mountain first opened in 1968 as Jackass Ski Bowl. To commemorate, lift tickets are the original price of \$12. Doug E. Fresh Banked Slalom is a snowboard race that also features a Ski Bum Prom

and Marchi Gras Celebration. Wear your vintage snow gear on March 7 and enjoy night skiing with all the other ski bums. Stay tuned to [www.silvermt.com](http://www.silvermt.com) to keep up with all the events.

### SILVER HAS IT ALL

Silver is a mountain of fun where you can explore the slopes and the waterpark in the same day. It is also extremely easy to get to – located just an hour east of the Spokane International Airport (GEG).

Guests enjoy the luxury accommodations at the Morning Star Lodge. In the morning, they can grab a latte from Mo’s Froyo & Joe and enjoy the view as the gondola whisks them up to explore the 1,600-acre ski area blanketed by over 300 inches of light, fluffy snow each year.

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You can also find this page and links to Silver Mountain on: [www.skiernews.com/ResortsWest.htm](http://www.skiernews.com/ResortsWest.htm)

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For information on booking and specials at Silver, please visit: [www.silvermt.com](http://www.silvermt.com).

For a sneak peek at the fun, follow “Silver Mountain” on Facebook and @silvermountain on Instagram.

To phone Silver, please call 1-877-230-2193.

### THE MOUNTAIN JOURNAL

## THE MOUNTAIN CLASS EXTRA: TAKING A WARM-UP RUN

By TONY CRESPI, SKIER NEWS’ TECHNICAL EDITOR

The run was steep. The trails were lightly dusted with two inches of light powder. Unloading from the chair, my guide, at that time a Ski School Supervisor and PSIA Examiner, suggested an ideal warm-up. We cut through a few trees, and I followed trustingly. Within a minute I realized it was dust on crust: I lost my edge and tumbled and tumbled until finally coming to a stop at the base.

Sometimes a warm-up does anything

but create a feeling of warmth.

I should have known better. When I was a young man living in the mountains and skiing daily my skills were stronger. When you ski daily, the hard descents seem to be more modest. As we all know, weather shifts and changes in temperature can create a combination of different challenges. Sometimes a dusting on top of smooth ice or frozen crud can create a real challenge. Always remember the rule from the skiing code to “Be aware of changing conditions.”

Warm-up runs help balance the risks of steep terrain and difficult snow conditions against the reality of possibly skiing more modest terrain. After all, challenging snow can make an intermediate trail more difficult and great snow can make more difficult terrain, quite honestly, less difficult. Ski less often, though, and some folks hate to waste time on a warm-up as they would like to get back into it as quickly as possible.

Where should we start the day?

You can look around the base lodge early upon arrival. From

Jackson Hole or Mt Bachelor to Steamboat or Silver Mountain, each morning brings a varied range of skiers into the lodge. From high-powered experts and racers to the casual recreational skier, virtually any athlete in any sport benefits from a warm-up. While it is tempting to skip a warm-up run, that decision risks a crash and burn, sometimes a catastrophic one as well.

It is supposed to be a warm-up.

The adventure can follow.

Warm-up runs can help mitigate risk. That pro that I skied with should have known better. I should have known better. Then again, after I crashed, he laughed, commenting that he was clearly a stronger and more powerful skier. He was. And as I brushed off the snow and gathered my skis and poles, I felt fortunate that I had only injured my pride.

Where do you start your day? What kind of warm-up is best for you? When we start a season with poor snow or less than normal amounts of snow, and then when it finally snows, it is tempting to immediately cash in on unused powder days lest we miss precious runs.

It is really tempting to rush out and seek the steepest and deepest. But, unless we ski daily, it is not necessarily smart to start the day on black diamond terrain. Ideally, start with a nice warm-up.

Here is the reality: big mountains have some steep playgrounds. You know that though. And you know that some trails are really long. Some are really steep. Most skiers at a favorite

resort know that conditions can vary dramatically from one peak to the next. While there may not really be bowls and cliffs, there are trees, parks, slots and a range of steeps. One friend may find it fine to take a warm-up on a black diamond trail. Another may prefer a modest cruiser. Because our skills and muscles vary, our warm-ups should vary as well. That day I crashed and burned happened because I needed a less challenging warm-up than my ski partner required. Years ago, when I lived in the West, my hike near the summit to a bowl helped warm-up and condition all of my muscles. Today on a cold chairlift ride, my muscles tend to stiffen. I need a few turns before I charge ahead.

The warm-up is supposed to be a warm-up. It is supposed to be a prelude to a days adventure. It need not necessarily be on novice terrain. A hike to a nearby peak in the West, at high altitude, may be sufficient. But on non-hiking days, waking up and walking to a cold lift on a cold morning may not be necessarily sufficient.

Consider a warm-up. In the end of course, it is always your call, from your first run to your last run.

Be aware.

Ski with care.

Savor your warm-up run.

Contributing Columnist Tony Crespi has served as both a Ski School Trainer and Development Team Coach. His tips are published all season long in SKIER NEWS.

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