

YOUR FRIEND'S GUIDE to ALPINE SKIING

January is Learn to Ski or Snowboard Month, a program for you to get your first-time skiing friends on snow. Get them to join you on the slopes, you will find discounts, contests and free stuff at many resorts

McLEAN, VA -- There are few sensations that can match the joys of alpine skiing. Soaring down a snow-covered mountain, the wind in your face, you are enjoying a winter playground with your friends, your family.

Skiing also can be intimidating for first-timers or those who are re-entering the sport after a long absence. Many can be confused by what seems like complex equipment choices and a bunch of strange-sounding words. This guide is designed to provide some basic information that will help get you started the right way.

Gear Up

Before renting or purchasing equipment, ask yourself a few questions: How often will you ski? Will you ski only on a vacation or also near where you live? Determining your projected commitment level will help you decide whether to rent, lease or buy equipment.

Options for Your Equipment

Consider renting equipment at a local ski shop or at the ski resort. You can rent equipment by the day or week. This is often recommended for first-time skiers. Some ski shops will apply the price of rentals toward purchasing new equipment.

Consider leasing equipment for an entire season. Some ski shops offer this service and it can especially make sense for children who quickly out-grow gear.

A less expensive than new equipment option is to buy used equipment at a local ski shop or ski swap. If you are new to ski-

Pub. Note: January is Learn to Ski or Snowboard Month (LSSM) and SKIER NEWS is helping you get a head start on the annual "Bring a Friend" Challenge. You can win prizes from gear to trips by helping newcomers become involved in the sport we all enjoy. Some events will begin in December.

Our sport is second nature to many of us who ski, but your friends who have never been on skis may have questions. You may or may not have answers. We hope this article begins to help you convince them to join you on the mountain. Do not worry, you will not have to teach them. There are many learn-to-ski discounts associated with the program. Some will offer you a discount or a free ticket if you bring a newcomer.

Check with your favorite ski resort, for their specific programs and "Bring-a Friend" to experience our outdoor winter fun. Log on to <https://learntoskiandsnowboard.org>

We will have more info in our December-January 2020, edition, available free at your local ski shop. Once published, it will be also be online at www.skiernews.com/Dec-Jan2020.htm

ing, stay away from garage sales. Be careful at ski swaps because you may find gear that is outdated.

You can buy new equipment. You might want to consider a package deal that offers a discount when you buy skis, bindings and poles together, as well as boots.

Owning your equipment can also save you time and money in the long run.

In general, alpine skis are made of a wooden core wrapped in fiberglass and coated in a fiberglass or plastic cap with metal edges. All skis do not perform the same; a number of things influence the performance of a ski, including combination of materials, stiffness, length, weight and sidecut, which refers to the narrowness of the waist, or middle part of the ski, in relation to the wider tip and tail.

Shaped skis, also known as super-sidecut and hourglass skis, have narrow waists and wide tips and tails. These skis are

designed for use in shorter lengths than traditional models and make it easier to carve turns and stop.

Fat skis are designed for skiing powder and chopped-up snow. They are wider and have less sidecut than shaped skis.

There are a number of different styles of boots, but the most important thing is that the boots are comfortable and fit.

Bindings hold your boots to the skis and are designed to release during a fall. Many bindings also have vibration-reducing features that allow you to ski more smoothly. Your ability and weight will determine the binding you choose.

Poles are used to help you with your balance and rhythm while skiing. Poles can be made from fiberglass, aluminum, graphite or some combination of these materials.

Measure Up

Skis are measured in centimeters (cm). Your ski length will depend on your ability,

height and weight. A shop employee will help you decide on the appropriate length.

Ski boots come in traditional American sizes and "mondo point," which is simply the length of the boot in centimeters.

* When trying on boots, wear one pair of medium-weight or light-weight socks.

* The fit should be snug and your heel should remain in place when you flex your knee and ankle forward into the boot.

* Your toes should barely touch the inside of the boot and then, when you bend your knee forward, your toes should slide back slightly.

* Make sure there are not any pressure points or spots that pinch your feet and legs.

* Remember, boots will stiffen in the cold.

The retention setting on bindings are measured in "DIN," which stands for Deutsche Industrie Norm. In general, the higher your weight and skiing ability, the higher the DIN setting. Have a ski shop technician determine and set your DIN.

Get Going

First-time skiers should always take a lesson from a qualified ski instructor. Do not trust a friend to teach you to ski, and do not jeopardize your relationship by allowing your significant other to serve as instructor.

This information was provided by SIA (Snowsports Industries America) a trade association for ski product manufacturers. Formerly based in McLean, Va.

BRECKENRIDGE IS PERSONAL with SKI VILLAGE RESORTS

By Jennifer Luberto

BRECKENRIDGE, CO — On Nov. 26, 2018, I packed my truck and drove half way across the country from New Jersey to a little mountain town in Colorado known as Breckenridge. How did a Jersey girl end up in this skier's paradise of a town? Well, here it goes.

About 10 years ago, my older brother relocated to Breck on a whim. He heard great things and decided what the heck, packed his belongings and found his happy place here in Breckenridge. Not too long after, my younger brother did just the same. Since their moving out here, I would make annual trips to be with them and fell more and more in love with this mountain town. Leaving the town always left me broken hearted, almost as a piece of me was left behind in Breck each time.

So back to New Jersey, I was born and raised there, and I have not a bad word to say about it. I came from a wonderful family and was raised both in the beautiful suburbs in the winter and summers at the Jersey shore. I graduated from a top tier school, worked for several financial institutions and ultimately ended up running my father's auto body shop. I absolutely loved working there. In fact, I came to realize that this work was my happy place. It was the only thing New Jersey had to offer me, and this was something my entire family also came to realize.

After several slight conversations with my brothers, they convinced me to make the move to Breckenridge. It was a very easy twist of the arm. I was fortunate enough to have made relationships with the locals and lined up an interview with Ski Village Resorts. After a few weeks of back and forth interviews, I landed a position with the company. This was bittersweet victory for me as I had to leave my family and the business in New Jersey, but we all knew Breckenridge had a life to offer that would never be matched back in the East. Several weeks later, I loaded whatever could fit in my Jeep and made the trek across the country.

Fast forward to today, each morning on my ride to work I am in awe by where I live with the alpenglow draping the mountains and the quaint cheerful town. It is often difficult



Writer, Jennifer Luberto exploring after work.

to work in such a beautiful, wonder of a place, but I am fortunate enough to work for a company that has roots in the community. I have met so many wonderful people since being with Ski Village Resorts that I otherwise would not have. There are the old time ski instructors that have stories that you just won't believe, the entrepreneurs who are creating new opportunities for the locals and constantly adding to the Breckenridge experience and, of course, the guests visiting from all over the world.

As much as I enjoy working for such a great little company, I must admit that I sometimes clock watch when it comes close to quitting time. It is difficult to be surrounded by so many fun activities and not take advantage of them. In the winter, I stare outside my office window at this beautiful mountain with miles of terrain that can be explored for days. The downside, for me, is that I work during the resort's operating hours, but then I found a way of snowboarding on the days I work, that doesn't require a chairlift – skinning. I split my snowboard in two, hike up the mountain (yes it is legal), and get a run in. This is the most rewarding run you can ever take! I also use the split

board to voyage to different huts in the area that I otherwise would not be able to access. The views are amazing, and the experience of "camping" out in a snow-covered cabin nestled on a mountaintop is one that should not be missed.

As previously stated, I moved out here at the start of an amazing winter season, and I kept hearing that summers are a favorite of the locals. I found that hard to believe when the snowy winter months had so much to offer – that is why we all come to Breck. It turns out they were right; summers are amazing. There is so much to do – hiking, biking, white water rafting, horseback riding as well as hot springs that you can also do in the winter months, the list goes on and on. My personal favorite summer activities are mountain biking and rafting. The trail system is fantastic. I have never seen such well-maintained and strategically planned trails before. If trail riding is not for you, Breckenridge has a wonderful bike path that goes through the town of Frisco, Colo., and all around nearby Lake Dillon. It is a truly breathtaking ride. I could ramble on and on about how much there is to do, and, to be honest, there are many things that I have yet to experience.

If you have never been to Breckenridge in winter, imagine this, "Whoville." For those not familiar, it is a fictional, fantastical town from Dr. Seuss' How the Grinch Stole Christmas. In the winter, the snow covered streets and brilliantly lit storefronts are like being in a snow globe. There are no words or pictures that could possibly capture how magical it feels to be in Downtown Breckenridge on a snowy winter night.

The long of the short is that I moved to Breckenridge less than a year ago, and this surreal town had such an impact on me that I purchased a place of my own. This was a bold move that I will never regret.

Meet Jennifer at her desk in the office of Ski Village Resorts at 109 N. Main St. in Breckenridge.

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Visit www.skivillageresorts.com or call Jennifer and the staff at Ski Village Resorts to book your next vacation at 1-888-972-8200.

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