

BOUNCING BACK from WINTER SPORTS INJURIES

Tips to help comfortably and safely rehab an injury

SWAMPSCOTT, MA - While the change of weather and upcoming winter season is sure to have people excited for sports like skiing, snowboarding, snowmobiling, skating and more, it also can be a dangerous time of the year. According to the latest data available from U.S. Consumer Product Safety Commission, over 200,000 people were treated in hospitals, ER's and doctor's offices for injuries sustained from winter sports, which means a large amount of people were likely needing surgery, or had to wear casts, braces or other medical equipment. People can be proactive with the recovery process if they suffer an injury this winter by utilizing some simple tips that could have lasting results.

Keep a positive attitude

Being injured can often take a toll on one's attitude. However, by not dwelling on how the injury took place, focusing on what you can control and changing your thoughts to be more positive, recovery can physiologically be quickened. One sports psychologist has pointed out that having stressful or negative-based thoughts can make the body release alternative chemicals in the blood like cortisol in response, which can actually increase inflammation and the time it takes for someone to recover. So, the next time negativity creeps in, try to replace those thoughts by pondering about what you can do with the extra gifted time to stay positive and productive during recovery.

Make sure your home is set up safely

Experiencing an injury and initial treatment is not the last obstacle you will have to face on the road to recovery. It is important to have new safety precautions set up in the home for when one returns from receiving medical care since a majority of your time will likely be spent there. The steep staircase may not be usable while you are on crutches, and reaching foods, appliances and even clothing

can pose daily problems with limited mobility. With the assistance of family and friends, rearrange the house to make clearer walkways and put items in areas that can be reached easily. If possible, sleep in a guest room downstairs for the time being and plan easy-to-make meals for when meals cannot be brought over to you.

Stay in touch with family and friends.

Those who have strong social connections are less likely to experience depression or chronic pain as long as six to 12 months after an injury or surgery. One study found that more than 80 percent of injured athletes rely on social support during the extent of their recovery. While you might not be comfortable at first asking for help, reaching out to friends and loved ones can have a positive effect on your physical and mental health.

Follow doctor's orders

When you leave the doctor's office or hospital, they will likely leave you with a set of instructions and recommendations. Following certain recommendations could have bearing on whether you experience a loss of regular function or have to extend your recovery time. For instance, the doctor may require you to take medicine, attend physical therapy classes, schedule follow up appointments and even do certain exercises/stretching at home on a regular basis. To ensure a safe and quick recovery process, make sure to follow doctor's orders closely.

Zip through injuries with the right gear

Some normal day-to-day clothes may not be suitable during injury rehab, especially if one has sensitive stitches, casts, braces or other bulky medical equipment required to heal properly. One of the most prominent injuries for people participating in winter sports are torn ACL or MCL and ligament fractures, so instead of turning to sweatpants, leg-

gings or pajama pants that can be painful or difficult for you to put on, be sure to investigate adaptive pants options. Some pants are specifically designed to be worn with medical gear, allowing users to completely zip on or off without pulling up through the legs like traditional pants, while some shirts have magnetic or Velcro closures for easy dressing. Once you do get the green light to resume your activities, investing in protective gear that supports the routine pressure that sports put on the body can help decrease the risk of reinjury.

Slow and steady wins the race.

It can be difficult to sit and wait for one's body to recover fully, especially when the injured person must sit out from the sport they love. It often takes weeks or even months on average to heal entirely. According to a study published to the National Library of Medicine, the risk of reinjury is at its highest peak during the first six months after the initial injury. No matter how much information you have consumed or how strictly you have followed the rules of recovery, nothing can help aid the rehab process like time can. Even once you are back to normal, take it slow and do not rush back into doing too much too soon. Researching safe practices and techniques and continuing doing recovery exercises and stretches even after healing will help keep injury from reoccurring.

About "befree"

The company, befree, is dedicated to improving lives by addressing the real, everyday challenges of people living with limited mobility, and to making adaptive and inclusive fashion that really works. Though clothing is a basic human need, for millions of people with temporary, as in recovering from a sports related injury, or permanent disabilities, getting dressed can be an ongoing daily hardship.

For more information, visit <https://befreeco.com>

COPPER CELEBRATES ITS 50th ANNIVERSARY, with the HISTORY BEHIND TODAY'S RESORT

COPPER MOUNTAIN, CO — Copper Mountain is ready for its 50th anniversary season this winter, and it is a big deal. In honor of the major milestone, the Athlete's Mountain will be celebrating its history of supporting athletic pursuits through a variety of resort activations, promotions and custom 50th items. In December, the resort hosted a 50th anniversary party to celebrate legendary figures and unforgettable moments from years past. A commemorative 50th Anniversary coffee table book will also be released, offering a look into the resort's spirited past, and 50th specialty items and moments will be offered throughout the resort all season long. For a resort that has been doing the most for the past 50 years, it is guaranteed they will be celebrating big this season, and going full send into the future.

Founded in 1972, Copper Mountain Resort has been home to Colorado locals, ski and ride enthusiasts and athletes alike. With its naturally divided terrain, Copper is the perfect place for skiers and riders of any level to feel comfortable, challenged and most of all, have fun. Here is a look back into the beginning of this resort.

In 1954 Paul Hauk, District Forest Service Ranger, recommended the valley for ski area development. In 1962, he was contacted by Bob Gebhardt who represented an independent group about possible development, but nothing came of their interest. Other developers looked at Copper to build a ski area, but it was not until 1968 that a group finally

emerged with enough foresight, experience and finances to develop Copper Mountain.

In 1968, Chuck Froelicher and a group that included Chuck Lewis and 16 investors, formed Copper Mountain Associates, which purchased the 280 acres at the base of Copper Mountain from Eugene Sanders. As the story goes, Sanders agreed to the sale of the property to turn Copper Mountain into a ski resort on the condition that Chuck Lewis would be in charge of developing the resort. In January of 1969, Chuck Froelicher, submitted a special use permit application to the Forest Service to study and develop plans to build a ski resort and base area village. In August of that year, the Forest Service approved the application, and a study permit was issued covering 2500 acres on Copper Mountain. Planning the resort as well as finding the capital needed for development took over two and a half years. The main funding came from L.C. Fulenwider and Paul Bailey who became the majority owners of the resort. Construction began in 1971. The resort opened for skiing in 1972 with 26 miles of trails, five lifts including B, C, E, F and G and two buildings, The Center and Solitude. Copper Junction was the first condominium building completed at Copper Mountain. It was open for lodging and retail for the 1973 winter season.

Chuck Lewis was the driving force behind the vision and development of the resort. He faced many challenges in the first years and set a standard

of creating entrepreneurial solutions to solve seemingly insurmountable problems. This character remains ingrained into the culture at Copper and persists today. A few examples of this spirit were the Thick and Thin Lumber Company and the Pretty Lumpy Concrete Company. Throughout the valley's history, Copper's remote location has led to the high cost of building materials as well as the difficulty and wastefulness in disposing of trail-cutting debris. In response, Lewis formed the Thick and Thin Lumber Company, milling the trees from trail cutting into the lumber that was used to construct the resort. He also founded the Pretty Lumpy Concrete Company, purchasing five concrete trucks and becoming Copper's main supplier until 1974. Chuck Lewis continued as president of the resort until 1982.

Since then Copper has hosted national competitions, including the Alpine World Championships (1976), the U.S. National Alpine Championships (1983 to 1986; 1988 and 2020) and Olympic Qualifying Events (2021). Among others, the events drew famous and soon-to-be-famous Olympians such as Tamara McKinney, Mikaela Shiffrin, Lindsey Vonn, Julia Mancuso, Hilary Lindh, Bill Johnson, Shaun White, Ted Ligety and Bode Miller.

For more information on Copper Mountain's 50th Anniversary Celebration or to check out all things Copper Mountain, please log on to their website at www.coppercolorado.com

LOOKOUT PASS IS YOUR #1 POWDER PLACE

LOOKOUT PASS, ID/MT — The passion of Lookout Pass is to turn a good day of skiing and riding into a great day. They never set out to be the biggest. They just strive to be the best in all they do. They also strive to provide a ski and snowboard experience as it was meant to be: pure, exhilarating, exceptional and all at an affordable price.

It turns out, the Lookout Pass family of friends wanted the same things too. A genuine, family-friendly atmosphere with untouched powder on those magical powder days or world-class grooming for those days between the big powder dumps.

The number that sets them above the others is 400 inches of annual snowfall, more than 33 feet of snow. Lookout's snow is often the lightest and driest in the region. It is the only Inland Northwest Ski Area that is actually located in the Northern Rocky Mountains, at the crest of the Bitterroot Range.

And because many of their slopes face north or northeast, all that great snow stays light, dry and fun to ski or ride for days and weeks on end.

Eagle Peak Expansion

Lookout's expansion this season added 500 acres of new terrain to explore. There are 14 new trails with a mix of strong intermediate and advanced or expert runs. Some trails are nice, long gladed areas.

Eagle Peak's summit rises to 6,160 feet, which is 500 feet higher than the summit of their original terrain. This elevation gain means more snow and a higher quality snow.

The Chair 5 Quad will transport guests for 1,380 feet of vertical over a one-mile span. It has 155 chairs on the lift. The total vertical from the bottom of Chair 2 to the top of Chair 5 is 1,650 feet.

On the lift and along the Eagle Peak trail guests will be able to enjoy awesome views of Northwest Montana and the Rocky Mountains as well as Idaho and the famed Bitterroot mountains.

The Eagle Peak lift is a fixed grip quad built by Garventa CTEC. It was updated by Sky Trac Lifts of Salt Lake City, Utah and has been professionally

installed by them working in conjunction with the Lookout team over the 2022 summer and fall.

In addition to the new lift, Lookout has expanded parking and has made a number of other improvements to walkways and decks around the current day lodge.

This new terrain almost doubles the original amount of 560 acres by adding 485 acres for a total of 1,045. The top of Eagle Peak at 6,150 feet is 500 feet higher than the Idaho front side elevation of 5,650 feet.

Terrain in Two States

Lookout Pass, in Montana and Idaho, is only one of a few ski areas in the U.S. that are located in two states. Catamount in the Berkshire Mountains of Western Massachusetts, also has trails in New York State. Heavenly at Lake Tahoe spans California and Nevada.

For more info on Lookout Pass, please log on to skilookout.com