

# WHAT'S NEW THIS SEASON?



*Utah resorts are rolling out the improvements to entice winter snowsports enthusiasts. Last season's 700 inches of snow brought with it a fifth consecutive record-breaking year of skier visits.*

Photo courtesy of Alta.

## What's new at Utah resorts for 2008-09 season?

By Jessica Kunzer, Ski Utah

Considering the 700 inches of snow which blanketed Utah's resorts and a fifth consecutive record-breaking year of skier visits, it would appear that Utah's 2007-08 winter season was unbeatable. However, Utah's ski resorts are up to the challenge and rolling out a number of improvements for the 2008-09 season. Let it snow!

### Alta

Alta Ski Area celebrates 70 years of skiing this upcoming season. (See story page 2.)

### Beaver Mountain

Beaver Mountain will make more than \$300,000 in improvements to its lodge, adding additional seating to better accommodate guests.

### Brian Head Resort

Brian Head Resort is putting final touches on a major expansion, which combined their two separate mountains last season.

### Brighton Resort

Brighton Resort built a new day lodge called the Milly Chalet. The lodge is at the base of the Milly high-speed quad. The new \$1.5 million facility is approximately 3,500 square feet.

### The Canyons Resort

Snowriders at The Canyons Resort will enjoy a new lift and gondola during the 2008-09 season. The new Frostwood gondola will transport guests staying in the Frostwood area, which includes the Miners Club, the new Dakota Mountain Lodge, and all other development projects in the area to the resort base.

A brand new fixed-grip quad chair will run from the Tombstone base to approximately one-half mile below the Dream Catcher lift base.

### Deer Valley Resort

Deer Valley Resort has invested \$8 million in on-mountain improvements, including replacing the existing Cushing's Cabin

at the top of Flagstaff Mountain. The new cabin will seat 40 to 45 guests, feature updated restrooms and house Flagstaff Mountain Ski Patrol. Deer Valley has also remodeled the Empire Canyon Lodge.

### Park City Mountain Resort

Park City Mountain Resort will unveil \$10.5 million in improvements, including a new high-speed chairlift, terrain enhancements and renovation of the Mid-Mountain Lodge.

Park City Mountain Resort's new high-speed quad known as Crescent lift will replace and realign the existing Ski Team lift. The lift begins near the base of the resort and extends to Crescent Ridge. The resort is also making terrain enhancements, including a new run addition and expanded snowmaking. Park City Mountain Resort will also assume operations for Mid-Mountain Lodge and renovate it to further develop on-mountain dining.

As part of its environmental commitment, Park City Mountain Resort is offsetting 100 percent of its power consumption from renewable energy sources. This purchase of 13.9 million kwh of renewable energy credits will avoid nearly 19 million pounds of CO2 emissions annually, which is equal to removing 1,853 passenger vehicles from the road or powering 1,100 average American homes for a year.

### Powder Mountain

Powder Mountain has added a new Mountain Adventure Center located near the Timberline Lodge, which will house all of Powder Mountain's adventure programs including Snowcat Powder Safaris, Mountain Adventure Tours and the Snow Sports School. Last season, Powder Mountain started all-day guided snowcat tours called Snowcat Powder Safari. Due to the popularity of the program, the terrain available via the snowcat has been increased 100 percent to

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# Alta turns 70

By Theresa A. Husarik

Seventy years ago this season, Alta Ski Resort opened its doors with the nation's second (Sun Valley, ID was first) and Utah's first chairlift, and snow sports have remained a huge industry for Utah ever since.

That first chairlift, which went up Collin's Gulch, was made from parts from an aerial tramway that had been used in the mining industry in the early 1900s. What is now a ski area that consistently rates among the top was once the hub of a booming silver mining industry. When that industry was coming to a close in the early 1900s, an Eastern businessman and eccentric fellow by the name of George Watson had a vision about the area. He bought all the abandoned mining claims he could get his hands on and established himself as the mayor of the town of Alta.

He promoted tourism with a business he called the Alta Scenic Railway which took visitors up the canyon in a jitney (a car mounted on the old railroad tracks). In 1937 he deeded 1,800 acres of land to be the future home of Alta Ski Resort, and on October 19, 1938, the U.S. Forest Service issued a permit to construct that first chairlift. The chairlift officially opened on January 15, 1939, and carried 350 skiers up the mountain to enjoy the greatest snow on earth. A single ride cost a mere 25 cents, or you could fork out \$1.50 for a day pass.

The first shelter for cold and tired skiers stood where the Snowpine Lodge stands today. Some of the original timber and stone walls still remain.

During World War II, Alta's slopes were also used for training U.S. Army soldiers in the art of paraskiing. One hundred and fifty men, all from the army's Company B of the 503rd Parachute Battalion, bundled up in all-white outfits, complete with sidearms and backpacks full of gear, rode the new chairlift. At the top, they posed for the media, and then each slowly made it down the slopes with Dick Durrance, director of Alta's Ski School, serving as their ski "sergeant."

Zoom ahead 70 years and you find a fully modern ski resort (high-speed detachable quads and an electronic ticketing system) complete with lots of green touches (low-flow toilets, widespread recycling and energy saving light bulbs). Alta has come a long way, baby.

*Theresa Husarik is a freelance writer and photographer based in Salt Lake City. When she's not outside enjoying Utah's mountains, she's inside writing about her experiences.*

## Dec. 3 documentary celebrates Alta's 70th anniversary

Celebrating the 70th anniversary of Alta Ski Resort, "The Alta Experience" is a new KUED documentary that transports viewers to a mountain town with a rich silver mining past. KUED-Channel 7 premieres the documentary Wednesday, Dec. 3, at 7 p.m., with a repeat later at 8:30 p.m. The fast-paced glide down memory's slope features interviews with those who recall the first chairlift in Utah.

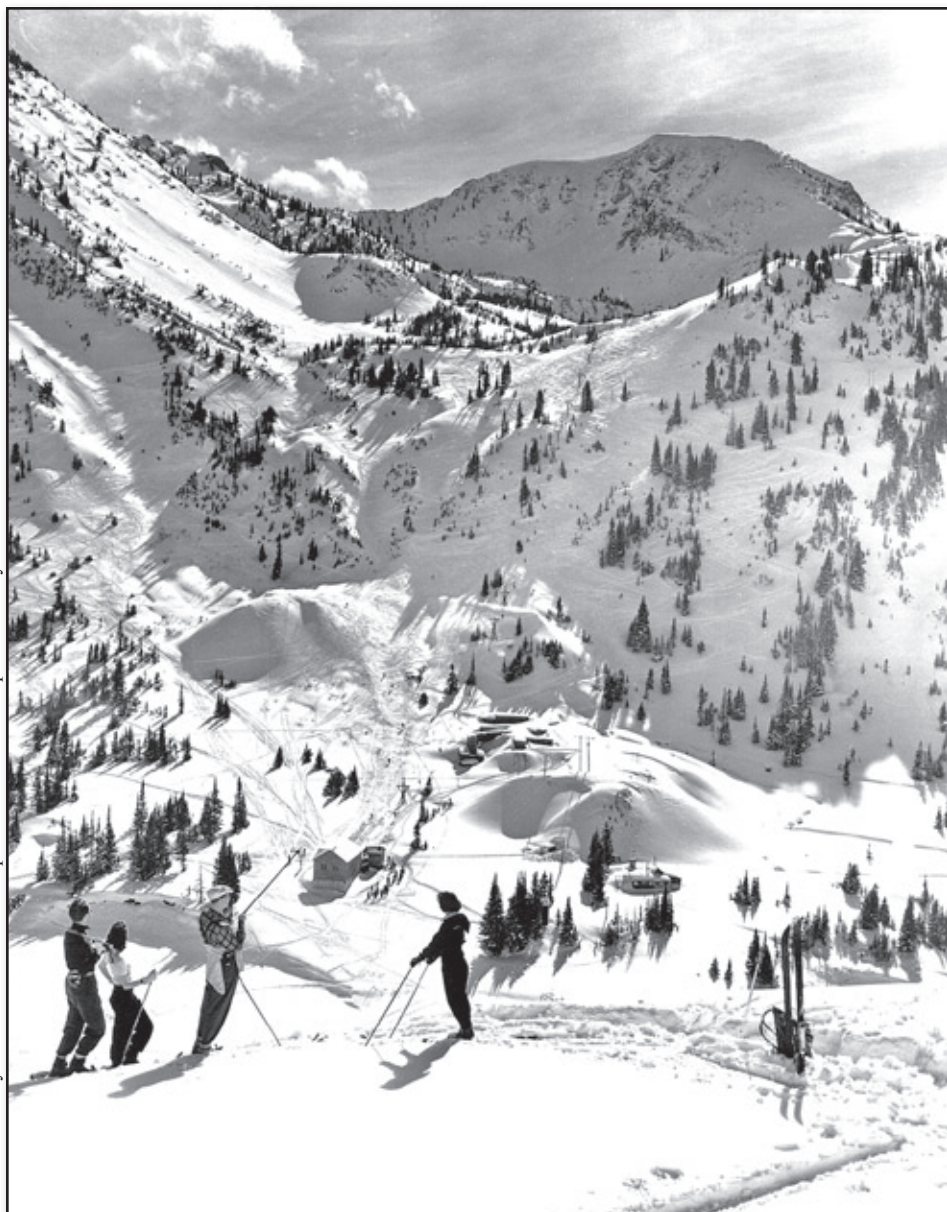


Photo courtesy of J. Willard Marriott Special Collections Dept. University of Utah.

Alta Ski area opened for business in the winter of 1938-39 and celebrates its 70 anniversary this year.

## Get in shape quick!

### Time to get specific

By Jo Garuccio

Ok gang! Ski and snowboard season is here, so here are some sports-specific exercises to quickly get you up to speed.

Off-season fitness is typically fairly general; for example, non-specific cardio and basic strength and flexibility. If you're behind the eight ball, don't stress too much. It's really never too late to begin a solid fitness program. However, you may want to include a few sport-specific exercises.

Here are a few that offer the best "bang for the buck!" They will address core stability, balance, leg strength and flexibility. And, best of all, you can probably do all of these at home with the help of a stability ball and a set of light dumbbells.

Warm-up for 15 minutes prior to executing any of the following exercises. Walk, spin on a bike, or use dynamic exercises such as jumping jacks, three-quarter lunge walks, arm-swings, leg swings, etc. You should be sweating lightly when properly warmed up. For all exercises, perform two or three sets of 8-20 reps with 30-60 seconds rest between sets. For static stretches, hold for 30 seconds and do them at least twice.

**Stability Ball Wall Squats** (stability, strength, balance)

- Position the ball in the small of the back
- Spread feet shoulder width apart and forward of the knees
- Lower hips towards floor until they reach knee height
- Stop and return to start
- For increased difficulty, do it on one leg

**One Leg Balance** (stability, balance)

- Slowly lift leg off the floor

- Stand on single leg with foot pointing straight ahead
- Knee is slightly flexed and over second and third toe
- For increased difficulty, do it bare-foot, with eyes closed or on an unstable surface like an air-ex pad

**One Leg Squat** (stability, strength, balance)

- Lift leg off the floor and dorsiflex foot (pull toes up)
- Bend knee and flex forward slightly
- Squat as deeply as you can while maintaining good control and heel contact (up to 90 degrees)
- Make sure that hip and knee track properly (over second and third toe)
- Return to start
- For increased difficulty, add light dumbbells (3-5 pounds)
- For upper body strength, return to start position after squat and add bicep curl

**Plank** (core)

- Assume prone position with elbows bent, positioned under shoulders and fists closed
- Maintain alignment (no sagging or arching in the back)
- Tighten buttocks and lift body onto forearms
- Keep chin tucked
- Hold position for 15 seconds and repeat

**Abdominal Crunch – Incline on Stability Ball** (core)

- Position ball comfortably on back
- Ball should not move
- Pull ribs down to hips

Continued page 6 "Exercises"

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## Everybody benefits during Brighton's 'Quad Wednesdays'

Everybody benefits on Quad Wednesdays. Lift tickets are just \$15 at Brighton on Quad Wednesdays when skiers and riders bring a significant donation to help Utah charities. Here's how it works. Wednesday, Dec. 3 10 and 17 are the days to donate and one charity – Toys for Tots, the Road Home shelter and the Utah Food Bank – will benefit each week. Check the website, [brightonresort.com](http://brightonresort.com), to see which charity is designated each Wednesday so you bring the right items of toys, clothing or food.

## Jump into winter: Take a pre-holiday workshop

By Harriet Wallis

Kick start your season at Alta and Brighton with early season workshops.

Alta's two-day early season all-day workshops on Dec. 12 and 13 are for men and women and will help you find your groove if you're a skier with upper intermediate through advanced skiing skills. You'll ski with the same instructor and group both days.

For more information call the Alf Engen Ski School at 801-359-1078, ext. 271.

Brighton has three early season specialty workshops. The first workshop is for men and women who are skiers or riders and it meets for three consecutive Saturdays starting Dec. 6.

Or if you prefer an all-women  
Continued page 6 "Workshop"



# Solitude has daycare

By Harriet Wallis

For the first time, there's daycare in Big Cottonwood Canyon. Solitude now has a licensed daycare program for children from 6 months old through age 4 or 5-ish. It's open from 9 a.m. to 4 p.m. daily throughout the ski season. At last, parents can ski together rather than having to take turns watching their youngster.

Parents can choose hourly or full-day daycare for their munchkin and know that the children are in good hands. The program is small and intimate, so youngsters receive quality attention, said Candace Fackrell, director of the Play Academy, which includes the new daycare program.

Children play indoors and enjoy story time, crafts, snacks, play dough, bubbles and more, and they might go outside to build a snowman, take a ride in a sled or enjoy other snow activities, she said. And there's a quiet area where babies can sleep.

Children enter through the legs of a Troll and from there the Nordic theme continues. The back wall of the daycare room has a mountain scene mural painted by a Solitude artist, and the other walls will be progressively covered with children's drawings and paintings. We leave the art work up because children sometimes come back several weeks later and look for the drawing they did earlier, Fackrell said.

In addition to the daycare program, there's also a separate Play N Ski program. Play N Ski is for kids 2-1/2 up to 5 years of age. It's an all day program and children get a combination of at least two hours of ski instruction, depending on their readiness, plus play. The most important thing is that children have fun, said Snowsports Academy

Continued page 8 "Daycare"



Photo courtesy of Harriet Wallis.

Just right for kids. Children enter Solitude's daycare through the legs of the Troll, but Snowsport Academy Director Leif Grevle doesn't quite fit.

## Snowbasin offers 'Recession Busting Solutions'

### First Time Skier/Rider

The first package is the Lucky 13 in association with Ski Utah's January promotion. The last 13 days of January you can learn to ski or snowboard. Lift ticket/\$13; lesson/\$13; rentals/\$13 – all available for the Lucky 13 package price of \$39!

### Skiers/Riders Instruction

The Snowbasin Learning Center Rec-

reation Program (on selected dates) offers four lessons for 8-17 year olds for \$150; \$200 for adults.

### Free Day Pass For First 50

Snowbasin's opening day, typically Thanksgiving Day, will greet skiers and riders with a photographer to catch the first gondola riders of the 2008-09 winter season. Also, the first 50 skiers/riders to board the gondola

will receive an all-day lift pass for any day of the 2008-2009 season (non-refundable).

### Tune Up Your Skis

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## SKI & SNOWBOARD News

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# 'Children of Winter' — For the kid in all of us

By Melissa Fields

The lights go down, the music comes up and in a blink I'm staring at 500 vertical feet of very white, very steep Alaskan backcountry. My pulse quickens, my palms get sweaty and I settle in to enjoy the ride.

I'm at Abravanel Hall with 1,000 or so other winter worshippers taking in one of my favorite pre-ski season rituals, the Warren Miller ski movie. This year's installment, "Children of Winter," is not necessarily about young snowsliders — although a few teenagers get their 15 minutes during the film — but is a snow-filled expose of skiers and riders from across the country and around the world pursuing their passion with a childlike exuberance.

Many of the recent regulars are in attendance in this 59th feature-length Warren Miller film including Jamie Pierre, Jenn Berg, Jonny Moseley, Pep Fugas and Julian Carr, ripping it up from Iceland and Austria to Crested Butte and Utah to the driving sounds of Radiohead, Michael Franti and Beck.

From the opening segment, the cinematography is crisp, clean and so concrete you can almost feel the sting of wind and snow on your cheeks as the athletes catch one face shot after another. There's the positively soulful segment about Mt. Bachelor where the camera follows surf legend Gerry Lopez through the fog and frosted trees as he effortlessly floats through a fresh Northwestern dump. Some of the U.S.'s most quintessential ski areas are featured in other segments, including Okemo, Steamboat Springs and Sun Valley, as well as some of the most talked-about, like Silverton and Crested Butte. And then there are the trips to exotic ski locales, which this year include a

family ski trip with the Moseleys to Japan — Jonny's first since he won the gold medal there in 1998 — and a sailboat-assisted tour of the Iceland backcountry.

"Children of Winter's" much anticipated Utah segment deftly shows off last season's star attraction: record-breaking snowfall. Local athletes Jenn Berg, Jamie Pierre and Julian Carr drop into one "white room" after another, fearlessly take on exciting steeps and even ride a groomer or two. But, as mandated by the segment's primary sponsor, the Utah Office of Tourism, few of the shots are wide enough nor appear on the screen long enough to easily identify where they are shot. This accomplishes the goal of not favoring one resort over another, but also gives the segment a disappointing, any-ski-town-USA feel as well. The segment's closing shot is fairly unmistakable, however: a down canyon view of the Salt Lake valley at sunset with the Bingham Copper Mine far in the distance.

The film closes on a somber note with a dedication to Billy Poole, a big mountain skier who last year, just as he was breaking into the professional skier scene, was killed during "Children of Winter" filming. Poole failed to make a landing after launching off a jump in Wolverine Cirque, a popular backcountry zone between Solitude and Alta. "I started this whole skiing thing to be here in Alaska," said Poole while on location in Cordova for Warren Miller. "I'm pretty much OK with whatever happens after this." (Support youth skiing through the Billy Poole Foundation, [billypoole.org](http://billypoole.org).)

*Melissa Fields is a freelance writer, avid skier, wife and mother living in Salt Lake City.*

Photo courtesy of Warren Miller/Will Wissman.



Jenn Berg floats through Utah's famous powder.

## Catch a free flick at Snowbird

Didn't get a chance to see the latest TGR and Warren Miller movies in the theater this fall? No worries. Snowbird offers FREE showings of those films.

TGR's "Under the Influence" shows every Tuesday, beginning Dec. 16 and runs through April

14, 2009. Showtime is 7 p.m. at the Cliff Lodge.

Warren Miller's "Children of Winter" screens every Wednesday beginning Dec. 17 and runs through April 15, 2009. Showtime is 7 p.m. at the Cliff Lodge. Call 801-933-2222 ext. 5010 for more information.

## Early season avalanches ... why we get fooled

By Craig Gordon

Utah's blessed with many things. The first that comes to mind is the amount of quality snow we receive. We don't get the most, and it's not the lightest. But our license plates don't lie — it's simply the greatest snow on earth.

On average, 400-500 inches of snow fall annually resulting in great powder riding and homogenous layering in the snowpack. In typical years, storms start stacking early season snows on the high elevation slopes in October. Maybe we get a foot or two, then the usual "Indian Summer" weather pattern often returns for one last gasp, much like it did this year, melting the snow off the sun-exposed slopes. However by mid October, the sun is pretty low in the sky so the high elevation shady slopes, the ones facing the north half of the compass, aren't even seeing the sun and these slopes retain early season snow.

It's the time in between storms that's the killer. While the days may be sunny and warm, the clear, cold nights help to rot away the shallow snowpack, weakening its structural integrity, eventually making it fragile. Sounds pretty complex, but basically the snow turns into a sugar-like consistency. So we've got all this weak snow lying around and when November rolls along, the weather pattern changes and it starts snowing.

We're chomping at the bit to go riding, and we're not going to go to those sunny slopes that didn't have any snow before the storm, right? Nope, we're smarter than that; we're headed to the slopes that had snow left over from October. Great call to preserve the bases of your ride; however, the snowpack sees it a different way. It doesn't know we're powder starved. It's just trying to adjust to the added weight of the new

Continued page 7 "Avalanches"

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## Meet Jo Garuccio: Mega-athlete, mega-coach, mega-enthusiast



Photo courtesy of Harriet Wallis.

Jo Garuccio

By Harriet Wallis

She's small and wiry, but she's a super athlete. She's the six-time international triathlon world champion, she podiumed in the Hawaii Ironman triathlon, she coaches beginner to world-class athletes from 7 to 70 years old, and she orchestrates Ski Utah's 4th grade Learn to Ski & Ride Program and its school fitness award program. What's more, she does it all with super enthusiasm.

Jo makes everyone feel like they are most important athlete in the world.

"It doesn't matter if the people I coach want to learn a sport so they can lose 30 pounds or if they want to be a top athlete," said Jo Garuccio. "I'm a teacher and I want to help them fulfill themselves at whatever level is right for them."

When it comes to the 4th grade Learn to Ski & Ride Program, Jo and a group of trained volunteers provide a curriculum-based program in the classroom and then the kids go to a resort to practice on the slopes. Thousands of Utah children have

learned to ski through that program.

"She has grown the program from 25 participants the first year to around 10,000 participants each year. Because of Jo's efforts, many other states have copied and implemented the curriculum she developed for Ski Utah," said Raelene Davis, Ski Utah's director of marketing. "She has an amazing ability to teach. That's the reason the Ski Utah Learn to Ski & Ride has succeeded for 20 years."

"Jo also spearheads our elementary school fitness award program. She works tirelessly on behalf of the children of Utah," said Davis.

So why does this world-class athlete have such enthusiasm for teaching kids and beginners? Everybody is good at something, she said. Sometimes they just need the chance to find out what they're good at. What's more, adults and kids must have fun. Kids especially won't do anything unless it's fun – so I want to be sure it's fun for them, she said.

As a youngster, Jo had so much energy that her mother enrolled her in different activities just to keep her busy. "I tried dance, but it wasn't for me. I tried children's theater but I fell off the stage. I jumped into the pool at the YWCA and nearly drowned because I didn't know how to swim. Then she caught fire with athletics, played every sport that her school offered and graduated as the most athletic in her senior class. Then skiing monopolized her in college and it's still her favorite sport.

Today, in addition to all her other accolades, she's the ski staff training coordinator at The Canyons in Park City and its most requested ski instructor. "I'm a teacher! You teach because you want to impart knowledge to others," she said.

## Utah ski resorts lead the nation in value, access and snow

Recent magazine rankings from 'SKI' and 'Skiing' listed Utah's ski resorts at the top of the charts. Utah's highest acclaim was received in the areas of value, access, snow and weather. Four Utah resorts ranked in the top 10 for value – more than any other state – and three of those resorts were seated in the top five. Seven were positioned in the top 10 for access and six of the top 10 resorts in the weather and snow categories were in Utah.

"Value and access are crucial concerns for the modern traveler," said Ski Utah President Nathan Rafferty. "These two traits paired with Utah's amazing

snow serve as incredible strengths for the state's ski industry as we face a difficult economy."

Eight Utah resorts placed in the top 30 for overall rankings with Deer Valley at number one in North America for the second year in a row. Utah dominated the 'SKI' survey topping the charts in half of the magazine's categories, including value, access, snow, weather, grooming, lifts, service, on-mountain food and overall satisfaction.

Other honorable mentions included Alta Ski Area, number one for overall satisfaction, and Powder Mountain for value.

## Why isn't my toddler ripping at three?

By Rachael Hodson

I carry a picture of my son with me. In the photo, he's 11 months old on a tiny pair of skis at Park City Mountain Resort. I brag as I display that picture. "Yes, Noah skied before 1" – like some Albert Einstein of the ski world. Go ahead and call me a stage mom for trying to turn him into a tiny Tommy Moe. He's my kid and I'm a professional skier. How could I wait until he was in kindergarten?

Although Noah is now a great little skier, I admit it is not because he was on the hill from the day he could walk. What you don't see in that photo is a child too young to ski screaming as he was carried back to the car.

As an ex-ski instructor, I would NEVER have encouraged a parent to start a child so early. But, he was my son and in my mind that made it different. Each year I struggled to get my guy comfortable enough to snowplow down Crooked Mile at Alta. After three years of agony, I backed off. Noah was losing heart and I was losing my mind.

Just after his 4th birthday, he came running out to the car as I was preparing to head up to Alta. "I want to go skiing, too," he told me. A smile spread across my face and I grabbed his coat and tossed him in the car. Instead of skiing, I took him to watch the kids in ski school. It only took a few minutes for his competitive nature to kick in and the desire to swoosh down the mountain began to consume him.

I took him back up the canyon a few days later and enrolled him in a lesson at Alta. His skiing went from zero to fifty. Not because he had a miraculous instructor, but because he was doing this for himself. He was mature enough to be without me for a few hours and strong enough to hold his wedge without help. He is now able to ski, with en-

Alta and Snowbird topped the charts for best snow in both 'SKI' and 'Skiing.' Solitude was named best week-after-storm-skiing. And, despite Utah's somewhat conservative reputation, 'Skiing' magazine ranked Park City's Harry O's as the best music scene and "meat market."



Photo courtesy of Rachael Hodson.

"Five-year-old Noah gets on his inside edge as he carves up Devil's Castle at Alta."

couragement, down some of the toughest terrain that Alta has to offer. Noah decided for himself when the time was right to learn, and I learned that I couldn't "make" my son ski. I also learned that just because I was a great skier it did not mean that I was the right choice to teach my child the basics of skiing. Some parents may never be the right choice to teach their own child to ski.

Luckily for me, my guy is now willing to listen and watch as I try to improve his stance, edging, pole grip, etc. We love the time together and I know that these moments are fleeting. And as much as I like to be the one who instructs him in the sport I hold dear, he still benefits from lessons with other instructors and will continue to benefit from technical training with various coaches.

Isaac, my three year old, is now requesting to stomp around the house in his boots and skis. He may be an easier learner as he has an older brother to compete with. However, if we get up there and he isn't into it, believe me, I am not pushing him. Although, I think with a little help from some great new ski gadgets and a private lesson or two he will be cruising with his big brother in no time.

So, don't be distressed by the cute tot at Deer Valley shredding it up with her instructor. Every kid is different and if you introduce skiing in a positive way, your child will most likely develop a lifelong love for the sport.

*Rachael Hodson lives, writes and plays at the base of Little Cottonwood Canyon with her husband Matt and two little grommits, Noah and Isaac. Rachael has worked in the ski industry for 13 years as a ski tech, instructor and freelance journalist.*

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## Classes help you get ready for the season the safe way!

### Basic Avalanche Transceiver Skills Clinic Dec. 13

The Basic Avalanche Transceiver Skills Clinics will teach you the basics on avalanche safety and transceiver skills. Bring your avalanche transceiver if you have one. However, it is not required. This free class starts at 5 p.m. in the Alpine Room at the Snowbird Center.

### Backcountry Skills Seminar Dec. 20

The Backcountry Skills Seminar teaches the basics of self-rescue, transceiver search techniques and traveling in avalanche terrain. Dress in snow appropriate clothing. Class runs from 10 a.m.-4 p.m. and costs \$40. Sign-up in the Activity Center or by calling 801-933-4147. Visit [snowbird.com](http://snowbird.com) for details.

### “Exercises” from page 2

- If buttocks are closer to the floor, there is higher load on the quads
- If seat is higher, abs work harder
- Change position for different focus

#### Hamstring Stretch (flexibility)

- Lie on back and flex knee and hip to 90 degrees
- Pull toes towards shin
- Slowly extend knee to ceiling until you feel a light stretch
- Lumbar spine should remain neutral without excessive arch

#### Calf Stretch (flexibility)

- Stand near a wall or sturdy object
- Lean upper body against wall
- Bring one leg forward
- Back leg is straight
- Shift forward from ankle joint until you feel a slight stretch in the calf of back leg
- Repeat on other leg

#### Quadriceps Stretch (flexibility)

- Stand next to a wall for support if necessary
- Grasp leg just above the ankle
- Tilt pelvis forward and squeeze glute muscle
- Pull leg to buttocks
- Keep leg straight (don't pull it out to the side)

Do these exercises three to four times per week. Add them to your current routine, or if nothing else, use them as a “quickie” workout when time is limited.

Think snow!

*Jo Garuccio is the staff training coordinator for The Canyons Ski & Snowboard School, a PSIA examiner and director of the Ski Utah school program. She holds a master's degree in Health and Fitness and is a certified triathlon coach.*

### “workshop” from page 3

workshop, Brighton's early season women only workshop meets on three consecutive Thursdays starting Dec. 4 with skill development for beginners through advanced skiers and riders.

Brighton also offers beginner through advanced telemark workshops on three consecutive Sundays starting Dec. 7.

For more information and to register, visit [brightonresort.com](http://brightonresort.com).

### “Resorts” from front page

2,000-plus acres.

Restaurants in all three lodges have also been renovated to improve guest flow and to allow additional menu options. All changes are designed to minimize the time guests spend off the slopes on a powder day.

Powder Mountain has rolled back the price of a night lift pass to 2002 rates: adults \$15; child (7-12) \$12. Night operations will start at 3 p.m. – one hour earlier than previous years – so guests can enjoy more daylight.

### Snowbasin

Snowbasin Resort has replaced the Little Cat lift with a new detachable quad chair lift starting above Earl's Lodge and ending at the upper parking lot. The new lift is 1,578 feet in length with a vertical rise of 173.5 feet. A 1,000 foot per minute line speed will yield a carrying capacity of 2,600 people per hour.

### Snowbird Ski & Summer Resort

The Tram Club at Snowbird is undergoing an extensive remodeling project for the first time in 15 years, which updates the previous “disco” feel to a more modern, après-ski setting. The Tram Club will feature 12 flat screens, three projection screens and all major sports packages.

The Aerie Sushi Bar (on the top floor of the Cliff Lodge) has also been renovated and is now open year-round. It is no longer a private club and enables the whole family to enjoy the extensive offerings, including a café menu with kid-friendly items like burgers and fries.

Kids age 12 and under will continue to ski free with all lodging packages booked through Snowbird Central Reservations or [Snowbird.com](http://Snowbird.com).

### Solitude

Solitude Mountain Resort has announced \$7 million in lift upgrades, including two new high-speed chairlifts commencing from each base area – Solitude Village and Moonbeam Center.

Apex Express will replace the existing Apex double lift with a high-speed quad and provide access to the heart of the mountain. Another high-speed quad dubbed Moonbeam Express provides guests with a much



Photo courtesy of Solitude/Jay Burke.

*Solitude's new Apex Express will replace the existing Apex double lift with a high-speed quad and provide access to the heart of the mountain.*

easier loading and unloading experience.

### Sundance Resort

Sundance is continuing to preserve its beautiful protected setting against a 12,000-foot backdrop of Mount Timpanogos.

### Wolf Mountain

Improvements include expanded beginner learning terrain, a more convenient skier/guest drop off area and continued upgrades to the terrain park. The Wolf Mountain Learning Center offers a great value in ski and snowboard education, with the “Get on Board” pass. For only \$200, a new skier or snowboarder can take three lessons with equipment rental and receive a free season pass at the end of their lesson series.

*Jessica Kunzer is the director of communications for Ski Utah. Ski Utah is the marketing firm owned and operated by the 13 statewide ski resorts that make up the Utah Ski and Snowboard Association. The organization has been creating brand awareness of and demand for the Utah wintersports product since its inception in 1978.*



Photo courtesy of Harriet Wallis.

*Brighton's terrain park crew built a dozen new toys for this season. These boxes and rails have left the parking lot and will be in place on the mountain in time for winter fun.*



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Photo courtesy of Harriet Wallis.

*Brighton's new Milly Chalet has Earth-friendly geo-exchange heat and a wall of windows that face the mountain.*

# The Heber Valley Railroad

By Theresa A. Husarik

The Heber Valley Railroad, once known as the Heber Creeper and whose official name is the Heber Valley Historic Railroad Authority, is more than just a way to get from point A to point B.

Now offering an entertaining, historic and scenic ride, the train operated as a workhorse serving the people of the valley and across the state from 1899 up until 1967.

"During the 1930s and 1940s, there were more sheep hauled out of Heber Valley than from anywhere else in the United States," said Craig Lacey, executive director of HVRR. "Whether those animals were going to market or to a summer pasture, the train saw a lot of sheep traffic. The last time revenue freight was hauled out of the valley was in 1967 and one of last loads was the White House Christmas tree."

The train also has the distinction of being in several movies. Its Hollywood debut was in the movie "The Professionals," filmed in California in 1966. During its noble movie career, the locomotive and cars would travel to the actual movie locations, most of which were in the western U.S. "The last big ones were 'A River Runs Through It' and 'Far and Away' filmed in Montana," said Lacey.

After the Rio Grande railroad stopped using the train for hauling in 1967, local citizens decided to preserve the train's history and started a tourist train, named the Heber Creeper, which ran between Heber and Bridal Veil Falls in Provo. It was a popular attraction in the 1970s and 1980s, but by the early 1990s, the train's popularity was falling by the wayside. Still feeling this bit of history should be preserved, in 1992 the locals succeeded in persuading the Utah State Legislature to provide them a one time grant. The Heber Valley Railroad Authority was formed and is now a nonprofit, state-run attraction.

"Although we are owned by the State of Utah," said Lacey, "we are an independent state agency and get no funding from the state. All the funding comes from ticket sales, gift sales and tax deductible donations."

"One of things we learned several years ago was that it was not enough for people to just come and take a train ride even though the scenery is gorgeous,

[wildlife viewing is amazing] and the history is there," said Lacey. "People want entertainment as well."

So the railroad partnered with several local groups and came up with some varied and entertaining packages. One such package is the "Tube and Train" where visitors are taken to Soldier Hollow (during the winter) to do some old fashioned tubing. "Sleigh bells and Whistles" is a tour that includes a train ride and then a sleigh ride on the land of a local rancher.

Summer fun includes "Raft and Rail" which takes riders down the Provo River to Vivian Park and then tosses them in the river (into rafts) to float for about an hour, then ride the train back. There is also a horseback riding adventure and one that includes a lift ride at Sundance Resort.

Three very popular seasonal theme events include the "Haunted Canyon," a spooky train ride during the Halloween season that includes ghost stories, a "Cowboy Poetry" reading ride where six different artists perform for the riders, and a "Polar Express" ride where actors re-create the experience in the book of the same name. Several other packages and events can be discovered on their official website at [hebervalleyrr.org](http://hebervalleyrr.org).

Last year the train transported and entertained just under 95,000 people.

Currently, the two steam engines are out of duty for refurbishing (required to keep up with federal safety standards) and the cars are being hauled by a rare diesel locomotive. But when the steam engines are at the helm, it takes "bundles of twenties and fifties [to make it run]" said Lacey, "but seriously, it burns lump coal and is hand shoveled in. On a typical trip to Vivian Park in Provo Canyon, it will burn 1,500 to 1,800 pounds of coal and will consume about 4,000 gallons of water."

The starting depot for the various rides is in Heber City, just 44 miles southeast of Salt Lake City and 28 miles northeast of Provo on U.S. Highway 40.

"It's more than just a train ride," said Lacey, "it's history in motion."



Photo courtesy of HVRR.

The Heber Valley Railroad offers scenic rides, activities and a glimpse of history.

## "Avalanches" from page 4

snow and doesn't need any more aggravation right now. Over time the snowpack will adjust and gain strength, but there's a critical time when it's gonna get cranky and avalanche ... usually we're the trigger.

In 93 percent of all avalanche accidents, it's either us or someone in our group that triggers the avalanche that catches or kills us. Early season avalanches aren't just a backcountry phenomenon. Remember, when the resorts aren't open, no active avalanche control work is taking place so you need to treat this terrain just like the backcountry. You need to be thinking about avalanches. Be prepared for your own self rescue and carry an avalanche

beacon, shovel and probe. If you haven't taken an avalanche awareness class, visit our website [utahavalanchecenter.org](http://utahavalanchecenter.org). Each season we give dozens of free basic avalanche awareness presentations. Avalanches shouldn't be a mystery. Empower yourself with some avalanche knowledge. You'll feel confident ripping early season lines, and it just may save your life.

*Craig Gordon's career with snow and avalanches started more than 20 years ago as a member of the Brighton Ski Patrol. He has been an avalanche forecaster for the Utah Avalanche Center for 10 years and forecasts for the Uinta Mountains.*

## Ski Utah Launches New Online Job Board

Ski Utah is pleased to announce the launch of a new online job board, [SkiUtahJobs.com](http://SkiUtahJobs.com). Utah's ski and snowboard industry hires approximately 18,000 employees per year. Jobs in-

clude temporary seasonal help to work the lifts, restaurant, hotels, and other facilities as well as year-round employment opportunities. Check it out at [SkiUtah.com](http://SkiUtah.com) or [SkiUtahJobs.com](http://SkiUtahJobs.com).

## Cook like a chef

### Resorts share their culinary secrets

By Harriet Wallis

What do Snowbasin, Snowbird and Deer Valley have in common other than fabulous Utah snow? Gourmet cooking. Now the three resorts invite you to share some of their food specialties.

Snowbasin's fine dining has become so popular that some of the chef's most requested recipes are now online with step-by-step directions for such treats as veal schnitzel, lobster and shrimp ceviche, duck confit hash and a handful of others. You'll find them in the summer portion of the website under Cooking Mountain Style at Snowbasin Resort or at [snowbasin.com/summer/daily\\_bulletins.asp](http://snowbasin.com/summer/daily_bulletins.asp).

If coconut shrimp with jalapeno dipping sauce tickles your fancy, you'll

find the recipe in Snowbird's magazine, The Bird, which can be picked up free at the resort. R.J. Peterson, the chef and general manager of the Lodge Bistro, provided that recipe. And the Aerie Restaurant team gave away its secret recipe for a hot specialty drink, the Banana Split.

This year Deer Valley created gourmet mustards which it serves at its restaurants as accompaniment to raclette cheese and cured meats. The Fireside Fig Mustard became so popular that you can now buy it online along with other Deer Valley chef favorites including Turkey Chili mix, Grilling Marinade and Jumbo Cookie Mix.

Bon appetit!

Photo courtesy of Sean Busby.

# Local snowboarder living a dream



Draper, UT resident Sean Busby, a world class professional snowboarder, is shown riding during an expedition in New Zealand. He recently went on an expedition to Antarctica.

By Catherine Garrett

When Sean Busby was a teenager, he dreamed of going to Antarctica after viewing an expedition that happened on South Georgia Island, near the frozen continent. On Oct. 25, that dream turned into a reality when the Draper, UT snowboarder left for a three-week expedition with a team of athletes including North Face rider John Griber and Antarctic explorer Doug Stoup, who were on the expedition that piqued Busby's interest.

"I was so overwhelmed with the beauty of that place, and remember saying how I wanted to snowboard down there one day," he said.

That idea never left his mind. A few years ago he started researching how to fulfill that dream. He discovered that Griber and Stoup were planning a trip to Antarctica and got on board with them last year. "I am stoked to join both Doug and John, since I looked up to them during my youth," Busby said.

Despite going to the place where the coldest temperature ever was recorded (-129 degrees Fahrenheit), Busby feels a sense of mystery about Antarctica, one that he is eager to explore. "Antarctica, in a way, is the last frontier where few people have been to," he said. "To me it seems

as a magical and mystical place that one dreams about, an area that is days away from help and that brings me a sense of adrenaline and excitement. Antarctica is so remote and so far from civilization it mimics another world."

Busby and his team are aiming to climb and descend peaks that have never been explored before. "The objectives are to explore and gain first ascents and descents of this remote and hostile environment while at the same time using the expedition to provide inspiration and education to school children and hospitals around the world via live satellite feeds," he said.

While encountering a harsh environment where winds are generally measured at 200 miles per hour, Busby will also be battling type 1 diabetes, a condition he learned he had about four years ago while training with members of the U.S. Snowboard Team in Steamboat, Colo. He was initially misdiagnosed with type 2 diabetes after an illness, but he continued to lose weight and was near death before the correct diagnosis was finally reached and he received the necessary insulin to return him to health.

For someone who has competed professionally in snowboarding since 2002 in

British Columbia, risk is simply part of the sport.

"It all comes down to the thrill and the new experiences by exploring remote regions," he said. "I love expedition snowboarding and the mountaineering aspect that is added to it because it presents many more challenges than what you face with commercial/resort riding and even with typical backcountry riding."

Despite setbacks with diabetes that slowed his professional career, Busby set up the Riding On Insulin foundation, with snowboard camps around the world that teach those affected by diabetes how to snowboard as well as keep the disease under control in a cold environment. He has

since won many titles in snowboarding and secured sponsorships to support his ambitions. He said he wants to help those who also battle the disease to realize that they can follow their dreams and accomplish goals.

"I am setting out to achieve one of my dreams from before I had diabetes, but this time have the added companion of diabetes – and will show that it does not limit me," Busby said.

*Catherine Garrett is a freelance sports writer who lives in Salt Lake City. She graduated from Brigham Young University with a degree in sports broadcasting and is the mother of three children.*

## "Daycare" from page 3

Director Leif Grevle. Youngsters develop at different rates, so not all youngsters are ready to ski at the same age. Our programs are very individualized," he said.

Both programs – daycare and Play N Ski – are part of Solitude's Play Academy. The Play Academy fulfills what families need when their youngsters are too young to ski, not ready to ski or just learning to ski. "We really want to be sure the kids are

happy," said Grevle.

For more information or to reserve a space, contact 801-536-5730 or school@skisolitude.com.

*Harriet Wallis is a freelance writer and photographer. She is the communications vice president for the western division of the North American Snowsport Journalist Association.*

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