

The Mogul

October 2009



A publication of the Bogus Basin Ski Club Inc.

Warren Miller Film Festival

by Rosie Rosco

It is that time of year again. Time for one of our biggest events, BBSC's sponsorship of the newest Warren Miller winter sports adventure movie on November 19, 20 and 21.



Not only does this activity provide funding for our club activities, it definitely gets us in the mood for winter. This year's movie is *Dynasty*. *Dynasty* takes you on a tour of Alaska, Norway, China, British Columbia and more and offers a rare look at historic clips from Warren Miller's vault of vintage footage.



Club members model the latest ski fashions at last year's Premier Night Fashion Show.

The first night, Thursday, November 19, at 8:00pm only is our Premier Night. Join us for special activities including drawings for great prizes and a Fashion Show. See all the latest fashions for the season.

The next two nights, Friday and Saturday, there will be two

showings: one at 6:00pm without an intermission and one at 8:00pm with an intermission that includes more exciting drawings for prizes. And we will be selling raffle tickets for a Bogus Basin season pass.

For more information about **Warren Miller's *Dynasty***, see page 4.

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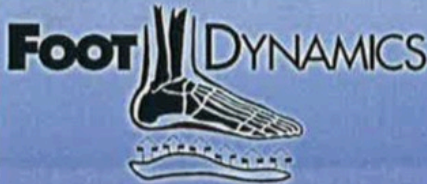
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Message from the President

How about our Broncos! I must admit, I was a little stressed watching the game against Fresno but, our boys pulled it off. The next home game is October 3 with UC Davis and if you want to have a good time, be sure to attend the tailgate party before the game. Our tailgate spot is right along University, spot 113, not far from where we were last year. Be sure to look for our 20 foot tall blue and white banner.

Everyone who attended the Champagne Brunch had a great time. The food and drinks were plentiful and if you missed it, be sure to attend it next year. Thanks to all who volunteered to make it a successful day. Jody did a fabulous job hosting the brunch.

The Blues Brothers drew a quite a few members to the Botanical Garden and a fine time was had by all. I hardly danced at all!

Besides the tailgates, the ski swap is coming up November 5-8. Look for an article telling about it and volunteer if you can. It's a great way to meet other members. Also, put the Warren Miller movie on your calendar for Nov. 19-21. Thursday night BBSC will again host a ski wear fashion show. So volunteer to be a model.

By then, maybe the snow will be flying and we can think about getting on the slopes.

Hope everyone had a great summer.

Alicia Culbertson
President



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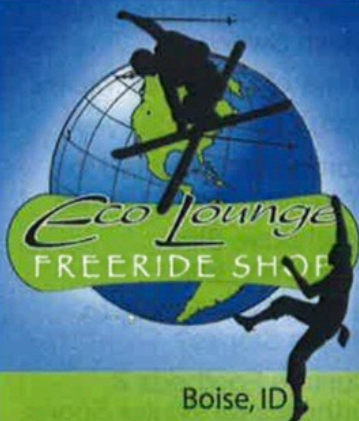
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Bogus Basin Web Cam

View of front side from Pioneer Lodge as of September 24, 2009



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BBSC to be at the Haus

October 17, 2009 11am-2pm

The club will have Big Bertha at Greenwood's Ski Haus for their 51st anniversary sale. Come on down and enjoy a burger or hotdog, and soft drink and learn what is happening with the club this season. If you'd like to help out, come early. We'll have a calendar of upcoming events for you to make plans for ski trips and other activities. We have a few Bogus season pass and club membership combo packs still available. So if you don't have your season pass, we have you covered. You'll want to venture inside and take advantage of the best sale prices of the season on gear and clothing. Carri, Jeff and staff want to fit you right.

For sure, you don't want to miss it!

2009 Ski Swap

by Jane Gabbert

Even though the temperatures are still in the 90s we are looking ahead to the annual ski swap. It will be here before we know it. This year it will be held on the first full weekend of November – November 6, 7 and 8 with equipment check in beginning on Thursday afternoon, November 5.

As usual, I am looking for volunteers to man the Bogus Basin Ski Club booth for, at a minimum, of 2 hours. One of the benefits of working the booth is free admittance to the swap along with a friendly place to hang out and visit when you get tired of shopping! This is another great way for newer members to become familiar with some of the activities and workings of the Club. Plus, it is very easy duty! For more information or to sign up please call me at 362-3627 and I will put you on the schedule. Sign up early and get your pick of the choice times.

About Warren Miller's *Dynasty*

Source: Warren Miller Entertainment® Press Release - August 14, 2009

Sixty years ago, an adventurous man with a pair of wooden boards strapped to his feet and an 8mm-movie camera in his hand changed the way we thought about snow. Today, Warren Miller is the most recognized name in the ski industry, and Warren Miller Entertainment® (WME) hosts the largest action sports film tour on the planet. This winter, we celebrate 60 years of filmmaking with the release of **Warren Miller's *Dynasty***. Fresh cinematography and immeasurable talent explodes from *Dynasty*, showcasing the experience, the influence, and the originality that has grown from the action sports filmmaking institution that is Warren Miller Entertainment.

Narrated by Jonny Moseley and presented in striking high-definition, *Dynasty* highlights winter's most gripping explorations and ultimate challenges...the new, the old, and the unknown...the steep, the deep, and the unthinkable. All of the action in this anniversary edition is set to an unmatched, innovative soundtrack, including music from Incubus, Silversun Pickups, and Band of Horses.

Warren Miller's *Dynasty* takes you on a breathtaking global tour of China, Alaska, Norway, Colorado, British Columbia, and more. Join legendary WME athlete Chris Anthony as he treks

into China's interior on a search for the birthplace of skiing; find mountaineering marvel Chris Davenport to Norway's highest peaks; reunite with the pride of the Midwestern ski community, Luke and Adam Schrab; and catch a rare glimpse at historic clips from Warren Miller Entertainment's vault of vintage footage.

When asked about *Dynasty*, the film's director and producer Max Bervy said, "**Warren Miller's *Dynasty*** reveals the past, present, and future of winter sports. It is a film that gathers the generations under one roof, from the Crist family patriarch to Daron Rahlves, and the explosion of young terrain-park talent they've inspired. It's like a family reunion, held in neck-deep pow, with mandatory air required for entry. It leaves no snowball unturned in celebrating everyone who has, is, and will forever be a part of **Warren Miller's *Dynasty***."

Warren Miller's *Dynasty* will sweep the nation as a limited release, stopping in more than 240 U.S. cities, including major markets like Seattle, Chicago, and Los Angeles. Warren Miller films attract a cult-like following and mark the official start of winter for sports enthusiasts everywhere. Warren Miller premiers are an experience, a party, and a phenomenon not to be missed. Come and celebrate with us...60 years of breaking trail!



Bogus Basin Ski Club Inc.

The 2010 Season 's Approaching

by Bonnie Hill

The leaves on the trees are changing, there is a coolness in the air, that can only mean one thing, it's time to start looking for the white peaked mountain tops and dreaming of the snow flying.

It also means it's that time of year to start thinking about renewing your membership if you are an existing member, or, becoming a new member! The return on your \$20.00 membership dues gets you a ton of fun!

Renew or join online at:

www.bogusbasinskiclub.com

or mail your membership form (on back cover of The Mogul) and payment to:

Bogus Basin Ski Club

Attn: Membership Director

P.O. Box 973, Boise, ID 83701

Schweitzer with Sitzmark Ski Club of Minnesota

by Michael Bouton

I am trying to determine if there is enough interest from BBSC members to pursue organizing this trip.

We would fly into Spokane and then bus to the resort. The cost would be around \$475 per person with four people to a condo. We would only need 12-16 skiers/boarders to make this work. The cost of the trip would include 3 day passes, a night trip into Sandpoint, welcome wine and cheese with the Sitzmark Club and a light breakfast each morning. We would take advantage of the larger group rate with the other club.

If you are interested in this trip, please email me at mbouton0559@msn.com.



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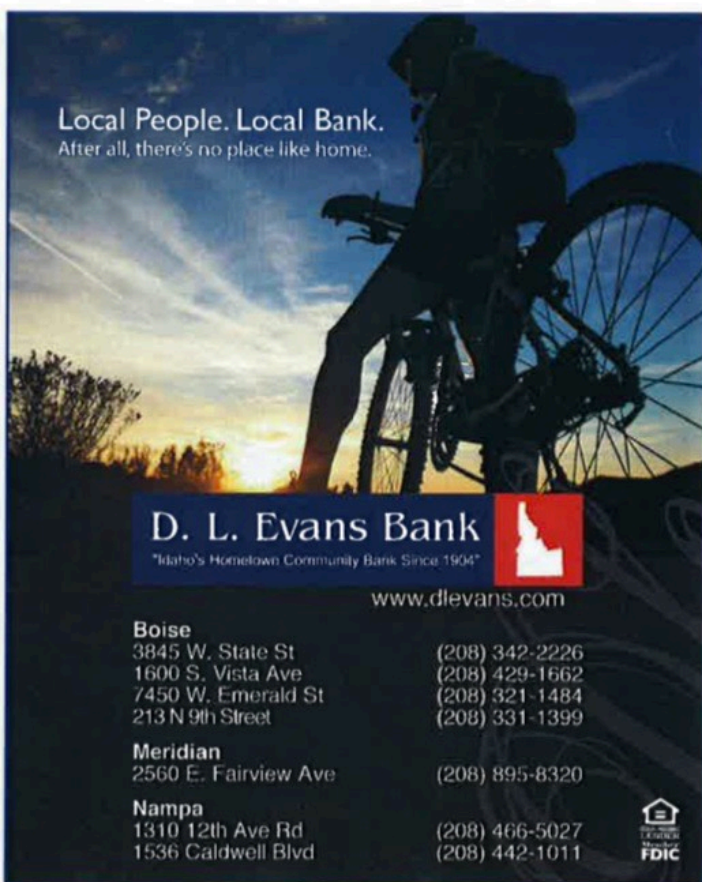
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American Red Cross Disaster Relief Benefit

Greater Idaho Chapter Hosts Day of Music and Fun for Entire Family



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of Greater Idaho

Relief Benefit at Wood River Cellars (formerly Eagle Knolls Winery) on October 11, 2009, from 11:30 am to 9:30 pm. There will be food, entertainment and fun for all ages. Admission to the event is FREE!

A mouth-watering barbecue dinner can be purchased for \$10, and a kiddie meal for \$5. Music will begin at noon with the HOOCHIE COOCHIE Men, followed by the *Dennis McCleary Band*, and from 7:30 to 9:30 p.m. MOIRA SMILEY will sing enchanting, moving melodies.

The Greater Idaho Chapter of the American Red Cross is hosting its first annual Disaster

ATTENTION KIDS: There will be a FREE Jump House, Hula-Hoops and Face Painting!

Red Cross Volunteers who helped after 9-11, after Hurricane Katrina, and here in Idaho during searches and after fires – will be speaking about what it meant to them to be part of the World's Greatest Relief Organization. Information booths about the many faces of the Red Cross will be near the food tent for asking questions and learning more about the A.R.C.

All proceeds from the event will go to the Greater Idaho Red Cross.

Additional information about the event can be found at the American Red Cross of Greater Idaho website, www.redcrossidaho.org.

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October Fest 2009

Mark your calendars for Saturday, October 17 for our 2nd annual October Festival. It will be in the parking lot behind Eco Lounge. We'll have German brats, Highland Hollow beer, music, and an outdoor movie. The fun will start at 6:00pm and the movie will begin when the sun goes down. The charge is only \$5.00 for club members and \$10.00 for non-members (you can become a member at the event.)

Watch for more information to be sent to your e mail account. This was a great event last year, and we want to make it better this year. So don't miss out!



Bogus Basin Ski Club Inc.

Champagne Brunch

by Jody Bennett

Cassia Park was a beautiful setting for our annual Champagne Brunch. It was a nice gathering and the perfect day. The food was delicious and the crowd was busy visiting with old and new friends. A special thank you to all of you that RSVP in advance, that really helps in making any event more successful.

I would like to thank Daryl New for bringing Big Bertha to this event to keep all our egg dishes warm...I think his grill was still warm from the previous night's tail gate party! Kerry Banyard and Bob Running did a great job at the front table taking in the \$5.00 fee. Rosic Rosco was a fabulous bartender for this event. New members Cyndi Bean and Jeff Jacobs were early to help set up. Connie Jakomeit and Jim Boldon were also a great help to get things organized before the crowd started to show up! It takes many behind the scenes volunteers to make our events so special. I want to thank the following for bringing delicious food to share with all of us. Alicia Culbertson, Cherry Woodbury, Clyde McNeal, Connie Jakomeit, Daryl New, Dave and Ranae Kopet, Fred Uranga, Jan McBride, Kerry Banyard,



Bob Running, Kim and Jim Hovren, Michael and Julie Bouton, Natalie Angel, Tim Flood and Wanda Shearer. Thanks for all who helped in the clean up which included a few that signed up in advance such as Roger and Marlene Cloud. Special thanks for Clyde McNeal and Dave Kopet who stood over Big Bertha to keep the egg dishes warm! Another thanks to my sister Jan McBride who helped me from the beginning to the end! I apologize if I have left any names off my list, but please know any and all help is greatly appreciated.

See you all at the next event!

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A Tuna Christmas in September

by Bonnie Hill

On September 19, 35 folks attended the performance of "Tuna Christmas" at the Idaho Shakespeare. We met in the large picnic area in the nature center for a social gathering and picnicking before the performance. We had some doubts about the weather for a short time when it clouded over, but, it was a very pleasant evening. We all sat around the stone wall, spread out our picnic dinners and enjoyed the evening. It was relaxing and fun, with lots of laughter. We all shared in "Rum Cake" that was provided. (I think folks enjoyed the Rum Cake as much as the performance!)

Then it was off to the performance. Tim and Joe (The Greenshow Guys a.k.a The Fool Squad), were off and running. It was 24 hours before Christmas and all the comic torment broke loose as the delightfully eccentric characters attempted to cope with seasonal traumas, there was the disaster prone little theater production, a yard decorating contest that was being sabotaged by the mysterious Christmas phantom and all the squabbling at Christmas time. The play was very entertaining, with lots of laughter and gaiety abound.

A good time was had by everyone. Another successful event that I'm sure we will offer again next season!

Fun at the Botanical Garden

BBSC President Alicia Culbertson (left) was joined by a number of club members at the Idaho Botanical Garden for a great show put on by the Blues Brothers.

The club is always planning fun activities like this one, so get involved and join the good time!

A schedule of upcoming events can be found on the back cover of The Mogul or on the club's website: www.bogusbasinskiclub.com. Be sure to take a look at the schedule often as new events are frequently added!



Give Back The Art of Volunteering

by Fred Uranga

Being a volunteer is fun and rewarding. You will meet new people and increase your interest in club events. I suggest you volunteer at a short term event first to get your confidence up. Don't worry about making mistakes. Everyone works together to make the event a success.

Each time a club member volunteers to work on an event, their name is submitted by that event chairperson into an annual lottery pool. Depending on the selected prize, the winner's name will be drawn at either the Crab Crack or at the Membership Meeting in March. This year's winner was John Williams. His prize was a 2009-2010 Bogus Basin season pass.

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November 5-8, 2009
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Bogus Basin Ski Club Inc.

First Annual Middle Fork Clean Sweep

by Eric Brocksome

Thank you very much to BBSC President Alicia Culbertson who joined Vince Zappy and Eric Brocksome at the First Annual Middle Fork Clean Sweep on Saturday, August 22, 2009.

We spent the better part of our Saturday picking up the abundant collection of cans, bottles, debris and waste that littered the roadside and campgrounds along Middle Fork Road. Most of you know this road as the bone rattling, bowel jiggling, washboard that winds narrowly around Arrowrock Reservoir, on your way to the town of Atlanta, Idaho. It's been said that pregnant women intentionally ride on this road in the hope that they might induce labor!

Thirty-three miles total were cleaned up and three large truckloads of trash were removed by the USFS; with many volunteers collecting several bags themselves. Some strange items found, including a hibachi grill, a positive pregnancy test and an old 1972 Pontiac Bonneville Bumper. Other items will remain unmentioned! We could not have done it without the many dozens of volunteers and the financial support of 15 or so generous sponsors. SCO Marshall Haynes provided logistic and law enforcement support. Thank him if you chance a meeting in the woods. A hearty thank you to all and an open invitation to join us again next year!

In June 2009 the idea to clean up the road was born. Based on a chance meeting with Senior Conservation Officer Marshall Haynes of the Idaho Department of Fish and Game on the Middle Fork Road as Eric and Vince were headed up camping; an idea to clean up an area that so many of us enjoy. We fish, camp,

hunt and boat there. Most of us have seen how bad the trash has become. We've all complained that it looks terrible and have all stated, "Someone should really clean this road up," now it has been done and we are so grateful for the opportunity to give a little back. Our spirits were lifted as we served. We are eager to return and begin again.

It wasn't all work though; we even found some time to fish! Alicia had some luck as she waited for the clean up to begin on Saturday morning and again while we were waiting for others to join us at the afternoon BBQ. Vince and Eric found themselves grateful that the fish didn't interrupt their "fly casting practice on Saturday evening!" Sunday Morning Vince caught a few fish and returned them to the river on his way back to town. The wonderful weather, great volunteers, good food and general good time left us wanting more! Some camped out and others clearly enjoyed the sunshine throughout the day. In all, it was fine time and the beauty of the riverside was restored if only until next year!




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News of Former Members

by Fred Uranga, BBSC Historian

Happy Birthday to Tom Brandon, 80 years young. Tom is shown in the *Idaho Statesman* wearing the medal he won at the annual Primetimers race.

Jay Thurmond, 72, passed away June 8, 2009. The older club members will remember Jay playing his banjo and leading the sing along on those bus trips. Jay also volunteered to play the piano at the former Michaels bar on Bogus Basin Road after a great day of skiing. Bob Gudmundsen and I enjoyed many fun days in the powder with Jay. Jay supported the Bogus Basin area as a ski instructor and later on the ski patrol. I also enjoyed being a crew member on Jay's boat during the SISA races. I remember those lazy evening breezes on the water.

Joe M. LaMarche, age 84, died August 31, 2009. Joe supported Bogus Basin as a ski instructor and member of its board.

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Have something to say?

All Bogus Basin Ski Club members are encouraged to submit articles for *The Mogul*. *The Mogul* is printed once a month. The deadline for article submissions is the 15th of each month for the following month's publication. Send articles to Pat Rice at patrickrice52@hotmail.com.



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Bogus Basin Ski Club Inc.

Far West Ski Association Member Survey

Complete the Far West Ski Association (FWSA) demographic survey for a chance to win \$500. Survey results will be used to help the FWSA better serve its members and to develop marketing and sponsorship programs. If you are a member of one of the clubs in the Far West Ski Association (such as the Bogus Basin Ski Club) you are automatically a member of the Far West Ski Association. You can find the survey on the FWSA website. Visit www.fwsa.org.

Eligibility for prize and odds of winning: One entry per person. Must be a member of FWSA. Survey closes November 15, 2009. Must provide email address to be eligible. Individual survey responses will be kept confidential. One \$500 cash prize will be awarded to a randomly selected participant. Winner will be notified by email December 5, 2009 and must reply by December 15, 2009 to accept the award. If winner does not reply, a second chance drawing will be conducted.

Competitors Wanted Bluehouse Skis for Wyoming Senior Preseason Sale Games

The Wyoming Senior Games will be held in Pinedale, Wyoming, February 9-14, 2010. Events include both alpine and Nordic ski events, biathlon, snowshoeing, hockey tournament, speed skating, hockey shoot, swim meet, and pickleball and racquetball games. Any person turning 50 years of age on or before December 31, 2009 is eligible to participate. For more information, interested participants can visit www.wyswintergames.com or call 307-749-5257.

Bluehouse Skis, a Utah based ski maker, recently launched their annual preseason sale. The sale is open to the public and offers the lowest prices for their award winning skis all year. Their new 09-10 skis will be marked down by 50%. All of their t-shirts are on sale for \$10. If you buy any ski and binding combination you will save an additional \$25 and if you are a return customer you can save even more!

If you are interested in new skis at ridiculous prices check out Bluehouse's website: www.bluehouseskis.com.



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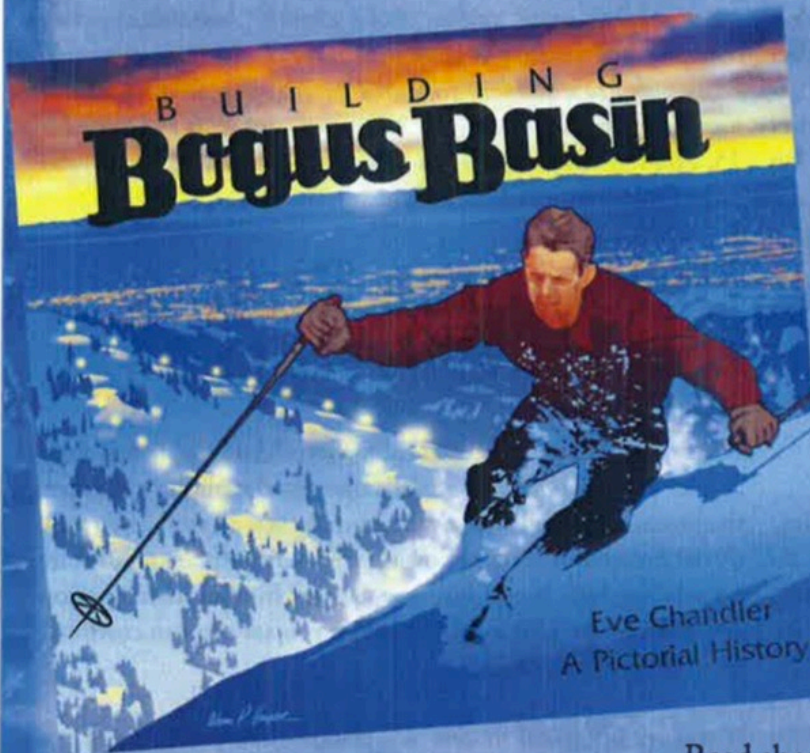
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Own a Piece of History!



This pictorial history book documents an energetic and civic-minded group of community volunteers from the Boise Ski Club, Jaycees, Chamber of Commerce, and many others who joined forces with city and state elected officials to build a ski area in the mountains above the Treasure Valley. Colorful stories, memorable photographs, and newly found information tells how Bogus Basin has grown to be one of the largest and most innovative community ski areas in the nation.

Building Bogus Basin, a handsome 9" x 11" hard cover, coffee table style book, features hundreds of photographs and more than a hundred interviews with founding members, legendary skiers and the people who have loved Bogus Basin and contributed to its rich history.

Read about the people who saved Bogus from bankruptcy, local skiers who created freestyle skiing in the 1970s, and tales about the road to Bogus!

A remarkable collection of photographs and lively text, *Building Bogus Basin* makes a great family heritage piece, wonderful gift and a treasured keepsake for readers of all ages.

Building Bogus Basin can be pre-ordered at Bogus Basin's Black Diamond Sports downtown and mountain retail locations or ordered through our website: www.bogusbasin.org. A shipping and handling charge will automatically be added to website and telephone orders. Save the shipping and handling charge by mailing in this form and picking up your books in September 2009 at Black Diamond Sports • 2600 North Bogus Basin Road • Boise.

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Is Your Gear Ready to Hit the Slopes?

by Greenwood's Ski Haus

As the days get shorter and the leaves turn to autumn shades, it's the perfect time to check your winter equipment and see if it needs a little TLC before the first flakes fly. Here are some helpful reminders that will make your first trip up the hill less stressful and more fun.

It's Tune-Up Time! - Examine the bases of your skis or snowboard. Chances are the bases have dried out over the summer months and will need a good hot wax. Burrs on the edges need attention for better edge grip. If you've hit a rock or have gouges in the base, they should be filled. Now is the best time to get your gear tuned up before the rush. If you aren't sure exactly what type of tune you need, the staff at your local ski specialty shop will be happy to make a recommendation for you. Look for the tuning **discount coupon** for **Greenwood's Ski Haus** in this issue of **The Mogul**.

Binding Check - If you have changed any component of your equipment, remember that you will need to have your bindings adjusted and tested with the new gear. Even if you haven't changed any of your equipment, ski binding manufacturers recommend that bindings are tested and adjusted by a **certified repair shop once per season or every 20 skier days**. Based on the information you provide the shop for age, height, weight, boot sole length and Skier Type, your bindings will be set as the binding manufacturer recommends. Ski shops invest in some very expensive equipment that will test the release of your bindings by applying torque in several different ways, simulating the torque a skier can apply during the course of

a day on the slopes. Any deviations will be noted and once your bindings have passed the tests, you can feel comfortable that they are working properly. An annual binding check is a very reasonable investment to make sure your gear is working properly and you are minimizing the risk of injury.

Boot Fit - So, how did your boots feel last season? Putting on your boots shouldn't be something you dread. If you are experiencing pain or have hot spots, there are several boot fitting techniques that can help. If you

...ski binding manufacturers recommend that bindings are tested and adjusted by a certified repair shop once per season or every 20 skier days.

aren't skiing with custom footbeds, maybe it's time to treat yourself and experience better fit and performance. Take a look at your boots and make sure all buckles and straps are working properly. If the heel and toe areas of the soles are showing excessive wear, this can affect the release from your bindings. Some boot models offer replaceable heels and toes, a quick fix for a potential problem. Before the season kicks off, grab your boots and take them for a little trip to your local ski specialty store and ask for an **experienced boot fitter**. They can help you determine the best course of action for a better boot fit.

Make a point to take care of your gear now and avoid the rush!



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Custom Footbeds and Orthotics for Winter Sports

by Jeffrey T. Jacobs

With the change of seasons comes a change in sports. Bikes and kayaks get put away and the skis, skates and boards come out. Like our summer activities, each one has specific footwear associated with it and each piece of footwear must fit just right to provide maximum comfort and performance. Even with the highest quality and well fitting footwear, foot pain and/or other problems can occur. Providing proper support for your feet can be the solution to address many of the aches and pains associated with winter sports activities.

Our feet are very complex structures. They have evolved over the millennia to allow humans to be bipedal, to run and walk with great efficiency. Unfortunately, some of the activities of today's winter recreational enthusiasts cause problems for the feet, knees, hip and back. Many of these problems can be addressed with custom made foot support products commonly called footbeds or orthotics.

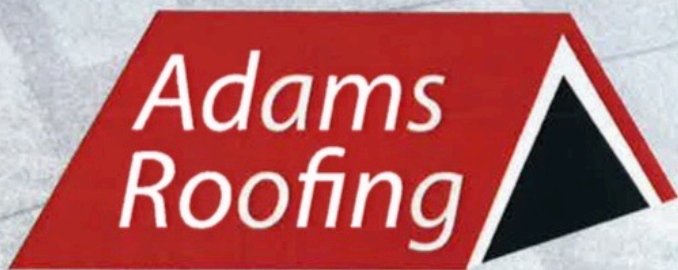
This is what Rebecca Dussault, a member of the 2006 US Olympic Nordic Ski Team in Turin has to say about the use of orthotics for her Nordic boots: *"In the past, cross country ski racing and training was very hard on my feet due to the need for continual balance and movement. I used to race a 50km race and hardly be able to walk afterwards. Today, with my orthotics, I am able to comfortably get as much balance as needed and my feet actually feel great after*

a ski session of any distance. I truly can tell that my orthotics have made a difference. This year, after the 30 and 50km races, I could walk around normally and feel fine throughout my whole body."

When we walk and run our feet go through a series of motions called pronation and supination. During the swing phase of walking the foot is in a supinated position, that is, the arch is high and the foot is rigid. After the foot makes contact with the ground it begins to pronate as the arch drops to absorb shock like a leaf spring. As the heel of the foot comes off the ground the foot begins to supinate again, becoming rigid in order to "toe off" and propel the body forward. The moment of maximum pronation usually occurs for only a brief time during mid-stance.

Many winter sports like alpine skiing, x-c skiing, ice skating and snowboarding require the foot to bear loads of up to three times our body weight for an "extended moment" of maximum pronation. This excessive duration of maximum load on the feet can cause a myriad of problems as listed below.

1. Arch strain. As the foot pronates the muscles and tendons are over worked as they try to maintain the arch. By creating a solid foundation for the foot with custom arch support the muscles and tendons simply don't have to work so hard.



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2. Excessive internal rotation of the lower leg. As the foot pronates, the tibia rotates internally and the knee follows. This translates into a loss of leverage when you are applying pressure to a ski edge or skate blade. This knee rotation makes it difficult to maintain a stable stance when you are trying to balancing on one foot. By providing proper support for the foot the knee can be positioned to allow more power and stability. This translates into more precise turns and greater speed.

3. Hip and back pain. The rotation of the lower leg resulting from excessive pronation can cause misalignment of the hip joint resulting in strain and discomfort. Back pain can also be associated with this misalignment. A leg length discrepancy can also cause hip and back discomfort. This condition should only be addressed by a trained medical professional and can usually be addressed with prescription foot orthotics that incorporate a lift.

4. Forefoot pain. The narrow shape of many winter sports boot can cause problems like metatarsalgia, neuromas and general forefoot pain. The tightness of the boots coupled with a drop in the metatarsal "arch" at the ball of the foot can cause serious discomfort. Orthotics or custom footbeds with a metatarsal "cookie" can help by reducing the weight bearing load at the ball of the foot.

Custom footbeds or orthotics are inserts designed to replace the insole in your shoes and are made to your unique foot shape. They support the feet, help maintain proper knee and leg alignment, and are often designed to be "Sport Specific." Unlike running or general use orthotics, alpine ski and skate orthotics, for example, are specific in their design because the boots don't bend at the forefoot (what is called a "fixed foot environment") and the snug fit of the boots doesn't usually allow enough room for conventional inserts. Soft snowboard boots, classic x-c boots and

mountaineering boots will usually accept more of a general use type of device.

Stance alignment problems in ski boots and skates can also be address with orthotics and footbeds. Supporting the feet so that the knee is aligned over the middle of the foot allows the greatest leverage on the ski edge or blade. This knee position is also the most stable for balance. In some cases the orthotics or footbeds may not completely maintain proper knee position. In these cases canting or wedging the boot may be required. In alpine ski boots this is done by placing wedges under the bindings or by grinding the boot sole and adding plates.

Custom footbeds will typically cost between \$90 and \$150 and can be made by some ski shops. Custom orthotics are much more sophisticated and are generally considered to be a medical device. The cost of custom orthotics is in the range of \$150 to \$400 and they are made by trained medical professionals. When shopping for custom footbeds or orthotics it is important to recognize that the experience and skill of the person making the device is much more important than what the device is made of. It takes years of training to fabricate footbeds and orthotics that will address your particular foot and stance issues. The people best suited to do this work are Certified Pedorthists. They are trained professionals who can evaluate your foot problems and fabricate orthotics that will effectively treat them. Pedorthist can also fill your doctor's prescription. You can find a list of Pedorthists in you area at www.cped.org.

Jeffrey T. Jacobs is a Certified Pedorthist and owner of Foot Dynamics, a nationally recognized orthotic fabrication company located in Boise, ID. Mr. Jacobs has been in the sports orthotic business for over 20 years and works with many high level athletes. For more information you can view his website at www.footdynamics.com.



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Skier Fitness

by Aly Jacobs, Personal Trainer

Strength training can slow the physical decline of aging and make you stronger regardless of your age. If you haven't been exercising regularly and want to start before the ski season begins here are five basic exercises to get started. These exercises can be done in about 15 minutes and they will improve your strength and conditioning. You don't need a gym to do these and if you are traveling they can be done in your hotel room. Just fifteen minutes three times a week will improve your ski season.

First is the lunge. Stand with both feet together and step forward with your left foot making a ninety degree bend in your left knee. Slowly lower yourself until your right knee almost touches the floor. Push yourself up with the weight concentrating on your left heel and bring your feet together. Step out with your right foot and repeat. Do this for 60 seconds then rest for 30 seconds repeat three times.

The next exercise is jumping laterally. Stand feet together and with knees bent slightly jump sideways across a line on the floor. Use a towel or a rope or a string to jump over. Try to land quietly by absorbing the shock in your knees. Then jump back quickly and continue back and forth rapidly as if you are skiing. Continue jumping for 30 seconds and rest for 30 seconds. Repeat this exercise three times.

For upper body there is nothing better than simple pushups. You can either do them from your toes or your knees. Do push ups for 30 seconds even if you have to drop to your knees to continue. If can't do a full 30 seconds on your knees then stand

and push against a wall. Rest for 30 seconds then repeat two more times.

For your core muscles do a floor plank. Lie on the floor and bring yourself up to forearms and toes. Keep your body flat and don't let it sag at your hips. Hold this position for 30 seconds and rest for 30 seconds repeat this three times.

Abdominal crunches are another good core exercise. Lie on your back and with your knees bent and feet shoulder width apart place your hand behind your head. Raise your shoulders and chest up about four inches and hold for a second then slowly

Strength training can slow the physical decline of aging and make you stronger regardless of your age.

lower yourself down. Keep your lower back pressed to the floor and keep your neck straight. Do this for 60 seconds and rest for 30 seconds and repeat three times.

These exercises should be done three days a week. You can adjust these exercises to fit your circumstances by changing the time. For the first month, get in a routine of doing them and then begin to challenge yourself by increasing the length or difficulty.

If you have any questions about fitness or training for better skiing please contact me at 392-0879 or fit.4u@live.com

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Skiers and boarders have discovered Snowbasin's perfectly groomed cruiser runs, high alpine bowls, steep chutes, and deep-powder glades. The terrain at Snowbasin is 30% expert, 50% intermediate and 20% novice.

High-speed gondolas, chairlifts and a tram whisk skiers and boarders up nearly 3,000 vertical feet into the distant corners of this vast arena, unveiling an endless variety of choices that satisfy all appetites. With 2,850 acres of varying terrain and a vertical drop of 2,959 feet, Snowbasin is a winter paradise. Over 113 runs and unlimited off run terrain ensure plenty of elbowroom for everyone.

At Powder Mountain over 7,000 acres covering three mountains adds up to the most skiable terrain in the US. With this much space, you won't share any of the 124 runs with a crowd. At Powder Mountain mother nature makes some 500 inches of snow each year. Renowned for untracked powder, there is also a large variety of runs that are groomed nightly so that every level of boarder/skier joins in the fun. - 35% expert, 40% intermediate, 25% novice.

Powder Mountain also offers guided adventure tours on 5,500 acres of the best untracked powder at the resort. There is also cat skiing with full day and half day pricing.

Trip Includes

- Deluxe round trip bus transportation
- Lodging - 3 nights.
 - Indoor pool and large hot tub
 - Rooms have mini fridge, microwave, coffee maker, hair dryer
 - Free high speed internet access
 - Fitness center and sports court
 - On-site restaurant
 - Complimentary shuttle to downtown Ogden (just 1.5 mile away)
 - Daily full hot breakfast buffet
- Party - After ski party on Friday, January 22
- Wine - Cheese & crackers - Appetizers
- Lift tickets - 2 Days at Snowbasin
- Lift Tickets - 1 Day at Powder Mountain
- Complimentary mountain hosts tours at both resorts



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- 3 nights lodging, 3 day lift ticket at the luxurious and famous Sun Valley Inn.
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- Ground transportation included by area shuttle-bus. If you need help with car-pool arrangements please contact Don.
- BBSC will be taking a bus from Boise on the February 25 and will cost an additional \$50 contact Daryl New

All packages include...

- ◆ Wine & Cheese party Friday night
- ◆ Sun Valley shuttles to lifts or Ketchum
- ◆ Free ski check at resort lodge
- ◆ Outdoor pool



For information or reservations for BBSC members contact:
Daryl New at 208-867-9738 www.DarylNew.com
Linda Scott at 307-256-7535, louandlt@hotmail.com
Don Anderson at 208-238-8081, andersonbloom@yahoo.com



A new addition this year will be the Hell sking by Epiquest

Clubs joining together to make skiing fun!



Contact point is Paul Markowitz pmarkowitz@cablone.net

Payment schedule will be: \$500 Deposit to reserve your slot

June 30 this trip will be opened to the FWSA

Second Payment : September 11 \$500

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Dates of Tour: February 26 – March 06 or March 05 – 13, 2010

Destination: Interlaken, Switzerland

of PAX: Based on a min of 25

Tour Cost: \$1,338.00 p.p. Double, \$1,493.00 p.p. Single

Included Features:

- Round trip air transportation between Boise, Idaho and Zurich via Delta Airlines.
 - Round trip transfers between Zurich Airport and Interlaken via private coach with English speaking assistant.
 - 7 night's accommodations at the 4 star Hotel Royal St. Georges.
 - 1 Hour hospitality desk the evening of arrival at the hotel for day tour bookings.
 - Welcome drink upon arrival with Hotel Representative.
 - Breakfast buffet daily.
 - Buffet dinner for 4 evenings. *(Giving you 3 nights out on your own to explore local restaurants)*
 - All rooms with private bath/WC or shower/WC, radio, direct-dial phone, safety box, mini-bar, cable-color TV.
 - Complementary use of the hotel's sauna and steam bath.
- and more!*

For more information contact Paul Markowitz pmarkowitz@cablone.net or refer to the May issue of The Mogul.



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Upcoming Events

- Greenwood's Ski Haus
 51st Anniversary Sale & BBSC BBQ
 October 17, 2009 11am-2pm
- Ski Swap
 November 6-8, 2009
Volunteers needed to man BBSC booth - see page 4 for details
- Warren Miller Film Festival
 November 19-21, 2009
- Snowbasin/Powder Mountain Ski Trip
 January 21-24, 2010
- Sun Valley Ski Trip
 February 25-28, 2010
- Switzerland Ski Trip
 March 5-13, 2010



Bogus Basin Ski Club Inc. 2009-2010 Membership Application



\$20 per member annually

Club membership is effective November 1, 2009 - October 31, 2010

New Renewal **Amount Enclosed \$** _____

Cash Check Online **Date:** _____

Name _____ Telephone (home) _____

Address _____ Telephone (work) _____

City, State, Zip _____ Email _____

Occupation/Work Expertise (optional) _____

How did you hear about the BBSC? _____

Would you be interested in helping with planning or assisting at our events? Yes No

As a member of the Bogus Basin Ski Club, I hereby waive, covenant not to sue and to hold harmless the Bogus Basin Ski Club and its members from any liability or damage to the undersigned, and to any person or property in connection with any outing or activity in which I might participate. I understand and am aware that the Bogus Basin Ski Club trips are not led by professional guides. At the sole discretion of the event leader/coordinator if my behavior is deemed to be dangerous to myself or others, I may be asked to leave the event and I understand any cost incurred will be my responsibility. This Release and Hold Harmless shall be binding upon my heirs and representatives.

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(both signatures required on joint memberships)

To save trees & BBSC funds, we recommend you register online. Register online at www.bogusbasinskiclub.com or mail this form with your check made payable BBSC to: Membership Director, P.O. Box 973, Boise, ID 83701

