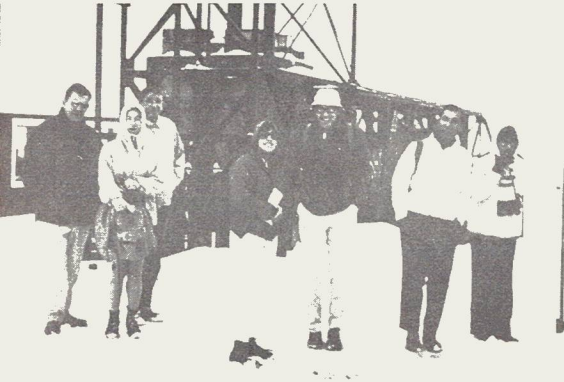
lift lines

MIRAMAR SKI CLUB
215 W 23rd STREET
WO 4 2000



nov·dec, 1968

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Miramar To Host Races

Victorious (we hope) Miramar will be the host club at the Metropolitan Ski Council Inter-Club Races, to be held at Mad River Glen on January 25 and 26. Cathy Carmody, Race Chairman, is in charge of the arrangements for the races, while Bernie Gold will captain the Miramar competitors.

The main racing event on Saturday, January 25, will be the race for advanced skiers. Afternoon events will include intermediate, junior, and husband and wife races.

On Sunday, January 26, the feature will be a special slalom for advanced skiers. In addition, to demonstrate the artistry and grace of downhill skiing, there will be a free style race.

After racing social events include a cocktail party and raffle after Saturday's competition, at the Base Bax at Mad River, and open house at the Miramar lodge following dinner that night.

Help is needed. According to Cathy, volunteers among club members are required to help with the details of running the races. Lots of jobs are available. Those interested can write to Cathy Carmody in care of Miramar, or leave a message at WO 4-2000.

And to field a strong team, in the hope of winning the races held in our own backyard, the best skiers in the club are needed. For details write or call Bernie Gold, in care of Miramar.

HELP

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FROSTY

Fall Foliage

I would not quarrel with the ancient Greeks whose legends of the cycle of life are built upon the rebirth of the land in Springtime. It must have, in those days, invoked a spiritual awe to see the dead earth, as if by a miracle, suddenly come alive once again. It also meant survival. For winter was a chancy time when the race between the food supply and the new crop was often close.

But each age and each individual has its own objects of worship. And each its own requirement for survival. And for some of us rebirth comes in the Fall with the first cold-spiced wind and the first scent of snow in the air.

Perhaps, for a city child, Summer meant only steaming sidewalks and sticky tar roofs. While Winter--ah, Winter!--Winter was when, overdressed and rotund, we romped like happy puppies through mountains of snow pushed to the curb by shovels trying to get rid of it. Imagine! As if there could ever be enough Winter. . . or enough snow!

Thus to those of us who are emotionally snowbound, the sight of towering Mount Mansfield in the distance was a sudden and stirring call to our kind of worship. There it sat on that Fall Foliage Saturday, its sides covered by little wool-puffs of scarlet, spun gold and purple. And, threaded in places down the middle, broad bands of that most truly regal of colors, white. . .

"SNOW!" Each of us on the bus, tied in his own way to the word, the feeling, craned his neck and goggled at first sight. In October! In a few hours most of us were to be in those snowfields and climbing. But we did not know that then. Perhaps, then, it was only distance and memory that lent enchantment and drew us magically on.

The road to the hiking trail at Mt. Mansfield goes up a broad, gravelly lot to the left of the new gondola area. The incline is not very steep. But the ground was slippery, and once on the trail itself, the wet leaves made the going even harder. Some of the hikers turned back. The rest, equipped with backpacks, stout staffs and non-slip boots, opted for the top. We had not intended to climb that far. But since it was there. . . .

The final line of seventeen stretched out and up the mountain. At first it was a simple matter of merely walking, clambering once in a while over the exposed root of a tree or slithering under fallen branches. The woods, ordinarily shadowed by the covering foliage, today were almost primeval. Occasionally passing sunlight momentarily lightened the shade surrounding us. But it was a cloudy day. And somehow it seemed right to be walking into a forest on that kind of morning.

At the back of the line, far behind most of the others and most of the conversation, the woods took on a peculiar kind of stillness. Listening to the silence and smelling the fresh, damp smell that Fall forests have, it was like being in the world when it was very new. Civilization protects against primitive fears. But underneath the civilization is still the primitive being to whom all natural things are a source of surprise and wonder.

After a while, the snow that had seemed so distant on the bus began to appear before us. At first it was just a dusting on the leaves, topping the Fall colors with a delicious layer of powdered sugar. The trail underneath was still russet colored with fallen leaves. But now, stretching away on either side of us, the woods came into sharp

con't. on p. 6

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Foliage

relief. Each bush and tree and branch stood out, its foliage isolated and defined by the surrounding whiteness.

Now the climbing began to be difficult. The steepness increased and we were no longer walking steadily up, but picking our way carefully, as if we ourselves were figures on a chess board, plotting two and three moves ahead. The trail was very narrow, and it was not possible to move one leg ahead and up without being sure there was a place to put that leg down the step after next.

Several times we crossed over streams, balancing gingerly on the checkerboard of rocks. And several times there was no was to cross over the stream, for the stream was the trail itself. And so we climbed that too, straddling the two sides or walking narrowly up one bank, grabbing twigs and branches for support.

Suddenly, at the top third of the mountain, we came upon a level spiny ridge and stopped, caught by something dimly remembered but now strongly felt. On our left the sides of the mountain dropped straight down, and below us we cound see the multicolored tops of trees falling away to a hidden valley floor. On our right, just past a gentler slope, a torrent of water was gushing from some secret place within the mountain. We stood suspended there: in time, in imagination--at the entrance to the land in which there was no time--the gateway to Shangri-La.

A whistle sounding through the woods brought us back. The others were waiting. And so we began climbing again. But now the trail itself was covered with snow and several times we sank knee-deep into it. After a little while we found the group up ahead, waiting for us in a clearing. Only it wasn't a clearing. It was the bottom half of a slope we had often skied. And cutting across it we came out on a broad, treeless expanse completely covered with snow. From there we could look out on the entire valley below us and on the mountains and the flat, bluish landscape hovering behind them to the north.

But the sun had broken through, and the snow here was very deep. We waded and plunged through it, working our way to the top, which was very near now. And now it was the nearness of the top that kept us climbing. For after two and a half miles straight up, it was one foot in front of the other. Not from the narrowness of the trail, but from the length and steepness of what we had already climbed.

Near the summit, off in a deep unmarked snowbank, we stopped to fulfill a need felt by all those who, at least once in their lives, reach that summit.

Standing hip-deep in snow, exhausted, soaking wet, unbelievably fulfilled, we traced out a name in the first snows of this new year.

"MIRAMAR."

Judy Trotsky

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THE "&" P

Current Ski Techniques "All Torque

In an age that has seen skiing progress from the simple downhill slide, with arms and internal organs akimbo, to a disciplined activity rivaling the classical ballet, it comes as a shock to learn that the latest skiing technique to sweep the Alps takes as its motto, "Relax and Let It Happen." This new approach, result of the first application of the science of biophysics to recreational activities, was introduced experimentally two years ago at Kanzelhohe-Gerlitzen, Turracherhohe, Ebensee-Feuerkogel, Tauplitz-Tauplitzalm, Schruns-Tschagguns, and other Alpine resorts unpronounceable by the average tourist.

FIGURE ONE

Father of the new Ampersand (&) Technique is Professor Doktor H. von Scuol-Tarasp-Vulpera, director of the ski school at the resort of the same name. A lifelong skier, Professor Doktor H. von Scuol-Tarasp-Vulpera has applied his knowledge of biology, physics, and psychology to analyze the stresses on the human frame and psyche caused by presentday approaches to the sport. "Unrealistic!" he says, "Impossible!" describing Austrian, American, Canadian, Swiss, and Natur Techniques. "The average skier shortens the life expectancy of his pancreas by fifteen minutes every time he contorts his body into the comma position. Every kick turn is a mortal blow to the coccyx. The parallel turn leads inevitably to debility, sterility, and premature senility." In fact, according to Prof. Dr. H. v. S. T. V., all modern skiing techniques, which universally depend upon the effect of twisting or rotary body motion to achieve directional control, are both dangerous and inefficient. "All torque and no action," he declares.

Figure one illustrates the professor's objections. The ski position here demonstrated pinches the vertebrae, causing shortening of the right leg, dizziness, bone chips, and mumps.

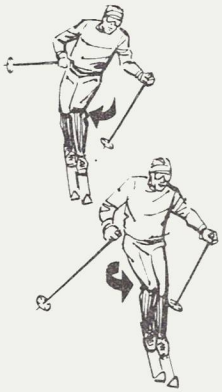

FIGURE TWO

In figure two the rigid knees-together position popularized in Europe and America can lead to formation of hydroceles, chronic flatulence, or steatopygia.

O S I T I O N

-No Action," Claims Inventor

FIGURE THREE

Arrows indicate points of greatest body stress in figure three. Prolonged retention of this position, as in traversing a wide slope, can cause permanent physical and psychological damage. Prof. Dr. H. v. S. T. V.'s soon-to-be-published monograph on the subject demonstrates that skiing in this position can produce not only such orthopedic conditions as tennis elbow, warts, and bone spurs, but renders virtually certain unsuccessful marital adjustment.

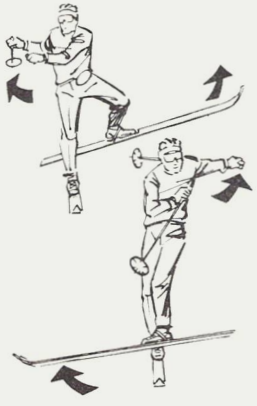

FIGURE FOUR

Taking his cue from the ampersand or "and sign" (&), the professor recommends relaxed skiing. "Keep the legs apart," he urges. "Cross the skis. Try to keep one foot in the air at all times, and occasionally both." Figure four illustrates successful application of this revolutionary technique. According to the professor, the skier shown here will live longer, enjoy life more, and father 1.7 more children than the parallel skier.

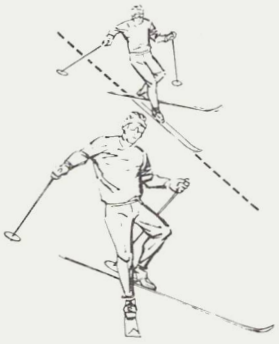

FIGURE FIVE

Simple exercises for skiers eager to learn the ampersand position can be practiced on any level surface, and even in the bathtub, though in the latter case skis are ordinarily removed. Beginners should remember to keep the weight on the unlifted heel, knees wide apart, and shoulders back. See figure five.

The inventor of this revolutionary skiing technique is eager to hear from skiers who have attempted it. He will personally reply to all communications immediately upon his recovery.

Coliseum Meeting

More than one hundred visitors attended the social meeting of the Miramar Ski Club held, more or less concealed, at the International Ski and Winter Sports Show, at the New York Coliseum, on October 17. The most disturbing (and unanswered) question of the night, from one of the guests, was "Is this a singles club?"

Program Chairman Judy Broder acted as mistress of ceremonies. Among those who greeted the guests were Membership Chairman Marty Stern, Vice President and "First Lady" Fran Dayan, and Construction Chairman and former President Harold Unger.

Among the guest speakers were Harry Leonard, President of the Ski Show, Olympic Skier Jimmy Huega, and ski instructor Aldo Rinaldi of Davos, Switzerland.

The final speaker of the evening was Martin Stansfeld, who entertained with a vivid description of the Fall Foliage Trip.

As for the unanswered question--nobody thought of a good answer at the time. The significant number of recent marriages was cited; the number of members remaining single was hinted at. But the fact is that a singles club aims at its own destruction, while Miramar endures.

Met. Ski Council

Did you know that Miramar belongs to the Metropolital New York Ski Council? The Council is a non-profit organization dedicated to the promotion of amateur skiing on both the recreational and competitive levels. Its membership consists of amateur, non-profit ski clubs in New York, Long Island, and Westchester.

The Council is a member of the Inter-Council Coordinating Conference, and functions in close cooperation with neighboring councils and their member clubs, in matters concerning programs of common interest and benefit.

Further information is available from the club's Council Representative.

Irene Tannenholtz

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