Greetings to Everyone! Happy 4th of July to you all! Did you know that Canada also has the 4th of July? Yes, they do, the 4th and the 5th and so on. Ha, ha, ha. That was funny! Now that I am not on the slopes apparently I am not quite all-together. Sorry. And, to make things worse, many of you are sending me pictures, videos and share stories about your skiing and riding. For instance, here is Mike Simmons at Sunshine Ski Resort near Banff. He tells me that he is planning on going heli-skiing in Chile later this summer. Not fair.

I was not far from Mammoth Mtn., CA at the end of June and hoped to ski a bit, but never did. So, instead, my brother Andrzej send me his teaser photo from his June skiing at Mammoth, which is to stay open through the 4th of July again this year. Mammoth advertised snow base depth on June 15 to be 8–16 feet of snow. Again, not fair.

Whatever happened with the construction of America’s first indoor skiing near Asheville? There was talk a few years ago about this Canton Wintersports Center, but not lately. Wouldn’t that be another great thing about our State? Wouldn’t it be great to ski and ride at any time of the year? As it stands now, to ski/ride in the summer time one has several choices: go to southern hemisphere where they have winter during our summer, or go to an-
other continent for indoor skiing. There are, in fact, a number of indoor skiing/riding facilities throughout the world ranging from an endless skiing/riding on a moving carpet to full fledged mountain-like slopes build under a roof. You should surf the web for more details.

Another thing you can do to at least simulate snow skiing and riding is water-skiing and wakeboarding, or you can get you a Trikke for good old dry land. Yes, due to all your teasing me with all your great activities, I finally broke down and got me a 3-wheel cambering Trikke, which I dreamed about having for a long time. (You know, keeping up with the Joneses?) Now I can ski on wheels! Ha, ha to you all! And, yes, of course — I share. After a week of ownership, I already have a following of those that got hooked on my Trikke, and I can’t wait to share it with my Appalachian State Univ. Ski Team. But, crushing on pavement you always leave some skin behind, unless you are adequately prepared. I already took a bad spill and broke some minor bones, so pads and helmet should always be a must. By the way, they also make a Ski, but it is not permitted on our Sugar Mountain slopes.

Parts of June have been warm in the High Country, but “warm” is a relative word. On June 9, I was coming from Charlotte back to Boone. In Charlotte it was 96 degrees. On the way back to the mountains we drove through a severe storm and was greeted by 59 degrees in Boone. Later the temperatures went up but, nonetheless we are protected up here in the High Country from all those really high temperatures. Down in the Piedmont, even ice-cream trucks are melting. Check out the photos. How sad.
I was driving through desert in southern California and western Arizona in a car with broken air-conditioner. How does temperature of 113 degrees Fahrenheit hit you? Like a hot oven? And, of course, it was hotter than that in the car out in the sun. But, thinking about skiing kept me from melting.

Our next issue of *Peak Performance* will be in September, and then we will go monthly until April. Remember that all previous issues of *Peak Performance* are posted and downloadable from my web page found at:

www.mathsci.appstate.edu/~wak/.

Please, send all your correspondence to me at:

Kosmalaw@bellsouth.net.

I hope you will have a great summer. Enjoy its beauty and its benefits. Use it for cross-training and preparing for skiing and riding in the Fall. Don’t focus on mowing yard, pulling weeds, allergies, bugs, mildew, heat, and other negative issues of summer.

## Main Course

### Clendenin Ski Method

*By Michael D. Simmons<br>PSIA-E Alpine, Level II*

I was fortunate to attend a Clendenin Ski Method camp at Aspen Mountain, March 21-23, 2011. These camps, designed “to safely introduce skiers to the joy of all-mountain skiing,” are run by John Clendenin, two-time former world freestyle champion, and his coaches. The core of his teaching method is based on four words: Touch, Tip, Drift, and Center.

John Clendenin debunks the following mogul myths:

1. *Myth: “Ski the bumps in a wide stance – you’ll have more balance.”*

   On the contrary, John encourages a stance that is as narrow as functionally possible.
2. **Myth: “Hold your hands down the hill; it helps you stay forward.”**

   John looks for hands held comfortably in front of the torso (as if holding a 2 by 4 just below your waist); not way in front or with hands held up (with poles in a vertical position).

3. **Myth: “You should always ski with your shins pressed against the front of the boot.”**

   John and his coaches encourage a tall stance in the boot; not pressing or resting against the tongue of the boot.

4. **Myth: “Try to carve on the outside ski in the bumps.”**

   Initially, John encourages finding early balance on the uphill ski; not relying and hanging onto the big-toe edge of the downhill ski (unless for an intended weighted release). A real secret starts in the feet, utilizing the fleshy pad on the sole just underneath the little toes that extends on that side back to the heel. This is the part of the foot most capable of discerning minute variations in pressure and vibration on the uphill edge of the uphill ski. John calls this fleshy pad the “epiphany pad.”

5. **Myth: “You should hop if the bumps are tight’”**

   John and his coaches teach ski snow contact, (avalement: “the swallowing of terrain with the whole body”; Joubert)

6. **Myth: “Hit your edges hard to slow down.”**

   With the Clendenin method, you are encouraged to use soft (progressive) edge awareness, not hard (preconceived or conditioned) edges. This is articulated by Joubert in his “How to Ski the New French Way” in 1960 -- and he still says it best: “The skis are held on their uphill edges. . .while the upper body plunges downhill (the rapture moment). This causes the skier’s center of mass to pass across the skis, affecting a smooth and automatic edge change.”

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In the Clendenin Ski Method Camp, we are introduced to the concept of **drifting** on soft edges. Our speed is controlled with **turn shape** allowing us to float in powder or crud while avoiding hard “dinosaur” ridges and deep troughs in the bumps. When drifting, we find an **early center** on the uphill foot (“soft” edge; strong leg). We use the **pole touch to cue tipping** and committing our center to our new intended drift (path of momentum). Pole touch is most functional when our torso is facing and connected with our path of momentum. An early and smooth transfer of balance (re-centering) is easy when drifting. Our goal in all-mountain skiing is to make all our moves **smooth and fluid.**

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Michael Simmons and his group with Clendenin and coaches at a camp in Portillo, Chile, 2009

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We drift and center all the time. We touch and tip to turn.

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Drift | Center | Touch | Tip
Know Your State!

By Witold Kosmala
PSIA-E Alpine, Level III

Did you know these facts about our great State of North Carolina?

- At an elevation of 5,506 feet, Beech Mountain is the highest incorporated town east of the Rockies.
- Since 1967, Ski Beech is the highest ski resort in Eastern North America with its top elevation at 5506 ft.
- Between 2008 and 2009, North Carolina was the fastest growing state in population east of the Mississippi River.
- The Outer Banks form two sounds—Albemarle Sound in the north and Pamlico Sound in the south. They are the two largest landlocked sounds in the United States.
- The University of North Carolina Chapel Hill is the oldest State University in the United States.
- In 1903 the Wright Brothers made the first successful powered flight by man at Kill Devil Hill near Kitty Hawk.
- High Point is known as the “Furniture Capital” of the World.
- The Outer Banks of NC hosts some of the most beautiful beaches in the country.
- Whitewater Falls in Transylvania County is the highest waterfall in the Eastern United States.
- Cape Hatteras is the largest lighthouse ever to be moved due to erosion problems.
- Havelock is home of Marine Base "Cherry Point." It is the largest air base in the Marine Corps.
- North Carolina is the largest producer of sweet potatoes in the nation.
- Mount Mitchell in the Blue Ridge Mountains is the highest peak east of the Mississippi. It towers 6,684 feet above sea level.
- Krispy Kreme Doughnut was founded in Winston-Salem.
- The first miniature golf course was built in Fayetteville.
- Babe Ruth hit his first home run in Fayetteville on March 7, 1914.
- The Biltmore Estate in Ashville is America's largest home, and includes a 255-room chateau, an award-winning winery and extensive gardens.

Now available, the Clendenin Method Book and DVD:
www.skidoctors.com
• The first English colony in America was located on Roanoke Island. Walter Raleigh founded it. The colony mysteriously vanished with no trace except for the word "Croatoan" scrawled on a nearby tree.

• The first state owned art museum in the country is located in Raleigh.

• Fontana Dam is the tallest dam in the Eastern United States, at 480 feet high.

• Many people believe that North Carolina was the first state to declare independence from England with the Mecklenburg Declaration of 1775.

• Grandfather Mountain, highest peak in the Blue Ridge, is the only private park in the world designated by the United Nations as an International Biosphere Reserve.

• The Mile-High Swinging Bridge near Linville is 5,305 feet above sea level. The bridge actually hangs about 80 feet above the ground.

• Pepsi was invented and first served in New Bern in 1898.

• Hiram Rhoades Revels, born in Fayetteville in 1822, was the first African-American member of the United States Congress.

• North Carolina leads the nation in furniture, tobacco, brick, and textile production.

• Saluda, North Carolina is located at the top of the Saluda Grade. The crest of the steepest standard gauge mainline railroad in the United States.

• North Carolina was one of the first states in the U.S. to establish a state symphony. The North Carolina Symphony, founded in 1943, currently performs nearly 185 full-orchestra concerts each year.

• North Carolina has the largest state-maintained highway system in the United States. The state's highway system currently has 77,400 miles of roads.

• North Carolina has 1,500 lakes of 10 acres or more in size and 37,000 miles of fresh water streams.

Media Section

By Aga Wusatowska-Sarnek
PSIA-E Alpine Development Team
Ski Sundown, CT

Reprinted, by permission from PSIA-E publication SnowPro, Spring 2011.

Ron LeMaster does it again, offering clear and concise breakdown of skiing techniques for modern-shaped skis as well as the photo montages of World Cup skiers that he is best known for. Each chapter includes exercises for developing and practicing the techniques discussed. Although the author considers this book a second edition of his earlier work, The Skier’s Edge, the material has been revised significantly, including new sections on tactics and techniques for ice, moguls, powder and steeps, augmented with vibrant full-color photos. It is a perfect book to add to your collection. This book is organized into three parts:

Part I covers fundamentals of skiing mechanics. LeMaster cleverly uses relatively simple language supported by sketches and photography to discuss forces, pressure and momentum, interaction of skis with the snow, and phases and types of turns.

Part II, entitled Techniques reviews the movements to create effective reactions to forces while skiing. This section opens with a chapter on alignment and stance then goes on to discuss fundamental movements such as fore and aft, up
and down, rotary, edging, and lateral balancing, closing with a chapter on boot fit and alignment.

Part III examines real-world skiing in powder, steeps, moguls, and ice.

What makes LeMaster’s books unique are the size and clarity of sketches, as well as the variety of large and full-color photos of expert skiers and World Cup races. Moreover, the book not only provides crisp discussion on modern skiing techniques but offers teaching methodologies and exercises. Although, mostly supported by photographs for the advanced skiers, it is easy to apply the concepts to skiers at any level. I highly recommend this book. Plenty of copies, new and used, are available for sale on Amazon.com and AbeBooks.com.

**Thoughts for the Month**

- People seem to talk about calories all the time, but do they know what a calorie really is? For example, 16 fl. oz. of Pepsi has 200 calories. What does this mean?
- What do people mean by “negative calories?”
- What do people mean by “empty calories?”
- What company makes the pictured car, and what is it called?
- What is the National motto of the United States?
- What is the motto of North Carolina?
- This is a geography test. Do you know where the mountain peaks of 6,000 ft. or more are located in the Eastern United States?

Elaborations on last month’s **Thoughts for the Month**.

**Edging:**

You should put on edge in the snow by lifting the outside of the board (while moving forward, kind of like screwing it in) and then pressure. Remember, edge before pressure. Try not to pressure the inside edge in order to tip the board(s) on it’s side. This is a lateral move and your board can slip out from under you, especially on ice.

**ACL injuries:**

As of April 1, there were about 75,000 skiers in the US that had ACL injuries during last winter season.

**PSIA motto is:**

“Working to Inspire life-long Passion for snowsports!”

**Health Course**

*We thank again Danica Goodman, who is a videographer, photographer, layout and graphic designer who freelances for several of the area magazines and newspapers, including All About Women and The Avery Journal-Times, for sharing her knowledge with us. Health is a big part of snow sports professionals who need to stay on top of the weather, strength, health and public.*
The **acerola** is a fruit that is native to the southern areas of South America, Mexico and the U.S. It is known for its ability to improve metabolism, boost immune system, repair damaged tissues, improve eyesight and heart health, combat acne, and reduce the risk of degenerative diseases and cancers. This fruit is considered to be one of the richest sources of vitamin C.

The **bael fruit** belongs to the orange family and is found in India. Its medicinal value is very high when it ripens. It is an effective cure for dysentery and cholera. It alleviates asthma. It is administered in cases of malaria and snakebites. It has strong antibiotic and anti-inflammatory benefits. The bael tree is regarded as sacred in Indonesia and Malaysia.

**Durian** is most abundant in Southeast Asian countries. Most people are immediately turned off by its strong, pungent odor. Its smell is so pervasive that public places do not allow them. Most people who have tasted the fruit, however, become lifelong addicts. This fruit is extremely nutritious and rich in vitamins B, C and E, as well as high in iron. Durian lowers cholesterol and cleans the blood. It alleviates anxiety, depression and insomnia, and raises the levels of serotonin in the brain. They are high in protein, as well as a good source of raw fats, and they have a reputation for being a very powerful aphrodisiac.

The **star fruit** is local to many places in Southeast Asia. The star fruit has earned its name with its medicinal benefits and stain-removing qualities! Star fruit may lower cholesterol. It helps cure headaches, ringworm and chickenpox. It is also known to cure hangovers by steaming a piece of the fruit in water. Star fruit is often given to nursing mothers, as it stimulates the flow of milk. It is helpful in situations of sunstroke, nausea, indigestion, winter colds and the flu. It is full of antioxidants and flavonoids.

The **mangosteen** fruit is native to Southeast Asia. Most people find mangosteen incredible delicious. The white flesh is relatively low in nutrition but the deep-red rind is an antioxidant powerhouse. It is rich in Xanthones, which fight fatigue, obesity, depression, anxiety, Alzheimer’s, arthritis, gum disease, dizziness, glaucoma, pain, inflammation, fever, allergies, kidney stones, osteoporosis, cancer, cataracts, and more!

**Canistel** fruits are rich in a number of vitamins and minerals, especially carotene and niacin. They effectively fight cancer and lower blood pressure. Often referred to as “eggfruit,” canistel has a texture similar to that of a thoroughly cooked egg and has a sweet taste. It has been a common plant in the Bahamas for as far back as the 1920s.
Turn to Wisdom

- All of us could take a lesson from the weather. It pays no attention to criticism.
- Health nuts are going to feel stupid someday, lying in hospitals, dying of nothing.
- Good health is merely the slowest possible rate at which one can die.
- Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won’t bother you for weeks.

Sayings from Mary Ann Ricketson

Announcements

- PSIA celebrated this season its 50th Birthday. In May of 1961, founding fathers met at Whitefish Montana to incorporate this organization. (We are glad they were not eaten by waking up hungry bears. Now-a-days, skiing at Whitefish closes in April no matter how much snow they have, just to protect skiers and riders from being bears’ meals so they can come back the following year.) In 50 years PSIA grew into 9 divisions with combined membership of about 30,000.

- Plan ahead. In 2010-11 more than 50 scholarships with a value of nearly $12,000 were awarded to members of PSIA-E. The deadline for 2011-12 scholarship application receipt is Friday, September 30. Watch for summer SnowPro (out late July) and the website (www.psia-e.org) for details on available scholarships for next season and get your application in! PSIA-E/AASI conducts nearly 550 educational and certification events a year, surely you can find one (or more) that you would like to attend.

- PSIA/AASI members can save big at Choice Hotels International® travelling this summer, or any time! Great Brands...Comfort Inn®, Comfort Suites®, Quality®, Sleep Inn®, Clarion®, MainStay Suites®, Suburban Extended Stay Hotel®, Econo Lodge® and Rodeway Inn® brands and Ascend Collection® properties. See www.psia-e.org for details.

- Wendy Snider and the rest of us at the Ski/Snowboard School want to congratulate all those of you that went to NASTAR National Championships in Winter Park, CO. Our own Austin Burr put up a great show on his snowboard, and our ski patroller Randy Wrenn won first place in “sight impaired” category. You can see their runs on: http://www.nastar.com/articles/race-of-champions-video-non-alpine-male.

- Giro d’Italia already took place in May. The next big professional stage bicycle race is the famous Tour de France, July 2 – 24. Cyclists’ objectives are not just to see how fast they can ride 2,200 miles in 3 weeks, but how successful they are in staying out of a crash. You should watch them race.

This cyclist demonstrates what is meant by “going over the handlebars.” Most common result from this activity is a broken collarbone and severe road rash. Any serious cyclist experiences such an event during their career. In fact, even only as a cycling enthusiast, I have gone through two broken clavicles and some heavy-duty road burns. After one such event they had to scrape me off the road and I woke up in the hospital. Not fun.

Witold
Grandfather Mountain Highland Games are celebrating 55 years of excellence this summer. The 56th Annual Grandfather Mountain Highland Games will be held July 7-10, 2011 at MacRae Meadows on Grandfather Mountain near Linville, NC. Among many of their activities are: The Bear 5 Mile Run on July 7, The Grizzly bike race on July 8, and Grandfather Mountain Marathon with the reputation as "America's Toughest" marathon will be held on July 9.

Don’t forget that local ski shops have great 4th of July sales.

Funny Turn

ARE YOU HAVING FUN YET?

Car doing several 360 degree whirl-y-birds on a street. Look at this:
http://www.youtube.com/watch?v=rhZCyQ3emQg

And you thought our roads in the High Country get slick. Look at this:
http://www.youtube.com/watch?v=CySmFGxU6Bk

Nothing like ice-skating on a road. Look at this:
http://www.youtube.com/watch?v=2tJGQ59ukrs

YOU KNOW YOU'RE A SKI OR BOARD INSTRUCTOR WHEN...

- You know exactly what time of day a trail is best to ski on and what time of day it's not.
- You know that stickers and hot chocolate are the best bribe.
- While all your friends stumble around in their ski boots, you've perfected the art of running, jumping, and dancing in yours.
- You know that when your shins hurt it's better to tighten your boots than to loosen them.
- You also know that two layers of socks will actually make your feet colder, not warmer.

Mike Hicks, thank you for amusing us with these statements. We can all relate to them. Mike was a ski instructor at Whitetail Resort, PA now for 19 years and going strong. He is an awesome skier and a wonderful person. Mike is a PSIA Alpine, Level III certified trainer for his ski school.
Dedication

Our hearts go out to all the families and friends of those affected by the May 22 tornado in Joplin, Missouri, and we dedicate this issue to them. The death toll of this massive F-5 tornado was 154, and caused by the winds that reached 356 mph. It was the deadliest single tornado in the United States since 1947. During our drive across the continent, we stopped to see the devastations and took some pictures. It is always different to see the destruction first-hand instead of that on the TV news. It looked like the results of a war.

Even the bark was stripped off the trees, and only the foundations were left on many homes.

Picture Citations:
- http://www.1wallpapers.com/wallpapers/american_flag_wallpaper.jpg
- http://www.anime-wallpapers.com/wallpapers/Cape_Hatteras_Lighthouse_004.jpg
- http://www.animal-wallpapers.com/wallpapers/ice_cream_truck_001.jpg
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