



THE ARLBERG EDGE

THE OFFICIAL NEWSLETTER OF THE ARLBERG SKI CLUB INC

July 2012

Volume 6

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Visit the website

www.arlberg.co.nz

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Arlberg Ski Club
Inc.

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Auckland

Whakapapa had a Snow Blasting week

What a great start to the school holidays



Snow Snow everywhere Snow



View from the top of the Express Chair looking towards the Pinnacles

Fitness for Skiing



If you want to get your money's worth out of that expensive lift ticket, you'll need plenty of cardio endurance. Most of us hit the slopes and plan on skiing all day, even if it's been months or years since we last skied. By afternoon, you're so tired that your legs feel like jello, a prime time for injuries and accidents to happen.

Build Your Strength

What makes skiing such a great exercise is that it uses all of your muscle groups. However, some muscles are used more than others. Those are the ones you want to concentrate on when it comes to your strength workouts. Skiing involves:

Quadriceps. Probably the most used muscle in skiing are the muscles of the quads. These muscles hold you in position as you ski and they also provide protection for your knees. Great exercises for the quads include squats and lunges.

Hamstrings and Glutes. When skiing downhill, you typically hold your body in a flexed position -- meaning you're leaning forward from the hips. This requires great strength from your hamstrings and glutes as they help stabilize your body. Work your hams and glutes with deadlifts, one legged deadlifts, pull throughs, step ups and hamstring rolls. More hamstring and glute exercises.

Inner and Outer Thighs. Your inner thighs work like crazy to keep your skis together. Your outer thighs keep your body stable and help you steer. Work these muscles with side lunges, sliding side lunges, inner thigh leg lifts, inner thigh squeezes, side step squats and leg lifts.

Calves. Because your knees are bent as you ski, your calves (specifically the soleus) help you stay upright so you don't fall over (your ski boots help too). You can work this muscle by doing standing calf raises or machine calf raises.

Abs and Back. Because you're in a flexed position, bent over, your back has to work like a maniac to hold your body in that position. Your abs help in that endeavour while also protecting your spine. Your lats get involved as you ski on a flat surface or uphill, using your poles for leverage. Work these muscles with exercises like bicycles, woodchops, back extensions and dumbbell rows.

Arms. Along with your back, arms help push off with your poles while stabilizing your shoulder joints. Be sure to work your biceps and triceps along with the rest of your body.

Don't forget to get plenty of stretching in as well -- being flexible is another way to keep your body safe from injury.

1) For Your Calves

To stretch your calves, do the curb stretch. Remove your shoes and stand on a step. Alternate hanging your heels off the edge. Hold for about 10 seconds on each leg, repeating for a total of three times on each side.

2) For Hamstrings and Shoulders

To simultaneously stretch your hamstrings and shoulders, do the tipover tuck. Stand with your feet hip-width apart. Interlace your fingers, fold forward, and bring your hands toward the floor. Try to lean weight into your toes so your hips are directly over your feet. Stay here for at least 30 seconds.

3) For Your Quads

Since you're squatting for most of the time while racing down the mountain, your quads are doing most of the work. Give them some love with this kneeling quad stretch against a wall. Kneel down and place your left knee on a towel and your shin against the wall.

Place your right foot on the ground about 12 inches away from the wall, so it's directly

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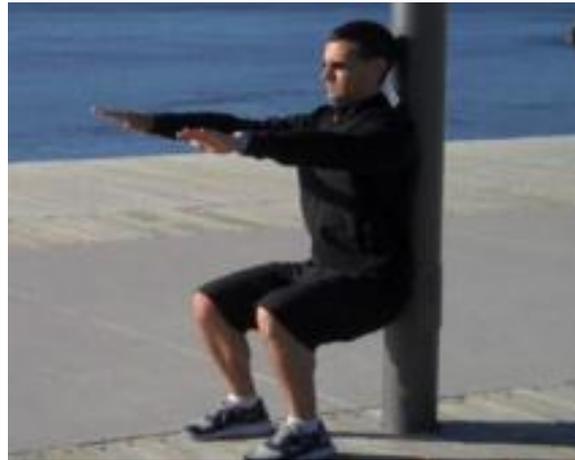
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underneath your right knee. Stay here for at least 30 seconds, and then do this stretch with your right shin on the wall.



This year, make it a point to get in the best shape you can for skiing, starting as soon as you can. Building strength and endurance will keep your body strong and help you avoid injuries while making your skiing much more fluid and effortless.

Article supplied by ski club member Chris Burton

How to ski shaped ski's



The five things you need to know about shaped skis are:

- 1) they are shorter,
- 2) they give you more feedback,
- 3) you need to use more edge and less steering,
- 4) you need a slightly wider stance,
- 5) you need to be more centred over your skis

Many skiers who have made the transition to shaped skis learned these things the hard way, but it was not that hard. A few skiers who tried the new skis and did not adjust their technique hated them. If you don't make these adjustments, you're opinion of shaped skis will be "they suck". If you do your homework and get with the program, you're in for more fun than you could possibly imagine.

Go Shorter

If you skied on 200cm skis before the revolution, the equivalent shape ski is 170cm long. These shorter skis will support your weight because they are stronger inside than old skis were. They'll go just as fast (if not faster than) as your old skis because you're going to be carving your turns instead of skidding them (more on that later). You're not going to believe that skis this short actually work, but they do. If you insist on "going long", the skis are going to be harder to turn and you're going to miss out on half the fun.

Listen to the Feedback

Shaped skis are "chatty". They give you much more information via "feel" than straight skis do. Shape skis will tell you when you are doing too much work by "complaining". If you steer too much, the tails will wash out. If your skis are too flat for your speed, the ski tips will wobble. Experienced skiers will recognize these feelings as symptoms of inferior skis. But unlike the inferior skis of yesteryear, these feelings will disappear with a change in technique. When you treat them right, shaped skis start speaking a different language. When you let the skis steer themselves you will feel the skis say "I can handle this". When you master carving, you'll hear "O Yeah Baby! Let's Boogie!" as the G forces build.

More edge, less steering

Shaped skis have a shorter turning radius than straight skis. Their natural turn is much closer to the size of turns that recreational skiers want to make. This means you don't have to force (i.e. skid) a straight ski to make it go where you want to go. With straight skis, you had to do most of the steering. With shaped skis, the shape of the ski does much more of the turning for you. Try this experiment at home. Put a banana and a pencil on the kitchen table. Put your finger behind the eraser on the pencil and push the pencil. It will go mostly in a straight line, but it might wander off line a little. Now try the banana. When you push along the axis of the bottom end of the banana, the banana does not move in a straight line like the pencil. It turns by itself. All you have to do to get shape skis to work like that banana is to get them on edge.

When you first start on shapes, it's easiest to think about "tipping the boots" or pushing your knees sideways to get the skis on higher edge angles. As you get used to the self turning power of the skis and begin to trust them, you'll transition to getting the higher edge angles by moving your whole body diagonally (forward and down the hill) into the new turn instead of just tipping the boots or knees.

It's very hard for straight ski experts to not turn their feet to help the skis through the turn. With shape skis, you still need to have this skill but you need to use a lot less of it. Another difference with shape skis is that you turn with the tips instead of the tails. Straight ski technique depended a lot on vertical

movement to un weight the skis to allow them to get turned (mostly by moving the tails). Shaped ski technique replaces this with more side to side movement to get the skis onto the edges. If you steer shape skis too much with your feet, the tails will wash out and your turns will feel awful. As you get on higher edge angles with shaped skis, your feet will get farther out away from underneath the body in order to stay balanced. Shaped skis will turn and come back underneath your body on their own whereas straight skis never would.

Wider stance

There is no right or wrong width between your feet in skiing, but there are times when you should adjust your stance width to get the best performance. For example, in powder and moguls, you want your feet a little closer together. A long time ago, model parallel turns had your feet locked together. With straight skis, the narrower distance between your feet made it easier to un weight the skis and turn them. With shaped skis, you don't need to un weight the skis anymore so you should have your feet slightly wider apart than what you were used to with shaped skis. You need the room for the higher edge angles. Try the tug of war exercise to see how much more power a wider stance/higher edge angle can give you. A wider stance will also give you better balance to handle the higher "G" forces in carved turns. The faster you go on higher edge angles, the wider you need to make your stance.

Stay centred

Everyone knows they should not sit back on their skis, but this tip is a little counter intuitive. If you pressure the tips of a shape ski early in the turn, it really accentuates the turning power of the skis. Then there's the old tip about maintaining shin contact with the front of the boot. If everyone is saying "get forward" why do we now say get centred? First off, the skis don't need a lot of pressure for the tips to grab and pull you through a turn. Second, you have better balance in the centre, then when forward. Staying with your weight centred over your arches or the balls of your feet gives you just the right pressure on your ski tips versus pressing on your toes or heels. You still need to maintain shin contact with the front of the boot, but you don't need to press hard. You're still going to be moving your weight forward and backward while you are skiing, but it's going to be in a smaller range than when you had straight skis.

You also need to stay more centred between the feet with respect to how you stand on the skis. Old style racers used to lift the inside ski off the snow to get all of their weight on the outside ski. With shaped skis, you get better performance by having more weight on the inside ski than what you would have needed on straight skis.

In winter, even alpine beginners can undertake the **TONGARIRO ALPINE CROSSING** What is required?

▶ Are you fit enough?

You will be walking for 8 hours with medium excursion on varying terrain with snow and ice. The walk ascends 800 meters and descends 1100 meters.

▶ Book with a guiding company

Adrift Outdoors supply crampons & ice axes and your guide will be there to show you how to use them safely. Guides will also bring first aid, communication devices and knowledge about the Tongariro Alpine Crossing weather and terrain.

▶ Get yourself to National Park Village, Turangi or Taupo

Bring the following

- ▶ Sturdy hiking boots
- ▶ Warm socks
- ▶ Thermal leggings
- ▶ Waterproof over trousers
- ▶ 3 warm top layers (ie. thermal, fleece, soft shell, wool etc.)
- ▶ Waterproof jacket
- ▶ Warm hat and gloves
- ▶ Sunglasses
- ▶ Sunscreen
- ▶ Day pack with plenty of water and food
- ▶ Blister protection
- ▶ Personal Medication

If required, gear items are available for guided clients.

Some days are sunnier than others so be prepared...

Adrift Outdoors 0800 462 374

Adrift specialise in guiding the Crossing summer and winter and are located in National Park Village and Taupo.



Locked Empty Ski Racks

Presently there are 27 Ski racks which are locked with nothing in them; putting the lodge in the position of having a huge number of racks being unavailable to members when they are staying. It is even worse during school holidays.

This was mentioned in last year's newsletter; however some members have taken no action cooperate by removing or opening their locks on the empty racks.

Given the annoyance to members & complaints of not being able to use the racks, we need owners of these padlocks to email the lodge lodge@arlberg.co.nz **immediately** – to give the combination if applicable. If not going down this weekend these locks will be cut off, as we have a number of members who have already offered to remove these locks by cutting the locks off, if need be, to get the racks back into use, for members using the lodge.

It has been commented that the practise of leaving an empty ski rack locked is just the same as leaving a sleeping bag on a bunk, claiming you may be back later in the season so no-one should use that bunk meantime – unreasonable?

Remaining Unpaid Subs with Ski Racks & Lockers

Message for the few members with lockers and or ski racks and overdue with the 2012 subs. If you are one of these people and want to hold onto your locker please contact membership@arlberg.co.nz immediately to safe guard your space. As mentioned above, we have financial members asking for lockers and looking for spare ski racks.

Arlberg Ski School History in old Book

Recently our school held a fair to do some fundraising for the loss of books etc from an arson attack at the end of last year. We lost our ICT suite and library! I found this old book in the book stall called Snow on the hills by F S Smythe, flicking through I saw this entry about Arlberg, thought it might be of interest.

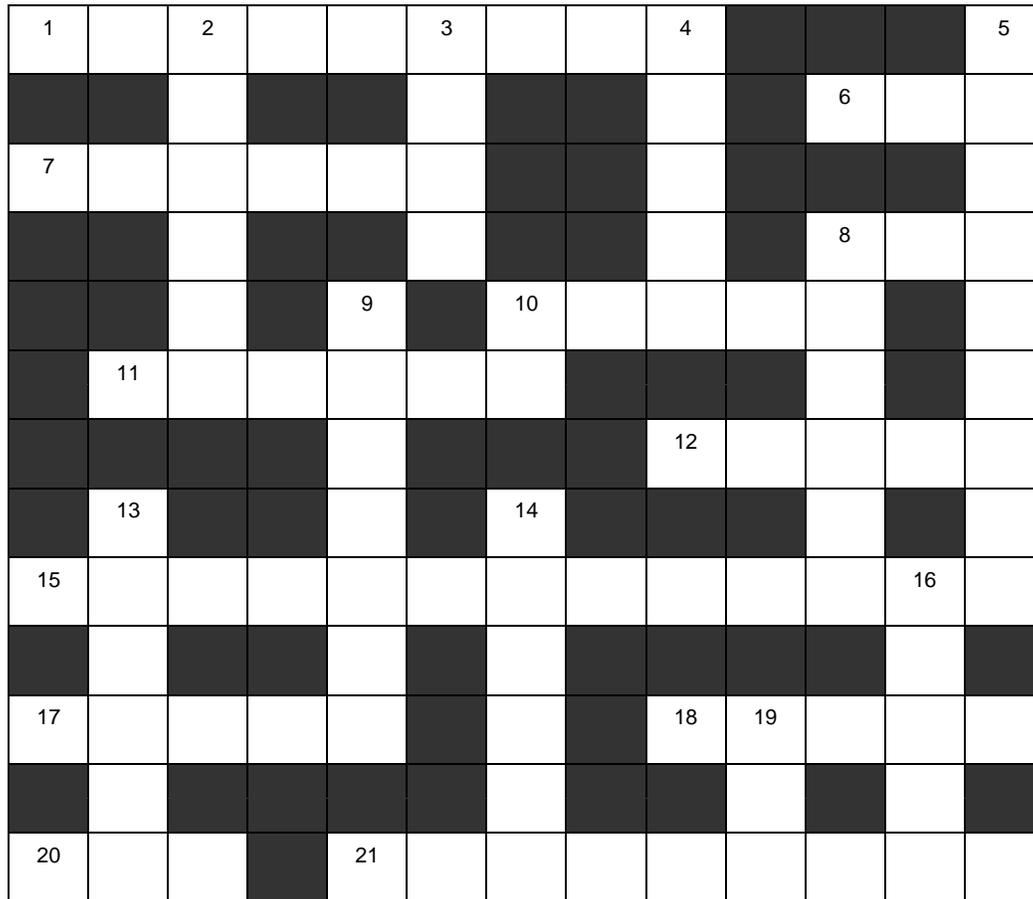
Article Supplied by club member Catherine Shipton

XII. ARLBERG SKI SCHOOL

The photograph was taken near the Arlberg Pass and the Hospice St. Christoph. When in 1922 I first visited St. Anton, the Arlberg Ski School was in its infancy under the tutelage of Hannes Schneider, a local guide and ski instructor, and consisted of a mere handful of pupils. During the subsequent twelve years Schneider built up his school and publicised his technique so effectively that both became famous throughout the ski-ing world. But, unhappily, Schneider, a sturdy free-thinking Tyrolese of the same stuff as Andreas Hofer, fell foul of the Nazis. He was informed against by one of his own instructors, who was anxious to step into his shoes, and imprisoned. Later he was released and sought refuge in the United States, where his abilities and personality were soon recognised. The basis of his teaching is steady, controlled downhill running, using the stem Christiania swing, but never the telemark, the performance of which on the sacred slopes of the Arlberg was considered a crime of the first order, as I can personally testify, having committed one in the presence of Schneider himself! The surrounding country is among the finest in Europe for ski touring and ski mountaineering.



Holiday Crossword



ACROSS

- 1 ski field
- 6 pull
- 7 aromatic resin from tree
- 8 star
- 10 tunes

- 11 adorn
- 12 dance
- 15 location of ASC outside NZ
- 17 finger
- 18 wild rose
- 20 viper
- 21 mountain transport

DOWN

- 2 mountainous
- 3 platter lift
- 4 ski happy-hour
- 5 landmark near top of S-Bends
- 8 flat on Bruce Road
- 9 location of the Haensli cup host club
- 10 belonging to oneself
- 13 snow grips
- 14 group of four or more
- 16 neck-warmer
- 19 skifield operator

Answers are posted on the lodge notice board.

Note from Editor:

I need material - stories of interest and photos.

Please contact me at reidmossman@xtra.co.nz or Ph 0216 888 38 to help out.