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A Skier Dreams of A Year-Long Season

Alpine skiing is a seasonal sport. The season, if we are lucky, lasts from Thanksgiving till Easter, sometimes longer, sometimes shorter. As fall rolls around each year, every true skier anxiously awaits the weather reports on the nightly news, monitoring the temperatures and chance of snowfall. Then, when the snow finally arrives, all skiers rush to the mountains for the all-too-short winter season.

The typical skier has been off the slopes since Easter break and by the time the season eventually starts, we can think of nothing else. By mid-August, the various sporting goods stores have already begun to hype their pre-season sales.

So being a typical skier we attend the sales and more times than not we buy something, just because it's at a good price. With our new equipment all ready to go, we are ready to hit the slopes. But alas, while we skiers are trying on our equipment and reading the September issue of Ski Magazine, the skier, everyone else is at the beach partaking in the usual summer activities.

Upon the advent of the first ski movies are out and actively promoting the new season. Being typical skiers, we, of course, go and we walk out with only one desire: to find the nearest grassy hill and hop down it, imagining that we are skiing down a snow-covered slope.

All this hype and anticipation only needs us, because we know good and well that there is an entire pre-season ahead before we can do anything about this un-controllable itch.

As Fall quarter nears an end we begin our various physical and mental preparations for the coming season. This is known as "getting in shape." This doesn't necessarily mean giving up beer and the other vices, but at least we reach an understanding with ourselves that come the winter season we should achieve the after the first day anyway. There are good old leg exercises, and running, which we, of course, go and we...okay, we have tickets already sold out for the first ski trip of the season. That feeling of excitement that goes along with a planned trip to the slopes. That feeling of accomplishment, all the rest of the excitement that goes along (Please turn to p. ll, col. 1).

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Avoiding Those Almost Unavoidable
"I forgot my long underwear" Blues

Have you ever been bubbling over with excitement and then suddenly realized that you have forgotten your favorite white windbreaker? It's a situation that can be quite frustrating. But don't worry, there are steps you can take to avoid making this mistake again.

First of all, try to create a mental list of everything you need to pack. This will help you avoid forgetting anything important. For example, you may want to include items such as your favorite white windbreaker, a good pair of ski boots, and your favorite snowboard.

Secondly, set aside some time to actually pack your belongings. This will give you the opportunity to double-check your list and make sure you have everything you need. Make sure to pack in a logical order, starting with the items you will need first and ending with the items you can pack last.

Finally, it's important to be prepared for unexpected situations. If you are flying, for example, you may want to pack a small emergency kit that includes items such as a first aid kit, a flashlight, and some extra batteries.

By following these tips, you can avoid the almost unavoidable "I forgot my long underwear" blues and enjoy your winter adventures to the fullest.

Try Peaceful Solitude of Cross Country Skiing to Avoid Crowds

Cross-country skiing is a sport too often looked past by snow enthusiasts. A typical downhill skier will ignore it, claiming downhill to be the only way to ski. Perhaps it's not for those who wish only to speed on the slopes, but its merits differ from downhill and deserve consideration.

Cross-country skiing has been around for quite some time. In Nordic areas it has always been a major means of transportation and still is today. The reason it has survived and flourishes is because it allows one to go almost anywhere on snow-covered terrain. Not only downhill, but on flat areas and uphill too!

Cross-country skiing can be a way to avoid the crowds... as long as you don't hit the trail at rush hour.

Cross-country skiing eliminates the need to ski near lifts, to wait in long lines for lift tickets, to buy expensive tickets, and to ride lifts. It's a sport similar to backpacking in that all that's required is to get up and go. Not only that, but it's a safe, natural sport that conditions your body and allows you the freedom to enjoy the soothing quality of white silence and freedom from civilization's grasp.

Basically, cross-country skiing is an easy sport to start on. After procuring the proper equipment, one can start with the basics and have a great time.

The first step is to relax. Many of the skills to be used occur naturally with relaxation. The next step is to learn a fundamental technique of cross-country skiing—gliding.

Gliding, a primary method of cross-country travel, is simply the act of pushing down with one leg, then transferring that energy and body weight diagonally forward to the opposite leg. Gliding does take practice and is never really perfected, but if you take care to maintain a 90 percent or greater angle between your skin and bottom of your foot, you keep about 50 percent of your weight on your heel, and transfer your weight diagonally forward through a rotation of the hips rather than from side-to-side, you'll do pretty well. It's also important to let your upper body move in a natural manner and be sure to swing your legs into position rather than lifting them.

That's the basis of locomotion and a good place to start. The next step is to learn to turn. That's a maneuver you'll have to find on your own. Once again though, when learning any cross-country techniques, relaxation and concentration on your weight and body position will help you learn as quickly as possible.

There's no reason you can't enjoy both cross-country and downhill skiing. They are two different sports, both with their drawing points. But if you're looking for quiet moments of solitude, escape from the masses, and a healthy challenge — give cross-country a fair chance.

Nautilus Offers A Way To Escape Back-on-the-Slopes Aches

You know the feeling you get after your first day back on the slopes? You're lying there by the fire with a steadily, throbbing pain running through your whole body, and you wince every time you try to move. As in any other sport, conditioning is of prime importance for skiing. Not only will proper conditioning ease the pain after the first time back on the slopes, it will improve your skiing performance. Here are a few helpful tips for minimizing the agony of the seasonal skier.

Downhill skiing is performed in a semi-squat position. To maintain this position throughout an entire run the skier places a lot of stress on his quadriceps and his gluteals, or butt muscles. This is the area that usually knots up and aches after a session on the hill.

In addition, any run containing moguls requires the skier to push off and lift with his legs. The calves as well as the quads are used to push off, while the hamstrings aid in lifting the leg, which becomes a lot harder due to the weight of the boots and skis. The adducter, or inner thigh muscles are also used to allow the skier to maintain control over his skis and keep them together.

One other area of concern to the skier is the muscles involved in poling. The lats, pectoral muscles, and the triceps are all used in the poling motion, and strengthening these areas should aid the skier in avoiding a weary upper body. All of these muscle groups that have been mentioned can be strengthened through proper weight program. An ideal location for this is at our own Nautilus Gym located next to Rob Gym. This facility contains machines specifically designed to isolate and strengthen the aforementioned areas.

Instructors are on hand to offer assistance in designing a program for the avid or casual ski buff. In addition to weight training, a cardiovascular conditioning program is required.

Back-on-the-Slopes Aches: O'Nial's retired sugarcane<br>Roots are off season — give cross-country skiing a chance.

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Winter Camping Can Be A Cold, Challenging, Spirited Adventure

Sticking to my brand new hockey pack, I swiftly glided along the North Mianus River, alone, leaving all my screaming friends behind me. The sky was grey, the raw December chill tingled my cheeks, and the trees on the banks of the river were stark and bare. Connecticut winter had just set in and I wanted to be alone; just me, my skates, my stick and my pack. So I skated away, out of earshot of my friends, feeling the chilling wind at my face and hearing only my blades cutting into the ice. I looked down and practiced deft maneuvers, sweeping my pack along the river's dark, glass-like surface. Then, I just picked up my pack and skated along, looking ahead to the boundless horizon of ice still to be explored. I watched as the banks flew past me: hillside, trees, cliffs, all watching me as I proceeded upstream — no barriers were there to stop me.

These were the days I treasure from my childhood. Ice Hockey, or just skating, always came first, and I can't imagine a childhood without them. Every winter, I would climb over our backyard fence to a small pond 50 yards from my house. On the pond, the neighbor kids and I would organize hockey games. From 10 a.m. until the sun set, we would battle it out on the ice, then rocks, then holders, and finally the hockey sticks, and made professional tests for the- first day of skating. Each day turned yellow, orange, and red, we waited for the first day of skating. Each day

Eventually, with a lot of outdoor-type, hockey experience behind me, I decided to play in an intramural, intramural, intramural league. Beginning withsquats, and working my way up through Pee Wees and Bantam Leagues, I eventually made my junior high school's varsity team.

There was a certain excitement to the fast-paced, rough style of ice hockey. I captivated me for about three years and I loved every minute of it. Oh, how I long for the fresh clear ice, the solid red and white lines, the bright arena lights, the feeling of scoring a goal, or of just smashing into a guy on the other team.

Unfortunately, however, the people I played with grew tall and wide around seventh grade, and I didn’t. I guess I wasn’t very intimidating, banging my shoulder into some player’s thigh. But that’s okay, because even though I missed the body contact and adroit stickhandling needed to win in Ice Hockey, I still had my river or my pond to fall back on. Now, I ask myself, what do I have in California?

Also, our fair state has been blessed with warm, sunny weather that is great for surfing, frisbee, and volleyball, but is not so good for freezing lakes or ponds. I know there’s plenty of cold and snow and all that in the mountains. But even if one goes up to the mountains, why not ski? You don’t drive three hours to play ice hockey. Anybody knows that. There’s always the Ice Patch, however, located at 1933 Cliff Drive three hours to play ice hockey. Anybody knows that. There’s always the Ice Patch, however, located at 1933 Cliff Drive in Santa Barbara, which boasts real ice — although not much of it. And there is the game to be played on non-real ice, the gym floor, in the form of UCSB intramural floor hockey. These activities seem to keep hockey buffs like me satisfied, and they are great exercise. Nonetheless, I don’t know if they give the same feeling of competing With Ice Hockey, or just skating alone; just me, my skates, my stick and the wilderness there just for you. Sure it’s freezing out, but the challenge of survival, and doing so in high spirits, is a satisfying reward in itself.

Why don’t we go through a typical day in the cold — it’ll give you a chance to see what you’ll need when your own comes.

Spry to say, a pre-dawn start is a near must... Breakfast, which should be started an hour or so before there’s enough light to travel, should include good doses of liquids and carbohydrates — maybe an instant cereal with milk, brown sugar and even peanut butter. While your water’s boiling, another pot of snow on top of that will give you more water for the rest of the day.

Next step — getting up. As soon as you leave the sanctity of your bag, squeeze out the vapor-laden warm air. If you don’t, it will condense to water.

Now you’re on the road again. If you overdo your clothing while traveling, you might oversleep your pro­pulsion which adds to potential dehydration.

Try to keep a good steady pace throughout the day. Short rest stops are ad­vivable, and are a good time to eat and drink.

Around mid-afternoon you should be looking for a campsite. Look for a site with shelter from the wind; a water supply if possible; no potential snow drifting; and with protection from other natural snow hazards.

Once you’ve found your home for the evening, im­mediately pack snow as a tent platform and let it harden.

Now pitch the tent and climb inside. Pack the floor to your body’s specifications before the snow below gets too hard. Change out of your damp clothes and eat some (Please turn to p.11, col.11)
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Ask a Copeland’s Salesperson what your old equipment is worth as a trade-in on brand new '81-'82 ski equipment.

REGULAR PRICE means the price which the item regularly sold for during the majority of the 1980-81 ski season. There were occasional short term discount on some items.

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They follow the sun with a vengeance. They deposit the last warmth of the summer season into memory and move onto the next perfect slope. They are a unified free spirit, blemmed and healthy. The scene should be Acapulco, sails in the sun, the sound of waves slapping at the bow. Not so. Their skis are firmly planted in gliding expanses of below zero snow.

Acapulco, sails in the sun, the sound of waves slapping at the bow. Not so. Their skis are firmly planted in gliding expanses of below zero snow. They find the best of both worlds to "Ski In The Sun," Warren Miller's 31st annual feature film at the Arlington Center on Nov. 20 and at UCSB's Campbell Hall on Nov. 23.

Miller has found a charm about this breed of skier as he met them on chairlifts, at chalets and lodges, on slopes and in airports around the world during the last 30 years. This year, with his 31st annual feature length film, "Ski In The Sun," Miller celebrates their enthusiasm and year round dedication to the sport from the slopes of Squaw Valley and the expanse of cross country treks through Maine, to the enchantment and wonder of France, Switzerland, Australia and New Zealand.

Veteran skier photographer Don Brolin traveled to Austria and Switzerland to capture the enchantment and thrill of skiing, horse racing on snow, and bare raising, nerve jarring bobsledding at unbelievable speeds. Brolin and his assistant Steve Field found fun and serious competition can mix on the slopes, as they covered the scenes at Squaw Valley as well as the bumps that, when tackled, caused bruises.

Australia and New Zealand hold a special place for the dedicated "Ski In The Sun" sportsmen and women, for the last run down the winter slope here in the U.S. signifies only the beginning of the season in these countries. Miller's foreign crew, headed by Ken Campbell, visited this part of the world as well as France, which may have the Eiffel Tower, but it also has Chamonix, with its charm, elegance and beauty, along with the thrill of snow 1,200 feet deep.

Filmmaker Warren Miller
The wonders of joy for those who "Ski In The Sun," found by Miller and his crew, range from the toddler lots observed by production manager/cameraman Bob Knap at Mammoth, as youngsters appeared in the "latest styles" for the chic mini-skier by Hot Gear (with a cameo appearance, by Miller himself). What about 85-year-old gold medal winning whiz Joe Ross, who performed his skying style for the lens of Field.

Ice Skating: A Sport of Grace, Hamill Haircuts and Sore Ankles
When winter arrives in the desolate hills of Vermont, it doesn't stop the avid sports fan, especially if he is determined to keep fit despite the howling winds and low temperatures. Small ponds and lakes often freeze over and like characters of Hans Christian Andersen, New Englanders take silver skates outside to cut the ice. Unfortunately, ponds don't freeze in southern California and the figure skating craze has caused bruises.

Bumps that, when tackled, caused bruises. Miller and his crew, visited this part of the world as well as France, which may have the Eiffel Tower, but it also has Chamonix, with its charm, elegance and beauty, along with the thrill of snow 1,200 feet deep.
Even the Bare Necessities of Skiing Add Up to Big Bucks, Empty Pockets

Equipment, lift tickets, food, lodging, and gas, though only the bare necessities of a ski trip, add up to big bucks which can burn a whole in anyone's pocket.

Downhill skiing was once known as the sport for rugged outdoorsmen, but now, as its popularity grows so are its prices, resulting in slopes crowded by the most financially well-to-do.

With this financial domination comes an attitude of eliteness. The elite crowd, dressed in $200 ski outfits, gazes at those a mere apron skirted of the town, carry with them a feeling of exclusiveness that comes only with a knowledge of meager snow conditions, and, of course, at least half a dozen old lift tickets hanging from their jackets. Anyone can go out and buy an expensive ski suit and equipment, sit outside in a turtle neck shirt to get a skier's tan, and hang out at the right spots, but only the true downhill racers qualify in this private group.

Although the prestige is always nice, turning 360s and hotdogging down the most expert slopes is not necessary, but a common knowledge of skiing as well as monetary base is important.

Aspen, Tahoe, Jackson Hole all have their share of local ski bums scraping together just enough money for the days ski ticket, but even they have a somewhat high and mighty attitude. Besides, they always seem to get enough money together each day as well as keeping their expensive equipment in top condition, which is not cheap.

In addition to the singles bar set of the local ski bums, dozens of families flock to the slopes each day many of them can be found weekend after weekend on the same bunny slopes with their private instructors. Of uppermost concern to the skiing family is a niche in the local community. Buying a condominium in Tahoe or a cozy cabin in Vail assists in this, but the real key is to make a skiing family a true part of the scene. Afterall, how can you be a real skier if you aren't on a first name basis with the grocery store checker?

At the slopes, family members separate and illustrate their high membership with conversations on the ski lifts about last week's weather conditions or the horrible traffic every Sunday night.

Along with the required community involvement and week nights, an 'in' family must have money, as seems to be the general requirement for everyone on the slopes.

One can't spend his life savings on the condo, clothes, and equipment in order to qualify in the elite crowd. Money must be readily available for quick stop at the ski store to buy a new hat or an evening out for Mexican dinner with everyone.

The skiing family looks much and acts much the same as the single skier, with the right clothes, racoon eyes, old lifetless tickets hanging from their jackets and lobster red faces. The only difference really is lifestyles after dark. Rather than hitting the night spots, mom, dad, and kids eat dinner out, watch T.V. (maybe play a game), and go to bed. No matter what the looks of a night life are, everyone's attitude is the same; skiers are a special breed. Athlete, financially well off, and lots of fun they are part of an exclusive class.

None of this is to say that skiers are snobs because they're not. But as with any sport, such as skiing, where availability is limited to such a narrow spectrum of people, a feeling of exclusiveness always persists. As an avid skier myself, I understand this feeling as well as the hope that if we cut ourselves off from everyone else we may deter any new skiers from joining us and cluttering the already crowded slopes.

Sore Ankles

(Continued from p.6)

The act of trying to stand up on two feet. As a beginner, rink life is tough, and the highlight of the afternoon is most likely sitting down, skate shoes loosened and jacket unzipped with a cup of steaming hot chocolate at hand.

Also it is important to disregard the popular myths, "I roller skate on the sidewalk, I'll have no problem with ice skating." Hah, this is just like the water skier who thinks he will be a writh on the Ull trip. The roller skater will soon learn that ice skating is far from moving on wheels down the sidewalk on the bottom of State Street.

Ice skating takes time to learn, but when mastered, there is nothing more enjoyable than gliding across an inune surface, spinning with a partner or engraving your own eight with the blades of your skates.

Easterners laugh at the ice rinks nestled amongst the palm tree setting of Southern California; nevertheless, this doesn't mean we can't enjoy skating without the snow storm. Ice skating in Santa Barbara is not as expensive an lift tickets at Squaw Valley nor a plane ticket to New Hampshire. It is an adventure worth pursuing, for even if you have never skated, it is always fun to take a pair of sore feet to a bubbling hot tub afterwards. Then again, there will be some of us who will always prefer ice only in our marlins and not under our feet.
UCSB Ski Club Goes For Lots of Outrageous Good Fun

The motto of the UCSB Ski Club is "Outrageous Good Fun," and that's exactly what the club offers its members. With an ever-growing membership, now at about 200, it is able to provide great social activities, both on the slopes and around campus.

Ski trips on the agenda this year include Utah (Alta, Snowbird, Park City) over Thanksgiving break, Mammoth in February, Whistler, Park City, and the ever-to-be-forgotten Winter Carnival to Jackson Hole. Winter conditions are looking to be the same as the 1980-81 season, with the possibility of 30" of snow. This year the club is also planning the usual ski trips to Mammoth, Mammoth, Mammoth and Jackson Hole. The ski team is dreaming of a world of surfing.

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UCSB Ski Team Dreams Of Snow in a World of Surf

"There is a storm up north creating waves from 18 to 20 feet." Leaning over I switched off the radio. This is what they had been waiting for: a surfer's paradise. How did I end up here, in the midst of blanched hair, broad shoulders, tan bodies, and surfboards? "I ask myself, "when I dream of cold, crisp air, steep, white slopes, and a new pair of Rossignol's?" The UCSB Ski Team offers me more than enough chance to live my dream.

Due to the absence of snow, the misplaced ski fanatics recreate their dreams by running human slalom courses on Bob Field and ice skating at the Ice Patch. Pre-season workouts include Ultimate Frisbee, soccer games and a lot of leg building and stretching exercises.

In addition to work outs, the skiers are preparing for the season to begin by working on a number of fundraisers. The latest fundraiser is a drawing which will take place between noon and 1 p.m. at Skorke Plaza, Monday, Nov. 22. Gifts from Santa Barbara Travel Agency, Copeland's Sports Center and Shlitz in Storke Plaza, Monday, Nov. 22. Gifts from Santa Barbara Travel Agency, Copeland's Sports Center and Shlitz in cooperation with Nargan Beer and Ice Dock will be awarded at the drawing for a donation of $1. Team participation in fund raisers will earn the financial aspect of a good season.

Once the season starts, the ski dreamers are seldom found on campus during weekends. They make the long trek to Mammoth, Snowmass, and Big Bear in order to compete with other Southern California schools in slalom and giant slalom races. This year the UCSB Ski Team has excellent chances of winning the California Intercollegiate Ski Association league championships and travelling to McCall, Idaho for nationals.

Anyone interested in involving themselves with the ski team is welcome to attend the Monday night meetings held in Rob Gym 2120 at 10 p.m. to get more information.

The team is anticipating an excellent season; and members are dreaming of waking up to hear "There's a storm up north dumping six to seven feet of snow. A skier's paradise."
Camping

(Continued from p.2)

with it. If we can go ice skating this year and avoid skiing. How about just freezing in a whole mountain??

I guess this is a long way off, if ever, in coming and until that day we will have to settle for the pre-season and movies and discussions with friends that "one time

Dressing For Survival

In A Real Winter

Dressing for winter in Santa Barbara is much the same as dressing for any season here. Except for the odd bit of rain, you don't need any special gear.

However, if you venture into places that have real winters you know that street clothes just don't make it there. And in the wilderness the way you dress can mean more than just being warm; it can mean survival.

Clothing's main function is to prevent the loss of body heat and still allow freedom of movement. The best way to accomplish this is to layer your clothing.

There are various materials to choose from. Avoid cotton and cotton blends entirely; wet cotton holds on to water and becomes negatively efficient. Wool is an old standby that is hard to beat. There are also many synthetic fibers; notably polyester (olefin) and polypropylene (olefin) and Polarguard. Down is far the best for cold.

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For warmer garbaments such as vests and parkas you have a choice of insulating materials; down or the synthetics like Thinsulate and Polarguard. Down is lighter in weight and more compressible than the others, but it loses its insulating properties when wet. Thinsulate and Polarguard are not much affected as insulators by wetness, but are a little heavier.

A waterproof/windproof shell parkas and pants top off all the other layers. It is very important to stay dry. It is equally important to be able to cut the wind.

Another important consideration is covering your extremities. Because of the extensive blood supply to the brain, you can lose 1/3 of your body heat on a cold day through these areas. A hat with a pull-down face mask is best. That gloves are important goes without saying. The type of boots you wear will depend on what type of activity you're doing. The main consideration is that they are as waterproof as possible. Wool socks are by far the best for cold.

All in all, dressing for winter just takes a bit of common sense and some knowledge of the characteristics of the fabrics you might be using. Take care when you choose your clothing and enjoy the hidden mysteries of winter. —Brian Frederick, California Mountain Company.
The ocean glistened on one side and on the other side the tapes is often worse than but not mechanical— I think it was Jeff Lowe who called it from all this wool and solid iqe. peanut gallery was full of spectators. Here there is an ocean having none)/ If a tape make it as graceful and delicate as ballet. waltz or perhaps a slow country dance. A good climber can movements flow into a rhythm. The climbing is deliberate the other. Two feet higher and I begin to relax, my

There is the rhythm here of a waltz or perhaps a slow country dance. A good climber can make it as graceful as a ballet.

climbing in sunny Santa Barbara. I was wearing shorts then and the rock was warm to the touch, a world away from all this wool and solid ice.

I move the axe up, then the hammer, kick one foot, then the other. Two feet higher and I begin to relax, my movements flow into a rhythm. The climbing is deliberate but not mechanical—I think it was Jeff Lowe who called it Ice Dancing. He was right; there is the rhythm here of a waltzer perhaps a slow country dance. A good climber can make it as graceful and delicate as ballet.

Looking down at my partner, as I rest on a small ledge, I see the rhythm here of a waltzer or perhaps a slow country dance. A good climber can make it as graceful and delicate as ballet.

Standing there in balance two feet off the ground I look up

There is the rhythm here of a waltz or perhaps a slow country dance. A good climber can make it as graceful as ballet.