

Improve your technique, tactics and time! This camp will concentrate on all aspects of fast skiing. We'll work on technique, speed fundamentals, line starts and aerodynamics. The week ends with USSA Masters Level sanctioned speed event races. Put what you've learned to the test and race with the best the northeast has to offer.

Age 17+, Skiing only, Masters & Juniors

Legends Race Arena, Lincoln Peak, 8:00 AM – 3:45 PM

Feb 2-3 - Super-G, Feb 4 - Downhill

\$90/1-Day, \$260/3-Day Speed Camp, \$43 Discounted lift ticket for Speed Campers.

Speed Week with Doug Lewis is for ski racers, Masters and/or Juniors, who are looking to improve their speed technique & tactics. These Super-G and Downhill speed camps will focus both on quality and quantity. The coaches will teach a speed progression that will help both the rookie Speedster as well as the seasoned Vet lower their times in both SG and DH. The schedule will also provide ample time "on-course" for those just wanting run after run.

COACHING

1984 & 1988 Olympic Downhiller Doug Lewis headlines this Speed Camp that will also feature three other experienced Master's coaches so that the racer/coach ratio remains 8:1. Camp is limited to 30 racers.

TRAINING

Training will be held on the Legends Cup Downhill/SG course at Lincoln Peak and will take place on the Upper Snowball and Springfling trails with safe, but challenging terrain. Training days will start with a tech talk followed by a free-skiing session and warm-up. Then the racers will practice inspection skills with their coaches. Section runs and full length training runs will make up the majority of the day. Each day will include at least one video analysis session.

REGISTER

Register early as the camp will be capped at 30 racers daily. To Register call 888-651-4827. For those needing lodging as well, please call 1-800-53-SUGAR and mention the Doug Lewis Speed Camp. Racers will receive a discounted rate on rooms.

For more information on the Legends Cup Downhill or Speed Camps, please call or email [Doug Lewis](#) at **802-496-3278**.

Ages 18+

Advanced skiers

All race fees include lift ticket.

Dates

USSA Legends' Cup Downhill Race – Friday, Feb 5th

USSA Super-G Races (2) - Saturday, Feb 6th

USSA Super-Combined (SG + SL) – Sunday, Feb 7th

Rates (All race fees include lift ticket.)

Friday DH Race - \$86

Saturday's Super-G Races (2) - \$80

Sunday's Super-Combined Races - \$80

Friday Awards Party - \$20

1 family member/guest lift ticket - \$43 Sun. & Fri., \$56 Saturday

The USSA Master's Legends Cup DH

The USSA Masters Molecule F Speed Series. It is a World Class Downhill course with high speed, tough turns, and some airtime. It will run about 60 seconds, drop over 1100 vertical feet, and have a top speed of 75mph. The course will be groomed, however, there will be rolling terrain throughout. There will be an intermediate time and a Speed Trap. The course will be held on the Upper Snowball and Springfling trails.

The USSA Super-Gs...

...will start on Upper Snowball and turn onto Springfling and finish at the same area as the Downhill. There will be multiple corridors and use of the changing

terrain in a safe, but challenging way.

The Super-Combined...

...will be one run of Super-G in the morning (same as Saturday) combined with one run of Slalom in the Legends' Arena in the afternoon.

Awards

Cash Prizes for top THREE Overall. Total Prize Money = \$1000. Tons of Bib-draw Give-Aways!

1st place \$500

2nd place \$200

3rd place \$100

First Place Women - \$200

Equipment

Downhill and Super-G skis are recommended for the speed events. **DO NOT USE SKIS SHORTER THAN 175 for the DH. Rubberized suits will NOT be allowed.**

Registration, Lodging Packages and Questions

To Register visit the New England Masters website: www.nemasters.org or call Jim McKeon at 802-558-8557. For lodging please call 1-800-53-SUGAR and mention the Legends DH Race. Racers will receive a discounted rate on rooms. For questions please contact Doug Lewis at lewis@madriver.com or the Executive Director of New England Masters, Jim McKeon, at director@nemasters.org.

Registration/check-in is 7:30-9 AM in the Valley House Lodge.