

## SUGARBUSH SPEED WEEK 2008

### **Doug Lewis SG & DH Camps Feb 5-8th 2<sup>nd</sup> Annual Legends Cup Downhill Race Feb. 9th**

#### **Doug Lewis SPEED CAMPS:**

There will be 2, two-day Speed Camps featuring Olympic Downhiller Doug Lewis to be held on the same hill as the Legends' DH Race.

Feb 5-6            Super-G Focus

Feb 7-8            Downhill Focus

These Speed Camps, lead by Olympian Doug Lewis, are for Ski Racers (15+), 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. The tentative camp schedule is below.

**COST:**            \$150.00\*            2-Day Speed Camp (Feb 5-6 or 7-8)  
                         \$275.00\*            4-Day Speed Camp (Feb 5-8)

\* There will be a special discounted Lift Ticket Price associated with camp

\*\*if you participate in two days of training, cost of the DH race drops to \$50.00

**REGISTER:**            **Register early as the camp will be capped at 30 skiers daily.** To Register call 888-651-4827. For those needing lodging as well, please call 1-800-53-SUGAR and tell them you are calling to sign up for the Doug Lewis Speed Camp. Racers will receive a discounted rate on rooms. For questions on the camp please email Doug Lewis at [lewis@madriver.com](mailto:lewis@madriver.com).

| <b>CAMP SCHEDULE:</b> | <b>Tuesday _ Friday (tentative)</b> |                          |              |
|-----------------------|-------------------------------------|--------------------------|--------------|
|                       | 8:00-9:00                           | Registration, Tech Talk  | Valley House |
|                       | 9:00-10:00                          | Free-ski                 | Course       |
|                       | 10:00-11:45                         | Inspect & Run Sections   | Course       |
|                       | 11:30-12:30                         | Lunch and Video Review   | Valley House |
|                       | 12:30-3:00                          | Run Sections/Full Course | Course       |

3:00-3:45

Video Review

Valley House

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

## **LEGENDS Cup Downhill Race Feb 9th:**

**WHO:** Any and all Ski Racers ages 15+ who are advanced skiers.

**COURSE:** The Legends Cup 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 70mph. 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.

**EQUIPMENT:** Downhill and Super-G skis are recommended. DO NOT USE SKIS SHORTER THAN 175. Rubberized suits will NOT be allowed. No Speed Skiing ferrings will be allowed.

### **RACE**

|                  |            |                     |                 |
|------------------|------------|---------------------|-----------------|
| <b>SCHEDULE:</b> | 7:30-9:00  | Registration        | Valley House    |
|                  | 8:00-8:30  | Controlled Free-ski | DH Course       |
|                  | 8:30-9:30  | Inspect Course      | DH Course       |
|                  | 9:45-11:00 | Training Run        | DH Course       |
|                  | 11:30-2:00 | DH Race             | DH Course       |
|                  | 3:00-5:00  | Awards              | Gatehouse Lodge |

**COST:** \$65.00 Race only (does not include lift ticket)  
(For those who attend one of the Speed Camps, race fee drops to \$50.00.)  
There will be a discounted Lift Ticket for those racing

**AWARDS:** Cash Prizes for top THREE Overall  
Total Prize Money - \$1000 -- 1<sup>st</sup> - \$500, 2<sup>nd</sup> - \$200, 3<sup>rd</sup> - \$100  
First Place Women - \$200  
Awards for top five M/W in four Divisions  
(under 30, 30-39, 40-49, 50+)  
Tons of Bib-draw Give-Aways!

**AWARDS PARTY:** The Awards Party will begin at 3:00 at the Gatehouse Lodge with video of the Race, Music, Awards presentation, and Bib-draw Give-Aways.

**REGISTER:** Please call 802-583-6818 to register for the Race. For those needing lodging as well, please call 1-800-53-SUGAR and tell them you are calling to sign up for the Legends DH Race. Racers will receive a discounted rate on rooms. For questions on the Race, please email Doug Lewis at [lewis@madriver.com](mailto:lewis@madriver.com).

**RESULTS:** 2008 results (including splits and Speed trap) will be handed out at the Awards Party as well as posted at [Sugarbush.com](http://Sugarbush.com).

