

SUGARBUSH SPEED WEEK 2010

Doug Lewis SG & DH Speed Camps
Legends'/USSA Downhill, 2 SGs & a Super-Combined (SG/SL)

Doug Lewis SPEED CAMPS

There will be **THREE DAYS** of Speed Training featuring Olympic Downhiller Doug Lewis to be held on the same hill as the Legends'/USSA races immediately following the camp.

FEB 2 - SG Focus

FEB 3 & 4 - DH focus

These Speed Camps, lead by Olympian Doug Lewis, are for Ski Racers (17+), 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.

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 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.

CAMP:

SCHEDULE:

Tuesday - Thursday (tentative)

8:00-9:00	Registration, Tech Talk
9:00-11:45	Free-ski/Inspect/Run Course
11:30-12:30	Lunch and Video Review
12:30-3:00	Run Sections/Full Course
3:00-3:45	Video Review

COSTS:

- \$90 Daily Speed Camp Fee (Feb 2-3-4)
- \$43 Discounted lift ticket for Speed Campers
- \$260 3-Day Speed Camp Fee (Feb 2-3-4)
- \$86 DH Race only (includes lift ticket)

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

USSA Master's Races featuring 4th Annual Legends' Cup DH

Friday Feb 5th: USSA Legends' Cup Downhill Race

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

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

WHO: Any and all Ski Racers ages 18 and over who are advanced skiers.

WHEN: February 5-7, 2010

COURSE: The USSA Master's DH Legends Cup is part of the North Eastern Speed Cup and 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

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.**

<u>RACE SCHEDULES:</u>	7:30-9:00	Registration	Valley House
	8:00-8:15	Controlled Free-ski	Course
	8:15-9:30	Inspect Course	Course
	9:45-11:00	Training/Race Run	Course
	11:30-2:00	Race Run	Course
	3:00-5:00 Friday	Awards Party	Valley House Lodge
	3:00-5:00 Saturday	Après' Ski/Awards Party	Valley House Lodge

Legends' Cup

AWARDS: Cash Prizes for top THREE Overall

Total Prize Money - \$1000 -- 1st - \$500, 2nd - \$200, 3rd - \$100

First Place Women - \$200

Awards for top three M/W in five Divisions
(under 30, 30-39, 40-49, 50-59, 60+)

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: To Register visit the New England Masters website: www.nemasters.org or call Jim McKeon at 802-558-8557. 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 Races, please email Doug Lewis at lewis@madriver.com or the Executive Director of New England Masters, Jim McKeon, at director@nemasters.org.

RESULTS: Results (including Speed trap) will be handed out at the Awards Party as well as posted at Sugarbush.com.

BE BETTER HERE – GO FAST!