

Monday Night Race Training

- * Monday Night Adult Alpine Race Training at Mt. Creek will begin on January 7, 2008.
- * Training will begin at 7:00pm and go till approx. 9:00pm.
- * The discipline that we will train is dependent on the Weds Night Adult League Race that follows later in the week. The first session will be Slalom.
- * The cost per individual, per night is the same as last year- 20 dollars.
- * Discount lift tickets will be available for participants through the Mt Creek Racing Office for an additional 20 dollars.
- * Training is scheduled to be on the race trail, Zero-G: which is accessible by the Cabriolet or the Triple Chair (if running).
- * You may change and leave your bags in the race room (located in the Cobblestone Village), or if you prefer the main lodge, which does have a bag check area.
- * If there are no coaches at the race room, we are most likely already up on the race trail setting gates. So proceed up to the hill.
- * Coaches are USSA certified and experienced racers.



A few additional points:

- 1) Ski Racing Helmets are required to participate in all USSA Alpine Race related events, including training. If you have forgotten your helmet, let us know, we may have one to lend out for the night.
- 2) Always inspect the course prior to running it. Inspection is an integral part of training. Please do not start running the course without the consent of the designated coaches.
- 3) While free skiing on the mountain, always be aware of others, especially non-racers and always use discretion. Err on the side of safety.
- 4) Since Alpine Racing and training is highly dependent on the weather, when in doubt call the Mt Creek Racing Office to see if inclement weather has forced cancellation of that nights training. (Sometimes it is not the conditions on the hill, but the conditions on the roads that might be the determinant)
- 5) While we understand it is not possible to tune your skis for every session, we recommend that your skis are in good condition since this will allow you to gain the most from the training.

Thank you and we are sure that everyone will enjoy some great training sessions as well as plenty of fun. If you have any questions prior or during the race season, please feel free to reply to this email or call the Mt Creek Race Office at 973-864-8177

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