

December 22-23, 1979  
Columbus, Ind.  
Section 9

# THE REPUBLIC week ender



## Skiing in Brown Co. First-Time Skiers Need Not Be Alarmed

With two new ski resorts opening in Brown County this year, more and more people from the Columbus area will be introduced to the sport for the first time.

And according to the operators of the two resorts—Long Mountain and Nashville Alps—the newcomers should not be concerned or embarrassed about how they learn to ski.

Because there will be many first-time skiers this year, personnel at the two resorts will be ready to answer any questions. Don't be afraid to ask even the "simplest" questions. The line to get on all lifts will be short.

The following may answer a few more questions before you even visit the resorts:

### Warm Weather Delays Opening

Recent warm weather has delayed the opening of Long Mountain, one of the two new ski resorts in Brown County.

Nashville Alps, the second new resort, plans to open sometime between Christmas and New Year's.

Although Long Mountain has no snow on its beginner slopes, warm weather has prevented the resort from opening for the season.

### Equipment

Skiers need not own their own equipment to ski at either Long Mountain or Nashville Alps. Everything that skiers need can be rented for a single price, which varies with the time of the day and the day of the week.

The rental fee includes the necessities—the boots, skis and ski poles. Any other accessories which might be desired can be purchased.

If you do not know how to put on the skis, boots or poles, help will be available to assist you.

### Dress

Skiing does not require a fancy ski outfit. Any type of clothing will do as long as it meets two requirements—it is both warm and comfortable.

Suggested attire includes: an insulated jacket, coveralls, gloves, a stocking cap. Spraying Scotchgard on pants will prevent snow from sticking and thus making through.

### Where To Go

At Long Mountain, skiers obtain their lift tickets and rental equipment, along with lesson tickets, at the main ski area entrance to the ski resort area. A separate lift ticket area is available for those who have their own equipment. Following these items, persons can go to the slopes to ski.

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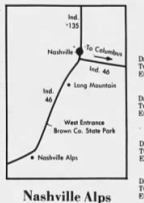
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### Nashville Alps Ski Rates

All-Area Lift Tickets	
Day Pass, 8 a.m. to 5 p.m.	\$8
Twilight Pass, 1 to 10 p.m.	6
Night Pass, 6 to 10 p.m.	6
Weekends and Holidays	
Day Pass, 8 a.m. to 5 p.m.	\$12
Twilight Pass, 1 to 10 p.m.	12
Night Pass, 6 to 10 p.m.	12
Rope Top Only Tickets	
Day Pass, 8 a.m. to 4 p.m.	\$6
Twilight Pass, 1 to 10 p.m.	6
Night Pass, 6 to 10 p.m.	6
Weekends and Holidays	
Day Pass, 8 a.m. to 4 p.m.	\$9
Twilight Pass, 1 to 10 p.m.	9
Night Pass, 6 to 10 p.m.	9
Season Passes	
First Person in Family Independent of Age	\$175
Other Persons in Family Over 12 Years of Age	145
Instantaneous With 12 Cards and Expenses	145
Preschool Student	80
Senior Citizens on Friday, Saturday and Sunday Holidays are Dec. 28, Jan. 4 and Feb. 18	



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Day Pass, 8 a.m. to 4 p.m.	\$11
Twilight Pass, 1 to 10 p.m.	11
Evening Pass, 10 to 10 p.m.	11
Rope Top Only Tickets	
Day Pass, 8 a.m. to 4 p.m.	\$6
Twilight Pass, 1 to 10 p.m.	6
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Weekends and Holidays	
Day Pass, 8 a.m. to 4 p.m.	\$9
Twilight Pass, 1 to 10 p.m.	9
Evening Pass, 10 to 10 p.m.	9
Season Pass Rates	
1st Person in Family	\$250
2nd Person in Family	125
3rd Child in Family Under 16	65
1st Child in Family Under 11	65
Full Time Student	125
Senior Citizens	125
Weekends are twiced-evenings session Friday and all day Saturday and Sunday holidays are Dec. 29 through Jan. 1 and Feb. 18	

### Nashville Alps Ski School

All-Area Rates	
Group Lessons	\$1
Private Lessons	\$15
Any five weekdays 8 a.m. to 2 p.m.	
group lessons, lift ticket	\$35
Any five weekdays 8 a.m. to 2 p.m., group lessons, lift ticket	\$45
After school group lessons 2 hours, 1 day a week for 6 weeks with equipment, lift ticket	\$80

### Nashville Alps Equipment Rental

Weekends	
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## Cross-Country Skiing

**Uphill or Downhill, It's Just Like Walking on Snow**

Cross-country skiing has an exhilaration of movement all its own. You can move on the flat and uphill with ease and control, adding new dimensions to your experience. Add you can build on your Alpine experience to quickly learn cross-country.

Over 13 million Alpine skiers do all cross-country.

The trouble is that Alpine movements are more coordinated, causing skiers to "bobble" in executing cross-country turns. This is a stumbling block that many Alpine skiers face in taking up cross-country. Michael Brady, Nordic Editor of Ski Magazine, has some advice and instruction for Alpine skiers interested in cross-country.

The various cross-country skiers involve themselves in walking movements. Your ability to use a heel rather than using the ski as a lever is important. Pull the heel and you can master cross-country techniques.

The best place to start cross-country is on the flat, at an area that has prepared tracks. Good tracks speed learning by letting you initially concentrate on mastering technique, not terrain. Start with the diagonal stride, the most common movement used in cross-country skiing.

As is walking, you use the opposite leg as a stepping stone to the next step. You can move on the flat and uphill with ease and control, adding new dimensions to your experience. Add you can build on your Alpine experience to quickly learn cross-country.

## But Do It Right

### Falling Down Is a Part of Skiing

Falling is part of skiing, and anybody who doesn't do it is limiting their own progress in learning and having fun. The secret of falling, however, is to learn to do it without injury. Like learning anything else, it all becomes progressive. Better skiers are more deliberate, better skiers are more deliberate. You've seen a good fall—a spill with grace and style. Once the skier falls onto the ground, unless his skin comes off, he may be a little sore, but he'll get up and continue skiing and gradually regain balance with minimal loss of movement.

To say you should practice falling properly is a little boring, so good when you can't practice on your own. Such conditioning can lead to a respiratory illness. Your unbalanced falls will have all of the harmful effects that cause injury.

The first principle of falling is to land on your padding—that is, your rear or on a forward dive, your shoulder and upper arm. The component of this first principle is to avoid landing on your head, neck or chest. Don't think anything out to try to prevent or lessen the impact. The padded parts of your body are better prepared to accept a hard surface than are your more delicate bones and ligaments.

So, your mental image should be: lie on down, during a fall, keep your arms and legs up and out of the snow as long as you can.

If a forward fall is unavoidable, your second mental picture is to fall to the side as you can land on your shoulder. If this kind of tumble, bring your arms in close to your body and roll only to get your feet down.



So, your mental image should be: lie on down, during a fall, keep your arms and legs up and out of the snow as long as you can.

## Make Sure Children Are Dressed Well

Small children have a lower tolerance to cold than adults have. A cold child is not only an unhappy one, but a grave candidate for injury since coordination is lost when cold muscles fail to perform. So dress them properly, which means starting with water resistant, warm fibers. Cotton, wool or silk are better than synthetic fibers because they absorb perspiration.

The layered approach is the best way to add insulation as you proceed to the outer garments. It not only traps air in between, but prevents moisture from reaching the child rather than getting from the child. Your child's clothes should be well produced and interfere with the freedom of action movements in skiing.

Other clothes should be loose-fitting, well vented, water repellent and non-flammable. However, don't take "something" to mean high enough for next year. That will only contribute to overfitting and reduced mobility.

Remember to stay warm, you must stay dry. That means not only water repellency but breathability. Many synthetic fabrics use membranes and cut off the child rather than protect from the cold. Your gloves and mittens, for example, are worthless in the snow. Fuzzy gloves except the spring chills, but get further chilled immediately with feathers or fiberfill, and with high backs at the wrist.

The extremities are usually the hardest to keep warm. A wool hat that covers the ears is most the nylon hood from the pants is not enough. Acrylic may be easier to care for, but it does not warm as well. Kitten for you!

FUN FOR CHILDREN—Skiing can be just as much fun for children as it is for adults. Make sure they are dressed well.