

**the  
Record**

Friday, January 20



*Skiing in the Townships '84*

# Townships ski resorts offer variety and bargain prices

The skiers of the Eastern Townships area are lucky to be able to practise their favorite sport in a number of resorts that are but a few minutes away from their homes and which offer some of the best skiing terrain in Eastern Canada.

The five largest ski resorts of the Townships, the Big Five, as some people call them, have been associated for many years under the name of Ski-East. Ski-East includes Mont Orford, Mont Glen, Mont Sutton, Owl's Head and Bromont. What ties the ski group together is that you can buy a Ski-East week ticket that enables you to ski at all of the five member-areas. The interchangeable ski week concept was pioneered by Ski-East more than twenty years ago and has since been the model for various other resorts throughout North America. In Banff, for example, they have

Club Ski, a similar organization which groups together Mt. Norquay, Sunshine Village and Ski Louise.

More and more skiers, when planning ahead for a ski week, look for an area that can offer them a large skiable terrain. Any single resort, be it the biggest in Canada, will no doubt limit the skier who is looking for variety. For those, and there are many, who insist on more diversity, at a very reasonable price, Ski-East is the answer. In fact, as a group, the five areas offer 160 km of well groomed runs (more than 90 different ones) and 31 modern lifts, all within a 35-km radius. At any of these resorts, and for as little as 69\$ (5 days) or 89\$ (7 days) you can get a ski-week ticket which will give you access to any of the five areas.

The Ski-East ticket will enable you to choose among a great va-

riety of runs: wide open slopes, glades, long and gentle scenic trails as well as devil's dives. If you want instruction, you'll find experienced personnel in each resort (more than 100 highly qualified instructors altogether).

If the Ski-East package is so sought after by numerous skiers from the immediate area as well as from other Canadian provinces and Eastern U.S.A., it is largely because of the quality, character and reputation of each and every one of the five member-areas. Each resort has its own style, its peculiarities and plays a complementary role within the group itself. By involving the five largest ski areas in the Townships, Ski-East just could not miss the boat.

## MONT ORFORD

Among the things that characterize Mont Orford are its location: the closest resort of impor-

tance from Sherbrooke and practically on the expressway to Montreal; its superb mountain: in fact it is three mountains in one since the network of trails covers Mont Giroux, Mont Alfred Desrochers as well as Mont Orford itself, each mountain having a different sun exposure; and its famous expert runs which la crème de la crème of skiers try to master year after year.

Since more and more skiers like to zigzag among the trees, Orford has recently extended its gladed terrain to 25 acres. Its 34 km of trails are spread over a 500-meter (1635-foot) vertical drop and its 7 lifts can get 6300 skiers up the hill every hour.

Mont Orford is a dynamic and well organized resort. On weekends, there can be a pretty good line-up at the lifts but it's usually worth it. There is good reason why 175,000 skiers choose to ski at

Mont Orford every year.

With the arrival of snow-making equipment and the completion of their important expansion program, the people at Mont Orford will no doubt manage to increase their clientele even more.

## MONT GLEN

With its 330 meters (1050 feet) of vertical drop and its 14.5 km of trails, the Mont Glen resort is among the 10 largest ski areas in Eastern Canada. It is above all a family resort with a warm, friendly atmosphere and a well-organized program of activities for its members. Though, as is the case in any area, you'll find Mont Glen to offer trails for every calibre of skier, it is definitely the intermediate skiers who have the biggest piece of the cake here. If you are one of those who does not

See next page

By Paul Allard and Jean-Jacques Bégin



Owl's Head, one of the prettiest mountains in the Eastern Townships, also has the biggest vertical drop around.

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# Runs challenge strong legs and cater to beginners

From last page

like the continuous hard work that expert runs demand but still like a good challenge, these runs will suit you perfectly.

Those who prefer skiing only the top section of the mountain can do it by using the summit T-Bar and going back to the base lodge only to warm up or have a bite to eat. After a good day of skiing, people like to relax at the cosy T-Bar and have a chat over some hot wine or a well deserved cold beer.

Mont Glen offers some very interesting skiing and has the great advantage of being usually less crowded than the other resorts, increasing your precious time on the slopes.

## OWL'S HEAD

Owl's Head is proud of having the greatest vertical drop in the Townships, 600 meters (1770 feet),

but there are a lot of other reasons why so many skiers love to ski at Owl's Head. Even when the parking lot is jammed, the trails and lifts never seem too crowded. This is mostly due to the excellent distribution of the skiers all over the mountain. There are 19 trails to choose from and five chairlifts plus a T-bar to get you up the hills.

In many areas, beginners, be they kids or grown-ups, have no other alternative than spend their whole day on their feet since the only lifts that easy trails are served by are pomas and T-bars. At Owl's Head, beginners can use two chairlifts that are slow and easy to get on and off and the slopes that these lifts serve are nice, wide and out of the way of faster and menacing expert skiers. The "orange" chairlift is used by intermediates while two

lifts bring the intermediate and advanced skiers to the top of the mountain where the view on Lake Memphremagog is unparalleled and breathtaking.

Another interesting asset of the area is its on-the-slope lodging facilities. You can get from your room to the trails in a matter of seconds and this certainly appeals to many a skier. But, even if you don't stay at the inn, you can still spend an hour or two at the newly-expanded bar when the lifts close and enjoy a drink in friendly company. Everything is nice about Owl's Head, from the short lift lines, the interesting choice of runs to the condition of the trails that are usually well groomed.

This year, the newly acquired snow-making equipment is already working on a good part of the hill and it will surely provide

skiers with even better skiing conditions. This ski season should be one of Owl's Head's longest yet.

## BROMONT

In the past years, Bromont has invested millions of dollars to install very sophisticated snow-making equipment as well as an extensive lighting system which has made it the largest night-skiing resort in the world. These efforts seem to have already paid off. Bromont was the last resort to close last winter and has seen its clientele increase considerably.

At Bromont, the skiing is done over a 405-meter (1285-foot) vertical drop and the lift capacity is 5,000 skiers an hour. The latest change was the transfer of the chairlift from the neighboring Mont Soleil to the main mountain, Mont Brome. Bromont has a nice variety of runs, each of which bears the name of some surrounding town. The "Brome", long and winding, one of the nicest beginners' trails around; the more

challenging "Cowansville", "Bedford" and "Knowlton"; and toughies like the "Granby" that can put the greatest pair of legs to the test.

What is so special in Bromont is surely that you can ski there in the morning, afternoon, evening and even part of the night. You can choose from 11 different tickets, depending on the time you want to spend on the slopes. This great flexibility is an advantage to many skiers who cannot get free to enjoy their sport at times of the day when other resorts usually operate.

Bromont is an area in full expansion which has gone all out to make it what it is today and has no intention of slowing down.

## MONT SUTTON

Since its coming to life 22 years ago, Mont Sutton has never stopped improving and expanding. At 1,050 meters (3,175 feet), its impressive mountain, the "Round Top", is the highest peak in the

See next page

## A warm child is a happy child

Small children have a lower tolerance to cold than adults. A cold child is an unhappy child who could also be less coordinated when chilled. And then skiing is not as much fun. Dress them properly, which means starting with winter underwear. Natural fibers (cotton, wool, or silk) are better than synthetics because they absorb perspiration.

Remember, to stay warm, you must stay dry. That means not only water-repellency but "breathability". Many synthetics cause perspiration and cool the child rather than protect from the cold. Vinyl gloves and mittens, for example, are not good in the snow. Forget gloves except for spring skiing and get leather mittens insulated with feathers, or fiberfill, and with tight bands at the wrist. Treat them frequently with a water-repellent preparation. It's best to bring along a change of mittens in case the first pair gets wet.

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 permits you to adjust to temperature changes. However, avoid over-wrapping your child. Bulkiness can restrict mobility, which will lower heat production and interfere with the freedom of action necessary in skiing.

Outer clothes should not be tight fitting, but should be wind-resistant, water-repellent and snow-tight. Don't buy for 'next year' if it means loose clothing; loose clothes catch on pro-

truding objects. If you want clothes to last more than one season, get closer-fitting stretchables. They're more expensive, but the extra wear may make them a sounder investment in the long run.

The extremities are usually the hardest to keep warm. A wool hat that covers the ears is a must (the nylon hood from the parka is not enough). Acrylic may be easier to care for, but it does not warm as

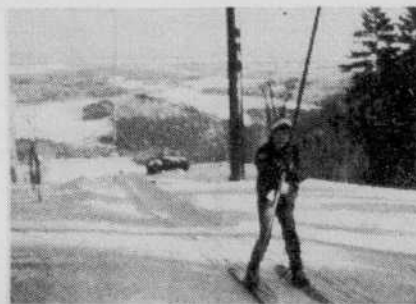
well. Ditto for socks; watch for wetness here in particular. Don't let kids run around bootless on wet lodge floors. Again, extra pairs to change into when socks get wet makes a lot of sense.



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# Skiing: Masochistic? or making your own tracks?

By Paul Allard and Jean-Jacques Bégin

It is National Ski Week. The newspapers are filled with articles describing the various ski areas, offering the latest and best ski equipment, enticing ski fans to practise this popular winter sport and trying to win over the many others who simply can't understand why anyone would even consider taking up such a sport.

As a matter of fact, why do people ski? Different experts on the matter would no doubt come up with all sorts of interesting

and enlightening answers to such a question. But what is it exactly that creates such strange euphoria in the sports shops and ski resorts whenever a significant snowfall occurs in November, or produces a sort of collective depression if the "white stuff" is late in making its appearance?

It is true that people are more and more aware of the importance of physical activities in their everyday lives, but there are numerous sports and wor-

thwhile activities other than skiing that can keep you in shape. Moreover, how many skiers ski solely to stay fit?

We must also admit that there has been, in the last decade or so, a gradual return to "nature". A lot of emphasis has been put on the benefits of jogging, camping, open air activities, etc.

Does one ski for the same reasons one jogs, golfs or swims? Or is it a way of better getting through a season which is cold, long and not necessarily attractive?

In fact, why does one put up with all the inconvenience attached to practising nordic skiing?

What fun is there in: — getting out of a warm bed in the early hours of the morning to drive 100 km through a snow storm in order to reach the resort,

— walking the length of three parking lots to get to the lodge with boots in one hand and skis and poles in the other,

— waiting half an hour in line to get your ticket at the outdoor wicket and getting your fingers frozen even before ever starting to ski,

— getting frozen to death while waiting in line at the base of a lift on a cold January morning,

— having strong winds go right through you while you're dangling in a chair, some twenty meters above the ground,

— trying to simply stay alive while going down a trail much too difficult for you but that you took just to keep up with the gang,

— having your feet squeezed for hours in rigid, cold and merciless boots,

— losing one precious hour of skiing time at lunch time because everyone else has decided to be hungry and rush to the cafeteria

## X-C skiing offered too

From last page

Eastern Townships and it has been put to good use by the Bou-langer family. There are more than 30 trails spread over the mountain's 460-meter (1520-foot) vertical drop. The resort's seven lifts have a 6300-skier-an-hour capacity.

Due to its geographic location, the area gets more natural snow than any other of the Townships resorts. It receives an average of 530 cm of snow each winter, which enables it to offer excellent skiing conditions from late November to early May. Mont Sutton is also famous for its great and numerous glade runs; in fact, they were the first ones, at Sutton, to encourage the "sous-bois" skiing, a trend that has now become all the rage.

Another important characteristic of the resort is the two lodges at the middle and top of the mountain. This permits skiers to warm up or eat without losing precious skiing minutes going down to, and back up from, the main base lodge. The expert grooming of the runs every night is also a strong point of the area.

For the number of its trails and

the extent of its skiable terrain, Mont Sutton is considered by many as the largest of the five Ski-East areas. One thing is certain, you do not go to Mont Sutton to spend part of the day sitting around the bar, boasting about your ski exploits — there is no bar at the area itself. You go there to ski and skiing is what you get.

### CROSS-COUNTRY SKIING

All of the five Ski-East-member areas can accommodate the cross-country enthusiasts and have some groomed trails to offer them. The most popular and extensive cross-country spots can be found at Mont Orford and Bromont.

Each of these five ski resorts has all it takes for a great day of skiing pleasure at any given time. If you want to increase your possibilities even more and are looking for a superb ski week, then the Ski-East ticket is the ticket for you.

People come from hundreds of kilometres away to enjoy the superb skiing facilities which are located practically in our own backyards. Why not take advantage of their proximity and make the most of them?



Owl's Head offers this impressive view of Lake Memphremagog.

at the very moment you do, — going down the slopes in some fog and snow so thick you would need wipers on your goggles just to be able to distinguish the front of your skis, — spending 30 minutes, at below zero temperatures, hanging from a chair that refuses to move an inch, — being hit from behind by an airhead who believes he owns the place and is trying to break his personal speed record, — getting out of the base lodge after your skiing day to find that someone else took a liking to your brand new skis and decided to "borrow" them indefinitely?

Why on earth would anyone put up with that sort of thing? Skiers must be crazy or masochistic to practise such a sport. Well, there is a sort of craziness in pursuing any activity, be it intellectual or physical. People ski because it makes them feel good, feel ten feet tall (when they're only 5' 10"), feel free to make their own tracks and choose their own itinerary down the hill, feel they are the boss and can master gradually all the difficulties as they improve both in technique and stamina.

When you manage to get down a slope at your own speed and not at the speed the hill would like you to take,

— when you succeed in mastering an steep pitch by talking to yourself and telling your poor legs not to give up,

— when, after reaching the bottom, you proudly look back on your accomplishment,

— when you fill your eyes with the superb view you get from the top of the mountain,

— when you spend days thinking about the new ski area you're going to visit, studying the various trails on the map,

— when you master the fright that has always prevented you from taking such and such a trail,

— when you hear the laughter of all the skiers around you,

— when you get your breath back at the end of the day, completely bushed but immensely happy. Then, you forget about the line-ups, the cold, danger, and everything else. You feel good and that's all you need, really. You know, deep inside, that only you (and the thousands of other skiers) know what you feel when you ski and, in fact, why you ski.

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# Disabled skiers find challenge on hills

"One of the biggest misconceptions in disabled skiing is that it's a recreational charity. I've found it to be one of the most competitive things I've ever done, and I was very sporty before the accident." Phil Lorimer, aged 31, lost his leg below the knee seven years ago in a motorcycle accident. Before that he had played hockey, so to fill the void, he tried skating. However, his disability stopped him from doing most of the things he used to enjoy.

"I discovered I had to find a sport where I could stand still and gravity would pull me along." Downhill skiing was the answer, although balance was his biggest problem. Now, strengthened by muscle-building exercises, he finds skiing gives him a greater thrill than anything he had known before.

The challenge is obviously important to him. "It was not easy at first. I was always known for my determination, so when I was wet all over after the first day I was ready to give up." He persevered, however, and showed great improvement, "so I got the bug," and that's the understatement of the year!

Phil Lorimer now skis four months of the year in training with the National Disabled Alpine Team. He is one of fourteen men and women who, in January 1984, will compete in the World Olympics in Innsbruck, Austria. Already a bronze medalist in National and North American events, he finds the level of skiing very high. "They have so much to prove, and they're not going to give an inch," says the motivated

young skier. "It's the most exhilarating sport I have ever tried, and there's a sense of pride in all the praise you receive. You get a better ego-boost than if you were able-bodied!"

Cathy Riddell was born visually disabled and now has 3 per cent sight. She played varsity hockey while at college, but after she left she searched for a replacement sport. "I had always wanted to ski, but never thought I had the right. It would be awful to be responsible for hurting someone on the trail."

Cathy resolved her concerns by joining the Ski Hawks, a group organized by the Ontario Handicapped Ski Association for physically and visually disabled skiers. They ski four times a week, downhill and cross-country, and both 'amps' and the visually disabled ski

competitively.

When skiing downhill, Cathy always has a guide "to say when there's a turn, or a drop ahead. But it isn't always easy." However it hasn't deterred her from winning in both Ontario and national competitions and she has been in the National Cross-Country Ski Team since 1982.

"Canada gives more people a chance to participate in skiing than in most other countries," says Dorothy Healey, a director of the Canadian Association for Disabled Skiing. A member of the Canadian Ski Council, CADS aims at grass roots motivation for disabled skiers.

"Not everyone can participate in cross-country skiing," says Mrs. Healey. "It's fine for the visually disabled. But anyone with

physical disabilities finds it very hard. So we take them downhill. It is a wonderful sight to see them gliding down the slope. For the first time in their life they are doing something smoothly. You can tell by the expression on their face that they feel happy and more positive about themselves. Skiing really does open the doors for the disabled, helping them make new friends."

Enquiries regarding skiing programs for the disabled in your area may be directed to the Canadian Association for Disabled Skiing, to the attention of Jerry Johnston, Executive Coordinator, Box 307, Kimberley, B.C. V1A 2Y9, telephone (604) 427-7712. He will refer enquiries to the provincial associations.



Orford — the base lodge seen from the "45".

## Fitting your kid for boots

Like a first haircut, fitting ski boots for youngsters can be a traumatic experience. For everyone! And a child doesn't necessarily

know what's right for him.

For youngsters under fourteen years of age, one way to ensure some measure of suc-

cess is with the foot in the boot, slide one or two fingers just behind the heel while allowing the toes to just touch the front of the boot. Then, after buckling up, most children can tell if the boot is too loose or too tight. If problems are encountered, encourage the child by holding the boot down on the floor with both hands and daring him to move his foot in the boot. Excessive movement can then be felt.

To ensure it's not too tight, challenge him to pretend he's skiing like a racer or to walk around pretending to be a monster. If the boot hurts, everyone will soon know.

If used at the beginning of the season, this method will help ensure that the boot will fit for the entire season.

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# Exercising prevents injuries and day-after soreness

There is no truth to the rumor that you have to be in "Olympic" condition before hitting the ski slopes this winter. Make one trip to a local ski area, and you will see people of all shapes and sizes enjoying the clean, crisp, fresh air of winter through the sport of skiing. It is a good idea, however, to make some effort to tone your muscles to help curtail the inevitable "morning-after" soreness from your first skiing efforts.

According to experts, getting in skiing shape does not require a long-term program of extensive calisthenics or hours of roadwork. Just a few, simple exercises, which you can perform in the comfort of your own living room, will be enough to tone and stretch those ski

muscles to assure the optimum enjoyment of this winter sport.

Warmups and stretching exercises are key to getting your ski muscles into shape. A good way to get started is a five-minute program consisting of, a) running on the spot for one minute; b) hopping for one minute, switching one leg to the other; c) performing leg kicks for one minute; and d) six explosive jumps, by getting into a croched position and jumping into the air, landing in a semi-crouch each time.

Your thighs are important in your toning program. To get these important muscles into shape, try straddle stretches. For this exercise, firmly plant your feet about two feet apart and lunge gently side-to-side stretching your knee over your toe

and shifting the weight of your body.

Co-ordination can be aided through a simple exercise known as a bench jump. Just place an object such as a gym bag in the centre of the floor and jump over it repeatedly, bouncing on the balls of your feet and keeping your arms outstretched and tight. Try to jump as high as possible until you feel fatigued.

Push-ups and "wall-sits" are good exercises to perform in order to gain some extra strength. Doing push-ups in sets of five with your arms placed in various balancing positions is a good idea. For "wall-sits", lean against a wall and pretend you are sitting in a chair. Keep your spine flush against the wall and your hips and knees at 90 degree

angles. For this deceptively difficult exercise, it is recommended that you try it for 15 to 20 seconds at first, gradually working up to three-to-five minute periods. This will help you get ready for that natural skier's position: knees flexed and body leaning forward.

Getting tired often shortens your fun on the slopes. To increase your endurance, you might jog for the short periods, swim or ride a bicycle. In your living room, other exercises are more practical. For example, climbing stairs is a great way to build endurance. Ten flights up and down in sets of five or ten repetitions will strengthen leg muscles and improve breathing control. Squatting exercises and crabwalks, walking on all fours with your sto-

mach facing the ceiling, are also effective for increasing endurance.

Jumping rope is a good alternative to jogging. Alternate jumps, foot to foot, springing from the ball and toe of each foot, is a good method to utilize. Adjust the height of your jumps to minimum so that the rope just barely passes under your feet. By starting slowly, then accelerating while breathing naturally, you will help promote balance and develop independent leg action.

Finally, a few sit-ups are recommended for getting your abdominal muscles into shape. By rotating your body as you begin each sit-up, you will further strengthen your stomach and back muscles, which will aid in controlling upper body movement.

While you don't have to be a physical fitness



"Granby"'s bottom dive at Bromont.

addict, it is a good idea to do simple exercises before hitting the slopes this year. By toning those muscles which you only seem to use for skiing, you will avoid the aches and pains of the "day after".

The Canadian Ski Patrol System produces a pocket-size booklet, "Fitness for

Fun", which outlines a pre-season conditioning program and pro-skiing warm-up exercises. This is available through your local CSPS office. Additional information on general physical fitness is available from Fitness Canada, 365 Laurier Avenue West, Ottawa, Ontario K1A 0X6.

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# Dressing right for X-C skiing stops overheating

Many people confuse a simple cross-country ski outing with an arctic expedition and wear enough for several skiers.

Even in its most relaxed form, cross-country skiing generates a good deal of body heat and moisture. Too much clothing traps body heat and moisture, leaving skiers flushed, hot and sweaty.

It's best to dress with several layers of light clothing that can be easily taken off or put back on. That way you can adapt to changes in body temperature and weather as your skiing

tempo and the day change.

It is also a good idea to make sure you have adequate clothing to put back on when you stop to rest along the trail. A general X-C wardrobe might include:

- A knitted wool hat.
- A cotton-polyester blend turtleneck.
- A wool sweater. (Even when wet, wool insulates.)
- A windbreaker, either a nylon knit or cotton-polyester blend that "breathes", is wind resistant, and sheds snow.
- Loose pants or knickers. Nylon knit,

cotton poplin or polyester blends are good because they're wind resistant, and shed snow. A pair of good jogging suit pants often works well. Blue jeans and light corduroys are absorbent, not wind resistant and are often cut too tightly to allow comfortable, unrestricted motion. They also ice up easily around the cuff.

— Knicker socks or gaiters. Knicker socks should have a smooth texture to keep snow from clinging and balling. Gaiters (cotton poplin shells that wrap around your ankles and lower leg) are an excellent way to keep snow out of your ski boots.

— Long underwear. This may prove too hot on a warmer day or if you are a particularly active skier.

— Gloves or mittens. Wool mittens give you some warmth, even if wet.

— A fanny pack is a useful cross country ski accessory. You can carry all the clothes you take off to put back on when you stop to rest - and as you warm from the exercise.



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# Well-fitted equipment makes X-C skiing more fun

Experts says your height, weight, skill level and the kind of skiing you'll be doing should be considered in outfitting yourself with cross-country ski equipment.

These experts offer the following guidelines:

**Fitting Skis** - With your feet on the floor,

raise one arm straight up in the air. Generally, the pair of skis whose tips come closest to hitting the wrist of your upraised arm will be the right size. There are exceptions to the rule, though: If you are particularly light, you will want a slightly shorter ski because you have less

weight to be distributed on the ski and if you are heavier than normal for your height, you will want a slightly longer ski to spread your weight over a longer ski surface. Ask your salesperson about the paper test... a method of determining the skis' stiffness to your body

weight... the important factor to good grip and effortless glide!

If a ski is too long, it will be hard to control and tend to slip backwards when weight is applied. If a ski is too short, it will feel slow and sluggish without much glide.

**Fitting Boots** - Like any athletic footwear, a cross-country ski boot's performance depends on good fit. It should fit comfortably like a good walking

shoe. It should be snug around the heel so your foot doesn't lift when kicking, and it should have adequate room in the toe so circulation is not impeded or cut off.

**Fitting Poles** - With your feet flat on the floor, raise one arm straight out from your body. The poles that come between the armpit and shoulder are the right length. Cross country poles are longer than those used in downhill skiing be-

cause the arm motions are different. Good cross country skiing technique relies somewhat upon propulsion from the arms.

Longer poles are needed to provide this

push throughout each full stride.

Remember, these are general rules of fitting. Visit a good ski shop to get expert advice on your specific needs.

## Good boots mean warmth

Low temperatures, such as those on ski trails and hills, invariably produce complaints about cold feet. But complainers sometimes have themselves to blame as much as mercury at the bottom of the bulb!

A common cause of cold feet is tossing boots into a cold car trunk. Your feet are bound to get cold when you put them into what amounts to two portable refrigerators. Quickly rewarming the boots doesn't solve the problem either, because it causes moisture to condense in the boots, and damp boots are invariably cold boots.

Dampness can be a cold-foot culprit in several other ways, too:

Bring several pairs of socks and change when your feet feel damp. Socks should be washed in a detergent that doesn't contain fabric softener, which apparently has much the same effect as salt in picking up moisture.

Do not wear your ski socks while driving to an area; socks compress and lose their insulating value. The car heater probably blasts directly against your feet, making them perspire and the socks will pick up salt from the perspiration, drawing out even more moisture.

Dr. Martin J. Nemi-

roff of Michigan State University who has conducted research into the subject, says almost all mammals automatically close down the blood supply to their extremities when their face is exposed to wet temperatures below 70 degrees Fahrenheit. In other words, protect your face and you protect your hands and feet.

Chairlift riding can be another underestimated source of cold feet. Alternately tensing and relaxing muscles makes them act as a secondary pump for the blood system and will increase circulation in the legs and feet.



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