

# crazeHeads

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patterns, ranging in price from \$23.99 to \$31.99.

Spiegel says that "Zee Zee the Panda" is by far the most popular of the crazeHeads designs. "It's the most popular hands down - both for children and adults," she relates. "I have great hopes for the two newest designs, however, 'Benny the Raccoon' and 'Lexi the Lion.'"

OK, you already wear a helmet...why should you wear a crazeHeads cover?

Spiegel says it's a great way for families to keep track of each other. "Often times, a whole family wears the same



helmet cover, such as a raccoon, to stand out on the slopes.

"Wearing a helmet cover helps to make you easily identifiable - everyone tends to 'blend in' on the mountain with all that black and grey clothing."

Of course, anything that encourages wearing a helmet is a good thing too says Spiegel.

"By wearing a ski helmet and cover, kids and adults can play safe and look smart. We also suggest that parents wear a helmet, because they serve as role models to encourage their kids to wear helmets."

Spiegel says that she's also found the helmet covers to cut down on wind noise and make it easier to hear approaching skiers and snowboarders.

"With that in mind, I don't understand why helmet manufacturers are putting radio, CD, cell phone or iPod connections into their helmets. That helps to defeat the purpose of wearing a helmet in the first place...right? It can distract a skier and promote unsafe behavior."

The bottom line is this, says Spiegel. "Plain and simple, a helmet cover makes the helmet more attractive to wear for 'children' of all ages.

"And anything that helps encourage safe skiing is a good thing."

For more information on crazeHeads, visit [www.crazeHeads.com](http://www.crazeHeads.com).

# Shuttle

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2006.

Pick-up times begin at 7 a.m. at various lodging properties in South Lake Tahoe.

The cost of the ski shuttle is \$104 per person or \$41 without a lift ticket.

Special group rates are available for parties of 20 or more.

For further information on the shuttle or pick up locations, call (800) 23-TAHOE. Reservations are required.

# Summits

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south side corn snow. Once you learn the descent options on the north side, you can gain an extra 1,000-feet of downhill via a car shuttle. Parking for north side access is found easily in a large, paved pullout on the north side of Highway 88, a few miles east of Carson Pass.

The north side holds winter powder for weeks, but the wind can also ruin the skiing fast. If you're new to the peak, skin a few low-angle miles to the head of Crater Lake and continue up the East Ridge.

You can hit each run from the same skin track. Don't go in times of instability, as this peak is avalanche prone. Most of this peak is above treeline, so hop over to south side of Steven's Peak if you're worried about avy danger.

## Round Top (10,831 feet)

Anyone who has driven to Kirkwood from South Lake Tahoe has likely pulled over to photograph this prominent peak.

The peak is located a mile or so East of the ski area. Miles of mellow terrain above treeline lead up to the summit, which is easy to scramble up on its west side. A crazy dog-legged couloir runs right down the middle. Believe it or not,

## Alpine Adventures (Winterset / Snowdrifters / Alpine Juniors) 2005-06 Calendar of Saturday/Sunday Ski & Snowboard Trips

Alpine Adventures (Winterset, Snowdrifters & Alpine Juniors Ski Clubs) schedules a variety of trips throughout the winter. For more information on the trips or how to join, call (916) 737-SNOW (7669) or visit [www.HitTheSlopes.org](http://www.HitTheSlopes.org).

Dec. 3	Northstar-at-Tahoe	Saturday	Learn to Ski/Board
Dec. 4	Northstar-at-Tahoe	Sunday	Learn to Ski/Board
Dec. 10	Northstar-at-Tahoe	Saturday	Trip #1
Dec. 11	Northstar-at-Tahoe	Sunday	Trip #1
Dec. 17	Northstar-at-Tahoe	Saturday	Trip #2
Dec. 18	Northstar-at-Tahoe	Sunday	Trip #2
Jan. 7	Squaw Valley	Saturday	Trip #3
Jan. 8	Squaw Valley	Sunday	Trip #3
Jan. 14	Squaw Valley	Saturday	Trip #4
Jan. 15	Squaw Valley	Sunday	Trip #4
Jan. 21	Squaw Valley	Saturday	Trip #5
Jan. 22	Squaw Valley	Sunday	Trip #5
Jan. 28	Squaw Valley	Saturday	Trip #6
Jan. 29	Squaw Valley	Sunday	Trip #6
Feb. 4	Northstar-at-Tahoe	Saturday	Trip #7
Feb. 5	Northstar-at-Tahoe	Sunday	Trip #7
Feb. 11	Northstar-at-Tahoe	Saturday	Trip #8
Feb. 12	Northstar-at-Tahoe	Sunday	Trip #8
Feb. 25	Sugar Bowl	Saturday	Post Season Trip
Feb. 26	Sugar Bowl	Sunday	Post Season Trip
Mar. 4	Makeup Trip (if necessary)	Saturday	
Mar. 5	Makeup Trip (if necessary)	Sunday	

## Wednesday Trips for Adults (21 & Older)

Dec. 3	Northstar-at-Tahoe	Saturday	Learn to Ski & Board
Dec. 4	Northstar-at-Tahoe	Sunday	Learn to Ski & Board
Dec. 7	Sugar Bowl	Wednesday	Trip #1
Dec. 14	Squaw Valley	Wednesday	Trip #2
Jan. 4	Northstar-at-Tahoe	Wednesday	Trip #3
Jan. 11	Alpine Meadows (Tex Mex Day)	Wednesday	Trip #4
Jan. 18	Heavenly	Wednesday	Trip #5
Jan. 25	Northstar-at-Tahoe	Wednesday	Trip #6
Feb. 1	Squaw Valley	Wednesday	Trip #7
Feb. 4-11	Breckenridge, CO Trip		
Feb. 15	Mt. Rose (Dinner Trip)	Wednesday	Trip #8
Feb. 22	Northstar-at-Tahoe	Wednesday	Trip #9
Mar. 1	Heavenly	Wednesday	Post Season Trip
Mar. 8	Makeup Trip (if necessary)	Wednesday	
Mar. 10-19/23	Europe Trip - Austria & England		

this run is skied regularly when the snow is stable. Even mid winter, you can often find perfect corn snow for a 1,000-foot descent down the south side.

Save some energy and water though, because you'll have to climb back up this way.

There's plenty more to ski all around Round Top. Leave a car a mile East of Carson Pass and tour around Elephants Back on the way back.

## Freel Peak (10,881 feet)

If you're willing to slog an hour or two on flat terrain, you can put yourself in position to ski the south side of Tahoe's highest peak. Halfway down the south side of Luther Pass on Highway 89 is a small pullout on the east side of the road. Ski over the snow-covered valley road, and don't start climbing until you see the true south face below the peak.

It's usually wind scoured and really a tour you do mostly for your tick list.

Views are incredible as you look north to Lake Tahoe and south into the Hope Valley and Carson Pass. If you're fast, continue along the summit ridge to Job's Peak and Job's Sister. If you're really fast, tour the three summits and drop 5000-feet from Job's Peak to the Carson Valley.

Mike Schwartz is owner of The Back Country stores in Tahoe City and Truckee. Photographs, detailed maps, and further info can be accessed on his website, [www.thebackcountry.net](http://www.thebackcountry.net). Here you can also check out avalanche conditions, weather, and the postings on the Tahoe Backcountry Message Board.

# Alpine

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skiers and riders up the mountain two times faster than its predecessor, providing greater access to enjoy approximately 400 acres of intermediate groomed and expert offtrail terrain in the popular Sherwood Bowl.

The Sherwood Express chair will open for the season as soon as snow conditions permit.

# Prepare

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will find out.

There are discussions though that talk about the possibility that the UVA rays can hurt your central vision, damaging the retina at the back of your eye (macula).

Most sunglasses should block at least 70% UVB and at least 60% of UVA. However, good sunglasses will block at least 98% of both.

Great sunglasses claim to block 100% of the UV rays.

These great sunglasses are usually made with polycarbonate, glass or plastic (CR-39). This is why you shell out the big bucks for those great shades.

Check the rating on your sunglasses and buy to protect.

This is the end of part one of

a three part series on prepping yourself for a fun first day in the snow.

Part two will discuss clothing, helmets and equipment. Part three will discuss getting to the slopes - a checklist for your car.

Sam Morishima is a contributing editor for Sierra Ski News and director of SnoZone, a ski & snowboard school offering lessons on an "Endless Slope."

For more information, visit [www.endlesslope.com](http://www.endlesslope.com), or call SnoZone at (916) 736-0432.

# Terrain

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slowing down. To ensure that riders remain in control, each Stop & Drop Zone will be fenced in, encouraging each rider or lesson group to slow down before approaching each new feature.

Northstar will host a Grand Opening for its Burton Progression Park on Dec. 30, 2005, featuring demos, raffles, prizes and a lesson/trick tip booth.

Northstar's sister resort, Loon Mountain, was selected as the only East Coast Resort to boast a Burton Progression Park.

Burton Snowboards selected Loon and Northstar as the first natural homes for the Burton Progression Parks based on their dedication to the freestyle snowboarding scene.

To preview the Burton Progression Park layout, riders can visit: <http://northstar-at-tahoe.com/info/ski/the-mountain/parks.asp>.

## Louie comments on helmet covers

Louie the Snowboarding Chimp called us up the other day and wanted to speak out about helmet covers - the ski and snowboard accessory that is all the rage these days at the resorts. We invited Louie to come to SSN's office to voice his concerns.

SSN: So what's the problem Louie? You sounded upset on the phone.

Louie: It's these helmet cover things. I'm afraid I must protest the "Monkey" design.

SSN: Why is that?

Louie: I've been using the monkey design on the slopes for years. They never asked my permission to use it.

SSN: But yours is attached permanently to your body Louie! You don't have a choice!

Louie: So what's your point?

We gave Louie a banana and some gummy fruits and he went away, shaking his head in dismay - neither of us quite understanding what had just happened.



Visit [www.chimpact.org](http://www.chimpact.org)