

# Skiing – Alpine and Nordic

Dale Murrish

with some info from

Dave Norkus & Darryl Ahlberg

GM Ski Club

Troy, Michigan

17 January 2013



# Skiing – Alpine and Nordic

- Commonly called downhill and cross-country
- Two different sports – both outdoors in the snow
  - Snow: hate it or play in it?
- Equipment for each type
- Basic techniques
- Local, Michigan and faraway destinations
- GM Ski Club trips - [www.gmskiclub.org](http://www.gmskiclub.org), meets in Troy
  - Originally GM employees but open to everyone
- Other GM Ski Club activities - see their website



# Alpine Skiing Equipment

- Skis, boots, bindings, poles
  - Rent them at the resort or nearby shop before buying them
  - last year's rental models may be a bargain
- Warm coat, hat, mittens or gloves, helmet?
- Dress in layers – several layers are better than a heavy coat.
- Wear synthetics next to the skin to wick moisture to wool sweaters (insulates when wet). Acrylic sweaters are OK too.
- Cotton absorbs moisture and should not be worn next to the skin; preferably not at all (blue jeans collect snow and should be covered if worn)
- Ski pants or Gore-tex pants to cover layers
- Goggles or sunglasses, face guard if really cold
- Sunscreen, chapstick
- Backpack for snacks or sack lunch – long lines and crowds in lodge
- Camera

# Know the Area

- Get a map of ski area and use it
  - Rope tows on bunny hills are hard on gloves and body
  - Some areas have moving sidewalks and chair lifts on easy runs
  - Graduate to chair lifts as soon as you can
  - Express chair lifts are faster
  - Gondolas allow you to be inside – in the mountains
- Green, blue and black diamond difficulty depends on ski area and snow conditions
  - Don't save last run of the day for a black diamond

# Alpine Technique

- Start with snowplow, zig-zag downhill
- Bend your knees, avoid trees!
- Control with edges, think french fries (parallel skis), lift and turn, don't cross tips!
- Plant your left pole turn left – poles for balance and weight transfer, not for propulsion
- Take a lesson! Well worth it.
- Can do NASTAR racing



# Where to go in SE Michigan

- Alpine Valley, Mt. Holly, Pine Knob & Brighton

Ski Area	City	Runs	Lifts	Vertical	Profile
<a href="#">Alpine Valley Ski Area</a>	White Lake	25	14	300	<a href="#">More Info</a>
<a href="#">Bittersweet Ski Area</a>	Otsego	19	13	350	<a href="#">More Info</a>
<a href="#">Mt. Brighton</a>	Brighton	26	18	230	<a href="#">More Info</a>
<a href="#">Mt. Holly</a>	Holly	17	14	350	<a href="#">More Info</a>
<a href="#">Pine Knob Ski Area</a>	Clarkston	17	12	300	<a href="#">More Info</a>
<a href="#">Swiss Valley Ski Area</a>	Jones	11	5	225	<a href="#">More Info</a>
<a href="#">Timber Ridge Ski Area</a>	Gobles	15	8	250	<a href="#">More Info</a>

Local lift tickets:  
 \$32-33 weekday or evening,  
 \$37-41 weekend day or evening,  
 \$47-54 weekend day+evening

Ski & snowboard rental \$25-28  
 Helmet rental \$7-10

- <http://www.skimichigan.net/cgi-bin/ski.pl>



# Northern Michigan

Northern MI Ski Areas	City	Runs	Lifts	Vertical	Profile
<a href="#">Boyne Highlands</a>	Harbor Springs	54	8	552	<a href="#">More Info</a>
<a href="#">Boyne Mountain</a>	Boyne Falls	60	10	500	<a href="#">More Info</a>
<a href="#">Caberfae Peaks Ski Resort</a>	Cadillac	34	6	485	<a href="#">More Info</a>
<a href="#">Crystal Mountain</a>	Thompsonville	45	9	375	<a href="#">More Info</a>
<a href="#">Hanson Hills Recreation Area</a>	Grayling	11	3	200	<a href="#">More Info</a>
<a href="#">Mt. Holiday Ski Resort</a>	Traverse City	12	5	200	<a href="#">More Info</a>
<a href="#">Nub's Nob Ski Area</a>	Harbor Springs	53	10	427	<a href="#">More Info</a>
<a href="#">Otsego Ski Club</a>	Gaylord	31	5	358	<a href="#">More Info</a>
<a href="#">Shanty Creek Resorts</a>	Bellaire	49	12	450	<a href="#">More Info</a>
<a href="#">Snow Snake Mountain</a>	Harrison	13	7	220	<a href="#">More Info</a>
<a href="#">The Homestead Resort</a>	Glen Arbor	16	5	375	<a href="#">More Info</a>
<a href="#">Treetops Resort</a>	Gaylord	23	5	225	<a href="#">More Info</a>



# North of da Bridge

<b>Upper Peninsula</b>					
<b>Ski Area</b>	<b>City</b>	<b>Runs</b>	<b>Lifts</b>	<b>Vertical</b>	<b>Profile</b>
<a href="#"><u>Big Powderhorn Mountain</u></a>	Bessemer	33	9	600	<a href="#"><u>More Info</u></a>
<a href="#"><u>Blackjack Ski Resort</u></a>	Bessemer	19	6	465	<a href="#"><u>More Info</u></a>
<a href="#"><u>Indianhead Mountain Resort</u></a>	Wakefield	29	9	638	<a href="#"><u>More Info</u></a>
<a href="#"><u>Marquette Mountain</u></a>	Marquette	25	4	600	<a href="#"><u>More Info</u></a>
<a href="#"><u>Mont Ripley</u></a>	Ripley	24	3	440	<a href="#"><u>More Info</u></a>
<a href="#"><u>Mt. Bohemia</u></a>	Lac La Belle	71	2	900	<a href="#"><u>More Info</u></a>
<a href="#"><u>Pine Mountain Resort</u></a>	Iron Mountain	26	4	500	<a href="#"><u>More Info</u></a>
<a href="#"><u>Porcupine Mountains</u></a>	Ontonagon	42	2	787	<a href="#"><u>More Info</u></a>
<a href="#"><u>Ski Brule</u></a>	Iron River	17	11	500	<a href="#"><u>More Info</u></a>
<a href="#"><u>Whitecap Mountains</u></a>	Montreal	43	7	400	<a href="#"><u>More Info</u></a>



# Michigan Downhill Ski Areas

The screenshot displays a Google Maps interface with a search bar at the top containing the text "Dale Murrish". The main map area shows the Great Lakes region, with Michigan highlighted. Numerous blue snowflake icons are scattered across Michigan, representing downhill ski areas. The map includes standard navigation tools like a compass and a person icon, and a scale bar at the bottom left. The taskbar at the bottom shows the system clock as 12:48 PM on 01/17/2013, along with various application icons and system status icons.

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# GM Ski Club Colorado Trip

- Copper Mountain Ski Resort, 75 miles west of Denver
- March 2 – 9, 2013
- Contact: Dave Norkus dnorkus@comcast.net
- ☐ 7 day trip
- ☐ 5 day lift tickets at Copper Mountain
- ☐ Slope-side condominium lodging
- ☐ Non-stop airfare
- ☐ Transportation
- \$1,165 (GMSC or MDSC Members)
- Non-members--\$1,190
- More info about other club activities, visit [www.gmskiclub.org](http://www.gmskiclub.org)



# Nordic Skiing Equipment

- Skis, boots, bindings, poles
  - Rent them before buying them
    - (\$10/half day in SE Michigan)
  - Adult packages \$290-330-400
  - Junior \$169 for new equipment; max \$29 / year when outgrown (\$10 boot, \$15 skis, \$4 poles with \$70 store credit towards adult package when child stops growing)

Cross Country Ski Shop

6041 M-72 West

Grayling, MI 49738

989-348-8858

800-889-7456

<http://xcskishop.com/>, also sold locally at REI, etc.



# Cross-Country Ski Clothing

- Warm coat, hat, mittens or gloves
- Dress in layers – several layers are better than a heavy coat.
- Wear polypropylene or other synthetics next to the skin to wick moisture to wool sweaters (insulates when wet). Acrylic OK too.
- Cotton absorbs moisture and should never be worn next to the skin; preferably not at all.
- Blue jeans collect snow and should be covered if worn. You will get bit by snow snakes downhill and cross-country skiing!
- Gore-tex pants to cover layers – acrylic sweat pants better than jeans
- Sunglasses, face guard probably not needed – usually X-C is less exposed; skiing in woods, no chair lifts
- Sunscreen, chapstick
- Backpack for snacks & sack lunch – lodges are more laid back
- Camera

# Know the Area

- Make sure you don't get in over your head
- Try an easy trail first; allow enough time to get back
- Get a map of the ski area and use it – mountain bike and hiking trails are used for skiing in winter
  - Signs at trail intersections and markers on trees
- Green, blue and black diamond difficulty depends on ski area and snow conditions
  - Snowmobile grooms tracks by pulling a sled behind it

# Nordic Technique

- Basic diagonal stride good for long distances – walk and slide, pushing with poles a foot behind you (not in front like downhill skiing)
- Double poling for racing finishes, down hills
- Brake on steep downhills with one ski in track, other ski doing a snowplow – ski under control!
- Herringbone to climb hills – poles behind to push
- Can telemark on easy runs in downhill areas



X-C trekking in Norway



# Where to go in SE Michigan

- Anywhere there is a couple inches of snow:  
Golf Courses, County Parks, Metroparks, State Parks and Recreation Areas, your backyard

<b>Local Parks with Ski Rental (\$10 per half day)</b>			
<b>Trail Distance</b>	<b>Town</b>	<b>Park</b>	
10 miles	Clarkston	Indepedence Oaks County Park	
		(also offers lessons)	
12 miles	Shelby Twp	Stony Creek Metropark	
12 miles	Milford	Kensington Metropark	
6 miles	Brighton	Huron Meadows Metropark	
6 miles	Dexter	Hudson Mills Metropark	
6 miles	Belleville	Willow Metropark	

# X-C Ski Northern Michigan

- Michigan cross country skiing trails stretch over 3,000 miles and the hush of snow-covered scenery sets the stage for an invigorating wintertime adventure.

<http://www.michigan.org/cross-country-skiing/>

Cross Country Ski on the Best Trails

Humans Were Never Meant To Hibernate

[Latest Ski Conditions](#)

[XC Ski Headquarters Snow Report - 01/17](#) We received a little more snow yesterday...

[Crystal Mountain Snow Report - 01/15](#) Scattered flurries but no blizzards. Until the natural snow lends us...

[Hanson Hills Snow Report - 01/15](#) Trails are Closed Cote Dame Marie Ski Loppet: Update. Due to...

[Crystal Mountain Snow Report - 01/14](#) Due to current weather conditions, Cross-Country trails are closed until we...

- The Great Lakes and especially in Northern Lower Michigan is the Heart of Cross Country Skiing in the USA. Not only do we have Lake Michigan to help generate mountains of lake effect snow we also have a huge concentration of groomed Cross Country Ski Trails in one of the most diverse forests in the western hemisphere. Our rolling scenic terrain is the perfect way to enjoy nature's best season: WINTER!
- Here you will find everything you need to know about where to ski and snowshoe, current snow conditions, events, news and member information about reliable equipment and services, and how to get started Cross Country Skiing.

<http://www.skinordic.org/>





https://maps.google.com/

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Troy Public Library to Troy Public Libr...

+Dale Search Images Maps Play YouTube News Gmail Drive Calendar More -

Google

Get directions My places

Car
  Transit
  Walking
  Bicycling

- A Troy Public Library, Troy, MI
- B Cross Country Ski Headquarters, Roscommon, MI
- C Cross Country Ski Shop, M-72 West, Grayling, MI
- D Hanson Hills Recreation Area, Grayling, MI
- E Crystal Mountain, Thompsonville, MI
- F Public Library, 510 West Big Beaver Road, Troy, MI

Add Destination - Show options

GET DIRECTIONS

Suggested routes

M-115 E, US-10 E and I 488 mi, 8 hours 29 mins -75 S

Crystal Mtn to Troy 223 mi - 3:43

Troy to Grayling 187 mi - 2:45

Map data ©2013 Google

Internet | Protected Mode

# Questions?



Sylvan Glen Golf Course,  
Troy, Michigan  
29 December 2012



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