

# Squaw WOWs women with instructional slope time

By Kathryn Reed

OLYMPIC VILLAGE – “You have to look ugly to get better,” Fran Tone told the group of women huddled in Squaw’s Funitel.

The nearly 20 women – all at least advanced intermediate – had gathered for a two-hour session of schussing under the guidance of several instructors. It’s not about standing around watching an instructor ski and having her critique you. It’s about being taught the nuances of the sport and getting down terrain that might have seemed inaccessible at the start of the day.



Jonny Moseley offers advice Dec. 16 during Squaw’s WOW session.

Photo/Kathryn Reed

Wednesday marked the first WOW (Women of Winter on Wednesdays). It’s neither a clinic nor a lesson. Skiing is the emphasis; not talking.

Tone stressed the importance of making good tactical choices.

On this particular day the visibility is horrible, the moisture coming down would make it nice to have wipers on the goggles, depth perception is gone.

Tone imparts some wisdom â€” use your poles more to feel the terrain and keep one on the ground at all times when itâ€™s hard to see.

â€œIt helps your brain process whatever pitch you are on,â€ Tone said.

Other instructors â€” some on skis, some on snowboards â€” talked about balance being important, especially when itâ€™s hard to see. Having a strong core, and relying less on quad and hamstring muscles is important.

Squaw plans to offer six more WOW days. Some of them will include a special guest. The first Wednesday featured Olympian Jonny Moseley.

His advice on the ride up the Funitel, â€œStretch your neck.â€ Just in case you fall it will be a little looser.

Moseley is Squawâ€™s ambassador of sorts.

This wasnâ€™t the only chance people had to hang out with Moseley. He will ski with people at 1pm Dec. 26-Jan 2 â€” for free. Heâ€™ll start off easy and move to more difficult terrain, like the run off KT-22 that bears his name. It will be up to the riders to decide if they can keep up with this skier who turned the dinner roll from something one eats into something one does on the slopes.

WOW dates: Jan. 6, Jan. 20, Feb. 3, March 13 and March 17. Each starts at 10am and is two hours. Cost is \$49, plus lift ticket. A package of five is \$159. Call (530) 452.7263 for information or to book a session.