



Powder Techniques and Tips

Did you know that Mike Wiegele Helicopter Skiing Guides are also qualified Ski Instructors? Not only are you safely toured through the mountains and the best powder lines by your guides, but they are also providing continual advice to bring your powder skiing to a greater level. Skiing or boarding in powder can be more strenuous than resort skiing. However, with preparation, training and the right equipment, your day of heliskiing or heliboarding will be the rewarding experience you expect. Tune in monthly for techniques and tips that will make you stronger powder hound. Then, put those skills to practice in the Cariboo and Monashee Mountains of Mike Wiegele Helicopter Skiing.

MARCH 2009 : Feel the Burn

One of the things that set Mike Wiegele Helicopter Skiing apart is the amount of variety in our terrain. We have the world's best tree skiing and alpine terrain. Just last week I was able to experience a really beautiful alpine day. After taking a minute to appreciate the view, my group and I started skiing, and kept skiing for a really long time - long enough that we could all feel the burn in our legs.

One of the ways to condition yourself to ski longer pitches and avoid the burn is to mix it up. Muscle fatigue happens when we do the same movement in a repetitive fashion. By varying your turn sizes and shapes you give your muscles time to recover and force different parts of the muscle to fire. This, in turn, lets you keep skiing for longer without getting that familiar burn that can lead to fatigue and injury.

The easiest way to start conditioning is on even, groomed terrain and play the "3's game". Challenge yourself to change your rhythm every 3 turns, start slow and gradually build up to a point where you can do it all the way down a run. Then for an added challenge, try it off-piste, in uneven snow or moguls. By changing your rhythm you will force a couple of things to happen. One is your pole plant will become more coordinated. Second, you will feel less fatigued. And finally, you will become more adaptable to changes in the snow conditions or terrain.

Spring skiing for us in Blue River can mean great alpine days with 400-500 consecutive turns on some of our famous runs like Paradise, Most Magnificent and Awesome Glacier. Mix up your turns and you'll be skiing top to bottom and arrive at the helicopter ready for more!

As always, we'll see you on the heli-pad.

Ron Betts-Lead Guide

CSIA Level 4, CSGA Level 3, CSCF Level 3



Heli ski powder turns