

# Mike Wiegele Helicopter Skiing

## Ski Tips & Techniques

### MARCH 2011 - SPRING (POWDER) BREAK

Wow, what an amazing week of spring skiing. Big smiles and stories have been dominating the dinner conversation. Yesterday, Bob Rankin's group spent the day leaving his signature on Kermit, Raymond's Glacier and Hole in the Wall. Erich Schadinger did one of his infamous southern Monashee tours. Barry Widas sampled Dixon Glacier and Paradise. Mike and I hit Most Magnificent, Nancy's, Cadillac West and Big White.

March and April are the time for big glaciers runs at Mike Wiegele Heli Skiing. Unending fields of powder, vistas that never end, and runs with 200 or even 300 turns are the highlight of spring skiing in Blue River.

To get through these runs successfully, requires more than leg fitness and perfect ski technique. Yes of course, these are important factors but standing on Dixon Glacier and getting ready to rip 3000 feet of perfect powder turns requires a good plan to be successful.

Start by being subtle. I have talked before about "keeping a quiet upper body" and that is very true when you are trying lay waste to a glacier with 200 powder turns. By keeping your shoulders square to the fall line, hands ready and forward and keeping movements, like pole plants and flexion and extension efficient and purposeful, you will save energy and be ready for each turn.

Speaking of pole plants, they become extra important for long runs. By coordinating pole plants we can build rhythm for the up and down "working" phase of each turn. Pole plants help to signal when to work and when to rest.

Finally, think about your feet. Shifting your feet position throughout long runs helps to stave off leg fatigue. Again, be subtle but play with your feet position..a little wider maybe ...a little forward or back...whatever it takes. Make minor adjustments not only to adapt to changing slope pitch and snow, but to give tired muscles a break.

I hope this helps with your next 300 turn powder run!

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