



Mid-Atlantic Masters Skiing

The Foy Cup

West Mt 2022 Eastern Regional Championships

Draft Check back for updates



Mountain: West Mountain, Queensbury, NY **Discipline:** GS Training, SG, GS, SL **Date:** 02-17 - 2/20/22

Online registration: www.masters.adminskiracing.com closes Wednesday 2-16-2022 at NOON!!!!

Please **remember your bib**, if you use a borrowed bib, please return after the weekend of racing. If you have a New England Bib and the number is available, we will allow you to use that as your bib, so bring it and we'll let you know if it works. We will be using the Whatsapp application for race day and pre-race communications. Join the conversation at the following link <https://chat.whatsapp.com/FW5n3Aq7FGyBLrbpGcv4zh> (this is the same group as our previous two races).

Reminders: A FIS Approved helmet is required!!! Look for your sticker

Registration Location: White Tent behind lodge, by fire pit. **Time:** 07:45 - 08:15

Pre-registration is required at www.masters.adminskiracing.com. A Full USSA license is required for this race. Details on how to get a license at <http://my.ussa.org/membership/start> SG Race cost is \$80 for race and lift, \$65 for race only (Indy Pass Holder). GS/SL Race & Lift cost \$75, \$55 Race only (pass holder). Note that ASR has an additional 5.95% admin fee on top of this to cover credit card and administrative fees. Indy pass holders need to reserve which days they would like to use their pass by noon Feb 15th [at the following link](#).

Race Trail Name: Cure/Gnarwall Face - U1166/11/17- Start 439m Finish 131m

Time Lift Opens: TD-Bill Bolte REF- Darnell Holmes (represents athletes, all athlete concerns are funneled through Ref)
Jury: 08:00 **Chief of Race:** TBD **Chief of Course:** TBD
Athletes: 08:30 **All times are subject to change, please check the [Whatsapp](#)**

[Notice Board](#) for any changes.

Official Notice Board and Unofficial Scoreboard location: We will be using the [Whatsapp](#) application to post DSQ's. Please check. We will share the link to livetiming prior to the race.

Awards Party Location/Time: Per US Ski & Snowboard Covid Guidance, Award ceremonies are to be held outside by Fire Pit.

West Mountain offers line-style cafeteria that will be open in the mornings at 8:00am. Please note the [West Mountain Covid protocols](#) and policies.

If a racer loses a ski more than two gates above finish (U629.4) they must exit the course. If a competitor comes to a complete stop (e.g. after a fall), they must no longer continue through previous or further gates. This interdiction is valid in all events with a fixed start interval (DH, SG, GS). Only exception is for SL [661.4.1], as long as the competitor does not interfere with the run of the following competitor or has been passed by a competitor. [614.2.3] Penalty for continuing to race after a complete stop is disqualification. [628.8]. ALL knee braces and back protectors must be worn under the GS suit or race clothing. [614.2.2]. FIS approved helmets are required for GS & SG. Soft ear protection is only permitted for helmets used in Slalom. [807]. DQs will be posted on the Official Notice Board at the completion of each run. Protests will be allowed for 15 minutes after the posting of the DQs from each run. Protests not filed on time will not be considered (644) - Protest Fee \$50.00.



Timeline of the events for the weekend

Training -Thursday February 17, 2022

10am – 2pm. GS Training – Pay for the training at the desk inside the lodge. Lift & Training: Training without lift:

Lift Spin Times Plan Accordingly

SG - Friday February 18, 2022

Registration in the parking lot registration)	7:30-8:15am (please check in before booting up so we can close
Course Setters & Jury West Express Lift	8:00am
Lifts Open for athletes	8:30am
Controlled Ski on Race Trail	09:00-10:00am
Inspection Window Open/Close	9:45am/10:15
Inspection Closes:	10:30am
Clean Course & Dye	10:30am
Training Run Starts:	11:00am
Course Slip If Needed	12:00pm
Forerunners	12:55pm
First Run Start:	01:00pm
Awards outside lodge by Fire Pit	1 hour after end race

GS – Saturday February 19, 2022

Registration in the parking lot –	7:30-8:15 Pick up your ticket before you boot up
Course Setters & Jury West Express Lift	8:00am
Lifts opens for Athletes	8:30am
Inspection Window Opens/closes	8:45am/9:15am
Inspection Closes	9:30am
Clean Course & Dye	9:30am
Forerunners	9:55am
Race #1 Starts	10:00am
Course Setters Run 2 meet at Start	11:00am
Inspection Window Opens/Closes	11:45am/12:15pm
Inspection Closes	12:30pm
Clean Course & Dye	12:30pm
Forerunners Run 2	12:55pm
Run 2 Starts at top of Gnarwall	1:00pm
Awards outside lodge by Fire Pit	1 hr after end of race
Tailgate Fun in Parking Lot	After awards

SL – Sunday February – Gnarwall Face

Registration in the parking lot –	7:30-8:15 Pick up your ticket before you boot up
Course Setters & Jury West Express Lift	8:00am
Lifts opens for Athletes	8:30am
Inspection Window Opens/closes	8:45am/9:30am
Inspection Closes	9:45am
Forerunners	9:55am
Race #1 Starts	10:00am
Course Setters Run 2 meet at Start	11:00am
Inspection Window Opens/Closes	11:45am/12:30pm
Inspection Closes	12:45pm
Forerunners Run 2	12:55pm
Run 2 Starts at top of Gnarwall	1:00pm
Awards outside lodge by Fire Pit	1 hr after end of race
Tailgate Fun in Parking Lot	After awards

Registration, Lodging and other Info that might be useful

Note – Some folks have expressed interest in sharing a room with other campers or racers. If you are interested pop a note to racing@mamasters.org and we'll connect folks.

West Mountain Lodging Information

- [Queensbury Hotel](#) - In the center of Glens Falls, walking distance to some restaurants.
- [Holiday Inn Express - Queensbury](#) - Last year The Holiday Inn has offered us a rate in the past of of Kings at \$99+tax and Doubles at \$109+tax per night for the weekend. I have contacted them for this year to see if they will hold a block of rooms for a limited time. Their phone number is 518-415-1888.
- [Sleepnn & Suites:](#)
- [Super 8:](#) Right by the northway exit from the mountain.
- [Country Inn & Suites by Radisson](#) 1130 State Rt 9, Queensbury, NY 12804. 518-745-0180
- [Fairfield Inn and Suites by Marriott](#) 21 Big Boom Rd, Queensbury, NY 12804•(518) 832-4056
- West also has a [spot on their web page](#) with suggested hotels.

Local Shops

- [Reliable Racing](#):643 Upper Glen St, Queensbury, NY 12804
 - Great deals on race clothing, protection, equipment, and tuning supplies.
 - If you need a FIS helmet, there are some killer deals to be had. They have Vola helmets which are quite affordable.
 - Save time before the race and buy online with "in-store pick up"
 - Great in-store deals as well. They always offer 10% off for current Masters Racers.
- [Sports Page](#)- 138 Quaker Rd, Queensbury, NY 12804
 - o They do a great job on tuning skis but they tend to be busy, call ahead
 - o They also are a great race shop and super knowledgeable.

Restaurants

Cliff Mark worked (wrote about beer, wine and spirits), ate and drank in the Saratoga area for most of this decade. The following are places that he has dined at:

Glens Falls

Siam Thai - Traditional asian cuisine, Sushi Bar, date worthy

Mikado - Hibachi Dinner, Sushi Bar, great for groups, call ahead for Hibachi reservations.

Davidson Brothers Brewpub - Good beer, good prices

There are a couple of Pizza Jerks (like the one at Killington) in the area

Common Roots/Mean Maxs - local brew pubs who have a wide variety of local restaurants who will deliver to the brewery, if you're lucky, there may even be a stellar food truck parked outside.

Lake George

Adirondack Pub & Brewery (I87 exit 21) - World-class beers and decent food. Their seasonal beers are great. They also own the distillery next door

Saratoga

There are plenty of very high priced (over \$100 pp before drinks and wine) restaurants. I've eaten at most of them, multiple times. Email me (clifmk@aol.com) if you are interested in any of them. A few are worthy of their prices. However, there are a few reasonably priced options

Hatties (I87 exit 15) - Southern and Cajun menu. Jasper's fried chicken bested Bobby Flay's. Moderately priced, very cool place

Druther's (I87 Exit 15) - World-class beer brewed by a "celebrity brewer". Much better than average brewpub food.

Forno Bistro (I87 exit 15) - Better than average Italian. Moderate prices.