

Sugarloaf USA: Skiers Heaven

Sugarloaf USA has been in operation for 29 years and this past year it underwent the largest expansion in its history. During the past year over 20 million were spent on renovations to the 4237 ft. high mountain. New projects completed are 60 new condos, a health club complete with a full size indoor swimming pool. Projects that are in the works include a new baselodge, a seven storey hotel, an enclosed waiting area with food concession for the gondola and the new Sugarloaf golf course which will open this summer.

Opening this year was the 7200 ft. West Mountain chairlift which provides easier access to the beginner and intermediate trails. This gives the mountain 1 gondola, 5 t-bars and 8 chairlifts.

The mountain itself contains 52 trails with over 40 miles of skiing terrain. This includes beginner to expert trails, above timberline snowfield skiing in the spring and three FIS approved racing trails.



A tense moment before the Heavyweight racers explode from the starting gate.

There's never any lack of snow at Sugarloaf. The mount has 25 Omihscron snowguns which can be hooked into a system of 450 hydrants placed in intervals along the trails. Snowmaking is an art, one doesn't just go out and make snow. It all depends on the weather conditions, the contours of the hill and how busy the hill will be. You can open a mount quite early when the snow making equipment is available. It's a lot better though to but several feet of snow on one trail than open several with only 5 or 6 inches, after all, many people do not want to damage their equipment on the underlying rocks and stumps.

For those that don't know how to ski, Sugarloaf offers just about the best lessons in

the Eastern United States. Their lessons range from beginner to expert. One can sign up for classes or take private lessons at an extra cost. They can run straight through or one can purchase a block of time that can be used as ones whim decides.

Besides recreational skiing, Sugarloaf is also known for some of the finest ski competition in the country. Last year, for the first time, the United States hosted the World Junion Alpine Championship. This 7 day event held at the Loaf was one of the most prestigious events every held in the U.S., short of the Olympics. This event attracted 140 of the best amateur racers in the world. In order to hold this event, improvements had to be made to the hill, but this now allows Sugarloaf to host any world class event in the future.

Sugarloaf is also an annual stop of the Peugeot Grand Prix Pro Tour. This event hinges on the best races in the country. One of the more unique events in the Annual World



Heavyweight Ski Championship, where the real "Heavies" of skiing get to strut their stuff. Eating at Sugarloaf is an experience. There's quite a few good restaurants right on the mountain, but, if you're going to eat, the only way to do it is to find the daily "specials". Here's a look at the restaurants on the mountain.

A WINTER HAROR—The late Amos Winter, the father of Sugarloaf Mountain, is honored with the naming of this bar and restaurant, formerly known as Jake Cassidy's and Shucks. A Winter Harbor is now run by the Sugarloaf Mountain Corporation, but still specializes in seafood, offering a variety of fish, shirmp and lobster dinners, in addition to terijaki and

sirloin steak. Prime rib is the special served on Saturday nights. Add, of course, the A. Winter Harbor feature attraction, steamed or sauteed mussels ("the more mussels you have, the better you'll ski"), and you could have the makings for a great meal, after a full day out he slopes. Lunch specials are also served daily in this Village West restaurant.

THE BAG—An ever-popular place to gather for Sugarloaf skiers, the Bag serves a wide variety of stomach-stuffer sandwiches, sausage plates, soups, pizzas, nachos and other goodies from lunch through apres ski and far into the night. The drink of choice is Balentine Ale, but if that's not to your taste, there are plenty of other selections from the full bar. A big screen T.V. with occasional movie specials and a commanding view of the activities around the base lodge, are also drawing cards. The menu leads toward Teutonic specialties like the Braunschweiger (lightly spiced liverwurst with onion), the Kaiser Bill (liverwurst, Swiss cheese and sauerkraut), and the knowkwurst and kielbasa plates, but there's also good old roast beef, salami, and the P.L.T. — pepporoni, lettuce and tomato. The pizza menu culminates in the Bag Monster. The Bag Salad is generous and the nachos are snack heaven. The Bag is located in the Village Center.

THE GLADSTONE—This slopeside restaurant at Sugarloaf is once again open to the public for dinner (it's a private club during the day) and features a beautiful new greenhouse addition and an expanded menu cooked up by chef John Edmonds. Last year John and wife Cynthia ran a gourmet catering service out of the Gladstone, and this year they're back with sit down dinners that locals have been raving about. Appetizers include bacon-wrapped scallops and crabmeat-stuffed artichoke bottoms Morney. A fairly long and everchanging list of entrees includes veal piccata, Chicken Diablo, Shirmp Creole and seafood kabob. Salads range from Greek to shimp-avocado; desserts are fresh daily. Open from apres ski til 10 p.m. (dinner starts at 5).

MAXWELL'S—The place to get down and boogie on the mountain, Maxwell's has rock

continued on page 18



The gondola carries skiers to the summit lodge on Sugarloaf Mountain

Fitness for Life

By STEPHEN YOUNG

Well now, everyone is back from "Study Week" no doubt a few pounds heavier from either lack of exercise or from eating too much (Beaver can't match mom's home cooking). If you went to Florida or further South you've probably gotten a bit of a tan on those extra pounds. Some sun worshippers probably even took time out to go swimming in the land of sand and sea air and swimming is the topic of the week.

Swimming has long been touted as the best overall exercise (ask any UNB Beaver). It ranks second, behind walking, in participation by Canadians as a Physical Recreation pursuit. It can be done by anyone and it promotes aerobic fitness equal to that of distance runners and cross country skiers. The only major associated cost is for a bathing suit but that is easily affordable if you pool your resources.

The energy expenditure of swimming is very high, approximately 6 to 15 cal/min depending on your rate and stroke. Doing the crawl (not from the Social Club) at 50 yards per minute burns about 12 cal/min while breaststroke and sidestroke burn somewhat less (approximately 10 cal/min).

Medically swimming is great from those who suffer from joint problems for whatever reason. Because of the bouyancy of the water there is less stress put on the joints and there isn't the pounding that you would find in running or aerobics classes. About the only complaints you hear from swimmers is about stiff muscles from over use or sore eyes from too many chemicals in the water. Very few recreational swimmers injure themselves to the point where they have to stop the activity.