



Photo courtesy of Kelly Woods

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Blog > Ski Tracks

Raft the first day and ski the last

by **Dan Cassidy**
(Created: Thursday, May 1, 2008 12:11 PM EDT)

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This weekend, skiers will have a great opportunity to ski and raft with Sugarloafers. It's called the 'Blur-the Line' between winter and summer this weekend at Sugarloaf and Northern Outdoors.

Catch your first waves on the Dead River with Northern Outdoors, located in the Forks on Saturday, May 3rd with the first of 10 whitewater rafting trips for just \$49, and ski the last day at Sugarloaf Mountain for just \$39.

To book your trip, contact Northern Outdoors at www.northernoutdoors.com, or call Sugarloaf at 1-800-THE-LOAF for details. End of the season lodging deals are also available Northern Outdoors website or www.sugarloaf.com



Skiers and rafters can take advantage of a special deal from Sugarloaf Mountain and Northern Outdoors Rafting this weekend. Photo courtesy of Northern Outdoors.

Time to put away the boards

I don't know about you, but I'm already having symptoms of withdrawals of having to tuck away my skis for the summer. Looking back, it was a great season for both the mountains and skiers.

Putting skis and boots away

Spray your skis and bindings with a garden hose to get sand and grit out of the bindings, and off the bottoms of the skis. Allow them to dry until all the moisture is gone. Wipe the edges dry, and then apply a coat of soft paraffin wax to the bottoms. I even give a thin coat of Vaseline to the edges to prevent rusting. Put them in your ski bag, but leave it partially open to allow air to circulate, and store them in a dry place.



Make sure boots and liners are clean and dry before putting away. Store in cool dry place. Photo by Dan Cassidy

Ski travel boxes and racks

If you have a travel box or ski racks on your auto, take them off. With today's high gas prices, you'll save about 20 percent in fuel, with less wind drag against the automobile.



Clean your apparel

Wash your ski jackets, pants, turtlenecks,



Calendar of Events

May 2008

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sweaters and other ski gear and put them away. They'll be fresh and ready when next season arrives. Air your ski helmet out and store in a dry place.



Skis and bindings should be washed and dried before storing. Coat bottom of skis with a household type wax to protect the bottom surface. Photo by Dan Cassidy

Don't forget the boots

Wash the outsides of the boots to get the grit out of the buckles and off the soles. Take out the liners and foot beds, and allow them to dry thoroughly. Then sprinkle a little talcum or baby powder in them to dispel odor.

Insert the liners with foot beds back into the boot shell and buckle the boots loosely to allow the plastic shell to retain their shape. Store the boots in a cool dry location. If that's in the cellar, better stuff something in the boots to prevent any little creepy crawlers (like mice) from making a summer home for themselves.

Professional advice

Lionel Hering, owner of Happy Tunes Ski Service Center in Carrabassett Valley says that planning ahead for summer storage of your skis and snowboards pays off.

"Drop off your boots and skis for a full function test torque," Hering said. "We tune the skis as though you were going to use them again, but we go one extra step by applying a soft thicker wax, a 'travel wax', as it is called in the racing community."

The wax seals the base to prevent oxidizing and keeps them less exposed to air, according to Hering.

"Bindings are interesting," he said. "You can leave the DIN setting as is. It's not relevant. However, I recommend to folks that they should lower settings of the springs. For long periods of inactivity they will lose range of elasticity in the binding housing. The springs are the heart of the bindings."

In the past, I have always sprayed a little light lubricant in the moving parts of the bindings. But Hering said that is not always what should be done.

Hering also said that there are some bindings that shouldn't be lubricated. "On Marker bindings, the toe piece moves with the toe of the boot, and should not be lubricated."

This wraps up a great season on the slopes and for Ski Tracks. Have a great summer and I hope to see you all back here next winter so we can head down some new mountain trails.

Spring's here and winter's coming. Only about 210 more days until we ski again!

If you're biking, skate boarding or white water rafting or kayaking, do so safely and don't forget to wear a helmet.



Make sure boots are loosely buckled before storing. Place boots, helmet, goggles and gloves in backpack and store in a cool dry place. Photo by Dan Cassidy

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