

# About.com Skiing



## Mike's Skiing Blog

By [Mike Doyle](#), About.com Guide to Skiing

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## Bumps For Boomers - Seniors Ski Some Mean Moguls

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There's a ski clinic in Aspen, Colorado that starts its season run this week - [Bumps For Boomers](#) (BFB). The name seems self explanatory - seniors will learn to ski bumps - unless you have had personal experiences with Aspen bumps. In Aspen, bumps can easily be understated to mean - who abandoned the VW bugs on this very steep hill and why are you asking me to ski on them?

*Bumps for Boomers* founder Joe Nevin answers both those questions. Those moguls are part of the resort terrain that only gets skied by 20% of skiers and you will ski them - because you can. That is, you can, once you do one of *Bumps For Boomers* 3 or 4 day clinics and learn the techniques of balance and speed control atop of skiboards, very short 95cc skis.

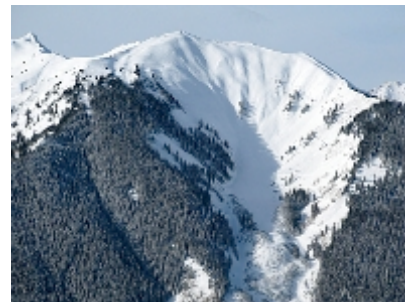
I haven't personally attended a *Bumps For Boomers* clinic, but the testimonials I've read attest to learning a style that won't get you top prize in a mogul bashing contest. However, BFB will get you looking back up a lot of gnarly, bumped up trails you never thought you would ever ski down.

Skiers are a proud, adventurous bunch and, even as we get older, we still like to refine our technique and ski places we have never skied before. *Bumps for Boomers* has the reputation of providing the confidence building and skill refinement necessary to take an aging gamer to the next level - even to Highland Bowl.

If you can get out to Aspen, and work your schedule around the classes that haven't filled up already you should give this a go. Don't be too concerned about the "Boomer" in the moniker. After all, Boomers were born between 1946 and 1964, and 22% of last season's *Bumps for Boomers* players were 49 or younger.

The [Bumps For Boomers](#) web site is very informative as to how and why the technique works. You'll find the BFB "thesis is that any Baby Boomer or senior skier can learn to ski moguls safely and under full control using mogul techniques that are efficient, avoid fatigue, are easy on the knees and back and which are designed to extend your skiing longevity."

I have all intentions of making my way out to [Aspen](#) for a *Bumps For Boomers* clinic this season. So, if I'm in your clinic you can call me a Boomer while we're skiing, but don't ask me to golf with you - I'm not quite ready to take up golfing yet!



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