



By Chris Dehnel
Snowsportsna.com News Editor
Photos courtesy of Michael Brands

Diamonds can be a Boomer's best friend

Bumps can be fun ... just ask Joe Nevin.

Nevin knows that many Baby Boomer and seniors consider heading gracefully down a black-diamond, mogul-strewn run a distant memory. That's why the former Apple executive and Colorado resident founded Aspen-based Bumps for Boomers, the first mogul and powder skiing program in the U.S. designed to teach those from that generation and before to ski longer and safer.



"Boomers who may have become cautious of their physical ability and stamina choose to stick to the groomed intermediate runs rather than skiing more challenging slopes for fear of injury," Nevin says. "Bumps for Boomers clinics impart revolutionary skills and techniques aging skiers need to take on challenging terrain."

The Baby Boomer generation - today's seniors - made skiing popular in the 1960s and 1970s, and it is still one of largest market segments in the snowsports industry. Nevin says the program is designed by Boomers and taught by Boomers.

The lessons are designed to get older skiers to "think differently." Boomers will learn new techniques designed to offset slowing reflexes.

"In fact, you will learn how to ski moguls without the need for fast reflexes," he says. "You will learn the most important 20 percent of the information that you need which will make 80 percent of the difference in your mogul skiing."

Instructors will offer the four different ways to ski a mogul run - and which is the safest and most controlled way.



Bumps for Boomers clinics emphasize the three essential skills for skiing moguls - control, balance and tactics. After an introductory course on mogul terrain, older skiers also learn how to simplify and plan mogul runs. Nevis says the coaching method incorporates "novel" techniques that help reduce knee stress and fatigue using "skiboards" (mini-skis approximately 3 feet long) to help skiers achieve better balance and learn how to maintain speed control.

Exclusive to Aspen/Snowmass, the Bumps for Boomers program is offered this season from November through April. Boomers can participate in a four-day clinic for \$1,196 per person, or choose to take private lessons for \$699 per day. Private lessons are limited to one or two participants. The cost does not include skis or lift tickets unless a combined clinic and lift ticket package is purchased.

Space can be reserved by calling 970-989-2529 or by visiting www.bumpsforboomers.com.

"Our goal is to enable Boomers to ski for life by facilitating their ability to reach peak performance and extend the longevity of their skiing years," Nevin says. "As you age, your reflex speed and balance tend to decline. We use a traditional coaching method, but incorporate ski-board training to help Boomers quickly learn the new techniques and skills needed to ski moguls and powder runs no matter how steep the terrain. As a result, Boomers leave their fear at the top of the run and embrace the new found freedom to ski the entire mountain."

In addition to the ski program, Bumps for Boomers offers ski enthusiasts complimentary weekly skiing tips and an online ski fitness training series developed by Bill Fabrocini, a world-class Aspen instructor.

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