

Like a Rolling Stone

Bumps for Boomers

by Rich Silver

Imagine discovering The Fountain

Of Youth... from a skiing perspective. Aspen Mountain's "Bumps For Boomers"® program is designed for baby boomers with a passion for skiing. The goal is to learn how to ski the entire mountain safely, comfortably and without fear, for the rest of your life. Skiers want to feel like those heroes of the sport that we see in magazines rocketing down the mountain. The problem is, as we get older, we're fearful of falling and enduring months of physical therapy, so we stay on perfectly groomed runs. We're envious of those who can ski moguls and the more challenging terrain of the great ski resorts.

Bumps For Boomers® is a different approach to skiing. As founder Joe



Nevin says, "It's all about giving boomers and older skiers skills, terrain tactics and confidence so that they can ski injury-free for their whole lives." Nevin's background as an Apple executive for twelve years has helped him think out of the box and develop this program. His motto is "You don't need a shot of courage, what you need is a new approach."

The three or four-day sessions are broken down into groups of four stu-

dents and one coach teaching a specific strategy for learning control, balance and safe tactics. The first two days are spent on super short ski boards, which take you out of your comfort zone to heighten balance awareness. Contrary to most teaching methods, Bumps for Boomers® instructs you to flatten your skis instead of edging. This allows the skier to slide and drift between moguls while in complete control. The BFB® technique gives you better speed control, less muscle fatigue and is much easier on your knees. As we get older and our reflexes slow down, this is a fabulous method for reducing "terrain anxiety," and skiing moguls safely. The next days are spent back on your regular skis putting the lessons into practice. Certified instructors Alan Bush, Sam Green and Bob Mattice each possess terrific communication skills and provide a consistent message with just the right combination of drills, on-snow feedback and laughs to make it a productive yet fun learning experience.

BFB® is a program "designed by boomers... for boomers... taught by boomers". Even though it's a clinic about bumps, the skills you learn make you a better skier on groomed runs as well. Every person in my group agreed these were by far the best and most productive ski lessons they had ever taken. Learning the secrets of speed control helped us develop the confidence to ski black diamond mogul runs more quickly than we could have ever imagined. You look back up the hill and see the steep mogul run you used to avoid at all costs and realize you've just skied it easily. What a feeling of accomplishment for a skier on the north side of fifty years old!

Check out their website: www.bumpsforboomers.com for info, testimonials, rates, program dates, exercise videos, lodging suggestions and weekly ski tips sent directly to your inbox. And as an added bonus, you'll be able to enjoy all that legendary Aspen, Colorado has to offer.

Sky Hotel

"WHERE WRANGLER MEETS PRADA"
IN ASPEN, COLORADO

If you were to create a recipe for the modern day ski lodge/hotel, what would the ingredients be? Let's start with the best location in arguably the premiere ski town in America—Aspen, Colorado. Mix in a cool vibe,