

Dislocated hip nothing new for Rahlves

By ESPN

ASPEN, Colo. — U.S. Olympic freestyle skier Daron Rahlves dislocated his right hip after a nasty wreck in his opening skicross race Sunday at the Winter X Games, an injury that could hurt his chances of going to Vancouver.

But a doctor who checked him out at the scene was optimistic about Rahlves' prognosis after the crash that resulted in the 36-year-old's fourth hip dislocation.



Daron Rahlves

Rahlves, slated for his fourth Olympics, was putting pressure on the hip only hours after the accident. U.S. Ski and Snowboard officials said he was treated for a hip injury at the hospital and released late Sunday afternoon. The doctor who treated him after the wreck said the fact this is Rahlves' fourth dislocation should make the injury more manageable.

[Read the whole story](#)

Scotty Bahrke leads U.S. in World Cup aeri

By USSA

MONT GABRIEL, Quebec City – Scotty Bahrke (Tahoe City, CA) took a season-best ninth place to lead the U.S. Team in FIS World Cup aeri

Newly-named Olympian Matt DePeters (Hamburg, NY) was 11th while Jaime Myers (Boise, ID) was 15th among women to demonstrate America's depth of aerial talent.

World Cup overall points leaders Anton Kushnir (Belarus) and Li Nina (China) both expanded their leads in the men's and women's standings, respectively, with victories.

DePeters will head back to Park City to join the remainder of the Olympic Team for final training sessions before heading to Vancouver.

Mont Gabriel, QC, Jan. 30, Aerials

Men

1. Anton Kushnir, Belarus, 263.55
2. Guangpu Qi, China, 236.97
3. Renato Ulrich, Switzerland, 215.42
4. Christian Haechler, Switzerland, 213.58
5. Thomas Lambert, Switzerland, 211.27
-
9. Scotty Bahrke, Tahoe City, CA, 176.33
11. Matt DePeters, Hamburg, NY, 106.92

23. Nevin Brown, Streetsboro, OH, 62.21

Women

1. Li Nina, China, 200.57

2. Shuang Cheng, China, 184.88

3. Assoli Slivets, Belarus, 181.08

4. Elizabeth Gardner, Australia, 160.78

5. Shuangfei Dai, China, 157.44

—

15. Jaime Myers, Boise, ID, 70.40

22. Allison Treleaven, Fort Wayne, IN, 51.47

Mancuso 12th; Vonn dominates super G

By USSA

ST. MORITZ, Switzerland — In her last race before the Vancouver Olympics, Lindsey Vonn (Vail, CO) won her third consecutive Audi FIS Alpine World Cup super G to lock up her second straight discipline title Sunday in Switzerland.

“I skied aggressively and that’s exactly what I wanted to do, not only for today, but also to give me confidence going into Vancouver,” Vonn said.

With 440 points to 220 for Swiss Fabienne Suter, the two-time defending overall champion assumes an insurmountable lead in

the discipline with only two events remaining on the World Cup calendar post Olympics.

Vonn's ninth win of the season ties her own American record and leaves her one short of Bode Miller's still-active mark for most wins by a U.S. skier (32). Vonn also expanded her overall lead to 137 points over Germany's Maria Riesch.

With the World Cup on hiatus until after Vancouver, the speed team will take a day off before starting their pre-Olympic prep at their European Training Base in Kaprun, Austria, while the technical group will return stateside.

The women's team will arrive in Vancouver Feb. 9 with the opening event on Feb. 14 with the Olympic super combined.

St. Moritz, Switzerland, Jan. 31, Women's Super G

1. Lindsey Vonn, Vail, CO, 1:01.77

T-2. Andrea Fischbacher, Austria, 1:01.94

T-2. Marie Marchand-Arvier, France, 1:01.94

4. Fabienne Suter, Switzerland, 1:01.98

5. Tina Maze, Slovenia, 1:02.00

—

12. Julia Mancuso, Olympic Valley, CA, 1:02.57

25. Stacey Cook, Mammoth Mountain, CA, 1:03.06

29. Leanne Smith, Conway, NH, 1:03.12

32. Chelsea Marshall, Pittsfield, VT, 1:03.30

33. Megan McJames, Park City, UT, 1:03.36

42. Alice McKennis, Glenwood Springs, CO, 1:03.90

Teter third in X Games superpipe, Hight sixth

By Lindsey Sine, USSA

ASPEN – With thousands of her hometown fans cheering her on, the first lady of Aspen, Gretchen Bleiler threw down a huge 900 on the first hit of her second run to win her fourth Winter X Games gold. In what will hopefully be a prelude to what they have in store for Vancouver, Bleiler's Olympic teammates Kelly Clark (Mt. Snow, VT) and Hannah Teter (South Lake Tahoe, CA) joined her on the podium in second and third.

"My second run everything went right. Everything felt like it had amplitude. I finally went with the gravity of the halfpipe instead of fighting against it," Bleiler said. "I didn't doubt myself, I just went for it and definitely the support of Aspen helped me get there."

Clark was leading the women's field after the first run when Bleiler went to town on her second shot, throwing a 9 with confidence that set her up to slay the remainder of her run, locking her in the first spot.

"I think I wanted it so badly that I threw it so hard and it just came around corked. It felt so much better that way. I'm going to be working on that one and bringing it back," Bleiler said. "I finally feel like I'm riding to my potential. This is great momentum for me and knowing that I am capable of this brings confidence."

Clark came back with incredible amplitude in run three, but still wound up 0.66 behind Bleiler when all was said and done. But, it was thanks to Clark's ability to unabashedly go for it in the pipe that had Bleiler wanting to go further.

"This girl has been riding so well all year long. I've just been watching her in awe. I was inspired tonight to go for it as well. She lets it go like no one else lets it go," Bleiler said.

As for Clark, the night was more about being able to do what she set out to – being able to pull out and land her big tricks – as opposed to ending up on top.

"I was so happy to have landed the run that I set out to do, especially after falling second run and coming back third run and rising to the occasion," Clark said.

There was added excitement in the air for the women, who will shortly make their way to Vancouver for the 2010 Games, as each recognized the night in Aspen was filled with remarkable riding.

"Gretchen rode amazing, Hannah rode great and that was one of the best women's finals I've ever seen," Clark said. "I think we all take a lot of momentum any time we're standing on the podium of a high profile event. There's no better way to prepare for an event like the Olympics."

And, with a few weeks to go, Clark's already got a thing or two in mind for the halfpipe at the Olympics.

"I have the run that I'm planning for Vancouver, and I'm going to stick to that plan," Clark said.

As for the reigning Olympic champion, Teter divulged a plan for the Games that had the reporters at Winter X laughing.

"I'm going to eat a lot of ice cream," she said, pointing to her brand of Ben and Jerry's. "I'll drink a ton of Amp, and

then I will be ready to try to take it.”

With one day left in Winter X Games 14, skiercross, mono ski cross and snowboard slopestyle athletes are geared up to compete Sunday.

Winter X Games 14, Aspen, Jan. 30, Women’s Halfpipe

1. Gretchen Bleiler, Aspen, CO, 96.66
 2. Kelly Clark, Mt. Snow, VT, 96.00
 3. Hannah Teter, South Lake Tahoe, CA, 70.00
 4. Soko Yamaoka, Japan, 66.00
 5. Ellery Hollingsworth, Stratton, VT, 46.66
 6. Elena Hight, South Lake Tahoe, CA, 39.33
-

Lake Tahoe ski report, Jan. 31



More sunshine than clouds is filling the Lake Tahoe Basin this morning. Here is the ski report from Curtis Fong, the Guy from Tahoe.

Holland nails boardercross win; Anderson takes bronze

By Micah Abrams, ESPN Action Sports

History was made twice Saturday on the X Course in Buttermilk, Colo. The record books began their rewrite when Lindsey Jacobellis earned the first-ever double three-peat by winning the women's Snowboarder X. Jacobellis, who won the event in 2008 and 2009, pulled off her first three-peat from 2003 to 2005.

The two-time defending champion was challenged early in the Snowboarder X final by Norway's Helene Olafsen. Jacobellis, who has a history of being her own worst enemy by pushing too hard at the wrong time, played it safe over the course's biggest airs and never looked affected by Olafsen, who steadily lost ground. The undisputed leader of the women's Olympic Boarder Cross Team ultimately cruised to her historic win.



Nate
Holland

A few minutes later, it was Jacobellis' Olympic teammate's time to shine. Nate Holland has dominated the Winter X Snowboarder X course since 2006, at one point winning nine straight heats in the process. On Saturday, Holland displayed a more cautious style than the brash Lake Tahoe local is known for, coming out of the semifinal round by carefully navigating a horrific pileup in the upper rhythm section before moving on to the final.

Mancuso 1 of 7 U.S. women to score in downhill

By USSA

ST. MORITZ, Switzerland -â€ Lindsey Vonn (Vail, CO) held on for a solid fifth place after a costly mistake in Saturday's Audi FIS Alpine World Cup downhill, leading an impressive U.S. Team effort that saw seven Americans finish in the points.

Germany's Maria Riesch won the race, narrowing Vonn's overall lead to 61 points after the two-time defending champion was bounced on a hole that had developed above a hard left boot sidehill turn and got sucked low.

"We were aware of it and we'd discussed it over the radio, but a number of racers still had trouble in that spot," said U.S. Women's Head Coach Jim Tracy.

"I'm pretty disappointed with my result," Vonn said. "It was just really unfortunate. I knew the hole was there. I'd gotten it from the coaches and from Thomas (Vonn, her husband). But when I was on course, the light was so flat, I couldn't see anything.

"My ski just hit it at the exact wrong place, the exact wrong time," she said. "I'm lucky, honestly, to have made the course. I was pretty close to going out there."

Tracy said he was pleased she held on to boost her discipline lead to 126 points, but chagrined she couldn't nab her first downhill win at St. Moritz.

On a banner day for American women, Alice McKennis (Glenwood Springs, CO) earned the best result of her young career, taking ninth.

"She took advantage of her start number (3)," Tracy said. "We thought it was going to be tough early because the forecast called for wind and snow, but there was none really. It was impressive to see a couple of the girls step up."

Close behind was Chelsea Marshall (Pittsfield, VT) in 10th, her second ever top 10 (8th in Sestriere, Italy, in 2008).

Stacey Cook (Mammoth Mountain, CA) landed in the points for her eighth consecutive World Cup downhill, taking 12th.

"All of them did a great job," Tracy said. "They're capable of finishing in the points every race, so to see them put it together is great."

As if four in the top 12 weren't enough, Leanne Smith (Conway, NH) was 18th, Julia Mancuso (Olympic Valley, CA) was 22nd, and Laurenne Ross (Klamath Falls, OR) got her first World Cup points in 28th.

Sunday's super G is the final World Cup race before the Olympics.

St. Moritz, Switzerland, Jan. 30, Women's Downhill

1. Maria Riesch, Germany, 1:41.31
2. Ingrid Jacquemod, France, 1:42.10
3. Fabienne Suter, Switzerland, 1:42.27
4. Anja Paerson, Sweden, 1:42.28
5. Lindsey Vonn, Vail, CO, 1:42.52

- 9. Alice McKennis, Glenwood Springs, CO, 1:42.90
 - 10. Chelsea Marshall, Pittsfield, VT, 1:43.05
 - 12. Stacey Cook, Mammoth Mountain, CA, 1:43.17
 - 18. Leanne Smith, Conway, NH, 1:43.50
 - 22. Julia Mancuso, Olympic Valley, CA, 1:43.78
 - 28. Laurenne Ross, Klamath Falls, OR, 1:44.23
 - 36. Kaylin Richardson, Edina, MN, 1:44.87
 - 44. Keely Kelleher, Big Sky, MT, 1:46.56
-

Jitloff 29th in final GS before Olympics

By USSA

KRANJSKA GORA, Slovenia -â€” A day after cruising to his third consecutive giant slalom victory at Kranjska Gora, Ted Ligety (Park City, UT) battled from behind for third in yet another GS on Saturday, his fourth Audi FIS Alpine World Cup podium of the season.

“That was pretty impressive,” said Men’s Slalom Coach Rudi Souldard. “To finish top three two days in a row is great.

“He made a small mistake on that last pitch, skiing a little bit conservative,” Souldard said of Ligety’s second run. “Still, it’s more points for him. You want to win, but at the same time you feel like ‘I can’t make any mistakes,’ or you’ll fall out of the points. Tactically, it was clever.”

With only one GS remaining, the World Cup Finals at Garmisch-Partenkirchen, Germany, Ligety owns a 352-309 lead over Italy's Massimiliano Blardone in the discipline standings. Ligety won the GS title two years ago.

"It's very nice to still have the red bib and build my lead on Blardone, but then obviously losing a little bit to Marcel (Hirscher, the winner), it's not all that safe."

Ligety – sixth in the overall standings, just four points out of the top five – said Austria's Hirscher won it on the same stretch where he struggled.

Tim Jitloff (Reno, NV) was the only other American in the final, skiing well until a late mistake cost him.

"It was nice to see him get back on track," Soulard said.

Jake Zamansky (Aspen, CO) was slated to start, but felt back pain during Friday's GS and opted to rest in favor of being 100 percent for the Olympic preparation training camp next week in Park City, Soulard said.

Sunday's slalom is the final race before the Olympics.

Kranjska Gora, Slovenia, Jan. 30, Men's Giant Slalom

1. Marcel Hirscher, Austria, 2:31.30
2. Kjetil Jansrud, Norway, 2:31.75
3. Ted Ligety, Park City, UT, 2:31.88
4. Massimiliano Blardone, Italy, 2:32.16
5. Davide Simoncelli, Italy, 2:32.39
-
29. Tim Jitloff, Reno, NV, 2:37.00
- DNS 1 – Jake Zamansky, Aspen, CO

DNQ 1 – Dane Spencer, Boise, ID; Warner Nickerson, Gilford, NH

DNF 1 – Tommy Ford, Bend, OR

Lake Tahoe ski report, Jan. 30



Snow was great at Sierra this morning. Here's the ski report for all you afternoon riders. It's brought to you by Curtis Fong, the Guy from Tahoe.

USFS interpretive tours at Heavenly

Join a Forest Service ranger for an interpretive tour over the snow at Heavenly Mountain Resort.

The "Ski with a Ranger Program" meets at the top of the Heavenly Gondola and is offered on Mondays and Fridays at 10am and 1pm.

This program is a partnership between the Forest Service and Heavenly.

The tour explores the natural cultural history of the Lake Tahoe Basin, highlighting topics such as water quality, watershed restoration, habitat improvement, fire and fuels

management and responsible recreation. The program is free and welcomes intermediate level skiers and snowboarders.

To get a preview or learn more about the program, USFS Forestry Technician and program leader Tara McCarthy will present a slide show about the Ski with a Ranger Program on Feb. 11 at 6pm, at the Explore Tahoe Visitor Center in South Lake Tahoe. The presentation is free and refreshments will be served.

For more information, contact Tara McCarthy at (530) 307.9610 or email tmccarthy@fs.fed.us.