

World Championships were a great success

From the first downhill training run to the thrilling final run of slalom, the 2015 FIS Alpine World Ski Championships in Vail and Beaver Creek were an extraordinary success.



Aldo Radamus
Perspectives

The quality of the competitions, the venues and the images broadcast around the world to, by some

estimates, as many as 1 billion viewers have represented ski racing, our community and the United States in the best light imaginable.

The Vail Valley Foundation demonstrated its incredible service to our community by organizing a World Championships of unparalleled professionalism, beauty, drama, entertainment and excitement. The combined efforts of Vail Resorts, the town of Vail and Beaver Creek Resort, where competitions were hosted, and the towns up and down the valley that welcomed the world established a new standard by which such ski events will be measured in the future.

More than 2,200 volunteers, mostly from Eagle County but also hailing from nearly every corner of the world, along with the professional race crews from Beaver Creek and Vail and the coaches, athletes and parents from Ski & Snowboard Club Vail created an environment for the athletes, support staff, media and visitors where sports and sportsmanship could be celebrated, leaving all of us inspired.

TWO OF OUR OWN

We have truly been able to “Dream it, Live it, Share it” for these full and fulfilling two weeks.

Among the amazing displays of athleticism were the medal



JUSTIN Q. MCCARTY | SPECIAL TO THE DAILY

Mikaela Shiffrin skis to victory during the FIS Alpine World Ski Championships women's slalom on Saturday in Beaver Creek.

performances of two of our own. Mikaela Shiffrin's clutch gold medal in the women's slalom brought down the house, nearly in sight of her childhood home, and Lindsey Vonn's kick-off bronze medal in the super-G set the stage for the U.S. Ski Team's five-medal haul. One athlete took her first turns here on Colorado snow and honed her turning skills on the hard ice of New Hampshire and Vermont. Another started on a little bump in the suburbs of Minneapolis and came to Vail as a 9 year old to learn to glide. Both were here in 1999; Mikaela

3 years old and soon to start out in Ski Club Vail, Lindsey already 14 and inspired by the athletes of the Championships to become a champion herself.

Lindsey became the most winning woman World Cup skier of all time last month, notching her 64th win in Cortina d'Ampezzo, Italy, and Mikaela defended her World Championships slalom victory from Schladming, Austria, in 2013. Both are Olympic champions. More importantly, both are exceptional role models for the thousands of young boys and girls who worship them and follow

their every move.

One can only wonder which young boy or girl slipping the course or watching from the grandstands is committed to their own dream of a win at the Championships. Maybe it will be fulfilled at the next World Championships to be contested in their own backyard and in front of their family, friends and community. I can't wait to see.

Ski & Snowboard Club Vail conducts Try the Club Free days for prospective members on March 8 for freestyle (moguls), March 14 for alpine and March 22 for freeski

and snowboard. Ski & Snowboard Club Vail's Opportunity Fund provides financial assistance to ensure that any child from the community is able to pursue their dream in snow sports regardless of means. For enrollment information, email Sharon Schmidt at sschmidt@skiclubvail.org

Aldo Radamus is the executive director of Ski & Snowboard Club Vail. For more information, go to www.skiclubvail.org, email sschmidt@skiclubvail.org or call 970-790-5161.

Are organic products worth the higher price?

I was coaching a good friend of mine on Friday morning. Typically we skip the small talk and jump right into politics, the state of our military, powder skiing, good food and the problems with the Denver Broncos. Our discussion on Friday involved a thorough analysis of marketing and how it relates to our consumption of groceries.

If you were born no later than the late 1970s, try to reminisce the

landscape of your local grocery store when you were young. How many different brands of milk were available? Two or three at the most? What about eggs? When it came to snack cakes, it was Hostess or Little Debbie. Hostess was the Rolls Royce and Little Debbie was the Chevrolet. I think both companies are still fattening kids around the country to this day, but I digress. Anyway, the variety of companies and



Ryan W. Richards
Make it Count

products within a food category were sparse. Today, there is an entire aisle dedicated to crackers. There are more than 38 different brands and varieties of crackers for goodness sakes.

IS IT REALLY BETTER?

The conversation came to pass because I was still recovering from the sticker shock when I checked out at City Market the night before. My \$225 grocery bill was accompanied with a mere four bags of sustenance. Food is expensive, but I want to believe that the Horizon organic milk

at a dollar more than the generic organic milk is in fact better. Or perhaps there is something inherently wrong with the generic brand as my friend Chris put it. How often do we make our food selections based on the instinct that the higher price tag and the colorful label compared to the cheaper counterpart is better?

Here's the real burning question. Are organic foods truly healthier than the inorganic counterparts? For the record, I eat reasonably well; I buy mostly organic whole foods, and I eat fairly close to a proper Paleo diet because I

feel my best and operate best on a high protein, low carbohydrate diet and the Paleo diet resembles this makeup. I eat a Paleo diet not because I necessarily believe it is the optimal blueprint for vitality, but rather because of the higher protein to carbohydrate ratio. But will I live longer than the individual who eats inorganic processed foods and rarely exercises, all else being equal?

Of all the food consumed in the United States, only 4 percent of total food and beverage sales are