

## Tune Your Skis, Tune Your Mind



Submitted by Doug Chabot on Tue, 10/23/2012 - 15:29

In the summers I decompress and try not to think about avalanches. The problem is that I'm almost too good at it. Even after 12 years of forecasting, each fall my brain is fuzzy and rusty when it comes to snow. It's an annual predicament that I'll never get used to, but luckily there's a simple solution that works every October-- I teach an avalanche course.

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