



Letters TO THE Editor

In praise of CADS

Unlike the article in your Feb. 25 Daily, "Skiing's gender gap widens with age," the gap doesn't apply to me.

I am a 65-year-old woman and have many women friends my age and older who live for the slopes! I have been skiing for 40 years and plan to ski into my 90s. Because I have severe arthritis in both knees, CADS, developed by Walter Dandy of Avon, are the reason I am still skiing (and they help male skiers as well). They transfer as much as one-third of our body weight directly to our skis, bypassing our legs and knees. I get more vertical feet and am less tired at the end of the day. If more women knew about CADS and gave them a try, I think the ski industry would see more older women skiing.

It is important for the ski industry to pay attention to us

older women! We bring our families and friends along to ski with us, too. As more women discover CADS at cads.com, I predict we will see larger numbers of older women skiing. Give Walter Dandy a call at 949-4533. He'll meet you at Vail Mountain and help you try them out for free.

I'm sure glad I took the risk and tried out a pair. Now I ski the slopes pain free!

B.J. Meadows, Ph.D.
East Vail

More on CADS

Your article "Skiing's gender gap widens with age" precipitated a number of frustrated letters to us at CADS. The basic message seems to be "how could a paper in Vail be oblivious to the fact that the problem has been solved in its own backyard?"

I do believe the article presented the basis of the decline in

interest rather well. If women at 20 and 30 are quite keen, what changes? There is more fatigue, more pain, more anxiety over injury.

We do know that women are more susceptible to ACL rupture, and for that and other reasons they are more susceptible to degenerative joint disease of the knee. Like it or not, skiing precipitates both the injury and the condition. When arthritic changes are present, they are more quickly apparent (through pain and swelling) in skiing than in just about any other activity. This could temper one's enthusiasm.

There is good news. CADS skiers are not getting ACL sprains of the epidemic backward-fall type. Why? Part of the answer is complex, and part of it is quite straightforward: Put on a set of CADS, assume the backward-falling position, and you will instantly see that the pressure has moved from the knee to the rods. For the same reason, we don't see meniscal tears.

More good news: Arthritic knees need not hurt on the mountain. Why? It is simple in the extreme. As Dr. Richard Steadman's wonderful research clarifies (see at cads.com), CADS reduce the forces among the elements of the joint in skiing.

Skiers know that to deal with cold, you put on more layers. That always works. Skiers must learn that if the knee joint hurts, you must unload the joint. CADS does that, and the result is predictable and consistent.

In order to achieve all that, CADS do yet another interesting thing that is useful to women (and other skiers). They actually provide strength. That means that you can come here from a busy life in a city and, given reasonable cardiovascular conditioning, ski like a local. That means no sore muscles, no thigh burn and no consequent cumulative (dangerous) fatigue.

In fact, one story we have never heard at CADS is the classic beginning with "I was tired, it was the last run, and ..." We may have never had a typical fatigue injury.

By doing all that, CADS do another funny thing. Body weight that is taken from the load normally born by legs becomes spring pressure on the ski. That means a stable ski, good edge control, good brakes. Women like a sense of being in control, and women skiing on CADS consistently report enhanced control.

Women are certainly beneficiaries of increased grooming

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LETTERS: CADS revolution

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and better skis. With those assets in place, I believe the next frontier is for more people with a stake in our ski-driven economy to analyze the women-specific benefits conferred by CADS. Start by asking women you see on the mountain with CADS what they do for them, how they like them and if they would be here without them.

(Then I want you to

think about my favorite response to CADS: "I'm not ready for those things yet." Figure out a way to differentiate that from "I'm not going to get a helmet until I have first sustained significant brain injury.")

So the news is good. We are extending the careers of women skiers, and we are doing it every day, and by decades. Whether you, dear reader, are engaged in

ski-related business, real estate or restaurants or you sell ads for the Vail Daily, you should know that at CADS, we are happily expanding the local economy for everyone by broadening the market for the primary product of Eagle County. We just want you to know more about it so you can be an ally in spreading the good news.

Walter Dandy
Avon