



Letters TO THE Editor

Extending time

Just wanted to share with your readers a new lease on skiing that I have recently obtained.

With arthritic knees that have taken a beating from various sports over my 65-plus years, I have been ending my ski days in great pain, with the leg muscles consequently shutting down. At home, I addressed the pain and swelling with pills and ice packs. It looked like my skiing days were winding down.

On the mountain, I had seen skiers with thin black poles coming up from the tops of their boots and little cords coming from their butts, running over pulleys at the tops of the poles and down to the boots. In response to my queries, they explained that this took some of the weight off the knees and channeled that force directly to the boots and hence the skis.

After some research, including the Web site (www.cads.com), I scheduled a CADS demo at Mid-Vail with

the Vail-based inventor, Walter Dandy. Walter fitted me with a harness and poles and boot top bungee devices, and off we went.

It felt a bit strange at first, but I was soon comfortable. We skied a full day, and I tired much less than usual and had little pain. Though I was not completely convinced, I purchased the CADS because I was desperate for any help I could get.

The next day, I skied and had little pain. The third and fourth days, I skied long and hard and had NO pain! While I am still getting used to it, I am now really confident that CADS will extend my skiing days substantially! What a thrill not to have to give up one of my favorite sports that I share with my wife and family!

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