

GRAVITY BREAK

October 2018

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**WHAT THE HELL IS
UP WITH OLYMPIC
SKATEBOARDING?**

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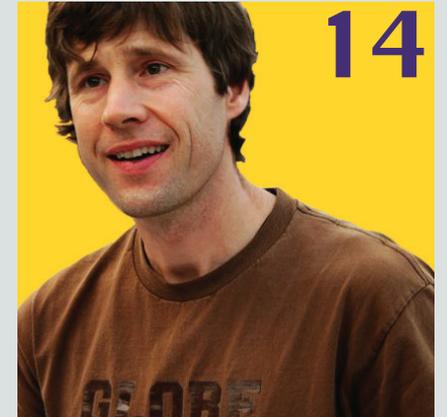
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WHAT THE HELL IS UP WITH OLYMPIC SKATEBOARDING?



The Best Ski Resorts For Partying This Winter





Capture the SHRED

Tips for filming on the slopes

With recent advances in equipment, it's now possible to capture professional caliber snowboard footage on a camera you can lose in your messy center console.

It's still much easier, however, to create something that ranges from slightly nauseating to seizure-inducing. The latest GoPro with its gimbal attachment is a hell of a tool if you know what you're doing. There is a small handful of people out there who have the art mastered, and we talked to a couple

of the pros--Matt Cook aka @skichef and Spencer Whiting aka @gimbalgod--as well as a hobbyist named Austin Smith, who's running a copycat Instagram account of his own, dedicated to his gimbaling exploits. Follow these tips, and you'll be hot on their trail. Just stay back three to four feet, but no

Matt Cook: I use a GoPro 6 on a Karma Grip, and the Karma Grip comes with this little clip that allows it to attach to any GoPro mount, so I just put one of the new GoPro handlebar or seatpost pole mounts on the end of a boom pole. It's just this rubber gasket with a nice twisting clamp system, and it makes this really strong clamp on the end of the pole. How to Avoid Snow on the Lens:

Austin Smith: The biggest factor to GoProing and gimbaling is snow conditions. They can make it or break it. If you have hot pow, like 33 degree snow or warmer, you're kind of doomed from the get-go cause it'll cake on the lens at every turn,

What Equipment to Use:

and your odds of getting epic footage drastically decrease. You want to find the right snow conditions. The lighter the better, so it blows away.

Matt Cook: One of the things that helps a lot is using a longer pole, and when you do that, you're able to raise it up and get it up out of the spray of whoever you're filming. I rarely am directly behind someone when I'm filming in powder. When I'm in powder or in the backcountry I'm more often beside the subject or even in front of them doing those 45-degree lead-cam style shots. With those, the camera is always clean. It's all about placing yourself so you're out of their spray, and if you do get hit with snow, just wipe it with your finger and keep shooting. Don't call off the whole thing, 'cause a lot of the time you can get a clear wipe without even looking. How Close to Follow:

Spencer Whiting: As long as you can stay within 5 feet of them, the shot will turn out decent. Wax or weigh more than everyone. It's playing with fire. Stay close as you can, but don't hit anyone.

Matt Cook: I think for park shooting, three to four feet back. No further than ten. For backcountry it's different. Park is acrobatic, not so much about the terrain. In the backcountry, I used to hit the booter with them, and I realized what's cool about it is the way the person is moving in their environment. It shows the scale of things. You can let go of being super close to a rider, so you can see the trees, cliffs, and snow flying up. I kind of blew my first month filming with [Chris] Benchetler by trying to film too close.

Pick a CAMERA



DJI Osmo X3 2017-2018

The X3 camera that comes with this model dolls out top notch 4k footage, and even with your phone attached is a much better option than the phone-only stabiliser.



DJI Mavic Pro 2017-2018

DJI was able to take the technology from their high end professional drones and pack it into this, the Mavic. Not only does it pack down to an incredibly portable size.

WHAT THE HELL IS UP WITH OLYMPIC SKATEBOARDING?

August 13, 2018 by Josh Friedberg and Larry Lanza



How is it that we're less than two years away from seeing skateboarding at the Olympics, but we still have no idea what Olympic Sk8 will look like? There's tidbits of info and plenty of speculation about qualifications, uniforms, and drug testing, but no single, reliable source laying everything out. The one rulebook out there isn't the easiest to find and loaded with "official" jargon that 99.9% won't care to read.

We've had (and will continue having) a lot of fun roasting the very idea of Olympic skating, but curious to know what we're up against, we decided to see what we could find out.

So after pulling info from various sources, including a Berrics interview with Josh Friedberg, Director of Skateboarding for World Skate, then reaching out to Josh for more details, we cobbled together this little summary. Now the next time your cousin asks if Bam Margera is gonna wear a leotard in the Olympics, you can have a better answer than, "Honestly, maybe."

Hamish Duncan captures a skater getting some air while skating in a park.

Photo by Hamish Duncan on Unsplash

“SKATEBOARDING IS ONE OF NBC'S BIGGEST COVERAGE PRIORITIES FOR THE YEAR 2020”

START DATES

As of now in the U.S., the Opening Ceremony will be on NBC on Friday, July 24th, 2020. Men's Street will be on Saturday, July 25, Women's Street will be on Sunday, July 26th, Women's Park will be on Tuesday, August 4th, and Men's Park will be on Wednesday, August 5th.

QUALIFYING

Skaters have the chance to get points over two seasons of events. The events will be fully announced this summer [2018]. There will be regional events, like national and continental championships, as well as professional-level events, so nobody will be blocked out of participation.

The 2019 season is January 1, 2019 - September 15, 2019. The second season starts September 16, 2019 - May 31, 2020. They will take the top three points totals from the 2019 season and the top six points totals from the 2020 season and add them up.

WHO IS RUNNING THIS THING?

World Skate. The ISF (International Skate Federation) and FIRS (Federation of Roller Sports) joined forces following some statute changes, re-branding as World Skate in September 2017. Last year, World Skate submitted their qualification process to the IOC.

WHERE CAN I SEE IT?

All the skateboarding in Tokyo will be televised. Skateboarding is one of NBC's biggest coverage priorities for 2020.

WHO IS PICKING THE SKATERS?

Federations, like the CBSk of Brazil, have already announced a national team. This does not mean these skaters will be in the Olympics, but they will be given resources to train from their government. The United States government does not fund any national Olympic teams, but many other governments do.

WILL THERE BE COACHES?

The closest thing skaters have to a coach is usually a team manager or filmer who acts as a mentor and helps facilitate their careers. Many of the top skateboarders also have managers, agents, trainers, and more. The U.S. is aiming to train and empower these support personnel around skateboarders to fulfill the role of a traditional coach. In countries with a less developed skateboarding culture, they are looking for coaches in order to jumpstart the level of their skateboarders. The only people on the skate courses in Tokyo will be the skaters themselves.

SKATER QUOTAS

There will be 20 skaters in each competition. There can be no more than three (3) skaters from each country in any one event (men's park, women's park, men's street, women's street). Even if you are near the top of the rankings, if three other skaters from your country are ranked higher, your ranking does not matter.

Not every country is subject to have a skater in the event, except for Japan as the host nation. However, there must be a minimum of one (1) skater from each of the five (5) continental regions. If there is not a skater in the top 20 for an event from one of the regions, the 20th ranked person will be removed and the top-ranked from the absent region will be placed in the event, regardless of their overall ranking.

JUDGES

Judges for all the Olympic Qualifying events will be provided and certified by World Skate. A lot of the top judges from contests now are part of the certified pool of skateboarding judges.

The certification process is expected to begin in the next 60 days. What we do know is that there must be a five-person panel and one head judge for international-level events.

World Skate spent four days in China earlier this year doing an International Skateboarding Judging Commission workshop with 17 skateboarders from 11 countries in an effort to make sure the way contests are judged continues to support the positive growth of skateboarding summed up as "progression over perfection." More info on the criteria [here](#).

STREET LEAGUE AFFILIATION?

Along with SLS and the World Championship, there are other pro tour events, which will be sanctioned as qualifiers until 2022. World Skate is working on a deal for a park series that can act as the counterpart to SLS and street qualifying.

All of the World Skate national federations will also be hosting a National Championship every year. There will be continental championships for park riders at all of the five continental regions, beginning next year. These events allow people that do not have easy access leaving their nation to participate and gain points.

There will also be Five-Star Events that will be pro-level competitions. There will be up to three each year, both for park and street.

WHY NO LONGBOARDING OR VERT?

Street and Park are the most popular and widespread skateboarding disciplines worldwide. There aren't enough world-class female vert skaters outside of the top few countries right now and because the events in Tokyo are gender-equal, they chose events that had the most skateboarders globally. World Skate hopes for there to be additional disciplines added in the future.

DRUG TESTING

The WADA (World Anti-Doping Agency) prohibits certain drugs. They test two times - in-competition and out-of-competition. You can see the full list of prohibited substances and methods here. Skaters can also check the status of any drug they take here. If they test positive it's going to be 100% their responsibility.

Most inhalers are prohibited, supplements are sketchy because they're not FDA-approved and can literally contain anything - one of the popular workout supplements from a few years ago had meth in it. CBD or cannabidiol is not prohibited, but because it's not FDA-regulated either, it can contain THC. Recreational drugs like alcohol and weed are only prohibited in-competition, but skaters must be cautious of how long weed stays in their body (it's different for everyone).

The U.S. Anti-Doping Agency (USADA) is required to report any athlete sanctions on their website. No skateboarders have made that list, yet.

AGE LIMITS

There are no age minimums or maximums for Olympic skateboarders. The minimum age criteria is usually instituted to protect athletes from injuries. If you're talented enough to qualify for the Olympic Games then you're able to deal with the inherent risks of skateboarding as well as anyone of any age.

UNIFORMS

The apparel (clothing and accessories) skateboarders wear in Tokyo will ultimately be up to the National Olympic Committees and National Governing bodies in each country.

Skaters will not be able to wear their normal sponsors' clothing during the Olympic Games or at other events where they'll be representing US National Team like the PanAms and Youth Olympic Games. They will be able to wear their sponsors' apparel at any of the standard contests in skateboarding like Street League, Vans Park Series, Dew Tour, X Games, and the Continental and World Championship events.

The apparel also has to comply with the Rule 50 guidelines from the IOC which specify things like logo size and placement, and what is considered "sports equipment."

Shoes and skateboards are classified as sports equipment under Rule 50. That means skateboarders can wear their sponsors' shoes

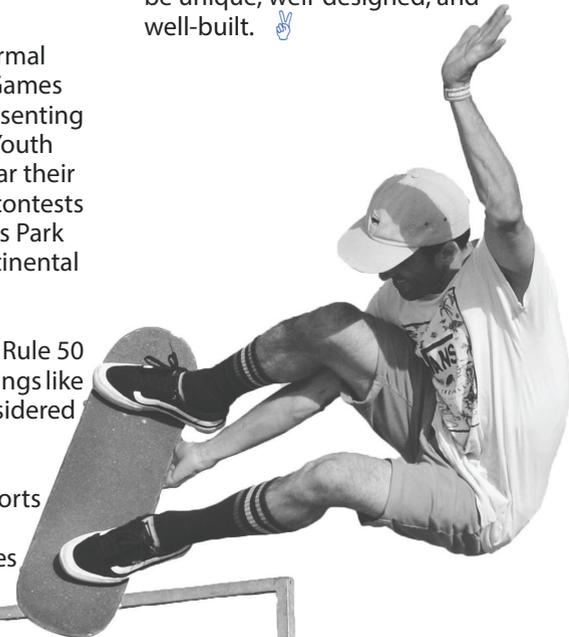
and their sponsors' skateboards (decks, trucks, wheels, hardware, bearings, grip tape, rails) in the Olympics as long as they are available on the retail consumer market six months prior to the Games.

COURSE DESIGNS

After reviewing three applicants, the Tokyo Organizing Committee has selected CA Skateparks to design the skate courses for the Games.

CONTRIBUTIONS TO SKATING

With government funding for skateboarding turned on in hundreds of countries worldwide, World Skate is working with the National Olympic Committees and National Governing Bodies to make sure the skateparks they build will be unique, well-designed, and well-built. 🙌



This guy is getting sick air! Jorge Gonzalez captures this skater doing a grab trick while showing off his skills in the half pipe.

What does Twitter think?

James Donnie
@Shr3dnGr1nd
"Skatings 2 mainstream now,
#OlympicsKilledSkateboarding"

Julie Robinson
@QueenSlayer66
"Kinda weird seeing Skateboarding
in the olympics but lets see how its
goes"

Carlos Lee
@TunaCan88
"Can't wait for the 2020 Olympics,
It's going to be #Hyped"



THE BEST SKI RESORTS FOR PARTYING THIS WINTER

ALIA STEARNS, LIFE & CULTURE WRITER

11.02.18 UPROXX

There is nothing wrong with babies or children (okay, there are a couple things). They can be a ton of fun. But you know what isn't fun? Paying a lot of money for a vacation only to spend it with a backing track of shrieking youths. Who wants children zooming past them on the trails or splashing them in the hot tub when they're trying to make eye contact with the hottie across the way? Most reasonable parents will agree that there are times and places where it's cool to let the kids practice their cannonballs and times where it's not. With that in mind, there are definitely resorts and vacations where everyone would have more fun if the parents left the kids with Grandma for the weekend. Especially when it comes to fall and winter travel. Look, there are so many family holidays ahead (with plenty of children afoot) that it's nice to take refuge at a ski resort where you can have a couple drinks and kick back (without worrying that your antics are going to keep the kids up in the room next door).

Photo by Nicolai Berntsen on Unsplash

MAMMOTH MOUNTAIN MAMMOTH LAKES, CALIFORNIA

Looking to hit the slopes with Los Angeles movers and shakers? Then Mammoth Mountain is your best bet. When Hollywood types feel the need to get their ski on, they make the six-hour drive (or the considerably shorter flight) to this small city on the east side of the Sierra Nevadas. With eight unbound terrain parks to delight skiers and snowboarders, it's catnip to the top professional in winter sports. Just ask Sean White.

When you aren't on the slopes, you may think that you want a cup of rich, delicious cocoa. You are wrong. What you really need is a Navy Grog at Lakanuki Tiki Bar. A tropical paradise at 8,000-feet is an awesome way to start a party. And if you have to have a hot drink, they are happy to make a hot toddy or hot buttered rum. If Tiki bars aren't your thing (though they SHOULD BE), hit up the Clocktower Cellar Pub at the Alpenhof Lodge. It's the perfect place to feel like a local and enjoy a good strong pour.



MT. BACHELOR BEND, OREGON

The sixth largest resort in North America, Mt. Bachelor offers more than 4,300-acres of terrain that can be reached via lift, over 100 runs to explore, and the highest skiable elevation in either Oregon or Washington. People love it because the powder is light and dry and the entire area is a delight for visitors. Seriously, who isn't looking to visit the city with the highest number of breweries per capita and 30 feet of snowfall annually? There is a reason Conde Nast Traveler has named it one of the top 50 ski resorts in North America for over a decade.

If you are going to do Bend, you should download the Bend Ale Trail app and hit as many breweries as you can. But if you can only squeeze in one brewery après ski, make it the Bend Brewing Company. Locals talk about their Ching Ching like it is brewed using water from the Fountain of Youth. Be sure to hit Avid Cider as well. The ciders are amazing; we are big fans of their apricot and pineapple. Plus, kids aren't allowed here, so you don't have to deal with the occasional disturbances that come with cider-wasted parents letting their children run amok.

STOWE MOUNTAIN RESORT STOWE, VERMONT

There are a lot of decent runs in New England, but we think Stowe's four double black diamond ones are the best there are. Given that one of the two mountains at this resort is the highest in the state, there is no shortage of challenges for the skilled ski or snowboard enthusiast. Plus all of this quality sport is located in the quintessential Vermont ski town, so it's ideal for people looking to star in their own snowy piece of cinema. We are talking postcard perfect without being a total snooze.

There are some awesome après ski options for people looking to get hype off of the slopes. Hell, you can literally take an old ski run directly to the door of one of them. The Matterhorn is on Mountain Road, and there is a direct path right to it. You won't miss it as you ski down because the snowbanks outside will be chock full of skis from previous patrons. The party goes all night, so make sure you can catch a ride after the lift shuts down. If you want the ultimate experience, befriend the owner or a staff member at Stowe Mountain Lodge and get them to invite you to the hotel's hidden speakeasy, The Linehouse, where the owner and employees enjoy prohibition cocktails in vintage glassware.



HUNTER MOUNTAIN SKI RESORT HUNTER, NEW YORK

For people looking to ski the best slopes in the world, Hunter Mountain Ski Resort isn't a must-ski destination. However, there is so much hard partying to be had here that it more than makes up for the average terrain. And as Hunter Mountain is the closest big mountain to NYC, it has a lot of appeal for New Yorkers looking to enjoy winter sports with a mere two-hour drive. Further, they just expanded the total skiable terrain by 33 percent with an addition of 80 acres. Now, there are 320 acres and 67 trails to explore.

A trip to Hunter Mountain absolutely must include a stop at Slopes Nightclub, which attracts DJs from the Hamptons and Jersey Shore — talk about two different communities. Billing itself as “New York's Infamous Winter Party Destination,” Slopes is considered one of the best bars in the state. With one DJ per floor that seems like a reasonable

assertion. Plus, they are open until 4 am, which people who want to rage will appreciate. To get that Alpine feeling, hit up Jägerberg Beer Hall & Alpine Tavern for a beer and some German-

NEW YORK'S INFAMOUS WINTER PARTY DESTINATION

Austrian food. Although, with the mixologist they have on staff, it might be a time to try a signature cocktail. Jackson Hole Mountain Resort: Teton Village, Wyoming

Located in the heart of the Rockies and a short jaunt from Grand Teton National Park, Jackson Hole Mountain

Resort boasts absolutely epic ski mountains and some of the most breathtaking views on Earth. This is a top destination for people who know their winter sports and know them well because only ten percent of the runs are for beginners (which means a lot fewer families, or at least, just the ones with snowboarding phenoms). And really if a kid can make it down the biggest vertical rise in the country (4,139ft), maybe they can hang too. If you want to really maximize the fun, go for the close of the season. On April 1, everyone celebrates the end of the season with Gaper Day, which means hitting the slopes in the weirdest thrift store finds they can manage.

Jackson Hole is a great place to get a great drink in a dive, and that is a pleasure everyone should indulge in at some point.

LAKE LOUISE SKI RESORT ALBERTA, CANADA

Located in Canada's Banff National Park, Lake Louise Ski Resort is freaking gorgeous. We will admit Lake Louise is one of the less party crazed cities on the list. However, if you prefer a low-key hang after the slopes, you would be hard pressed to find a better resort. People have been skiing here since the 1920s; the first lift didn't go in until 1954. Now, there are 145 marked ski runs and back bowls over four mountain faces, and only 25 percent are beginner, which is great when you are looking to avoid kids and newbs. Plus, as this is one of the largest resorts in North America; even if kids are around, you can totes avoid them.

Powderhounds recommend hitting the Powder Keg Lounge in the Lodge of the Ten Peaks at the Lake Louise Ski Resort. Grab a seat and watch people enjoying the slopes outside. Grab some honey garlic chicken wings and a beer and enjoy yourself. If you are feeling more fancypants, visit the Fairmont Chateau Lake Louise, a luxury hotel with a fab cocktail lounge.

ST. ANTON AM ARLBERG TYROL, AUSTRIA

If you want serious terrain and serious partying, this OG destination resort is the way to go. Now, Austria is responsible for seminal ski culture and a lot of people like upscale places like Lech, but we prefer St. Anton am Alberg in the Tyrolean Alps. This superlative winter sports area has 305 kilometers of marked ski runs and 200 km of off-piste and challenging steep slopes and deep-snow ski runs. But it also has a ton of cool bars that can hook you up with whatever you need to warm your spirit and body after a day in the powder.

You haven't taken a proper visit to St. Anton if you haven't grabbed a slice at Mooserwirt and stayed to shut the place down with DJ Gerhard. Playboy called this spot “the mother of all ski huts,” and they were right on. Things get super wild, and we are here for it. We also like Anton Bar, which is this hip little bar that offers a roaring fire and great music. Plus, if your name has Anton in it (think Anthony, Antonia, etc.), you get a special gift and may end up on the wall of fame. That's dope.



Top 3 Skateboarders In The World

List Of Most Popular Skaters
November 2, 2017 by Might Guy

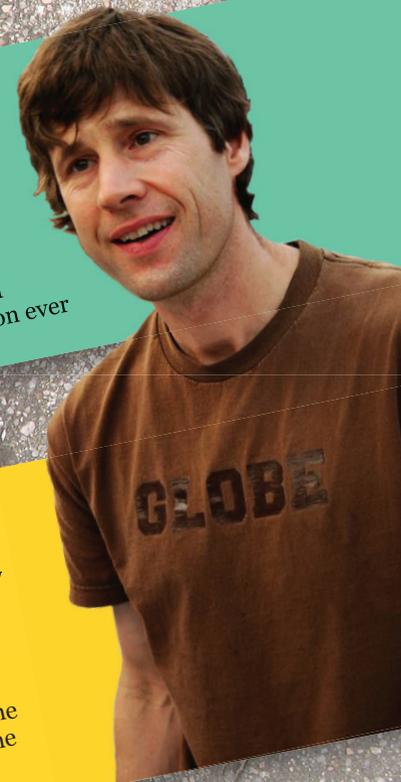
Tony Hawk

"The Birdman" is one of the best skateboarders of all time. He is regarded as the most influential and fulfilled inventor of modern day skateboarding. Hawk as a child had enormous talent, and he became a pro at just 14 years old. Moreover, Hawk was twelve times in succession National Skateboard Association titleholder and winner of numerous awards.



Bob Burnquist

Bob Burnquist is a pro-Brazilian skateboarder and one of the most famous skateboarders ever. All through his career, Bob appeared in all of the 52 X-Games competitions and won himself 26 medals. In spite of the fact that Burnquist successfully did a fifty-fifty landing into the Grand Canyon, he's also celebrated for being the first person ever to land a fakie 900.



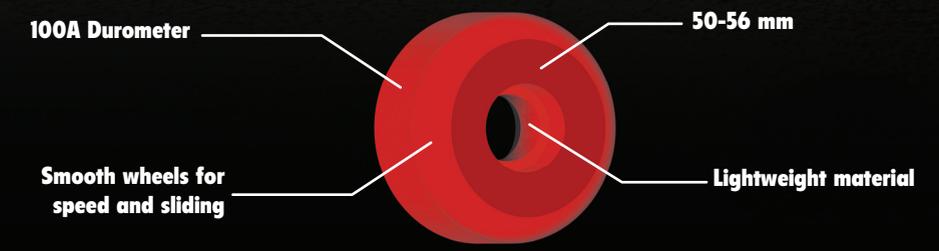
Rodney Mullen

Whenever skateboarding comes to your mind, Rodney Mullen is undoubtedly the first name to think of. He started skateboarding at the age of ten when his friends showed him a skateboard for the very first time and the rest became is history. Rodney Mullen is a skateboarding legend, and he is the person who is considered to have invented skateboarding as a sport. Of the famous skateboarders around, this man stands out. He invented some of the skateboarding ollies and flip tricks, including the backside flip, 360 flip, one footed ollie and others that are these days basis for street skateboarding.

Gotta Bounce?



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WorldClassStanleySkatePark