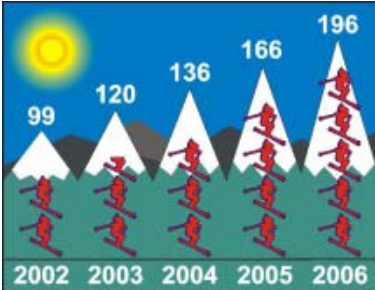




FWSA Tollakson Award for Outstanding Club Mt. High Snowsport Club 2006

www.mthigh.org

Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208



Our club is known as “**the club that really skis**”, so even many of our non-skiing activities have something to do with skiing.

Mountain High is one of the few clubs experiencing a slow but steady growth in membership over the past 5 years. See attached chart, showing an increase from 99 members in 2002 to 196 members in 2006.

Mountain High is the result of the merger, in 2000, of two clubs: Plaza and Edgeset, both of which were formed in Portland in the early 1970s.

Non-Ski Activities (max. 30 points)

Oregon Cancer Ski Out



Linda, Steve, John, Debbi, Randy & Mary

Club & Member Community Activities & Services.

Every year, Mountain High members participate in the **Oregon Cancer Ski Out**, a fund raiser for the Oregon Health & Science University’s Cancer Center and the Willamette Falls Hospice. This year, one of our teams was named “FWSA Germs”, in honor of Michael German, who is battling cancer himself at this time. The team raised \$1,500.

On the photo: Linda & Steve Coxen, John, Debbi Kor-Lew, Randy Lew, Mary Olhausen.

Several Mountain High members (such as Linda McGavin, Debbi Kor-Lew, Linda & Steve Coxen, Jack Folliard, Gary Stevenson, Emilio Trampuz, Gordon Lusk.) are among the most active members in the **NW Ski Club Council** and/or the **PACRAT racing league**.

Our club always has a booth at the annual **Ski Fair**, organized every November by the **Northwest Ski Club Council**. Also, our members always help staff the Council booth at the larger Portland Ski Show (usually in October), at the Portland Expo Center.

Linda McGavin, one of our club’s founders, edits and produces the annual **Northwest Skiers' Directory** booklet, 74 pages covering all local ski clubs and ski areas, the Council’s activities, and PACRAT racing. In the last couple of years, our member Emilio Trampuz has contributed many photos illustrating the Directory.

At least three of our members are active in the **Far West Ski Association** (Debbi Kor-Lew, Randy Lew, Steve Coxen), and a delegation of several of our members attends the **FWSA Convention** every year. When the Far West Convention was held in Portland, Oregon, several of our members helped organize it (Debbi Kor-Lew, Linda McGavin, Emilio Trampuz).



Deirdre & Christi at our Ski Fair booth



Diane, Debbi, Emilio, Linda & Sylvia in front of the Mt. High history display

Non-Ski Activities (continued)

Club Social Activities

Our **Summer Picnic** was a success, with about 40 people (25% of the membership at the time).

Quarterly **pizza parties** attracted as many as 60 or 70 people at a time, where in addition to socializing and making announcements, we also usually show slides and videos of recent ski trips.

A **club night** at a local ski shop (the "Next Adventure") attracted 22 members. We had a ski tune-up demonstration, and many of us bought new equipment.

We had a group **dinner and a movie outing** to see the latest Warren Miller movie. 45 members participated.

Our annual **Membership party** attracted 108 people - our biggest event of the year.

The annual Valentine's Day **Chocolate Party** attracted not only many members, but also a great number of dessert entries in our contest for the most Chocolatey and most creative dessert.



Deirdre, Phil, Alice, Sylvia, Gerry.



Gary Stevenson, our Prez, announces winners

Sports Awareness / Promotional Activities (20 pts.)

Every year, Mt. High members participate in the annual **Golden Rose Ski Classic** at Timberline, which raises funds for the Mt. Hood Ski Education Foundation and the NW Snowsports Foundation for aspiring racers.

Many members volunteer as **ski hosts**. At **Timberline**: Kurt Krueger. At **Mt. Hood Meadows**: Marsha Cosgrove, Dave Pesheck, Bill Mattarazzi, Barbara Bousum, Joe and Denny Pollock.

This year, Mt. High joined the NWSCC in heavily promoting the **Ski Oregon Challenge** - to encourage people to ski all 11 Oregon ski areas in the same season.

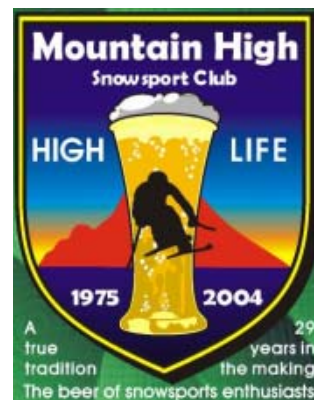
Our club has been one of the most active clubs in Oregon in **disseminating information** about everything related to snow, skiing, and various club activities. The information is gathered through a variety of contacts at ski areas, other local clubs, other ski publications, ... and it is disseminated not only to our club members, but dozens of other people, both potential future members, and members of other local clubs.

- Frequent **email** updates
- Monthly **newsletter** ("Lift Lines"), distributed both in print and via email (a PDF file), and posted on the club's web site.
- The club's web site, www.mthigh.org, which generates hundreds of visits per month. The web site not only contains up-to-date news of upcoming events, and photos of past events, but also offers a **Forum** where members can post their own messages, and a **Bulletin Board** for selling items of interest.

See more photos at www.mthigh.org/PhotosRecent.htm.



Chuck, Candace, Emilio, Robin, Dick, Terry



Beer label used on our very own beer brewed for our annual Membership party



Our web site.

Sports Development Activities (max. 20 points)

In a continuing effort to bridge the gap between **racers** and **non-racers**, we are encouraging non-racers to join us on the slopes on race days, and also encouraging racers to join us on trips.

Our club organized 3 **ski improvement clinics** this year. These were free to all our members, both racers and non-racers.

On our **web site**, we now have a Safety page, drawing attention to the 6 most important factors in safety.

Also on the web site, there is a **Vision** page, devoted to promoting a vision for skiing in the 21st century, with increased emphasis on safety through the development of turning skills, and encouraging ski areas to provide “terrain parks for turning” (as opposed to jumping). New ideas keep being added, including the thinning of trees, planting new trees, using orange traffic cones and/or **whisker-gates** for practicing turns.



Vladimir, Rich, Ed, Gordy, Richard



Whiskergates for training and fun!

Sports Activities (max. 30 points)

Half of our members participate in recreational **PACRAT racing**. We have 83 racers, arranged in teams of 10 (One team is combined with another club.)

Each year, we organize several club trips to ski resorts throughout the West. One of them is a **bus trip**, which this year went to **Idaho**, visiting **Tamarack** and **Brundage Mt.**, and **Anthony Lakes** in Oregon, during a 3-day Presidents’ Day weekend.

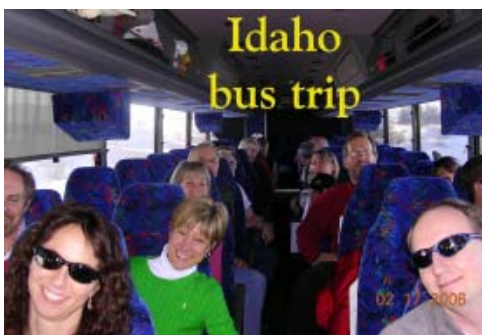
Every year, we also have a longer trip. This time, we went to **Val d’Isère**, in the French Alps, the first Mt. High trip to Europe.

In addition to ski trips, we also organize several other events throughout the year, including: a **golf tournament** or two, a **bowling** night, **bike rides**, several **hikes**, a **wine tour**, and a weekend **rafting trip** on the Deschutes River.



PACRAT Racers

Alan, Phil & Doug at Ski Bowl



Idaho bus trip

Deindre, Diane, Elaine, Sheridan, Bruce, Phil



Val d’Isère (French Alps)

Jennifer Bill
Patty Rich
Elaine Wally Gerry
Tom



Rafting