



Lift Lines

== No. 109, January 2010 ==

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



Join us on the slopes!

We'll be going up to Timberline two days in a row, Saturday and Sunday, Jan. 9 and 10. All Mt. High members are welcome to join us on both of these days, regardless of whether you are a racer or not. Let's all go skiing together.

We even have a limited number of group discounted lift tickets for only \$42 (regular price \$59). You can get them from either Emilio or Gordy, but first come first served. Call us to reserve. See contact info on page 13.

We can connect in a number of ways on both days:

7:00-7:15 am - at McDonald's in Sandy, from where we can also carpool.

8:45 - 9:00 am - inside Timberline day lodge, near the stairs.

Or, connect with us via 2-way radio on channel 6-19. You can also use our club's Forum to talk to other club members about carpooling or connecting on the mountain. Go to www.mthigh.org and click on the "All-club Forum".

If you have still not renewed your club membership, this will be your last newsletter. Send in your \$25 now. Please use the form on page 13.

See you on the hill!

Your Prez; Gordy Lusk



Race at Timberline

Note the color code.
Our club is blue.

2010 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

- Jan. 9 (Sat.): Mt. High Training day
 Jan.10 (Sun): PACRAT Race 1 Timber.
 Jan. 15-18: (Fri-Mon) Mystery trip
 Jan. 18 (Mon): Rotary Night \$10 tix.
 Jan. 21 (Thur.) Hope on the Slopes
 KickOff at Hillcrest Sports
 Jan.24 (Sun) PACRAT Race 2 Meadows
 Jan. 24-30: Whistler cabin trip
 Jan. 30 (Sat.): Downhill Divas Ball
 Jan.30-Feb.6: FWSA Ski Week Keystone
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- Feb. 7 (Sun) PACRAT Race 3 Skibowl
 Feb. 12-28: Winter Olympics
 Feb.13 (Sat): Chocolate Party
 Feb. 17-21: (Wed-Sun) Mt. High Train
 trip to Whitefish, MT. (Big
 Mountain) - with Debbi Kor
 Feb. 21-27: Tahoe Sampler Bergie trip
 Contact Bob Burns: 503-524-5261.
 Feb.23 (Tue): Mt. High Pizza Party
 Feb.28 (Sun): PACRAT Race 4 Timber.
 Feb. 27-Mar.7: FWSA trip: Cortina
 Feb. 28-Mar.6: Ski Kats trip: Whitefish
 Info: Henry Bendinelli 503-760-5763.
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- Mar. 7-8: Oregon Cancer Ski Out
 Mar.14 (Sun) PACRAT Race 5 Meadows
 Mar. 19-20: (Fri-Sat) Hope on the
 Slopes at Mt. Hood Skibowl
 Mar. 21-27: Fernie/Kimberley, Canada
 Mar.31-Apr.5: Heavenly/Tahoe trip
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- Apr. 2 (Fri.): Rat Attack awards party
 Apr. 6-11 : Canada Ski Safari (or Dec.)
 Apr. 9-11: Far West Championships
 Apr.16-18: Bachelor Blast

Mt. High Mt. High Ski Improvement Clinic

Sandra Kaufman



January 9 (Sat.) A ski improvement clinic open to all Mountain High club members. You don't need to be a racer. In fact, we strongly encourage non-racers to participate. Here's your chance to run some gates for free. Timberline ski area. 10 am.

Cost: Free. Just buy your own lift ticket. The club pays for a professional coach. Your only expense is the lift ticket. What a club!!!

PACRAT PACRAT Race #1: Timberline



January 10 (Sun.) First PACRAT race of the season. 130 Mt. High racers will participate. Timberline ski area. 10 am.

Photo: Brenda Ackerson, training.

Mt. High Ski Improvement Day**Jan. 9 (Sat.)**

Improve your technique, be more precise in your turns, warm up for the season.

Best of all: your club is paying for this!

Free training! What a club!

Yes, the training is free for our club members, and all you have to do is show up. Thanks to **Gordon Lusk** for arranging all this. The lift ticket is not included. Buy your own, or use your season pass.

Location: **Timberline ski area**. Pucci main run. Training starts at **10 am**.

Elaine will have membership cards available for those who have not received one yet. See her near the stairs in the day lodge at 8:45 - 9:00 am.

\$10 Rotary Night at Meadows**Jan. 18 (Mon.)**

Martin Luther King day.: 2 pm - 9 pm.

Ski Tickets for \$10, but must be purchased from Rotary Club members, not at the Meadows ticket window. All proceeds go toward Rotary services.

Mt. Hood Meadows, Monday Jan 18, 2pm - 9pm. There are 3 ways to buy your ticket:

1. At **Hillcrest Ski & Sports**, 2506 SE Burnside Road, Gresham, OR 97080. Cash only. For questions, call: 503-665-4455. Thanks to Dexter Hill for this info.
2. From **Kris Inman**, by mail (before January 8th). Send a \$10 cash or check made out to "Hood River Rotary" and mailed to Kris Inman, 1866 NW Aspen Ave, Portland, OR 97210. But only if mailed by Jan. 8th. Kris will not be available to help you after Jan. 10.
3. On Monday, Jan 18, you may buy the lift ticket at Meadows..... from Rotarian **Chuck Hinman**, He is the manager of Hood River Inn. Chuck will stand in the Meadows upper coffee shop at the top of the breezeway stairs beginning at 1:30PM.

Hope on the Slopes Kick-Off**Jan. 21 (Thursday):**
6 - 8 pm.

Come help kick off this season's Hope on the Slopes event. Bring your friends who might be

interested in participating this year. There will be give-a-ways / discounts / prizes etc.

Location for the kick-off: **Hillcrest Ski & Sports**, 2506 SE Burnside Road, Gresham, OR 97080. Ph.: 503-665-4455.

The actual event is on **March 19-20 at Mt. Hood Skibowl**, ... but we need to start promoting it, start forming teams, do some fund-raising, let our friends know we are involved. See more on page 9.

Downhill Divas Ball**Jan. 30 (Sat.)** 5 - 10 pm.

Lisa Ratzlaff has invited us all to a ball! Lisa is a Mt. High member. She and some of her Skiyente "sisters" are putting together a fundraising party for the Oregon Cancer Ski Out. Their team is called the Downhill Divas.

The location will be: "Life of Riley" tavern, 300 NW 10th Ave., Portland, OR 97209, in the Pearl District. There will be a light dinner, dancing, and a silent auction, all for **\$30** per person. See the complete announcement and a flyer, on our web site, on the EVENTS page at: [http://www.mthigh.org/Events.htm#Downhill Divas Ball](http://www.mthigh.org/Events.htm#Downhill_Divas_Ball)

Anyone who wants to purchase tickets or has any questions can contact Lisa Ratzlaff at lratzlaff@comcast.net. Hurry and buy your ticket before they sell out! Space is limited.

FREE \$KIING CORNER

1. Use your **Ski Fever Show 2 for 1** coupons for **Ski Bowl, Mt. Hood Meadows, Timberline, Hoodoo, Mt. Ashland, Mission Ridge, and Whistler/Blackcomb**. It's not free, but 2-for-1 is good.

2. **Shell offers lift ticket coupons** (Jan. - Apr.) for ski areas in Oregon, Washington, Idaho, and British Columbia when you buy 10 gallons of gas. <http://skifreedeals.com/home>. Stamp and staple your receipt and the coupon.

3. **Warren Miller vouchers:** Free ticket to **Mt. Bachelor**, any Tuesday - Friday (except holidays). Also, a 2-for-1 at **Crystal Mt.**, Monday-Thursday in early December or in March. Also, free lift tickets to: **Big White, Silver Star, and Sun Peaks**, any time before Dec. 19, 2008 or any time after March 25, 2009.

4. **Big White & Silver Star:** Free skiing Nov. 26 - Dec. 18, if you stay a minimum of 2 nights at the resort. They offer this every year!

5. **Hoodoo ski area** offers \$19 lift tickets on Tighwad Tuesdays, from Jan. 5 - March 16.

6. **Win A Private Ski Trip With 19 friends In BC's Great Mountain Giveaway!** Details at <http://www.onthesnow.com/news/08/a/9843/win-a-private-ski-trip-with-19-friends-in-bcs-great-mountain-giveaway#>

The winner of the sweepstakes gets a five-day, four-night ski or snowboard vacation to one of British Columbia's resorts. The prize includes accommodations, lift tickets, rentals, and round trip airfare. The prize also includes 19 of your friends or family.

Special, single day deals

Nov. 26: Sun Peaks, B.C. Free skiing for all US citizens on Thanksgiving. The next day, Nov. 27, free for Canadians.

Jan. 18 (Mon.): Rotary Night at Meadows, 2 - 9 pm for \$10. Contact Kris for tix, Kinman223@aol.com, 503-223-5023.

Feb. 13 (Fri.): 49 Degrees North. Night skiing from 4 - 8 pm for \$4 + 2 cans of food.

Mar. 21 (Sun.): Crystal Mt., WA: Half priced tickets for NWSCC members (i.e. all NW ski clubs, including Mt. High.)

Mar. 28 (Sun.): Mt. Ashland. Ski/ride against hunger. 5 cans of food for free ticket.

Two Mountain High Parties in February!



Our club will have two opportunities for socializing in February:

Feb. 13 (Sat.): Olympic Chocolate Party, with prizes for the Most chocolatey, Lightest but still Decadent, and Most creative desserts.

Our hostess will be Debbi Kor. We can also watch some Men's Speed skating and Ski jumping.

Feb. 23 (Tue.) A Quarterly all-club meeting, which has traditionally been a pizza party. 6:30- 9:00 pm, at the Round Table Pizza, 10070 SW Barbur Blvd.

Mt. High Adopts a Highway!



Our club has adopted a 2-mile stretch of Hwy 26, from about Mirror Lake to Trillium Lake, mileposts 51 - 53. We just need to commit to keeping that part of the highway clean. We will organize two cleanup days, in the Spring and Fall.

We also financially support the Mt. Hood volunteer Ski Patrol, World Cup Dreams (USSA) and looking for other Snow Sports related charities. Mt. High is working hard on being more involved with the skiing environment and making it safer and more fun.

Sunday Morning Christian Devotional



Doug Pilcher, a veteran PACRAT racer and one of our Mountain High members, has offered to lead a devotional Bible study on Sunday mornings, on each PACRAT race day.

It will be a bible study, starting at **7:30 am**, or whenever you can get there, in the day lodge. At

Timberline, it will be at the first set of tables as you go up the stairs on the left. For the **Meadows** race, it will be on the top floor, in the glass-covered span bridging the North and South Lodge.

Every one is invited and Doug will have a few extra bibles. You don't need to be a racer to participate. Even if you are a bit late, just come. Contact Doug at: PilchD@molalla.net, 503-759-4899 or 503-799-6201 (cell).

PACRAT Racing videos

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Kuper
Racer & videographer

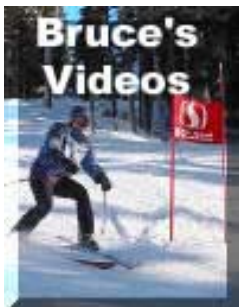
Just to get everyone pumped up about racing, **Bruce Kuper** has set up a special Channel on YouTube called the Black Diamond Thunder Channel. Check out this link to the video of the last race last year:

Race 5 Link:

<http://www.youtube.com/watch?v=usT9cv3eCik>

BlackDiamondThunder Channel Link:

<http://www.youtube.com/user/BlackDiamondThunder#p/u>



This is the channel where Bruce Kuper will post future videos. You can find a link to it on the Mountain High's RACING page, at: <http://www.mthigh.org/Racing.htm>. When you are on the RACING page, just click on the image that says: "Bruce's Videos".

Upcoming Events

Remember these upcoming events:

January 9- Timberline training day for all Mt High Ski Club Members \$0 plus lift ticket

January 10- First race at Timberline, start time for us is TBD by random draw

January 24- Second race at Medows on Middlefork

February 7 - Race 3 at Mt. Hood Skibowl, on DogLeg.

February 28 - Race 4 at Timberline.

March 14 - Race 5 at Mt. Hood Meadows on Stadium.

Racing Resources

1. Mt. High web site: www.mthigh.org/Racing.htm.
2. PACRAT web site: www.pacrats.org.
3. Bruce: Yuffiet@comcast.net or: 503-697-7892.

Each year some of our skiers also go to the Far West Ski Racing Association **Championship races**.

2010 PACRAT Race Dates

Date	Location
Nov. 26 (Mon)	Mt. High teams signup deadline.
Dec. 10	Deadline to send all forms to Pacrats
Dec. 16 (Wed)	Team captains bib pickup, at Buffalo Gap
January 10	Race 1: Timberline
January 24	Race 2: Mt. Hood Meadows Middle Fork
February 7	Race 3: Mt. Hood Skibowl Dog Leg
February 28	Race 4: Timberline
March 14	Race 5: Mt. Hood Meadows Stadium
March 21	Make up race; only if a race is canceled
April 2 (Fri.)	Rat Attack Awards Party
April 9-11	FWRA Championships, Mammoth Mt.



A few tips on how we race

1. Everyone gets 2 runs, one in each of 2 parallel courses. Only your best run counts.
2. Only your best 4 out of 5 races counts toward the final results.
3. For new racers, the results of your first race will determine which category you will be placed in (from Beginner to Elite).
4. Each course has it's own timing mechanism. You can start at your own convenience. It's OK to let the other racer go first, if you don't like racing next to someone. Or, you can compete head to head, if you wish.
5. A timetable of starting times will be sent out via email a few days before each race. It will also be posted in the day lodge in the early morning, and PACRAT officials will have copies of it at the starting gate.
6. Don't forget to come to the apres ski party at the end of the day. For races held at Timberline, the party will be at the Mt. Hood Museum in Government Camp.



Winter Trips

Several trips are already full. Others are filling up. Don't wait. Sign up now.

The following are trip summaries. More info is posted and updated on our web site: www.mthigh.org/Trips.htm.

If you travel to Canada or Europe, you need a passport. See: www.mthigh.org/Articles/Passports.htm

Mt. High

Whistler Cabin



Jan. 24-30, 2010.

6 nights lodging/ 5 days skiing. Carpooling. Cost - \$270 pp. includes lodging, daily breakfast, lunch & dinner.

Lodging in a cabin 5 min. north of Whistler Village. Shuttle to lifts every 20 mins. Contact **Bill Leeper**: 503-639-2603.

This trip is limited by the size of the cabin to 13 people.

NOTE: The one spot that became available and announced via email has been taken. So, this trip is once again FULL.

Mt. High

Mystery Trip (bus trip) -- ONLY 3 WEEKS AWAY!



Jan 15-18, 2010. 3 nights/3 days. We leave Friday around 5:00 pm. Lots of fun on the bus. We'll return Monday by abt. 8 pm.

This trip is already full. There is a waiting list.

Since we filled the bus, the cost of the trip went down from \$326 to just **\$309**, which includes bus transportation, 3 nights' lodging, 3 breakfasts, 3 lift tickets, and a pizza dinner.

Seniors (65+) get an additional \$13 discount, for a total of \$296.

All trip participants should send in the balance of their payment now. Also, they will soon receive more detailed instructions about where to meet the bus.

Info: **Emilio**: 1-503-378-0171, info@mthigh.org, or **Linda McGavin** at (503)652-2840 Trips@mthigh.org.

FWSA

Far West Ski Week: Keystone, Colorado



Keystone

Jan. 30 - Feb. 26, 2010. The biggest ski party in the West is the annual Far West trip, involving dozens of ski clubs throughout the Western States. lift tickets are valid at Keystone, A-basin, and Breckenridge.

Price is approximately **\$1,100** per person, double occupancy.

*Price does NOT include air or ground transportation.

The Northwest Council has been allocated 40 spots. These are all taken now. But, we can still match you up with people from other Councils.

See out TRIPS web page for info and schedule of payments. Checks to **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207. Contact: **Barbara Bousum**, 503/224-3584, BBousum@gmail.com.



Oh, no!!! I really wanted to go on some of these trips!

Don't cry! We have at least another 3 trips wide open. See the next pages.



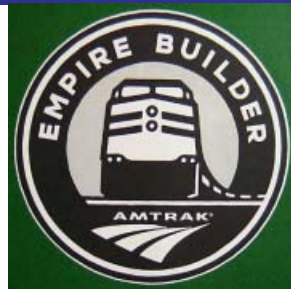


There's still room for Whitefish! Feb. 17 - 21, 2010.

by Debbi Kor

CALLING ALL SKIERS AND BOARDERS!!!!

WE HAVE ROOM FOR MORE takers on this trip. Amtrak is leaving on **February 17th**, when we will be railng our way from Portland to **Whitefish, Montana** to ski at one of the best mountains this side of the Rockies! The train leaves Portland at **4:45 pm**,



arriving in Whitefish on Thursday morning around 7:30. We'll be picked up in vans and whisked away to **Grouse Mountain Lodge**, for 3 wonderful days of skiing and fun in the snow!

Our rooms will be ready when we get there. All we have to do is change, and take a shuttle to the mountain for first runs around 10 a.m. How cool is that? Upon returning from our first day on the slopes, we'll have a Welcome Party in the beautiful restaurant and bar at Grouse Mountain Lodge.

We will have access to our rooms until we're ready to return home via Amtrak on Saturday night. The train will depart Whitefish at 9 p.m., and arrive back in Portland around 10:30 a.m. on Sunday. The cost for all this fun is: \$425 for those who wish to travel by coach, \$575 for those who wish to have a sleeper. The price includes 2 nights lodging, round trip rail transportation, 3 days lift tickets, and 3 days full breakfast.

Whitefish Mountain Resort offers: 3,000 acres, 2,353 vertical feet, 3 hi-speed quads, 2 regular quads, 4 triples, 2 T-bars. 94 named trails + vast amounts of bowl and tree skiing.

For those who'd like to **extend their stay**, we will move to the **Lodge at Whitefish** for Saturday and Sunday nights. We can ski 2 additional days, and depart Whitefish on Monday evening at 9, arriving in Portland on Tuesday morning at 10:30. The additional cost will be just **\$139** per person (double occupancy), **plus** lift tickets.

Sleeping compartment is available in both directions for \$135 per person, which includes both the first and the last night of the trip. To sign up, use the [Dough Transmittal form](#). No cancellations in the last 30 days. Contact **Debbi Kor: ijustwannarun1@comcast.net**



Mt. High

Fernie / Kimberley - Canada (bus trip; optional fly-in)



Fernie

Mar. 21 - 27, 2010. A 6-day trip. 4 days/4 nights in Canada, with 3 days at **Fernie** and 1 day at **Kimberley**. But, we will also spend an extra day skiing at **Silver Mt.** (Idaho) half-way up to Canada, and then **Bluewood** ski area (Washington) on the way down. A total of 6 days of skiing!

Leave Sunday morning. Return the following Saturday by 9 or 10 pm.



Fernie

THIS IS A ONCE IN A LIFETIME TRIP! The logistics are not easy, so we will not do this trip again.

Fernie gets 29 feet of snow each year. Five enormous bowls; countless glades & chutes, 2,504 acres and 2,816 vertical feet. Served by 2 high speed quad lifts, 2 quad chairlifts, 2 triple chairlifts, 1 t-bar, 1 platter lift. Open bowl and tree skiing. Long cruisers. Also: 14 kms of cross-country trails. 9 on-hill restaurants.

Kimberley has 1,800 acres, 2,465 vertical feet, served by 1 High Speed Quad, 1 Triple Chair, 1 Double Chair, 1 T-Bar. Long cruisers. Lots of tree skiing, especially on the back side.

Lodging: 4 nights at the Fernie Stanford Resort, an off-mountain lodge with a shuttle to the ski area, hot tub, heated pool, restaurant. Full breakfast included. We'll also spend a night in Kellog, Idaho on the way up, and a night in Ritzville, WA on the way back.



Stanford Resort at Fernie

Transportation. We'll have a chartered bus all the way from Portland. We will break up the long drive to Canada by stopping to ski half way there.

If you prefer, you can fly. Those who **fly** will have only **4 days** of skiing at Fernie & Kimberley, for a total price of about \$500 for the land package. Airfare is not included in the trip price. Also, you will have to rent a car to get from the airport to Fernie. You can fly to: **Cranbrook, Kalispell, Calgary, or Spokane.**

Price (based on 20 participants): **\$955.** Seniors and juniors 13-17 can deduct \$51 from the price. The price is still tentative, until we sign a contract. Price is on a sliding scale, depending on the number of participants. For each additional 2 people, price for everyone drops by \$20 - \$25.



Fernie

Included in bus trip: 6 nights lodging, 6 breakfasts, 6 lift tickets, and bus transportation.

Deposit of \$100 due immediately! A payment schedule will be provided later. The number of people on this trip is limited to 30.

This trip is during Oregon's Spring Break, and is **FAMILY FRIENDLY!** We have reserved 2 special family rooms at Fernie for the 4 day/4 night package at a cost of \$1,300 for 2 adults and 2 children under 13 (including lodging, lifts, and breakfasts for the family). Families with young children should plan to fly/drive to Fernie. While we cannot take young children on a long bus trip, you may contact your trip captain about older children.

Use **Dough Transmittal form**, p.15, to send **\$100 deposit**, due immediately. Full payment due by **February 20, 2010** In February, you will be told the balance due No refunds after Feb. 20 unless you can fill your spot. Contact:

Linda McGavin at (503)652-2840 Trips@mthigh.org,
Emilio Trampuz at 1-503-378-0171, info@mthigh.org.

Mt. High

Lake Tahoe / Heavenly



Marv & Janice

"To breathe the air angels breathe, you must come to Tahoe"

- Mark Twain

The Lakeland Village Condos have the only private dock accessible to the lake as well a view of Lake Tahoe from every condo. The free shuttles from the condos are only a ten minute ride to the Heavenly Gondola, to the Outlet mall, and to unlimited first class dining & entertainment.

Last year's trip included a wine and cheese welcome party and two dinners (ala chef Kris) in the condos. A sunset cruise on the lake is scheduled for an extra fee.

Come join us for fun on the sunny, snowy Lake Tahoe trip. Heavenly was rated tops for tree skiing in this year's Skiing magazine.



Mt. High members at Heavenly

Mar. 31 - Apr. 5, 2010 A 5-day trip (Wednesday - Monday).

Skiing: Heavenly is our main destination, with 4,800 acres and 3,500 vertical feet, and slopes in both California and Nevada. But, we'll visit other ski resorts too.

Lodging: Lakeland village condos, 1-4 bedrooms, full kitchen, hot tub, heated pool, sauna, free shuttles, 1 mile to the lifts.

Drive/Fly to Reno (on your own), take a \$43 round trip Sierra Express from the airport, or drive, or rent a car. Janice can help you carpool with others.

Price: \$400 (or just \$300 if you have a Heavenly Pass) includes:

- * 5 nights lodging, in shared condo. * Breakfast
- * 2 of 3 days lift ticket to Heavenly * Wine & cheese welcome party,
- * Shuttle around town and to Heavenly gondola or tram.

Contact **Janice Jessen:** jessen9011@comcast.net or 503-515-6230.

Send \$100 deposit. Use [Dough Transmittal form](#), p.15. Note: No cancellations in the last 30 days.

NWSCC

Bachelor Blast



Mt. Bachelor

April. 16-18, 2010.

Join all local ski clubs in a celebration of Spring skiing at Mt. Bachelor.

Price is **\$199** pp.

- > 2 nights in Sunriver Tennis village condos
- > A mountain picnic lunch on Saturday
- > 2 days skiing at Mt. Bachelor

One day can be added at either end for an additional cost of about \$90 for lodging and skiing, based on 4 people per condo.

Mail check to: NWSCC P.O. Box 1915 Portland, OR 97207-1915

Contact **Debbi Kor** at:

ijustwannarun1@comcast.net.

FWSA

Far West (FWSA) Trips

• **Keystone Nationals**—FWRA—January 27-29, 2010. The Keystone Nationals is a dynamic recreational race competition, open to all ski club and ski council racers. **It has been cancelled because of too few signups this year.** Contact **Bob Ellis** at 530.582-0566.

• **FWSA 2009 Ski Week** will be in Keystone, Colorado January 30 to February 6, 2010. Council Trip Leaders are taking sign-ups. Check the Keystone flyer on our web site or at www.fwsa.org and click on travel.

• **Cortina Ski Trip**, February 27—March 7, 2010—\$1844 per person; Cortina, one of the most beautiful settings in the Alps; daily breakfast and dinner included; 7 nights at a 3+ star Splendid Venezia and round trip flight from SFO/LAX. Venice—Pre-Trip Extension \$575 February 24-28; Vienna/Budapest—Post Trip Extension \$878. Contact **Norm Azevedo** at fwsaitravel@sbcglobal.net.

Be Part of the Solution

When a friend or family member is in the last stages of cancer, we can easily be overwhelmed by a feeling of helplessness. At some point, if the cancer metastasizes (spreads into different parts of the body), it seems there's nothing much we can do any more.

But, we are not entirely helpless. We can all do something, be of help, and be part of the solution. Hospices and cancer research centers need our help. We can all contribute, each in our own way, by getting involved with fund-raising efforts such as the two described here. Get involved. And spread the word. Print out some flyers and post them somewhere. Organize a team.

The Oregon Cancer Ski Out is well established, Over the past 20 years, it has raised over half a million dollars for local hospices and organizations, and our club members regularly participate.

The American Cancer Society has held the Hope on the Slopes event in Washington for 7 years, and this is the second year that the event is also organized in Oregon. This is a more nation-wide effort, and more funds go to research. OHSU is among the beneficiaries.

Oregon Cancer Ski Out



March 7-8 (Sunday-Monday): Register your 5-person team for this fun fundraiser for Cancer Research and hospice care.

Two races are held, and only consistency counts; not speed. Team registration for 5 people last year was \$900. Still TBA for this year. Contact:

Russ Stanton, russki2day@yahoo.com or **Dick Woolley** at rgwoolley@verizon.net.

Lots more information on our web site: www.mthigh.org/Events.htm#Oregon_Cancer_Ski_Out or at: www.cancerskiout.org

2nd annual Hope on the Slopes



March 19-20: (Fri.-Sat.) at **Ski Bowl**. 1 pm - 1 pm.

A fundraiser for the American Cancer Society.

This is a 24-hour vertical challenge, where competitors earn points for both dollars raised and the total vertical feet skied. Teams can consist of between 5 and 15 people. You can also compete individually. There are no age restrictions.



It will be 24 hours of fun, including **live music**, **barbeque**, a ceremony honoring cancer survivors, and a **torchlight parade**. This is your chance to be a torch-bearer!

Each participant will receive a personal web page that they can customize with their own messages and photos. Features of the web site include the ability to fundraise online and via email, track fundraising progress, and honor loved ones touched by cancer.

Registration is \$35 for individual or \$150 per team. A team can have up to 15 members. Each participant should raise a minimum of \$200 to participate in the vertical challenge.

Prizes will be awarded to the top fund-raisers, including lift tickets, skis, boards, clothing,..etc.

Funds raised will be used by the American Cancer Society for cancer research, education, advocacy, and service. OHSU is among the beneficiaries.

More info at www.oregonhopeontheslopes.org

To participate in the torchlight parade please contact **Emilio**.



2-Way Radios

A short Primer on Ski Radios
(walkie-talkies, transceivers, etc.)

- by Robert Burns -



There are two main types currently in use - FRS (Family Radio Service) and Hybrid FRS/GMRS (General Mobile Radio Service). FRS are older and cheaper. Most of the ones now featured in the stores are the hybrids.



FRS radios have 14 channels and may offer 38 or more sub (privacy) codes. The maximum power is 1/2 watt, which is good for up to 2 miles - if you're lucky. No license is required.

Hybrid FRS/GMRS radios can have up to 5 watts of power, good for more than 10 miles of range. These radios have 22 channels, plus 38 or more sub codes. Channels 1- 14 are shared between FRS and GMRS. Although the first 7 FRS channels are shared with GMRS, it may or may not be operating with the 5 watts - it depends on your manufacturer. Channels 8-14 are FRS use only and are limited to 1/2 watt. Your radio will automatically cut the power. Channels 15-22 are GMRS only and are the full 5 watts, all the time. FRS radios can't use these channels. Technically, an FCC license is required when operating on the GMRS channels at full power.

GMRS radios have been evolving. Manufactures have been adding a lot more privacy codes than the original 38 shared by FRS and GMRS. Unfortunately, there is no industry standard for these new ones. For example, Motorola won't be able to talk to Cobra. Stick with the original 38 for the most compatibility.

By the way, while these privacy codes may make it easier to find a free channel in crowded areas, they aren't scrambled and may be listened in on.

Bottom line: For maximum compatibility and range during group trips - pick one of the first 7 channels and one of the original 38 privacy codes. FRS and GMRS radio will be able talk to each other. The GMRS radio will probably be operating at the higher power.

If everyone has a GMRS radio, feel free to use channel 15 and up. You're guaranteed to be transmitting at full power. Also, there will be no interference from the FRS radios.

Backcountry Gear

Alpine Touring bindings

- by Emilio Trampuz -



If you plan to ski and hike uphill in the back-country, regular alpine skis and bindings are just too heavy.

Alpine touring (or Randonnee) skis are lighter, almost half the weight of regular downhill skis. AT bindings are lighter as well, while still providing the ability to release in a fall. Plus, you can free up your heel.

As alpine touring becomes more popular, many stores make it easy on the customers, by providing a separate section on their web site for alpine touring gear. If you will do a lot of climbing, select the lightest gear. Otherwise, find a balance that works for you.



Dynafit bindings



The lightest AT bindings are made by **Dynafit**. The toe piece consists of two pins that almost seem too fragile, but serious backcountry skiers swear by them.

If you want something more sturdy, go for either the **Diamir-Fritschi** or the **Naxo** bindings. They look more traditional, but are still very light. They have the ability to free up your heel for uphill climbing, and then lock the heel down for downhill skiing.



Diamir-Fritschi

If most of your adventures will be downhill, with very little uphill, then try the **Marker Duke** or **Baron** bindings, which are the sturdiest and heaviest AT bindings. Their only weakness is that you generally have to step out of the binding to change the heel setting, while the other bindings can do that on the fly, and even adjust for 3 levels of steepness in climbing.



Alpine Trekkers

If you just want to try what it feels like to free up your heel for uphill travel, rent a pair of "**Alpine Trekkers**", which is an adapter for your regular alpine bindings. That's the heaviest option.

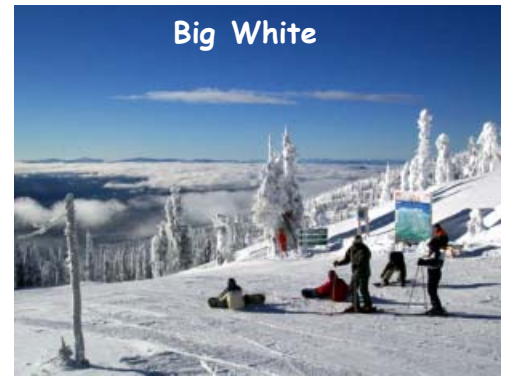


Mt. Hood Skibowl

AAA members get a \$10 discount at Mt. Hood Skibowl for a day ticket, or a \$3 discount for night tickets.

British Columbia Ski Resorts offer amazing giveaway!

British Columbia ski resorts have joined forces to offer a special sweepstakes drawing around March 1, 2010. The winner gets to take 19 friends to a resort of his/her choice. All 20 people must use the 4 day/5 nights trip at the same time, at the beginning of April this year. Participating resorts include Whistler, Big White, Silver Star, Sun Peaks, Apex, Red. Mt., Revelstoke, Whitewater, Kicking Horse, Panorama, Kimberley and Fernie. See details in our list of freebies on page 3. If you win, remember to invite at least a few of your Mountain High friends!



Whistler Offers GPS Units for Kids

Whistler is the latest resort to fit kids with GPS units providing real-time tracking for additional safety while giving their kids a chance to track their day on the mountains. It's available to kids taking the Whistler Kids, Ride Tribe and private ski school programs and makes it possible to locate them on the mountain at any time, while also recording information such as lifts used, runs explored, average speed, vertical achieved, number of trails and total distance skied. The tag uses cellular technology via a Global System for Mobile communications (GSM) network and transmits information which is collected by a server, which pinpoints a guest's location.

The Canyons, Utah, might become the largest

The Canyons, Utah is poised to become the largest ski area in the US. With its 3,700 acres, it is already tied with Park City as the largest ski area in Utah. But, it has recently been purchased by Talisker Corporation, a Canadian real estate developer, and there are plans to expand the terrain to 6,700 acres, which would make it the largest in the U.S.

In terms of future development, only **Revelstoke Mt. Resort** in B.C. is a rival, with plans to expand to 10,000 acres. Those Canadians are amazing, eh?!



Two Ski Resorts in Jeopardy/One changing hands

Tamarack, Idaho, remains closed, in bankruptcy. Good thing we skied there when we had a chance to see it.

Moonlight Basin, Montana, right next to Big Sky, has filed for chapter 11 bankruptcy in November 2009, but it still remains open and restructuring its finances.

Powdr Corporation, which owns Park City and Mt. Bachelor, is currently purchasing **Copper Mt.** from Intrawest Corporation. No major changes are expected.

Passport Required



If you travel outside the US, including winter trips to Canada, you will need a passport. See: www.mthigh.org/Articles/Passports.htm

You may have several incentives to cross the border this Winter, including:

- a) The **Whistler Cabin trip** in January.
- b) The **Winter Olympics** in February
- c) The **Fernie/Kimberley trip** in March
- d) The **Canada Ski Safari** in April.

So, be prepared. Make sure your passport hasn't expired. Or get one if you don't have it. The process can take months!



Q & A about Mt. Bachelor

Q: Can I loan my Club Card to my friend?

A: No, the Club Card will have your photo on it.

Q: Can I use my Club Card at the ticket window?

A: No. Club Card savings are for advance online ticket purchases. They ensure the lowest daily rate. \$49 non-holiday.

Q: Can I buy a Club Card for someone else as a gift? How?

A: Yes. You will enter their customer info once they go on sale.

Q: Will I need to go to the ticket window to use my Club Card?

A: No. You can go straight to the lift. Club Card must be pre-loaded with the lift ticket in advance via www.mtbachelor.com.

Q: Should I be concerned with this daily pricing plan if I am going to have a Season Pass, 12-Day Pass, Club Card or Multi-day ticket?

A: No. It is irrelevant to you.

Free Mt. Bachelor Club Card



Thanks to **Linda McGavin**, who is currently working on the next **NW Skiers' Directory**, we found out this great deal that **Mt. Bachelor** has offered to all NW ski clubs, through the NW Ski Club Council. It's a free "Club Card".

1. **For the general public:** Up until the lifts open for the year Mt. Bachelor offers a "club card" picture pass for \$29 to the public that will let them buy \$49 non-holiday lift tickets.

2. **For NWSCC club members** (That's all of us!) - We can go to the Sports Desk at Bachelor up through January 31 and get that same card for FREE by showing our NWSCC membership card and picture ID. (Note: Your club membership card doubles as an NWSCC card. Just flip it over.)

3. **On the day we pick up the Club Card**, we can "load" it with our credit card with multiples of \$49. In the future we can load it up any time **online**, before arriving at the mountain. When we get to the mountain, we can go directly to the lifts and, as we pass through, \$49 will be deducted from our balance on the Club Card, which is a Radio Frequency ID. It's all automatic and very high tech.

Note that we can load the card in person at the Sports Desk **only the first time**. After that, we'll need to do it **online**, using a credit card.

Here's a recommendation for which pass to purchase, depending on how much you will ski at Mt. Bachelor:

- a) **2 - 10 days or 13 - 20 days: Get the Club Card.**
- b) **11 - 12 days : Get a 12-times pass.** for \$499.
- c) **More than 20 times: Get a Season Pass.** for \$999.

Mt. High Membership renewal

Whenever you send in any money to the club, please use our **Dough Transmittal Form** a.k.a. the **Membership Signup Form**. You can find a compact version of it on the last page of Lift Lines, or on our web site, on the [Forms](#) and [Member Benefits](#) page.

Simply mail the form to the club's PO Box 2182, Portland, OR 97208.

For questions, contact: info@mthigh.org.

Remember, all Mt. High members are automatically members of the **NW Ski Club Council (NWSCC)** and the **Far West Ski Assoc.**

Besides doing it by mail, you can also renew in person at the **Ski Fair** (Monday, Nov. 9) or at our annual **Membership Party** (Thurs., Nov.19)

The advantage of doing it in person is that you then receive your membership card immediately, without delay. .

Club membership = 317 Newsletter Distribution

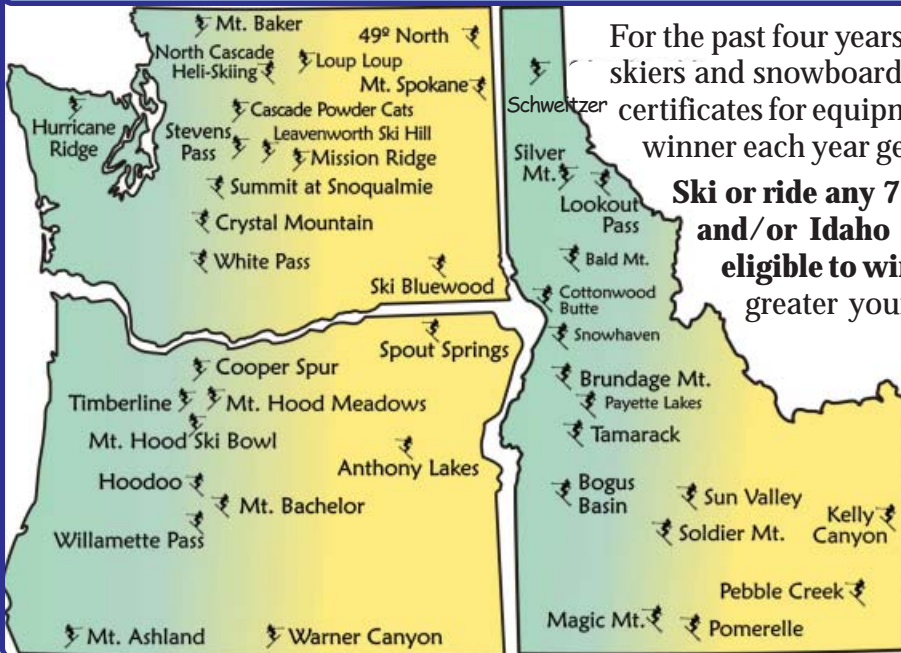
The Jan. 2010 issue is posted on our web site, and also:
314 copies sent via email (as PDF files)
34 paper printed copies sent via US Mail.
Copies are sent to potential members, other clubs, etc..
Please help us minimize the cost of mailing paper copies.
Send your email address to: info@mthigh.org.

Don't Let This Be Your Last Issue!

If you have not renewed your membership yet, or if you have been on the Potential Member's list for a while and have not joined the club yet, ... this issue will be your last one. We don't want to lose you. To join or renew, send us a \$25 check (for singles) or \$40 (for couples). Use the Dough Transmittal form on page 13 or on the web.

NWSCC

Northwest Ski Challenge - by David Schor



For the past four years, the **NW Ski Club Council** has rewarded skiers and snowboarders who have met the Challenge with gift certificates for equipment or services at ski shops, and one lucky winner each year gets a ten-time pass to Mt. Hood Meadows.

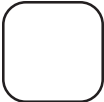
Ski or ride any 7 or more resorts in Oregon, Washington and/or Idaho during the 2009-2010 ski season to be eligible to win a prize. The more ski areas you visit, the greater your chance of winning.

Ski or ride some new slopes, save your lift tickets, and win a prize!

To qualify for a prize, submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207.

More info on our Council's web site: NWskiers.org. Also, see the [Articles](#) page on the Mt. High web site.

Emilio Trampuz
Mountain High Newsletter editor
4742 Liberty Rd. S., #296
Salem, OR 97302



Please check our web site,
www.mthigh.org
for updates.

