



Lift Lines

= No. 149-150, May-June 2013 =

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



From the Prez



It's summer time. At least what passes for summer in the Northwest. Check out the upcoming activities. Hikes, Rafting, Picnic, Bike rides, Golf, Highway cleanup. Be sure to let the trip leaders know if you're going to participate. Get those dough sheets in.

Remember to turn in your lift tickets to compete in the Northwest Ski Challenge (see page 10). If you went on all the Mt. High trips last year, you qualify with ease. Even if you didn't, you probably still qualify.

I wish to thank all the returning officers and our new Secretary, Lisa Scribner. And think about running for an office next year. For instance, Gordy has been president for 2 years and now past president for 3 more. Time to give him a break and allow me to be past president.

- Kurt Krueger, June 12, 2013

Got any photos of club events? Send a few of the best to Emilio, for inclusion in the newsletter and/or the web site, or post them in any online photo albums such as Photobucket or Snapfish and give us the web address (the link).

Man & Woman of the Year

This year's Man and Woman of the Year are **Bruce Kuper** and **Chris Brooks**. See more info about past winners on our web site, on the Awards page at: <http://www.mthigh.org/Awards.htm>

Note the color code.
Our club is blue.

2013 CALENDAR

Blue: Mountain High events
Red: NWSCC / FWSA / Multi-club
Black: General events

May 4 (Sat.): Timberline side-country
May 11 (Sat.): Timberline side-country
May 15 (Wed.): Mt. High Annual meeting
Elections & Spring Fling party
May 18 (Sat.): Timberline side-country
May 18 (Sat.): Mt. High Bowling Party
May 24 (Fri.): Golf at Eastmoreland
May 25 (Sat.): Timberline side-country
May 28 (Tue.): Mt. High Board meeting

June 6 - 9: Far West Convention, Reno, NV
June 8 (Sat.): Hike to Ramona Falls
June 19 (Wed.): NWSCC/PACRAT elections
June 22 (Sat.): Mt. High Highway cleanup
June 24 (Mon.): Mt. High Board meeting
June 28 (Fri.): Golf at Eastmoreland

July 7 (Sun.): Hike to Cape Horn
July 13 (Sat.): Barlow pass to
Rhododendron history bike ride
July 15-19: Willy Camp (Willy Scroggins
race training)
July 19-21: Summer Fun Nationals at
Timberline
July 27 (Sat.): Bike ride: Banks-Vernonia

Aug. 4 (Sun.): Hike to Tunnel Falls
Aug. 7 - 14: Bike the Centennial & Coeur
d'Alene trails
Aug. 15-18 (Thur.-Sun.): Rafting
Aug. 17-18 (Sat/Sun): Barlow Road Bike Ride
Aug. 24 (Sat.): Picnic & Bike Ride

Mt. High

Let's Have Some Fun



Hiking (1st weekend each month)



Golf



Biking, in July and August



Rafting, Aug. 15-18

MOUNTAIN HIGH

Recent Events

SNOWSPORT CLUB



Photo: Ken Brundidge

Utah trip - Powder Mt., Snowbasin, The Canyons, Sundance

Feb. 23 - March 1, 2013. This was our third trip to Eden and Powder Mt. within the last decade, and the 2nd one in a row organized by Gordon Lusk. Approximately 20 people participated. Lodging was in condos the town of Eden with most of the skiing done on Powder Mt., with day trips to Snowbasin, The Canyons, and Sundance ski areas.

Kenny had a close call at The Canyons. He says: I elected to take a different route than my friends down a ridge called "The Abyss" and

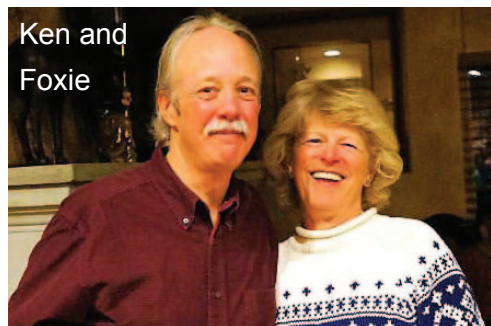


Photo: Bruce McGavin



Photo: Bruce McGavin



Group photo after dinner at the Gray Cliff Lodge

Photo: Kenny Brundidge

found myself above a rock ledge and lost my footing while trying to climb out of it. I fell into the rocks and slid out of control about 150 feet until I impacted a tree with a glancing blow to my right leg, then got spun around and hit the tree that stopped me with my left hip. Other than bruises and sore muscles, I am okay, and I firmly believe that my helmet saved my life, evidenced by the dents and creases in it, which I believe were caused by the rocks at the start of my descent.

Here are a few photos showing me at my landing spot. The guy in red at the top of the hill is Bryan from ski patrol getting prepared to repel by rope down the ledge. About 1/4 down slope, near the bottom of the rocks are my skis. I am being held in place by the 1st tree that I hit.

I really want to thank Jim and Walt for sticking with me during the whole ordeal. They watched me from the bottom and tried to climb up to me. After I told them the slope was too steep and dangerous to try and climb they were kind enough to gather up most of my wallet contents, that went fluttering and flying down through the trees. (Although, next time they need to disregard the 1's and go for the 50's and 100's)."



Ski patroller Bryan above the rocks

Photo: Kenny Brundidge



Photo: Pete Troy

Ann Gormley having fun on Powder Mt.



Kenny after his fall at The Canyons

Photo: Kenny Brundidge

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

White Pass day trip

March 16, 2013. This was a Club Ski Day for all NWSCC club members. Our Mountain High club and the Bergfreunde ski club both had their own ski bus, both buses departing from the Gateway Transit Center in Portland. We had coffee and breakfast food on the bus, as well as the usual assortment of jokes, stories, and videos.

28 Mountain High people participated and had a great time. We enjoyed the two new lifts and all the new terrain at White Pass, and had lunch in their new on-mountain lodge. The snow was good, thanks to a few inches of fresh powder that blanketed the mountain.

This was one of the 5 "Show Me Something New" trips, and we had no trouble at all finding new terrain to ski on this one, since White Pass has recently doubled its skiable acreage with the installation of two new lifts opening up a whole new hill.

We also met with several members of the Longview Ski Club who volunteer as ski hosts at White Pass and they offered us a tour of the ski area. It was all good. We'll do it again!



Door handle at the new on-mountain lodge is made of a chairlift cable.



Mississippi Head
Zig Zag canyon



Photo by Lisa Miller

Zig Zag canyon

Scott Stepan



Dave Misitano

Timberline side country

April - May, 2013. We had a very unusual Spring, with temperatures in the 80s in early May. The snow never froze overnight, so there was no corn snow. Instead, the snow was often sticky and grabby from early morning. Still, we went skiing every Saturday in the latter half of April and all of May. The best two days were the first one (in April) when we skied the Alpine trail to Government Camp, and the last Saturday in May, when we skied upper Zig Zag canyon multiple times.

On any one day, 3 to 10 people participated.

East branch of Zig Zag canyon



Dan Lane

Bob Burns

Lisa Miller

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

Canada Powder Hwy: Whitewater and Red Mt.

March 23 - 30, 2013. This week long carpooling trip was attended by 25 people. We skied at **Whitewater** (B.C.) ski area for 3 days, then took a day of rest in which some of us soaked in the hot waters of **Ainsworth Hot Springs**. We then went on to ski **Red Mountain** (B.C.) for 2 days, exploring the newly opened Gray Mountain, with only snowcat access this year, but lifts are coming next year. We had perfectly good, sunny days, but no fresh powder. When we scouted out these places, they both got fresh powder in late March the two previous winters.

On the drive back home, only 5 of us stopped for a day at **49 Degrees North** (Washington). We rang Ullr's bell, we skied the 7 Deadly sins, explored the newly opened Angel Peak, and we were rewarded by some really great snow on the ungroomed but very smooth Tombstone trail.



Patty at Idgie's restaurant in Rossland

With the help of coupons and 2-for-1 lift tickets, the trip ended up with a surplus of money, so we treated everyone to a dinner at the Hume hotel in Nelson and another dinner at Idgie's Restaurant in Rossland. The food was excellent at both places!

We returned home tired but happy.



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

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Ellison
Mt. High Racing Director

Thanks to Bruce Ellison for being our club's Racing Director for the past several years. You can thank him by contacting him at Yuffiet@comcast.net or: 503-697-7892.

Bruce Ellison has recently asked for a volunteer to take over his position, and **Bruce Kuper** has stepped up. Thanks, Bruce Kuper!

PACRAT Elections

June 19, 2013 (Wednesday). Annual elections for the PACRAT Board will be held at Tubby's Deli, 3330 NW Yeon, Ave., Portland, starting around 6:00 pm.

VOTE: Our club will be represented by 5 of our PACRAT team captains, the first ones to contact **Bruce Ellison** about it at: Yuffiet@comcast.net or: 503-697-7892.

RUN: More Mt. High people should run for a PACRAT position such as: Party Director, Secretary, or Communications. If you would like to run for any of these, contact **Gordon Lusk** ASAP at: rivergordy@gmail.com or 503-804-8363.

Willy Camp



July 15-19, 2013. Mon.-Fri. Willy Scroggins has been leading this annual summer camp for 10 years, usually a week before the Summer Fun Nationals.

Focus is on Slalom and GS training.

Cost is \$325 for the week or \$75 per day.. You buy your own lift tickets.

Monday and Tuesday will be GS, on Wednesday and Thursday is Slalom, and Friday is GS again.

There will be on hill Video to analyze while you train.

Meet out on the hill by 7:30 am, Look for the Willy Camp lane.

See more info at: www.mthigh.org/#Willy_Camp

Contact Willy Scroggins at 503 593-9954 or email: awillygoodcamp@gmail.com

2013 PACRAT Race Results

Pl	Team Name (bib #)	Club Name	Pts
1	Ruttin' Rats (60-69)	Schnee Vogeli	269
2	Racy Brats (30-33)	Skiyente	244
3	Kiss My Wax (160-169)	Skiyente	206
4	Ragnar's Rangers (170-179)	Cascade	201
5	Rattitudes (150-159)	Mt. High	200
6	Rat Racers (210-219)	Mt. High	188
7	Chilled Brewskis (180-189)	Mt. High	184
8	Chix & Dix (50s & 190s)	Schneyente	172
9	Avalanche Express (70-79)	Mt. High	159
10	Vertigo Madness (200-209)	Mt. High	155
11	Infrarats (240-249)	Mt. High	151
12	Frosted Flakes (80-89)	Mt. High	142
13	MACTACULAR (220-229)	MAC	138
14	Blizzaardos (10-19)	Mt. High	138
14	Psycothermia (40-49)	Mt. High	137
16	Mixed Nuts (130-139)	Mt. High	135
17	Tasmanian Ski Devils (140-149)	Bergfreunde	133
17	Vertical Junkies (100-109)	Mt. High	129
19	Lab Rats (110-119)	Mt. High	123
20	Mt. Hoodlums (230-239)	Mt. High	121
21	Schussing Shysters (20-29)	Mt. High	121
22	Slack Rats (120-129)	Mt. High	109
23	MAC-II (90-99)	MAC	15

We had a total of 216 racers (71 female and 147 male) in 23 teams from a total of 6 clubs.

Only the Ruttin' Rats and Kiss My Wax teams had 100% participation, followed closely by Chilled Brewskis and Rat Racers with 98% participation.

Summer Fun Nationals



July 19-21, 2013. Fri.-Sun.

The is the 25th annual fun race at Timberline. All

PACRAT racers are welcome, as well as those who have never raced. See: www.summerfunnationals.com/

Friday is a welcoming party at the Brew Pub in Government Camp, 3-6 pm.

Saturday is a GS race (two runs). Then a BBQ at the Day lodge. Sunday is a Slalom race (2 runs).

The cost, if registered before July 15, is as follows:

1. The entire weekend (GS, BBQ, SL) = \$129
2. Saturday only: (GS, BBQ) = \$89
3. Sunday only (SL): \$59
4. Guest for BBQ only = \$35

After July 15, there is a late fee of \$20. More at: www.mthigh.org/#Summer_Fun_Nationals

New Mt. High Board

At the annual Spring Fling Elections Party, May 15, 2013, we re-elected Kurt, Terry, and Nancy as our President, Vice-president, and Treasurer. We also elected Lisa Scribner as Secretary. Welcome to the Board, Lisa!



President
Kurt Krueger



Vice-President
Terry White



Secretary
Lisa Scribner



Treasurer
Nancy Pratt

For more photos of our club leaders, see the Contacts page on our web site, www.mthigh.org/Contacts.htm.

Ski Chalet Closes

The **Ski Chalet** which has been run for so many years by **John Hanson** at 4800 SW 76th Ave., next to the Raleigh Hills Fred Meyer in Beaverton, is closing at the end of June 2013. John Hanson says:



After much deliberation and with a look to the future, I have had to make the tough decision to close Ski Chalet's doors June 30th 2013.

This was certainly not an easy decision, but with the challenges of the past couple of seasons, a lease up for renewal, and the greater uncertainty of whether specialty retail can remain profitable in the future, I concluded that this is our best course of action.

Regardless of the behind the scene ups and downs that come with running a small, seasonal business, the one consistently energizing and fulfilling part of the day was the time spent serving our customers. Skiing is a wonderfully rewarding recreation and I drew great pleasure knowing that I was either helping someone enter the sport properly or enhancing another's performance or experience on the hill. Over the years I have come to know many of you as good friends and enjoyed your company in the store and on the slopes; this is the thing that I will undoubtedly miss the most.

I hope that we can still remain in contact after our closing. I am always available to answer ski questions, boot fitting questions, or point you in the right direction.

I certainly look forward to seeing many of you in the store throughout the month and most definitely out on the slopes. May the passion for skiing always burn brightly!

Thanks for a great 10 years!!

John Hanson

Boots & More Opens

Greg Coulter has started a new business: "**Boots and More Performance LLC**".



Greg Coulter is already well known to many of us. You might know him as a PACRAT racer, or as a member of the Hillcrest Sports staff, or as an active participant in Hope on the Slopes.

Now you have a new reason to get to know him better. He will be **fitting boots**, as well as **ski tuning and repair**. He will even pick up your gear and deliver it back to you when it's done!

Remember, it's good for your skis to **wax** them at the end of the season before you store them away. Greg can help you with that.

Contact Greg at: gcoulter40@gmail.com, or phone 503-917-9360. Here's Greg Coulter in action:



Mt. High

Hiking



Chris Brooks has prepared 3 hikes for us this summer and they all have something to do with water or waterfalls. Reserve the first weekend of each month (June, July, and August) for a hike with your favorite ski club!

June 8 (Sat.): Ramona Falls

Sorry we didn't manage to publish the newsletter before the hike, but we did send out two emails about it.

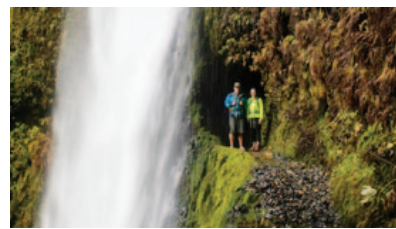
It was a relatively easy 7 mile hike in perfect weather. It was magical! Pity that only 8 people showed up!

**July 7 (Sun.): Cape Horn**

A moderate 6.8 mile loop. Elevation gain: 1100 ft. Bring: snacks, lunch, and beverages. And your camera!

MEET: 8 am at Gateway transit center.

QUESTIONS ; call **Chris Brooks** 503-764-5323 or email jruffman@aol.com

**Aug. 4 (Sun.): Tunnel Falls**

A 12 mile round trip hike. Elevation gain: 1640 ft. Bring: snacks, lunch, and beverages.

And your camera! Contact Chris jruffman@aol.com

MEET: 8 am at Gateway transit center.

Mt. High

Highway Cleanup

**June 22 (Sat.).**

About 3 years ago, our club adopted 2 miles of Highway 26, just west of Government Camp, and now we have the obligation to keep it clean. We do this

at least twice a year, in the Spring and Fall. Our Spring cleaning is coming up on Saturday, June 22.

We'll meet at **10 am** in Skibowl's parking lot, and spend about 2 hours removing unsightly stuff people throw out along the highway. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers.

At **noon**, lunch will be provided for all who participate in the cleanup. We'll gather at the Ice Axe brew pub in Government Camp.

Please RSVP by contacting **Debbi Kor**, 503-314-7078 or ijustwannarun1@comcast.net

Mt. High

Golf at Eastmoreland

**June 28 (Fri.) 5 pm.**

Last month's golf at Eastmoreland was so much fun we'll do it again this month!

We will play 9 holes at Eastmore-

land Golf Course, 2425 SE Bybee Blvd., Portland, OR 97202. Phone: 503-775-2900. Tee times start at 5:00 pm.

Cost: \$15 (for 9 holes); Cart: \$15.

If you want to play, please contact one of us by June 20th.

Terry Swan at 503-729-3435 or e-mail swans761@juno.com

Cal Eddy at 503-805-8606 or e-mail baebaw@ccgmail.net

Mt. High

Barlow Pass to Rhododendron history bike ride



July 13 (Sat.) - 10 am. We'll explore many aspects of Mt. Hood's history.

The **Oregon trail** came this way after Samuel Barlow cut a road from the Dalles to Oregon City. But, where is that original trail? Can we still see it? Yes, some sections still exist. In about 2 or 3 hours, we'll cover a distance the wagons took a day and a half or two to travel.

We will also explore abandoned sections of the original **Mt. Hood Loop highway**, the one that preceded modern Highway 26. You might be among the last people to see it, because the Forest Service is actively destroying it and letting it go back to nature (speeding it up in a violent way).

Also, we will explore some of the more recent **local lore** and **trivia** about Mt. Hood, its ski areas, its roads, its people. There will be stories, ghosts, cemeteries, local heros and more. Bring your camera or camcorder!

We'll also make a short stop at the **Mt. Hood Museum**, to broaden our understanding of how the pioneers lived, how skiing on Mt. Hood developed, and even answer the question: "When were skis straight, if ever?"

This is more than a bike ride. It's more like time travel, visiting 3 or 4 different eras. A bicycle is simply a needed mode of transportation, because many sections are closed to motorized traffic and too long to hike.

Do you need a mountain bike? No. A road bike is just fine, but preferably not with super skinny tires. Almost half the ride will be on unpaved but smooth roads or paths, and there is always a paved alternative nearby. The total distance is only about 16 miles, most of it downhill, but about a mile and a half is uphill, and in a couple of places we will have to dismount and push or even carry our bicycles.

Meet at the Still Creek Inn in Rhododendron at 10 am. At the end of the bike ride, we'll have lunch at the Still Creek Inn. If you are coming, let **Emilio** know: Emilio2000@earthlink.net or 503-378-0171.

Mt. High Banks-Vernonia bike ride



July 27 (Sat.).

Start at 9:30 am.

A paved rails to trails path with a SLIGHT incline part of the way. One SHORT steep uphill & downhill.

3 Options: 21 miles from Banks, or 14 from Baxton, trailhead or 7 miles from Top Hill trailhead. Those who start @ Banks will regroup @ Buxton, then Top Hill trailheads. (lets us know where you will start) PLEASE.

Restrooms available at all 3 of these trailheads.

Lunch @ Black Bear Coffee Co. outdoor patio in Vernonia.

RAIN CANCELS THE RIDE.

PLEASE **RSVP** Jackie @ 503-663-3359 or jbon1960@comcast.net

Mt. High Coeur d'Alene & Centennial Trails



Aug. 7 - 14.

A week-long bike ride on paved bike trails away from any other traffic. Led by Jackie Bonillo.

We will ride:

- * 23 miles of the Spokane Centennial Trail,
- * 7 miles of the Idaho Centennial trail, and
- * 72 miles of the Coeur D'Alene Trail across the Idaho panhandle.

You can join us for all or part of the trip.

Lodging will be: 1 night in Spokane, 1 night in Post Falls, 2 nights in Kellogg and 3 nights in Harrison, overlooking Coeur d'Alene Lake.

COST: Approx. \$700 with lodging in 4 places (it's high season) + some continental breakfasts.

Contact Jackie @ 503-663-3359 or jbon1960@comcast.net

Mt. High

Deschutes River Raft Weekend



Aug 15-18, 2013. This has become an annual tradition for our club. A long weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, Oregon.

Contact Gordy: 503-804-8363, rivergordy@gmail.com

Reservation & payment deadline: August 1st. Cancellation deadline is also August 1st. Call for pricing if you have your own raft/kayak.

Trip includes:

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites at new location (see next page). RV space available for an

additional \$20.00 a night. Kids (8-20) are welcome and are the responsibility of the parent at a cost of \$50.

Rafting: (Row, Paddle or just ride) Friday and Saturday. We'll provide the rafts. On Friday, we'll assemble at Maupin City Park and then raft 18 miles from Harpham Flat to Sandy Beach. On Saturday, we'll start from the mid-point and raft downstream in the morning, and then do the upper half in the afternoon (to avoid the crowd).

Saturday night dinner: Lou's- Q will cook chicken, pork ribs and BBQ beans on Saturday only, but bring a salad, dessert or HDO for Sat. dinner. For other times, bring your own food and drinks. Also, bring quarters for the showers!

Camp, raft, dinner = \$95.00 pp, (Non-members \$110.00)

Camp, permit, dinner (no raft): \$50. Dinner only = \$20.

To sign up, please use the Dough Transmittal form, page 11 or print the form from our web site. See the [Forms](#) page at: <http://www.mthigh.org/Forms.htm>. See flyer at: www.mthigh.org/Events/2013-Raft-flyer.pdf

Barlow Road Bike Ride

Aug. 17 - 18, 2013 (Sat. - Sun.)

Experience a large part of Mt. Hood and Oregon History, the beauty, the majesty, the pioneering feeling of conquering the Barlow Trail Road from Oregon City Oregon to Mt. Hood...this is something you WON'T want to miss. A 2-day century tour following the historic Barlow Road from the end of the Oregon Trail to Government Camp and back.

Historic and very scenic routes for riders of all abilities:

1. **Trail Scout:** 120 miles and 7,000 feet up and down in one day.
2. **Trail Boss:** 50 miles each day, one uphill and one downhill.
3. **Pioneer:** 25 miles up from Sandy, 50 miles downhill on day 2.
4. **Junior and Senior:** 50 miles downhill - the no training option.

Most of the ride will be on quiet rural roads except Hwy. 26 from Zig Zag to Government Camp, which has a wide shoulder.

Rest stops every 10 miles, food, energy drinks, toilets, sag wagons, massage, mechanics and medical help. A great dinner at the Cascade Ski Lodge, and live music, The maximum riders is 2,000. Registration fee is \$75.00 per rider.

Details and registration: www.barlowroadride.com or call 503-272-3301.

Mt. High Picnic

August 24, 2013. (Sat.)

Join us for our club's annual picnic in **Sellwood Park**. The picnic will be preceded by an easy bike ride.

9 am for the bike ride (meet at the lower parking lot);

11 am for picnic.

11:30 am (or later) - food served.

See more at: www.mthigh.org/index.htm#Picnic

Contact **Debbi Kor**, ijustwannarun1@comcast.net



MOUNTAIN HIGH

Ski the NW - Win a prize!

SNOWSPORT CLUB



Northwest Ski Challenge

Last reminder!

The NW Ski Club Council has been rewarding skiers and snowboarders who visit lots of Northwest ski areas. Just save your lift tickets and/or receipts and send them to the Council at the end of the season.

Ski or ride any 7 or more resorts in Oregon, Washington Idaho, Alaska, British Columbia or Alberta during the 2012-2013 ski season to be eligible to win a prize. The more ski areas you visit, the greater your chance of winning. If there are too many people qualifying, the winners will be determined by a drawing. The winners of the drawing will be announced at the NWSCC meeting either in June or August.

To qualify for a prize, submit your lift tickets (or receipts) to: NWSCC, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

Please print and fill out the entry form found at:

<http://www.nwskiers.org/Challenge/Ski-NW-Challenge-Entry.pdf>

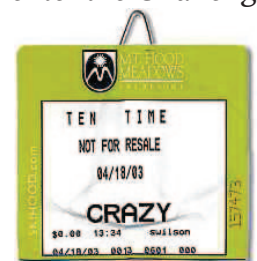
More info on our Council's web site: <http://www.nwskiers.org/Challenge/Challenge.html>. Also, see the [Articles](#) page on the Mt. High web site for several articles documenting some of the previous Ski Challenges.

Now is the time to submit your entry. All our Mountain High members who went on ski trips with us this season have a great chance to win. Our Idaho trip visited 3 ski areas. The Canada trip also visited 3 ski areas. And with a total of 5 day trips to nearby ski areas, you already have at least a minimum to enter the Challenge.

The more ski areas you visited, the greater your chance of winning a prize!

Did you save your lift tickets (or receipts)?

NOTE: Only tickets from this past season count. Some of you sharp-eyed detectives might notice that the tickets shown here are from past years. This is for eye-candy only.



MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

Man & Woman of the Year

Our club's Man and Woman of the Year, are:

Bruce Kuper, who is also our new Racing Director, and

Chris Brooks, our former club Secretary, and also our ongoing hikes leader.



Bruce Kuper



Chris Brooks

Mountain High Meeting

Usually the last Monday.

June 24 (Mon.): Open to all who want to get more involved with the club. Gather at **6:00 pm**. Start at **6:30 pm**.

Location: Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)

Mountain High snowsport club contacts:

President:	Kurt Krueger	H: 503-625-1492,
Vice-President:	Terry White	H: 503-781-4558
Secretary:	Chris Brooks	H: 503-764-5323,
Treasurer:	Nancy Pratt	H: 503-593-9427,
Membership Director:	Terry Swan	H: 503-729-3435
Race Director:	Bruce Ellison	H: 503-697-7892,
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,
Social Activities:	Debbi Kor	H: 503-314-7078,
Golf:	Cal Eddy	H: 503-805-8606,
Hiking:	Chris Brooks	H: 503-764-5323,
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,
Trip Director:	Linda McGavin	H: 503-652-2840,
Trip Leader:	Gordon Lusk	H: 503-804-8363,

President@mthigh.org
TWhite223@msn.com
jruffman@al.com
Treasurer@mthigh.org
swans761@juno.com
Yuffiet@comcast.net
newsletter@mthigh.org
ijustwannarun1@comcast.net
baebaw@ccgmail.net
jruffman@aol.com
KenBrundidge@comcast.net
Trips@mthigh.org
GordyLusk@hotmail.com

General info:
info@mthigh.org
 Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY: ☐ New membership ☐ Renewal

Name(s): _____

Address: _____

Phone (Hm): _____ Phone (Wk): _____

Email (Hm): _____ Email (Wk): _____

By joining the Mountain High Snowsport Club, I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

Email Preferences: - Newsletter (once a month): ☐ yes, link only ☐ yes, complete file ☐ no
☐ No changes - Club news & events (between newsletters): ☐ yes ☐ no
 (same as last year) - Other ski news (NWSCC, FWSA, ski areas, trips...): ☐ yes ☐ no
 - Is it OK to share your email address with other club members? ☐ Yes ☐ No

Please take my money, and apply it toward the following Ski Club fun stuff:

☐ **Annual Membership** (Oct. 1, 2012 - Sept. 2013): Single (\$25); couple (\$40)

☐ **PACRAT Racing (2013)** \$95 for the whole season. Team: _____

☐ **Rafting weekend** (Aug. 15-18, 2013) Members: \$95 Non-members: \$110

☐ **Rafting - other:** RV space: \$25 per day, Kids: \$50, Dinner only: \$20.

☐ **Other:** _____

Deposit? Paid in full?

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

Comments (For whom you are paying. Roommate requests,...): _____

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

See our Trips cancellation policy on our web site: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Club membership = 323 Newsletter Distribution

The May-June 2013 issue is posted on our web site. Also:
 385 copies sent via email (as PDF files)
 22 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: newsletter@mthigh.org.

Helpful tip

Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit. The summer is a great time to get outside and prepare for a fantastic winter ahead

Mt. High Club meetings

Each month, we have one or two club meetings, held at different places. In June and July all our meetings/gatherings will be outdoors.

NW Ski Club Council meetings

NWSCC meetings are now held bi-monthly (February, April, June, August, October, December); These meetings are open and participation by club members is encouraged.

Next meeting is **Wednesday, June 19, 6 pm**. Both PACRAT and NWSCC elections will be held there. Tubby's Deli, 3330 NW Yeon Ave., Portland.

Safety Message



Thanks to Tom Rodriues for this bit of fun.



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

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