



Lift Lines

= No. 217, January, 2019 =

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



Mt.High Day Skiing - How to Find Us Mt.High



In addition to all the special events on our Calendar, our club members have been skiing at the 3 main ski areas on Mt. Hood quite regularly, at least once a week. But, how do you find us and connect with us? Just follow the 3 easy steps:

1. Use our **Forums** and our **Facebook** page to communicate directly with each other. See

when people are going skiing. Or post your own message. See more about this on page 4.

2. **Carpool, caravan, or just connect.** Often, though not every time, some of us stop to meet others in Sandy, either at McDonald's or in front of Safeway. We can carpool from there, or take the Mt. Hood Express shuttle bus (for just \$2). or just connect and then drive up together. It is easier to find each other in Sandy than later on the mountain. But do it only if you prearrange it using our Forums and/or Facebook page first.

3. **Meet up at the ski area.** Unless otherwise pre-arranged through our social media (Forums, Facebook), or announced by email, here's where you can find us on the mountain, early in the morning:

At Meadows, find us in the cafeteria in the South lodge near the Schuss restaurant (aka The Hamburger Place) around **8:00-8:30 a.m.** (That's on the slope level, which is 2nd floor). It's the left lodge as you walk up from the parking lot. See more in our Mid-week day trips at: http://www.mthigh.org/Trips.htm#Mid-week_day-trips.

At Timberline, we usually meet on the ground floor of the day lodge, Meet inside if the weather is bad, or more likely meet outside, by the free ski check around **9:00 am**. We usually wait until at least 9 am for the Mt. Hood Express bus to arrive. Be there in full gear, ready to push off as soon as we are all there. See more about our weekend day trips at: http://www.mthigh.org/Trips.htm#Weekend_day-trips.

Time to sign up for a ski trip!



Note the color code.
Our club is blue.

2019 CALENDAR

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

JANUARY

Jan. 6 (Sun): NASTAR Open race - Skibowl
Jan. 13 (Sun.): PACRAT Race 1 - Skibowl
Jan. 21 (Mon): Mt. High Board meeting
Jan. 26 (Sat): History Happy Hour: Flying Buses & other Mt. Hood oddities
Jan. 26 - Feb 2: Discover the Monashees trip
Jan. 27 (Sun.): PACRAT Race 2 - Meadows

FEBRUARY

Feb. 16 (Sat): Chocolate Party
Feb. 18 - 22: Bogus Basin & A-Lakes trip
Feb. 23 (Sat): History Happy Hour: The Best of Mt. Hood Photography
Feb. 24 (Sun.): PACRAT Race 3 - Skibowl

MARCH

Mar. 2 (Sat.): Ski the Glade Trail Day
Mar. 2-3 (Sat/Sun): Masters Races - Skibowl
Mar. 6 (Wed): Quarterly Pizza Party
Mar. 15 - 17: Mt. Shasta & Mt. Ashland trip
Mar. 17 (Sun.): PACRAT Race 4 - Meadows
Mar. 23 (Sat): History Happy Hour: Ski Fashion Show, vintage to 2020
Mar. 24 (Sun): NASTAR Open Race - Skibowl
Mar. 27 (Sun.): PACRAT Race 5 - Timberline

APRIL

Apr. 5 - 7: Bachelor Blast trip
Apr. 27 (Sat): History Happy Hour: Mt. Hood Hikes - Tips & Recommendations

Mt.High Let's Have Some Fun



NASTAR Race - Jan. 6



Recreational skiing - see our Forums

Mt. High

Our skiing on Mt. Hood



Linda McGavin &
Barbara Brady at
Meadows, Dec. 13, 2018

We have been skiing throughout December, both at Meadows and at Timberline. And we'll hit Skibowl too. And we will continue to do so all winter, except if we are away on one of our club's ski trips.

So, come on and join us. Connect with us through our Forums. Just go to our web site, www.mthigh.org, and click on one of the 2 forums there. These are actually Google Groups, and it is highly recommended to join the Group. Then join us on the slopes.



Lisa, Kurt,
Sandra & Robert
at Timberline.

New Phantom base treatment



Ski manufacturer **DPS**, short for Drake Powder WorkS, with headquarters in Salt Lake City and skis manufactured in the US (the Pure line) and some in China (the Hybrid line), has come up with an entirely new **ski base treatment** that replaces all waxes. You apply it once and it last forever.

The treatment is called **Phantom**, and it is now in its second generation 2.0. It costs \$99, but you need it only once.

PHANTOM's sophisticated, timed polymerization process permanently penetrates the entire thickness of

the base material with powerful go-fast fluoro compositions designed to operate across all snow temperatures. Even when the ski or snowboard goes into a shop for stone grindings, the next fresh layer of PHANTOM is exposed — ready to glide.

The glide is better than with regular universal wax. It is not quite as good as an expensive race wax, but the race wax doesn't last very long, whereas the Phantom is permanent. You only need to apply it once for the life of your skis. It is OK to apply additional race wax on top, if you wish.

See the above photos, and many more, at www.mthigh.org/Photos.htm.

History Happy Hour: Flying Buses



January 26 (Saturday)

In a series of entertaining and informative evenings at the Mt. Hood Cultural Center in Government Camp, held the last Saturday of each month, the January presentation will be:

Flying Buses and other Mt. Hood oddities

Doors open at 6:30 pm.

Presentation starts at 7 pm.

There is no charge for the presentation and discussion. Beer, wine and other beverages are available for purchase, starting at 6:30 pm.

Location: Mt. Hood Museum & Cultural Center in Government Camp.

Mt. Hood Cultural Center and Museum
ph: 503-272-3301, info@mthoodmuseum.org
www.mthoodmuseum.org

Mt. High

Chocolate Party

DATE: Saturday, February 16

TIME: 7:00 pm

PLACE: Lisa & Harry Scribner

1915 NW 90th St.

Vancouver WA 98665

Phone: 360-904-1402



WHAT: Our annual sweet party. Come to sample the goodies, or enter the contest yourself by bringing your own chocolate dessert. Three prizes will be awarded for:

- The **most chocolaty (or decadent)** dessert.
- The **most creative (best looking)** dessert.
- The **lightest (healthiest)** dessert.

This year, we will also include **wine tasting**.

Anyone coming can bring a chocolate and/ or wine entry to be judged.

The wine entries will be put in paper bags so the tasting will be a blind tasting. Just add a note if the wine is **red** or **white** or **sparkling**.

Everyone can participate in the judging, and everyone will be able to taste ALL the desserts.

CONTACT: Please **RSVP** to **Lisa Scribner:** 360-904-1402 or LScribner98@yahoo.com



Mt. Hood Meadows Value Pass Benefits

Note that in addition to the full Mt. Hood Meadows Season Pass, there is also a less expensive **Value Pass** at Mt. Hood Meadows. It's valid only mid-week, but that's when most of us ski there anyway.

A lot of Meadows Value Pass holders do not realize that if they renewed their pass **before the end of last season**, they received a **Bonus Package** that includes:

- **1 free ticket** they can use themselves during the holiday blackout period
- **3 buddy tickets** (they can also use themselves during blackout period) that are \$25 off the current day's price.

The holiday blackout period is now over, but keep this in mind for next season. Renew your pass before the end of this season in order to receive these additional benefit. That means **you'll be able to ski at least a day or two during the blackout period!**



How To Join our Forums

After several inquiries, we recently became aware that different people see different things when they open one of our Forums.

1. In order to see the text that says "**Join this group**", you first need to have a **Google account**. You don't need to have a Gmail address. You can create a Google account with any email address.
2. In addition to having a Google account, you need to **sign in** to that account. Apparently, you can sign in just once and then remain signed in forever. But you do need to sign in at least once, so that Google knows who you are.
3. After both of the above are done, you should be able to see the text "**Join this group**" in the

upper right corner of the Forum window. Then click on it to formally join our group (our Forum).

4. Read more about this whole process at the following Google help page:

<https://support.google.com/groups/answer/1067205?hl=en>

Note that the first few steps are a general description of how to find a Group starting from scratch. You can skip those first couple of steps because you already know which group you want, so instead of searching for it, you simply click on the link to our Forum on our website, www.mthigh.org.

5. To simplify things, we'll try to send everyone a direct invitation to join both Forums (Google Groups), the All-club Forum and the Mid-Week Forum. Follow the instructions in each email to accept the invitation. Hopefully, this will be easier than following all the other steps above.

TRIPS web page

Yes, a **day trip** to Mt. Hood is also a trip, so check out the **TRIPS** page on our web site, and look for announcements about either mid-week or weekend trips to Mt. Hood. Then join us on the slopes on the pre-announced days.

Facebook Page



Our club's **Facebook** page is another way for our members to communicate with each other, in addition to emails, our web site, and our two Forums.

Start on our web site, mthigh.org and click on Facebook button, or go to: <https://www.facebook.com/groups/1528330064067232/>

Join this Facebook group and post your thoughts and photos there!

Mt. High Forum Tips

See the [Forum-All Club](#) and the [Mid-week forum](#) on our website.

* If you are new to the Forum, you can **view** all the messages, but if you want to post your own, please click on "**Join this Group**" in the upper right of the Forum page.

* If you don't see the "Join this Group" text in the upper right, that means you are already a member of the group.

* If you receive an **email** whose subject matter starts with bracketed text such as: **[Mt High]**, it means this is an email from the group. If you reply to it, **you are replying to the whole group**.

* **To start a new topic**, in the Forum click on the red "New topic" button.

Your Forum Settings

During the process of joining the group, specify **all** of the following.

Your name or nickname. You don't have a nickname? Give yourself one. It's simply a name by which you wish to be known in the Forum.

Your email address, so you can receive Forum emails.

Your email preferences. There are several options. It is best to select to receive "All emails", to receive emails in real time, so you can respond in real time. Another option is to receive just a daily Digest of all the Forum messages within the past day. This is usually sent out around 4 pm. That means if anyone replies to you after that time, you won't receive it until the following afternoon.

Mt. High Credit Card Payments



We are now able to process your payments by **credit card**. We are doing it in the simplest way, through PayPal.

You don't have to have a PayPal account to make a payment by credit card. PayPal is just the messenger for your payment.

Just go to our new website page called "**Signup & Pay**" at: <http://www.mthigh.org/Signup-Pay.htm>

2-Way Radios

On the mountain, use a 2-way radio to connect with us on channel **6-19**. That's channel 6, code 19. Just ask for any Mountain High members. If nobody answers, maybe they forgot to turn their radios on. Try again a half hour later.

But don't be surprised if there is no answer at all. For some reason, fewer of us carry a radio these days. People think that a cell phone is enough. But a cell phone doesn't always have a signal. Also, you cannot communicate with a whole group of people by phone. A radio broadcasts your message to everyone.



Northwest Ski Club Council Ski & Ride Challenge

Qualify for a prize: ski or snowboard in a single season at least 7 ski areas shown here: in Alaska, Alberta, British Columbia, Idaho, Oregon, Montana, Washington and Wyoming.

Just save your lift tickets and/or receipts or copy your season pass.

NOTE: All of Oregon and Washington ski areas count.

There will also be several additional ski areas listed here, on the side of the map. They will be in other States and Canadian Provinces.

The NWSCC Board is still working on determining which ski areas will be included.

Stay tuned.



2018/2019 Ski & Ride Challenge

The NW Ski Club Council wants to encourage you to see and ski more places, ... and don't forget the small ones!

Ski or ride any 7 or more resorts during the 2018-2019 ski season to be eligible to win a prize. Just save your lift tickets or receipts, and mail them in at the end of the season.

Ski areas that count are all those in **Oregon, Washington, Hawaii**, as well as our commercial member resorts in **British Columbia, Colorado, Idaho and Wyoming** - as shown on the flyer here.

Save your lift tickets or receipts! Then, at the end of the season, mail them to the Northwest Ski Club Council, Ski Challenge, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

Winners will be announced at the start of the following winter season, most likely in December.



Charitable Fun Events

Our club members have participated in most of these events in the past, and we hope to continue participating in most of them. Here are the dates and places. Click on each event name for more info.

1. [**Ski the Glade Trail Day**](#), March 2, 2019 (Saturday).

A fundraiser for the Mt. Hood Museum and Cultural Center.

A fun way to ski from Timberline to Government Camp, the way skiers used to do when there were no lifts. Except that we will now have unlimited shuttle bus rides from Government Camp up to Timberline. Also, breakfast and lunch are included. An you don't need a Timberline lift ticket. Click on the event name above.

2. [**Hope on the Slopes at Mt. Hood Skibowl**](#), March 2 - 3 , 2019(Sat.-Sun.)

A fundraiser for the American Cancer Society.

Ski all night. Break all records. The goal is to raise funds for the American Cancer Society before the event, and also to ski as much vertical as possible in a 24 hour period. For more info, click on the event name above.

3. [**Ski to Defeat ALS**](#) at Mt. Hood Meadows, March 9, 2019 (Sat.)

A fundraiser for the ALS Association to help those suffering from ALS, which is also known as Lou Gehrig's disease..

Just a day event. The goal is to raise funds for the ALS Association before the event, and also to ski during the event. To see more info, click on the event name above.

4. [**Oregon Cancer Ski Out**](#) at Meadows, March 10-11 (Sun.-Mon.)

A fundraiser for the local cancer institutions.

A two-day event for skiers and snowboarders that combines fun, competition, and fundraising with a unique racing format designed to let even novice skiers or snowboarders participate in the fight against cancer.

Each year, teams of 5 compete for prizes at Mt. Hood Meadows, in a race that rewards consistency and teamwork rather than individual speed. To see more info, click on the event name above.

5. [**Ski-A-Thon at Bear Mountain, CA**](#), March 9 (Sat.).

A fundraiser for the US Adaptive Recreation Center (USARC). USARC works with schools, hospitals, rehabilitation centers and recreation departments to serve children and adults with all types of cognitive or physical disabilities.

A group of volunteers from a USARC club, led by Sara Rosell, Operations/Outreach Coordinator for the USARC, will serve as Bid Runners at the 2019 FWSA Convention in Indian Wells, CA this June 2019.

Click on the event name above for more info.

Mt. High

Discovering the Monashee Mountains (BC, Canada)



Big White

Big White + Silver Star

NOTE: Passport required!

January 26 - February 2, 2019 - 7 night trip (Saturday - Saturday).

We will stay ON MOUNTAIN at both resorts with easy access to all village amenities. Full trip price includes: roundtrip charter bus transportation, 7 nights lodging, 3 Silver Star lift tickets, 3 Big White lift tickets and several meals.

Silver Star is part of the Powder Alliance and if you have the local fusion pass for Timberline/Skibowl or another Powder Alliance pass you get three free passes to Silver Star. Powder Alliance trip pricing takes into account those three free lift tickets.

Check out Silver Star at www.Skisilverstar.com.Check out Big White at www.bigwhite.com

Prices:	Adult	\$1365.00
	Senior	\$1300.00
	Adult w/ Powder Alliance	\$1130.00
	Senior w/ Powder Alliance	\$1105.00
	Nordic	\$1010.00
	No lifts	\$950.00

NOTE: This trip is now full, but we are keeping a waiting list. Postmarks on deposits will dictate waitlist order. Contact Karen with questions.

This trip is now full. For those who have signed up, everyone should have sent in their full payment by now. There is a waiting list, in case anyone has to cancel.

Contact trip leaders: **Karen Michels:** skiklynn@gmail.com
Bill King: willie2k@ymail.com

NWSCC

Bachelor Blast



Mt. Bachelor

April 5 - 7, 2019 - (Friday - Sunday).

Lodging at the Red Lion Inn & Suites Deschutes River (See [map](#))

NWSCC presents its Second Annual Bachelor Blast from April 5-7, 2019, staying at the Red Lion Deschutes River.

The trip price includes 2 nights lodging, a hosted reception, and 2-out-of-3 day lift tickets to Mt. Bachelor. There are discounted rates for seniors, super seniors, and juniors - bring the kids or grandkids! Add on nights and lift tickets at very reasonable prices!

- Prices:
1. Adults pay \$265 per person.
 2. Seniors 65-69 AND Teens 13-18 PAY ONLY \$235!!
 3. Super-Seniors 70+ AND Youth 6-12 PAY ONLY \$205!!
 4. Non-skiers pay only \$125!!

OPTIONAL LASAGNA BUFFET LUNCH at Mt. Bachelor Saturday = \$22.50 per person (minimum 20 people to add this option)

See more info on the [FLIER](#).Please sign up by March 1, 2019. Use the [SIGNUP SHEET](#).Questions? Contact: **Linda McGavin** at editor@nwskiers.orgMore ski trips info at: www.mthigh.org/Trips.htm.

Mt. High

Bogus Basin & Anthony Lakes bus trip**Bogus Basin + Anthony Lakes**

February 18 - 22, 2019 (Monday - Friday) - 5 days/ 4 nights.
2 days skiing at Bogus Basin + 2 days at Anthony Lakes.

We will stay 2 nights in Boise, ID, at The Riverside with free buffet breakfasts and two nights in Baker City, OR, at the Sunridge Inn, also with free breakfasts. These are very nice hotels!.

Monday = Travel day. Ride the bus to Boise, Idaho, with a pizza buffet lunch in Pendleton.

Tue - Wed. = Ski Bogus Basin. Tuesday dinner included in the trip.

Thur. = Ski Anthony Lakes.

Friday = Ski Anthony Lakes and then ride the bus home, with a Mexican dinner in Pendleton. Home by Friday night.



Bogus Basin, ID is located just 18 miles from Boise, Idaho. It offers a vertical of 1,800', and 2,600 skiable acres, served by 7 lifts: 3 hi-speed quads, 1 triple, and 3 doubles. It has 91 named downhill trails, plus 37 km of groomed nordic trails. There are 2 on-mountain lodges.

Bogus Basin is on the Powder Alliance, so those with that pass (the Fusion Pass or any other Powder Alliance pass) will ski free, saving approximately \$100.

Anthony Lakes, OR has the highest base elevation in Oregon, at 7,100', ensuring a high quality, dry snow. It offers 1,100 acres and 900 vertical feet. Good snow on good terrain keeps us returning here again and again.

Prices:	1. Adult full price	= \$610
	2. Adult price with Fusion Pass	= \$510
	3. Senior full price (70 and over)	= \$545
	4. Senior price with Fusion Pass	= \$455
	5. Base Price without any lift tickets	= \$455

NOTE: Please be aware that this year we are planning 2 trips that will include free skiing with the Fusion Pass: our Canada trip and this Bogus Basin trip.

Price includes all bus transportation, 4 nights lodging, and 4 lift tickets. The trip also includes: breakfast every day, 1 dinner, and 2 restaurant meals on the way from and to Portland.

To reserve your spot: Please send in a deposit check of **\$200** per person.

Full payment due by January 15, 2019. No refunds after January 15 unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page).

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Linda McGavin** at 503-781-5809 (call or text), or Trips@mthigh.org

Bogus Basin at sunset

More ski trips info at: www.mthigh.org/Trips.htm.

Mt. High

Weekend bus trip to Mt. Shasta & Mt. Ashland



Mt. Shasta+ Mt. Ashland

March 15 - 17, 2019 (Friday - Sunday) - 2 days/ 2 nights.

2 nights / 2 days skiing.

Saturday at: Mt. Shasta

Sunday at: Mt. Ashland

No need to pack and move every day. We'll stay in the same hotel both nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and free continental breakfast. All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.



We'll start the trip on Friday at **2 pm** and just ride the bus to Ashland.

Lodging: We'll stay at the **Stratford Inn**, near downtown Ashland. It is within walking distance of most downtown restaurants.

On Saturday, we'll drive a little over an hour to Mt. Shasta ski area, offering 3 lifts on 3 separate hills.

On Sunday, we'll ski at nearby Mt. Ashland. We'll ski till 3 pm, and then ride the bus back home. We'll return to Portland around 9 pm on Sunday.

Price:	Adults	= \$345 per person
	Seniors (65+)	= \$335
	Super-Seniors (70+)	= \$303
	No lift tickets	= \$278

Both ski areas already have all their lifts open with between 30 - 36 inches of snow, and plenty more snow to come by March.

Price includes all bus transportation, 2 nights lodging, and 2 lift tickets, and a dinner.

The free continental breakfast includes a "make your own bowl" yogurt breakfast bar, fruit juices, coffee, an assortment of teas, bagels, whole-wheat bread, cereal and oatmeal. There is also an in-house coffee shop.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well, so please sign up early!

To reserve your spot: Please send in a deposit check of \$100 per person, preferably by December 31, 2018.

Full payment due by **February 8, 2019**. No refunds after February 8, unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page)

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site.

Make check payable to Mountain High Snowsport Club, and mail it to:

Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net



Mt. Shasta



Mt. Ashland



Mt. Ashland

More ski trips info at: www.mthigh.org/Trips.htm.

Racing this 2018/2019 Season

All dates and locations are now confirmed.

NOTE: The Masters races and NASTAR races are not PACRAT races, but they are listed in this schedule as other racing opportunities for the season that are open to the general public. Both are open to anyone who wishes to race for just a day or two.

PACRAT racing requires a commitment to join a 10-person team and to participate in 5 races during the season. For NASTAR races, you can just show up on the day of.

If you want to join a PACRAT team but need assistance with it, please contact our Racing Director **Alan Bean**, Racing@mthigh.org or 503-849-8009.

NOTE: You can now pay your PACRAT racing fee and the club's membership dues by credit card! Also sign all your PACRAT forms digitally, online. Go to **Signup & Pay** at: <http://www.mthigh.org/Signup-Pay.htm>

Nov. 7	PACRAT 101 - Meadows PDX, NW 17th and Northrup, Portland, OR. 6 pm - 8:30 pm.
Nov. 14	PACRAT 101 - Hillcrest Ski & Sports, 2506 SE Burnside Rd., Gresham, OR. 6 pm - 8:30 pm.
Jan 6	NASTAR open #1 - Skibowl
Jan 13	PACRAT race #1 - Skibowl
Jan 27	PACRAT race #2 - Meadows
Feb 24	PACRAT race #3 - Skibowl
Mar 2-3	Masters Races - Skibowl
Mar 17	PACRAT race #4 - Meadows
Mar 24	NASTAR open #2 - Skibowl
Mar 31	PACRAT race #5 - Timberline
Apr. 3 - 7	NASTAR Nationals at Squaw Valley
Apr 7	Make-up Race Date - Timberline
Apr 12	Rat Attack awards party
Apr 14	Fundraiser fun race - Timberline



FWSA Trips for the next 3 years



The Far West Ski Association, which we are all part of, has several trips planned. The 2019 trips are listed both on our [Mountain High website](http://www.mthigh.org) and on the [FWSA web site](http://www.fwsa.org).

1. Feb/ 2 - 9, 2019 FWSA Ski Week in Steamboat, Colorado.
2. March 9 - 16, 2019 FWSA International Ski Week in Japan.
3. March 24 - 29, 2019 FWSA Mini Ski Week in Winter Park, Colorado.
4. Jan. 25 - Feb. 1, 2020 **2020** Ski Week at Big Sky, Montana, with Sports America Tours.
5. Mar.29 - Apr. 3, 2020 **2020** Mini Ski Week at Big White, British Columbia
6. March 2021 **2021** Mini Ski Week at "Zermatt Utah Resort and Spa" with Ski.com

The details of the 2020 and 2021 trips have not been announced yet. Just the dates.

NOTE: Our own Mt. High club trips are highlighted in **light blue** on the TRIPS page.



NASTAR race - Open to all

January 6, 2019 (Sunday). At Mt. Hood Skibowl.

Give racing a try. No commitment. No need to join a team. Just a single, one-day race open to all. Just show up at Skibowl.

Racer Registration: 8:00-9:30am in the Outback Lodge, Skibowl West
PACRAT Racers, please wear your 2019 race season bib.

Skibowl Release Forms: Available at registration.

Race Cost: \$15 for 2 runs - \$20 for as many runs as you want.

Race Course Location: Bill's Gold - to be confirmed at registration

Race Start Order: Each racer will start on a first-come/first-serve basis

Race hours: 10:00am - 1:30pm.

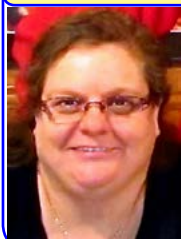
Awards at 2:30pm in the Skibowl Beer Stube.

MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

2019 Man & Woman of the Year



Karen Michels is our club's Membership director. She is also a ski trip leader, and has organized several bike rides, as well as social activities.



Kurt Krueger is our past President. He has updated our Bylaws, organized our elections, he proofreads our newsletter & monitors our data backups.

Mountain High Board Meeting

Usually last Monday of the month.

January 21 (Mon.): Open to all who want to get involved with the club. Gather at **6 pm**. Start at **6:30 pm**. **Location:** Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)

Mountain High snowsport club contacts:

President:	Debbi Kor	H: 503-314-7078,	President@mthigh.org
Vice-President:	Bill King	H: 614-371-4762	willie2k@ymail.com
Secretary:	Debbie Geiger	H: 971-716-9949,	pdxdebbie@gmail.com
Treasurer:	Nancy Pratt	H: 503-593-9427,	Treasurer@mthigh.org
Past President:	Kurt Krueger	H: 503-625-1492,	PastPresident@mthigh.org
Membership Director:	Karen Michels	H: 503-984-9210,	skiklynn@gmail.com
Racing Director:	Alan Bean	H: 503-849-8009,	Racing@mthigh.org
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@mthigh.org
Social Activities:	Debbi Kor	H: 503-314-7078,	ijustwannarun1@comcast.net
Trips Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,	KenBrundidge@comcast.net

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 or ☐ Renewal

Name(s): _____ Birthday (MM/DD) _____

Address: _____

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

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

I certify that I am 21 years of age or more. 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: **Deposit?** **Paid in full?**

<input type="checkbox"/> Annual Membership (Oct. 1, 2018 - Sept. 2019): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2019) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Discovering the Monashees - Canada (Jan. 26 - Feb. 2, 2019) Deposit = \$250. Prices: Adult=1365, Senior=1300, W/Fusion pass=1130, Senior Fusion=1105.	\$ _____	_____
<input type="checkbox"/> Bogus Basin trip (Feb. 18 - 22, 2019). Deposit = \$200. Prices: Adult=610, W/Fusion pass=510, Senior(70+)=545, Senior Fusion=455.	\$ _____	_____
<input type="checkbox"/> Mt. Shasta trip (March 15 - 17, 2019). Deposit = \$100. Prices: Adult=345, Senior (65+)=335, Super-senior (70+)=303, No lift tix=278	\$ _____	_____
<input type="checkbox"/> Other: _____	\$ _____	_____
Total:	\$ _____	_____

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>

Checkmark all desired options.

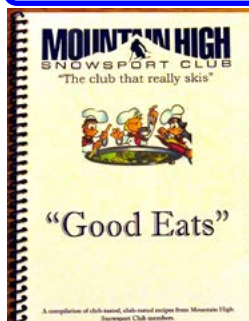
Club membership = 262 Newsletter Distribution

The January 2019 issue is posted on our web site. Also:
286 copies sent via email (as PDF file)
13 paper printed copies sent via US Mail.
 Copies are also sent to potential members, other clubs,
 the National Ski Club Newsletter, etc.

Volunteers Needed for Social Activities

The club needs **volunteers** to act as activity leaders. Perhaps **bike rides**, or **hiking**, or **kayaking**, or any **social activities**, ... anything fun! If you would like to organize an activity for the club, please contact any of our Board members (see list at the end of this newsletter) or come to one of our monthly Board meetings (usually the last Monday of each month).

Mt. High Cookbook



This 34 page cookbook is available for \$10. It contains soups, salads, entres, desserts, and more!

You can get one at our social events, or contact Debbi Kor at:
ijustwannarun1@comcast.net
 or call 503-314-7078.

Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2018-02-28.xls>

Shred Hood is Back!!!

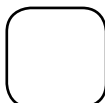
Several new articles for this season:

- * [The Best of Snow - The Worst Traffic](#)
- * [Kelsey's Race](#)
- * [Snow Forecast for January 4 - 11](#)
- * [Shred Hood cancelled Google AdSense](#)

Seniors Skiing

A good resource for skiers and riders of all ages. Check out: SeniorsSkiing.com. Subscribe to weekly or monthly emails from them. Click on the Community tab and select "Subscribe". Examples:

- * [In Praise of Ski-ing](#)
- * [Layering for Fickle, Weird Weather](#)
- * [Cozy Feet in Apex Boot System](#)



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www.mthigh.org
 for updates.