



Lift Lines

= No. 219, March 2019 =

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



Mt. High

Spring Skiing

Mt. High

Actually, it's still Winter! February brought us above average amounts of snow, and it keeps snowing in March! In February, we reported that Mt. Shasta had 7 feet of snow. Now, they have 12 - 13 feet of snow. Lots of powder for our **Mt. Shasta trip**.

Mt. Hood also has plenty of powder. It will probably take a few weeks for all that fresh snow to consolidate and for Spring conditions to prevail.

In the meantime, **Spring Passes** are now available at both Timberline (\$139) and at Mt. Hood Meadows (\$149). These passes give you unlimited skiing during almost all of March, April, and May. So go get one (unless you already have a Season Pass), and then come ski with us!

Fresh tracks. Nobody ever skis here!



Timberline adventures

Emilio can show you this place and others, if you are willing to go on an easy adventure starting from Timberline. Almost any Saturday after the Shasta trip (after March 15-17).

Mt. High

Let's Have Some Fun



Mt. Hood Meadows

A group of our advanced skiers regularly skis at Mt. Hood Meadows. They like to ski steeps, powder, and trees.

They usually ski on Thursdays or whenever there is fresh powder. Follow their announcements in the [Mid-Week Forum](#).

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.

We could also benefit from someone who prefers groomed trails at Meadows and is willing to organize that. Use our Forums to announce that.



Timberline

Some of our members regularly ski at Timberline. This is usually a more mellow group of skiers who mostly stay on groomed trails, but also occasionally try some powder if the snow is good. At such times, they like to visit some of the canyons west of Timberline or ski down to Government Camp.

They mostly ski on weekends. Watch for their announcements in the ["All Club" Forum](#) and on our club's Facebook page.

At Timberline, we meet on the ground floor of the day lodge, 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.

Note the color code.
Our club is blue.

2019 CALENDAR

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

MARCH

Mar. 2 (Sat.): Ski the Glade Trail Day
Mar. 2 - 3: Masters Races - Skibowl
Mar. 6 (Wed): Quarterly Pizza Party
March 9 (Sat) Ski to Defeat ALS
March 10 - 11: Oregon Cancer Ski Out
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. 25 (Mon): Mt. High Board meeting
March 26 (Tue): Mt. Hood's Steiner Cabins presentation at McMenamins Edgefield
Mar. 24 (Sun): NASTAR Race - CANCELLED
Mar. 31 (Sun.): PACRAT Race 5 - Timberline

APRIL

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

JUNE

June 13 - 16: Far West Convention

CANADA Trip - Big White & Silver Star

January 29 - February 2, 2019. (Saturday - Saturday).



This trip, led by **Karen Michels** was the most successful and the most sought after trip this season. The trip filled up by about June 2018, and by July there was a long waiting list.

There will be a similar trip to Canada next winter (2020) and the first chance to sign up for this trip will be in person at the May 2019 social (which is also our club's election night). Don't procrastinate! Sign up soon.

On this 2019 trip, we spent 3 days skiing at **Silver Star** and then 3 days skiing at **Big White**. Both offered ski-in-ski-out accommodations in the on-mountain village.

See pictures from this trip on our PHOTOS page at: <http://www.mthigh.org/Photos.htm#Canada-trip>

Bogus Basin & Anthony Lakes Trip

February 18 - 22, 2019. (Monday - Friday).



A memorable trip led by **Linda McGavin**. We got lots of fresh powder during the first 3 days. Walt Blomberg summarized it so well, saying: "**This trip was powder heaven!!**" On the last day, at Anthony Lakes, we got sunshine and still pillows of powder everywhere.

At Bogus Basin, the local Bogus Basin ski club were wonderful hosts. They showed us around the slopes, and even brought a large mobile grill (called "Big Bertha") to prepare lunch for us, consisting of grilled sausages, grilled chicken, chili beans, and home-made cookies! Yummmmm!

Later, 17 members of the Bogus Basin ski club came to ski with us at Anthony Lakes. See pictures from this trip on our PHOTOS page at: <http://www.mthigh.org/Photos.htm#Bogus-Basin-A-Lakes>

Mt. Shasta & Mt. Ashland Trip

March 15 - 17, 2019. (Friday - Sunday). Our only weekend trip this season was a total bust because only 16



Mt. Shasta on February 27, 2019

people signed up for it initially, not enough to pay for the bus rental. Why so few? Maybe too many people thought they had more time to sign up. Maybe they were waiting to see what the snow conditions will be. Because of this procrastination, we couldn't get a bus, so 12 of the 16 people cancelled. Only 4 of us are going.

Snow is definitely not an issue this year. At the beginning of February, we reported that there were already 8 feet of snow on Mt. Shasta. By now, they have over 12 feet. In fact, at the end of February, about 2 weeks before our trip, Mt. Shasta had to close down because their chairlifts were buried in snow. They reopened a couple of days

later, after clearing away some of the snow. The weekend of the trip will be sunny. Watch for photos on the PHOTOS page on our website.

Chocolate & Wine Party February 16, 2019. (Saturday).



The party was hosted by **Lisa and Harry Scribner**. Thanks to Harry and Lisa for welcoming us to their home in Vancouver. About 20 people attended. This year, in addition to the chocolate dessert contest, we also had wine tasting.

The chocolate desserts winners were:

1. **Most decadent** - **Kurt Krueger** and **Chris Moon**, for their wonderful dark chocolate Mouse.
2. **Most artistic** - **Linda McGavin** for a yummy Semi-Freddo (similar to Gelato).

3. **Most healthy** - **Buck Scheffler & Susan McNulty** for their Dark chocolate Raisins.

The Wine winners were:

1. **Buck and Susan** - a lovely white wine.
2. **Blaise Dagilaitis** - a brilliant, smooth red wine.
3. **Kurt and Chris** - Best red with chocolate.

Lastly, **Blaise Dagilaitis** was the winner of our “Never Have I Ever” game.

Pizza Party March 6, 2019. (Wednesday).



Held at the Round Table Pizza on Barbur Blvd. Just a social event, an opportunity to connect with other club members in a relaxed atmosphere, with pizza provided by the club.

As usual, there were door prizes too, and several announcements about upcoming events.

If you had been there, you too could have won a hat like this one, whose winner was Nancy Pratt, or any of a number of other prizes.

This was one of our quarterly socials. The next one will be in May.

See more photos on our website at: <http://www.mthigh.org/Photos.htm#Pizza-party> .

Ski the Glade Trail Day March 2, 2019. (Saturday).



This is an annual event, always held on the first Saturday in March. This year we had a great sunny day with bluebird sky. The event is organized by the Mt. Hood Museum & Cultural Center in Government Camp. This is the only day of the year when the Glade Trail is both groomed and patrolled, and participants get unlimited shuttle bus rides back up to Timberline.

Several of our club members participated this year, including: Lisa Miller, Clary DeRemer, Robert Brockmeyer, Sandra Kaufman, Valerie Lyons, Emilio Trampuz. Are we forgetting anyone else?

See more photos on our website at: <http://www.mthigh.org/Photos.htm#Glade-Trail-Day> .

Mark your calendar for next year. It's always on the first Saturday in March.

Kenny Brundidge died in a ski accident

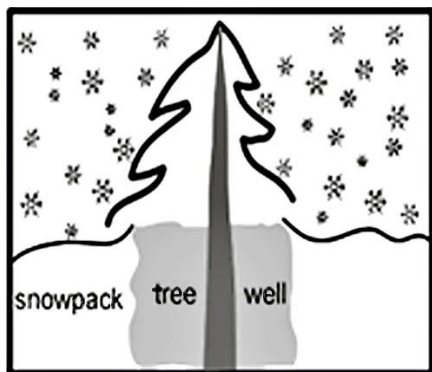


Kenny Brundidge, our club's mid-week skiing coordinator, has died in a tree well accident at Mt. Bachelor, on Friday, March 1, 2019. He was skiing west of the Sparks Lake run, in terrain served by the Northwest Express lift. He fell into a tree well and suffocated. He was found around 30 minutes later but could not be revived.

Our condolences to Kenny's wife, family, and friends. Kenny was a great guy and an excellent skier. Everyone liked him. We will miss him.

His celebration of life / memorial service will be **Saturday, March 23rd at 3:00 pm.** at the **Pleasant Valley Church**, 11125 SE 172 Ave. Happy Valley, OR 97086

Tree-well safety



Here is some good tree-well safety advice from the Mt. Baker ski patrol, Crystal Mt. ski patrol, Mt. Bachelor ski patrol, and L.E.A.D. USA LLC in a short video.

This is a good summary of what you need to know about the dangers of tree wells and how to avoid them.

See the video at: <https://youtu.be/TaB6x-mNFsc>

A message from Walt Blomberg

I am saddened to report that my friend, ski buddy and Mountain High Club member, Kenny Brundidge, passed away on Friday from a tragic accident while skiing at Mt. Bachelor. While skiing with his son and a friend, Kenny was temporarily separated from them and fell into a tree well.

For those of us who knew Kenny, his untimely passing is a horrible loss. We will miss his kindness, his smile and that mischievous glint in eye, and his obvious passion for ripping down the mountain on skis.

Kenny leaves behind his wife, Lauren and two young adult children. Please keep them in your thoughts and prayers while they deal with their loss.

For me, and I hope you, Kenny's death should be a reminder of how truly dangerous tree wells can be and how important it is to ski with a partner while skiing in the trees and to keep each other in visual or auditory sight at all times. - Walt

History Happy Hour

Fashion Show - Vintage to Present

March 23 (Saturday). Annual vintage skiwear style show with models from Skiyente Ski Club. Follow the ski fashion trends from 1930's to the 2000's with clothing from the museum collection.

Narrated by **Sandi Shaub**. The new fashions for 2020 presented by **Hillcrest Ski & Sports**.

Doors open at 6:30 pm. Presentation at 7 pm.

Donations are welcome. There is no charge for the presentation. Beer, wine and other beverages are available for purchase.

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

The History of Mt. Hood Steiner Cabins

March 26, 2019 (Tuesday) 5 pm. The Mt. Hood Museum goes to Edgefield History Pub.

Join us at McMenamins Edgefield on March 26, 5:00 pm to learn the history of Mount Hood's Steiner Cabins.

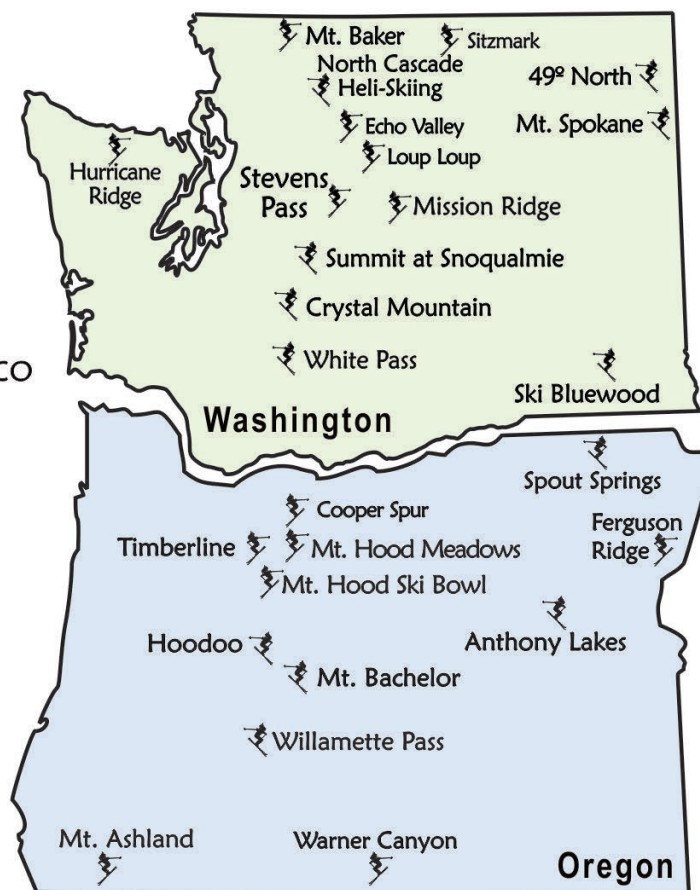
Visit McMenamins website for details.

For more information, contact Janet Paulson at 503-970-3810.



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 all of Oregon and Washington, plus selected resorts in British Columbia, Colorado, and Montana. Just save your lift tickets and/or receipts or copy your season pass.



Also included:

FWSA Host Sites

Steamboat Springs, CO
Winter Park, CO

Industry members

Aspen, CO
Big White, BC
Sun Peaks, BC
Whitefish, MT

Entry Form and Rules are posted on the NWSCC website at www.nwski.org

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**, as well as our commercial member resorts in **British Columbia, Colorado, and Montana** - 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.

Use the Entry form at <http://www.mthigh.org/Trips/NWSCC%20Ski-Challenge-entry-form-2018-2019.pdf>

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



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.

To Wax or Not WAX

WAX



How often should we wax our skis or boards?

Back in 2016, we conducted a bit of a survey among our members. Most of them said we should wax regularly after every 3 - 5 days of skiing.

Also, put a coat of wax on your skis at the end of the season, so the bases don't dry out too much.

When you don't wax often enough, you'll notice that your skis get much slower, especially on the flat traverses.

Wetter snow tends to scrub the wax off sooner, so you might need to apply wax more often.

Also, it is important to file your edges to keep them sharp for a better grip on hard snow.

See more about it on page 9 of the March 2016 issue of Lift Lines (issue #183). The direct link to it is: <http://www.mthigh.org/Newsletters/LiftLines183.pdf>

2.0
Faster Curing
Formula

NO WAX



Ski manufacturer DPS, short for Drake Powder Works, with headquarters in Salt Lake City, has come up with an entirely new ski base treatment that replaces all waxes. You apply it once and it lasts forever.

The treatment is called **Phantom**, and it is now in its second generation 2.0. You apply it just once and it needs a couple of hours of curing in ultraviolet light, either in the sun or in a special ultraviolet light box.

Emilio has treated his new skis with Phantom, and after more than 10 days of skiing, the treatment performs well without any waxing ever applied.

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. It is OK to apply additional race wax on top of the Phantom treatment.

We wrote about Phantom in our January 2019 issue. Also see more at: <https://www.dpsskis.com/phantom-glide>

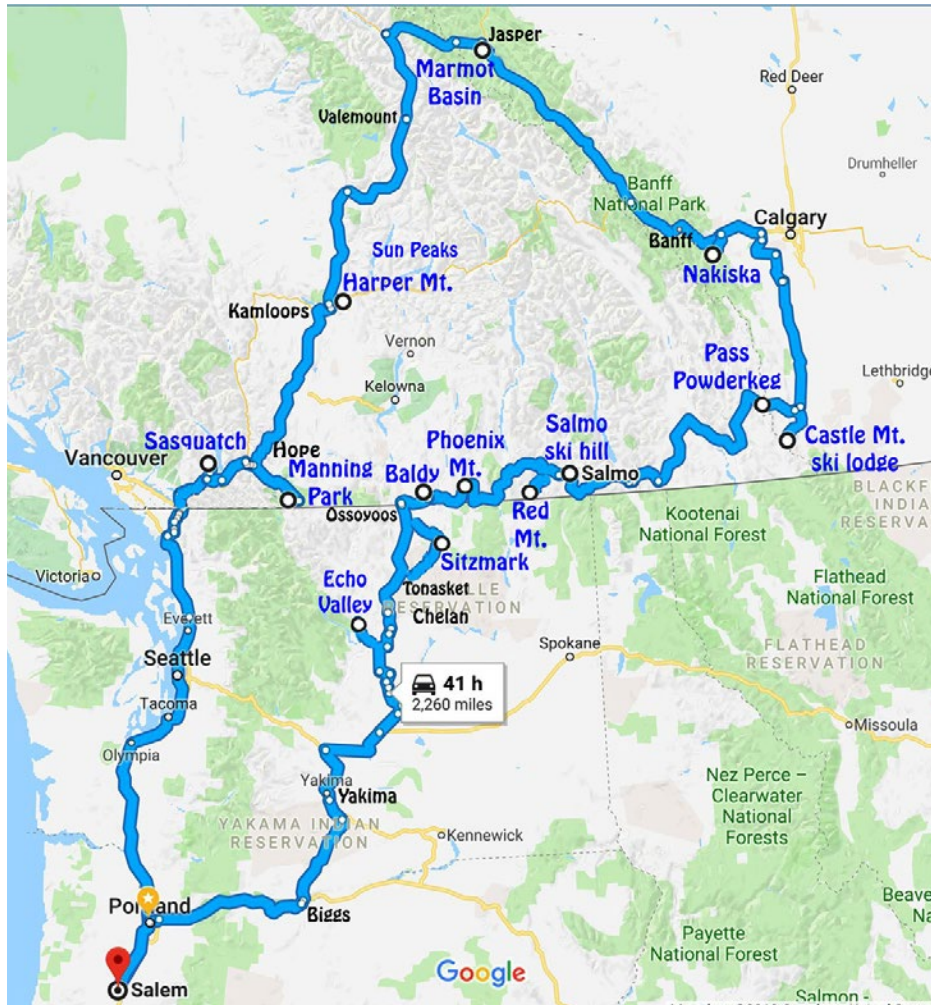


A 10-day Road Trip through Canada

- Emilio Trampuz -

January 31 - February 10, 2019

Two ski areas in Alberta, Canada joined the Powder Alliance this year - **Marmot Basin** (near Jasper), and **Castle Mountain** (near Pincher Creek, about 3 hours south of Calgary). What a great opportunity to go ski those ski areas when the lift tickets are free for 3 daysw at each!!! That's what sparked the idea for this trip.



The 2 ski areas are quite far, so instead of spending a couple of days just driving there and another couple of days just driving back, why not ski my way there and back? With the help of Google Maps, I found all the ski areas along the way and decided to connect the dots and ski them all.

Unfortunately, the weather interfered. Just 2 days after skiing at Sasquatch ski area in plus 32°F, the Arctic blast hit and temperatures plunged to minus 30°F. Because of this, Marmot Basin decided to stay closed the day I visited. Then Nakiska ski area also stayed closed for a day, but I stayed near Nakiska and skied it the next day. These delays messed up my carefully planned schedule. So, instead of hitting 13 ski areas in 10 days, I had to skip a few and ended up skiing only 9 ski areas in 10 days.

How did I manage 9 ski areas when I had 2 days of rest? By skiing at Castle Mountain during the day, and then driving just 45 minutes west to Pass Powderkeg for some night skiing. Thus, I skied 2 ski areas in one day.

I kept a diary in an online blog called **Ski Delights**. See it at: <http://skidelights.blogspot.com/>.

Of all the ski areas visited on this trip, here are my favorite 3 that I intend to visit again

in the future. They are listed in the preferred order:

1. **Baldy Mountain**, an hour east of **Ossoyoos** (along Highway 3). Two chairlifts, 2 hills. 1,300 vertical feet. 360 acres of groomed terrain + 240 acres of glades. Lots of glades! A senior lift ticket is only \$30. I liked this one the best of all. No lodging. Lodging is either in Ossoyoos (an hour to the west), or there is a quaint little motel called Mile Zero Motel in a tiny town called Midway (50 minutes to the east). Another 45 minutes east of Midway is a smaller ski area called **Phoenix**, with just one T-bar and also offering some glades. It was at the Phoenix ski area that a young boy beckoned me to follow him to the glades, which are somewhat hidden from view at the edge of the ski area.
2. **Harper Mountain**, about 30 minutes from **Kamloops**. Vertical = 1,400, Acres = 400, Lifts = 1 triple, 1 T-bar. Senior = \$40. Senior mid-week (Wed, Thur, Fri.) = \$30. This is where I laid down some fresh tracks on a usually groomed trail but which was covered in 3 inches of fresh powder. An hour later, I came back to the same trail and my tracks were still the only ones there. Oh, I should add that there was some game going on that day, so most people either stayed home or watched the game in the day lodge.
3. **Sasquatch ski area**, a.k.a. "**Hemlock**", about half way between **Abbotsford** and **Hope**, but on a different road, a bit north of Hwy. 5. There was a lot of fresh powder here, but it was somewhat heavy, because the temperature was around plus 32°F. This was just 2 days before the Arctic blast hit us and the temperatures plummeted to minus 30°F. Open every day, 9 am – 4 pm. Some days, they close at 8 pm or midnight. Seniors: \$50. Vertical = 1,300', Lifts: 1 double + 1 triple.

Mt. Hood Meadows Schedule of Events

Details at: <https://www.skihood.com/schedule-events>

March 16 - Sunset Snowshoe Tour
 March 17 - Demo Day
 March 17 - Weekend Telemark Clinic
 March 23 - Spring Brew Fest
 March 23 - Redwood Son plays at Meadows
 March 23 - Town Challenge Series #3
 March 23 - Get the Girls Out
 March 30 - Sunset Snowshoe Tour
 March 30 - Full Sail Banked Slalom
 April 6 - Mazot Fest
 April 6 - Sunset Snowshoe Tour
 April 7 - HRM Appreciation Day
 April 13 - Suits and Boots
 April 13 - Pride Day
 April 20 - Pond Skim
 May 4 - End of Season Party

Meadows Spring Pass



Timberline Schedule of Events

Details at: <http://www.timberlinelodge.com/events>

March 19 - Full Moon Snowshoe Tour
 March 23 - Wy'Easter Ski Mountaineering Race
 March 28 - J. Scott Winemakers Dinner
 April 3 - Sunset Snowshoe Tour
 April 18 - Full Moon Snowshoe Tour
 April 21 - Easter Brunch
 May 1 - Sunset Snowshoe Tour
 May 3-5 - Yoga Retreat
 May 9 - Masquarade Murder Mystery dinner

Timberline Spring Pass

VALID STARTING MARCH 4, 2019

The Timberline Spring Pass provides the absolute best skiing & riding value on Mt. Hood! For just **\$139**, you will have a direct-to-lift pass that is valid from March 4th through May 27th, 7-Days a week*. This pass pays for itself in just 2 visits!

*Weather/conditions permitting. Number of operating lifts will be reduced as weather/conditions require.

Night skiing ends for the season on March 9th.

Pass is available for purchase March 4th thru May 12th, 2019.

Mt. Hood Skibowl Schedule of Events

Details at: <http://www.skibowl.com/winter/events>

March 17 - Party Wave Banked Slalom
 March 19 - Ladies' Night
 March 23 - 18th Annual Snow Beach Festival
 March 23 - Saturday Night Lights Fireworks

March 26 - Ladies' Night
 March 29 - Ski For Sunshine
 April 2 - Ladies' Night
 April 9 - Ladies' Night
 April 16 - Ladies' Night

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.org

NWSCC

Eastern Europe Danube River Cruise

Eastern Europe to the Black Sea

NOTE: Passport required!



August 29, 2019 - A 14 day trip.

Cruise through Hungary, Croatia, Serbia, Bulgaria, and Romania. See the towns of Budapest, Osijek, Vukovar, Novi Sad, Belgrade, Vidin, Ruse, Constanta, and Bucharest.

Total price with air fare from Portland, Oregon = \$4,795.

Included in the price of the trip is:

- Air-fare from Portland, Oregon.
- 10 nights lodging on board the cruise ship.
- 2 nights at the Sheraton Bucharest or similar.
- All meals (breakfasts, lunches, and dinners).
- 7 tours
- 5 exclusive discovery events
- Gratuities, all port charges, and baggage handling.

The earlier you book this trip, the more money you'll save. Discounts start at 7.5% if you book and pay 9 months in advance. Or 6% discount if you book and pay 8 months in advance, and so on on a sliding scale down to 3% off if you book and pay 5 months in advance.

Reservations and Info: 1-800-597-2452, Press 2.

For questions, call **John Reinhardt**, 530-330-3838.

See more info on our website: <http://www.mthigh.org/Trips.htm#Eastern Europe to the Black Sea>

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



Click on the map to enlarge it.

See the official [trip flyer](#)

Race Calendar

Just two more PACRAT races in March, and then the Awards dinner and party in April!

Mar 2-3 Masters Races - Skibowl

Mar 17 PACRAT race #4 - Meadows

Mar 24 NASTAR #2 - CANCELLED

Mar 31 PACRAT race #5 - Timberline

Apr. 3 - 7 NASTAR Nationals at Squaw

Apr 7 Make-up Race Date - Timberline

Apr 12 Rat Attack awards party

Apr 14 Fundraiser fun race - Timberline



TEAM STANDINGS – RACE 3

Pl	Team Name	Club Name	Pts	Part
1	Ruttin' Rats (60-69)	Schnee Vogeli	155	93%
2	The Beer Denners (110-119)	Cascade	154	97%
3	NWXventure (150-159)	PACRAT	148	90%
4	Ragnar's Rangers Two (180-189)	Cascade	142	90%
5	The White Outs (210-219)	Skiyente	122	73%
6	Moose On The Loose (70-79)	Mt. High	120	90%
6	Oregon Reign (90-99)	Mt. High	120	90%
8	Ragnar's Rangers Three (80-89)	Cascade	117	85%
9	Awesome tAles (120-129)	Mt. High	111	93%
10	Schnee Ratten (160-169)	Schnee Vogeli	110	80%
11	Avalanche Express (30-39)	Mt. High	109	73%
11	So Edgy 3 (200-209)	Mt. High	109	81%
13	Mt. Hoodlums (190-199)	Mt. High/PACRAT	104	80%
14	Schussing Shysters (40-49)	Mt. High	103	83%
15	Will Ski For Beer (100-109)	Mt. High	92	97%
16	Mixed Nuts (50-59)	Mt. High	87	93%
17	Chilled Brewskis (140-149)	Mt. High	81	70%
17	Rattitudes (10-19)	Mt. High	81	80%
19	Tasmanian Ski Devils (170-179)	PACRAT	72	63%
20	Racy Brats (130-139)	Skiyente	68	73%
21	Ragnar's Rangers One (20-29)	Cascade	65	73%
22	Vertigo Madness (220-229)	Mt. High	38	33%

After 3 races, our top 2 Mountain High teams are tied with 120 points each. Congratulations **Moose on the Loose** and **Oregon Reign**.

Which one will prevail in race 4 and earn the Mountain High Cup? Or could **Awesome tAles** or **Avalanche Express** still overtake them? We'll know soon enough, after race 4 at Mt. Hood Meadows on March 17.



Second NASTAR race - CANCELLED

March 24, 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.

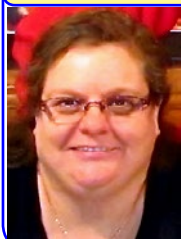
Sorry! This race has been cancelled due to too many scheduling conflicts.

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.

March 25 (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 = 258 Newsletter Distribution

The March 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.

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>

NWSCC Man & Woman of the Year

Our club selected **Kurt Krueger** and **Karen Michels** as our Man & Woman of the Year. But the NW Ski Club Council had candidates from many NW Ski clubs, and the winners were: **Ryan Rooper** and **Becki Robinson**. They will now be our Northwest candidates competing against other ski councils in the West for the Far West Ski Association's Man & Woman of the Year.

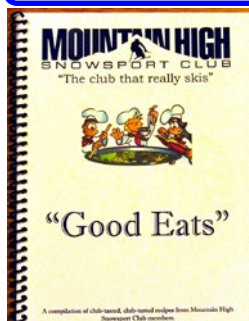
Mt. High Credit Card Payments



We are now able to process your payments by **credit card**. We are doing it through PayPal.

No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "**Signup & Pay**" at: <http://www.mthigh.org/Signup-Pay.htm>

Mt. High Cookbook



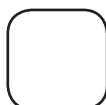
This 34 page cookbook is available for \$10. It contains soups, salads, entres, desserts, and more!

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

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:

- * [Coping With Flat Light](#)
- * [Ask An Expert: Knee Replacement](#)
- * [Sometimes Our Bodies Need Help](#)



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www.mthigh.org
 for updates.