



Lift Lines



== **No. 39, March 2004** ==
 Plaza/Edgeset Ski Club, PO Box 2182, Portland, OR 97208

Our next TGIF



Friday, March 12.....Join us after work at Stanford's at Lloyd Center. Note that happy hour is only till 6 pm, ... so try to get there early.

Chocolate & Champagne Party was Excellent!

Saturday, February 7. Thanks to our hosts **Steve Royce and Edie Martinelli** we had a very enjoyable evening of hors d'oeuvres, champagne, and chocolate.

Debbie Thomas (aka. "Black Diamond" Debbie) and **Debbi Kor** helped **Steve Royce** arrange the table.

Check out page 4 for more photos.



PACRAT Racing (Also see page 5)

We have had three races so far, all three held on sunny days! At the Mt. Hood Meadows race, February 15, we were photographed by professionals, and the photos are available for viewing on the web at (all on one line):

<http://www.photorelect.com/scripts/prism.dll?eventframe?event=05JV00170W&start=0&ts=1077698145>



PACRAT Race at Mt. Hood Meadows, Feb. 15

If clicking on this link doesn't work, go to: www.photorelect.com and search for:

Event name: **02-15-04**
 (date with dashes)

Date: **02/15/2004**

City, State: **Oregon**

Photo: **Big Shot Photography**

Click on a Calendar entry for more info

2004 CALENDAR

Maroon: Plaza/Edgeset events
 Red: NWSCC/FWSA events
 Blue: PACRAT events

Mar. 5-7 Mountain High bus trip to **Willamette Pass and Hoodoo.**

Mar. 6 Ski the Glade Trail Day organized by the Mt. Hood Museum.

Mar. 7-8 Oregon Cancer Ski-Out

Mar. 7 (Sun) Stevens Pass half-price tickets for NWSCC members.

Mar. 8-14 Sun Valley NWSCC week.

Mar. 12 (Fri): TGIF at Stanford's, at Lloyd Center.

Mar. 14 Sun. PACRAT race **Ski Bowl.**

Mar. 19-21 NWSCC trip to Mt. Bachelor (part of March 14-21 week)

Mar. 28 Sun. PACRAT race **Meadows**

Mar. 28 (Sun) Crystal Mountain half-price tix for NWSCC members.

Apr. 1-4 FWRA Championship races at **Heavenly, Lake Tahoe, CA**

Apr. 11 Sun. PACRAT makeup race. (Only if needed.)

Apr. 13-18. Whistler Extravaganza, NWSCC bus trip.

Apr. 3-4. Plaza/Edgeset **Spring Fling** at Meadows & Govt. Camp.

MOUNTAIN HIGH SNOWSPORT CLUB

Click on a Calendar entry for more info

2004 CALENDAR-contd.

May 1 (Sat) "Race and Ace" ski + golf at Mt. Bachelor.

May 6 (Thur.) Mountain High **Pizza Party** and elections, at Gourmet Stuff Pizza, Lake Oswego.

May 14 (Fri.) Monte Carlo **Bowling!** at Milwaukie Elks. 7:00 pm.

June 5 (Sat.) Golden Rose race at Timberline.

More trip info, race results etc. at: WWW.NWSKIERS.ORG

FREE \$KIING CORNER

1. Use the **Ski Fever Show 2** for 1 coupons for Timberline and Ski Bowl. They are only valid **mid-week** and:

Ski Bowl: Jan.5 thru April 11

Timberline: March 30 - May 30.

2. **Anthony Lakes** included a coupon in the Ski Fever Show booklet for one free lift ticket valid **any** time this season!

3. **March 7 (Sun)** Half-price tickets (\$23.85) at Stevens Pass for NWSCC members. Just show your club membership card.

4. **March 28 (Sun)** Half-price tickets (\$24.00) at Crystal Mountain for all NWSCC members. Just show your club membership card.

CANCER SKI OUT

March 7-8, The Oregon Cancer Ski Out (16th annual) is a fund raiser for hospice care, cancer research, education and awareness. Five-member teams compete at Mt. Hood Meadows. The winner isn't the fastest team, but the most **consistent**. Team registration is: \$999. Deposit: \$200 per team.

Candace Kramer will help coordinate teams. Call: 503-777-8120 or email her at: candacek@windermere.com.

Willamette Pass & Hoodoo bus trip.

March 5 - 7, 2004. Well, folks, over 30 of us are going on this most excellent adventure! 2 nights/2 days. We leave Friday around 5:00 pm. Back by Sunday evening! We'll tell you all about it when we come back!



Willamette Pass

Cost for bus, lodging, and lift tickets will be **\$205**, unless we get a last minute signup, since this is on a sliding scale. **The more people, the lower the price** (approximately \$5 less for every additional 2 people).

Contact **Linda McGavin**, at (503)412-3531, or lindam@mcewengisvold.com

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MOUNTAIN HIGH SNOWSPORT CLUB

Mountain High "Spring Fling"!

April 3-4 (Sat/Sun). Come join your fellow ski lovers for an end of season celebration. Ski both Saturday and Sunday. Overnight stay on Saturday, April 3, in Government Camp. Sleeping bags necessary. Dinner Saturday night - Mexican with margaritas! Skiing on both days will be at personal cost, but lodging and dinner is free. Please join us for all or part of this great weekend. Overnight stay and dinner must be reserved in advance. Call **Marsha** at 503-646-5292. Leave name and phone number.



HELP! - Mountain High Elections in May (at Pizza Party)

May 6 (Thurs.) at 6:30 pm. Come for the Pizza and interesting guest speaker. But, also, please volunteer or nominate someone for a position on the Board. Nominations needed now!

FWRA Championships: Heavenly, Tahoe

April 1 - 4, 2004. 2 or 3 nights/2 or 3 days. Races organized for those who pre-qualify, such as PACRAT racers, but non-racers also welcome.

OPTION 1: Make your own arrangements. Get 2 nights lodging at **Horizon Casino Resort** for \$111 per person. Call Horizon Casino Resort to reserve: 800-648-3322. Mention "Far West".

OPTION 2: Join **Ron Onslow** 3 days/3 nights at the Lakeland Condo Village, with shuttles to the gondola. \$465 pp. Contact Ron at RonOnslow@aol.com or call 1-360-694-5216.

Racing fee (slalom & GS) is \$35. Races on Saturday & Sunday. Optional race clinic Friday. Racers must pre-register with Dale Parshall dale.parshall@usbank.com



Mt. Bachelor discount week

March 14-21. The NWSCC presents an unstructured week at Bachelor, or come just for the weekend, March 19-21. Lodging is on your own, but there will be a party on March 20 at Inn of the 7th Mtn.. Contact Marilyn Sigler at marski@teleport.com or phone 360-883-6937.

Remember the **Flash For Cash.** Show your club membership card and driver's license, and save **\$6** on any adult daily lift ticket until 04/12/04.

Whistler Extravaganza - bus trip

April 15 - 18. 3 nights/3 days. NWSCC bus trip. Buses leave Portland at noon, Thursday,

Doug Pilcher at Whistler 2003



April 15. On-mountain breakfast with fresh tracks, apres ski event on mountain, Saturday night dinner/dance. Lodging in Whistler Village at the Coast Hotel, Listel

Whistler Hotel, Crystal Hotel, and the Holiday Inn. So far, **10** from our club have signed up. Cost: **\$420** includes bus, lodging, lift tickets, parties & dinner. For those who already paid a deposit, the balance is now past due.

Make check payable to **Destination Snow**, and mail it to Linda. Use the Dough Transmittal Form on the last page.

Contact Linda McGavin, at: 503-412-3531, or email at: lindam@mcewengisvold.com.

Mt. Hood Meadows Park & Ride

Meadows' Park and Ride offers round trip transportation from Portland to the mountain and back weekends and holidays. The price for a **lift ticket** and **round trip bus ride** is \$50 for adults or \$40 for children 7 - 12 (must be accompanied by adult). Bus-only ride is \$25.

Tickets can be purchased in advance at all G.I.Joe's / TicketMaster locations. You must purchase a ticket in advance to be assured a seat. Pickups at: Downtown Double Tree Inn, Beaverton Fred Meyer, Tualatin GI Joe's, Clackamas Greenhouse Square, and Sandy Safeway. More info at: "Portland Park & Ride" at www.skihood.com.

Timberline Park & Ride

Timberline offers **bus /lift ticket** packages for \$49. Bus-only ride is \$20. All buses arrive at 8:30am & leave at 4pm.

Tickets can be purchased in advance at G.I.Joe's / TicketMaster. Pickups at: **GI Joe's** in Hillsboro, Tualatin, Beaverton, Vancouver, Eastport, and Gresham. More info at "Mountain Transportation" at: www.timberlinelodge.com.

MOUNTAIN HIGH SNOWSPORT CLUB

Chocolate Party at Steve and Edie's, Saturday, Feb 7

Steve and Edie hosted a great Chocolate party. This is normally held right around Valentine's day, but due to scheduling conflicts was held a week earlier this year. Still, there were hints of Valentine's in the air. 12 photos = 12,000 words!



Winner Most creative!



Some champagne with your Chocolate Cherry Tarts?



Jaxine, Kurt, Edie



Winner Most decadent!

Chocolate Pavlova from Deirdre



Bob, Diane, Jodie



Jaxine: "Most Creative" winner



Judges: Debbi, Emilio, Debbie



Deidre: "Most Decadent" winner



Debbi led us into a "Love songs" game. Emilio showed some photos from the Lake Tahoe trip. Linda McGavin won the "Most Chocolatey" prize for her "Chocolate Intemperance" dessert. Everybody had a good time!

Mountain High Deschutes River Raft Weekend !!!

Trip leaders: **Gordon Lusk, Louis Kovacs**
July 30 - 31, 2004. Come join us for a rafting/camping adventure! The trip includes:

* Rafting (row, paddle, or just ride) both Saturday and Sunday.

* Campsite Friday and Saturday night in Maupin City Park.

* Saturday night dinner by "**Lous Q**" Chicken, Fish and all the trimmings.

Payment by July 10th to:

Gordon Lusk @ 503-804-8363 or
Louis Kovacs @ 540 -632-2203

Camp, raft, dinner = \$90 (Non-members \$100)
Raft and dinner = \$75 (Non-members \$85)
RV Spaces at \$20.- a night extra.

NOTE: This is not a professionally guided trip. It is a club function for fun, and we are all personally responsible for our own actions. Rafting can be dangerous. By registering for this event, you and your guests will relinquish any and all claim of responsibility and claims of liability on all parties participating in this event, including Mountain High Snowsport Club.



NWSCC Web Site

The **NW Ski Club Council** web site:
www.nwskiers.org

Our club is affiliated with the **NWSCC**, so we are all members. Go to this web site to check out member benefits, trip info, race results, and more. Also, sign up for an email group for regular updates. Three email lists exist, one for general info (NWskiers), one for racers, and one for political action related to ski areas:



[Join NWskiers](#)
[Email Newsletter](#)



[Join PACRAT](#)
[Email Newsletter](#)



[Join NWskier](#)
[advocates](#)
[Email Newsletter](#)

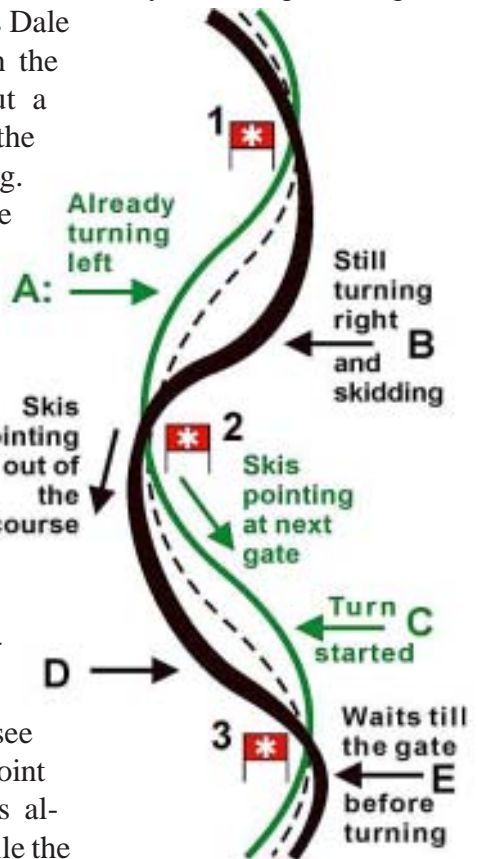
Picking the Best Line

During a PACRAT race, we saw a racer go really wide, skidding as he went. Immediately following him, a good racer (I believe it was Dale Parshall) came down the same course and cut a faster line, carving the arc instead of skidding. They both left visible trails, as shown here.

The **dotted line** is an average path.

The good racer, in **green**, leaves a clean, thin track.

The "bad" racer is shown by the thick **black** line; the uneven thickness indicating skidding.



It was amazing to see that at the same spot, point A, the green racer is already turning **left** while the black racer is still completing his **right** turn and scraping off speed by skidding at point B to get back into the course before the next gate. This is called "**being late**" in your turns. The black racer waits until he is at the gate before he starts the next turn ("E"). Then there's not much time left to complete the turn before the next gate.

The green racer sets up for the turn **early** (at "C"), and starts a very **gradual** turn, arcing his way around in a fairly **wide-radius** turn. A wider radius means a straighter line.

Notice the green racer **plans** his turns so that by the time he/she reaches the gate, his/her skis are already pointed toward the next gate. Meanwhile, the black racer's skis are still pointing to the outside of the course, and he has to try to whip them around quickly, making jerky zig-zag turns.

So, be more like the green racer. Plan your turns, look ahead. Start turning before you reach the gate, taking a slightly higher path. Have your skis pointing to the next gate by the time you pass by the current gate. And don't let the skis skid too much. Dig the edges in by keeping your hands forward, applying more of your weight on the front end of the turning ski.

MOUNTAIN HIGH SNOWSPORT CLUB

Safety Message

from Jodie Dierickx

Director, Safety & Member Benefits, NWSCC



I understand there was a recent Oregonian article that came out against wearing ski helmets. Therefore, I thought it was time to write an article with data supporting the use of helmets.

I can personally speak on how wearing a helmet has protected me from serious injury when

mountain biking. In fact, the **Portland United Mountain Pedalers (PUMP)** requires everyone joining their organized rides to wear helmets. Why would skiing be any different? It isn't just about **your** ability and control. What if someone out of control runs you over? You wearing a helmet is just protection. I am also aware of people that have fallen and skis came off and hit them on the head, creating a deep head cut and thereby requiring stitches; a helmet would have prevented these types of cuts.

The **National Ski Patrol (NPS)** points out that the following people wear helmets or "brain buckets": rock climbers, ice climbers, mountain bikers, road cyclists, kayakers, skydivers, paragliders, in-line skaters, motocross enthusiasts and motorcyclists, auto racers, equestrians, hockey players, and construction and utility workers. It is not a matter of looking good but being safe (and helmets are a lot warmer). The key is wearing a helmet is safer but you still must ski/board safely and not more aggressively or out of control. If you want to look good wearing a helmet, **Gerry and Patty** of Mountain High Snowsport Club (dba Plaza/Edgeset) can educate people on fun helmet covers.

"Helmets are a viable piece of equipment for skiers and snowboarders, just as they are for any sport or profession where one might encounter a bump on the head," states NSP's executive director, Stephen Over.

According to a December 2003 Consumer Reports article, the doctors of 5-year-old Eliot Levmore, from Chicago, believe he is alive due to wearing a helmet. Eliot veered off course and plowed into a tree during a ski lesson; he suffered cuts and bruises but was spared serious head injury by his helmet. The Consumer Product Safety Commission (CPSC) reports that in 2002, about 23,000 skiers and snowboarders suffered head injuries. The CPSC estimates that 40% of those injuries would have been pre-

Ski the Glade Day

March 6 (Saturday). The **Mt. Hood Cultural Center and Museum**, in Government Camp, organizes the "Ski the Glade Trail" Day

This is the only day when you can legally and safely ski all the way from Timberline to Government Camp. Shuttle services to Timberline all day, ski patrol services, hearty lunch, souvenirs, apres ski party and more, for \$100 if purchased by Feb. 15 (\$150 after).

Call 503-272-3301, or check out their web site at: www.mthoodmuseum.org.

Cardboard Races at Meadows

March 20 (Saturday). Mt. Hood Meadows will be holding cardboard races! Lots of fun for the whole family. Bring your own cardboard contraption. The **Schnee Vogeli** ski club has issued a challenge. They'll have their own sleek cardboard vehicle. See if you can compete against them. Someone should defend our club against such brazen challenges!!!



vented or lessened if the person had been wearing a helmet. Furthermore, according to the CPSC, although head injuries are only a small subset of skiing and snowboarding injuries, they are considered a major cause of the death in such accidents.

Helmets may not save you from a hard, straight-on hit to the head, but they sure can't hurt. You can get a helmet at any of the local ski shops or going to the National Ski Council Federation's webpage for a great deal on helmets: <http://www.skifederation.org/benefits.html>.

It is important that any helmet be properly fitted and that it not uncomfortably restrict your vision or hearing. Read the helmet manufacturer's information and learn about what level of protection a particular helmet will provide. All models are not the same and do not provide the same level of protection. Like bike helmets, if you hit your head hard while wearing a helmet, you should probably replace it. Some manufacturers offer free or discounted replacements if the helmet is damaged due to a crash.

MOUNTAIN HIGH SNOWSPORT CLUB

Skis for Sale!

Last year's **ELAN G.S.**, 174 with plate and Solomon binding, \$350.00

This year's **Atomic R-11**, (all Mt.) 180, with binding (great shape) \$475.00

Please call **Gordon Lusk @** 503-804-8363

Skis for Sale !

K2 Merlin IV all-mountain shaped skis, 193 cm, with

Marker M41 Twin Cam bindings.

Very good condition. Only **\$150!!!**

Please call Cristian @ 503-531-9215.

Plaza/Edgset Meeting

First Tuesday of the month.

April 6 (Tue.): Gather at 6:30pm for socializing. Meeting starts at 7:00 pm. Location: **Gourmet Stuff Pizza**, 4200 SW Mercantile Dr., Lake Oswego, OR 97035. 503-635-1313. This is essentially the Board meeting, but it is open to everyone interested in the club's activities.

Plaza / Edgset Ski Club Contacts

- President:** Blaise Dagilaitis, H: 503-697-4885, W: 503-372-6359, Blaise.Dagilaitis@flir.com
- Vice-President:** Terry White, H: 503-297-1427, W: 503-296-6075, TWhite223@msn.com
- Secretary:** Sue Bennett, H: 503-774-8747, OptomistSue@aol.com
- Treasurer:** Terry White, H: 503-297-1427, W: 503-296-6075, TWhite223@msn.com
- Race Directors:** Candace Kramer, H: 503-777-8120, W: 503-804-9628, candacek@windermere.com
Jack Folliard, H: 503-296-0806, W: 503-975-4488, JFolliard@comcast.net
- Newsletter Editor:** Emilio Trampuz, H/W: 1-503-378-0171, Emilio2000@Earthlink.net
- Activities Director:** Debbi Kor, H: 503-682-1563, W: 503-988-3118, Ijustwannarun@aol.com
- NWSCC Rep:** Debbi Kor, H: 503-682-1563, W: 503-988-3118, Ijustwannarun@aol.com
- Trip Directors:** Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com
Linda McGavin, H: 503-652-2840, W: 503-412-3531 LindaM@mcewengisvold.com
Larry Bennett, H: 503-760-2360, BENNETT896@aol.com

DOUGH TRANSMITTAL FORM

Make check payable to "Plaza/Edgeset Ski Club"

For **Membership, PACRAT & WP/Hoodoo** mail to: Plaza/Edgeset Ski Club, PO Box 2182, Portland, OR 97208.

For **Whistler/Blackcomb**, mail to: Linda McGavin, 1100 SW Sixth Ave., Suite 1600, Portland, OR 97204.

(For Whistler/Blackcomb, make check payable to "Destination Snow")

Name(s): _____

Address: _____

Phone (Hm): _____ **Phone (Wrk):** _____

Email (Hm): _____ **Email (Wrk):** _____

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

Details

Deposit? Paid in full?

- Membership Dues:** Single (\$25) couple (\$40) \$ _____
- PACRAT Racing: (\$85) Team: _____ \$ _____
- Lake Tahoe** trip (Jan.29-Feb.1, 2004): \$425 __ TRIP IS FULL __ \$ ___N/A___ ___N/A___
- Willamette Pass/Hoodoo** trip (Mar. 5-7): \$195-215. (Dep. \$100) \$ _____
- Whistler/Blackcomb** trip (Apr. 15-18, 2004): \$395 (Dep. \$50)_ \$ _____

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

NEWSLETTER DISTRIBUTION

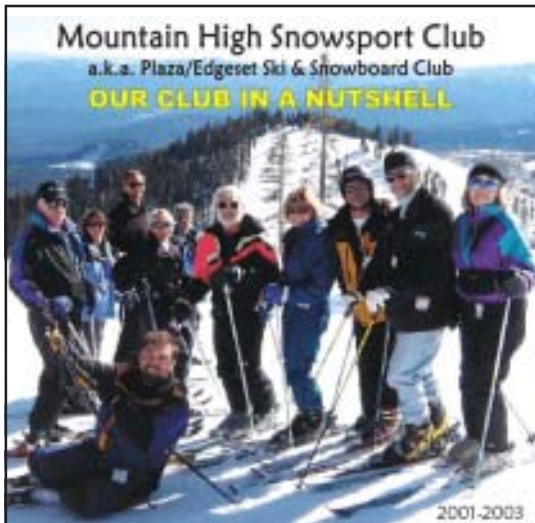
The March 2004 issue of "Lift Lines" is being distributed as follows:

145 copies electronically, via email (138 as HTML, 7 as plain text, but both have the PDF file attached)

46 paper printed copies sent via US Mail.

Some of these are sent to non-members (the NWSCC, FWSA, other clubs, etc.).

Please help us minimize the cost and labor involved in mailing out paper copies. **Let me know if you have an email address** Call Emilio at 1-503-378-0171 or email: Emilio2000@Earthlink.net.



Get a CD containing a PowerPoint slide presentation with several hundred photos of our club. This was shown at our Pizza Party. Show it to all your friends. Only \$3. Contact Emilio.

Emilio Trampuz
Plaza/Edgeset Newsletter editor
4742 Liberty Rd. S., #296
Salem, OR 97302

NOTE: Please let us know if you have an email address! Lots of info is sent out in between newsletters.

Candace Got Married!

As reported in our last issue, **Candace Kramer** and **Drew Prell** tied the knot this January 2004. Here is a photo from the wedding.

Check out more photos at the website below. When you get there, find "Candace and Drew", and enter "**prell**" (all lower case) for both user name and password.

Congratulations , Candace and Drew!

See: www.pacificvideoandphoto.com/viewweddings/

