

SNOW

SPORT

HIGH

page 2

The new answering machine: Email

ΜΟUΝΤΑΙΝ

Email is really like an answering machine! Always listening and recording incoming messages. Acting like your secretary, taking messages while you are away. Just don't forget to check your messages when you return!

Our club uses email to keep our members informed. Many news come and go in between our monthly newsletters, and never get reported other than via email. For example:

- * Mt. Bachelor and Timberline offered **discounts** to pass holders from Meadows and Ski Bowl (as long as these were still closed). We notified everyone who has an email address.
- *When a race gets cancelled, an email is sent out immediately.
- * If **trip plans get changed** last minute, email is the fastest way to notify everyone.
- * We send out **email reminders** before major club events.
- * If we hear of **good deals**, discounts on gear or lift tickets, or a special sale, we'll notify you via email.

So, check your email before you leave your office on Friday evening, and check it the evening before major events, trips, races, social gatherings, in case there is an update.

Also, please remember to **notify us if you change your email address**. Notify either Emilio (newsletter editor), Kurt (Treasurer), or Sue (Secretary). See contact info on page 9.

Public Forum for Everyone

As of the end of January 2005, our web site has been enriched with the addition of a **Forum**. Use it to give us an update on snow conditions when you return from the slopes, or post your comments, your gear for sale, or ask questions, or answer other people's questions.

Let's make the Forum a useful communication tool!

 $Some \ examples \ of \ recent \ postings \ in \ the \ Forum:$

- * **Rich** just returned from **Big Mountain** and says the snow is good. We'll have a good time on our trip!
- * **Rich** (again) notifies us of the closing of **Mt. Bailey**.
- * Nick Veroske and John Campbell tell us about conditions at Mt. Bachelor.
- * Bob Gales tells how he got a discount at Mt. Bachelor
- * **Nick** notifies us of a good deal for snowcat skiing in Canada (that has to be sold because of a cancellation).

Our Web Site is Well Visited!

CLUB



Our website, <u>www.mthigh.org</u>, was born when Les Furnanz kindly set it up for us in June 2004. Since then, the number of visitors has steadily grown from 132 in June to 579 unique visits in December. A unique visit is counted only when someone brings up more than one page within a period of 30 minutes.



Of course, this doesn't mean that 579 people saw our web site in December. It could be that 100 people visited our web site on average 5.79 times during the month of December. Or maybe 200 people visited our web site about 3 times each.

Other than our home page, the most visited pages were: the **Events & Calendar** page, the **Photos** page, the **Trips**, **Newsletters**, and **Contacts** page.

When people used a search engine, they found our web site through the following web portals:

- *Google.com(36people)
- *Yahoo.com (26 people)
- * SkiSite.com (19 people)
- * MSN.com (10 people
- *NWskiers.org(10people)
- *AOL.com (8 people)
- *SearchSight.com(7people)

LOCAL SKIING

NT. HOOD

Ski the Glade Day

March 5 (Saturday). The only day of the season when you can legally and safely ski the Glade trail from Timberline Lodge to Government Camp! Under special use permit from the US Forest Service. This is a benefit for the Mt. Hood Cultural Center and Museum (in Government Camp.

* Shuttle service to Timberline

- * Groomed trails to Govt. Camp,
- * Lunch at the museum!!!
- * Apres ski party.
- * \$100 per person donation.

For reservations & information, call 503-272-3301, or email: mthoodmuseum@centruytel.net or mthood@oregontrail.net. Also see: www.mthoodmuseum.org.

Mt. High Spring Fling + Club race Mt.High Mt.High

April 9 - 10. (Sat./Sun.) Come join your fellow ski lovers for an end of season celebration. Ski both Saturday and Sunday. Overnight stay on Saturday, April 9, in Government Camp.

Sleeping bags necessary. Dinner on Saturday night! Skiing on both days will be at personal cost, but **\$5** per person will be collected to defray costs of lodging and dinner. Please join us for all or part of this great weekend.



Overnight stay and dinner must be reserved in advance. There are only 16 beds, so those who reserve early get the beds! Call Marsha at 503-646-5292. Leave name and phone number.

Special Club race on Saturday!!!

Let's say you are **not** a PACRAT racer, but you'd like to try running some gates at least once in your lifetime, with no pressure. Here's your chance! Gordy will set up a race course at Meadows just for our club members to enjoy! So, give it a try! All PACRAT racers are welcome too!

PACRAT racers:

Keep in mind that we will have our makeup race on Sunday, April 10, ... so you can use our club race on Saturday as a warm up and practice event!



Special Olympics

Feb. 20, 2005. Cooper Spur. Need an idea for a good New Year's resolution? Here is one possibility. Volunteer!

Special Olympics will have a regional one-day competition at Cooper Spur on Sunday, February 20th 2005. Thev need your help. You don't have to be a racer yourself to volunteer.

It's a great cause and an opportunity to help out.

This is President's Day weekend - this could be a fun way to spend the day with your friends & family and still have Monday off!

About 65 Alpine/Snowboard Athletes & about 35 XC/Snowshoe Athletes.

We will try to run the GS, Slalom & Downhill events for, but if time/weather becomes an issue, then we will run GS & Downhill.

Volunteers needed for both cross-country, alpine and snowshoe events. Competition Crew... those to help with start line, staging, finish area, results, course officials, gate keepers, timers, etc.

Contact:

Jan Hull

Director of Sports Special Olympics Oregon 5901 SW Macadam Ave. #100 Portland OR 97239 Phone - 503.248.0600 x13 Toll Free - 800.452.6079 x13 Fax - 503.248.0603 Website - www.soor.org E-Mail - jhull@soor.org

NEWS & DEALS

MOUNTAIN HIGH SNOWSPORT





- 1. **Mt. Bachelor** offers "**Flash for Cash**". Just show your club membership card for a \$6 discount, any time till April 10. Show the NWSCC side of the card. Not valid on holiday weekends.
- 2. Half price lift tickets at **Stevens Pass**, WA, Sun., Feb. 27.
- 3. Half price lift tickets at Crystal Mt., WA, Sat., April 9.
- 4. If you attended the **Ski Fever Show** in November, don't forget to use use the following free lift tickets:

Anthony Lakes:valid any timeTimberline:April 1 - 30, 2005.

5. If you attended the **Warren Miller Show** in October, don't forget to use use the following free lift tickets:

Schweitzer Mt.: 2-for-1 ticket any time after Feb. 1. Mt. Hood Meadows: April 1 - 30, 2005.

MORE FREE \$KIING !

CLUB

Fill up at any Shell station and get 1 FREE lift ticket with the purchase of an adult ticket. Essentially, 2 for 1.

Buy at least 10 gallons of gas, ask for a free ticket voucher, and have both the voucher and the gas receipt stamped at the gas station.

You can use these at ski areas in Oregon, Washington and Idaho.

Offer ends April 15, 2005.

www.skiwashington.com/ shell 2for1.php

Bionic Ski Bindings ebm 412

While skis themselves have made quantum leaps in performance recently, bindings haven't kept up. Atomic hopes to change that with Electronic Binding Management (EBM). At 959, they cost more than most complete ski setups, but that's a paltry sum compared to, say, rehabilitating a torn ACL caused by a binding that didn't release properly.

When a skier steps into the EBM, an onboard computer analyzes data beamed via wireless transmitters from sensors in the toe and heel and displays the results on an LCD on the toepiece. EBM shuts off after step-in and lasts 80 ski days, but it's recommended that you recalibrate every 20 ski days—don't worry, the smart bindings will remind you. The binding automatically adjusts its stiffness to suit skiers of every ability level.

Electonic binding management: LED display, forward pressure control, battery control, high frequency data transmission, service control, open/close check, automatic data recording.



Technology: > din: 4-12 > fullflex twin > afd-plate: moveable

Oregon Cancer Ski-Out

March 6 & 7,2005. The Oregon Cancer Ski Out (17th annual) is a 2-day fund raiser to contribute to hospice care, cancer research, education and awareness, while enjoying your favorite sport.

Five-member teams compete at Mt. Hood Meadows. The winner is **not** the fastest team, but the most **consistent**. Team registration before Dec. 17 is \$850, after that: \$1000.

Our club has participated with several teams for many years! The photo shows the **Easy Gliders** team, with **Walt Stanton**.

For more info, and to register, go to: **www.cancerskiout.org**. To become a corporate sponsor. Call Larry Chadwick at 503-699-6922.

S'no-Joke Whistler trip

April 7 - 10, 2005.

The NWSCC is not running the big Whistler trip this year, but you can join the S'no Joke trip to Whistler, for only \$325 if you drive, or \$370 if you ride the bus from Seattle. Contact **Sandra Breaux** at 1-206-310-2431 or email: **slbreaux@aol.com**.

S'no Joke is a Seattle ski club affiliated with the NWSCC.

NEWS & HISTORY

MOUNTAIN HIGH SNOWSPORT CLUB

What's New at Ski Areas

SNOWCAT SKIING in Idaho. Take a look at what is going on behind Schweitzer Mt.



They are cutting fresh tracks every day. There's plenty of snow and lots of activities, from Snowshoeing, to X-country skiing, to Snowcat skiing

(for \$225 per day).

Contact <u>Ken Barrett</u>, President & Chief Guide, Selkirk Powder Company.

http://www.selkirkpowdercompany.com 1-866 GO IDAHO toll free 1-208-263-6959 office

Oregon's Mount Bailey closes.

A great place for snow cat skiing since the late 70's has now shut its doors, it seems for good. Here is a message from the owner posted on the Mount Bailey website:

"In 1979, I started snowcat skiing in the U.S. with the Mount Bailey Snowcat Skiing operation. Regrettably, due to unexpected circumstances I will no longer be operating a dream that I spent 25 years of my life developing. It is a sad time for me. I do, however, appreciate all the people who came to Mount Bailey over the years, thankful for the many friendships that have developed from those visits. I will be continuing with my fishing business out of Kodiak, Alaska on my vessel Alpine Cove, so if you need fish, you can contact me on my email: **skigus@starband.net**."

Anniversaries: 100 - 50 - 30

by Janet Siverts-Smith

In 2005, three local entities are celebrating milestones:

- 1) The **US Forest Service** is 100 yrs old;
- 2) **RLK management** of **Timberline Lodge** celebrates 50 yrs of operation; and
- 3) **The Friends of Timberline** have been serving the Lodge for 30 yrs.

All three are notable for their excellent involvement with the people who use their services....like skiers!!! In searching information on each organization, I came across something that may be of interest to some of our fellow members.

Timberline Lodge is having past employees come celebrate with them! Personally, I worked as a waitress in the formal dinning room in the winter of 1966 (way before they had a separate day lodge). I still have my employee card! But, alas I don't have the "Heidi" dress that I wore. I worked the diner shift only, because that way I could ski every day until 4pm.

I am sure there are many club members who have similar stories and would like to participate in the festivities. Check out these web pages:

http://www.timberlinelodge.com http://www.fs.fed.us/centennial/ http://www.friendsoftimberline.org/

NW Snowsport Advocates

Make your voice heard. Get involved. If we don't stand up for the ski areas, who will?

To find out who needs you help, what you can do about it, and who you can write to, go to: http://www.nwskiers.org/nwsa/index.htm



A warm welcome to our new members:

Welcome New Members

Doraisamy Ganeshkumar Diane Zhitlovsky Richard Rizk Jim Crawford Raffi Tashjian



Additionally, several more older members have renewed, which brings our total number of active members to **149**, plus a potential for another **32** who have not renewed yet.

MT. HIGH TRIPS

HIGH

SNOWSPORT CLUB

Mt.High Crystal Mountain (bus trip) Mt.High

ΜΟUΝΤΑΙΝ

Jan 14-16, 2005. This was our annual Mountain High bus trip. 2 nights/2 days. Linda McGavin did an excellent job of organizing this trip. Also, we were very lucky that this



trip happenned just before the awful warming period we had lately, so we still enjoyed very good powder under a sunny sky. We also avoided the freezing rain that hit Portland on Saturday.

Emilio video-taped both the intermediate and advanced groups, and showed the video during the bus ride home.



We found a surprising amount of powder, some of it totally untracked. Here's Ed cutting a fresh tracks at a place that was also savored by Linda, Bruce, Rich, and Phil. See more photos at: www.mthigh.org/PhotosRecent.htm

Mt.High Mt. Bachelor Mt.High

March 18-20, 2005. Friday, March 18, ski for \$10 with coupon from any Wells Fargo. A joint NWSCC sponsored party will be held on Saturday night. Volunteer to coordinate our club's trip with other clubs by contacting Steve Coxen, at sacoxen@ao.com.

Several of our members are planning to go. So far, there has been no organized plan, but stay tuned. At least a couple of people have indicated they might put something together.

If we rent a condo, we need to have a headcount. Alternatively, we might just rent regular hotel rooms.

Put this on your calendar, and let **Emilio** know if you plan to come. Emilio is keeping a list of interested people and will let you know the details as soon as they are available.



Big Mountain (train trip) Mt.High Mt.High

Feb. 16-21, 2005. About 30 of us have signed up for this trip.

Will report more after we return. The train leaves on Wednesday at 4:45 pm. Be there an hour earlier, by **3:45 pm**. Debbi Kor will be there to give you your train tickets.



There is parking at the train station, at a cost of \$9 per day. Less expensive is a Smart Park about four blocks away, at a cost of \$6 per day.

We'll return Monday morning, after a night spent on the train!

From the mailbox

Emilio, you did a GREAT job documenting our trip (to Crystal Mt.). It was really fun watching the videos of everyone skiing only a couple hours later.

Also, thank you to everyone at Mountain High who welcomed me into the club. I really felt at home and am excited to have made many new and cool friends some with very big shoes! Mountain High is truly "fluid" which I think should be the word for the Crystal trip. I can't wait to ski with y'all again. - Richard Rizk

FWRA Championships: Heavenly, Tahoe



March 18 - 20, 2005. 2 or 3 nights/days. All PACRAT racers are pre-qualified to race, but non-racers also welcome, just for fun!

A special package has been arranged at Horizon Casino Resort (Last year it was 2 nights for \$111 per

person.) Call Horizon Casino Resort to reserve: 1-866-478-8463. Ask for Carol. Mention "Far West".

NWSCC plans to host a room party for any NWSCC club members attending these races. Contact Sheri Parshall at 503-245-3782 or cougskier@aol.com for further details.

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

Lift Lines 50, February 2005

MORE TRIPS

HIGH SNOWSPORT CLUB

Skiing Heritage

MOUNTAIN

The International Skiing History Association, www.skiinghistory.org, have offered us a 10% discount if



subscribe to the *Skiing Heritage* magazine, a very intersting, slick 50-page quarterly publication. Regular oneyear subscription is \$30. So, that is \$3 off.

Check out the web site, and if interested in subscribing, send a check for **\$27** made out to the **International Skiing History Association**, and mail it

to **Emilio Trampuz**, 4742 Liberty Rd. S., #296, Salem, OR 97302. Some of you have already done this, but we need a few more people.



Willamette Pass Ski Bus



The Bergfreunde ski club has opened this trip to members of other clubs. It is an effort to bring more cooperation between our clubs. You are invited:

Trip: #SK0308

- When: Saturday, March 12, 2005. Meet at Barbur Blvd. Transit Center--Bus leaves at 6:45 a.m. SHARP!
- Where: Willamette Pass Ski Area, located on Hwy 58 between Eugene & Bend.
- **Cost:** \$27 for bus only. Bus and discount lift ticket package: \$55.
- Contact: Sandra Busch 503-646-4591, <u>Sandra@pacifier.com</u>, or Jean Yates 503-666-6651;

The Willamette Pass ski bus is back! Hop on aboard and leave the driving to us! Our Raz luxury bus will chauffeur you to the mountain rested and refreshed. Coffee, juice and breakfast goodies will be served. After a full day of fun in the snow, relax and enjoy the ride home.

For downhill, Willamette Pass has five lifts servicing two mountain peaks and 550 skiable acres. They also have the only six-pack high speed chair lift in Oregon! The summit overlooks Diamond Peak and Odell lake.

Cross country skiers will have two choices: Willamette Pass' 20 km of groomed & track set Nordic trails, or Gold Lake Nordic Area's 16-24 km of trails. Gold Lake also has a warming hut that serves hot tea and hot chocolate.

USRSA

The Nation's 35th Ski Week in Bormio, Italy

USRSA

March 12 - 19, 2005. 7 nights/6 day lifts / 7 full breakfasts / 7 dinners. This is a United States Recreational Ski Association's trip. Round trip air from Los Angeles to Milan, bus transfers,



ciation's trip. Round trip air from Los Angeles to Milan, bus transfers, lodging and meals at 2- and 3-star hotels. Total price between: \$1350 - \$1449, depending on hotel. Also: 3-day pre- and post-trip options to visit Florence, Pisa, Pompeii, Isle of Capri, and Blue Grotto.

Grappa tasting party, welcome party, souvenir gift. Our very own Walt and Russ Stanton are going on this trip! Contact Jan Holman, 17410 Coldspring Dr., Reno, NV 89506. Phone: 775-972-9064. RACING & TRIPS Lift Lines



After two cancelled races, we are finally on track for a successful first race at **Meadows**, on Sunday, Feb. 13.

Team captains should be there for a brief meeting at 8:30 am on the top floor of the building.

Discounted group lift tickets will be sold for \$30 at the Finish Line bar on top of the North lodge.

The race will start around 10 am, probably on the **Gemini** trail. Turn left off of the Voyager trail (in the Shooting Star area).

Remember to bring your race bib, or get one from your team captain on the day of the race.

Have a good race!

For more info on PACRAT racing, see <u>www.mthigh.org/</u> <u>Racing.htm</u>

2005 PACRAT Race Dates

1/9 Meadows-CANCELLED

1/23 Timberline -CANCELLED

2/13 Meadows

3/13 Ski Bowl

4/3 Meadows



4/10 make-up Meadows

4/22 Rat Attack party

NWSCC trip to Sunshine Village & Banff, Canada April 17 – 23, 2005



"6 Days & 6 Nights in Majestic Banff National Park!"



ONLY \$505 (without air)*

(*USD, Per Person/Double Occupancy, based on exchange rate at \$1.30)

The Tour Package includes:

- ✓ Roundtrip Coach Airfare between Portland or Seattle and Calgary Roundtrip Motorcoach Transfers
- ✓(3) Nights Lodging at the Sunshine Inn in Sunshine Village (ski in/ski out) Welcome party with one drink & snacks
- \checkmark (3) One-Day Lift Tickets for Sunshine Village
- \checkmark (3) Nights Lodging at the Banff International Hotel in Banff

The group airline reservations were released Feb. 1, 2005, but you can still join us by purchasing your own flight ticket available for as low as \$315.

Flights to book: April 17 - 7:30 am Alaska #2272 PDX to Seattle, then Alaska #393 to Calgary. April 23 - 12:30 pm Alaska #524 Calgary to Seattle, then Alaska #2309 arrving PDX at 2:45pm.

- Lodging: The Sunshine Inn is Banff's only ski-in/ski-out hotel. Nestled in the centre of the Sunshine Village ski area at 7200 feet and accessed via a high speed gondola, the Inn provides a high altitude respite from the crowds of Banff. 3200 acres of skiable terrain greet you outside your room window, and over half of Sunshine Village's lifts are within walking distance of the Inn's front door. With one of the largest outdoor hot tubs in Canada, a European dry sauna, fitness room and massage and chiropractic services, live entertainment, nightly activities, and a large family room with a big screen TV, wood burning fireplace and a pool table, there is always enough happening at nights to keep you busy.
- **The Banff International Hotel** is a deluxe 4-star hotel located in downtown Banff and features a coffee shop, international gift shop, whirlpool, steam room, sauna, ski/snowboard lockers and tune-up room. Dining, shopping and attractions can be reached by simply walking out the front doors. Ski buses stop in front of the hotel.

Once in Banff you will be free to tour, shop, or even ski some more if you desire (optional). Lake Louise is only 20 minutes away, and buses to the ski areas stop by the front door of the hotel on a regular schedule.

Optional Activities: NASTAR style race between NWSCC & the LA Council: \$ 5.00 Pub Crawl/Scavenger Hunt in Banff Thursday night: \$ 10.00

For planning purposes, you will need to sign up for these activities by February 28, 2005.

Deposits: Deposit of \$300 is due now! The balance of the trip price, as determined by your lodging and optional activities choices, is due February 28, 2005, and is nonrefundable. **Travel insurance** is available through our tour operator; details & forms will be provided with your confirmation.

For further details or to sign up contact Linda McGavin at 503-412-3531 or <u>Trips3x@mthigh.org</u>. Make checks payable to "NWSCC" and mail to P.O. Box 1915, Portland, OR 97207. Please put "Sunshine Trip" on your check.

(Washington Seller of Travel #602-275-142)

Lift Lines 50, February 2005

MOUNTA SNOWSPOR CLUB GΗ

Man & Woman of the Year

It's time again to nominate someone for Man & Woman of the Year. Please send your nominations to any of the club's Board members, hopefully witin the next month.. See the contacts list below. The Board will then select the winners among all the nominees.

Far West Convention



June 10-13. To be held in San Diego, the Convention will be devoted to the

nent skiers as guests. For details, see: http://www.fwsa.org/page/page/ 689570.htm.

Mountain High Meeting

First Tuesday of the month.

Mar.8(Tue.): We'll have a general club meeting this month, in place of the Board meeting. Gather at 6:00 pm. Meeting starts at 7:00 pm.

Location: Round Table Pizza, near corner of Capitol and Barbur Blvd. (behind McDonald's).

General information: info@MtHigh.org

Mountain High snowsport club contacts:

inountain ingit of	
President:	Gary Stevenson, H: 503-257-6368,
Vice-President:	Terry White, H: 503-297-1427, W: 503-296-6075, <u>TWhite223@msn.com</u>
Secretary:	Sue Bennett, H: 503-774-8747, OptomistSue@aol.com
Treasurer:	Kurt Krueger, H: 503-625-1492, W: 503-627-4363, Kurt.D.Krueger@tek.com
Race Director:	GordyLusk, H: 503-804-8363, GordySki@comcast.net
Newsletter Editor:	Emilio Trampuz, H/W: 1-503-378-0171, info@mthigh.org
Activities Director:	Jaxine Harris, H: 503-699-3341, W: 503-657-2411, <u>JaxineAH@msn.com</u>
NWSCC Rep:	Debbi Kor, H: 503-682-1563, W: 988-5321 x 225, <u>Ijustwannarun@aol.com</u>
Trip Directors:	Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com
	Linda McGavin, H: 503-652-2840, W: 503-412-353 <u>Trips3x@mthigh.org</u>
	Larry Bennett, H: 503-760-2360, BENNETT896@aol.com

DOUGH TRANSMITTAL FORM

Make check payable to: "Mountain High Snowsport Club", except Sunshine payable to "NWSCC" Mail to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

For Big Mountain, mail to: Debbi Kor, 7007 SW Iron Horse St., Wilsonville, OR 97070. For Sunshine, mail to: Linda McGavin, 1100 S.W. Sixth Avenue, Suite 1600, Portland, OR 97204. Name(s):

Address:						
Phone (Hm):	Phone (Wrk):					
Email (Hm):	Email (Wrk):					
Please take my money	Details					
			Deposit? Paid in full?			
Membership Dues						
D PACRAT Racing To						
🖵 Big Mountain (Feb						
🗆 Big Mountain train						
Sunshine Village/Banff (Apr. 17-23): Total: \$505 (Deposit: \$300) \$						
Comments (For whom y	ou are paying. Roommate requests, etc.):					

page 10

NEWSLETTER DISTRIBUTION

The February 2005 issue of "Lift Lines" is being distributed as follows:

158 copies electronically, via email (152 as HTML, 6 as plain text, but both have the PDF file attached)35 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 us know if you have an email address Call Emilio at 1-503-378-0171 or email: <u>info@mthigh.org</u>.

Valentine's Day Chocolate Party - postponed

Due to different circumstances, the annual chocolate party will be put on hold until next year. Keep that special recipe as Bullcrinkle the Moose will be awarding prizes for his favorite desserts!

General Club Meeting & Elections

May 24 (Tuesday) - Another pizza party!

Mark your calendar for yet another of our quarterly general meeting. We will have elections for club officers on that day



Club logo on fleece

You can now order a sueded finish 1/4 zip sweathsirt with the club's logo on it, for only **\$26**. It is made of 80/20 cotton/poly 9 oz. fabric, with an open bottom hem, an inner rib knit collar and cuffs, set-in sleeves and an antique finish metal zipper. Available in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: Small to 4XL.

Also available: **T-shirt** (\$7.50), **Short sleeve polo** (\$13), **long-sleeve polo** (\$16), regular **sweatshirt** (\$20). Most of these are available in royal blue, red, navy, and black. Ask about other colors. To order, call Emilio at 1-503-378-0171 or email: **info@mthigh.org**.

Emilio Trampuz Mountain High 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 via email in between newsletters.

			_
\sim			
			~

Lift Lines 50, February 2005