



Lift Lines

== No. 51, March 2005 ==

Mountain High snowsport club, PO Box 2182, Portland, OR 97208



A Day at Timberline

Mar. 13 (Sun.) Join us for a day at Timberline. We'll meet at 7:00-7:15 am at **McDonald's** in **Sandy**, and carpool/caravan to Timberline. On the slopes, you can contact us on radio **channel 6-19**. Ask for Mt. High!

It's a race day, but we invite all non-racers to join us. Meet at McDonald's in Sandy, and we'll ski together!



St. Patrick's Day

Good luck! It will be snowing March 17-23.



March 17 (Thur). Celebrate St. Paddy's Day on the slopes.

Bring your **Timberline** lift ticket from St. Paddy's to the **Mt. Hood Brew Pub** and enjoy a complimentary traditional Irish dinner. Now that's lucky!

IN THIS ISSUE

- * Ski Safari to Kicking Horse, Panorama, Kimberley (p. 2)
- * Club race training (p.3)
- * Big Mountain photos (p.4)

Note the color code.
Our club is blue.

2005 CALENDAR

Blue: Mountain High events
Red: NWSCC / FWSA events
Black: General events

- Mar. 5** (Sat.) **Ski the Glade** day
Mar.6-7. Oregon Cancer Ski Out
Mar.8(Tue.) **Club meeting/Pizza Party**
Mar.12-19. USRSA Ski Week Bormio
Mar. 13. PACRAT race 4 at Ski Bowl
Mar. 17(Thur.) St. Patrick's (Timberline)
Mar. 18-20. Mt. Bachelor weekend.
Mar. 18-20. Far West Championships Heavenly Valley, CA.

- Apr. 3.** PACRAT race 5 at Meadows.
Apr. 5 (Tue.) Mt. High Board meeting
Apr. 9 (Sat.) Mt. High race training
Apr.10. PACRAT makeup race Meadows.
Apr. 7-10 Whistler trip (S'no Joke)
Apr. 17-23 Sunshine Village/Banff trip
Apr. 22 (Fri.) PACRAT Rat Attack

- May 7** (Sat.) Race & Ace at Bachelor
May 24(Tue) Mt. High party/elections

- June. 4**(Sat.) Golden Rose Ski Classic
June 10-13 Far West Convention(San Diego, CA)

Before each PACRAT race, call:
PACRAT phone: 503-796-1112

Bend / Bachelor weekend: March 18-20

Informal gathering of local ski clubs. Most folks will drive over on Friday evening. On the mountain, use channel **6-19**.

1. Friday (March 18) is a \$10 day at Bachelor, with a coupon from Wells Fargo bank. Friday evening, we have all been invited to visit with **Beth Royce**. We can play some cards while we wait for others to show up. The address is:
15 NW Portland Ave #112,
Bend, OR. Phone: (541) 382-8733

2. Saturday (March 19). After a day of skiing, the NWSCC is planning an informal get-together for all at Longboard Louie's, 1254 NW Galveston Ave., Bend. 541-383-2449. The NWSCC sponsors the food (tacos, burritos). By your own drink.

3. Sunday (March 20). We'll ski our hearts out and head home!

Arrange your own lodging. A lot of us will be either at the **The Riverhouse**, 3075 N. Business 97, Bend, OR, phone: 866-453-4480, or at the **Phoenix Inn Suites**, 300 NW Franklin, Bend, OR, phone: 1-888-291-4764.

MOUNTAIN HIGH SNOWSPORT CLUB

Another Canadian Ski Safari -- with Emilio Trampuz

After a very successful Canadian ski safari in December, when 12 of us visited Sun Peaks, Silver Star, Big White and Apex, in the **Okanagan** valley, I felt drawn to explore the next valley over to the east. This is the **Columbia/Kootenai** valley (named for the two rivers that flow through it). Of the 4 ski areas: Kicking Horse, Panorama, Kimberley & Fernie, I skied the first 3.

I began on the north end, at the town of Golden and the Kicking Horse ski area. You can get there within less than 2 hours from Banff, or within about 4 hours from Kelowna. At the southern end, Kimberley is about 2.5 hours north of Sandpoint, ID.



At the top of Kicking Horse, with a view of the Columbia river.

The **Kicking Horse** ski area kicks butt! It's a challenging mountain with stunning views, and with 4,133 feet, the 2nd highest vertical in British Columbia, second only to Whistler/Blackcomb. A gondola takes you to the top in a single ride. You can easily accumulate over 8,000 vertical feet every hour! Another quad severs expert terrain on an adjacent upper ridge, and 2 more chairlifts serve beginner/intermediate terrain near the base. There are 3 bowls, lots of black diamond trails, lots of glades, moguls, etc. The Eagle's Eye restaurant, perched at 7,700 feet is Canada's most elevated dining.

A "Powder Express" bus will take you to Kicking Horse from Banff or Lake Louise. It costs just \$82 Canadian for round trip bus and lift ticket. Call 1-800-644-8888.

Panorama is an hour and a half further south, near the town of Inverness. It has some good terrain too, and some great views, but it turned out to be the iciest of the 3 areas visited. Many slopes were sheets of ice. Others were slick cement. Despite the views, and some open glades, many of the runs are hemmed in by thick trees, or rocks, or cliffs, so the skiing feels more confined. Also, you need 3 chairlifts to get to the top.

Personally, I was not happy here. Muddy parking lot, icy slopes, lots of "lodges" but no sign of which one is the day lodge. Also, I got the impression the area is somewhat pretentious. A "Deer Valley" of sorts. Not many places do you see people suntanning themselves on recliners instead of skiing.



Panorama: Just hanging out! Parents own a condo here!



Kimberley: Great glades on the back side!

Kimberley is an intermediate's paradise, with wonderful cruisers on the front of the mountain, but it also has lots of more advanced options on the back of the mountain. In some ways it is the reverse image of Kicking Horse, where the advanced terrain is more prominent and you have to search out the easier trails. At Kimberley, the easier trails are in your face, but you can also find plenty of advanced stuff if you can read a map.

Kimberley ski area is only 2 miles from the town of Kimberley, a Bavarian-style town which is very sleepy in the winter. Some restaurants and a train shuttle are open only in the summer. Big mistake! I couldn't get a German sausage in this "Bavarian" town. But a new-age vegetarian cafe and a Chinese restaurant were open. Fortunately, there is a Marriott hotel at the base.

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In conclusion, I would gladly return to Kicking Horse (for the views and the challenge). Also to Kimberley, where I left a lot of the back side still unexplored. All these areas can be part of a larger tour, including Lake Louise and Sunshine Village.

Meadows tickets for \$20

MEADOWS SEASON PASS HOLDERS CAN TREAT BUDDIES TO \$20 LIFT TICKETS!

Pass holders - bring your buddies to the lift ticket window and you can purchase \$20 open/close lift tickets for them! The passholder and all who are purchasing must be present at the window to get the deal.

Night pass holders can purchase an open/close lift ticket for themselves and for buddies for \$20/each.

Midweek pass holders can purchase an open/close lift ticket for themselves on weekends and for buddies for \$20/each.

Our very own **Elaine Bock** (a season pass holder) brought this to our attention, and has offered to help out any of our folks get a \$20 ticket. Contact Elaine at: SeawitchPdx@aol.com.

Mt. High Mt. High sponsored Club race training Mt. High

April 9 (Saturday) Club sponsored race training !!!

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!

Simply show up at Meadows, at 8:00 am, at the ticket office (glass house).

We will have a course set up just for our club. We can run it as many times as we want. We can challenge each other for a one-on-one race, ... or just challenge yourself.

PACRAT racers:

This training day will give you the boost you need. Improve your carving skill. Learn how to find the best path through the gates. Shave off that second that separates you from winning in your category!

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

For info, contact **Gordon Lusk** at: 503-804-8363.



"Spring Fling" cancelled

April 9-10. Last year, we had a very successful "Spring Fling" in April, where we stayed at Government Camp on Saturday night.

This year, due to lack of snow, and apparently insufficient interest in an overnight stay, the "Spring Fling" has been cancelled.

However, keep in mind that we are still planning to ski on both days. On **Saturday**, April 9, we will have an all-day club sponsored **race training**, where you will be able to run the practice course as many times as you like. You don't even have to pre-register. Just show up. We will assemble around 8:00 am at the Meadows ticket office (the octagonal glass house).

On **Sunday**, April 10, we will have a regular PACRAT race, to make up for one of the races that was cancelled earlier in the season.

So, the only thing that is being cancelled right now is the dinner and overnight stay.

Of course, if you wish to stay at Government Camp, keep in mind that you can get a bed at the **Cascade Lodge** for \$15 per person per night. The normal price is \$10 for Cascade club members and \$20 for guests, but the \$15 price was offered to all other club members affiliated with the NWSCC. So, be prepared to show your club membership card (the one that says NWSCC on one side).

MOUNTAIN HIGH SNOWSPORT CLUB



FREE \$KIING & BARGAINS



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 **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 time
Timberline: 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 !

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.

Offer ends April 15, 2005.

www.skiwashington.com/shell_2for1.php

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

Feb. 16-21, 2005. About 30 of us had a great time at Big Mountain. We were rewarded with a dusting of new snow on one day, and 3 sunny days with great views.



Suzanne & Gary



Tom, Deirdre & Wally



Ron & Debbi

We discovered that synchronized skiing is not as easy as it looks! But it's more fun than human slalom, because it is more dynamic!



Diane



Diane, Ron, Blaise, Bruce & Dave

Golden Rose race at Timberline

June 4, 2005 (Saturday). Golden Rose Ski Classic, the longest continually run ski race in the world. Many past and future Olympic champions have participated in this traditional event! Teams of 8 skiers compete in dual giant slalom competition. A series of social events at the Lodge round out a perfect day of skiing and fund raising for the Northwest Snowsports Foundation. For details, or to register your team, contact **Camille Greenslade** at: cgreenslade@timberlinelodge.com or call 503-622-0750.



Gary Gunderson organizes several teams every year. If you want to be on one of these teams, call Gary at: 503-258-8051.

Oregon Cancer Ski-Out

March 6 & 7, 2005. The Oregon Cancer Ski Out (17th annual) was a success, with 28 teams participating in a 2-day fun recreational race at Meadows. The event raises money for OHSU and Willamette Falls Cancer Hospice. Teams consisted of 5 people. The winner was **not** the fastest team, but the most **consistent**. Team registration was \$850.

Our club has participated, as usual, and this year, one of our teams was the winning team. It was the "**Vertical Junkies**", with **Bob Lawrence**, **Bob Snelling**, and **Keith Appleman**.

Congratualtions on being the most consistent skiers!

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>

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!!!

Timberline Lodge is having past employees come celebrate with them! Due to the sheer numbers of folks employed over the years, the festivities are divided into two blocks.

May 20-21: The first weekend will be staff from 1955 thru 1985.

May 27-28: The second weekend will be staff from 1986 thru 2005.

The events and dance are free to everyone, however, the reunion dinner is \$50 per person (inclusive) and by registration only.

For more info, check out these web pages:

<http://www.timberlinelodge.com>

<http://www.fs.fed.us/centennial/>

<http://www.friendsoftimberline.org/>



From the mailbox: Ride to Bend

I am driving from the west side Friday afternoon, March 18. If anyone needs a ride to Bend. Phone: 503.642.2114 or email: rich@rizklaw.com. - Richard Rizk

MOUNTAIN HIGH SNOWSPORT CLUB

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.

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".



The NWSCC plans to host a room party for any NWSCC club members attending these races.

For details, contact Sheri Parshall at 503-245-3782 or email: cougskier@aol.com.

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



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
- ✓ (3) One-Day Lift Tickets for Sunshine Village
- ✓ (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 arriving PDX at 2:45 pm.

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 Trips3x@mthigh.org. 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)

MOUNTAIN HIGH SNOWSPORT CLUB

Man & Woman of the Year

It's time to **nominate** someone for Man & Woman of the Year. Send your nominations to any of the club's **Board members**, before the end of March. The Board will select the winners among the nominees. The following were nominated so far: **Jack Folliard, Gordy Lusk, Terry White, Debbi Kor and Marsha Cosgrove.**

Far West Convention



June 10-13. To be held in San Diego, the Convention will be devoted to the History of Skiing, with many prominent skiers as guests. For details, see: <http://www.fwsa.org/page/page/689570.htm>.

Mountain High Meeting

First Tuesday of the month.

April. 5 (Tue.): Our club's Board meeting, open to all who want to get more involved with the club. Gather at 6:30 pm. Start at 7:00 pm.

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

Mountain High snowsport club contacts:

General information: info@MtHigh.org

- President:** Gary Stevenson, H: 503-257-6368,
- 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:** Kurt Krueger, H: 503-625-1492, W: 503-627-4363, Kurt.D.Krueger@tek.com
- Race Director:** Gordy Lusk, 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, JaxineAH@msn.com
- NWSCC Rep:** Debbi Kor, H: 503-682-1563, W: 988-5321 x 225, 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: 503-412-353 Trips3x@mthigh.org
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, and apply it toward the following Ski Club fun stuff:

		Details
		<u>Deposit? Paid in full?</u>
<input type="checkbox"/> Membership Dues (for 2004/2005): Single (\$25) couple (\$40)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing Total: \$85 Team name: _____	\$ _____	_____
<input type="checkbox"/> Big Mountain (Feb 16-21): Total: \$475 (without sleeper car)	\$ _____	_____
<input type="checkbox"/> Big Mountain train sleeper (optional) Standard \$112pp. round trip	\$ _____	_____
<input type="checkbox"/> Sunshine Village/Banff (Apr. 17-23): Total: \$505 (Deposit: \$300)	\$ _____	_____

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

NEWSLETTER DISTRIBUTION

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

154 copies electronically, via email (148 as HTML, 6 as plain text, but both have the PDF file attached)

32 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: info@mthigh.org.

Mt. High 2005 trips on DVD

Videos and slides from our **Crystal Mt.** bus trip and the **Big Mountain** train trip are available on DVD for \$5. Contact Emilio Trampuz to get your own copy.

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.

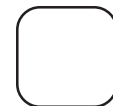
Club logo on fleece



You can now order a sueded finish **1/4 zip sweatsirt** 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
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NOTE: Please let us know if you have an email address! Lots of info is sent via email in between newsletters.

