



Lift Lines



== No. 55-56, July/Aug 2005 ==

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

Hi folks!

This July/August issue is packed with info about trips. Many deposits are needed by the end of July!

What a fabulous club we have! A great place to find a buddy for skiing. We went **rafting** last weekend, then **hiking** and a club **picnic** next month.

Next winter, we'll have more PACRAT **racing teams** than ever, ... and some of us are going to ski the **Alps**, ... and a whole bunch will join us on the **Idaho** adventure .

Also, thanks to our award winning newsletter and web site, our members are among **the most well informed** snowriders in the Northwest!

Let's all keep it up!

Emilio

Thanks to all our active club members. Each of you has contributed to make Mt. High what it is: an award winning club!



IN THIS ISSUE

- * FWSA Convention highlights (p.2)
- * Summer (p. 3), Winter Trips (p. 4-6)
- * Vision for the 21st Century (p. 7-8)

Note the color code.
Our club is blue.

2005 CALENDAR

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

July 15-16 Rafting trip

July 24 (Sun.) Clubs 4 Play Golf Tournament, Lone Oak, \$49.

Aug.2 (Tue) Mt. High Board mtg.

Aug. 7 (Sun.) Mt. High Hike to Blue Lake.

Aug. 13 (Sat.) Mt. High Picnic + bike ride, at Sellwood Park

Sep.10 (Sat) Mt.High Golf Tournament

Sep. 24 (Sat) Mt. Hood Heritage Day

Nov. 4 - 6. Ski Show - Ptld. Expo Ctr.

Nov. 9 (Wed.) Ski Fair -Monarch Hotel

2005/2006 TRIPS

Nov. 24-27 Warren Miller Ski Safari

Dec. 7-12 Breckenridge & Keystone

Jan. 12-15 Somewhere ? (TBA)

Feb. 4 -11 FWSA Ski Week (Telluride)

Feb 12-18 Whistler bunk-bed cabin

Feb. 17-20 Idaho bus trip -Tamarack

Feb. 22 -26 Skiyente Family trip to Big White, B.C.

Mar. 3-12 French Alps (Val d'Isère)

Mar. 17-19 Mt. Bachelor

Mar. 24-26 FWRA Championships

Apr. 7 - 9 Whistler/Blackcomb

FWSA Convention 2005

Date: June 9-12, 2005.

Our club won several awards at the recent Far West Convention in Long Beach, CA. We won **first** places in several categories:

- a) Outstanding Club
- b) Outstanding Publication
- c) Outstanding Web Site

The awards were won in the AA club category, which consists of clubs with membership between 100 - 175 people.

The **Bergfreunde** ski club won two 1st place awards in their own AAAA category (for the really large ski clubs) - the Outstanding Club and Outstanding website.

Steve Coxen won the Man of the Year award, and the **NWSCC** won for the best web site.

Overall, the Northwest cleaned up in the awards department!



Linda, Emilio and Debbi receiving the Outstanding Club award for the Mt. High club from Mike Sanford, President, FWSA.

MOUNTAIN HIGH SNOWSPORT CLUB

Highlights of the Far West Convention



Extreme skiers: **Chris Davenport**, **Glen Plake**, and **Bob Salerno** were special guests and speakers at the Convention. **Linda McGavin** agreed to make them smile!



Diane Hicks, **Debbi Kor**, **Emilio Trampuz**, **Linda McGavin**, and **Sylvia Kearns** in front of the Mountain High history display. Emilio holds a brochure about our club.



Northwest delegates, from Bergfreunde, Skiyente, Mt. High, Schnee Vogeli, Altair and Cabernet ski clubs.

Many clubs had their history displays, some including film footage. We were treated to a slide show of **Ansel Adams** photographs, presented by his son, Dr. **Michael Adams**. Former Olympians were at the Convention: **Billy Kidd**, **Deb Armstrong**, and **Jimmy Heuga**, and we saw some video of them performing at their best.

Members of the 10th Mountain Division were there. Did you know that 62 ski resorts throughout the United States were either started or managed by members of this elite fighting squad?



Man and Woman of the Year: **Barbara Bryant** (Sierra Ski Council), and **Steve Coxen** (NWSCC), with representatives of the **Big White ski resort** (the award sponsors).

There was a silent auction of ski, golf, and adventure trips, as well as equipment, that raised over \$50,000 to support FWSA programs.

It was decided to hold the FWRA Championships in **Kirkwood**, in March 2006.

We spoke to many ski area reps, planned future trips, and Emilio took the opportunity to distribute about 100 copies of his open letter to ski areas, about what could be done to promote turning skills and make the slopes safer and more fun. More photos & info at www.mthigh.org/Vision.htm.

MOUNTAIN HIGH SNOWSPORT CLUB

Mt. High Deschutes River Raft Weekend

July 15 - 16 (Fri./Sat.). Two days of rafting and two days of camping went by too quickly. What a weekend! Perfect weather. Even the river seemed warmer than usual. We rafted, kayaked, swam (not always

Gordy proposing a toast!



intentionally!). Saturday evening, Lou's BBQ dinner was excellent!

You can find several photos on our web site, www.mthigh.org/PhotosRecent.htm, and even more photos on the Snapfish site, where you can order your own prints. Just follow the link to our **Photo Albums**.

Hawaiian beach babes!



Skipper Gary (aka Gilligan)

Mt. High Hike to Blue Lake

Aug. 7. (Sunday)

Moderate 8,5 mile hike to Blue Lake, 900 feet elevation gain.

To get there:

* Take I84, Exit Cascade Locks (44),

* cross Bridge of the Gods, to Carson,

* Wind River Road, to Panther Creek Campground,

* Follow 12,9 miles of paved road and 5,9 miles on gravel road 65 to the trail head parking at Thomas Lake.

For the longer hike (Blue Lake) we cross Indian Heaven's glorious heather- and huckleberry meadows to sapphire Blue Lake, backed by the cliffs of Gifford Peak.

For meeting place, time and any other question call **Elisabeth**, 503-524-5774, or email: lise518@msn.com



Blue Lake



Thomas Lake

Mt. High Sizzling Summer Family Picnic

Date: Saturday - August 13

Place: Sellwood Park

Time: 9:00 am for bike ride, meet at bike trail by the water, near park entrance.

11:00 am for picnic, north of the church, behind the tennis courts (from where you enter the park).

Details: Lots of fun activities, such as:

* **Bike ride** at 9:00 am (abt. 1 hour)

* **Softball games:** 12(noon) - 1pm; 3 - 4 pm

* **Potluck** - Everyone bring a favorite dish (BBQ grills available at the park)

* **BYOB** - Mt.High provides only soft drinks.



* **BBQ** - Mt.High will provide hot dogs and hamburgers. Eat around **1:30 pm**.

What to bring: Food & drink, lawn chair, blanket, softball, catcher gloves, badmington game, horseshoes, tennis racket, swim suit, ...

Contact: Gary Stevenson, 503-257-6368.

Directions: Map on page 10. Note: there are 2 parks! For the bike ride, we'll meet at the Sellwood Riverfront park, on the bike path. Ask for Larry Bennett.

For the picnic, at 11 am, enter the Oaks Pioneer park from around SE 7th and Miller St.. To get there, cross the Sellwood bridge and turn left on 7th.

Mt. High Golf Tournament

Sept. 10 (Saturday). Golf Tournament (blind draw scramble) at Glendoveer Golf Course.

Golf will be followed by a pleasant BBQ at Gary and Suzanne's place, 2536 NE 146th Dr., Portland, OR.

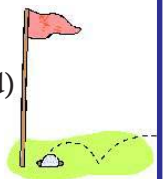
Space is limited. Please **RSVP** as soon as possible!

Cost:

\$45 for Barbeque + Golf (cart not included)

\$10 for Barbeque only (at 5:00 pm)

Call **Gary Stevenson** at 503 257-6368.



MOUNTAIN HIGH SNOWSPORT CLUB



2005/2006

Winter Trips

NOTE: A lot of these trips are filling up rapidly. Don't wait.

Sign up now!

Warren Miller safari 

Nov. 24-27, 2005. All those who go see the new **Warren Miller** movie (in October) usually get some free lift tickets. Last year, we got 4 tickets to Canadian ski areas. We carpooled there in early December, but Thanksgiving may be a good time too. Destination? Wherever Warren Miller takes us this year!!!

This is one of our least expensive trips! 4 days for about **\$200 - \$275** (for lodging and gas). The skiing is free. This year, we might stay in one place for more than one day.

NWSCC

Breckenridge in December



Dec. 7-12, 2005.

Price: \$750

5 nights

Trip is 80% full!

Price: **\$750** includes airfare, 5 nights lodging and 3 day lift tickets at Breckenridge and Keystone; addtl. tickets \$31 per day).



Deposit **\$300** by July 31. Additional \$200 deposit by August 31. Final \$250 payment by September 30. Check payable to **NWSCC**. Mail to **Steve Coxen**, 19510 Suncrest Ave., West Linn, OR 97068.

This is a multi-club trip organized by the **NWSCC**. Lodging in 3 bedroom/3 bath condos at The Chateau luxury condos, ski in/ski out in Breckenridge, with Jacuzzis, pool and health club. Walk to shopping.

This trip coincides with the "Keystone Nationals" 3-day racing, and you can join the qualifying race, GS and Slalom, for an additional fee.

For info and to sign up, contact **Steve Coxen**, phone 503-679-9022 or email: sacoxen@aol.com.

FWSA

FWSA 2006 Ski Week in Telluride, CO

**February 4 - 11, 2006.****Price:** \$895 without air.

Price includes 7 nights lodging (dbl occ.), 5 days' lift tickets, Welcome party, Mountain Picnic, Racing, Fare-



well Party, and much more. This is the biggest trip of the year, with participants from California, Nevada, Arizona, Oregon & Washington. Oregon is limited to **44** spots, of which about **26** have been filled.

Initial \$100 deposit was due in June. Additional \$250 due after July 1.

If you haven't signed up yet, send in \$350 now.

Third Deposit of \$350 due September 1st (\$100 cancellation fee).

Final Deposit due November 1st, 2005.

Please make checks payable to **NWSCC**. Mail to: **NWSCC**, PO Box 1915, Portland, OR 97207.

*Seniors - 65 or older may reduce their price by \$40.

*Pricing for air & ground transportation is being negotiated. A final price should soon be determined.

Contact: Debbi Kor, 503-682-1563, or ijustwannarun@aol.com.

Mt.High Whistler cabin



Feb. 12-18, 2006. Whistler on the cheap, sleeping in bunk beds in large house, 18-21 people max, 2 miles north of the village.

6 nights & 5 days for only **\$225** (including lodging and 3 meals a day) Lift tickets are additional, but only Canadian **\$57**. Carpool or drive on your own. No shoes allowed in the house; only slippers.

Contact **Bill Leeper**, 503-639-2603. Bill has personally invited us all to join him in this informal trip.



MOUNTAIN HIGH SNOWSPORT CLUB

Mt. High

Idaho Adventure bus trip



Tamarack

Feb. 17- 20, 2006. We'll use Presiden't Day weekend to extend our usual 2-day bus trip to 3 days, to ski:

1. **Tamarack**, the newest resort in the U.S. (Will double its terrain by 2006.)
2. **Brundage Mt.**, well established, sunnier than Sun Valley!
3. **Anthony Lakes**, a convenient stop on the way home.

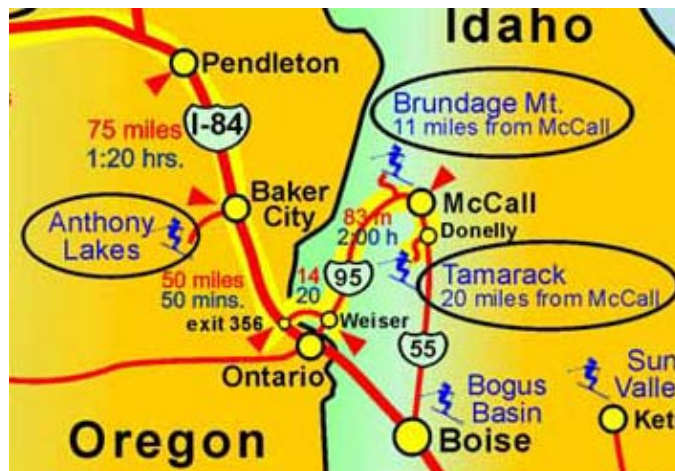
All three have a variety of terrain, from **easy cruisers** to **great tree skiing!**

On the way back, we'll break the journey at Anthony Lakes, but on the way there, we'll need a whole day of travel. So, it's really a 4 day trip (Friday thru

Monday). Monday is President's Day.

The annual bus trip is traditionally one of our most popular club trips, with plenty of fun on the bus, including games, jokes, and videos, sharing of food, ... and on the way back, if you all behave, Linda might treat us all to her famous "enriched" ice-cream!

Price: Approx. **\$250** for lodging and transportation, plus a total of **\$109** for lift tickets if you ski all 3 days. This is based on about 30 people. The price will go down by about \$3 for each additional 2 people above 30! Contact: Linda McGavin LindaM@mcewengisvold.com or Emilio Trampuz Emilio2000@earthlink.net.



This trip is limited by the size of the bus to about 50 people. To reserve your spot, send in a \$100 deposit, made out to "Mountain High Snowsport Club". Use the "**Dough Transmittal Form**", which you can find on the last page of each newsletter, or on our web site under "Forms" -- www.mthigh.org/Forms.htm.

Mt. High

French Alps ! - The famous "Killy Space"!



Val d'Isère

March 3-12, 2006. A week in the Alps!

Limited to 16 people. We already have 14 signed up!

Price **\$2,125** includes air, lodging, and 6-day lift pass!

Our very own, Mt. High trip to Europe! This doesn't happen every year. See where Jean-Claude Killy got his start! We fly to Geneva.

The combined areas of **Val d'Isère** and **Tignes** offer 25,000 acres, 100 ski lifts, 187 miles of downhill trails. Price includes almost everything (air, ground, lodging, and 6 day lift tickets). All this for just:

\$2,125 for most people

\$2,025 for young seniors (60 - 75)

\$1,860 for total beginners, non-skiers, or over 75.

NOTE: The 6-day pass includes a bonus day pass at La Plagne-Les Arcs, Trois-Vallées, or Valmorel.

Please sign up ASAP. We will reserve airline tickets for the first 16 people by the end of July. After that, we might still be able to add a couple of people, but they will most likely have to purchase their own airline tickets.

Deposit **\$250** by July 30, 2005 !!! Use the "Dough Transmittal Form", which you can find on this web site under "Forms". Make check payable to "**Mountain High Snowsport Club**" & mail it to: **Salah Khan**, 4311 SE 29th, Portland, OR 97202.

Contact **Salah Khan**, 503-231-6431, or email salah@techforpeople.net.

MOUNTAIN HIGH SNOWSPORT CLUB

Skiyente Family Trip to Big White



Feb. 22 - 26, 2006 This is the ideal trip for anyone with kids, or anyone who doesn't mind having a few kids around. Price includes: 4 nights ski-in/ski-out lodging and 3 days lift tickets at Big White, round trip bus transportation, welcoming party on Thursday, Feb. 23, Pizza party Saturday, Feb. 25, a Fun race, and a goodie bag.

Adults: \$496 pp (double occupancy, 6-8 people per condo). Kids 13-18: \$239. Kids 6-12: \$179. Kids 2-6: \$119. Kids under 2, sitting on parent's lap: Free!

Big White, near Kelowna, B.C., has a pedestrian village, with a child-care center smack in the middle of it. The trip is organized by the **Skiyente** ("Ski Maidens") club - a women's ski club, affiliated with the NWSCC. Trip is open to all clubs.

A non-refundable deposit is needed now! \$150 per family or \$50 per person, due by **July 30**.

Please make checks payable to **Skiyente Ski Club**, and mail to: Skiyente Ski Club (Attn.: Kids & Canada), PO Box 56342, Portland, OR 97238.

2nd payment will be due in October. Balance in December.

Upon receipt of deposit, an information packet including release forms, passport/ID requirements, payment schedule and other travel info will be sent. Contact **Sheri Parshall**, 503-245-3782 or cougskier@aol.com.

Mt. Bachelor



March 17-19, 2006. This is an informal gathering of Portland area clubs at Mt. Bachelor. All clubs are encouraged to participate. Everyone arranges their own transportation and lodging. We can arrange to meet on the slopes, and there is an après-ski gathering, usually on Saturday, at Longboard Louie's in Bend. Our club usually tries to coordinate and bring our members together, both on the slopes and maybe for a gathering Friday evening.

Far West Championships (Kirkwood, CA)

March 24-26. Two days of racing, organized by the Far West Racing Association. This year at **Kirkwood**, CA. This is a chance to experience a true slalom and a true GS. Everyone (including non-racers) is welcome to come ski at Kirkwood. But, if you wish to race, you must pre-qualify. All PACRAT racers qualify automatically, since their handicap is known. In addition to PACRAT races, there are a few other qualifying opportunities. For more info, ask Dale, dale.parshall@usbank.com or Jack Folliard, JFolliard@comcast.net.

Mt. High DVDs

The following videos and/or slide shows are available on DVD.

1. **"Our Club in a Nutshell"** - slide presentation, a great overview and introduction to our club. Requires MS Office (PowerPoint).
2. **Mt. High 2005 trips video**, including: **Crystal Mt.** bus trip and the **Big Mountain** train trip.
3. **PACRAT racing** video and slides from the 2004/05 season.

To order: send \$5 per DVD to Emilio Trampuz, 4742 Liberty Rd.S., Salem OR 97302.

Club logo on fleece, polos, T-shirts



You can now order a sueded finish 1/4 zip sweatshirt 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: S - 3XL.

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. Choice of pocket-sized logo, or full-chest size.

To order, call Emilio at 1-503-378-0171 or email: info@mthigh.org.

MOUNTAIN HIGH SNOWSPORT CLUB

Prompted by several personal experiences, Emilio sent the following letter to several ski areas June 7, 2005, and also distributed to many ski area representatives at the Far West Convention, Long Beach, CA, June 10-12, 2005.

Vision for the 21st Century *Open letter to ski areas* **PROMOTE TURNING**

Here's a proposal to make skiing **safer**, more **fun**, and provide **skill-building** opportunities. It would also make **lift-lines shorter**, be **financially profitable**, and **attract more people to the sport**.

It boils down to simply providing more opportunities for people to practice **TURNING**, which is the essence of our sport. It doesn't require any large monetary investment, but it does require a shift away from the **culture of JUMPING** to the **culture of TURNING**. (See *Turn 'em like Herman* below.)

THE PROBLEM: Remember when **jumping** was not permitted on the slopes (some 20 years ago)? Remember when people could practice running gates (i.e. **controlled turning**) for 50 cents per run? Ski areas have completely changed course in recent years. Jumping is now encouraged, and bigger, more dangerous jumps are being built. No 50 cents charge, and no liability release required, even though a wrong landing could result in a broken neck. Terrain parks encourage jumping, not turning!

Meanwhile, training gates have completely disappeared. The only time gates are set up is if there is a real race, or if a club pays for a training session, and those courses are then closed to the public. There is no opportunity for the public at large to practice controlled turning. Even in the rare cases when some gates are made available, people are asked for money, and must sign liability releases, ... as if running gates was somehow more dangerous than launching your body through the air in a terrain park!

In fact, any **turning** away from the fall line on groomed slopes has become dangerous! Because of wide open trails, clear-cut through the forest, many people ride/ski so fast that making wider turns (away from the fall-line) is now dangerous. The faster skier may not be able to stop or turn in time .

THE SOLUTION: It's simple. Provide more opportunities for people to **practice turning**, and place **fun obstacles** to **slow traffic down**. Encourage speed control through turning, varying speed, all kinds of turns, skidding, carving, and everything in between. Here are several possible ideas.

All these ideas are a lot less expensive than building a terrain park with huge jumps, or half-pipes. No special equipment is needed. And yet, it would make the slopes a whole lot of fun!

1. Leave a few trees standing

It's fun to turn around trees. Trails look more interesting. If trees were all cut years ago, plant a few back in!

2. Make artificial trees

We don't need real trees to turn. Often, a little **twig** or **pine-cone** will do, or a small **flag**. How about a whole bunch of those **orange traffic cones**? Just fill up the whole slope with cones all over. Not just in a single row down the fall-line, but literally all over, like a forest of cones. That way, not everyone would turn in exactly the same spot, and the formation of moguls would be delayed. You might think that a mogul field serves the same purpose, but it doesn't. A mogul field serves a similar purpose only for advanced skiers. But, here, we are trying to provide a fun activity for everyone! The included photo shows a maze of only 30 cones!



MOUNTAIN HIGH SNOWSPORT CLUB

Start with just two trails: a beginner “forest” and an intermediate “forest”. Make sure the cones are comfortably spaced. See what fun ensues when people discover these new forests! The cones, being small, would also make it easy for both skiers and snowboarders to turn around, without having to worry about hitting a bamboo gate.

Yes, the cones would have to be removed from time to time, maybe even daily (at the end of the day), so the slope could be groomed. But, this could be solved in several ways:

- a) Ask volunteer staff (ski hosts or patrollers) to plant some cones (and pick them up later).
- b) Ask the general public to help place & remove the cones. Many of us would gladly help!
- c) Add some sort of mechanical attachment in front of the snow-cat that would automatically pick up the snow cones, and then slide them down some kind of chute on the back side of the cat, back onto the snow.

3. Build a “Twist & Turn Terrain Park” (instead of a JUMPING park)

a) Those “**magic forest**” paths through the woods that some ski areas have are a step in the right direction. Build a “magic forest” for adults. Make it interesting for adults to ski. Try to replicate the excitement of tree skiing or out-of-bounds powder skiing, but do it on groomed terrain within the confines of the ski area.

b) **Make some interesting obstacles to go around.** Again, borrowing from the concept of kiddie-parks, but more challenging. Any obstacle will do. Trees, poles, bales of hay, maybe animal cutouts, or some armed terrorists, ... or imperial troopers and jedis, ... or snow-shapes representing volcanoes (Mt. Shasta, Mt. St. Helens, Mt. Hood, Pinatubo, Kilauea, Krakatau, Etna, etc.).

4. Provide Practice race-courses (free) (See personal experiences #4, #5 and #6)

Part of the reason fewer and fewer people used those coin-operated race courses is that they cost additional money, on top of an already very expensive lift-ticket. Fifty cents was acceptable, but when the price went up to \$2 or \$5, it made us think twice. The terrain parks and half-pipes would not be so popular either if people had to pay additional money every time they went in. So, make the practice course free. Charge only for real races on weekends.

5. Let people set up their own gates (See personal experience #3)

We would gladly set up our own practice gates and clean up afterwards. It doesn't even have to be real gates. Bamboo poles would be fine, or orange cones, ... or even just a bunch of old ski poles!

These are just some ideas. The possibilities are endless. The main point is: give beginner, intermediate and advanced skiers and boarders **something to turn around**, something to practice the art of turning.

Bring back a culture of **turning** (not jumping or speeding), and you'll make the slopes **safer**, more of a **learning** experience, more **challenging**, and more **fun!** It will bring **more people** to the slopes. Also, the more time people spend negotiating a maze of fun obstacles on the slopes, the **shorter** the **lift lines** will get.

To promote the whole idea, let's come up with suitable **slogans**, such as “**Turn ‘em like Herman**” (referring to Hermann Maier, the Herminator) – also a play on the movie title “Bend it like Beckham”.

I hope ski areas can set aside at least one intermediate slope this season for some “experimenting” with slowing traffic down by providing us with fun obstacles to turn around.

Emilio Trampuz

NOTE: So far, the reaction has been quite positive. At the Convention, extreme skier **Chris Davenport** and Olympic winner **Deb Armstrong** were both very supportive, as was the Far West President, **Mike Sanford**. In fact, Deb Armstrong encouraged me to send this as an article to the “Professional Skier”, the official publication of the PSIA (Professional Ski Instructors of America). I also received responses from **Dave Riley** (Mount Hood Meadows) and **Brian Logsdon** (Timberline) -- both of whom said they would discuss the feasibility of some of these ideas with their staff. Stay tuned!

Several people said: “This is great! Is there a web site for this?” So, we added a couple of pages to our web site. For updates, more photos, and more ideas, see our web site at: www.mthigh.org/Vision.htm.

MOUNTAIN HIGH SNOWSPORT CLUB

The following is a shortened version of an added note to the “vision” letter to ski areas. For the complete version, see our web site, www.mthigh.org/Vision.htm. (You’ll find personal experiences #1 and #2 there.)

Some Personal Experiences for illustration

Training gates desirable but unavailable

Personal experience #3: *During a recent trip to Big Mountain, MT, I tried to help a young lady in our club learn how to run gates. She wanted to race with us. She is a good skier and can do linked parallel turns quite well. Her main problem was psychological. All her turns were quick, fall-line, linked turns, designed to control speed. She was afraid to make her turns longer or ski some sections of the race-course straight, because she would pick up too much speed when the gates were too far apart for her comfort. What she needed was a graduated method of easing into it. Ideally, we would have set up some bamboo poles in places where her natural-rhythm turns happen. Then, after a run or two, gradually increase the distance between the gates, by a foot or two at a time. At that point, she was not yet ready for some traditional race-training. She just needed to get used to running gates, and hopefully get used to it gradually. So, I tried to **rent a few gates**, or at least some bamboo poles to set up a little training area. No such luck. Ski areas simply don’t rent this stuff. If you pay the big bucks, they’ll set up a real race course for you. But nothing just for a bit of informal practice.*

Personal experience #4: *How many times have you seen some training gates set up and you really wanted to try running them? Unfortunately, these are always private affairs, closed to the general public. Sorry, this is just for the particular ski club, or race team! No general admittance!*

It all boils down to the simple fact that, at most ski areas today, there is no place, no natural mountain feature that would encourage skiers and snowboarders to turn, and practice turning. Skiing in the trees is the only such natural feature, but this is too advanced for most intermediate skiers, because it usually also means having to ski ungroomed slopes.

Personal experience #5: *Big White ski area in British Columbia recently came close to fulfilling the dream of having a **practice race course**, or at least I was hoping it would. I had high hopes of being able to run some gates as part of the new Telus terrain park there. To my great disappointment, it turned out that the race gates were not exactly part of the terrain park, but set up on a separate trail, hidden behind the terrain park and very hard to find. On top of that, during the 3 days that I was there, the race course was never once opened. This race course still operates with the old mind-set that it needs employees to supervise it, that it needs the signing of a liability release, ... and maybe even requiring an additional payment. Meanwhile, in the nearby terrain park, people were hurling themselves down a dangerous boarder-cross trail, with multiple skiers/boarders attacking the same curvy path simultaneously, and nobody asked them for any money, or for a liability release.*

Can you do something about any of this at your ski area? If not, please pass this on to someone who can. Thank you!



Feedback from Glen Plake

At the Far West Ski Association Convention in Long Beach, CA, in June 2005, Glen Plake (the famous extreme skier and star of several Warren Miller movies) expressed some very similar ideas and feelings (before ever seeing this letter). He spoke very eloquently, and with some sadness, about the fact that there are practically no practice gates available at any ski areas these days. Ski areas have largely neglected the main ingredient needed for skiing (and snowboarding) - the ability to make controlled turns.

After seeing this letter, Glen Plake suggested the use of “whisker” gates as training gates (instead of orange cones), since they are small, unobtrusive, and won’t hurt anybody. For more info about whisker gates, see our web site: www.mthigh.org/Vision.htm.

MOUNTAIN HIGH SNOWSPORT CLUB

Mt. High Picnic Map

August 13 (Saturday), at Sellwood Park. (The weekend after the hike to Blue Lake.) More info on page 3.

Time: 9:00 am for the bike ride (starting at Sellwood Riverfront Park parking lot, near restroom);
11:00 am for the picnic (in Sellwood Park; picnic area A);



Directions for bike ride: From the Sellwood bridge (or Tacoma St.) turn north onto **6th Avenue**, then left on **SE Spokane St**. Go over the railroad tracks and immediately turn right onto Oaks Park Way. Parking lot will be on your left.

Directions for picnic: Either park same as above and then cross the railroad tracks on foot; or park in the north-east corner of the park, about a block north of the edge of the map above, off of 7th Avenue; or park on any of the side-streets.

CLUB EVENTS/TRIPS PUBLICIZED

If your club has an event or trip that you would like publicized to the Northwest Ski Club Council, please be sure to email Linda McGavin at lindam@mcewengisvold.com to place information in the monthly newsletter and Mary Olhausen at omary52@comcast.net for the meeting *Hot Sheet*.

NORTHWEST SKI SHOWS

Washington SnowSports Expo (commercial show)
Oct 28-30, 2005 – Seattle Exhibition Center, Seattle, WA
Portland Ski Fever & Snowboard Show (commercial show)
Nov 4-6, 2005 – Portland Expo Center
NWSCC Ski Fair (mainly clubs and ski areas; Free admission)
Nov 9, 2005 – Monarch Hotel, Clackamas, OR

MOUNTAIN HIGH SNOWSPORT CLUB

New member benefit!

The **Canyons** ski area (near Park City, Utah) is offering a **30%** discount on lift tickets to any FWSA member. That's all of us! You must show your 2005-06 membership card! (We will soon start mailing those out to anyone who has already renewed.)

Restrictions: Limit of 4 tickets per member per day. Not valid during holidays, Xmas, Jan. 14-16, Feb. 18-25.

2006 PACRAT Race Dates

Tentative dates. Ski areas yet to be determined.

- Jan. 8
- Jan. 29
- Mar. 5
- Mar. 19
- Mar. 26 (make-up race)
- Apr. 2
- Apr. 7 Rat Attack party



Mountain High Meeting

First Tuesday of the month.

Aug. 2 and Sept. 6 (Tue.): Our club's Board meeting, open to all who want to get more involved with the club. Gather at 6:30pm. Start at 7pm.

Location: **Round Table Pizza**, 1007 SW Barbur Blvd., Portland, near corner of Capitol Hwy. (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, telek2@att.net
- 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: 503-692-9719, 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

For all Mt. High trips, make check payable to: "Mountain High Snowsport Club"
(For most trips, please mail the form to the trip captain.)

For **Membership/Racing**, mail to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

For **Idaho trip**, mail to: Linda McGavin, 1100 SW Sixth Ave., Suite 1600, Portland, OR 97204.

For **French Alps trip**, mail to: Salah Khan, 4311 SE 29th, Portland, OR 97202.

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?Paidinfull?

Membership Dues (for 2005/2006): Single (\$25) couple (\$40) \$ _____

PACRAT Racing Total: \$85 Team name: _____ \$ _____

Idaho bus trip (Feb. 17-20, 2006) Total: \$250 Deposit: \$100 _____ \$ _____

French Alps trip (Val d'Isere, Mar. 3-12, 2006): Total: \$2125 Deposit: \$250 \$ _____

Other: _____ \$ _____

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

Current club membership = 160

NEWSLETTER DISTRIBUTION

The July/August 2005 issue of "Lift Lines" is posted on our web site, and also being distributed as follows:

158 copies electronically, via email (152 as HTML, 6 as plain text, but both have the PDF file attached)

33 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.

Affordable Helmets

We are ordering helmets from Helmets-R-U, for only **\$16.95** (including shipping). Only three sizes:

SMALL: if your headband is 21-5/8 to 22 inches around. (Hat size 6-7/8 to 7)

MEDIUM: if your headband is 22-3/8 to 22-3/4 inches around. (Hat size 7-1/8 to 7-1/4)

LARGE: if your headband is 23-1/8 to 23 1/2 inches around. (Hat size 7-3/8 to 7-1/2)

This is in cooperation with the SkiKats club. To order, send check payable to "Mt. Hood SkiKats" club. Mail it to **Emilio Trampuz**, 4742 Liberty Rd. S., #296, Salem, OR 97302. Deadline is already past, but we'll give you a couple of days (till July 28). Most members were notified of this via email weeks ago.

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.

Letter from Jaxine in Yellowstone (excerpt)

Picture this: You wake up bright and early, look out the dorm window and see a buffalo or elk under a tree next to the building. This is my front yard

After work, you hop in a car and drive 17 miles down Hayden Valley to the Lake Village area. On the way, you get stuck in a "Buffalo jam". Hundreds of them are crossing the road, or a mother grizzly w/ her cubs farther on.

Yours truly has lost 15 lbs already and has a new companion, a tall retired Texan from Dallas. This has been a delicious unexpected treat to my agenda. ... Spending time in Yellowstone will change you forever.

I love mail! May the "forest" be with you. Hugs Jaxine

Address: Jaxine Harris

General delivery - Canyon

Yellowstone National Park, WY 82190

See complete letter at www.mthigh.org/Articles/Jaxine.htm or ask Emilio for a copy at 1-503-378-0171.

