



Lift Lines



== No. 61, January 2006 ==

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

Mt. High FREE RACE CLINIC!

Jan. 7 (Sat.) - Our Mountain High club is sponsoring a free race clinic - for all our members - at Mt. Hood Meadows.

You don't have to be a racer. The practice will improve your skiing, your edging control, your stance, your confidence.

All you have to do is show up at the "**Gemini**" trail, 9:30 am.



There will be another such clinic just before our last race, April 1. Both clinics will be held at **Mt. Hood Meadows** (regardless of where the actual race may be held the following day).

Info: Gordy, 503-804-8363, or gordyski@comcast.net.

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*Note the color code.
Our club is blue.*

2006 CALENDAR

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

- Jan. 7 (Sat) Mt. High free race clinic!
- Jan. 8 (Sun) PACRAT race - Timberline
- Jan. 12-15 Schweitzer Mt. Ski Safari
- Jan. 28 (Sat) Skiyente 50th Anniversary
- Jan. 29 (Sun) PACRAT race - Meadows

- Feb. 7 (Tue) Mt. High Board mtg.
- Feb. 4 - 11 FWSA Ski Week - Telluride**
- Feb 12-18 Whistler cabin trip
- Feb. 17-20 Idaho bus trip - Tamarack
- Feb. 22 - 26 Family trip to Big White**
- Feb. 25 (Sat) Chocolate Party!**

- Mar. 3-12 French Alps (Val d'Isère)
- Mar. 5 (Sun) PACRAT race - Meadows
- Mar. 5-6. Oregon Cancer Ski Out
- Mar. 15-25 Andorra & Spain
- Mar. 19 (Sun) PACRAT race - Ski Bowl
- Mar. 17-19 Mt. Bachelor**
- Mar. 17-19 FWRA Championships**
- Mar. 26 (Sun) PACRAT make-up race

- Apr. 1 (Sat) Mt. High free race clinic!
- Apr. 2 (Sun) PACRAT race - Meadows
- Apr. 6 - 9 Whistler/Blackcomb**
- Apr. 7 (Sun) PACRAT Rat Attack Party
- Apr. 8 - 9 Spring Fling, Govt. Camp

Mt. High

Come ski with us

Mt. High

Jan. 7 (Sat.) - Free race clinic (for members) at Meadows.

Jan. 8 (Sun.) - Timberline

Jan. 29 (Sun.) - Mt. Hood Meadows

Both of these dates, there is a PACRAT race, in which about 80 of our members participate.

Additional non-race dates will be announced via email and on the Trips page of our web site

Even if you are not a racer, come ski with us. Join us at **McDonald's** in **Sandy** (turn left at the 3rd light in Sandy) at **7:00 - 7:15** am. We'll arrange some carpools on the spot, depending on how many people show up.

Note: We are not sure if anyone will stop in Sandy on Saturday, but on both Sundays, someone will be there for sure.

If you miss us in Sandy, find us in front of the lodge, at the exit facing the slopes, around 9:00 am, ready to ski. Or tune your 2-way radio to channel **6-19**.



MOUNTAIN HIGH SNOWSPORT CLUB

Canada Ski Safari 2005



December 12-18, 2005. Seven of us went on a road trip through Washington and British Columbia, in three separate cars: Mike and Diane in one car, Kurt and Emilio in another, and Janet, Sheridan and Julie in another. The weather was calm, mostly sunny, ... but cold, preserving the snow magnificently.

We shared the cost of gas and lodging. The price per person for Kurt and Emilio was \$354.82 for 6 days and 6 nights, including all skiing, lodging, and transportation costs. The only additional expense was for food.

When divided into 6 days and nights, that comes to \$59.14 per person per day. That's probably what you could easily spend just for a motel each night, if travelling alone. But we got all the gas and lift tickets in for the same price! Not bad. All thanks to Warren Miller (the free tickets for the Canadian ski areas), and our own willingness to share the costs. Remember that the average ski vacation normally costs over \$100 per day.

The above is based on the men's expenses. The women probably did even better, splitting the cost between 3 people, and staying at hostels more often than the men.

We skied a different area each day: Steven Pass, Apex, Big White, Silver Star, Sun Peaks, and Mt. Baker.



Skykomish, near Stevens Pass

Jan, Julie, Kurt, Sheridan, Emilio



Sheridan & Emilio with Santa!



Mike, Diane, Emilio at Big White



Mike, Julie, Kurt, Diane - at Big White



Mike & Diane, Black Forest, Big White



Mike explores glades at Big White



Ski patrol takes Mike off of Sun Peaks



Mike says he'll be OK



Mt. Shuksan at Mt. Baker ski area.

Kurt, Julie, Sheridan, Jan, Emilio

MOUNTAIN HIGH SNOWSPORT CLUB

NWSCC

Ski Oregon Challenge



All season 2005/2006.

The NWSCC is challenging Northwest skiers to ski or board nine of Oregon's eleven ski resorts during the 2005-06 ski season and qualify for the Council's year end drawing for prizes – equipment, services, 2006-07 lift tickets and a ten-time punch pass at Mt. Hood Meadows. Turn in proof that you have skied nine of the Oregon ski resorts listed below and your name will be entered in the drawing. Ski all eleven areas and you qualify for a special award. Proof can be lift tickets from each ski resort or a credit card receipt showing proof of purchase. Entries and proof of qualification must be received by the council no later than June 15, 2006. The drawing will take place at the June council meeting. You must be 18 years old or older to enter.

You may ski or board at the designated ski resort at any time during the 2005-06 ski season. If you are a PACRAT racer you can use your lift tickets for each day that you ski and race at the ski resorts as proof. Many clubs have trips scheduled to these areas during the season.

The Entry Form and Rules are posted to the NWSCC website at www.nwskiers.org.

First Year "Ski Oregon Challenge 2006" long-sleeve mock turtlenecks and sweatshirts are available for the same price as our club's shirts. See page 7.

For more information contact:

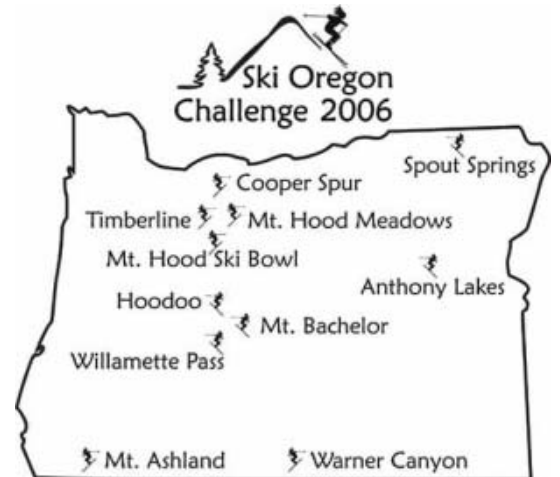
Steve Coxen

Phone: 503-679-9022

Email: sacoxen@aol.com

To enter, complete the entry form and include it with your proof documents. Documents must be received no later than June 15, 2006. We recommend that you keep copies of the documents. Submit documents to the address below:

NWSCC Ski Oregon Challenge
PO Box 1915
Portland, OR 97207



Support small ski areas



At last year's Far West Convention, Glen Plake spoke about the need to support our small ski areas, the local hills where future Olympians are being nurtured. Remember Steve and Phil Mahre? They grew up skiing at White Pass, WA, a relatively small ski area. Many similar young racers were seen recently at Cooper Spur (on Mt. Hood). See photos on next page.

The Ski Oregon Challenge gives us all an opportunity to have some fun visiting different places, and supporting the small ski hills in the process.



MOUNTAIN HIGH SNOWSPORT CLUB

Extract from Emilio's Oregon Challenge Diary: Cooper Spur

I skied at Cooper Spur on December 31, 2005. It started off with a soft drizzle, but soon turned to snow, and snowed heavily most of the day. Ten runs earned me a total of 3,380 vertical feet. That's 338' per run!

At last year's Far West Convention, **Glen Plake** spoke about the need to support our small ski areas, the local hills where future Olympians are being nurtured. This nurturing of future racers is very much alive at **Cooper Spur**. The day I visited, Sat. Dec. 31, a bunch of 60 (or more) kids of various ages were at the end of a 5-day ski camp, where they honed their skills and topped it off with a final race. Smiles were everywhere.

Cooper Spur is small, intimate. Bring a friend to ski with. The old T-bar has been replaced with a double chairlift, and the old lodge (which had burned down several years ago) was re-built much nicer and better.



Future Olympians?



Great views from the top of the chairlift!



Racer on course, day lodge, & shuttle bus.



Easy tree trail opens onto a meadow.



Racer arriving at the finish line.



My lift ticket.



Group photo of the young racers.



Apparently, Emilio had fun too!

MOUNTAIN HIGH SNOWSPORT CLUB

**PACRAT Racing**

*We have 83 racers this year.
That's almost half the club!*

**Team Captains**

Anybody can be a team captain. Anybody can gather a few people and form their own team. Our club will even help you find a few extra people to complete your 10-person team. All you have to do is volunteer to be a team captain, and start organizing your team early, in September/October, before the season starts.

But, to be a really good team captain, you need to be a good communication channel. A few pointers:

Before the season:

1. Contact all potential team-mates in September or October. Ask them if they want to race.
2. Gather everyone's signatures (Liability Releases), and complete address information.
3. Report your team count and send your team roster to our Racing Director, as early as possible. Let him know if you have any open spots on your team.
4. Pick up the racing bibs for your team.
5. Optionally, organize a social gathering for your team. Maybe to decorate your bibs.
6. Tell the new racers what to expect, what the rules are, how the points are counted,

Before each race:

1. Keep your team mates informed about the time and location of the race, and the time and location of the apres-ski party. Remind them to bring their bibs. Forward any info sent to you.

After each race:

1. Only team captains receive the race results. It's your responsibility to forward these to all your team members.

**Team Members**

Here's a few pointers for all PACRAT racers:

Before the season:

1. Contact your team captain. Make it clear you want to be on the team for next season.
2. Send in all 3 forms early: the club Membership signup form, the PACRAT team form, and the Liability Release. The club membership can be sent directly to the club. The PACRAT forms should be sent to your team captain (who should then forward it to our Racing Director).

During the season:

1. Show up on time at the race course.
2. Ski with your team-mates. Be a team-player. Don't just rush off to ski on your own. Take at least a few warm-up runs with your team, and maybe a couple of fun runs between or after the race runs. The team that skis together stays together.
3. Always have your racing bib with you. It's your main ID. Bring it to all the parties.
4. Show up at all the races. You contribute a point to the team every time you successfully run the race course (one point per race). It's OK to miss one race, since only the best 4 of 5 results count. But, missing more than one race hurts your team.

Did you know?

1. PACRAT racers get discounted lift ticket on the day of the race. At Timberline, only \$35 (normally \$46).
2. If you fall in the race-course, or miss a gate, no big deal. Only the best of your two runs counts.
3. The make-up race will only be held if a race gets cancelled. There is no way to make up a race that you've missed.
4. You get an upstrike (U) if you beat the handicap for your level. The next race, you'll be racing in a higher category. But it takes two down-strikes (2D) to move back down into a lower category.

MOUNTAIN HIGH SNOWSPORT CLUB

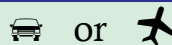
Winter Trips

January is almost gone! A couple of PACRAT races and the Schweitzer Ski Safari, and January is over.

Sign up for something in February: our famous bus trip to Idaho, or maybe Whistler or the Big White family trip. February will be over before you know it. For more info, go to: www.mthigh.org/Trips.htm.

Mt. High

Schweitzer Ski Safari



Jan 12-15. Another informal trip. Some of us will carpool up; others might fly.

Schweitzer has added 400 acres of skiing on the Little Blue ridge. With 2,900 acres, it's now the largest area in all of Washington & Idaho.

With a ski-in/ski-out on-mountain village, it's hard to beat. Plus, the annual Winter Carnival is happening on Friday and Saturday, complete with fireworks. You have to see the snow ghosts on the slopes, and hear the ghost of Phinneas Schweitzer at the base of the Stella lift.

We could leave after work, either on Wednesday or Thursday evening, and return Sunday night. We could stay at Schweitzer the whole time, or combine it with something else along the way. Total of 2, 3, or 4 days of skiing. You decide. Let Emilio know your preference.

Those who drive could leave a day early and stop for a day of skiing at White Pass (WA), or at Spout Springs (OR) - to bag another Oregon ski area for your Ski Oregon Challenge.

Contact Emilio: 1-503-378-0171 or Emilio2000@earthlink.net



View from top of Little Blue (the newly added acreage)

Largest ski area in Idaho & Washington!

FWSA Ski Week: Telluride

February 4 - 11, 2006.

Price: \$1320, includes 7 nights lodging, 5 days lift tickets, Welcome party, Mountain Picnic, Racing, Farewell Party, and more. This is the biggest trip of the year. Oregon has filled its quota, but ask Debbi if she could still squeeze you in.

Final payment due now.

Checks payable to **NWSCC**. Mail to: NWSCC, PO Box 1915, Portland, OR 97207.

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

Mt. High Whistler cabin



Feb. 12-18, 2006. Sleeping in bunk beds in large house, 18-21 people maximum. 4 spaces left!

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.

Info: **Bill Leeper**, 503-639-2603.



Family Trip to Big White

Feb. 22 - 26. Ideal for anyone with kids: 4 nights ski-in/ski-out lodging, 3 days lift tickets, round-trip bus, welcome party, Pizza party, a Fun race, goodie bag. Adults: **\$496** pp (double occupancy, 6-8 people per condo). Kids 13-18: **\$239**. Kids 6-12: **\$179**. Kids 2-6: **\$119**.

Organized by the **Skiyente** ski club, and open to all clubs. Make checks payable to **Skiyente Ski Club**, and mail to: Skiyente Ski Club (Attn.: Kids & Canada), PO Box 56342, Portland, OR 97238.

Contact **Sheri Parshall**, 503-245-3782 or cougskier@aol.com.

French Alps ! - "Killy Space"!

March 3-12.

Price: **\$2,125** includes air, lodging, and 6-day lift pass, plus a free pass to one more ski area. 7 days of skiing.

Val d'Isère and **Tignes** offer 25,000 acres, 100 ski lifts, 187 miles of downhill trails.

Airline tickets have been purchased. This trip is now full. Contact **Salah Khan**, 503-231-6431, or email salah@techforpeople.net.

Andorra & Spain

March 15-25, 2006. Russ & Walt Stanton invite us to join them on a trip to Spain. Round trip air from LAX, 5 nights in Andorra and 4 nights in Barcelona, continental breakfast in Spain, all meals in Andorra, included for \$1,399.

Optional post trip to Valencia, March 25-28: \$399, includes transportation to Valencia, guides, and hotel and breakfast.

See [trip flyer](#) on our web site. Info: **Russ Stanton** 503-760-8457, russki2day@yahoo.com.

Mt. High

Idaho Adventure bus trip

Bus trip: 

Tamarack



Feb. 17- 20, 2006. A 4-day trip, with 3 days skiing. Monday, Feb. 20, is a holiday: Presidents' Day. We'll stay 2 nights in McCall, and ski at:

1. **Tamarack**, opened in 04/05, doubled its terrain for 05/06.
 2. **Brundage Mt.**, well established, sunnier than Sun Valley!
 3. **Anthony Lakes**, a great place for affordable snow-cat skiing!
- All 3 have a variety of terrain, from **easy cruisers** to **great tree skiing!**

On the way back, we'll stay a night in Baker City, and ski Anthony Lakes, but on the way there, we'll need a whole day of travel. It's a 4 day trip (Fri.- Mon.).

The annual bus trip is traditionally one of our most popular club trips, with lots of fun on the bus, including games, jokes, videos, food, ... and on the way back, Linda might treat us all to her famous "enriched" ice-cream! Click here to see [flyer](#) on our web site.

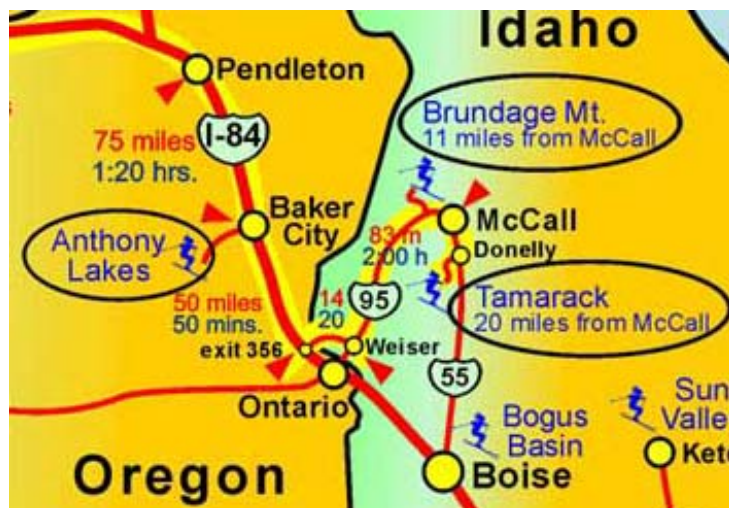
Price: Approx. \$250 for lodging and transportation, plus a total of \$109 for lift tickets if you ski all 3 days. This is based on 30 people. The price will go down by about \$3 for each additional 2 people above 30!

It's a great trip. See Tamarack before it becomes too expensive! Ski Brundage before it gets too crowded! Earn a Ski Oregon Challenge point at Anthony Lakes.

Contact:

Linda McGavin LindaM@mcewengisvold.com or Emilio Trampuz Emilio2000@earthlink.net.

Limited by the size of the bus to abt. 52 people. A \$100 deposit due now, made out to "Mountain High". Use the "Dough Transmittal Form", on the last page of each newsletter, or on our web site under "Forms" -- [www,mthigh.org/Forms.htm](http://www.mthigh.org/Forms.htm). Traditionally, our bus trips have been the most fun ones.



NWSCC

Whistler / Blackcomb



April 6 - 9, 2006.

Hey Folks,

What would you say to a great 3 days of sunshine, great snow, good friends and fun in the beautiful setting of Whistler, BC?

Northwest Ski Club Council is planning a 3 day get-away, April 6th-9th to do just that. For a mere \$435, you can enjoy 3 nights' lodging at the Delta Village Suites, 3 days skiing, a welcome party on Friday night, Fresh Tracks privileges and breakfast on Saturday morning, and a group buffet on Saturday night.

Sound good? Contact Debbi Kor-Lew at (503)682-1563, or email at: ijustwannarun@aol.com.

This is a car pool trip, so let me know as soon as possible by sending your deposit of \$150, payable to **Northwest Ski Club Council** by February 1st. Balance will be due March 1st.

Click here for trip details at: <http://www.nwskiers.org/event/Whistler%202006/index.htm>

MOUNTAIN HIGH SNOWSPORT CLUB

NWSCC

Bogus Basin



Feb. 8 - 12, 2006. 4 days and 4 nights. Lodging at the Pioneer Condos on the mountain. Happy hour and a party included. Airfare from Portland and bus transfers included.

Bogus Basin has 2,600 acres (900 groomed) served by 2 high speed quads, 4 doubles and a triple chairlift.

The Bogus Basin Ski Club has recently joined the NWSCC, and is inviting all our clubs to join them on this trip. See detailed flyer at:

<http://www.bogusbasinskiclub.com/BBSC-CurrentEvents/BbscCurrentEvents.html#>

Total price: \$575. Deposit \$250 due now. Balance due by 1/1/2006.

NWSCC

Mt. Bachelor



March 17-19, 2006. An informal gathering of Portland area clubs at Mt. Bachelor. All clubs are encouraged to participate.

Arrange your own transportation and lodging. We can arrange to meet on the slopes, and there is an après-ski gathering 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 also on Friday evening.

NOTE: There has been some talk about possibly moving this trip to a week earlier or a week later, to avoid the conflict with the FWRA Championships and the PACRAT race at Ski Bowl. Stay tuned.

Far West Championships (Kirkwood, CA)

March 17-19. 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

Membership renewal

If you haven't renewed yet, this is your last newsletter.

You should have renewed your membership at our Membership Party or at the Ski Fair. But, you can always simply mail in your **Membership Signup Form**.

You can find the form in the November and December issues of "Lift Lines", and on our web site at:

www.mthigh.org/Membership.htm



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), 100% cotton 1/4 zip sweatshirt (\$20), **R-Tek polyestes 1/4 zip fleece** (\$25).

Most are available in yellow, 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

Mt. High

Chocolate Party

Feb. 25 (Sat.) 6:30 pm. For those of you who didn't know.....February is Chocolate Month. Well, Valentine's Day is in February, and most everyone gets chocolate for Valentine's Day, so it must be so. Regardless, Mountain High is resurrecting our annual Chocolate Party.

If you've never experienced one of our decadent, delicious, Chocolate Parties, you just don't know what you've missed! Everyone (well, most) invited brings a chocolate creation of some kind. It can be in the form of cookies, cakes, pies, drinks, or any other heavenly chocolate concoction. The more chocolate-y, the better. As a matter of fact, we give prizes for the most **decadent** chocolate dessert, the most **chocolatey**, and the most **creative**!

Debbi Kor and Randy Lew
7007 SW Iron Horse St..
Wilsonville, OR 97070. Ph.: 503-682-1563.



Bring a dessert if you wish to participate in the contest. Oh, bring a dessert anyway! Or just show up to taste and sample. Please RSVP to: **Debbi Kor**. Call: 503-682-1563, or email ijustwannarun@aol.com.



Buying skis

Question: I am an intermediate skier, 170 cm tall, looking for a pair of inexpensive parabolic skis. What should I look for?

Answer:

1. Get skis that are equal your height, or a tad longer. 170 - 175 cm.
2. Check out what's available on our club's Bulletin Board, www.mthigh.org/BulletinBoard.htm.
3. Some incredible bargains can be had even with brand new skis if they are last year's model. Last year, we found a new pair of skis for only \$100 at Gart Sports. For bargains, look into these stores:
Next Adventure (Grand Ave & Stark St.), specializing in closeouts. Get 10% off just by telling them you are a Mt. High member.
Copeland Sports - 15% off with your club membership card..
Gart Sports - A chain of stores, with lots of great bargains.
GI Joe's - great deals on packages (skis + bindings).
4. Be totally frank about your skiing abilities when you talk to the salesperson. For a beginner/intermediate skier, ask for a "forgiving" ski (which basically means a softer ski).
5. Brand names don't matter all that much. These days, all skis are pretty good. Frankly, if you can't test-drive the skis first, and you have a choice between two or three similar intermediate models, I'd go for whichever ski has the best graphics, whichever looks good. Graphics are not important to the ski's performance, but you'll have to live with the graphics for years!
6. Go for a middle-of-the-road shape. Don't buy an extremely shaped ski, nor one that is too straight. Don't go for super-fat skis (meant for powder), nor the very thin waists (meant for racing).
7. It's best if you can test the skis first. Some skis, especially the more shaped ones can feel quite different at different lengths. Longer skis are usually more stable at higher speeds. But, if you are an intermediate, and do not aspire to ski very fast, a shorter ski will usually be a little easier to turn at slower speeds. Good luck!

Membership Card

Have you received your Membership Card yet? Most of you picked yours up at the Membership Party. We mailed some of them to other people, but some may have fallen through the cracks. We apologize, but we are all volunteers who take care of the club in our spare time. If you still don't have a card, email info@mthigh.org



The front & back of the card shows you are also a member of the Far West Ski Assoc. and the NW Ski Club Council.

MOUNTAIN HIGH SNOWSPORT CLUB

Mt. High Club photos on Snapfish

Our club photos from the past 2 years, almost 2000 photos so far, are posted on the **Snapfish** web site, where you can order your own prints for only **12 cents** a print. Best place to start browsing is on our own **Photo Albums** web page: www.mthigh.org/PhotoAlbums.htm.

To enter Snapfish, you have to login with an email address and a password. You can register yourself, or - if you wish to remain anonymous, use this:

Email: photos@mthigh.org

Password: **photos**

NWSCC Subaru cars deal

Remember all our members have access to **SPECIAL FLEET PRICES** on **Subaru, Chevrolet, or Suzuki** vehicles at **Carr Auto Group!** Fleet pricing on used cars too!

Go to the Carr fleet website www.carrautofleet.com, where you will access a drop-down menu to select "NorthWest Ski Club Council" pricing.

The login is "**skiclub**" and the password is "**downhill**." Select the car you want, and you'll get a price quote, with no obligations. You will deal directly with **Nanda Kishore**. He's been to our Council meetings and knows some of us.

NWSCC 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 your help, what you can do about it, and who you can write to, go to:

<http://www.nwskiers.org/nwsa/index.htm>

Membership Benefits

Just show your membership card.

Copland's Sports

Receive a 15% discount at all Copland's sports stores.

Mt. Bachelor lift tickets

20% discount off a "2-of-3 days" adult lift ticket pass.

Cascade Lodge lodging (Govt. Camp)

Just \$17 per night. Bunk beds.

For other benefits, check our web site:

www.mthigh.org/Membership.htm

Oregon Cancer Ski-Out

March 5 - 6, 2006. (Sunday + Monday).

8:30 am - 10:00 am - Team check-in, the Finish Line bar.

10:30am - 1:30 pm - Racing

6:30 pm - Dinner at the Best Western Hood River Inn

Five-member teams will have 2 races at **Mt. Hood Meadows**.

Our club has participated in this event for years. It is fun, and for a good cause, to help the fight cancer and raise funds for hospice care for cancer victims.

In addition to teams of racers, **volunteers are also needed** to help with the event.

Wearing of costumes is encouraged, to stimulate public curiosity. When people ask you why you are wearing a costume, you can tell them about the Cancer fund raiser.

Included are: lift tickets, breakfast, lunch and dinner, a silent auction, prizes, smiles, as well as dancing, gambling and drinking, for those who choose.

Lets put together as many **teams** as we can. It is a race, but not based on speed. You could snow-plow and win, because it is based on trying to match the team's handicap from day 1 to day 2. Speed doesn't matter; only consistency does. Post a message in our Forum if you need buddies for a 5-person team.

Registration after December 16 is \$1000 per team (\$200 per person).

For more info, and to register, go to:

www.cancerskiout.org/index.htm.

Or ask Russ Stanton 503-760-8457.



MOUNTAIN HIGH SNOWSPORT CLUB

NWSCC monthly meeting

Third Wednesday of the month.
Jan. 18 (Wed.), Open to all Northwest ski club members. We plan future events, but there are often interesting guest speakers. Social hour: 6:00 pm. Meeting starts at 7:00 pm.
 Location: **Round Table Pizza**, 1007 SW Barbur Blvd., Portland, near Capitol Hwy. (behind McDonald's).

Skiyente 50th Anniversary



Jan. 28 (Sat.) 3 - 7 pm
 The Skiyente ski club is celebrating their 50th anniversary, at the Mt. Hood Museum in Govt. Camp, and everyone is invited!
 Silent Auction, History displays, Live Music, Commemorative posters, pins, cookbooks, and light hors d'oeuvres.

Mountain High Meeting

First Tuesday of the month.
Feb.7 (Tue.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events. 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@comcast.net
- Treasurer:** Kurt Krueger, H: 503-625-1492, 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, 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 _____ \$ _____
- Alps trip** - Val d'Isere, Mar. 3-12, 2006: Total: \$2125 Deposit: \$1,250 \$ _____
- Other:** _____ \$ _____

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

Current club membership = 186

NEWSLETTER DISTRIBUTION

The January 2006 issue of "Lift Lines" is posted on our web site, and also being distributed as follows:

205 copies via email (201 as HTML, 4 as plain text, but both with PDF file attached). This includes Potential members.

37 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.

Email preferences

You can change your email preference:

- ☺ Newsletter (monthly): Yes/No
- ☺ Club news email only: Yes/No
- ☺ All ski news (NWSCC, FWSA, Ski areas, ski shops): Yes/No

Email preferences to info@mthigh.org

PACRATracers will receive race email from their team captains regardless.

So far, we have the following:

1. Newsletter only = 10 people.
2. Newsletter + club email = 14
3. All ski related email = 39
4. No preference (will receive all) = 66

Please keep in mind that the definition of what is strictly "club related email" is

not always clear. We'll interpret it to mean only news about club events. This means, people who opt for limited email will NOT receive news such as was recently sent out about:

- * Meadows lift tickets for only \$3.
- * News abt. the Portland Ski Show
- * Ski area expansion, promotions, etc.
- * Local ski shop discounts, such as the Mountain Shop "pajama" sale.
- * Ski movies shown locally.
- * Ski trips not organized by our club.

NWSCC news will not be sent to those 24 people either, since you can subscribe to it directly at www.nwskiers.org.

Emilio Trampuz
Mountain High Newsletter editor
4742 Liberty Rd. S., #296
Salem, OR 97302

NOTE: Check the club's web site for updates. See www.mthigh.org.

Mid-week Skiing

UPDATE: All notifications will be done **via email only!** There are now almost 50 people on the list, too many to phone everybody.

If you'd like to join the mid-week skiers, contact Harry to be placed on the email list. You'll be notified when the group goes skiing, especially if there is good powder.

Contact Harry Scribner at: scribs3@comcast.net.

