

Hi folks! 3 urgent alerts!

1. Believe it or not, **Warren Miller** is bringing us his new movie and **8 free lift tickets** for everyone attending! We'll do dinner and a movie. If you want discounted theater tickets, send Emilio \$18 immediately. Deadline for group tickets: **Sept. 16.** See page 4.

2. Sign up for the **Utah** trip. We need your deposit now. Don't wait for our Membership Party. It will be too late. Deadline for signups is **Oct. 31**. That's just another month and a half! See page 6.

3. PACRAT teams. Anyone can join. It's time to start organizing the teams. Who wants to race? Contact a team captain. See page 8. - *Emilio*



Gordy says: "We need you!" The club needs you to get a bit

more involved. Bring your talents to the club, bring your humor, your music, Come to our monthly Board meetings (p. 11), and help us plan future events. Also, see page 9 for more info on how you can help our racing.

Mt.High

Seafood Social

Mt.High

Sept. 16 (Sat.): Annual End-of-Summer Party.

WHAT: Time for our traditional end-of-summer Seafood Social party. This time, for a change, we'll have it across the river, in Washington, and you'd be surprised how close it is to downtown Portland. Our host will be **Diane** and **Bob**. Did you know that Diane is Linda McGavin's sister?

HOSTED BY:	Diane Adkin & Bob Raemer
DATE:	SATURDAY SEPT 16
TIME:	6:30 pm
LOCATION:	2620 NW Cascade Street
	Camas, WA 98607



CLUB PROVIDES: salmon and clam chowder, and maybe a few other things, plus soft drinks.

YOU BRING: a side dish, appetizer, or dessert, & drink of choice.



Did you remember to let Diane know you are coming?

 Please RSVP to: Diane Adkin: 1-360-834-2523
 dadkin@attglobal.net



MOUNTAIN HIGH

Recent Trips & Events

Lift Lines 69, September 2006

SNOWSPORT

CLUB

Mt.High

Mt. High Picnic & Bike Ride

60



Aug. 12 (Sat.): Our picnic at Sellwood Park was preceeded by a bike ride up the Willamete River, to the Steel bridge, and back down the other side.

This was the highlight of the day. We passed by the Bite of Oregon, OMSI and the submarine, and saw a futuristic-looking boat on the river.

A total of 19 riders showed up. Riding with friends was fun, and the sights were great! The photo above shows Larry (in the yellowish-green jersey) leading the ride up the river.



Bruce and Linda helping Alice make her dog more comfy. No critters were hurt in the filming of this.



Alice takes Zoe for a ride.



Larry, our bike-ride leader.



Kurt fires up the grill, with Jim, Deirdre, and Debbi wondering if they should go for the polish dogs, or the smoked ones, or the spicy ones!

See more photos on our web site, on the <u>Recent</u> <u>Photos</u> page.



Terry & Violet obviously had a good time. We ate, we chatted with friends, met a few new members, played some softball. It was fun.





Rd



Directions: From northbound I-5 or I-205, turn right (east) on Hwy 14, immediately after Columbia River. **Point9:** At exit 10, turn LEFT (north) accross the highway onto SE 192nd Ave **Point 10:** Turn RIGHT (East) at stoplight, onto SE Brady Rd. **Point 13:** Bear RIGHT (East) onto NW 18th Ave Point 14: Turn LEFT (North) onto NW Cascade St. **Point 11:** Turn RIGHT (East) at stop sign onto NW 16th Ave. Point 12: Bear LEFT (North) onto NW Hood St **Point 15:** House is on right. Steep driveway! Set your brake!

Talk Like A Pirate Day

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Sept. 19 (Tuesday) Avast! Me Hearties! Listen up ye buccaneers and saucy wenches! 'Tis time to talk like pirates of old. Why? Just for fun. Another reason: to fight global warming!!! Did ye notice how the number of pirates has decreased lately, as the planet got warmer? Maybe, if we talk like pirates, the planet will cool down!

Mt. High Halloween Party

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Cascade

NW 18th Ave

Oct. 28 (Saturday) Meg Gadler has graciously offered to host this party. If you wish, you can come dressed as a pirate, and practice some of your pirate talk. Otherwise, just come and have some fun, and meet other club members. It's basically a potluck. Details in the next issue of your favorite newsletter.

MOUNTAIN HIGH

Upcoming Events

Lift Lines 69, September 2006

SNOWSPORT CLUB

Warren Miller gifts

Santa Claus (Warren Miller) is coming to town again, October 26-29. This time, he is bringing his latest ski film, plus 8 free lift tickets for everyone who attends the movie. This is a great way to start the season! We'll see the movie on Thursday, Oct. 26, at 8:00 pm. There are 4 steps:

Purchase theater tickets



By Sept. 16. If you buy tickets through TicketMaster, it will cost you about \$24 or \$25 (depending on how high their "convenience charge" will be). But, we are planing to buy group discounted tickets for all who want to join us, for only \$18 per person.

Send \$18 made out to Emilio Trampuz, 4742 Liberty Rd. S., Salem OR 97302.

Deadline for group tickets: **Sept. 16**. If you haven't mailed your check by then, bring it to our Seafood Party that day.

Freebies for all attendees

4 Canadian ski areas (Sun Peaks, Silver Star, Big White, Apex)

2 Idaho ski areas (Schweitzer Mt., Tamarack)

2 Oregon ski areas (Mt. Hood Meadows, and a "Fusion" lift ticket to either Timberline or Ski Bowl).

\$25 off at US Outdoor Store.

Canadian Ski Safari

Dec. 1 - 6 or 8, 2005. Minimum: 5 days. (Or, it could be done later, in April 2007)

This is one of our least expensive trips! 5 days for about **\$200-\$275** (for lodging and gas). The skiing is mostly free.

Totally informal. No reservations. No deposits. But if we are carpooling, let's coordinate. Let Emilio know.

We'll break the long 10-11 hour drive into two segments, with some extra skiing in between. Driving up, we'll ski at **Mt. Baker**, before driving on to **Sun Peaks**.

On the way back, you can be back home at the end of day 5 (Wednesday) if you only ski half a day at Apex and then drive straight home. For a **6-day** alternative, stop for one more day of skiing at Mission Ridge or Stevens Pass.

But, this year, Emilio proposes some of us extend the trip to 7 or 8 days. After Apex, go east along Canadian Hwy. 3, and then hit 2 or 3 of the following ski areas: Red Mountain, Schweitzer Mt., 49° North, or Mt. Spokane.

Dinner and Movie



Oct.26(Thur.)-Movie night! Dinner: 5:30 pm (optional) Movie: 8:00 pm.

We'll do dinner, as usual, at "**Madison on 5th**" and then go see the movie.Warren

Miller's latest movie is "**Off the Grid**", and it highlights the joy of skiing where no one has skied before.

The movie is at the Arlene Schnitzer Concert Hall, only 2 blocks from the restaurant. Easy walking distance.

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Printing / donating vouchers

Among the package of goodies, you will receive a large card with a special **10-digit code**. Use this code on Warren Miller's web site to unlock & print your own free vouchers.

NOTE: You will have to register the tickets in your name. So, if you intend to give them to someone else, give them the 10-digit code and don't register it in your name. Once they are in your name, they are not transferrable.

If you wish to **donate** your vouchers to the club, please mail the card with the 10-digit code to **Emilio Trampuz, 4742 Liberty Rd. S., Salem, OR 97302**, and we'll pass it on to those who didn't see the movie or saw it in Salem or Hood River, where there will be no Canadian lift tickets..





It helps that the Mountain High club is organizing a trip to 2 of these ski areas: Mission Ridge and Stevens Pass.

More info will be posted on our web site, and the **NWskiers.com** web site. Contact Steve Coxen, 503-679-9022, email: sacoxen@aol.com.

Warner Canyon Weekend Mt.High

Jan. 5 - 7, 2007.

As a result of the Ski Oregon Challenge, we discovered Warner Canyon as an excellent place for powder ski-

price. After those 44 spots get filled,

you can only join the trip if you

pay extra for one of the special

rooms (double occupancy only).



ing, especially on a Friday, since Warner Canyon is closed Monday - Thursday, so there's untouched powder on Friday! So, let's make this really fun:

Thursday eve	ening, after work, drive to Lakeview (Oregon).
Friday:	Ski Warner Canyon, then drive to Ashland.
Saturday:	Ski Mt. Ashland, then drive to Eugene.
Sunday:	Ski Hoodoo, then drive home.

This will be totally informal. It's not an official "trip", but a simple road trip, either carpooling or caravaning down there. If there is enough interest, we might hire a bus.

Take Hwy 97 past Bend. At La Pine, take Hwy 31 to Lakeview.

If you are interested, please contact Emilio, 503-378-0171. We need to start figuring out how we will carpool, or if there is a need for a bus.

FWSA 2007 Ski Week FWSA

Steamboat Colorado

Jan. 27-Feb. 3 The biggest trip of the year, with clubs from all far West-

ern States participating. The Northwest now

has only 36 spots allocated. Only 3 spots remain (but we may be able to fit in more)!!!

Steamboat is home to former Olympian -Billy Kidd, and home to champagne powder.

Price: \$850 plus \$365 for airfare.

Price includes 7 nights lodging (dbl occ.), 5 days' lift tickets, Welcome party, Mountain Picnic, 3 races, Farewell Party, and much, much more. Third deposit due now. If you haven't sent any yet, a total of \$700 is due.

See details on page 10.

Contact: Rod Robinson, 1- 541-344-7170, rdrobinson@aol.com



continue skiing at Snowbasin and Powder Mountain, or drive to enner the other ski areas. With several SUVs at our disposal, we can even separate into smaller groups going to different places. Park City might be an excellent option for the last day of the trip.

For a **land-only option** (without airfare) please subtract **\$250**. If you don't need to join in the car rental, subtract **\$130**. Let us know about it.

Emilio & Linda are working on this together. Emilio for the shorter trip, Linda for the longer one. Linda is the overall trip leader. Contacts:

Emilio: 1-503-378-0171 or email: info@mthigh.org.

Linda: 503-412-3531, or email: <u>Trips@mthigh.org</u>.

To reserve your spot, send a **\$500** deposit, made out to **Mountain High Snowsport Club**, and mail it to Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

Remember to indicate which trip you are signing up for: 4 days or 7 days, and whether you are flying with us.

NOTE: It is important to sign up early. There's a lot of interest in this trip. First come, first served. All deposits must be in by **Oct. 31**, or air and lodging spots may need to be released. Final payments by **Dec. 10, 2006**.

Optional pre-trip to Switzerland & post trip to Rome & Florence.

plus a \$150 fuel surcharge.

Details in <u>flyers</u> on our web site.

Deposit: \$200 to Far West Ski Association, c/o Norm Azevedo, 901 Sousa Dr., Walnut Creek, CA 94597-2922.

Contact Norm at 1-925-944-9816 or **<u>fwsatravel@sbcglobal.net</u>**.

Powder Mt.: 2,000' vertical, and 5,500 acres (the largest in the U.S.) 1 Express Quad, 1 Fixed Quad, 1 Triple, 1 Double. Snowcat ride: \$8.

Snowbasin: 2,959' vertical, and 2,800 acres. 1 Tram, 2 Gondolas, 1 Quad, 4 Triples, 1 Double.

MOUNTAIN HIGH

Mt. High Cascade Lodge

March 3-4 2007.

2days/ 1night

at the friendly



Cascade Lodge in Govmnt. Camp.

We'll ski both days, Saturday and Sunday, most likely at Ski Bowl, just across the highway!

In the evening, we can party at Charlie's (just across the street)!

Price: Only **\$17** for lodging per night (in bunk beds). This is a special introductory guest rate just for our club for this weekend.

Dinner & breakfast will be available for a good price. Let us know if you'll have some, so enough can be prepared.

We need to have a head-count by December 15. So, please put this weekend on your calendar, and let us know you are coming.

Contact Emilio Trampuz, 1-503-378-0171 or **info@mthigh.org**.



Ski Bowl has the best views of Mt. Hood! And great powder in the upper bowl!

Check our web site for trip updates www.mthigh.org/Trips.htm.

Mt.High

"Say WA" bus trip

Mission Ridge & Stevens Pass

March 16-18.

2 days/ 2 nights. The bus trips are usually our club's best and most fun events. You don't have to miss any work days, as this is just a weekend.

Trips

We will leave Friday around 5 pm, and return Sunday night. We'll visit:

 Mission Ridge, with a new express lift installed last season. You can ski by a World War II bomber that crashed on the mountain! 2.200' vertical. 1 Express Quad, 3 Doubles.



Harry @ Mission Ridge

2. **Stevens Pass**, lots of tree skiing, front and back + lots of cruisers! 1,800' vertical, served by 3 Quads, 4 Triples, 3 Doubles.

Lodging: Both nights, we'll stay in the charming town of Leavenworth. We have booked almost the entire Obertal Inn, just for us! Most rooms have 2 queen beds, some have 1 king bed. There are also 2 Fireplace Suites and 2 Jacuzzi Suites. If a couple wants to book one of those suites, each **person** would pay an extra \$42 for a Fireplace Suite or \$64 each for a Jacuzzi Suite. First come, first served. Reserve your's soon!

An "expanded continental breakfast" is included.

Price: Only **\$200** for lodging and transportation, plus approx. **\$38** per lift ticket (exact price tba later). We will be getting deeply discounted lift tickets at the hotel.

The trip price is based on 26 people. For each 2 people that sign up over that number, the price for everyone will go down by \$4 . (For example, at 32 people it would cost \$188 each, and at 42 people it would cost only \$168 each!) So, let's make sure everyone goes on this trip!

Contact: Linda McGavin (trip leader) or Emilio Trampuz (co-captain).

Reservations: Send a \$100 deposit made out to **Mountain High Snowsport Club**, and mail it to Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

Remember to specify if you want one of the special rooms. NOTE: Only 44 spots available at the standard rate. After those 44 spots get filled, you'll only be able to sign up for the more expensive rooms (double occupancy only).

P.S. In case you didn't know, "Say WA" is Washington's new slogan.

Mt. Bachelor Weekend / FWSA Championships



Many will come to Bend just for fun!

Mar. 30 - Apr. 1. Multiple events. Our last PACRAT race of the season on Sunday. The Far West Championships will have a Slalom on Saturday and a GS on Sunday. All PACRAT racers can enter both races. We'll all drive to Bend. Activities at the Riverhouse. Info: Mary Olhausen: omary52@comcast.net

page 7

SNOWSPORT CLUE

CLUB

MOUNTAIN HIGH

Ski Area News

SNOWSPORT

More New Lifts!

In addition to the new lifts at Silver Star and Big White, there is also a new lift at Sun Peaks! All this should make this year's Canadian Ski Safari a joy!



Sun Peaks has added a new express quad serving the black and blue runs like Caribou and Coquihalla (where races are often held). The new lift connects with the top of the Sunburst Express.

New Season Passes

Mt. Hood SKi Bowl and Timberline have paired up to offer a joint season pass, named the Fusion Pass. Get two season passes for the price of one! But you must pair up with someone to buy 2 passes together.

For adults (ages 23-64), it costs: \$399.

For ages 15-22, it costs: \$299.

For ages 7-14, it costs: \$199.

Mt. Hood Meadows is offering the usual types of passes for the same price as last year. The most popular early season pass requires that you pair up with 3 other people for a 4Buy4 pass. The prices are:

4Buy4 pass (for ages 23-64) costs: \$400.

3x3 pass (for ages 15-22) costs: \$300.

2x2 pass (for ages 7-14) costs: \$200.

10-time pass (purchased at Ski Fair): \$295.

NOTE: Consider if you really need a season pass. For example, at Meadows, the 4x4 pass pays off only if you'll ski at least 13 times there. Otherwise, the 10times pass is better.

Remember also the Washington Ski Challenge and the Oregon Ski Challenge (see p. 5). Also the Canadian Ski Safari, and any other trips you are planning.

To find partners for the passes, see our web site Forum.

Mt. High Letters

Which is more up-to-date, the latest copy of "Lift Lines" or the info on our web site?

A It depends on the time of month. Usually, the web site wil contain more recent updates. We can usually update the web site at a moment's notice. The exception is during the first few days after a new issue of "Lift Lines" is published (usually a few days after the first Tuesday of the month). During those few days, when the newsletter is still fresh, it will have the latest info, until we update the web site as well.

How long does it take to put the newsletter together? - *Meg*

A Meg, when you first asked me this, I said it takes about two days, usually a whole weekend. But, if you add all the preparatory work, it actually takes a bit longer. Almost every article or announcement requires some research, or some emailing back and forth to get all the facts. Or, I might need to search the web for some suitable ski area photos. Or, even if the photos are all my own (from a trip), I still need to process them in Photoshop, crop and resize them, etc. This preparation can extend for days prior to the publication.

Finally, one of the most time-consuming tasks is fitting all the text and the photos in the avaiable space on the page. Sometimes it means agonizing over which word can be taken out without losing the meaning. - *Emilio*

Q I'd like to mail you a flyer (or a photo), but I don't know your mailing address. Also, can you give me Linda's email address? - *Various people*

A If you are sending any money to the club, use the **Dough Transmittal Form** and mail it to the club's PO Box. But, if you are sending in something for the newsletter, mail it directly to **Emilio**, whose address appears on the last page of each newsletter. Also, all our club officers' email addresses and phone numbers are listed on page 11 (page before last). But you are at work and don't have the newsletter with you. No problem. Just go to the <u>Contacts</u> page on our <u>web site</u>.

What kind of winter might we expect this year? How much snow can we expect?

A We are getting two different answers from two different sources. Should be interesting to see who is right. The **National Weather Service** forecasts a mild "El Niño" effect, with warmer temperatures and less precipitation. But, the **Farmers' Almanac** forecasts a very cold winter in the Northwest, with lots of snow. I'd rather go with the Farmers' Almanac!!! Lift Lines 69, September 2006

MOUNTAIN HIGH

PACRAT and NWSCC News

SNOWSPORT

page 9 CLUB



The PACRAT race dates for next season have been confirmed. Also, **for all future years,** we'll try to keep the exact same weekends, so we will always know in advance when the races will be held, and thus plan our ski trips around it.

Note that these are all standard dates. Only the 5th race at Mt. Bachelor is an exception this year.

Ra	ice Weekend	<u>Date</u>	<u>Place</u>
1.	2nd Sunday in January	1-14-07	Timberline
2.	4th Sunday in January	1-28-07	Meadows
3.	3rd Sunday in February	2′18′07	Ski Bowl
4.	2nd Sunday in March	3-11-07	Meadows
M.	4th Sunday in March	2-25-07	Meadows
5.	1st Sunday in April	3-31-07*	Bachelor*
R.	2nd Friday in April	4-13-07	

 $\mathbf{M} =$ Makeup race (only if another one is cancelled).

R = Rat Attack (the Awards party)

* <u>Exception</u>: This year, the 5th race will exceptionally be held on **Saturday, March 31, 2007**, at Mt. Bachelor, because it will be combined with the Far

West Championships. Most other years, the 5th race will be held on the 1st Sunday in April, at **Mt. Hood Meadows**.

The final and most accurate dates will always be posted on the PACRAT web site at: **www.pacrats.org**.

Looking of a Racing Director



Gordon Lusk has been our Racing Director for the past 2 or 3 years, and what a great job he did! You have to thank Gordy for all those free clinics we had in the last 2 years.

But, Gordy has now moved to Hood River. He'll still be racing with us, and he is also on

the PACRAT Board, where he will help Bruce set up race our courses. But, he says: "It will be difficult to do the job of Racing Director correctly from Hood River. I can carry on with the Race Director job for this season as best I can, but please start looking for a replacement. I will be happy to help anyone who would like to slowly take over."

One of the main responsibilities of our Racing Director is at the beginning of a new season (October -December) coordinating the team signups, finding a team for new racers, possibly coordinating with other clubs in case we have an overflow, reviewing team registrations and Release forms for accuracy and completeness, and submitting all the team rosters to the PACRAT Board.

If interested, contact Gordy at 503-804-8363, or email **GordyLusk@hotmail.com**

Join a team!

Wanna meet 9 ski buddies for the winter season? Join a PACRAT team. It's fun. We'll find you a spot on a 10-person team. We need racers of all ages (over 21) and abilities, including total beginners!

We'll ski together, run some gates, maybe win some prizes, and a party is included at the end of every race day. 5 races per season. Only \$85 per person.



page 10

MOUNTAIN HIGH

FWSA - Far West Ski Assoc.

FWSA

SNOWSPORT CLUB

Far West Ski Association FWSA FWSA

The Far West Ski Association (to which we all belong) organizes at least 2 big trips each winter:

a) A National Ski Week - this year to Steamboat, Colorado, January 27 - February 3, 2007. See more info in the next column on this page.

b) A European trip - this year to Bormio, Italy, March 3 - 11, 2007. See page 6.

SKI WEEK 2008 AT WHISTLER

The next Far West Ski Week, January 19-26, 2008, will be at Whistler/Blackcomb. Jot that down. We'll have the opportunity to try the new Piccolo express lift (see Lift Lines 68 -August- page 8), and to preview the slopes of Whistler and Blackcomb mountains before the Winter Olympics, to be held in 2010.

FAR WEST RACING ASSOCIATION

FWRA is the racing arm of FWSA. Every winter, it organizes at least 2 major racing events:

a) Three races (a qualifier, a slalom, & a GS) during the Far West Ski Week (this year in Steamboat).

b) The Far West Championships, usually in April, and most often held at Lake Tahoe ski areas, but this coming season, the Championships will be held at Mt. Bachelor, March 30 - April 1, 2007. All our PACRAT racers automatically qualify for the Far West races, if they wish to participate.

FWSA Leadership

Considering that **Mountain High** is only one of over a hundred clubs represented by the Far West Ski Association, it is pretty impressive that 3 of the top FWSA officials are members of our club.

Randy Lew is the FWSA President.

Debbi Kor-Lew is VP of Marketing

Steve Coxen is chairman of the Board of Trustees. More info on the FWSA web site: www.fwsa.org.







Randy Lew

Debbi Kor-Lew

Steve Coxen

FWSA Ski Week

FWSA



Jan 27 - Feb 3,2007. The biggest ski party in the West is the annual Far West trip, involving dozens (if not

hundreds) of ski clubs throughout the Western States (OR, WA, ID, NV, CA, AZ, NM). See the FWSA web site: www.fwsa.org.

36 spots are reserved for Northwest skiers. Only 3 spots remain! We may be able to accommodate a few more.

The phrase "champagne powder snow" was coined at Steamboat. With 20 lifts serving 143 trails, 3,600 vertical feet, and nearly 3,000 skiable acres, Steamboat provides a variety of terrain for every level of skier. Steamboat's six peaks are filled with groomed cruisers, bumps, steep, open meadows and legendary tree skiing.

The price of \$850 includes:

- * FWSA lodging (double occupancy);
- * FWSA amenity package (all kinds of goodies);
- * Lodging at The Lodge at Steamboat, located just 200 yards from the gondola;
- * Welcome Party, Après Ski Party, Mountain Picnic, Farewell Awards Party;
- * 3 Races: and
- * 5 of 7 day Lift Tickets.
- NOTE: Air & ground transportation will be an extra \$365. Thus, the total cost is: \$1215.

Reserve your spot by making a \$700 deposit!

Payment Schedule:

Initial deposit:	\$100.
July 1st:	\$250,
September 1st:	\$350 due and
November 1st:	remaining balance due.

Trip cancellation policy: Cancellation from July1st until September 1st will result in a \$25 cancellation fee, cancellation between September 2nd and November 15th will result in a \$100 cancellation fee. NO **REFUNDS** after November 15th.

Please make your checks payable to: Northwest Ski Club Council, P.O. Box 1915, Portland OR 97207.

Contact Rod Robinson 541-344-7170, rdrobinson@aol.com

Lift Lines 69, Septemb	er 2006							page 11
MOUNTAIN HIGH		Club info				S N O W S P C	RT	C L U B
Mt. Hood He	eritage Day +	Silent Auctio	on & Raf	fle		Mountain H	ligh	Meeting
* Drive up the old west-I * Heritage Booths: Varia * Barlow Road Pioneer I * Ski Bowl Adventure P	Hood and recreation. day of fun, * Mt. Hoo eg road to Timber ous outdoor recrea History Camp; *	tion clubs and Arts & crafts	rich histor ernment C es, includi open hou n collectib d organiz s demos d	ry of outd Campfora ing: se 10 - 5 ble vehicle ations. uring the c	loor afull pm. es. day.	<i>First Tuesda</i> Oct. 3 (Tues.): C to get more invol- organizational m events. Gather at 6:30 pm Location: Round SW Barbur Blvd. tol Hwy.	Open to ved wi heeting n. Star I Table	o all who want th the club. An g to plan future t at 7 pm. e Pizza, 10070
Mountain High	snowsport clu	ib contact	S:		G	eneral information:	info@	<u>MtHigh.org</u>
President:Gary Stevenson, H: 503-257-6368,Vice-President:Terry White, H: 503-297-1427, W: 503-296-6075, TWhite223@msn.comSecretary:Sue Bennett, H: 503-774-8747, OptomistSue@comcast.netTreasurer:Kurt Krueger, H: 503-625-1492, telek2@att.netRace Director:Gordy Lusk, H: 503-804-8363, GordyLusk@hotmail.comNewsletter Editor:Emilio Trampuz, H/W: 1-503-378-0171, info@mthigh.orgActivities Director:Jaxine Harris, H: 503-692-9719, JaxineAH@msn.comNWSCC Rep:Debbi Kor-Lew, H: 503-682-1563, W: 988-5138, ijustwannarun@aol.comMarsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.comLinda McGavin, H: 503-652-2840, W: 503-412-3531, Trips@mthigh.orgLarry Bennett, H: 503-760-2360, BENNETT896@aol.com						om @msn.com		
	DOU	GH TRA	NSMI	TTAL	FOF	RW		6
						ligh Snowsport		
PLEASE PRINT CLEARLY: Name(s): Address: Phone (Hm):	[] New membe	e (Wk):	[]R	enewal	Wherea zation of bers wh member events activity respons erate ac conseq is, stuff be blan except	Portland, OR 97 is the Mountain High Snow offun loving ADULTS whose to volunteer their efforts for ers and friends, please reme I do so at my own risk. S , includes inherent risks. I w isbilities and join in the Club dult. I will not hold the Club uences of my decisions an- just happens sometimes ar edfor helping us have fun for a leftover banner, some titles with the Club's name	sport Clu e events a or the enj ember wh porting a ill evalua of un as a r or any Cl d my beh nd the clu . Besides, e balloon	b ("Club") is an organi- are organized by mem- oyment of their fellow wen I participate in Club activities, indeed, any te my own abilities and esponsible and consid- ub officer liable for the avior. The bottom line b volunteers are not to the Club has no assets, s, or a couple of empty
Email Preferences: - Ne [] No changes - Cl (same as last year) - Or	ub news & events (b	etween newsl	letters):	[]ye	es []r	10		
Please take my money, a								osit?Paidinfull?
Membership Dues (1		0	•					
 PACRAT Racing Tota Utah 4-day (Feb. 9 - 1 								
Utah 7-day (Feb. 9 - 1		-						
□ Washington bus trip		-						
□ Other:			•		\$			

_____ Date:_____

page 12

Club membership = 198 **Newsletter Distribution**

The September issue is posted on our web site, and also: **240** copies via email

32 paper printed copies sent via US Mail. Copies are sent to potential members, other clubs, etc.. Please help us minimize the cost of mailing paper copies. Send your email address to: info@mthigh.org.

Sheridan's bike trip around Europe

Sheridan and her friend Barbara spent 5 weeks cycling around Europe, and they have a wonderful multimedia show to share with you. See it at: <u>http://photoshow.comcast.net/watch/yn5Xq3bq</u>

Sheridan says: "Barbara and I spent about 8 months researching it and did ALL the booking and planning, and so it cost us about \$1700 each for the 5 weeks. We each flew free on frequent flier miles, and hopped trains in between sections, and we had to buy fare for our bicycles as if they were children.

We were in 4 countries, the highlights being in Vienna, Budapest, Salzburg. The stories I could tell about our bikes being tied with string to a hydrofoil going 80 mph, and being held hostage in Bratislava....The concentration camp in Austria is now a very moving international peace memorial."

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

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



Lift Lines 69, September 2006

Bike Rides

- by Janet Siverts-Smith -

Come join me. Here are some organized rides that I have done in the past . Contact me at: jsivertssmith@fs.fed.us

September 9-17 (Sat/Sun.) - CYOR the Week Ride http://www.cycleoregon.com/default_week.htm

September 24 (Sun.) - Peach of a Century www.salembicycleclub.org/majrides/majrides.html

Hillcrest Ski & Sports Race Night(s)

Oct. 12-13 (Thur.-Fri.) NOTE: Greg is a Mt.High member.

Great annual sale. On Thursday the 12th, the factory reps will be on hand to answer questions and help with gear selection. The prices will be well below retail, so it is a great oppourtunity to get the latest gear. This is not just for race equiptment but is open to all levels of equiptment.

Location: Hillcrest Ski & Sports store. 2506 SE Burnside Rd, Gresham, OR 97080

For info, call the shop at 503-665-4455. Ask for **Greg**, Steve or Dex. Web site: <u>www.hillcrestsports.com</u>

