



Lift Lines

== No. 72, December 2006 ==

Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208



Hi folks!

This is going to be the **last issue** for those who have not renewed their membership. Sorry to see you go, but many new members have joined the club too, recently. See page 8.

Most trips are already **full!** Wow! But, join us on some of the more informal trips still open. Especially the **March 3rd** night! See page 7.

January will be full of events. See page 12 for some of them.

Join us on some of the "race" days, even if you are not a racer. Just come ski with us!

Emilio



Ed, enjoying a bottle of "Thirsty Beaver" beer at Silver Star (British Columbia).

Read more about the Canadian ski safari, one of our least expensive trips, on pages 2 and 3.

INTHISISSUE

- * Canada Ski Safari photos, p.2-3
- * Ski Washington Challenge, p. 4-5
- * Q&A; Ordering club shirts: p. 8
- * Beat the January Blues, p. 10

Note the color code.
Our club is blue.

2006 CALENDAR

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

Dec. 2-6 Canadian Ski Safari 5-day
Dec. 2-9 Canadian Ski Safari 8-day
Dec. 19 (Tue.) Christmas Ships happyhr

2007

Jan. 2 (Tue) Mt. High Board mtg.
Jan. 5-7 or 19-21: Southern Oregon ski safari (Mt. Ashland, Warner Canyon, Hoodoo)
Jan. 12 (Fri.) Happy Hour (see p. 10)
Jan. 13 (Sat.) Mt. High Race Clinic
Jan. 14 (Sun) PACRAT race Timber.
Jan. 27 (Sat.) Mt. High Race Clinic
Jan. 28 (Sun) PACRAT race Meadows
Jan.27 - Feb.3 FWSA Ski Week, Steamboat, Colorado.
Jan.30 - Feb.4 Big Mt. (Skiyente)
Feb. 9-16 Utah: Powder Mt/Snowbasin
Feb. 18 (Sun) PACRAT race Ski Bowl
Mar. 3-4 Cascade Lodge weekend
Mar. 3-11 FWSA trip: Bormio, Italy
Mar. 10 (Sat.) Mt. High Race Clinic
Mar.11 (Sun) PACRAT race Meadows
Mar. 16-18: Bus trip: Mission Ridge & Stevens Pass (Leavenworth, WA)
Mar.30-Apr.1 Mt. Bachelor weekend: Far West Championships + PACRAT
Apr. 13 (Fri.) PACRAT Rat Attack

Mt.High

Christmas Ships Parade

Mt.High

DATE: Tuesday, Dec. 19, 2006.
TIME: 5:00 pm (or whenever)
WHERE: Marina Fish House
0425 SW Montgomery
Portland (Harborside area)

Happy Hour
on the Willamette



WHAT : Celebrate the Holiday with the Mt. High Moose brigade as we gather to watch the infamous parade of Christmas ships.

The Marina Fish House is the former floating Newport Bay restaurant on the Willamette River. The restaurant has a new look inside, but it is still part of the Newport Bay chain.

DETAILS: This gathering hole is a great place to be for watching the ships. They gather in the harbor around 6:30 pm, right in front of the restaurants before they start the cruise. The cruise from this point usually starts around 7:00 pm. The official restaurant Happy Hour is 3-7 pm. This translates into **cheap** eats and drinks.

Soooo, put on your Santa hat, a song in your heart and let the eggnog bring you great **JOY!!**

CONTACT: Jaxine Harris 503-692-9719
(the Yellowstone wanderer)

Mt. High

Canada Ski Safari -- Dec. 2 - 6, 2006.



- by George Yun -

Boy-oh-boy am I glad I went on the Canadian Ski Safari.

The first day at **Mt. Baker** was the preview of what was to come. Not only did Baker receive tons of snow for days leading up to our visit, the sun decided to come out and showcase the Mount Baker and

Shuksan's majestic peaks. Fresh/cold powder and sunshine is a rare combination at Baker but that's what we got on that first day of our ski trip. What a way to start!

Sun Peaks the next day followed through with an encore performance. Sun Peaks is the second largest ski resort in Canada after W/B and 100% of the mountain was open! ...and it's only December 3 - yo! Sun Peaks had variety of nice cruising runs off Sundance and Mt. Morrisey peaks to warm up your legs. Now you are ready to head on over to Sunburst and Crystal peaks that are littered with steps and mogul runs with trees nicely sprinkled in here and there. Sun Peaks is a big enough resort to ski for multiple days but I think we managed to sample little of everything to crave for some more. I was stoked!

Sun Peaks



Now how can you top Baker and Sun Peaks? Well, I think snow gods smiled upon us once more and the next day at **Silver Star** turned out to be the highlight of the trip, for me at least. Reading the stat sheet did not impress but what a kicka\$\$ little mountain the Silver is! We managed to hit it on powder day and on a day when Silver opened 100% of their mountain - just for us good folks from Mt. High - YO! The backside of Silver is littered with steep chutes and challenging terrains that would not be skiable, at least

not desirable to ski, on days when conditions are sketchy. However, the day at Silver turned out to be an epic powder day and totally skiable. I was grinning ear to ear at the end of that day.

I've been hearing whispers that **Big White** is called Big WhiteOut for a reason. ...Oh, well, I thought, at least I had three wonderful days of skiing to fall back on.

Big White:
Kurt, George,
Bob, Terry, Kay.



... Hello Big White and Big Blue sky! Man, can you believe our luck on this trip? Ok, we find out that only half of the mountain was open but by this time my legs were telling me that half was plenty. Big White is a family resort with lots of cruising runs. From what I can tell, the B/W has one of the best tree and glade skiing, and I got to sample a tiny bit. Terrains that were open were moderate but there were enough rolls, bumps, and obstacles to keep things interesting and fun. Another good day, eh?

For most of us the fifth day at **Apex** was the last stop, and by that time I believe we've shifted our gear down a notch and we were ready to come home. Only half the mountain was open and that was just enough for half-day and weary legs ready to come home. You can tell Apex has steep runs very similar to Silver and it is a place that I'd definitely like to come back to when it's all open.

What a trip! Thanks, Emilio, for organizing this. I will definitely keep my eyes open for the next year's version.

Tom, Bob and Kay at
Silver Star



Canada Safari - by Terry Swan



I was surprised at how much fun mountain hopping would be. I tend to like to stay in one place and spend more time on a single mountain - but this trip was fantastic.

George was right - the snow gods really smiled on us. I can only hope we will ever see so much great snow and blue skies that many days in a row again. I can't complain about the company either. What a fun group to ski with. I appreciate your patience and ski tips. What a way to start the season!!

Canada Safari - by Rosie Weber



Emilio did a great job in putting the itinerary together and packing it so full of all the useful information. It made the trip run so smooth. We were able to better predict how long the drive would be from one point to the next. It made it easier to decide where to put up for the night and what time to get started in the morning.

Doing the trip as a foursome, sharing a single car, and staying in nearby towns instead of on the mountain certainly has its advantages. The four in our group paid only **\$168** each. That was for the lodging, gas and highway toll. The skiing was mostly free (in Canada), and we paid approximately an additional \$99 for two days of skiing in Washington (at Crystal Mt. and Mt. Baker).

There didn't seem to be a lot of breakfast choices in the village at **Sun Peaks**. When we stopped for lunch at the little lodge up on the mountain I found out they serve a well rounded breakfast in that same little lodge for a real reasonable price. I'll be sure to keep that in mind for the next time! *(Emilio's note: The Paradise Camp cabin on the back side of **Silver Star** also serves a full breakfast, we found out on this trip.)*

I had a great time! It's one of the most inexpensive trips I've been on. I'm hoping the free skiing is offered again in the future..... I want to do the trip again! I'm looking forward to it!!!

Canada Safari - by Kay Kinyon



The trip was the best season start I have ever had. Mt Baker was a bluebird day with plenty of fresh snow. My top three stops were **Silver Star**, **Mt. Baker** and **Sun Peaks** in that order.

I enjoyed the loose organization of the trip that allowed me to leave a little early most days (about 3:30 PM) so that I arrive fairly early (about 5:30 PM or so) at the next resort so that I could make lodging arrangements without reservations!

Emilio, Kay, Terry, Kurt, Bob, Alex, Sandra, Rob, Tom, and John (on snowboard)



Cost of the Ski Safari

Shared among 4 people, it was only **\$168** per person.

With 3 people in a car, and a mix of lodgings, including some on mountain and some in town, it was **\$206** pp.

With only 2 people per car, and staying in the mountain villages every time, the cost was abt. **\$350 - \$370** p.p.

That's a great price for 5 days of skiing! Most normal ski trips cost over \$100 per person per day.

How to make it better next time

Tom: Go for quality, not quantity. Visit only areas that have the most snow. Min. 2 night per resort, assuming one free day from W. Miller and a 2-for-1 from the hotel.

A rental van might speed things up, and make the trip more fun, with different conversations while driving.

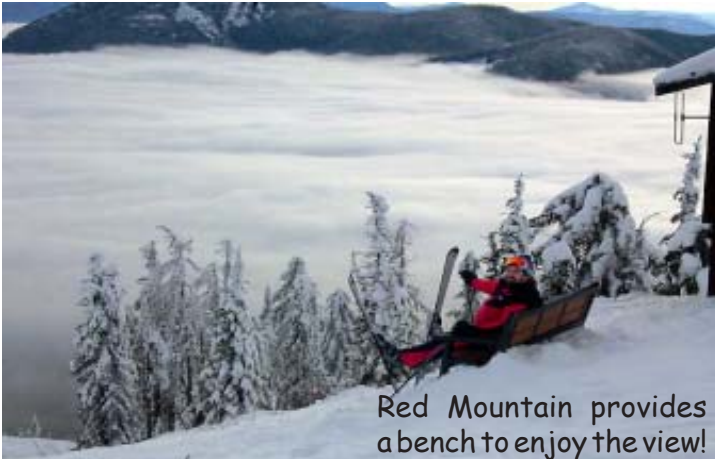
Sandra: Maybe do the trip a bit later in December, for more snow. Flying to Kelowna and renting a car there might be a good option to eliminate the long drive. But, driving is more cost effective.

Extended 8-day Safari - by Emilio Trampuz



The extra 3 days of the Canada Ski Safari were full of pleasant surprises.

The main lift at **Red Mt.** did not open until the day after we left, which was a huge disappointment, but we found that the often neglected smaller hill at Red Mt. is actually bigger than expected, with 1,300' vertical, amazing views, powder & glades. By contrast, both **49° North** and **Mt. Spokane** were completely open, with great snow. We had great fun. If only our legs could have kept up with our hearts and minds!!! See separate article on the [Washington areas](#).



Red Mountain provides a bench to enjoy the view!

Ski Washington Challenge



Bob at 49° North

There are about 100 ski areas within a day's drive from Portland. If you visit only one of them per year, it would take you 100 years to visit them all. You will never see them all that way!

But, you can drive and visit 2 of them each weekend. Start with your own State. Or a neighboring State.

Bob Voss and **Emilio** already visited 3 Washington ski areas, and found that both **49° North** and **Mt. Spokane** are much larger than you'd expect. We rang the Norse god's bell at **49° North** and ducked into the trees at **Mt. Spokane**. See more at:

www.mthigh.org/Articles/Ski-Washington-Challenge-diary.pdf

But **David Schor** has us all beat. He skied at 5 Washington ski areas over two weekends in November, and then added 2 or 3 more early in December. He is already close to the goal of skiing at least 10 of Washington's ski areas. Read David's blog at:

<http://skiwashington.blogspot.com>.

Next Canada Ski Safari



December 2007 or January 2008.



After doing the basic 5-day safari to Canada for 4 years in a row, it's time to try something new. How about this:


Instead of driving up I-5 and returning down Hwy 97, let's go up Hwy 97, visiting **Silver Star** and **Big White**, and then move further east and come back down Hwy 95, visiting **Kicking Horse**, **Panorama**, **Kimberley**, maybe **Fernie**, and **Schweitzer Mountain**. That's 7 resorts. Maybe too many. The difficulty will be selecting just a few, and deciding if we want to spend 2 days at any one of them.

Rosie says: "I was talking to a girl in the coffee shop at Silver Star, and she mentioned skiing **Kicking Horse** and **Fernie**. She said she's skied there on weekdays and was surprised she only saw 5 - 10 other skiers on the slopes all day. She said they are great ski areas. So, that would be a great option for a future ski trip! Looking forward to it!"



More info on the TRIPS page on our web site www.mthigh.org

Ski Oregon / Washington Challenge

Winter 2006/2007. **NWSCC** 

The NWSCC, in cooperation with the local ski industry is expanding its ski challenge to the State of Washington.

Washington has 14 ski areas. To meet the Challenge, you will need to ski/ride at least 10 of these in a single winter season. Extra credit will be given for the 4 optional ski areas: Hurricane Ridge, Leavenworth, North Cascade Heli-Skiing and Cascade Powder Cats.


It helps that the Mt. High club has a trip to 2 of these ski areas: Mission Ridge and Stevens Pass. Also, we'll hit a few on the way to Canada.

The **Ski Oregon Challenge** will continue too! Ski 9 of 11 Oregon areas.

These two are separate challenges. You don't need to do both.

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



Mt. High Sunny Southern Oregon ski safari 

Jan. 5 - 7, 2007.

Backupdate(ifnosnow):
Jan. 19-21


As a result of the Ski Oregon Challenge, we discovered Warner Canyon is an excellent place for powder skiing, especially as it's closed Monday-Friday, so there's untouched snow on Saturdays! Let's make this a really fun 3-day weekend:



- Thursday evening**, after work, drive to Ashland (Oregon).
- Friday**: Ski **Mt. Ashland**, then drive to Lakeview.
- Saturday**: Ski **Warner Canyon**, 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 caravanning down there. So far, about a dozen people are interested in doing this.

If you are interested, please contact Emilio, info@mthigh.org 503-378-0171. We need to start planning how we will carpool.

FWSA FWSA 2007 Ski Week 

**Steamboat
Colorado**

Jan. 27-Feb. 3

The biggest trip of the year, with clubs from all far Western States participating. The 36 spots reserved for Northwest skiers are full. There is a waiting list. For each additional condo, we need a foursome.



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. **This trip is now FULL.**

See details on our web site and in previous issues of Lift Lines..

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

Mt. High

Utah: Powder Mt. & Snowbasin



Strawberry Bowl, Snowbasin

4-DAY TRIP: Feb. 9-13 (Fri. - Tue.)**7-DAY TRIP: Feb. 9-16** (Fri. - Fri.)

Two simultaneous trips, 4 or 7 days. Both groups will ski together the first 4 days. We'll leave Portland together, on a Southwest flight at 6:40 pm.

We'll ski all 4 days (or all 7 days) and return home on Tuesday night (after skiing), or Friday night, 6:20 pm.

We'll stay in Eden, just 15 mins. from

Powder Mt., 20 mins. from **Snowbasin** and 10 mins from **Wolf Mountain** (night skiing!). About 80 minutes away are Park City, Deer Valley, and The Canyons. Some of us will ski at **Sundance** (the Robert Redfords ski area) on day 4.

The **4-day trip costs \$520, and includes:**

- * 4 nights in Red Moose Lodge (hotel rooms)
- * Continental breakfast buffet
- * 1 lift ticket to Powder Mt. + 1 to Snowbasin
- * Renting an SUV for each 4 people

The **7-day trip costs: \$750, and includes:**

- * 7 nights in Moose Hollow Condos (2 bd/2ba; **must** have 4 people per condo)
- * No breakfast, but there is a breakfast restaurant + a supermarket
- * 2 lift tickets to Powder Mt. + 2 to Snowbasin
- * Renting an SUV for each 4 people (for the whole week)

Buy your own airline tickets. Southwest has great internet fares, \$176 RT.

4-DAY TRIP:

Feb. 9 (Fri.): Depart PDX on flight 1985, at 6:50 pm. Arrive SLC at 9:35 pm.

Feb 13 (Tue): Depart SLC on flight 499, at 6:25 pm. Arrive PDX at 7:25 pm.

7-DAY TRIP:

Feb. 9 (Fri.): Depart PDX on flight 1985, at 6:50 pm. Arrive SLC at 9:35 pm.

Feb 16 (Fri): Depart SLC on flight 499, at 6:25 pm. Arrive PDX at 7:25 pm.

Only 2 (or only 4) lift tickets are included in the price of the trip, to give everyone more flexibility in deciding where to ski the remaining days. Additional lift tickets for Powder Mt. or Snowbasin can be purchased for \$48.

If you don't need to join in the car rental, subtract **\$130**, and let us know.

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: Trips@mthigh.org.

To reserve your spot, send a **\$250** deposit, made out to **Mountain High Snowsport Club**, and mail it to Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208. Use the form on page 11.

Tell us which trip: 4 or 7 days, and whether you are flying with us.

All deposits are due now! Final payment by Dec. 10, 2006.

This trip is full.
Waiting list, but need
twosomes for 4-day
and foursomes for 7-
day trip.

Skiyente Big Mt. (MT)



Jan. 30 - Feb. 4. A train trip. We've been to Big Mountain two seasons ago, but some of you missed that trip. So, here's your chance to see Big Mt.

The **Skiyente** (all female) ski club is organizing a trip to **Big Mountain**, Jan 30 - Feb. 4, 2007, and we are all invited to join in. **Details are on our web site.** For more info, contact: Colleen Walter, at colleenski2002@yahoo.com.

FWSA Bormio, Italy, 2007

March 3-11

7 nights/7 days with breakfast and dinner!
Round trip air-fare on



Delta airlines. Join a group of skiers from a variety of Far West ski clubs.

Price: \$1,335 - \$1,440 for food, lodging and transportation. It doesn't include lift tickets. Also, add approx. \$80 pp in taxes, plus a \$150 fuel surcharge.

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

Details in **flyers** 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 fwsatravel@sbcglobal.net.

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.

Mt.High

**Cascade Lodge weekend**

March 3-4

Let's spend the night at the Cascade Lodge in Government. Camp.



This is the weekend of the **Oregon Cancer SkiOut**, and the **Winter Games of Oregon**, and the **Ski the Glade Day!** We'll ski both Saturday and Sunday.

There will also be a **moonlight snowshoe and crosscountry trek** to **Trillium Lake** on March 3rd, led by **Heidi Munson**, who just joined the club. Contact Heidi at: 503-888-7031 or email her at:

Heidijo2005@hotmail.com

Lodging price: Only \$17 for lodging Saturday night (in bunk beds). Dinner & breakfast will be available for a good price.

We need to have a head-count ASAP. So, please send in your \$17 and **contact** Emilio, 1-503-378-0171 or info@mthigh.org.

We might also try some moonlight skiing at Ski Bowl or Timberline!



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

Leavenworth "Say WA" bus trip**Mission Ridge & Stevens Pass**

"Say WA" is Washington's new slogan.

March 16-18. **Trip is full. There's a waiting list.**

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.

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

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



Harry at Mission Ridge

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. We'll get 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).

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. See details on our [web site](#).

Info: Mary Olhausen: omary52@comcast.net

Welcome New Members



A warm welcome to new members who have joined us within the last month or two.

(Listed by first name, but related people listed together.)

Barbara Derkacht
 Brad Carbaugh
 Bradley Swan
 Terry Swan
 Colin Gadler
 Tim Gadler
 Chris O'Cell
 Mary Jane Toolson
 Christine Ciardi
 John Ciardi
 Craig Phillips
 Jan Phillips
 David Schor
 Frank Hadella
 Greg Dansman
 Irina Fonareva
 Roman Chamine
 Jeff Kingsbury

Joanne Lindberg
 Larry Lindberg
 Kathi Dausz
 Russel Duckworth
 Kathy Johnson
 Luis Martinez
 Mark Schulz
 Mary Panza
 Mary Pedersen
 Michael Johnson
 Mike Ford
 Nancy Panitch
 Sandra Busch
 Alex Smith
 Sean Fontaine
 Samantha Fonataine
 Todd Curzon
 WELCOME ALL !!!



Mt. High Letters

Q There is so much happening on March 3-4. How do I decide what to do?

A All of the events will be fun. Even if you don't participate in any, come to watch, or just to ski for fun. If you feel like doing something for a good cause, sign up for the [Oregon Cancer Skiout](#) (but remember that half the event happens on Monday).

If you have never tried the [Winter Games of Oregon](#), you should try it at least once. It's open to regular people of all ages. Some events are extreme, but the Super G is quite feasible. Its just like a GS race, only faster.

For **cross-country skiers** and **snowshoers**, you just have to try doing it under the full moon, with [Heidi Munson](#). Please contact her directly. See page 7.

Alpine skiers might also want to try skiing under a full moon, at Ski Bowl or Timberline, after dark.

The [Ski the Glade Trail Day](#) is an opportunity to ski from Timberline to Government Camp all day long.

Whatever you do, join us for a fun weekend and a \$17 bunk bed at the Cascade Lodge! Sign up now! See p.7.

Q I heard something about a snow shoveling scam recently? What is the danger?

A This is a little known scam usually perpetrated by a pair of astute scammers. Men are more likely to fall for it, but women should be aware of the danger too, especially if in a relationship with such men. Due to lack of space here, please see the full story at:

www.mthigh.org/Articles/Snow-Shoveling-Scam.pdf

Club logo or Ski Oregon or Ski Washington Challenge logo



You can now order a sueded finish 1/4 zip sweatsirt with the club's logo on it, for only \$25. 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. This is mainly cotton, for comfort.

If you want a similar garment to wear while skiing, go for the more high-tech breathable R-tek polyester sweatshirt for \$30.

Also available:

- * T-shirt (\$10),
- * Short sleeve polo (\$16),
- * Long-sleeve polo (\$18),
- * 100% cotton 1/4 zip sweatshirt (\$25),
- * R-Tek polyestes 1/4 zip fleece (\$30).



Most are available in yellow, royal blue, red, navy, and black. Ask about other colors. Choice of pocket-sized logo, or full-chest size (printed on front or back).

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

Please print the Garment Order Form at:

www.mthigh.org/Documents/Order-Form-Ski.pdf

PACRAT Race Dates



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

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

Race	Weekend	Date	Place
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	

M = Makeup race (only if another one is cancelled).

R = Rat Attack (the Awards party)

* **Exception:** 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.



New Racing Director



Bruce Ellison stepped in to fill the spot of Racing Director. Bruce is also the **InfraRats** team captain.

So, team captains, please contact Bruce from now on.

In the meantime, Gordy is still active in our club, and will continue to work on the Race clinics.

Contact Bruce at Yuffiet@comcast.net, or 503-697-7892.

Team bibs pickup - Team Captains' meet

Dec. 20 (Wed.) All team captains should come to the meeting this coming Wednesday, to hear what's new and to pick up the race bibs for their teams.

The meeting will start around 6:00 pm, at the **Round Table Pizza**, 10070 SW Barbur Blvd., Portland, near Capitol Hwy. (next to McDonald's). Remember, whoever shows up last, gets the pink bibs!!!

Our web site **Racing** page has a list of team captains, along with a lot of other information about our races.

Ski Improvement / Race clinics

Three training days are being planned for the upcoming season for Mountain High members. Always a day before a race. All the clinics will be at **Mt. Hood Meadows** on **Saturdays**, regardless of where the race will be held the next day.

The clinic dates are: January 13 (Sat.)
January 27 (Sat.)
March 10 (Saturday)



Mt. High race clinic

Far West Ski Association



Remember, we are all part of the Far West Ski Association, which unites most ski clubs in the West (Arizona, California, Nevada, Oregon, Washington). See www.fwsa.org

FAR WEST RACING ASSOCIATION

FWRA (the racing arm of FWSA) organizes at least 2 major racing events every winter:

- 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.

NWSCC Member Benefits

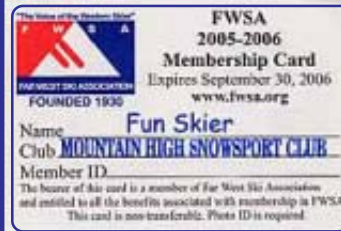
Our club is affiliated with the NW Ski Club Council, so you are entitled to all the membership benefits of this organization, See www.nwskiers.org.

Also, see a list of benefits at www.skifederation.org in the Members Only section. The user name is **skigroup** and the password is **24councils**.

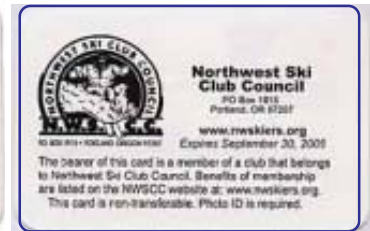
FWSA Mt. High Membership Cards NWSCC

Your club membership card pulls triple duty. It shows you are not only a Mountain High club member, but also a member of the Far West Ski Association and the NW Ski Club Council.

Front of the card:



Back of the card:



Mt. High

'Beat the January Blues' Happy Hour & More!

Mt. High

DATE: FRIDAY JAN 12TH

TIME: 5:00 pm or whenever

WHAT: Holiday letdown! Long dark January days! "BEAT THE BLUES" and end the week with your favorite Mt. High moose pack, and have a "HAPPY"- happy hour & more.

WHERE: MACARONI GRILL

17003 SW 72ND

Tualatin/Tigard (Bridgeport shopping center)

DETAILS: Plan on a whole evening out! The grill has wonderful food and everything on the happy hour menu is \$3.95. Happy hour is 3-6 pm.



After Happy Hour Options:

- 1) **A movie at the Bridgeport cinemas** - within walking distance of the grill.
- 2) **Drive to Tualatin-** only 7 min away and partake of one or all of the following on the lake.
 - a) **Haydens on the lake:**
Live music in a cozy lounge with excellent food.
 - b) **Parallel 45 Wine Bar:**
For the wine lovers, a quaint, cozy atmosphere done very well; serves food, some beer and wine flights. Located by Haydens on the lake. At times music too.
 - c) **Bushwackers - Dancing:**
Put on your cowboy boots and mosey on over to country - western dancing at its best. What a blast this would be. How long has it been since you've done a "boot scoot'en boogie"? Bushwackers is located behind Fred Meyers in Tualatin, 5 min from Haydens and Parallel 45.

OK, there is something for everyone here. BE GONE BLUES - LET THE GOOD TIMES ROLL!!

Contact: Jaxine Harris (the yellowstone bum): 503-692-9719

Sunny South Oregon Ski Safari



Jan. 5-7 (Fri. - Sat.)

Three-day road trip to 3 Oregon ski areas: Mt. Ashland, Warner Canyon and Hoodoo. Totally informal and flexible. In case of insufficient snow, we might delay this trip by 2 weeks. We'll leave Thursday evening (after work), and return by Sunday evening. Contact [Emilio](#). See page 5.

Mountain High Meeting

First Tuesday of the month.

Jan. 2 (Tues.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.

Gather at 6:30 pm. Start at 7 pm.

Location: **Round Table Pizza**, 10070 SW Barbur Blvd., Portland, near Capitol Hwy.

Mountain High snowsport club contacts:

- | | | |
|-----------------------------|---|---|
| President: | Gary Stevenson, H: 503-257-6368, | General information: info@MtHigh.org |
| Vice-President: | Terry White, H: 503-781-4558, W: 503-296-6075, TWhite223@msn.com | Web site: www.mthigh.org |
| Secretary: | Sue Bennett, H: 503-774-8747, | OptomistSue@comcast.net |
| Treasurer: | Kurt Krueger, H: 503-625-1492, | telek2@att.net |
| Race Director: | Bruce Ellison, H: 503-697-7892, | Yuffiet@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-Lew, H: 503-682-1563, W: 988-5138, | 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: 503-412-3531, | Trips@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"
Mail to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.*

PLEASE PRINT CLEARLY: New membership Renewal

Name(s): _____

Address: _____

Phone (Hm): _____ Phone (Wk): _____

Email (Hm): _____ Email (Wk): _____

Whereas the Mountain High Snowsport Club ("Club") is an organization of fun loving ADULTS whose events are organized by members who volunteer their efforts for the enjoyment of their fellow members and friends, please remember when I participate in Club events I do so at my own risk. Sporting activities, indeed, any activity, includes inherent risks. I will evaluate my own abilities and responsibilities and join in the Club fun as a responsible and considerate adult. I will not hold the Club or any Club officer liable for the consequences of my decisions and my behavior. The bottom line is, stuff just happens sometimes and the club volunteers are not to be blamed for helping us have fun. Besides, the Club has no assets, except for a leftover banner, some balloons, or a couple of empty beer bottles with the Club's name on them.

Email Preferences: - Newsletter (once a month): yes, link only yes, complete file no
 No changes - Club news & events (between newsletters): yes no
 (same as last year) - Other ski news (NWSCC, FWSA, ski areas, trips...): yes no

Please take my money, and apply it toward the following Ski Club fun stuff: Deposit? Paid in full?

Membership Dues (for 2006/2007): Single (\$25) couple (\$40) \$ _____

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

Utah 4-day (Feb. 9 - 13, 2007) Total \$520 Deposit: \$250 \$ _____

Utah 7-day (Feb. 9 - 16, 2007) Total \$750 Deposit: \$250 \$ _____

Cascade Lodge weekend (March 3-4) Total \$17 \$ _____

Washington bus trip (Mar. 16 - 18, 2007) Total \$200 Deposit: \$100 \$ _____

Other: _____ \$ _____

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

Signature(s): _____ Date: _____

Club membership = 210 Newsletter Distribution

The December issue is posted on our web site, and also:
268 copies sent 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.

How to Renew Your Membership

About 70-80 people have not yet renewed their membership. If you are one of them, please do so now:

Simply fill out a [Membership Signup Form](#), or a **Dough Transmittal form**. (These two are now one and the same.) You can find this form on **page 11** of this newsletter. Or, even better, find the form on our web site, on the [Forms](#) or [Member Benefits](#) page. Print it out, fill it in, and mail it to the club's address: PO Box 2182, Portland, OR 97208.

Enclose a check to **Mountain High**. You can combine your membership fee, PACRAT racing fee, and trip deposits into a single payment. Indicate on the form what the payment is for.

Also, indicate your newsletter and email preferences.

If you don't renew, this is your last newsletter.

Mt. High Events Coming up in January!

Jan. 5-7 : Southern Oregon ski safari
Road trip to Mt. Ashland, Warner Canyon, and Hoodoo. If there is not enough early snow at all 3 places, we might postpone this till Jan. 19-21. See page 5. Contact Emilio, 1-503-378-0171. info@mthigh.org

Jan. 12 (Fri.) 'Beat the January Blues'Happy Hour
Several post-happy hour options (moves, music, dancing). Contact Jaxine: 503-692-9719. See p.10.

Jan. 13 (Sat.) Mt. High Training Day
Ski improvement clinic with emphasis on precision in running gates. All Mt. High members welcome, both racers and non-racers.

Jan. 14 (Sun) PACRAT race Timber.
All non-racers are invited to join us at Timberline for an all-club ski day!

Jan. 27 (Sat.) Mt. High Race Clinic
Ski improvement clinic with emphasis on precision in running gates. All Mt. High members welcome, both racers and non-racers.

Jan. 28 (Sun) PACRAT race Meadows
All non-racers are invited to join us.

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

**LAST ISSUE FOR THOSE WHO
HAVENOTRENEWEDTHEIR
MEMBERSHIP.**

