



Lift Lines

== No. 73, January 2007 ==

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



Mt. High 'Beat the January Blues' Happy Hour & More!

DATE: FRIDAY JAN 12TH

TIME: 5:00 pm or whenever

WHAT: "HAPPY"- happy hour & more.

WHERE: MACARONI GRILL, 17003 SW 72nd, Durham (Bridgeport shopping center)

DETAILS: Plan on a whole evening out! See more info on page 3.

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

TGIF 

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Mt. High

Come ski with us

Mt. High



Jan. 14 (Sun.) - Timberline.

Jan. 28 (Sun.) - Meadows.

Come ski with us. Let's meet at McDonald's in Sandy (turn left at the 3rd light in Sandy) at **7:00 - 7:15 am.**

Carpooling may be arranged on the spot. On the slopes, tune your 2-way radio to channel **6-19.**

Yes, these two are both race days, but you don't have to be a racer. Just come and ski with us. At least 90 of our club members will be on the mountain! Think of this as an informal day trip to Timberline, with your club members.

Mt. High FREE Ski Improvement Clinic! Mt. High

Feb 4 (Sun.) - Our Mountain High club is sponsoring yet another free ski improvement clinic for all members - at **Mt. Hood Meadows.** We switched to a Sunday, for a variety of reasons, scheduling, financial, coach availability, etc.



FREE TRAINING

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

These clinics are free to all our club members. Try running some gates just for fun! Must fill out release form, page 10.

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

Just show up at **9:30 am.** at the top of the "Stadium" trail, next to the **Yellow Chair.**

Note the color code.
Our club is blue.

2007 CALENDAR

Blue: Mountain High events

Red: NWSCC/FWSA events

Black: General events

Jan. 19-21: Southern Oregon ski safari (Mt. Ashland, Warner Canyon, Hoodoo)

Jan. 12 (Fri.) Happy Hour (see p. 3)

Jan. 14 (Sun) PACRAT race Timber.

Jan. 28 (Sun) PACRAT race Meadows

Jan. 27 - Feb. 3 FWSA Ski Week, Steamboat, Colorado.

Jan. 30 - Feb. 4 Big Mt. (Skiyente)

Feb. 4 (Sun.) Free Ski Training

Feb. 6 (Tue) Mt. High Board mtg.

Feb. 9-16 Utah: Powder Mt/Snowbasin

Feb. 17 (Sat) Chocolate Party (p. 3)

Feb. 18 (Sun) PACRAT race Ski Bowl

Feb. 25 (Sun.) Free Ski Training

Mar. 3-4 Cascade Lodge weekend

Mar. 4 (Sun.) Free Ski Training

Mar. 3-11 FWSA trip: Bormio, Italy

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

Ski Washington Challenge

David Schor at Mt. Baker



With about 100 ski areas within a day's drive from Portland, if you visit only one 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.

David Schor has already completed the goal of skiing at least 10 of Washington's ski areas. Read David's blog at: <http://skiwashington.blogspot.com>.

People asked him how he can afford to take so much time off of work. "I did it on weekends only," said David. Not only that, but with the exception of one or two places where he was able to stay at a friend's place, he mostly slept in his car. Now that's real passion!

David was so quick at it that he completed the Challenge even before the calendar Winter officially started.

Meanwhile **Bob Voss** already visited 3 Washington ski areas, **Mt. Baker**, **49° North** and **Mt. Spokane**. He did this with Emilio, on the way to and from Canada.

Emilio later went on to visit some of **Hurricane Ridge**, and **Leavenworth Ski Hill**, where the main mode of uphill transportation are rope tows. Yes, folks, that gives you a taste of the "good old days". That's how alpine skiing started. Even Mammoth Mountain started as nothing more than one or two rope tows.

See more about Washington ski areas at:

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



Emilio at Hurricane Ridge

Rope Tows - by Emilio Trampuz



If you spend a day at the Leavenworth Ski Hill, which has nothing but rope tows, you will definitely need a glove protector, such as the one on this photo. A set costs about \$7 and slips over your

regular gloves. Even then, it's no picnic. It takes strength to hang on to the relatively slick rope. On a beginner slope, it's relatively easy, but when the rope tow serves steeper terrain, it's a real challenge to hang on.



Hang in there!

There is a definite technique to it. Some suggest that you crouch down low and press the rope tight against your body, so it's not all in your hands.

Terry White says the best technique is to put one arm around the back of your body (serving as sort of T-bar) while you grip the rope behind you with that hand. The other hand, of course, grips the rope in the front:



This kid demonstrates the correct technique.

After experiencing the "joys" of a rope tow, I don't want to hear any complaints about T-bars. They are a luxury by comparison to the ropes!

Mt. High 'Beat the January Blues' Happy Hour & More!**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 great food. 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 .
- 2) **Drive to Tualatin**- only 7 min away & sample one of the following:
 - a) **Haydens on the lake:** Live music, cozy lounge, excellent food.
 - b) **Parallel 45 Wine Bar:** For wine lovers, a quaint, cozy atmosphere; 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.

There's something for everyone here. Let the good times roll!

Contact: **Jaxine Harris (the Yellowstone bum): 503-692-9719****Mt. High Chocolate Party****DATE:** Saturday Feb 17th**TIME:** 6:30 PM**WHERE:**Steve Royce & Edie Martinelli
10905 SW 83rd, Tigard, OR.**WHAT:** Once again our hosts Steve and Edie invite the Mt. High moose brigade to join them for an evening of hors d'oeuvres, and chocolate, chocolate, and more chocolate!!

Bring your most creative culinary concoction and enter the infamous chocolate dessert contest. Whatever your pleasure: cookies, cake, candy, pie, mousse, chocolate drinks - the sky is the limit.

Prizes will be awarded for the most creative, most chocolat-y, and the most decadent overall.

Chocolate is for lovers, sooooo

Happy belated valentines day!!

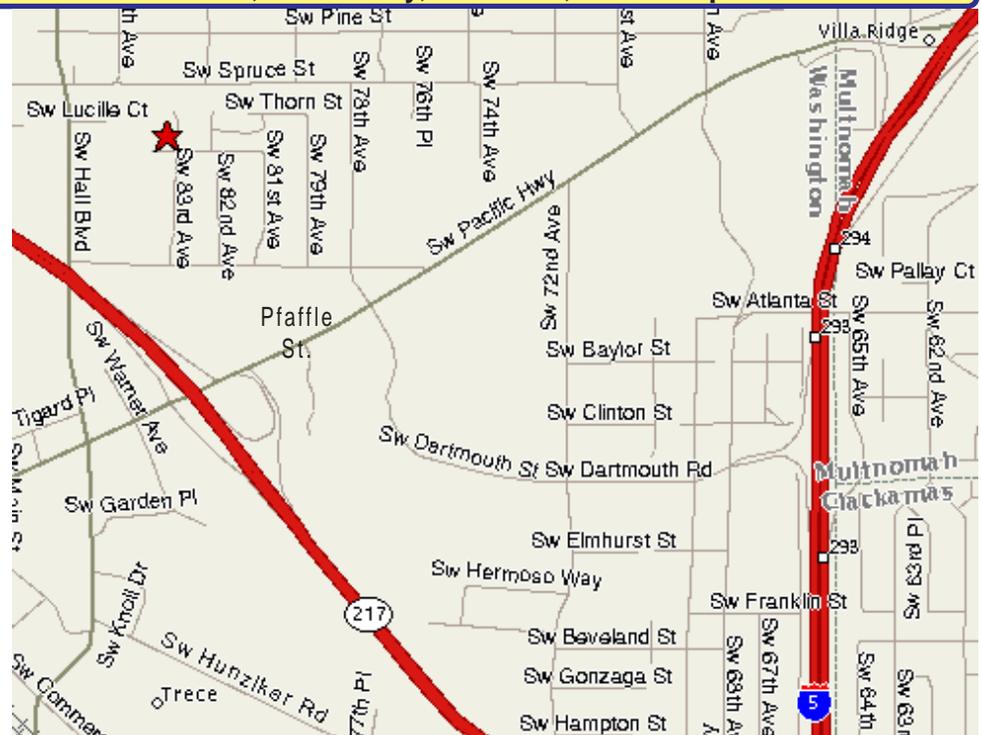
A party not to miss.

RSVP Steve & Edie**HM: 503 -620-9559****Chocolate Party at Steve and Edie's, Saturday, Feb 17, at 6:30 pm.****From I-5 (going south, out of town):**

- take the Pacific Hwy exit and follow it for abt. half a mile.
- before the I-217 junction, turn right onto 78th Avenue.
- left on Pfaffle St.
- right on 83rd Avenue.

From I-217:

- take the Pacific Hwy exit going north, toward Barbur Blvd.
- turn left on 78th Avenue.
- left on Pfaffle St.
- right on 83rd Avenue.

Steve Royce & Edie Martinelli10905 SW 83rd
Tigard, OR 97223
503-620-9559Email: Royce@up.edu

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 Redforsd 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

There is a spot for one more person on the 4-day trip.

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.

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.

**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 Trail 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.

Ski the Glade Trail Day

March 3, 2007. The **Mt. Hood Cultural Center and Museum**, in Government Camp, organizes the "Ski the Glade Trail" Day

This is the only day when you can legally and safely ski all the way from Timberline to Government Camp. Shuttle services to Timberline all day, ski patrol services, lunch, souvenirs, apres ski party and more, for \$100.

Call 503-272-3301 Web site at: www.mthoodmuseum.org.

Editor's note: Stay Saturday night at the Cascade lodge for \$17.

Oregon Cancer Skiout

March 4 - 5. Sun.-Mon. Mt. Hood Meadows. Two races. 5-person teams. Only consistency counts; not speed. Team registration = \$1,000.

You can now register ONLINE. When you register online, all you need is a deposit of \$170. Once the captain registers, each member can go online and register and pay for themselves.

But wait there's more....Not only do we have a new system that allows you to register online, you can now send notes to family and friends to gather donations online. All monies raised prior to the Oregon Cancer Ski Out will be reflected on your Bucks to Buck Cancer totals.

If your team has already mailed in your registration, you can still register your team online and be able to use all the DONATE NOW services!!

Go to: www.cancerskiout.org and click the register button.

While you are at the OCSO website register and join in on the forums and add your 2 cents! Let us know what is going on with and your team. Keep us posted of any fundraising events you are doing for your Bucks to Buck Cancer fundraising. --- Contact Nancy Chinn. 971-221-5872.

Editor's note: Stay Saturday night at the Cascade lodge for \$17.

Moonlight Snowshoe and Cross country Trek

March 3 (Sat.). A trek around **Trillium Lake** will be led by Heidi Munson, one of our club members.

Contact Heidi at: 503-888-7031 or email her at:

Heidijo2005@hotmail.com

Editor's note: Stay Saturday night at the Cascade lodge for \$17.

Mt. Bachelor Weekend / FWSA Championships

Many will come just for fun! See next page.

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](#).

If you need lodging, see info on next page.



Far West Championships and



Mt. Bachelor Weekend

Riverhouse Lodging packages

March 29 – April 1, 2007
(Thurs, Fri, Sat, Sun)
\$300

For those who arrive in Bend Thursday and depart Sunday, this price includes:

3 nights lodging (double occupancy) **at the Riverhouse in Bend, Oregon**
3 day lift ticket at Mt. Bachelor (Fri. – Sun.)
Non skiers may deduct \$100 from above price
Bus transportation (hotel to Mt. Bachelor)

March 30 – April 1, 2007
(Fri, Sat, Sun)
\$200

For those who arrive in Bend Friday and depart Sunday, this price includes:

2 nights lodging (double occupancy) **at the Riverhouse in Bend, Oregon**
2 day lift ticket at Mt. Bachelor (Sat., Sun.)
Non skiers may deduct \$70 from above price
Bus transportation (hotel to Mt. Bachelor)

Sign-ups MUST be received by Jan. 15, 2007

Contact: Lynnell Calkins,
FWSA - North American Travel.
2211-B Gates Avenue
Redondo Beach, CA 90278.
Ph.: 310-370-6948. Email fwstrvl@aol.com

Or, arrange your own lodging.

The base hotel for the Far West Ski Assoc. will be **The Riverhouse**, 3075 N. Business 97, Bend, OR 97701. 1-866-453-4480. It has a Conference Center, an indoor swimming pool and hot-tub, a restaurant,.

Another option is the **Marriott Fairfield Inn**, 1626 NW Wall Street, Bend, OR (541-318-1747). Continental breakfast, big pool & hot tub for \$109 per night. www.marriott.com/rdmfi.

The **Inn of the Seventh Mountain** (closest to the mountain) also has skier packages - see their website: www.seventhmountain.com

Also, the **Phoenix Inn Suites**, 300 NW Franklin, Bend, OR, phone: 1-888-291-4764.

Far West Championships

Pacesetter races on Friday
Slalom on Saturday
GS race on Sunday

Welcome Party Friday evening starting at 6:00 PM at the **Cascade Lakes Lodge** brewery.
Awards dinner & Silent auction Sat. night.

Race registration (\$35 includes both races) will be Thur. evening, Fri. morning & evening, and Saturday morning. Racers must pre-qualify. All PACRAT racers qualify. To pre-register, contact Dale Parshall dale.parshall@usbank.com

Race participation is optional and fees will be charged separately by FWRA. Families and children are invited as this trip is open to all FWSA/FWRA members, including racers and non-racers.

Participation Restricted to Members of
Far West Ski Association
Affiliated Ski Clubs

California Seller of Travel # 2036983-40



PO. BOX 1915 • PORTLAND, OREGON 97207



Welcome New Members



A warm welcome to new members who have joined us recently.

Dan Rhein
Don Troxler
Drew Thomas
Peter Sherman
Rick Brown
Steve Macentarfer
Tamara Carbaugh

Meadows 10-time Passes For Sale

NWSCC has five Mt. Hood Meadows 10-Time Passes for Sale. The cost is \$275.00 each. Please reply ASAP if you want your name in a drawing. We will put names in a hat and hold the drawing at the Jan. 17 Council meeting. You do not need to be present at the meeting. You **MUST** submit your full name, club name, email address and evening phone number. Please submit your information no later than 5:00pm, Tues., Jan. 16, 2007. Contact Mary Olhausen, Omary52@comcast.net

Mt. High

Leavenworth "Say WA" bus trip



Mission Ridge & Stevens Pass

March 16-18.

Trip is full. There's a waiting list.

2 days/ 2 nights.

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

1. **Mission Ridge.** 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.

Lodging: We'll stay at the Obertal Inn in Leavenworth. An expanded continental breakfast is included. 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.



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**. (Eg., at 32 people it would cost \$188 each, and at 42 people it would be only \$168.)

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

"Say WA" is Washington's new slogan.

Club logo or Ski Oregon or Ski Washington Challenge logo



You can now order a sueded finish 1/4 zip sweatshirt 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



**Join a 10-person team:
instant buddies for the season!**

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.

<u>Race</u>	<u>Weekend</u>	<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	3-25-07	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.



First race: Timberline

Jan. 14 (Wed.) Brief team-captain's meeting at 8:45 at the Timberline day lodge. Race starts at 10 am, on Christine's run, slightly higher than the bottom of the Magic Mile chairlift (see map).

The party starts around 3:30 pm, at the Mt. Hood Museum in Government Camp, across the street and slightly uphill of Huckleberry Inn.

Our web site [Racing](#) page has a lot of information about our races. Also, check out the PACRAT web site before every race: www.pacrats.org.



Ski Improvement / Race clinics

We'll have 3 training days just for Mountain High members. All 3 on Sunday. All the clinics will be at **Mt. Hood Meadows**. The clinic dates are:

- February 4 (Sunday)
- February 25 (Sunday)
- March 4 (Sunday)



Mt. High race clinic

Bring this form to
our Ski Improvement
clinics

MEADOWS AMATEUR SKI RACING ASSOCIATION

ASSUMPTION OF RISK, RELEASE AND MEDICAL AUTHORIZATION AGREEMENT

Racer's Name _____

THIS AGREEMENT CONTAINS AN ASSUMPTION OF SIGNIFICANT RISKS, A GENERAL RELEASE OF CLAIMS AND LIABILITY FOR DEATH, INJURY OR PROPERTY DAMAGE, AN AUTHORIZATION TO SEEK MEDICAL TREATMENT AND AN AGREEMENT TO INDEMNIFY AND BE SOLELY RESPONSIBLE FOR CERTAIN EXPENSES, CLAIMS AND LIABILITIES.

PLEASE READ CAREFULLY BEFORE SIGNING.

This Assumption of Risk, Release and Medical Authorization Agreement ("Agreement") is entered into for the benefit of Meadows Amateur Ski Racing Association ("MASRA"), Mt. Hood Meadows Oregon Ltd., the other organizers of ski races and the other ski areas where races may be held and, in each case, their respective officers, directors, partners, members, owners, employees, agents, volunteers, landowners, affiliated entities, successors and assigns (collectively referred to in this Agreement as the "Protected Parties") as a condition to the Racer participating in ski races, race training, free skiing, snowboarding, special events and all other activities sponsored or conducted by any of the Protected Parties or in which any of the Protected Parties may participate (collectively referred to in this Agreement as "Activities") during the ski season indicated above.

Acknowledgment and Assumption of Risks

The undersigned acknowledges that skiing and participation in the Activities are HAZARDOUS activities which carry with them significant risk of serious personal injury, death or property damage. I also know that there are natural, mechanical and environmental conditions and risks which independently or in combination with the Activities may cause property damage or severe or even fatal injuries to me or others. I have made a voluntary choice to participate in the Activities and, in the case of a parent or guardian, to allow my child or ward to participate in the Activities. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether or not they are now known or contemplated by me.

I agree that I alone am responsible for (a) the safety of myself and, in the case of a parent or guardian, of the Racer while participating in the Activities and (b) providing, utilizing and maintaining the equipment necessary for the safe enjoyment of skiing and participation in the Activities by me and, in the case of a parent or guardian, by the Racer. I specifically acknowledge that the Protected Parties are not responsible for my safety or, in the case of a parent or guardian, the safety of the Racer.

I currently have, and I agree to maintain throughout the entire ski season specified above, valid and sufficient medical and accident insurance covering me and, in the case of a parent or guardian, my child or ward. I understand that this is my sole responsibility and I release all Protected Parties from providing this coverage.

I HEREBY EXPRESSLY ASSUME ANY AND ALL OF THE FOREGOING RISKS INCLUDING THE RISKS OF INJURY, DEATH OR PROPERTY DAMAGE AND SOLE RESPONSIBILITY FOR THE SAFETY AND MEDICAL INSURANCE COSTS OF THE RACER.

_____ Initial Here

Release of Future Known, Unknown and Unforeseeable Claims

In consideration for the Protected Parties permitting me and in the case of a parent or guardian, permitting my child or ward to participate in the Activities and being fully aware of the risks, conditions and hazards of these Activities, I hereby specifically RELEASE and DISCHARGE, in advance, the Protected Parties from any and all claims or liabilities for personal injury, death or property damage which I or, in the case of a parent or guardian, my child or ward may have or which may hereafter accrue which may arise out of or relate to any Activity including, without limitation, any claim or liability which may arise out of or relate to (i) travel to or from an Activity, (ii) the design or condition of any equipment utilized in such Activity without regard to whether such equipment is provided, specified, recommended or adjusted by any Protected Party or (iii) any other use of the facilities or equipment of a Protected Party. This release shall apply whether such claim or liability is now known or unknown to the undersigned and whether injury or damage was foreseeable or not and even though such claim or liability may arise out of the negligence or carelessness on the part of a Protected Party. I further agree to forever HOLD HARMLESS and INDEMNIFY all Protected Parties from and all claims or liability (including costs and attorneys fees) for personal injury, death or property damage, relating to or resulting in any way from the Racer's participation in the Activities.

THIS GENERAL RELEASE AND INDEMNITY SHALL INCLUDE CLAIMS BASED ON NEGLIGENCE BUT NOT CLAIMS BASED ON GROSS NEGLIGENCE OR WILLFUL MISCONDUCT.

_____ Initial Here

Medical Authorization

In addition, I, on my own behalf and, in the case of a parent or guardian, on behalf of my child or ward, give the Protected Parties permission to obtain medical aid for me and, in the case of a parent or guardian, my child or ward in case of injury or suspected injury. It is understood that a reasonable effort will be made to contact the undersigned parent or guardian in case of injury to a child or ward if medical attention is believed to be necessary. I will disclose in writing to the MASRA head coach any pertinent medical information about me and, in the case of a parent or guardian, my child or ward that I have MASRA residency and I assume full responsibility for the accuracy and completeness of any such medical information.

IN ADDITION TO AUTHORIZING OTHERS TO OBTAIN MEDICAL AID, I ACCEPT FULL RESPONSIBILITY FOR ALL MEDICAL EXPENSES INCURRED AS A RESULT OF MY PARTICIPATION AND, IN THE CASE OF A PARENT OR GUARDIAN, AS A RESULT OF THE PARTICIPATION OF MY CHILD OR WARD IN ANY ACTIVITY INCLUDING TRAVEL TO AND FROM THOSE ACTIVITIES.

_____ Initial Here

Execution

The undersigned has carefully read and understands this Agreement and all of its terms. The undersigned agrees that this Agreement contains an assumption of risk, a release of liability and indemnity and a medical authorization which may prevent the Racer or any other person from recovering damages in the event of injury to or the death of the Racer or the incurring of expenses or liabilities to others by the undersigned. Nevertheless, this Agreement is entered into freely and voluntarily and is intended to bind the Racer and the heirs, assigns, parents, guardians and legal representatives of the Racer. This Agreement contains the entire agreement between parties pertaining to the matter referred to herein and may not be amended, modified or waived in any manner except in a written instrument signed by the President of MASRA and an authorized representative of any Protected Party against who such amendment, modification or waiver is being asserted.

The undersigned is either (i) the Racer named above and represents and warrants that he/she is at least 18 years old or (ii) the custodial parent or legal guardian of the Racer named above and is signing this Agreement on behalf of both myself and my child or ward.

Signature _____

Date _____

Address _____

City _____

State _____

Zip _____

Home Phone _____

Emergency Phone _____

Additional Party to Contact in Case of Accident

Phone of Additional Party _____

Family Doctor _____

Doctor's Phone _____

Insurance Company _____

Policy Number _____

Notes on upcoming trips



Our **Southern Oregon Ski Safari** will be postponed till either Jan 19-21 or more likely: Feb. 23-25. We want plenty of snow at Warner Canyon. Contact [Emilio](#). See page 4.

For our **Bend/Bachelor weekend**, if you don't have lodging in Bend, it's best to register with the FWSA people. See page 7. Emilio needs a room-mate at the Riverhouse. Also, [Emilio](#) will help others to find room-mates. You still need to register with FWSA, but instead of letting them pair you up with somebody, we can find you a local person.

Mountain High Meeting

First Tuesday of the month.

Feb. 6 (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:

General information: info@MtHigh.org

Web site: www.mthigh.org

- President:** Gary Stevenson, H: 503-257-6368,
- Vice-President:** Terry White, H: 503-781-4558, 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:** 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): _____

- 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

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.

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 = 190 Newsletter Distribution

The January issue is posted on our web site, and also:

267 copies sent via email

33 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.

FREE \$KIING CORNER

1. Use your **Ski Fever Show** 2 for 1 coupons for **Ski Bowl, Mt. Hood Meadows, Schweitzer Mt., Mt. Ashland, and Whistler/Blackcomb**. OK, it's not free, but half-price is good! You did save that booklet of coupons, didn't you?!

2. **Jan. 26** (Friday) **Mt. Bachelor has a food drive**. Donate 3 cans of non-perishable food, and the skiing is free.

3. **Warren Miller vouchers**: Free ticket to **Timberline** or **Ski Bowl**, any Tuesday or Wednesday. Also, free ticket to **Mt. Hood Meadows**, any day in April.

4. **FWSA/NWSCC** discount at **Stevens Pass**, only \$40 on Sat. March 3. Also, discount at **Crystal Mt.** only \$27 on Sat. March 31. Just show your club membership card.

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

Please check our web site,
www.mthigh.org
for updates.

Mt. High UPDATES

Southern Oregon ski safari (More snow needed.)

Postponed till Jan. 19-21, or Feb. 23-25. See p. 4.

Jan. 12 (Fri.) 'Beat the January Blues'Happy Hour

Several post-happy hour options (moves, music, dancing). Contact Jaxine: 503-692-9719. See p. 3.

Mt. High Training Days - NEW DATES - p. 1 and 9.

Ski improvement clinics Feb. 4, Feb. 25, March 4

David Schor, the only one who has already completed the Washington Ski Challenge, had an accident at Ski Bowl on New Year's Eve. He says: "I was enjoying the late night riding there at about 1:30am, when I took a bit of a fall on a very icy Reynolds Run. As you know, I always wear a **helmet**, which in this case was very helpful. However, I did fracture the tip of my leg bone, right above my right ankle, and will be fitted with a cast later this week."

In fact, David didn't know he had fractured the bone, but he was in pain, so he **walked** all the way down Reynold's Run, while being heckled from the chairlift.

David is a real enthusiast. He not only has a Fusion pass to Timberline and Ski Bowl, but has also purchased a 10-time pass to Mt. Hood Meadows. Let's wish him a speedy recovery.

