



Lift Lines

== No. 78-79, June/July 2007 ==

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



Hi folks,

Get more involved with the club. Attend our monthly organizational meetings at the Round Table Pizza, Get to know us, see how things are done, and how you can contribute. See page 11 for details.

In the meantime, before the aliens get us, let's have some summer fun! Also, it's time to start planning your next winter! See pages 5-9.
- Emilio



We want you to get more involved in the club!

INTHISISSUE

- * FWSA Convention photos, p.2
- * Skate, Hike, Raft, Golf, p. 3-4
- * Winter trips, p. 5-9
- * Training and Safety p. 9
- * Questions (Email, Safari), p. 10
- * Elections, contacts p. 11
- * Ski OR/WA Challenge p. 12
- * Mt. High Picnic p. 12

Note the color code.
Our club is blue.

2007 CALENDAR

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

June 2 (Sat) Hike to Bayocean Spit

June 5 (Tue) Mt. High Board mtg.

June 14 (Thu) Mt. High Pizza
Party & Club Elections

June 20 (Wed) NWSCC meeting

June 26 (Tue) Skate the waterfront

July 8 (Sun) Hike to Warrior Rock

July 10 (Tue) Golf Sandelie, WestLinn

July 12 (Thu) Mt. High Board mtg.

July 13-14: Mt. High Rafting trip

July 16-20: MAC Ski Training Camp

July 22 (Sun) Golf at Lewis River

July 24 (Tue) Skate the waterfront

July 29 (Sun): Clubs 4-Play golf

Aug. 11 (Sat) Mt. High Picnic at
Sellwood Park (Potluck)

Aug. 28 (Tue) Skate the waterfront

Sept. 7 (Fri) Night Golf : Sah-hah-lee

Dec. 7-16: Canadian Ski Safari

2008

Jan. 19-26: FWSA Ski Week:

Mt. High Skating

Skate the waterfront! Every 4th Tuesday.

June 26

July 24

Aug. 28

7 - 9 pm,
weather permitting



Meet at the Salmon Street Springs. 11-12 mile loop up and down both sides of the river. More info on page 3.

Mt. High Hiking

July 8 Hike to Warrior Rock, a miniature light house and a secluded beach at the tip of Oregon's longest island. More info on page 3.



Mt. High Rafting

July 13-14. Two days of camping and rafting on the Deschutes River, at Maupin. More info on page 4.



Must sign up
by July 1st.

Mt. High Golf

All summer. Twice a month: 9 holes. One weekend a month: 18 holes. More info on page 4.



Far West Convention

May 31 - June 3, 2007. The Far West Ski Association Convention was held in Santa Clara, CA this year. It is an opportunity to meet with other clubs, and with ski industry representatives, and to plan for future winter trips.

Our club got recognized in a number of ways. **Linda McGavin** received recognition for the NWSCC Newsletter she edits every month.

Debbi Kor-Lew received the President's Award for her contribution to the Far West Ski Association. Debbi is VP of Marketing.

Emilio Trampuz received the "Safety Person of the Year" award, for promoting safety. See the **Safety, Vision, and Articles** pages on our web iste. This annual award consists of a trip to Aspen. So, get busy promoting safety among your fellow skiers, and promoting the vision of safer skiing in the 21st century, and you too could win this trip!



Outstanding club. 1st place!!!

Mountain High won first place in the Outstanding Club competition, in the AAA category, which are clubs with over 200 members. With 208 members, we have just grown to over 200 members this past season!



Altair Ski Club, Eugene, OR

Becki & Rod Robinson
NWSCC Man & Woman of the Year



Debbi Kor-Lew
FWSA President's Award



Emilio Trampuz receives Safety Award from Mary Manning (Aspen) & Richard Lubin (FWSA VP Safety)



PACRAT racers: 1st place among Far West leagues
Sheri, Shawn, Emilio, Sally, and Diane



Randy Lew presents the Jimmy Heuga Award to **Larry Chadwick**

Larry Chadwick started the Oregon Cancer Ski Out, and kept it going for the past 19 years, raising a total of over half a million dollars for cancer research and for the care of cancer patients.

He received the Jimmy Heuga Award for his humanitarian achievements.

Mt.High Skate the Waterfront!

Every 4th Tuesday
June 26, July 24, Aug 28
 7:00-9:00 pm, weather permitting
Location: Downtown Waterfront Park. Meet at Salmon Street Springs Fountain on Front Street (Naito Parkway), next to

Tom McCall's Restaurant.

Cost: Free, bring your own equipment.

Contact: Sandra Busch Smith: 503-646-4591 or sandra@pacifier.com

Skating is an excellent way to keep in shape for next season. Mountain Highers will be joining members of PISA (Portland Inline Skate Association) for evenings of fun-filled skating along the Willamette River.

Meet at Salmon Springs Fountain on Front Street (Naito Parkway), next to Tom McCall's Restaurant. We will leave around 7pm and skate a loop from Waterfront Park to Willamette Park, down Macadam, over the Sellwood bridge to the Springwater trail and Eastside Esplanade (approx 11-12 miles).

Caution: not recommended for beginners. You **must** know how to stop and do some hills. Protective helmet and gear highly recommended. For safety reasons, skating will be cancelled if it is raining or the pavement is wet.

Note: This might be an opportunity for you to bring out those **Trail Skates**, if you bought them! See adjacent photo. In fact, it's still not too late to get yourself a pair!. We wrote about them in the September 2003 issue ("Lift Lines #33"). You can still find that issue on our web site at:

www.mthigh.org/Newsletter.htm

Or, better yet, check it out at www.gateskate.com.

**Mt.High Hike to Warrior Rock**

July 8
Sunday, 8:30 am

Let's go on an easy hike to Warrior Rock.

7-mile hike.

No elevation gain.

Map: St.Helens (USGS)

At the top of Oregon's

longest island, this woodsy hike along the Columbia River leads to a miniature lighthouse and a secluded sandy beach.

Please **RSVP**, if you are planning to come, so we can plan a suitable gathering spot and possible carpooling.

What to bring:

- * Water
- * Lunch
- * Sunscreen
- * Hat

Call Elisabeth to RSVP:

971-226-4545

503-524-5774

lise518@comcast.net

Bayocean Spit hike photos

Here are a couple of photos from the previous hike, on June 2nd, to Bayocean Spit.

This is Wally and Chuck, engaged in conversation.

Below is a photo taken during lunch break.



Mt.High 2007 Mt. High Rafting

**DESCHUTES RIVER****RAFT WEEKEND**

Trip Leader: Gordy Lusk

Maupin OR; July 13 – 14

Contact Gordy @ 503-804-8363 or @
gordylusk@hotmail.com
 for your reservation.

Reservation and payment must be received by July 1st
 (or don't show up)

CANCELATION DATE IS JULY 6TH

TRIP INCLUDES;

**Camping: Thursday, Friday and Saturday night
 in Maupin City Park...**

RV space available for an additional \$20 a night.
 Camp sites, near bathroom in main park.

Rafting: (Row, Paddle or just ride) Friday & Saturday

FRIDAY – We'll meet at the park at noon and shuttle up
 river to Harpin Flat, raft 18 miles to Sandy Beach.

SATURDAY – We will raft from the park to Sandy beach
 in the morning, shuttle back to the park for lunch
 and then shuttle up to Harpin Flat and raft the
 upper section in the afternoon.

Saturday night Potluck diner:

Chicken and ribs provided by Mt. High.

You need to bring to Saturday night dinner:

If your last name begins with the letter:

A-H: bring HDO's or veggies,

I-P: bring salad,

Q-Z: bring dessert.

All other food and drinks are your own responsibility

Camp, raft, dinner = \$75 pp. (Non Members \$100)

Raft and dinner = \$50 pp. (Non Members \$75)

* This is not a professionally guided trip. It is a club function for
 our members and their friends to have fun. We are all personally
 responsible for our own actions. **Rafting can be dangerous.** By
 registering for this event you and your guests will relinquish any
 and all claim of responsibility and claims of liability on all parties
 participating in this event, board members and *Mountain High
 Snowsport Club.*

Mt.High

Golf

- by Cal Eddy -



All Summer.

9 holes twice a month.

18 holes once a month.

Hello

to all you
 duffers out there,

There was a notice in our last
 newsletter about finding
 someone who might be inter-
 ested in organizing golf for
 the ski club. Well, I am willing to give it a try.



Some of my ideas are to set up a course twice a month,
 during the week, for nine holes. I would like to try
 setting up a different course every other week. One
 week on the West side of the River, and two weeks later
 on the East side. Then set up one weekend a month for
 18 holes. If there is enough interest, play twice a
 month.

Here's the plan:

July 10 (Tuesday). We are planning to play 9 holes at
Sandelie Golf Course, 28333 SW Mountain Rd.,
 West Linn. Tee times start at **3:30pm** so please be
 there by 3:00. I need to know by Sunday, July 8th if
 you are planning on golfing.

July 22 (Sunday): Tentative for now: 18 holes at Lewis
 River. More information to come (via email).

September 7, play a fun scramble at Sah-Hah-Lee (it's
 a par three, so anyone could play). Included would be
 a dinner and night-golf at Sah-Hah-Lee.

I want emails from all those who might be interested,
 and for those who are not up to the 21st century, their
 phone numbers.

E-mail me (Cal Eddy) at baebaw@ccwebster.net
 or by phone: 503-631-3115 or 503-805-8606.



Redtail golf center, just one of the many possibilities

Winter Trips

While you are enjoying your summer, little gnomes and faeries are busy working on upcoming trips.

More trips than usual are being planned for this winter. Take advantage of it! There are great deals, and some wonderful destinations.

Start planning now. Some trips are already filling up!



The following pages are trip summaries.

More info on our web site:

www.mthigh.org/Trips.htm.

If you travel to Canada, you will need a passport. See: www.mthigh.org/Articles/Passports.htm

NWSCC
Silver Star

Dec. 7-12, 2007.

Great deal! 4 days/5 nights at one of Canada's best ski areas for only around \$650. This includes lodging, lift tickets, and airfare (Portland to Kelowna)! But, you have to reserve your spot by August 1st.



We are still working on finalizing some details on this. But, **YOU NEED TO RESERVE YOUR SPOT BY AUGUST 1st!** So, think about it and make your decision now.

This will be a multi-club trip, organized by the NW Ski Club Council. Contact person and trip leader, **John Reinhardt**, at: JohnOReinhardt@hotmail.com.

Silver Star has a great variety of terrain, including some very long blue cruisers, and lots of black diamonds (and double-blacks too) on the back side. Lots of tree-skiing options (both easy and hard). Two new high-speed lifts added during the last two seasons have expanded the already vast terrain even more.

The village is ski-in/ski-out, with very colorful houses that evoke the feeling of an old wild-west kind of town (but more colorful).



NW Ski Areas Map



Use this map for basic orientation for any of our upcoming trips, especially Whistler, Silver Star, and the Canadian Ski Safaris.

After doing the classic 5-day safari to Canada for 4 years in a row, it's time to try something new, such as:

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**, **Fernie**, and **Schweitzer Mt.**

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

Canadian Ski Safari: Columbia River

Dec. 7-16, 2007. NEW & IMPROVED

This is a 9-day road trip, but it's really just a week, with both weekends on either end. And it can be shortened.

We did the **classic 5-day trip** around Canada for the past 4 years. You can still do the same, if you wish. You can find detailed instructions, phone numbers, addresses, maps, etc. on our web site. See the ARTICLES page (and then look for Canadian Ski Safari) at: <http://www.mthigh.org/Articles.htm>.

But, let's do an even better, extended ski safari this time.

After visiting Silver Star, we'll follow the Columbia River upstream, to its source. So, let's call this the **Columbia River Ski Safari**. See [map](#) on our web site.

DAY 0 (Friday, Dec. 7): Not counting this as a real day, because people can still work this day, and then drive out of Portland after work. Just drive for about 4 or 5 hours, to Ellensburg or Wenatchee (on Hwy 97). Or to Bellingham (on I-5).

DAY 1: (Sat., Dec. 8): Spend at least part of the day skiing somewhere like [Mission Ridge](#) or [Loup Loup](#), or even [Apex](#). Then drive the rest of the way into Canada. Alternatively, if we go up I-5, we could ski [Mt. Baker](#), or [Grouse Mountain](#) (with great views of Vancouver below).

DAY 2 (Sun., Dec. 9): Ski [Big White](#), or maybe [Sun Peaks](#) (if we drive up I-5.)

DAY 3 (Mon., Dec. 10): Ski [Silver Star](#). We'll all come together here, even if we come from different directions. From here on, there is only one road, Hwy. 97C, toward Revelstoke. It's probably about 2.5 hours of driving from Silver Star to Revelstoke Mt.

DAY 4 (Tue., Dec. 11): Ski [Revelstoke Mt.](#), a brand new ski resort, which will open this season with 3,000 vertical feet, but will soon grow into a total of 6,000 vertical feet, by far the largest vertical in North America.

DAY 5 (Wed., Dec. 12): Ski [Kicking Horse](#). We've been hearing a lot about it. It's time to ski it! Over 4,000 vertical feet in a single 10-minute gondola ride. 4 bowls. Great views of the Columbia River valley below. The on-mountain village is still rudimentary. We might want to stay in the town of Golden, only 15-20 minutes below the ski area.



A moment of solitude at Silver Star

DAY 6 (Thur., Dec. 13): Ski [Panorama](#). Just 1.5 hours south of Golden, and just 11 miles from the town of Invermere. Panorama is big. 4,000 vertical feet, 2,847 skiable acres. 8 lifts, of which 2 are high speed quads.

DAY 7 (Fri., Dec. 14): Ski [Kimberley](#), in the Purcell Range. Just an hour south of Invermere is the charming Bavarian style town of Kimberley. The ski area is just a mile or two above town, with its own mountain village. This is B.C.'s sunniest ski resort. 2,465 vertical feet, 1,800 acres, served by 1 high-speed quad on the front, and a triple and a double chair on the back. The back side has lots of tree skiing.

DAY 8 (Sat., Dec. 15): Ski [Fernie](#), a big ski area, offering 2,800 vertical feet and 2,500 acres, including 5 enormous bowls. 10 lifts, of which 2 are high-speed quads. 9 on-hill restaurants.

DAY 9 (Sun., Dec. 16): Ski [Schweitzer Mt.](#) (or just drive straight home). A lot of us will probably have a free lift ticket for Schweitzer Mt. from the Warren Miller movie, so it will be tempting to stop here, even if we are tired. Schweitzer has 2,400 vertical feet and 2,900 acres, One high-speed quad on the front and one high-speed 6-passenger lift on the back side, plus 2 other double chairs and a T-bar. It even comes with a haunted chairlift loading station.

DRIVING HOME. Even if we leave Schweitzer at 4 pm, we could still be back in Portland by midnight. But, if we are tired, we could ski only half a day, and arrive home earlier. Or, stay the night at Coeur d'Alene or Spokane, and drive home on Monday.

Or, we could skip one of the ski areas above, and move the whole schedule up by a day. Thus, we could be at Schweitzer on Saturday, and Sunday just drive home.

We could even ski a day at [Bluewood](#) in south-east Washington (straight south from Spokane). It's sort of on the way. But that would be a 10th day. Probably too much. Still, there's a surprising amount of varied terrain, 1,125 vertical feet, served by 2 triple chairs.

This is a very informal trip. Just drive up, possibly carpool, and let's ski! If we share lodging and gas expenses, the trip can be quite affordable. For details about this road trip, and for help coordinating the carpooling, contact **Emilio Trampuz** at: 1-503-378-0171, or Emilio2000@earthlink.net.

FWSA Far West Ski Week: Whistler/Blackcomb

Jan. 19 - 26, 2008. 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.

Whistler/Blackcomb is a perfect winter vacation: two side-by-side mountains rising from a picturesque pedestrian village. Experience in 2008 what the world will discover in 2010 at the Winter Olympic Games! Whistler/Blackcomb is unchallenged in sheer size, variety of terrain, choice of on-mountain and après ski activities. 13 bowls, 3 glaciers, and more than 200 marked trails, secluded

tree skiing and groomed-to-perfection alpine runs.

Whistler's après scene is legendary. Pubs, clubs, cinemas, shops, art galleries, hot tubs, and more.

- * Lodging (dble occupancy); * Welcome Party, * Après Ski Party,
- * 6-day lift ticket, * Mountain Picnic, * 3 Races (optional);
- * Council Night Event, * Farewell Party-

Price: Without transportation:
\$999 for lodging in condos or
\$1059 for luxury hotel.

Bus transportation from Eugene and Portland will be arranged and is encouraged. Parking at Whistler is \$7-15 per night, even at condos. Call or e-mail for bus details. Seats on bus limited to first 50 sign-ups.

Flight from Portland: \$355 (From Eugene: \$433)

Bus transportation from Portland: \$120 - \$135 p.p.
 (22 person minimum)

Bus transportation from Eugene: \$100 - \$200 p.p.
 (20 person minimum)

Opportunity to sign up is limited. Unreserved spaces will be turned back in July, so don't delay.

Payment Schedule: July 1st: \$350 due,
 September 1st: \$350 due (additional)
 November 1st: remaining balance due.

Trip cancellation policy: Cancellation before June 30th is fully refundable. Cancellation from July 5th until September 5th 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.

Click here for the [Flyer and Signup Sheet](#).

Reserve your spot with a deposit of \$100 now. Make your check payable to: **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207.

For more information contact: **Barbara Bousum** at 503/224-3584 or BBousum@gmail.com.

Much more info on these and other trips on our web site: www.mthigh.org/Trips.htm.

NWSCC Sun Valley

February 6-10, 2008.

A family trip to **Sun Valley**, organized by the Skiylene Ski Club.

This will be a driving trip. It is open to EVERYONE from the get-go since, as a driving trip, there are no transportation limits. This is open to skiers under 21, so this is a great trip to bring your kids and grandchildren on and make some fun memories.

Contact: **Colleen Walter**,
colleenski2002@yahoo.com
 or **Sheri Parshall** at:
cougskier@aol.com.

**Mt. High Whistler cabin**

February 10-16, 2008.



6 nights lodging / 5 days skiing,

Carpooling.

Cost= **\$225** includes lodging, daily breakfast, lunch & dinner. Everyone

is encouraged to cook a dinner.

Lodging in a cabin 5 minutes north of Whistler village. Shuttle bus to the lifts every 20 minutes.

Discounted tickets are additional at \$65 Canadian (the best internet price next year will be over \$67)

There will be a pre-trip meeting in January.

Contact **Bill Leeper**: 503-639-2603.

Mt.High Sunny South Oregon bus trip **February 15-18, 2008.**

A fun 3-day/3night trip over Presidents' Day weekend, where you can really get to know other club members, both on the bus and on the slopes.

Our bus trips are among

the most fun and the least expensive trips. We'll leave Friday around 5 pm.

Saturday: **Warner Canyon**, then go to Shasta City.


Saturday: Ski **Mt. Shasta**, then go to Ashland.

Sunday: Ski **Mt. Ashland**, then drive home.

Price: Approximately **\$250** (lodging & transportation, plus approx. \$38 per lift ticket (exact price tba later). Trip price is based on 26 people. For each additional 2 people, the price for everyone will go down by \$4 .

Contact: [Linda McGavin](#) or [Emilio Trampuz](#).

Reservations: Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use Dough Transmittal Form.

Mt.High**Big Sky** **Feb. 20 - 25, 2008.**

The price of **\$1050** includes:

- Round trip air transportation from Portland to Bozeman. Leave PDX at 9:30 a.m. Feb 20th, Return to PDX at 5:49 p.m. Feb 25th
- RT private motor coach from airport including driver tip

- 5 nights at Big Horn Condos (3 bdrm/3 bath), only 50-100 yards to Black Bear poma lift
- 4-day Adult group lift tickets to Big Sky Mountain
- Wine and Cheese party with Scottsdale Ski Club
- Complimentary Mountain Orientation Tour

Payment schedule: \$100 deposit by July 15th
\$400 due by September 15th

Final Payment of \$550 due January 1st, 2008.

Make checks payable to Mt. High Snowsport Club and send to: P.O. Box 2182, Portland, OR 97208.

Use "Dough Transmittal Form".

Contact **Debbi Kor-Lew:** ijustwannarun@aol.com

Mt.High**Mystery trip** **March 14-16, 2008.**

A fun 2-day/2night bus trip to a mystery location. Bring some mystery food to share on the bus! We'll leave Friday around 5 pm, and get back Sunday, abt. 8 pm.

Skiing: Lots of variety, long meandering cruisers, scary steps, and easy tree skiing.

Lodging: We'll stay in one charming place both nights. Continental breakfast included.

There are other eateries nearby too.

Bus ride: Fun and games, prizes, jokes, etc.

Price: Approximately **\$200** (lodging & transportation, plus approx. \$38 per lift ticket (exact price tba later). Trip price is based on 26 people. For each additional 2 people, the price for everyone will go down by \$4 .

Contact: [Linda McGavin](#) or [Emilio Trampuz](#).

Reservations: Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use Dough Transmittal Form.

Mt.High**Lake Tahoe / Heavenly**  

Mar. 29 - Apr.3, 2008 A 5-day trip (Saturday - Thursday).

Skiing: Heavenly is our main destination, with 4,800 acres and 3,500 vertical feet, and slopes in both California and Nevada. But, we'll visit other places too.

Lodging: Lakeland village condos, 1-4 bedrooms, full kitchen, hot tub, heated pool, sauna, free shuttles, 1 mile to the lifts.

Fly to Reno (on your own), or drive, or rent a car. (You can link this trip with the Far West Championships at Mammoth. **Gordy** will have a bus for us from Reno to Mammoth and back.)

Price: \$400 includes:

- * 5 nights lodging, in shared condo.
- * 2 of 3 days list ticket to Heavenly
- * Wine and cheese welcome party
- * Breakfast
- * Shuttle around town and to Heavenly gondola or tram.

Contact **Janice Jessen:** jessen@iinet.com

Send \$100 deposit. Use Dough Transmittal form, p.11.

FWSA Mammoth Mt.: Far West Championships   

April 3 - 6, 2008. Mammoth Mt.!

Come ski it just for fun! Our PACRAT racers can participate in the usual Slalom and GS races, for an additional \$45 fee. But, even without the racing, Mammoth Mountain deserves to be visited at least once in your lifetime!

This trip will be coordinated with the Lake Tahoe trip (see page 9). Each trip is independent, ... but if you are already as far south as Lake Tahoe, might as well drive a bit further south and visit Mammoth Mountain as well.

Gordy will organize a **bus** from Reno airport (for both people flying in just for this event, as well as for those extending their trip after the Lake Tahoe trip. Contact **Gordon Lusk**: GordyLusk@hotmail.com.

Note: If you wish to race, you must pre-qualify. All PACRAT racers qualify automatically, since their handicap is known, as long as they have taken part in at least 3 PACRAT races. In addition to PACRAT races, there are a few other qualifying opportunities.

**MAC Ski Training Camps at Timberline** 

July 16-20, 2007.

Multnomah Athletic Club is organizing a series of summer training camps for kids and juniors, but also one for adults, in July. It will focus on Slalom and GS training. It runs for 5 days at a cost of \$500 (no lodging).

You must register at least 7 days in advance. No drop-ins. Questions? Contact Head Coach **Jesse Scroggins**: Hm. 541-352-5515 Cell. 541-806-5515 or

jesses@hoodriverelectric.net.

Details on our Events page, www.mthigh.org.

Safety**Carving Courses -- Skill Parks for Safer Skiing in the 21st Century****Safety**

Thanks to **Jack Walker** (our favorite racing instructor) for alerting us to this. It appears the ski industry is heading in precisely the direction we have been advocating for the past couple of years, urging ski areas to develop “**terrain parks for turning**” instead of jumping. But they also came up with a better name for it: “**Carving Course**” or “**Carving Arena Skill Park**”. See the July/August 2005 issue of [Lift Lines #55-56](#) to see how it all started on our end. Also see our Vision page for more similar ideas at: www.mthigh.org/Vision.htm.

Carving Courses

-- from the NSAA Journal, Feb.March 2006 --

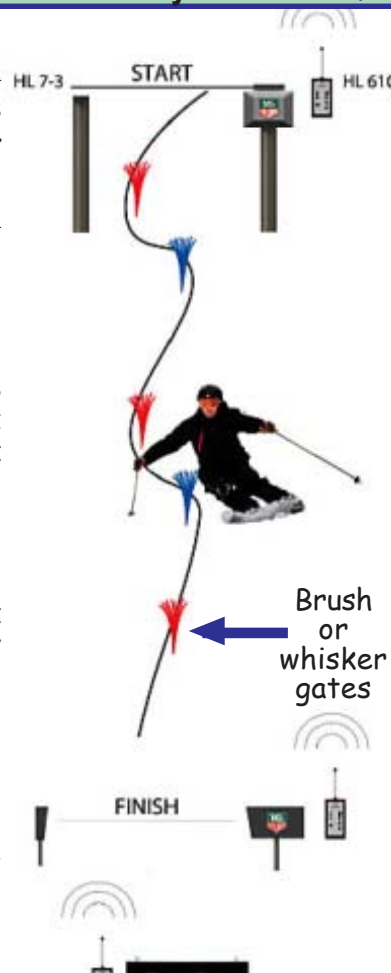
NSAA and Reliable Racing Supply, Inc., Queensbury, N.Y., invite show attendees to test their carving skills during the Winter Conferences and Tradeshows at Killington, Vt., and Squaw Valley, Calif. Reliable Racing President John Jacobs explains that a **carving course** is essentially a slalom course set with 20 to 30 brush gates and a portable, automatic timer. “I think everyone should have the opportunity to run some brushes, without the hassles. No team affiliation, entry fee or hanging around, just ski or ride up and go, just like they do in the terrain parks, except instead of jumps and rails it’s carving courses,” says ski industry personality and freeride renaissance man **Glen Plake**.



The course requires only a small section of hill space (preferably near a terrain park) and can be set up and taken down on a daily basis. According to Jacobs, the portable automatic timing system (consisting of a LED timer linked to start and finish infrared sensors by wire or radio) is a crucial element, because it delivers excitement and objectivity. Operators may opt to film course users in order to provide a video analysis of their skills as an added educational component.

More info on Carving Courses at the Reliable Racing web site at:

<http://www.reliableracing.com/carving-arena-skill-park.cfm>



Odds & Ends / Reminders

We ran out of space in this issue, so here's just a reminder that there are several other things to keep in mind. Info about all this is posted on our web site.

1. **Recreational Racing** is a great social activity, which will also improve your skiing. Get 9 instant buddies for 5 races on Mt. Hood. Join a team. See our [Racing](#) page.

2. **Photos** of several recent events, including the Far West Convention, are on the [Recent Photos](#) web page.

3. Next year's **Far West Convention** will be held in our own "back yard", in Bellevue, WA, in May 2008.

4. Our [Events page](#) is the best one to bookmark and visit frequently. It's the page that contains our Calendar, latest news and announcements.

5. Our [Trips](#) web page contains more info on all the trips, and includes flyers you can print out and distribute, or email to a friend.

6. There is a Far West trip to France, to the 3 Valleys: "[Les Trois Vallees](#)" March 7-15, 2008. See our Trips page for more info.



Mt. High Letters

Q Another Mountain High member told me he had received an email alerting us about the last day of operations at Mt. Hood Meadows, and a 50% - 70% sale. Why didn't I get that email?

A Some people have requested to receive only **club related** email, in an effort to cut down on the amount of email they receive. We do our best to honor this request, and interpret it quite strictly, meaning: "club only, and nothing else." The email in question was about a ski area and about a store discount. Not club related.

If you would like to receive all-ski related emails, please contact **Emilio** at info@mthigh.org, or 1-503-378-0171, and let him know about your preferences. Or indicate it on the membership renewal form.

By the way, any NWSCC and FWSA news are also, strictly speaking, not club related, so generally these are not sent out to people who want to limit the volume of ski email. Let Emilio know if you disagree with this.

If anyone can suggest a better way of grouping email preferences, please let us know. Currently, we have only 3 categories:

- Receive all ski-related news.
- Receive only club related news.
- No emails at all. Will get all the news from the web

Q How can we shorten the Canadian Ski Safari? 9 days is too long for me. Are there other options?

A

- Drive up later. Catch up with us at Silver Star or Revelstoke..
- Just do the Classic 5-day Ski Safari (Apex, Big White, Silver Star, Sun Peaks), and join us at 2 of these, where our paths intersect.
- Fly to Kelowna, rent a car there, and join us for just 3 or 4 days (at Big White, Silver Star, Revelstoke, and maybe Kicking Horse). Then drive back to Kelowna and fly home.
- Drive up with us, in your own car, and then cut the trip short at any point by simply driving straight home.

Club logo or Ski Oregon logo or Ski Washington Challenge logo



You can 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



The complete Mt. High Board was re-elected



At our latest Pizza Party & Elections, the Board ran unopposed and was re-elected. But **Gary Stevenson** announced this would be his last year as club President. Also we need at least one more person to get involved organizing **social activities** (parties, TGIFs) since Jaxine is out of town almost half a year. Any volunteers? We need you!

Mountain High Meeting

Usually 1st Tuesday of the month.
July 12 (Thur.): 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

- President:** Gary Stevenson, H: 503-257-6368, Web site: www.mthigh.org
- Vice-President:** Terry White, H: 503-781-4558, W: 503-296-6075, TWhite223@msn.com
- Secretary:** Sue Snelling, 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
- Golf:** Cal Eddy, H: 503-631-3115, W: 503-805-8606, baebaw@ccwebster.net
- NWSCC Rep:** Debbi Kor-Lew, H: 503-682-1563, W: 503-988-5138, ijustwannarun@aol.com
- Trip Directors:** Linda McGavin, H: 503-652-2840, Trips@mthigh.org
- Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com
- Larry Bennett, H: 503-760-2360, BENNETT896@aol.com

DOUGH TRANSMITTAL FORM

For all Mt. High activities, 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

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

Summer Membership (May 1 - Sept. 30) Total \$10 per person \$ _____

Membership Dues (Oct. 1, 2007 - Sep. 2008): Single (\$25); couple (\$40) \$ _____

PACRAT Racing 2007/08 Total: \$85 Team name: _____ \$ _____

Rafting (July 13-14, 2007) with camping: \$75 without camping: \$50 \$ _____

For RV space: add \$20. Each non-member add: \$25 \$ _____

Other: _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

Club membership = 208 Newsletter Distribution

The June/July 07 issue is posted on our web site, and also:
257 copies sent via email
25 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.

Mt. High Mt. High Annual Picnic

DATE: Saturday, August 11th 2007
TIME: 9 am for bike ride / 11 am picnic
WHERE: Sellwood park
PICNIC AREA - A (as before- the big one)
BALLPARK FIELD # 2 (Reserved from 1-2 pm)
CONTACT: Gary Stevenson, 503-257-6368.
BIKE RIDE: Larry Bennett, 503-760-2360
There will be an easy 1-hour bicycle ride just before the picnic. Gather at parking lot by the river.
It's a potluck. We'll have hot dogs. Bring something else to share.

Ski Oregon/Washington Challenge

David Schor, Emilio Trampuz, and Ed Palmer won a \$50 gift certificate to GI Joe's for completing the Washington challenge. Nancy Tsai won the grand prize (a 10-time pass to Meadows) for completing the Oregon Challenge.



Steve Coxen, past President, NWSCC, presenting the awards.



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

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

