



Lift Lines

== No. 86, February 2008 ==

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



Hi folks,

We got tons of snow. It's time to play!

We got 50 new club members this winter (see page 2), but about 60 or 70 people have not yet renewed their membership! So, overall, we might actually have fewer members than last year. If you have not yet sent in your dues, please do it right away.

Whenever you send money to the club, please use the [Dough Transmittal Form](#) on page 11, or on the web at www.mthigh.org/Forms.htm.

Check out the new Group email/Forum. It allows you to connect directly with other members. See page 4 for details, and start exploring at: www.mthigh.org.



Linda getting a face-shot in deep powder at Snowmass. What a blast!

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

2007 CALENDAR

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

2008

Feb. 1: Ski free at Mt. Bachelor
Feb. 1-11: Innsbruck, Austria trip
 Feb. 2 (Sat) **Chocolate Party**
Feb. 6-10: Sun Valley Family trip
 Feb. 10-16: Whistler cabin trip
 Feb. 15-18: Sunny South bus trip
 Feb. 17 (Sun): PACRAT race Ski Bowl
 Feb. 24 (Sun): Mt. High ski training

Mar. 1-2: Cascade Lodge Weekend
 Mar. 2-3: Oregon Cancer Ski Out
 Mar. 9 (Sun): PACRAT race Meadows
 Mar. 14-16: **Mystery bus trip**
 Mar. 20 (Thur.): Mt. High party (p. 11)
Mar. 22: NWSCC Mt. Hood Ski day
 Mar. 23 (Sun) PACRAT race Timberline
 Mar. 29 - Apr. 3: Lake Tahoe trip

Apr. 3 - 7: FWRA Championships
 (Mammoth Mt.)
 Apr. 11 (Fri): Rat Attack Awards party

2008

Jan. 24-31: FWASA Ski Week: Big Sky

Come Ski With Us!



Any time you go skiing, we encourage you to stop at **McDonald's** in **Sandy** around **7:00 - 7:15 am**, and check to see if there's anyone else from our club waiting to connect with others and/or carpool to the mountain.

February 17 is an especially good day, as over 100 of our members will be going to the PACRAT race at Ski Bowl. On the slopes tune your 2-way radio to **channel 6-19**.

Mt. High

Ski Training days

Mt. High



February 24 (Sun.). At Mt. Hood Meadows **Free** to all Mt. High members.

As in previous years, our club will offer at least one (and possibly two) ski training days. Hone your skills in controlled turning through gates. Our trainers will be Jack Walker and Gordon Lusk.

A second date was originally planned for March 2, but the date conflicts with many other events, so we are exploring other dates.

February 24 is definitely set, at Mt. Hood Meadows, and the training will begin by 10 am, either on Gemini or on Stadium. All you have to do is show up!

For info, contact Bruce Ellison: 503-697-7892 or email: Yuffiet@comcast.net.

Far West Ski Week: Whistler

Jan. 19 - 26, 2008. The biggest ski party in th annual Far West trip. The **Whistler/Blackcomb** was attended by 742 people from Oregon, Washington, California, Arizona, Idaho, and Nevada.

Next winter, **Jan 24 - 31, 2009**, the Far West Ski Week will be at Big Sky, Montana. For info, contact: **Barbara Bousum**, 503/224-3584, BBousum@gmail.com.

*Mt.High***Chocolate Party***Mt.High*

February 2nd (Saturday).

The annual party was a fun event, held att the home of Cindy and Bruce Ellison

As usual, we had a contest, and the winners were:

Most Decadent: Kurt Krueger
 Most Chocolatiest : Debbie Korr
 Most Creative: Alice Morris (new member)

Congratulations to the winners! Of course, everyone else had fun too, partaking of all the delicious treats!



Got any photos of any of the above events? Either send a few of the best to Emilio, for inclusion in the newsletter or on the web site, or post them in the Snapfish photo albums or anywhere else on the internet, and then provide us with the internet address where we can find your photos. See more photos of recent events at www.mthigh.org/PhotosRecent.htm.

Welcome New Members

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

Kevin Nichols
Carol Schaffer
Jeff Mangini
Moniquea Degan
Jill Trulsen
David Valdez
Gary Rodrigues
Alan Bergen
Diane Dunning
Jim Welk
Jeanie Baldwin
Linda Colins
Pat Wolfram
Brad Wood

Jim Kasten
Mike Kohltlepp
Michelle Jercinovic
John Jercinovic
Mike Friedman
Lynn Blough
Dan Gattley
Tim Irwin
Patty Caldwell
Rob Weiss
Lori Middleton
Stephanie Crawford
Alice Morris
Lars Jensen
Duncan Kitchin
Linda Kitchin
Jim Kindred
Scott Way
Gary Olsen
Bill Burnham
Sonya Watson

Pamela Jo Gentry
Sue Waymire
Bob Casalegno
Eugene Stevens
Larry Alfien
Alan Polaski
Leslie Polaski
Mindy Bergman
Tom Gunzenhauser
George Laird
Alina Dussort
Lori Cronican
Chris Cronican
Chrsitopher Hensel
Mark Kevin Johnson
Maria Tapias
Laurie O'Hara
Gina Lindsay
Kurt Wilke
Linda Wilke
Steve Berg

WELCOME TO THE CLUB!

If your name is mis-spelled, or if you can't find it here, please notify Emilio: info@mthigh.org, 503-378-0171.

Man of the Year



Jack Foliard has been nominated for Man of the Year. (within our club).

Jack has been a club member for as long as we can remember, has served as PACRAT Chairman for a lot of years, and is still an active racer. The life of a party, and just a swell guy!

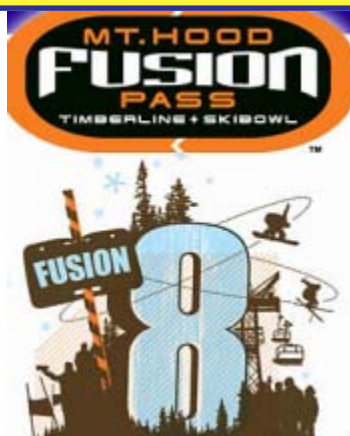
Woman of the Year



We are still looking for a woman of the year. Send your nominations to any of the Board members See list on page 11.

More details on page 12, including a list of former honorees.

Fusion 8 Events



A series of 8 competitions named "Fusion 8" will be organized at Mt. Hood Ski Bowl and Timberline this winter. Participation in each event is open to all, for a \$5 registration fee. But, it is free for Fusion pass holders. It's open to all levels of ability. There will be categories by age, gender, etc. The events are:

Jan. 20: Timberline Slope Style
 Jan. 27: Ski Bowl Slalom
 Feb. 3: Timberline Rail Style
 Feb.10: Ski Bowl Speed Trap
 Feb.17: Timberline Half Pipe
 Feb.24: Ski Bowl Giant Slalom
 Mar. 2: Timberline Skier/Board X
 Mar. 9: Ski Bowl Obstacle Course

A Fusion pass entitles you to ski at both Ski Bowl and Timberline. There are 5 and 10-time passes, as well as season passes. Remember, the Fusion 8 events are FREE for Fusion pass holders.

Powder, powder, and more powder!



What an amazing snow year we've had so far! Tons of snow. Tons of nice, fresh powder.

The whole nation seems to be covered in snow. This is Emilio, having a blast at Snowmass, Colorado, a FWSA award trip for the Safety Person of the Year. See page 4.

Free Skiing corner

1. Use your **Ski Fever Show 2 for 1** coupons for **Ski Bowl, Mt. Hood Meadows, Timberline, Hoodoo, Anthony Lakes, Mt. Ashland, Mission Ridge, and Whistler/Blackcomb**. OK, it's not free, but half-price is good!
2. **Shell offers a free lift ticket coupon** for ski areas all over Oregon, Washington, Idaho, and British Columbia every time you buy at least 10 gallons of gas. Details at: [www.skifreedeals.com/shell skiforfree.php](http://www.skifreedeals.com/shell-skiforfree.php)
3. **Warren Miller vouchers:** Free ticket to **Mt. Hood Meadows**, any day in April. Also, at **Crystal Mt.**, a free ticket any Tuesday, or 2-for-1 any other time. Also, free list tickets to: **Apex, Big White, Silver Star, and Sun Peaks**, any time before Dec. 21, 2007 or any time after March 25, 2008.

Special, single day deals

- Jan. 28: Mt. Hood Meadows Rotary Night**, 1 - 9 pm for \$10.
- Feb. 1: Mt. Bachelor** "Neighbor Impact" day. 3 cans of food for a free lift ticket.
- Feb. 8: 49 Degrees North.** Drive your Toyota & ski free!
- Mar. 7: Mt. Hood Ski Bowl**, "Ski For Sunshine", 4 cans of food to help local families in need, for a free lift ticket.

Safety Powder Skiing - by Emilio Trampuz

Mastering ungroomed terrain gives us a feeling of freedom. No longer are you constrained to the groomed trails. You can ski anywhere!

But deep powder is a challenge. Here are some tips:

1. **Ski with a partner or two.** Keep an eye on each other. Even within the bounds of a ski area, ungroomed slopes are much less traveled. Fewer people to help.
2. **Stay away from roped off areas.** It's for a good reason. Lots of fresh powder can be very unstable until it settles (which could take days or weeks) or until ski patrol has done some blasting to purposefully cause unstable spots to avalanche.
3. **Attach powder chords** to your skis. You might not need them 90% of the time, but if you lose a ski in deep powder, it might take hours of digging to find it. Powder chords might make it easier to find your ski.
4. **Know where you are going.** Carry a map. Or go with a guide. Or both.
5. **The further out you go, the more equipment you will need.** A 2-way radio might be enough within a ski area, but out of bounds, you'll need an avalanche transceiver, an avalanche probe, and a shovel.

Safety Person of the Year Award

Each year, for the past several years, the **Far West Ski Association** awards a Safety Person of the Year award to someone who contributes to the safety of our sport. See more about the award at www.fwsa.org.

The sponsor of this Award is the **Aspen/Snowmass** ski resort, and the prize is a week at that fabulous ski mecca, consisting of 4 ski areas: Aspen Mt., Aspen Highlands, Buttermilk, and Snowmass. See more info about these resorts on our web site. Go to "**Ski Areas**", and then click on each individual one under Colorado.

At last year's FWSA Convention, the award went to **Emilio Trampuz**, for the various safety articles in the newsletter and on the web site, as well as for the ongoing promotion of the "Vision for Safer Skiing in the 21st Century" (see below).



Connie Hamlin and Mary Manning from Aspen/Snowmass, Emilio Trampuz, and Richard Lubin (FWSA VP Safety)

Safety**Turning Skills -- Vision of Skiing in the 21st Century****Safety**

Building up on the idea of a new vision for skiing in the 21st century, started in the July/August 2005 issue of "Lift Lines", resorts could make the slopes **safer** by providing more opportunities for us to practice **controlled turning**, by simply setting up a variety of **fun obstacles** on the slopes. This would not only make the slopes more **fun**, but would also **slow traffic down**, make the slopes **safer**, and lift lines **shorter**.

Urge ski areas to implement this idea. Here's just one of the ways:

**Plant some trees!**

Many slopes look like clear-cuts. This is both boring and dangerous, because it invites speeding.

A few well-spaced trees can be so much fun to turn around. A good example is the "Naked Lady" trail at Snowmass, which is not so naked!

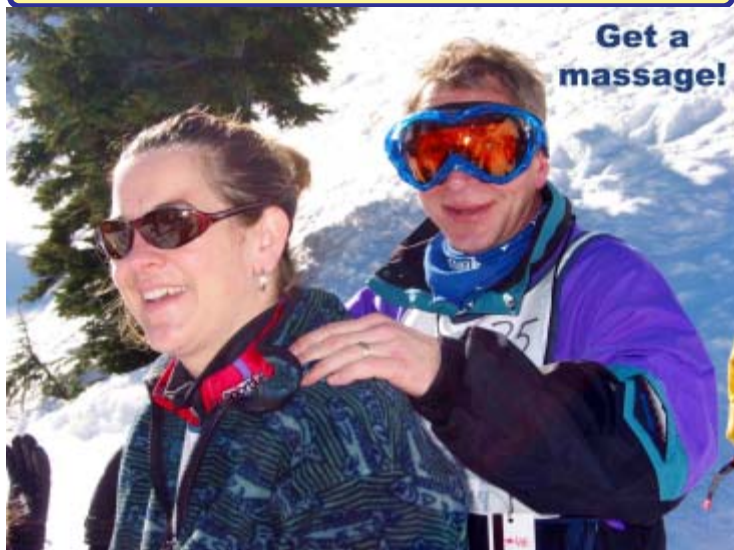
This gives people something fun to do on the slopes, rather than just speed down.

For more ideas, and the whole vision, see our web site at: www.mthigh.org/Vision.htm.



Easy trees on the "Naked Lady" trail at Snowmass

PACRAT News



Pacific NW Area Clubs Recreational Alpine Teams

What's your handicap?

Is it 30, or 40, or 50? What does that number in the published race results mean? Simply put, it's a percentage. It indicates how much you lag behind the best racers on any given course.

If your handicap is 50, it means you are 50% slower than the fastest possible result on that course. If the best racer runs a course in 30 seconds, your result would be 50% more, or 45 seconds.

This assumes that the best racer's handicap is zero (which would be somebody like Alberto Tomba or Bode Miller!). In reality, the best racer in a PACRAT event has a handicap of 5 or 10. So, our handicaps are adjusted accordingly, to reflect how we would compare if we raced against the best racer in the world.

2008 PACRAT Race Dates

| Date | Location |
|-----------------|--|
| January 13 | Race 1: Timberline |
| January 27 | Race 2: Mt. Hood Meadows |
| February 17 | Race 3: Ski Bowl |
| March 9 | Race 4: Mt. Hood Meadows |
| March 23 | Race 5: Timberline |
| April 6 | Make up race, if necessary |
| April 4-6 | FWRA Championships, Mammoth Mt. (This great opportunity is optional.) |
| April 11 (Fri.) | Rat Attack Awards Party |
| | Summer Fun RAT Party date and location TBA |

This handicap system provides a measure of your results regardless of snow conditions or length of course, because varying conditions affect everyone equally. Sticky snow will slow down even the pacesetter, against whom your results are measured. As you improve, your handicap will gradually go down. Watch yourself improve from season to season!

Remember to bring your **race bib** to the après ski party. It's your ID, proving you are a racer.

Read more about PACRAT racing on our web site: www.mthigh.org/Racing.htm.

For any questions, contact our Racing Director at: Yuffiet@comcast.net or phone: 503-697-7892.

FWSA Championships

Each year some of our skiers go to the Far West Ski Racing Association **Championship races**. Last year's race was held in Bend. This year, the Championships will be held at **Mammoth Mountain**, April 3-6, 2008. All PACRAT racers are welcome. See our Trips.

Sunday Morning Christian Devotional

Doug Pilcher, a veteran PACRAT racer of many years, and one of our Mountain High members, has offered to lead a devotional Bible study on Sunday mornings, before each race.

If you would like to participate, please arrive early at the ski area. We'll gather at **7:30 am**, in the day lodge. For the **Ski Bowl** race, Feb. 17, for example, meet in the cafeteria of the Day lodge (Ski Bowl West).

For the **Meadows** race, on March 9, let's gather on the top floor of the South Lodge, at the former Auntie Pasta's, now called Manuel's Cantina.

Open to everyone. You don't need to be a racer to participate. Contact Doug at: PilchD@molalla.net, or 503-759-4899, or 503-799-6201 (cell).



Doug

Race Charts

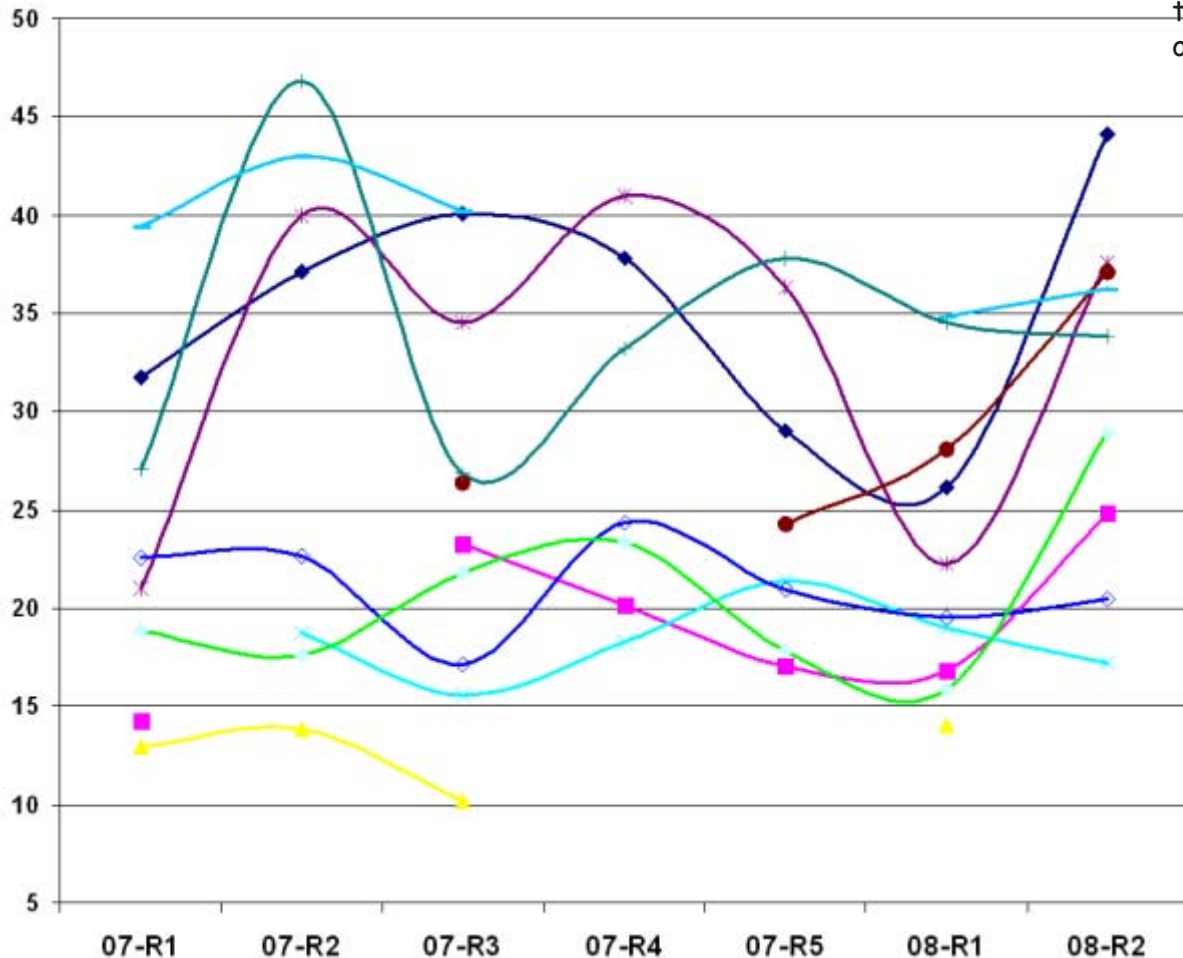
Roman Chamine, a PACRAT racer on the “Rats R Us” team, has developed a method of converting our race results into charts, showing the results of our last 6 races (including many from the previous year).

The charts show how our individual handicaps fluctuate from race to race. In other words, we are not always consistent. The higher your handicap, the worse your results (the slower you are).

Handicap

PACRAT Top 10 Women

See more charts on the Race Results page on our web site.



Each color represents a different racer:

- 12 Paraskeva
- 13 Anderson
- 158 Loehner
- 2 Parshall
- 33 Walter
- 37 Hummel
- 4 Kelly
- 41 Sarich
- 52 Carty
- 97 Ackerson

For example, take a look at the chart showing the results of the top 10 women racers. Notice the upswing that most have experienced in the last race. This clearly illustrates that most of us had problems on the steeper, icier course on Stadium at Meadows. We couldn't quite push the same way as we can on a less intimidating course at Timberline (the race before), where our handicaps were generally lower (i.e. better).

Race Videos (from Meadows)

Bruce Kuper has made 3 new short videos available for us to watch on U-Tube. All were taken with his helmet-cam. Just click here to watch, or go to our Videos page on our web site.

[PACRAT 2008 01 27 Race 1 Red Course](#)

[PACRAT 2008 01 27 Race 2 Blue Course](#)

[2008 01 27 Slow Trees](#)

Next race at Ski Bowl

Feb. 17 (Sunday)

Our next race is at Ski Bowl West. Turn off right into the parking lot, just before Government Camp. The race will be on the Dog Leg trail. Lift tickets for racers will be \$33 (regularly \$39), Show your bib at the indoor ticket counter.

The apres ski party will be held at the Mt. Hood Museum, hosted by the Bergfreunde ski club.

Oregon Cancer Ski Out - March 2 & 3, 2008

Background

The Oregon Cancer Ski Out was started in 1988 by **Larry Chadwick** and a small group of people who were saddened and frustrated by the loss of family and friends to cancer. Determined to provide a meaningful way to bring people together from all walks of life in the fight against cancer, they started the Oregon Cancer Ski Out on a shoestring and a hope. They knew it had to be meaningful, affordable and above all, it had to be fun...serious fun!

The first year netted **\$600** – not much, but enough to keep the spirit alive. Last year (2007) the Oregon Cancer Ski Out gave **\$40,000** to our beneficiaries. A big “thank you” to all of you who participated last year! Thanks to our generous sponsors and dedicated race participants, guests and volunteers, over \$515,000 as been raised for beneficiaries in the past 20 years.

Today over **250** people head up to Mt. Hood Meadows each year to raise funds to support cancer research and education programs.

The Beneficiaries

Willamette Falls Hospice & Hospice of the Gorge: Providing compassionate home care and family support for terminally ill patients.

OHSU Cancer Institute: researching causes and cures for cancer

Candlelighters: supporting programs for children with cancer and their families.

Get INVOLVED!

- Enter a TEAM. Find 4 other friends and put together a team. You'll never know how much fun fundraising can be until you give Cancer Ski Out a try.
- Become a Corporate Sponsor. Your corporate dollars will be put to work directly supporting OCSO beneficiaries, not underwriting the event.
- Volunteer. Volunteers needed for one or both days.
- Call the Ski Out office for detailed info: 971-221-5872

What is the Oregon Cancer Ski Out

- This is a two (2) day race based on consistency, not speed.

- We have teams of five (5) members. The teams can be made up of men, women and children. They can either ski or snowboard.

- This “racing” event is unusual because it is consistency which matters, not overall speed. The winning team is the one with the closest handicapped team times (with all team members' times added) between Sunday's and Monday's races. It doesn't matter how slow or fast each racer is, as long as their times are consistent. Last year's winning team had only 1 second difference in the team times between the 2 days!!

- The top ten (10) teams will be awarded prizes donated by Joe's Sports and More Store.



Event Schedule

Saturday March 1st : Coaches Challenge golf tourney (check the website for information)

Sunday, March 2 – Mt Hood Meadows – Finish Line

8:30 am Registration & breakfast

10:00 am Racing begins

Cowboy Up Party – Best West-

ern Hood River Inn:

5:00 pm Hospitality room at the Hood River Inn

6:30 pm Dinner – Columbia Room

11:00 pm Casino Prize Drawing

Monday, March 3 - Mt Hood Meadows – Finish Line

8:30 – 9:30 am Breakfast

9:30 am Racing begins

3:00 pm Team awards

Registration – Online or by Mail

Register your 5-Member Team for the Oregon Cancer Ski Out Today! Registration is limited to only 34 teams. (A \$170 non-refundable deposit is required to hold your team's place)

Go to www.cancerskiout.org for full event details and to register on-line and pay by credit card.

Or, complete the registration form and return by mail.

Checks made payable to: Oregon Cancer Ski Out

Mail to: Oregon Cancer Ski Out

PO Box 1484

Wilsonville, OR 97070

Registration fee include: two breakfasts and lunches, Cowboy Up for Cancer Dinner Party, Dance & Casino, two day lift tickets, participant gifts and race fees for all five team members.

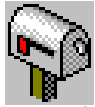
Early Registration: \$850.00 (by Dec. 15, 2007)

Late Registration: \$1,000.00 (after Dec. 15, 2007)



NW Ski Club Council

Our club is affiliated with the NWSCC, so we are all members. Go to the **NW Ski Club Council** web site:



[Join NWskiers](#)
[Email Newsletter](#)

www.nwskiers.org to check out member benefits, trips info, and more. You can also sign up for an **email group** for regular updates.

The NWSCC meets every 3rd Wednesday of the month at 7 pm, at the **Round Table Pizza**, 10070 SW Barbur Blvd., Portland. 503-245-2211.

These meetings are open to everyone. There is often a guest speaker, and you get to hear what's happening in other local ski clubs. The next meeting is **Jan. 16**.

Mt. High

NW Ski Challenge

Can you ski at least 12 of Idaho's 16 ski areas? You might win a prize.

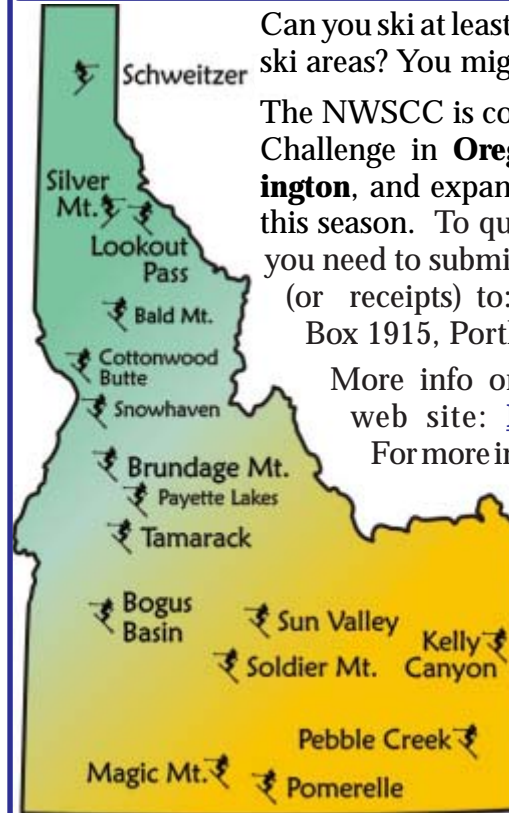
The NWSCC is continuing the Ski Challenge in **Oregon** and **Washington**, and expanding it to **Idaho** this season. To qualify for a prize, you need to submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207.

More info on our Council's web site: NWskiers.org.

For more info, contact **Steve**

Coxen, 503-679-9022, or by email to: sacoxen@aol.com.

See the [Ar-](#)
[ticles](#) page on the Mt. High web site for last year adven-



tures.

NW Ski Club Council "Ski Day" at Meadows

March 22, 2008. (Saturday) Let's all ski Mt. Hood on this day! An all-clubs get together on the slopes, followed by a wine tasting and hors d'oeuvres receptions at the Huckleberry Inn in Government Camp, from 3:30 to 6:00 pm.

The NWSCC also plans to offer a bus to Mt. Hood Meadows that day, which will stop at the Huckleberry Inn on the way back, for the festivities.



Meet us on the mountain or take the bus.

Bus departs Portland at 7:30 a.m. (location TBD)

Cost: **\$15** per person for Bus and Après Ski Event (till the bus fills up).

\$10 per person for Après Ski Event only (3:30 -5:30 pm)

For info, contact: **Debbi Kor**, 503-682-1563 or email: ijustwannarun@aol.com

NWSCC Sun Valley **February 6-10, 2008.**

A family trip organized by the Skiyente Ski Club.

This will be a driving trip, open to everyone, including skiers under 21, so this is a great trip to bring your kids and grandchildren on.

Price: \$488 - \$688, depending on type of lodging. Send \$100 deposit to Skiyente Ski Club, P.O. Box 56342, Portland OR 97238.Contact: **Colleen Walter**, colleenski2002@yahoo.com**Mt.High Whistler cabin** **February 10-16, 2008.**

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)

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

6 nights lodging / 5 days skiing,

Carpooling.

Cost= \$235 includes lodging, daily breakfast, lunch & dinner. Everyone

Mt.High Sunny South bus trip **Feb. 15-18**

A 3-day/3night trip over Presidents' Day weekend. We'll leave Portland

**Mt. Ashland**

on Friday at noon. We will also pick up passengers in Eugene, at 2 pm.

Saturday: Ski **Warner Canyon**Saturday: Ski **Mt. Shasta**.Sunday: Ski **Mt. Ashland**

We'll stay at the Stratford Inn in Ashland for 2 consecutive nights.

Price: \$250 (lodging & transportation, and continental breakfasts), plus approx. \$90 for all 3 lift tickets.Contact: **Linda McGavin** or **Emilio Trampuz**.**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. \$70 for 2 lift tickets. Trip price is based on 30 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.Jan. 8:
There are 6 ft of snow at Tahoe, and 2 more are on the way!**Fly to Reno (on your own)**, or drive, or rent a car.. Janice can help you carpool with others. (You can link this trip with the Far West Championships at Mammoth. **Gordy** will organize vans or rental cars from Reno to Mammoth.)**Price:** \$400 includes: (See flyer on our web site.)

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

Contact **Janice Jessen**: jessen@iinet.comSend \$100 deposit. Use **Dough Transmittal form**, p.11.Much more info on these and other trips on our web site: www.mthigh.org/Trips.htm

FWSA Mammoth Mt.: Far West Championships   

April 3 - 6, 2008. Our PACRAT racers can participate in the usual Slalom and GS races, for an additional \$45 fee. But, this trip is open to non-racers too.

This trip will be coordinated with the Lake Tahoe trip (see page 9). Each trip is independent, but if you are already at Lake Tahoe, might as well visit Mammoth Mt. too.

Gordy will organize SUV or van rentals 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.

Make your own room reservations before March 5, 2008 for special group rates at The Village at Mammoth, Juniper Springs Resort, and the Mammoth Mountain Inn. For reservations, call **1-800-626-6684**, and mention group rates for **Far West**.

You can also book online at: www.mammothmountain.com. Use group ID: 2725, Password: 370004430, Password: Far West.

**Bergfreunde Innsbruck - Austria Sampler trip**  

Feb. 1 - 11, 2008. All NWSCC club members are invited to join the Bergfreunde ski club on this trip to Innsbruck, the capital of the Tyrol region. Cobble-stone streets, castles, palaces, museums. Ideal sightseeing vacation, with optional downhill or cross-country skiing.

There are seven ski areas around Innsbruck, with free bus transfers included. A total of 63 lifts. Also 12 nearby cross-country ski areas with 110 miles of prepared trails.

Accommodations at the 4-star Hotel Maximillian, near the Old Town of Innsbruck.

Price of **\$1,424** includes the following:

- * Round trip airfare from Portland, on Lufthansa.
- * Private group bus transfers from airport to htoel.
- * 9 nights lodging in 4-star Hotel Maximillian, in Innsbruck.
- * Breakfast daily, plus 2 dinners, one of which is a Tyrolean mountain hut party night.
- * Club Innsbruck Card: free bus to ski areas; ski pass discounts.
- * Escorted from Portland by Bob Burns.

Trip Capt. - **Bob Burns** at **503-524-5261** or bob@inkjetman.com (put Innsbruck in the subject line)

**FWSA Les Trois Vallees** 

March 7 - 15, 2008.

This is a Far West trip to France, to the 3 Valleys: "**Les Trois Vallees**", offering 200 lifts, and 540 sq. miles of terrain.

Optional Aix-en-Provence (3 nights) and Paris (4 nights) post-trip, extends it to March 21.



Basic Ski Week package **\$1390** pp double occupancy, which includes:

- * Round-trip Air-France non-stop flight from Seattle, SFO or LAX.
- * 7 nights lodging at the ski-in/ski-out 3-star Hotel Montana - Breakfast and dinner daily;
- * Hotel features sauna, fitness gym and indoor pool.
- * All European air and ground to & from hotels and airports. All local city taxes, resort fees and all other known fees in all hotels.

This is an incredible deal you don't want to miss!

Not Included: Int'l Departure taxes and fuel surcharge - around \$270.

Post extension trip \$895 (optional).

For more details go to: [http://www.fwsa.wbees.com/f/2008 European Ski Week.pdf](http://www.fwsa.wbees.com/f/2008%20European%20Ski%20Week.pdf)

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.

Mountain High Social (Quarterly Party)

Mountain High Meeting



March 20 (Thursday). 6:30 pm.

Instead of a regular Pizza Party, we'll try something different for our quarterly get-together. We'll gather at: **Cactus Jack's**, 4342 S.W. Beaverton-Hillsdale Hwy., Portland, OR 97221 503-977-2161.

This is a Tex-Mex restaurant/bar with a buffet of beef and chicken tacos, rice, beans, chips and dips.

Put it on your calendar. Be there!

Usually 1st Tuesday of the month.

Feb. 5 (Tue.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.

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

Location: **Round Table Pizza**, 10070 SW Barbur Blvd., 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,
- Secretary:** Sue Snelling, H: 503-774-8747,
- Treasurer:** Kurt Krueger, H: 503-625-1492,
- Race Director:** Bruce Ellison, H: 503-697-7892,
- Newsletter Editor:** Emilio Trampuz, H: 1-503-378-0171,
- Activities Director:** Jaxine Harris, H: 503-692-9719,
- Golf:** Cal Eddy, H: 503-631-3115,
- Mid-week skiing: George Yun H: 503-697-3055,
- NWSCC Rep:** Debbi Kor-Lew, H: 503-682-1563,
- Trip Directors:** Linda McGavin, H: 503-652-2840,
- Janice Jessen, H: 503-636-0687,

- TWhite223@msn.com
- OptomistSue@comcast.net
- telek2@att.net
- Yuffiet@comcast.net
- info@mthigh.org
- JaxineAH@msn.com
- W: 503-805-8606, baebaw@ccwebster.net
- boar2m@msn.com
- W: 503-988-5138, ijustwannarun@aol.com
- Trips@mthigh.org
- jessen@inet.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?Paidinfull?

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

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

Sternwheeler cruise (September 30, 2007) \$ _____

Southern Oregon bus trip (Feb. 15-18, 2008) Total \$250. Deposit \$100 \$ _____

Mystery bus trip (Mar. 14-16, 2008) Total \$200. Deposit \$100 \$ _____

Lake Tahoe trip (Mar. 29- Apr. 3, 2008) Total \$400. Deposit \$100 \$ _____

Other: _____ \$ _____

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

Signature(s): _____ Date: _____

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.

Club membership = 221 Newsletter Distribution

The Feb. 2008 issue is posted on our web site, and also:
266 copies sent via email (as PDF files)
28 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. Hood Meadows Buses, \$59



For only \$59, you get a lift ticket and a bus ride from a Park & Ride to Meadows. What a deal!

Timberline 2-for-1 lift tickets + lunch!

Timberline offers 2-for 1 lift tickets and 2-for-1 lunch entree at the Cascade Dining room (the main lodge) every Tuesday, Wednesday and Thursday. See: www.timberlinelodge.com/current_news/great_deals.php

To Do list

1. Sign up for a ski trip!
2. Join others in Sandy (p.1)
3. Go to Chocolate Party
4. Nominate man & woman
5. Get involved with club, p.4
6. Join Forum/email group p.4

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

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

New Weather Blog

Drew Jackson, meteorologist at **KPTV-12**, has started a new blog, where he writes interesting comments about snow conditions from a skier's perspective. Check it out at: <http://oregonskiing.blogspot.com/>. Thanks to **Peter Wiessner** for alerting us to this. We'll add this link to our web site.

Man & Woman of the Year

Every year, we honor a man and a woman who have contributed to the club and to our sport. Here are some of the past honorees:

| | | |
|-------|----------------|---------------|
| 2007: | Gary Stevenson | Linda McGavin |
| 2006: | Gordon Lusk | Linda McGavin |
| 2005: | Terry White | Debbi Kor |
| 2004: | Emilio Trampuz | Debbi Kor |
| 2003: | Emilio Trampuz | Debbi Kor |
| 2002: | Emilio Trampuz | Debbi Kor |

Our 2 nominees then go on to the NWSCC, where 2 people are selected among all the local ski clubs, and those 2 then go on to "compete" for the Far West Ski Association's title of Man & Woman of the Year, at the annual FWSA Convention in June.

It's now time to nominate someone for 2008. Send your nominations to any Board member (see p. 11).

