

**Mountain High
 Snowsport Club presents:**

**Mt. Shasta
 Mt. Ashland
 Trip
 2023**

A Mt. High bus trip

**March 17 - 19
 2023**

A weekend trip, starting on Friday afternoon at 2 pm, and we'll bring you home Sunday night, by 8 or 9 pm. 2 days of skiing & 2 nights.

Tentative Prices:

Real prices probably lower

- 1. Adults = \$510
- 2. Seniors, 65+ = \$492
- 3. Indy Pass holders = \$395
- 4. Non-skiers = \$395

Included:

- * Bus transportation
- * 2 nights lodging
- * 2 lift tickets
- * Hot-tub and pool
- * 2 Continental breakfasts

Contact

Bill: 614-371-4762
President@mthigh.org
 Linda: 503-781-5809
Trips@mthigh.org
 Emilio: 503-510-1477
newsletter@mthigh.org

Reserve your spot

Send a \$200 deposit to Mt. High Snowsport Club, PO Box 2182, Portland, OR 97208.



Mt. Shasta



Mt. Ashland
 44 named trails
 1150' vertical
 7533' summit
 5 lifts



Mt. Shasta
 38 named trails
 2036' vertical
 4 hills
 5 lifts
 (1 new quad)



Mt. Ashland

MOUNTAIN HIGH SNOWSPORT CLUB

"The club that really skis"
PO Box 2182, Portland, OR 97208

NOTE: This trip is open to members of all clubs associated with the NWSCC (Northwest Ski Club Council)

Mt. Shasta and Mt. Ashland A Mountain High weekend bus trip

March 17 - 19, 2023.

2 days/ 2 nights. Staying in the same hotel both nights. Trips starts Friday at 2 pm from Clackamas Town Ctr.
Saturday skiing at Mt. Shasta - which has expanded from 3 to 4 hills and a new quad chair.
Sunday skiing at Mt. Ashland.

The bus trips are usually our club's best and most fun events. The best way to get to know other club members.

No need to pack and move every day. We'll stay in the same hotel both nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and breakfast.

Bus ride: We'll start the trip on Friday at 2 pm and ride the bus to Ashland. We might stop to pick up passengers in Salem and Eugene. We'll return Sunday night, by 8 or 9 pm. The bus ride itself will be fun. We'll share some food, play games, tell jokes, watch short videos, etc.

Lodging: We'll stay at the Stratford Inn, near downtown. The hotel offers free Wi-Fi, a fitness room, an indoor hot tub and swimming pool. Each room has a coffee-maker, refrigerator/freezer, microwave, and hair dryer.

On Saturday, we'll drive a little over an hour to Mt. Shasta ski area, offering 5 lifts on 4 separate hills. A new hill has been opened on Gray Butte, with a new quad chairlift and 6 new trails, with a few trees left on them.

On Sunday, we'll ski at nearby Mt. Ashland. We'll ski till 3 pm, and then ride the bus back home. We'll return to Portland around 9 pm on Sunday.

Prices are tentative and might be lower. We don't have all the info yet. Also, the more people sign up, the lower the price.

Adults = \$510 per person

Seniors (65+) = \$492

Anyone with Indy Pass = \$395

Non-skiers, no lift tickets = \$395

All prices are based on double occupancy, i.e. sharing a room with one other person. Additional cost if you want a room all to yourself = \$128.

Price includes all bus transportation, 2 nights lodging, 2 lift tickets and 2 breakfasts.

Space is limited by the size of the bus, so please sign up early!

Contacts / Trip Leaders:

Bill King: 614-371-4762 or email: President@mthigh.org

Linda McGavin: 503-781-5809 or email: Trips@mthigh.org

Emilio Trampuz: 503-510-1477 or email: newsletter@mthigh.org.

Reservations: Mail a \$200 deposit to **Mountain High Snowsport Club**, PO Box 2182, Portland, OR 97208. Or pay online by credit card on our [Signup & Pay page](#). Full payment due by February 15, 2023. No refunds after February 15, 2023, unless you can fill your spot.

See: [Trip Cancellation Policy](http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf) at: www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf.



"The club that really skis"
PO Box 2182, Portland, OR 97208

Mountain High Snowsport Club 2022/23 Membership Sign-Up / Dough Transmittal Form

For all Mt. High activities, make check payable to: "Mountain High Snowsport Club"
Mail it to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

Or, you can pay online (Sign up & Pay on our website) and email this form to: Forms@mthigh.org

Name(s): _____ [] New membership(s)
PLEASE PRINT CLEARLY
_____ [] Renewal(s)

Mailing Address: _____
_____ Birthday: (MM/DD) _____

Phone (H): _____ Phone (W): _____

E-mail (H): _____ E-mail (W): _____

The best way to reach me: [] phone (home/work) [] e-mail (home/work)

- Email Preferences:** [] No changes, same as last year.
- 1. Newsletter (once a month): [] Yes, link only [] Yes, complete file [] No
 - 2. Club news & events (between newsletters): [] Yes [] No
 - 3. Other ski news (NWSCC, FWSA, ski areas, etc.): [] Yes [] No
 - 4. Is it OK to share your email address with other club members? [] Yes [] No

Note: PACRAT racers will receive PACRAT email from their team captain regardless of the above options.

Please apply my payment toward the following fun stuff: Total Details/Notes

- Annual Membership** (Oct.1, -Sept. 30): Single (\$30); Couple (\$50). \$ _____
- PACRAT Racing** – Please pay through the PACRAT website www.pacrats.org \$ _____
For any question about Mt.High teams & racing, contact: racing@mthigh.com
- Canada Red White and Blue trip** (Jan.25 – Feb.1,2023). Deposit=\$500. \$ _____
Adult = \$1725.00, Senior (65-74) = \$1627.00, Super Senior (75+) = \$1305.00
- McCall, Idaho: Brundage Mtn. And Tamarack.** (Feb.26 – Mar.1,2,3,2023) \$ _____
The club is not collecting money for this trip. See trip description on our website.
Make your own hotel reservations. Tell them you are with the Mt.High club.
- Mt. Shasta & Mt. Ashland trip** (March 17 - 19, 2023). Deposit=\$200. \$ _____
Please wait for full payment until we announce the final prices.
- Mountain High Cookbook** 34 pages of recipes from our club members: \$10 \$ _____
- Other:** _____ \$ _____

[_] cash [] check # _____ TOTAL AMOUNT RECEIVED: \$ _____

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

Signature: _____ Date: _____

Signature: _____ Date: _____

**Mountain High Snowsport Club
Assumption of Risk / Waiver of Liability / Indemnification Agreement**

I do hereby affirm and acknowledge that I am aware of the inherent hazards and risks associated with the activities of **Mountain High Snowsport Club (MHSC)**, including, but not limited to: ski trips, ski or snowboard racing, bicycle rides, hikes, or social activities, and traveling to and from activity sites in which I am about to engage. Inherent hazards and risks include but are not limited to:

Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that may result in permanent disability or death.

Risks of the condition or selection of course route, getting separated from the group, and getting lost, colliding with other participants, getting injured in any way relevant to the activity, or suffering from any conditions resulting from exposure to nature, animals, and/or human beings.

Possible exposure to and illness from infectious diseases includes, but is not limited to MRSA, INFLUENZA, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist.

I willingly agree to comply with the stated and customary terms and conditions for participation as protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.

“Acts of God” or other actions taken by governments or their civil authorities, or common carriers that would impede MHSC delivering any or all of the contracted services, may result in injury, inconvenience, travel deviations, or unexpected cancellations relating to such risks or event, and are not in MHSC’s control.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation.

- ✓ I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death

I understand that participation in the club's activities is strictly voluntary and I freely chose to participate. I confirm that I will be responsible for any medical costs I may incur as a result of my participation.

I hereby release and hold harmless with respect to any and all injury, illness disability, death, or loss or damage to person or property, whether caused by negligence or otherwise, the **Mountain High Snowsport Club**, its officers, officials, event organizers, volunteers and agents, and their successors and assigns.

This agreement shall be binding to the fullest extent permitted by law. If any provision of this release is found unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY, AND VOLUNTARILY, WITHOUT ANY INDUCEMENT.

NAME(PRINTED)	SIGNATURE (Participant or guardian)	DATE	CELL PHONE
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EMERGENCY CONTACT NAME: _____	PHONE
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NAME(PRINTED)	SIGNATURE (Participant or guardian)	DATE	CELL PHONE
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EMERGENCY CONTACT NAME: _____	PHONE
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