

## MOUNTAIN HIGH SNOWSPORT CLUB



## FREE \$KIING &amp; BARGAINS



1. **Mt. Bachelor** offers "**Flash for Cash**". Just show your club membership card for a \$6 discount, any time till April 10. Show the NWSCC side of the card. Not valid on holiday weekends.
2. Half price lift tickets at **Stevens Pass**, WA, Sun., Feb. 27.
3. Half price lift tickets at **Crystal Mt.**, WA, Sat., April 9.
4. If you attended the **Ski Fever Show** in November, don't forget to use use the following free lift tickets:
  - Anthony Lakes:** valid any time
  - Timberline:** April 1 - 30, 2005.
5. If you attended the **Warren Miller Show** in October, don't forget to use use the following free lift tickets:
  - Schweitzer Mt.:** 2-for-1 ticket any time after Feb. 1.
  - Mt. Hood Meadows:** April 1 - 30, 2005.

## MORE FREE \$KIING !

**Fill up at any Shell station** and get 1 FREE lift ticket with the purchase of an adult ticket. Essentially, 2 for 1. Essentially, 2 for 1.

Buy at least 10 gallons of gas, ask for a free ticket voucher, and have both the voucher and the gas receipt stamped at the gas station.

You can use these at ski areas in Oregon, Washington and Idaho.

Offer ends April 15, 2005.

[www.skiwashington.com/shell\\_2for1.php](http://www.skiwashington.com/shell_2for1.php)

Bionic Ski Bindings **ebm 412**

While skis themselves have made quantum leaps in performance recently, bindings haven't kept up. Atomic hopes to change that with Electronic Binding Management (EBM). At \$959, they cost more than most complete ski setups, but that's a paltry sum compared to, say, rehabilitating a torn ACL caused by a binding that didn't release properly.

When a skier steps into the EBM, an onboard computer analyzes data beamed via wireless transmitters from sensors in the toe and heel and displays the results on an LCD on the toe piece. EBM shuts off after step-in and lasts 80 ski days, but it's recommended that you recalibrate every 20 ski days—don't worry, the smart bindings will remind you. The binding automatically adjusts its stiffness to suit skiers of every ability level.

**Electronic binding management:** LED display, forward pressure control, battery control, high frequency data transmission, service control, open/close check, automatic data recording.



**Technology:** > din: 4-12 > fullflex twin > afd-plate: moveable

## Oregon Cancer Ski-Out

**March 6 & 7, 2005.** The Oregon Cancer Ski Out (17th annual) is a 2-day fund raiser to contribute to hospice care, cancer research, education and awareness, while enjoying your favorite sport.

Five-member teams compete at Mt. Hood Meadows. The winner is **not** the fastest team, but the most **consistent**. Team registration before Dec. 17 is \$850, after that: \$1000.

Our club has participated with several teams for many years! The photo shows the **Easy Gliders** team, with **Walt Stanton**.

For more info, and to register, go to: [www.cancerskiout.org](http://www.cancerskiout.org). To become a corporate sponsor. Call Larry Chadwick at 503-699-6922.

## S'no-Joke Whistler trip

**April 7 - 10, 2005.**

The NWSCC is not running the big Whistler trip this year, but you can join the S'no Joke trip to Whistler, for only \$325 if you drive, or \$370 if you ride the bus from Seattle. Contact **Sandra Breaux** at 1-206-310-2431 or email: [slbreaux@aol.com](mailto:slbreaux@aol.com).

S'no Joke is a Seattle ski club affiliated with the NWSCC.

## MOUNTAIN HIGH SNOWSPORT CLUB

## Mt. High Crystal Mountain (bus trip) Mt. High

**Jan 14-16, 2005.** This was our annual **Mountain High** bus trip. 2 nights/2 days. **Linda McGavin** did an excellent job of organizing this trip. Also, we were very lucky that this



trip happened just before the awful warming period we had lately, so we still enjoyed very good powder under a sunny sky. We also avoided the freezing rain that hit Portland on Saturday.

Emilio video-taped both the intermediate and advanced groups, and showed the video during the bus ride home.



We found a surprising amount of powder, some of it totally untracked. Here's Ed cutting a fresh tracks at a place that was also savored by Linda, Bruce, Rich, and Phil. See more

photos at: [www.mthigh.org/PhotosRecent.htm](http://www.mthigh.org/PhotosRecent.htm)

## Mt. High Big Mountain (train trip) Mt. High

**Feb. 16-21, 2005.** About 30 of us have signed up for this trip. Will report more after we return.

The train leaves on Wednesday at **4:45 pm**. Be there an hour earlier, by **3:45 pm**. **Debbi Kor** will be there to give you your train tickets.



There is parking at the train station, at a cost of \$9 per day. Less expensive is a Smart Park about four blocks away, at a cost of \$6 per day.

We'll return Monday morning, after a night spent on the train!



## From the mailbox

*Emilio, you did a GREAT job documenting our trip (to Crystal Mt.). It was really fun watching the videos of everyone skiing only a couple hours later.*

*Also, thank you to everyone at Mountain High who welcomed me into the club. I really felt at home and am excited to have made many new and cool friends some with very big shoes! Mountain High is truly "fluid"—which I think should be the word for the Crystal trip. I can't wait to ski with y'all again.*

- Richard Rizk

## Mt. High Mt. Bachelor Mt. High

**March 18 -20, 2005.** Friday, March 18, ski for \$10 with coupon from any Wells Fargo. A joint NWSCC sponsored party will be held on Saturday night. Volunteer to coordinate our club's trip with other clubs by contacting Steve Coxen, at [sacoxen@ao.com](mailto:sacoxen@ao.com).

Several of our members are planning to go. So far, there has been no organized plan, but stay tuned. At least a couple of people have indicated they might put something together.

If we rent a condo, we need to have a headcount. Alternatively, we might just rent regular hotel rooms.

Put this on your calendar, and let **Emilio** know if you plan to come. Emilio is keeping a list of interested people and will let you know the details as soon as they are available.



## FWRA Championships: Heavenly, Tahoe



**March 18 - 20, 2005.** 2 or 3 nights/days. All PACRAT racers are pre-qualified to race, but non-racers also welcome, just for fun!

A special package has been arranged at **Horizon Casino Resort** (Last year it was 2 nights for \$111 per person.) Call Horizon Casino Resort to reserve: 1-866-478-8463. Ask for Carol. Mention "Far West".

NWSCC plans to host a room party for any NWSCC club members attending these races. Contact Sheri Parshall at 503-245-3782 or [cougskier@aol.com](mailto:cougskier@aol.com) for further details.

Racing fee (slalom & GS) is \$35. Races on Saturday & Sunday. Optional race clinic Friday. Racers pre-register with Dale [dale.parshall@usbank.com](mailto:dale.parshall@usbank.com)



## MOUNTAIN HIGH SNOWSPORT CLUB

## Skiing Heritage

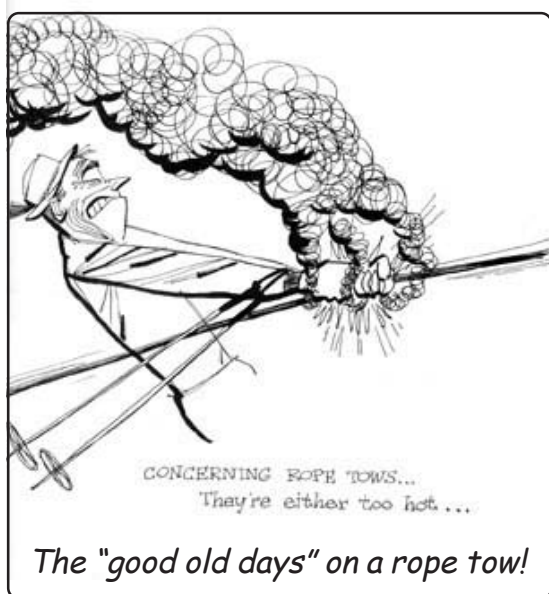
The **International Skiing History Association**, [www.skiinghistory.org](http://www.skiinghistory.org), have offered us a 10% discount if



at least 10 of our members subscribe to the *Skiing Heritage* magazine, a very interesting, slick 50-page quarterly publication. Regular one-year subscription is \$30. So, that is \$3 off.

Check out the web site, and if interested in subscribing, send a check for \$27 made out to the **International Skiing History Association**, and mail it

to **Emilio Trampuz**, 4742 Liberty Rd. S., #296, Salem, OR 97302. Some of you have already done this, but we need a few more people.



## Willamette Pass Ski Bus



The Bergfreunde ski club has opened this trip to members of other clubs. It is an effort to bring more cooperation between our clubs. You are invited:

**Trip:** #SK0308

**When:** Saturday, March 12, 2005. Meet at Barbur Blvd. Transit Center--Bus leaves at 6:45 a.m. SHARP!

**Where:** Willamette Pass Ski Area, located on Hwy 58 between Eugene & Bend.

**Cost:** \$27 for bus only. Bus and discount lift ticket package: \$55.

**Contact:** Sandra Busch 503-646-4591, [Sandra@pacifier.com](mailto:Sandra@pacifier.com), or Jean Yates 503-666-6651;

The Willamette Pass ski bus is back! Hop on aboard and leave the driving to us! Our Raz luxury bus will chauffeur you to the mountain rested and refreshed. Coffee, juice and breakfast goodies will be served. After a full day of fun in the snow, relax and enjoy the ride home.

For downhill, Willamette Pass has five lifts servicing two mountain peaks and 550 skiable acres. They also have the only six-pack high speed chair lift in Oregon! The summit overlooks Diamond Peak and Odell lake.

Cross country skiers will have two choices: Willamette Pass' 20 km of groomed & track set Nordic trails, or Gold Lake Nordic Area's 16-24 km of trails. Gold Lake also has a warming hut that serves hot tea and hot chocolate.

USRSA

## The Nation's 35th Ski Week in Bormio, Italy

USRSA

**March 12 - 19, 2005.** 7 nights / 6 day lifts / 7 full breakfasts / 7 dinners. This is a United States Recreational Ski Association's trip. Round trip air from Los Angeles to Milan, bus transfers, lodging and meals at 2- and 3-star hotels. Total price between: \$1350 - \$1449, depending on hotel. Also: 3-day pre- and post-trip options to visit Florence, Pisa, Pompeii, Isle of Capri, and Blue Grotto.



Grappa tasting party, welcome party, souvenir gift. Our very own Walt and Russ Stanton are going on this trip! Contact Jan Holman, 17410 Coldspring Dr., Reno, NV 89506. Phone: 775-972-9064.



### PACRAT Racing

After two cancelled races, we are finally on track for a successful first race at **Meadows**, on Sunday, Feb. 13.

Team captains should be there for a brief meeting at 8:30 am on the top floor of the building.

Discounted group lift tickets will be sold for \$30 at the Finish Line bar on top of the North lodge.

The race will start around 10 am, probably on the **Gemini** trail. Turn left off of the Voyager trail (in the Shooting Star area).

Remember to bring your race bib, or get one from your team captain on the day of the race.

Have a good race!

For more info on PACRAT racing, see [www.mthigh.org/Racing.htm](http://www.mthigh.org/Racing.htm)

### 2005 PACRAT Race Dates

- 1/9 Meadows-CANCELLED
- 1/23 Timberline -CANCELLED
- 2/13 Meadows
- 3/13 Ski Bowl
- 4/3 Meadows
- 4/10 make-up Meadows
- 4/22 Rat Attack party



## NWSCC trip to Sunshine Village & Banff, Canada April 17 – 23, 2005

*“6 Days & 6 Nights in Majestic Banff National Park!”*



**ONLY \$505** (without air)\*

(\*USD, Per Person/Double Occupancy, based on exchange rate at \$1.30)

#### The Tour Package includes:

- ✓ Roundtrip Coach Airfare between Portland or Seattle and Calgary
- Roundtrip Motorcoach Transfers
- ✓ (3) Nights Lodging at the Sunshine Inn in Sunshine Village (ski in/ski out)
- Welcome party with one drink & snacks
- ✓ (3) One-Day Lift Tickets for Sunshine Village
- ✓ (3) Nights Lodging at the Banff International Hotel in Banff

**The group airline reservations were released Feb. 1, 2005, but you can still join us by purchasing your own flight ticket available for as low as \$315.**

**Flights to book:** April 17 - 7:30 am Alaska #2272 PDX to Seattle, then Alaska #393 to Calgary.  
April 23 - 12:30 pm Alaska #524 Calgary to Seattle, then Alaska #2309 arriving PDX at 2:45 pm.

**Lodging:** The **Sunshine Inn** is Banff's only ski-in/ski-out hotel. Nestled in the centre of the Sunshine Village ski area at 7200 feet and accessed via a high speed gondola, the Inn provides a high altitude respite from the crowds of Banff. 3200 acres of skiable terrain greet you outside your room window, and over half of Sunshine Village's lifts are within walking distance of the Inn's front door. With one of the largest outdoor hot tubs in Canada, a European dry sauna, fitness room and massage and chiropractic services, live entertainment, nightly activities, and a large family room with a big screen TV, wood burning fireplace and a pool table, there is always enough happening at nights to keep you busy.

The **Banff International Hotel** is a deluxe 4-star hotel located in downtown Banff and features a coffee shop, international gift shop, whirlpool, steam room, sauna, ski/snowboard lockers and tune-up room. Dining, shopping and attractions can be reached by simply walking out the front doors. Ski buses stop in front of the hotel.

Once in Banff you will be free to tour, shop, or even ski some more if you desire (optional). Lake Louise is only 20 minutes away, and buses to the ski areas stop by the front door of the hotel on a regular schedule.

**Optional Activities: NASTAR style race between NWSCC & the LA Council: \$ 5.00**  
**Pub Crawl/Scavenger Hunt in Banff Thursday night: \$ 10.00**  
For planning purposes, you will need to sign up for these activities by February 28, 2005.

**Deposits:** Deposit of \$300 is due now! The balance of the trip price, as determined by your lodging and optional activities choices, is due February 28, 2005, and is nonrefundable. **Travel insurance** is available through our tour operator; details & forms will be provided with your confirmation.

**For further details or to sign up contact Linda McGavin at 503-412-3531 or [Trips3x@mthigh.org](mailto:Trips3x@mthigh.org). Make checks payable to "NWSCC" and mail to P.O. Box 1915, Portland, OR 97207. Please put "Sunshine Trip" on your check.**

(Washington Seller of Travel #602-275-142)