



Lift Lines

= No. 210, June 2018 =

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



Mt. High

Mt. High Wants You

Mt. High



Your club wants you! We know you have something to contribute.

Just take your favorite activity (biking, swimming, playing cards, movies, theater... whatever), and invite other club members to join you.

Instead of having just one person in charge of all **social** activities in the club, let's split it up among many people!

One person could be in charge of just **TGIF** gatherings. Another could do **bicycle rides**, or **picnics**, or **parties**, **bowling**, **hiking** etc.

We need a few people willing to **host a club party** from time to time.

If you would like to organize some social activity, just let any of our Board members know, so we can put it on the calendar. Better yet, come to our monthly planning meetings, on the last Monday of the month.

Our **ski trips** are an exception. **Trips need to be approved by the Board.** Our membership is small and the winter calendar is pretty full, but we will need more trip leaders for next winter.



The bike ride along the wilderness side of Salem will take us away from town and into fields, forests, and farms.

Note the color code.
Our club is blue.

2018 CALENDAR

Blue: Mountain High events
Maroon: NWSCC / FWSA / Multi-club
Black: General events

JUNE

June 7 - 10: Far West Convention - Reno
June 20 (Wed) NWSCC & PACRAT Elections
June 23 (Sat): Bike Ride - Salem Riverside
June 25 (Mon): Mt. High Board Meeting
June 30 (Sat): History Happy Hour: Mt. Hood Geology - Ryan Cole

JULY

July 14-15: Summer Fun Nationals
July 28 (Sat): History Happy Hour: History of Summer Skiing on Mt. Hood - Jeff Lokting

NOTE: We will have more bike rides in both July, August, and September. Dates and destinations yet to be announced.
Also, does anyone want to organize a hike? Let us know.

AUGUST

Aug 25 (Sat): History Happy Hour: Barlow Road, Mt. Hood area ruts and sites presentation
Aug 26 (Sun): Barlow Road field trip - follow the original Oregon Pioneers' wagon trail.

Mt. High

Let's Have Some Fun



Bike Ride (June 23)



Mt. Hood Geology (June 30)

Mt. High

Salem Riverfront & Minto Brown park bike ride

**June 23, 2018 (Saturday).**

Meet: 9:45 am, Start: 10 am.

Join Mt High Club members in a rolling good time on any kind of bike. Most of the ride will be on perfectly paved bike trails. We will also have an option to ride on a narrower trail that is not paved but smooth. Anything from a racing road bike to a fat-tire mountain bike will be just fine.

This ride will take us through a lot of diverse landscapes, most of it in the shade of trees. Some of it along the Willamette River. It's a total of only about

10 miles, and it is mostly flat, but with occasional undulations, in and out of gullies. There are enough gentle uphill sections that will give us all a workout.

Most of the ride is totally away from the town. We will not see any signs of town after we cross the pedestrian bridge within the first half a mile.

We'll end the ride with lunch (or brunch) at Busic Court, just a block from the park.

9:45 am. We'll meet at the north end of Salem's Riverside Park. We'll park right under the bridge to West Salem.

10 - 11:30 am: We'll ride our bikes through two adjacent parks, linked by a new pedestrian bridge:

- **Salem Riverfront Park**, along the Willamette River, with lots of attractions such as a carousel, a sternwheeler boat, and more. It can get a bit crowded. Fortunately, that is only the first half a mile or less.
- **Minto Brown Park** A very large park on Minto Brown island. As soon as we cross the pedestrian bridge, we are getting away from the crowds and entering a mix of forests, meadows, orchards, and farm fields, ponds, ducks and beavers. A lot of the ride is in the shade of trees.

12:00 (noon): Lunch/brunch at the Busic Court restaurant. They serve great breakfast! .

Questions and please RSVP to: Emilio Trampuz, 503-510-1477, or Emilio2000@earthlink.net



Mt. High

Other bike rides



We are planning several other bike rides this summer, at least one per month. Come and join us!

We don't have specific dates fixed yet, but you will be informed in plenty of time. Just check our calendar on our web site, www.mthigh.org. Also, an email will be sent to you, as well as more details in the July and August newsletters.

Here are some of our planned bike rides:

1. **Springwater trail.** Maybe combined with a visit to some food pods.
2. **Timothy Lake bike ride.** We did it 2 years ago, but last summer this ride was rained out.
3. **The Dalles, along the Columbia River to the Discovery Center.** We did this one once before and everyone liked it, so we'll do it again.
4. **Barlow Road ride,** along the original wagon trail. August 25-26. See next page for details.

History Happy Hour - Geology of Mt. Hood



June 30, 2018. (Last Saturday of the month)

Door open at 6:30 pm. Presentation at 7:00 pm.

Guest Speaker: Ryan Cole, US Forest Service, Mt. Hood National Forest Geologist. Ryan will discuss the geology of the Mount Hood area and share where to find examples of various formations and geologic features locally.

Location: Mt. Hood Cultural Center & Museum, Government Camp, Oregon. Doors open 6:30, presentation at 7 pm Admission is free. Donations to the museum are welcome. Beer, wine and soft drinks available for purchase. Contact the museum at 503-272-3301, info@mthoodmuseum.org

Mt.High & Mt. Hood Museum

Barlow Road wagon trail



August 25-26, 2018 (Sat. & Sun.)

Celebration of the 175th anniversary of the **Oregon Trail** (started in 1843.)

Saturday evening, starting at 7:00 pm, Lloyd Musser, curator of the Mt. Hood Museum, will give a presentation with slides about the history of the Oregon Trail and of the Barlow Road, the first passage around Mt. Hood.

Sunday morning, starting at 10 am, there will be a field trip to visit all the historic sites. Participants can join any of 3 groups of people:

- a) Carpooling and hiking;
- b) Riding on road bikes;
- c) Riding on mountain bikes.



All three groups will meet at the important sites.

This event is open to the general public. It's a unique opportunity to find out more about how the original Oregon pioneers came to Oregon.

More info will be announced soon. Watch for announcements on or web site: www.mthigh.org.

Mt.High

Idaho bike trip: CDA trail and Route of Hiawatha



Sept. 1 - 5 (or 6). We did this bike ride 2 years ago, but some couldn't make it and some want to do it again. Lodging in Kellogg and in Harrison. **Limited number of rooms. Reserve now!** We will ride 2 trails:

1. **The Route of Hiawatha.** 15 miles of mostly downhill riding through several railroad tunnels and trestles.
2. **Trail of the Coeur d'Alenes (CDA Trail).** 72 miles across the Idaho Panhandle, from the Montana border to close to the Washington border. We will split this ride into 3 days. Part of it goes through a wilderness area with lots of wildlife, including egrets, grebes, osprey, deer, wild turkeys, and moose. The trail runs between the Coeur d'Alene River and several lakes and ponds.

Emilio will serve as a guide and overall coordinator, and please contact him if you need a roommate. But



everyone should make their own hotel reservations: 2 nights in Kellogg and then at least 1 (or optionally 2) nights in Harrison. We have arranged for a group discount at both places, so tell them you are a member of the **Mountain High bike group**. See our web site for details. www.mthigh.org/#Idaho_bike_trip

Lift tickets and Season Passes Comparison

Which option is best for you depends on how much you'll ski and where. Note that PACRAT racers will get discounted lift tickets at all 3 Mt. Hood ski areas on their race days.

Remember that **Meadows** and **Timberline** will be offering **Spring Passes** valid for March, April and May, for about \$139 - \$160.

NOTE 1: All prices will increase November 27. Epic Pass increases October 8. Mt. Bachelor prices increase September 30.

NOTE 2: Gray areas show old information from last season. We'll update this as soon as new prices become available.

Ski area / Name of Pass	1 Day	4 or 5 Day	10/12 Days	Season Pass	Senior Season	Season Pass description
<u>Mt. Bachelor</u> Optionally, add on the M.A.X. Pass for \$329, offering 44 mountains, 5 days at each, with 19 ski areas in the West	\$96	4-pack \$239 N/A after 9/30	12-day \$599	\$949	\$619	The M.A.X. Pass: 44 mountains, 5 days each, but must be purchased at \$329 on top of the Season Pass price. Prices will increase a lot after Sept. 30.
<u>M.A.X. Pass</u> The 19 western ski areas are: Alyeska, Mt. Bachelor, Big Sky, Boreal, Brighton, Copper Mt., Crested Butte, Crystal Mt., Cypress Mt., Eldora, Lee Canyon, Mountain High, Solitude, Snoqualmie, Winter Park, Kicking Horse, Nakiska, Fernie, Kimberley				\$649	\$649	44 mountains, 5 days each, 19 ski areas in the West and the rest are in the East.
<u>Mt. Hood Meadows</u> Includes 5 free days at Mt. Baker/ Plus 3 days at WinterPark/Steamboat. Plus 25% off day tix @ Big White.	\$82+	5-days \$299	10-days \$409	Value pass \$399 + \$200 peak upgrade	Value pass \$289 + \$200 peak upgrade	Includes 5 free days at Mt. Baker, 3 days at Steamboat & Winter Park combined. Also 25% off day tickets at Big White. Prices rise \$100 - \$300 after Nov. 7. Free skiing for those over 75.
<u>Mt. Hood Skibowl</u>	\$57	--	--	\$373	\$159	Prices increase Nov. 5 & Nov. 26. 71+ ski free.
<u>Timberline</u> (Also see Fusion Pass)	\$76	5-days \$299	10-days \$429	\$649	\$299	Multi-day & season prices will increase after Nov. 5 and Nov. 26. Free skiing for 71+.
<u>Fusion Pass/Powder Alliance</u> (19 resorts) Unlimited skiing at Timberline and Mt. Hood Skibowl + 3 free tickets at each of 17 other ski areas: Stevens Pass, Schweitzer, Bridger Bowl, Sugar Bowl, Bogus Basin, Sierra-at-Tahoe, China Peak, Mountain High, Arizona Snowbowl, Angel Fire, Crested Butte, Loveland, Silver Star, Whitewater, Marmot Basin, Castle Mt, Kiroro, La Parva (Chile).				\$549 till Nov. 5 \$649 till Nov. 26	\$269 till Nov. 5 \$299 till Nov. 27	Unlimited skiing at Timberline and Mt. Hood Skibowl + 3 free tickets at each of 17 other ski areas, a total of 51 discounted days Mid-week is free. Weekends are 1/2 price. Those 71 and over pay only \$50. All prices will increase after Nov. 5 and 26.
<u>Mountain Collective Pass</u> (16 resorts) 2 lift tickets at each of: Aspen/Snowmass, Alta, Big Sky, Snowbird, Jackson Hole, Mammoth Mt., Lake Louise, Sunshine Village, Sun Valley, Sugarbush, Squaw/Alpine Meadows, Revelstoke, Snowbasin, Taos, Coronet Peak/Remarkables (NZ), Thredbo (Australia).				32-time pass \$429	32-time pass \$429	2 days at each of 16 destinations, plus a 3rd day at a resort of your choice. Additional days at each resort are 50% off. No blackout dates. Plus: 2 days each at Valle Nevado (Chile), Chamonix (France), & Niseko (Japan)
<u>Epic Pass</u> (Vail Resorts): Unlimited access to: Vail, Beaver Creek, Breckenridge, Keystone, Heavenly, Northstar, Kirkwood, Park City, Arapahoe Basin, Stowe, Whistler/Blackcomb, Afton Alps, Mt. Brighton, Wilnot, and Perisher, plus limited access to 46 others.				season \$899	season \$899	Unlimited access to 15 ski areas, plus limited access to 46 others. No blackout dates. Also: 4-day pass = \$439, or 7-day pass = \$669, 10-days at 5 resorts senior pass = \$689. Prices will increase after October 8.
<u>IKON Pass</u> 26 ski areas. Unlimited access (no blackouts) at: Tremblant, Winter Park, Copper Mt., Big Bear, Blue Mt., Snowshoe, and Eldora: Unlimited access with blackouts: Mammoth Mt. (CA), June Mountain (CA) and Squaw Valley Alpine Meadows, CA. Plus 5 or 7 days at each of the resorts listed in the column at right. NOTE: All IKON prices increased by \$100 on May 1, 2018.				BASE: \$699 Unlimited at 10 areas plus 5 days at each of the others.	FULL: \$999 Unlimited at 12 areas plus 7 days at each of the others.	LIMITED ACCESS WITH BLACKOUTS: Mountain: Steamboat, CO, Deer Valley UT, Alta/Snowbird, UT, Aspen Snowmass, CO, Jackson Hole WY, Big Sky MT Canada: Revelstoke BC, SkiBig3, AB. East: Stratton, VT, Killington Resort, VT, Sugarbush Resort, VT, Loon Mountain, NH, Sunday River, ME & Sugarloaf, ME
<u>Brundage Mt. Passport to Powder</u> Unlimited skiing at Brundage, ID, plus: 7 free days in Kiroro, Japan. 5 days at Red Lodge, MT, & Homewood, CA, 4 days at Diamond Peak (CA). 3 days at each of: Mission Ridge WA, Lookout Pass ID, Snow King WY, Purgatory CO, Ski Hesperus, CO, Brian Head UT, Arizona Snowbowl, Sipapu, and Pajarito, NM.				\$569	\$279 for seniors 70+	Total of 38 free days. Prices will increase by about \$50 on Dec. 1.
<u>Loveland with Powder Alliance</u> Unlimited skiing at Loveland, CO, plus 3 free days at all Powder Alliance ski areas , plus: 3 days at: Purgatory, Monarch, Powderhorn, Powder Mt, Grand Targhee, Whitefish, Snow King, Red Lodge, Homewood, Ski Cooper, Sunlight, Brundage, Sipapu, Pajarito, Hesperus, Arizona Snowbowl.				\$419	\$99 for seniors 70+	3 free days at all 19 Powder Alliance resorts, plus 3 days at each of another 17 ski areas. This is a great deal for seniors who are exactly 70. At 71+, buy the Fusion Pass for just \$50. Unless you want the extra 17 areas.

Click on the blue, underlined pass name for more detailed info and to purchase it.



Speed Racers Corner

Edited by Alan Bean
Mountain High Racing Director
503-849-8009 or Racing@mthigh.org



Congratulations to team **Will Ski For Beer**, the winner of the second annual Mt. High Cup.

This trophy, with their name on it will be on display at the Mt. Hood Museum and Cultural Center in Government Camp.

Come check it out any day before 5 pm. Admission is free.



Mt. High Cup Team Alpine Racing

2017 So Edgy
(tie) Will Ski For Beer

2018
Will Ski For Beer



NWSCC & PACRAT Elections



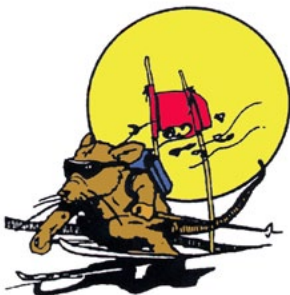
June 20, 2018 (Wednesday) 6 pm - socializing. 6:30 pm - meeting starts.

Location: Round Table Clubhouse, 16444 Boones Ferry Road, Lake Oswego, OR 97035. See map.

Pizza will be provided; beverages are on your own. The main event at the meeting will be ELECTIONS for both NWSCC and PACRAT, for 2018-2019.

NWSCC will elect a President, Vice President, Secretary, Treasurer, and 2 At-Large Directors. Current nominees for these positions are: Chris Ciardi, President; Sue Rimkeit, Vice President; Jeanne Reinhardt, Secretary; Bill King, Treasurer; and Linda McGavin, Director At Large. See the NWSCC website [HERE](#) for a description of each position and its typical duties.

If you are interested in running for election to the NWSCC board, please contact **Mary Olhausen** at omary52@comcast.net for more information or to put your name on the ballot. We need your input and support, and invite YOU to consider serving on the Board! New ideas are always welcome! Especially needed is someone to help with our website.



PACRAT elections. The following are elected positions for the PACRAT Board: President, Vice President, Secretary, Treasurer, Party Director, Sponsorship Director, Director of Results, Director of Racing, and Director of Membership. Also on the Board, but NOT elected, is the Immediate Past President. Appointed Positions are Director at Large - Chief Rat Patrol and Director at Large - General. PACRAT team captains will vote on behalf of their teams per usual PACRAT procedures.

If you are interested in running for a position on the PACRAT Board, please contact **Alan Bean** at Racing@mthigh.org.

Knee Treatments - part 4

by Jon Waldum
President, Cascade Ski Club

With interest, I have followed the Knee Treatment articles; as I too have knee pain. Mine started in 2016 May, I can remember working out in the morning and later that day feeling not so well. Couple of days later, I was limping after spin class having a swollen knee.

Went back to a knee doctor who trimmed the knee's meniscus three years earlier. He drained the knee told me I didn't have gout, basis clear synovial fluid, and gave me a cortisone shot. Advice was it will get well and if not, come back in a week. It didn't, cortisone didn't do anything.



Fast forward to September, I elected to try **PRP (Platelet Rich Plasma)** and **stem cell transplant**. For months thereafter, I continued to limp while trying other treatments like orthotics and braces. Things seems to be getting worse with hip pain developing and all the while suffering stiff muscles, cramping, & rigidity. During this time I saw specialist in Orthopedics, Rheumatology, and Orthotics to no avail.

My diagnosis is **Osteoarthritis** which is caused by inflammation. One surgeon told me that this is problem of chemical imbalance and change in the biomechanics of the joint. It was becoming clear that these specialists had no clear fix. There came a point when I got accepted into a clinic trial for a medical device that I had decided to take. My reasoning was that Total joint replacement (TJR) is a major surgery and the best practice from an orthopedic perspective. However, it or medical device implant are both invasive and while they may address the biomechanical issue, there is still the issue of chemical imbalance, I reasoned. While I may someday consider TJR, my decision was to avoid this.

The best thing you can do for a joint is **exercise it**. For me, exercise alleviates rigidity. Learning to rest a joint is also important, but over time, regular exercise leads to improved function. **Natural diet** and **hydration** are important. A huge find, for me, was a **foam roller**; which stretches muscles, breaks up fibrous tissue aiding circulation. Together this eases pain, again, over time muscles strengthen but also immediately my limp and gait improved. **Static weight training**, I found, helps to strengthen the knee muscle group without putting repetitive stress on the joint.

So did **stem cell treatment** help? Now 20 months later I can say yes. PRP definitely helped heal soft tissues, in fact I'd say that it had a definite impact on my meniscus. Stem cells may be filling in areas of cartilage damage as I no longer feel the individual site pains that previously existed. While my knee is not perfect, skiing and, once again, snowboarding continue to be enjoyable.

On the horizon:

The NY Times is an excellent reference point for learning about osteoarthritis, what it's about, personal experiences, and proven and new treatments. For instance, this is where I became aware of **Calibr** (California Institute for Biomedical Research) which studies degenerative disease and regenerative medicine. Web sites like these talk about developments in **DMOAD** (Disease Modifying Osteoarthritis Drugs). Drugs like **Invossa**, **KA34** and **SMO4690** I've learned about. SMO4690 is approaching phase 3 clinical trial(s) and is reported to improve joint space narrowing.

There are many other developments like "**BioPen**" which is a 3-D printer designed to allow surgeons to draw new cells onto injuries with stem cell ink. While best practice medicine promotes TJR for bone on bone osteoarthritis, perhaps in the not too distance future **re-growing cartilage** and solving the biochemical imbalance will be here.

Storing Your Skis

Ski season is almost over. What to do with your skis now? How best to store them during the summer? Here are a few suggestions.

1. **Wash your skis.** They might be dusty and grimy, especially if you have skied late into the Spring and have skied over a bunch of fallen needles and other tree debris. Hose your skis off in your back yard. Or wipe them off with an old wet towel.
2. **Remove old wax.** Scrape it off with a metal scraper. Or use a wax solvent. Or do a hot-wax removal. This means: you drip some new wax on the bases with a



hot iron, and then scrape off all the wax while it is still warm. That will remove almost all the old wax and leave your bases cleaner.

3. **Put on a fresh coat of wax.** Drip some fresh wax onto your ski base, and iron it in. Don't scrape it off. Let the wax sit there till next season. It will protect your bases from oxidizing, and it will get absorbed into the base.
4. **Scrape off most of the wax** at the start of next season just a day or two before your first ski day.

Summer Activities

We don't yet have a schedule of summer activities, but we are working on it. They will gradually be announced within the next weeks and months. Stay tuned, read the newsletter, check out our online Calendar of Events on our Home page at www.mthigh.org, and join our Forums and/or our Facebook page, so you can communicate directly with other club members.

We also need **volunteers** to act as activity leaders. Perhaps **bike rides**, or **hiking**, or **swimming**, **kayaking**, **rafting**, **bowling**, ... anything fun! If you would like to organize an activity for the club, please contact any of our Board members (see list at the end of this newsletter) or come to one of our monthly Board meetings (usually the last Monday of each month).



Hillcrest Sports 10% discount



Hillcrest Ski & Sports (our PACRAT bib sponsor) in Gresham, Oregon, will give NWSCC members a 10% discount by showing your card.

It's your Mt. High membership card, which also doubles as an NWSCC and FWSA membership card.

Hillcrest Sports is located on your way to and from Mt. Hood at: 2506 SE Burnside, Gresham, Oregon. 503-665-4455.

The Taco Shoppe 10% discount



Kevin Bastin, the owner of the Taco Shoppe in Government Camp and also a Mountain High member, has offered us a **10% discount off of any item on the menu! It is 10% during summer, but during the winter season it's 20%.** Thanks Kevin!

So, stop at **The Taco Shoppe** in Govy, right next to the Mt. Hood Museum, and get ready to experience something delicious. And say thanks to Kevin!

Mt. High

Discovering the Monashee Mountains (BC, Canada)



Big White + Silver Star

NOTE: Passport required!

January 26 - February 2, 2019 - 7 night trip (Saturday - Saturday).

We will stay ON MOUNTAIN at both resorts with easy access to all village amenities. Full trip price includes: roundtrip charter bus transportation, 7 nights lodging, 3 Silver Star lift tickets, 3 Big White lift tickets and several meals.

FYI: Silver Star is part of the Powder Alliance and if you have the local fusion pass for Timberline/Ski Bowl or another Powder Alliance pass you get three free passes to Silver Star. Powder Alliance pricing takes into account those three free lift tickets.



Big White

At **Big White**, we will stay in traditional hotel rooms at the Inn at Big White with TWO people per room. Rooms have QQ set up and a kitchenette.

At **Silver Star**, we will stay at Snowbird Lodge with FOUR people in a two-bedroom condo or SIX people in a three-bedroom unit. In addition, there is one two-bedroom unit that has a few bunks in a den which can accommodate a larger group in the same condo. There is a full kitchen and a living room in each condo that will be shared by all; couples will have king or queen bed and singles will have a twin bed. The units all have a washer and dryer and a PRIVATE HOT TUB on the deck.

Silver Star is located about 12 miles from Vernon in the heart of the Okanagan region and is the 3rd largest in British Columbia. It offers both Nordic and downhill options. It is known for champagne powder and averages over 23 feet of snowfall each year. Silver Star has over 3200 acres of downhill skiing, 11 lifts and 132 runs with 15% easiest, 40% intermediate, 35% most difficult and 10% extreme. Check it all out at www.Skisilverstar.com.

Big White is located about 35 miles from Kelowna in the heart of the Okanagan region. It offers both Nordic and alpine options. It is known for deep powder bowls, wide open glades and fall line cruising. Big White boasts 2765 acres of skiable terrain with 15 lifts. Big White has a vertical drop of 2550 feet and 118 runs comprised of 18% beginner, 54% intermediate, 22% expert and 6% extreme. Check it out at www.bigwhite.com

Prices:	Adult	\$1365.00
	Senior	\$1300.00
	Adult w/ Powder Alliance	\$1130.00
	Senior w/ Powder Alliance	\$1105.00
	Nordic	\$1010.00
	No lifts	\$950.00



We hope you join us for this exciting trip.

Reserve your spot now with a \$250.00 deposit.
50% of remaining balance due by September 15th.
Third and final payment is due by November 15th.
Cancel deadline for full refund is October 15th.

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

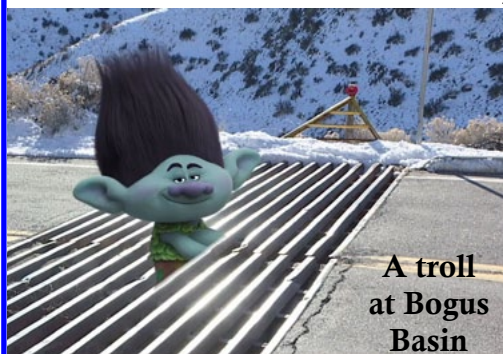
See our Mt. High [Trip Cancellation Policy](#).

Contact trip leaders: **Karen Michels:** skiklynn@gmail.com
Bill King: willie2k@ymail.com

****Powder Alliance resorts still to be confirmed for 2018/19**

Adults with the Fusion Pass will save \$235. Seniors will save \$195.

Mt. High

Bogus Basin & Anthony Lakes bus trip

A troll
at Bogus
Basin

Bogus Basin + Anthony Lakes

February 24 - March 1, 2019 (Sunday - Friday) - 5 days/ 5 nights.

Bogus Basin is part of the Powder Alliance. This means that if you have a Fusion Pass (for Timberline and Skibowl) you can ski for free at Bogus Basin for all 3 days there.

We will stay 3 nights in Boise, Idaho and 2 nights in Baker City.

Sunday = Travel day. Ride the bus to Boise, Idaho.

Mon - Wed. = Ski Bogus Basin.

Thur - Fri. = Ski Anthony Lakes.

Friday = Ski Anthony Lakes and then ride the bus home.

Bogus Basin, ID is located just 18 miles from Boise, Idaho. It offers a vertical of 1,800', and 2,600 skiable acres, served by 7 lifts: 3 hi-speed quad, 1 triple, and 3 doubles. It has 91 named downhill trails, plus 37 km of groomed nordic trails. There are 2 on-mountain lodges.

Anthony Lakes, OR has the highest base elevation in Oregon, at 7,100', ensuring a high quality, dry snow. It offers 1,100 acres and 900 vertical feet. Good snow on good terrain keeps us returning to this ski area again and again.

Prices:	1. Adult full price	= \$TBA
	2. Adult price with Fusion Pass	= \$TBA
	3. Senior full price (70 and over)	= \$TBA
	4. Senior price with Fusion Pass	= \$TBA
	5. Base Price without any lift tickets	= \$TBA

NOTE: We are still working on this trip. Everything announced here is only tentative. Just be aware that this year we are planning 2 trips that will include free skiing with the Fusion Pass.

People who purchase the Fusion Pass will save around \$200 on this trip.

Price includes all bus transportation, 5 nights lodging, and 5 lift tickets. The trip also includes: 1 dinner, and 2 restaurant meals on the way from and to Portland.

To reserve your spot: Please send in a deposit check of **\$150** per person by December 31, 2018.

Full payment due by January 15, 2019. No refunds after January 15 unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page).

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Linda McGavin** (trip leader) at 503-652-2840, Trips@mthigh.org

Bogus Basin at sunset



Anthony Lakes (Oregon)

More ski trips info at: www.mthigh.org/Trips.htm.

Mt. High

Weekend bus trip to Mt. Shasta & Mt. Ashland



Mt. Shasta+ Mt. Ashland

March 15 - 17, 2019 (Friday - Sunday) - 2 days/ 2 nights.

2 nights / 2 days skiing.

Saturday at: Mt. Shasta

Sunday at: Mt. Ashland

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 free continental breakfast. All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.

We'll start the trip on Friday at **2 pm** and just ride the bus to Ashland.

Lodging: We'll stay at the **Stratford Inn**, near downtown Ashland. It is within walking distance of most downtown restaurants.

On Saturday, we'll drive a little over an hour to Mt. Shasta ski area, offering 3 lifts on 3 separate hills.

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.

TENTATIVE, BALLPARK PRICES (Firm prices TBA).

Price:	Adults	= \$300 per person
	Seniors (65+)	= \$290
	Super-Seniors (70+)	= \$260
	No lift tickets	= \$248

NOTE: We are still working on this trip. Everything announced here is only tentative. We should have firm prices by July.

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

The free continental breakfast includes a "make your own bowl" yogurt breakfast bar, fruit juices, coffee, an assortment of teas, bagels, whole-wheat bread, cereal and oatmeal. There is also an in-house coffee shop.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well, so please sign up early!

To reserve your spot: Please send in a deposit check of \$100 per person, preferably by December 31, 2018.

Full payment due by **February 1, 2018**. No refunds after February 1, unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page)

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site.

Make check payable to Mountain High Snowsport Club, and mail it to:

Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net



Mt. Shasta



Mt. Ashland



Mt. Ashland

More ski trips info at: www.mthigh.org/Trips.htm.

MOUNTAIN HIGH

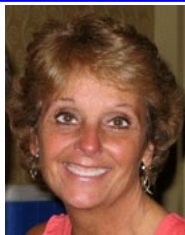
Contacts / Club info

SNOWSPORT CLUB

2018 Man & Woman of the Year



Bill King is our club's Vice-President and the NWSCC Treasurer. He has helped to post the Safety Boundary signs on Mt. Hood.



Debbi Kor, our club's President and Social Activities director. She is also the FWSA VP Marketing & Sponsorship, and the FWSA News Flash Editor.

Mountain High Meeting

Usually last Monday.

June 25 (Mon.): Open to all who want to get involved with the club. Gather at **6 pm**. Start at **6:30 pm**. **Location:** Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)

Mountain High snowsport club contacts:

President: Debbi Kor H: 503-314-7078,
Vice-President: Bill King H: 614-371-4762
Secretary: Debbie Geiger H: 971-716-9949,
Treasurer: Nancy Pratt H: 503-593-9427,
Past President: Kurt Krueger H: 503-625-1492,
Membership Director: Karen Michels H: 503-984-9210,
Racing Director: Alan Bean H: 503-849-8009,
Newsletter Editor: Emilio Trampuz H: 1-503-378-0171,
Social Activities: Debbi Kor H: 503-314-7078,
Trips Director: Linda McGavin H: 503-652-2840,
Mid-week skiing: Ken Brundidge H: 503-720-0620,

President@mthigh.org
willie2k@ymail.com
pdxdebbie@gmail.com
Treasurer@mthigh.org
PastPresident@mthigh.org
skiklynn@gmail.com
Racing@mthigh.org
newsletter@mthigh.org
ijustwannarun1@comcast.net
Trips@mthigh.org
KenBrundidge@comcast.net

General info:
info@mthigh.org

Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): _____ Birthday (MM/DD) _____

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
 - Is it OK to share your email address with other club members? ☐ Yes ☐ No

Please take my money, and apply it toward the following Ski Club fun stuff:

☐ **Annual Membership** (Oct. 1, 2018 - Sept. 2019): Single (\$30); couple (\$50)

☐ **PACRAT Racing (2019)** \$110 (?) for the whole season (TBC). Team: _____

☐ **Monashee Mountains - Canada** (Jan. 26 - Feb. 2, 2019) Deposit = \$250.

☐ **Bogus Basin trip** (Feb. 24, - March 1, 2019). Deposit = \$150. Total = \$TBA.

☐ **Mt. Shasta trip** (March 15-17, 2019). Deposit = \$100. Total: TBA

☐ **Other:** _____

Total: \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

See our Trips cancellation policy on our web site: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Checkmark all desired options.

By signing this form, I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

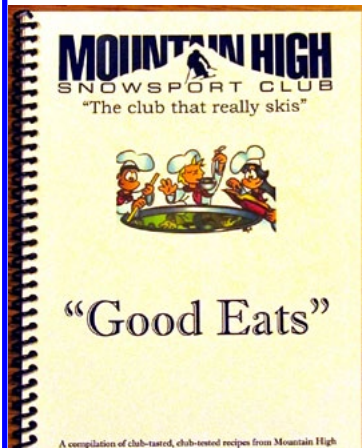
Club membership = 253 Newsletter Distribution

The June 2018 issue is posted on our web site. Also:
271 copies sent via email (as PDF file)
 13 paper printed copies sent via US Mail.
 Copies are also sent to potential members, other clubs,
 the National Ski Club Newsletter, etc.

Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2018-02-28.xls>

Mt. High Cookbook



Did you know that in addition to recipes from many of our members, this cookbook also contains recipes from Chef Kurt Mezger, from the Swiss Chalet in Welches. In fact, Chef Mezger is a member of both our Mountain High club as well as of the Mt. Hood Ski Kats club.

The cookbook is available for \$10. You can get one at our social events, or contact Debbi Kor at: ijustwan-narun1@comcast.net or call 503-314-7078.

Seniors Skiing

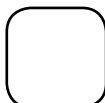
Here's another good resource for skiers and riders. Check out: SeniorsSkiing.com.

The title is "Seniors Skiing", but there is tons of information here of interest to people of all ages.

Here are some examples:

- * [Skiing Grandparents and Grandkids](#)
- * [How Ski Trails are Prepared in Summer](#)
- * [How to Manage Muscle Loss](#)
- * [Snowsports Leader: Alan Engen](#)
- * [The Ultimate Seniors Ski Quiz](#)

You can subscribe to weekly or monthly emails from Seniors Skiing by clicking on the Community tab and then selecting "Subscribe".



Emilio Trampuz
 Mountain High Newsletter editor
 4742 Liberty Rd. S., #296
 Salem, OR 97302
 Please check our web site,
www.mthigh.org
 for updates.