



# Lift Lines

= No. 282 June 2024 =

Mountain High Snowsport Club, PO Bo x 2182, Portland, OR 97208

## From the Editor

### FWSA Convention

The Far West Ski Association Convention was buzzing with activity, from the Trade Show and Silent Auction to educational seminars, guest speakers, awards and more. Just a small portion of it is covered on page 2. We are also preparing a video of another portion of the convention.

### Bike rides

We will have fewer bike rides than last summer. So, make the most of the few that we are having. The Columbia River Gorge ride is especially attractive, with great views, waterfalls, and all of it on smooth pavement.

### Highway Cleanup

Let's keep Oregon clean, especially our 2 adopted miles of highway 26 just west of Government Camp. Earn some good karma and a free lunch. Sign up for our club's highway cleanup on Saturday, June 22. See page 5

### Tried those Food Carts yet?

They have popped up everywhere, including in downtown Portland. Let's get together for some food and drinks at a food cart place on Thursday evening, June 20, at 6 pm. See page 5.

### Following the Wagon Trail

Just once a year, we organize a free guided tour along the Oregon Trail from Barlow Pass to Welches. See the sights, the wagon tracks, and hear some pioneers' stories from their diaries. Details on page 6.

Note the color code.  
Our club is blue.

## 2024 CALENDAR

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

### JUNE 2024

- June 1 (Sat) Bike Ride to Kelly Point**  
Willamette meets Columbia
- June 6 - 9 Far West Convention Reno**
- June 13 - 16 The Mahre Brothers Race Camp at Timberline.**
- June 15 (Sat) Mt. High bike ride**  
Columbia River Gorge
- June 15 (Sat.) History Happy Hour - Mt. Hood - the volcano.**
- June 20 (Thur) Mt. High Happy Hour** at the Food Carts, downtown Portland, nr. US Bank Tower
- June 22 (Sat.) Mt. High Highway Cleanup**  
Meet at Skibowl West, 10 am.
- June 24 (Mon) Mt. High Board Meeting** at the Round Table Pizza, Lake Oswego
- June 29 (Sat.) Barlow Trail History bike ride.** Barlow Pass to Welches

### JULY 2024

- July 20 (Sat) History Happy Hour - Mt. Hood Steiner Cabins**
- July 21 (Sun) Mt. High bike ride.** Triple Crown, Portland Hills
- July 22 - 23 Summer Fun Nationals.** Races at Timberline.

## Let's Have Some Fun!



Bicycle ride in Columbia Gorge  
June 15. See page 4.



Highway 26 Cleanup  
June 22. See page 5



Happy Hour Social  
June 20. See page 5



Free Guided Wagon Trail Tour  
June 29. See page 6.





**June 6 - 9, 2024.** This year, the Far West Convention was held at the Atlantis Hotel & Casino in Reno, Nevada.

The program was rich and varied. It included educational sessions about safety, boot fitting and ski gear.

It also included a session with 5 exceptional athletes: Wayne Wong, Curtis Fong, Travis Ganong, Marie-Michele Gagnon, and Lila Lapanja. We recorded this session on video, which we are still working on. The video will be made available to everyone once it's completed.



**Sandra Kaufman**, 4th from the left, represented our club and the NW Ski Club Council as our Volunteer of the Year.

Unfortunately, she had some stiff competition, including Gloria Raminha, 2nd from the left, who has held several prominent positions at the FWSA for many years.

The winner of the FWSA Volunteer of the Year was Linda Johnson from Phoenix



**Dave Tragethon**, formerly Executive Director of Marketing and Communications at Mt. Hood Meadows and now an independent consultant won the FWSA Environment Award for a children's book he wrote about preserving the environment.



The 6 people in this picture are recipients of awards for their club's or council's website.

**Emilio Trampuz** (2nd from the left) won 1st place for the Mountain High club's website.

**Linda McGavin** (2nd from the right) won 1st place - best council website - for the NW Ski Club Council's website.

## Mahre Brothers Race Training Camp at Timberline

**June 13 - 16, 2024 (Thursday - Sunday).**

Reserve your spot for the most epic race camp at Mt Hood. The Mahres celebrated their 40th Anniversary Olympic Triumph at Sarajevo in 1984 at White Pass, and the celebration will continue this summer at Mt Hood! The race training camp is organized by the ADL Ski Club.

You can train 4 days of GS and prep for this year's Summer Fun Nationals which will be held the following weekend. Phil & Steve will improve not just your racing, but your freeskiing too, with daily video and 1x1 instruction.

The annual **Hammerschlagen Tournament of Champions** will be held Saturday night at a special venue in Government Camp - The RED VINE CABIN will be our home with slow smoked ribs, potato salad and other ADL favorites.

The fun won't end there - we will have special guest coach Chris Hilliar from Sidecut.com to help the Mahres on the hill and will bring his over 20 years of World Cup and Olympic coaching experience to the camp. He will also give a comprehensive tuning clinic on Friday night!

The Mahre Camp is so much more than just racing gates... you will experience quality time with the Mahres on and off the hill and your understanding of skiing will expand beyond your expectations.

Join Us - Space is limited.

Register at <https://adlskiclub.com/mahrecamp>

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Did you know that Steve and Phil Mahre grew up at the White Pass ski area in Washington State?  
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Phill & Steve Mahre won Silver and Gold in the 1984 Olympics

## Summer Fun Nationals

**July 22 - 23, 2024 (Saturday - Sunday).**

This is a great opportunity to have fun racing at sunny Mt Hood while refreshing the muscle memory in your legs halfway between last season and next. Use it or lose it.

On the website is information regarding entry, schedule, camps, sponsors and more. See:

[www.SummerFunNationals.com](http://www.SummerFunNationals.com)

It is time to get your entry mailed in. See website.





## Mt. High

## Mt. High bike ride: Best of the Columbia River Gorge



**June 15, 2024 (Saturday). Meet at 9 am. Start at 9:30 am.**

Meet at the Ellowa Falls parking lot on Frontage Rd., very near I-84. Take exit 35 off of I-84, and then continue on Frontage Rd.

This little known bike and eBike trail winds thru the best part of the Columbia Gorge where the cliffs are the highest, the vegetation smothers the sides of the trail, and the occasional Bald Eagle or Osprey flies by.

Total distance = 20 miles.

There is just one long uphill in the middle of the ride has an elevation gain of 561 feet (170 meters). This elevation gain can be hard. If you are in good physical shape, you can probably handle it. But it certainly helps to have an electric assist bike. We will ride socially. Nobody will be left behind.

We will carpool the 20 miles between start and finish. We just need to take 2 or 3 cars to Viento State Park at the start of the day. Then, at the end of the day, those cars will be used to transport the drivers of the other cars back to Ellowah Falls parking lot to fetch their cars. All the cars will then come back to Viento to pick up all our bicycles.

Views of the Bonneville Dam. See waterfalls. We'll bike on parts of the Old Columbia River Hwy. Scoot thru downtown Cascade Locks on a bike trail and maybr make a stop for IPA at Thunder Island Brewery and/or ice cream cone at the local soda fountain.

Bring a lunch or partake in Thunder Island's menu after the ride. All types of bikes and riders welcome.

**Please RSVP.** Give us a call, or text:

Emilio: 503-510-1477 or [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net)

John: 503-358-5900.



## History Happy Hour at the Museum - Mt. Hood, the Volcano!

**June 15, 2024 (Saturday). 6:30 - 8 pm.**

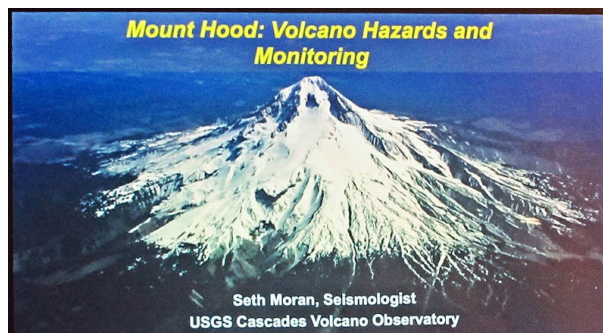
Be entertained and learn something new.



**Topic: Seismology Research of Mt. Hood Volcano.**

**Guest speaker:** Seth Moran, Research Seismologist, USGS Cascades Volcano Observatory.

Doors open **6:30**, presentations starts at **7 pm**.



There will be wine, beer and soft drinks available for purchase. Enjoy your drink and then sit back and enjoy the presentation.

The presentation is free. Donations of \$5 are requested for the Museum.

**IDEA: Go hiking or biking that day. Then have dinner in Govy, Zig Zag or Welches. Then come to this interesting presentation at the museum in Govy.**

**Mt. Hood Cultural Center and Museum**, ph: 503-272-3301, [info@mthoodmuseum.org](mailto:info@mthoodmuseum.org), [www.mthood-museum.org](http://www.mthood-museum.org).



## Mt. High

## Mountain High club Social / Happy Hour



**June 20, 2024, (Thursday) - starting at 6 pm.**

Come join your ski buddies at our next social Happy Hour at

The Food Carts  
downtown Portland  
by US Bank Tower on 5th Ave. between Oak  
and Harvey Milk St.

431 SW Harvey Milk St, Portland, See  
[Google Map](#).

We won't necessarily get discounted prices, but it's a great place to meet, with lots of selections of food and drink. PLUS, it is in a safe and secure environment. They actually have security outside the gates checking people's ID when you come in.

During the evening, you can usually find street parking....or make it easier on yourself, and take MAX. It stops right in front of US Bank. Then, simply walk across the street.

RSVP to **Debbi Kor** at at: [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net) or call 503-314-7078.

## NWSCC Meeting

**June 19, 2024, (Wednesday) - Socialize from 6 pm.**

**Meeting starts at 6:30 pm.**



The June meeting will be online via Zoom only. Everyone was busy with the Convention and we simply ran out of time and energy to find a location for an in person meeting.

Meeting starts 6:30 pm

**Join Zoom Meeting**

<https://zoom.us/j/99019265279?pwd=b0dqYTIOUFY4M3IKSHk4Z1QxcWhldz09>

Meeting ID: 990 1926 5279

Passcode: 346306

EVERYONE IS WELCOME!

## Mt. High Highway Cleanup

**June 22, 2024 (Saturday). 10 am**



Our club has adopted 2 miles of Highway 26, just west of Government Camp, and we have been keeping it clean ever since 2010.

We will meet at **10 am** in Skibowl's parking lot, and spend about 2 hours removing unsightly stuff people throw out along the highway. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers.

At **noon**, lunch will be provided for all who participate in the cleanup. We'll go to either the Ice Axe brew pub or the Taco Shoppe in Government Camp. Please RSVP by contacting **Debbi Kor**, 503-314-7078 or [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)



Mt. High

## Barlow Road - Wagon trail - History Tour



**June 29 (Saturday). Meet at 8:30 am. Leave at 9 am.**

We'll follow the path the settlers took to cross the Cascades in search of a new life. Historical stopping points and views all along the way.



### Where exactly is the Oregon Trail (Barlow Road) around Mt. Hood?

If family or friends came to visit, would you be able to show them which way the wagons went? Come on this free guided bicycle tour and find out.

Barlow Road was the only way to get around the south side of Mt. Hood for 71 years, until the old Mt. Hood Loop highway was built in the 1920s. Both roads are now abandoned (except for a few short segments).

Find out where these roads are, hear some of the pioneers' stories, and maybe consider adopting a section, clearing it of fallen trees and branches every year. This was the job of the first wagon train of the season.

A few points of interest along the way:

1. Barlow Pass
2. One of the best views of Mt. Hood
3. Pioneer Woman's Grave
4. Pioneer Cemetery and the ghost of Perry Vickers
5. Wagon tracks, still barely discernible
6. The only bat cave on Mt. Hood.
7. Wagon trail markers.



And we will cross highway 26 only once, at a marked pedestrian crossing in Zig Zag.

Meet a few minutes **before 9:00 am** in the **Chicali Cantina Parking lot in Welches**, on the south side of Hwy. 26. Turn right at the traffic light in Welches, and then drive past the shops on your left and you will see another large parking lot behind the shops. Drive to the far corner of it.

We will need some carpooling to transport everyone and all our bicycles up to Barlow Pass. We will arrange this on the spot. Most people will continue driving in their own cars. We'll leave only 2 or 3 cars in Welches.

The drivers and their bicycles of those 2 or 3 cars will need a ride up to Barlow Pass. So, if you have a bike rack that can accommodate at least one extra bicycle, please bring it. Also, if anyone has a truck or a trailer that can accommodate an extra bike or two, that would be helpful.

The ride is mostly downhill or flat, but there are a couple of fairly long uphill sections. The road/trail surface is a mix of asphalt, some gravel sections, and a fairly smooth forest trail. Any kind of bicycle will do. Thicker tires are better, but a commuter bike will do just fine. Only the very thin tires such as those on racing bikes are not recommended.

Bring some water and a snack. We are planning to end the ride with lunch at the Chicali Cantina, but people do get hungry before we get there. So, have a little trail mix, or a small sandwich, or piece of fruit.

If you want to participate, please contact **Emilio Trampuz**: [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net) or 503-510-1477.



## We Want You!

We want you to help steer our club into future adventures.

Help us organize ski trips, bike rides and other events. Or we can help you organize an event of your own.

We need someone to lead a few hikes during the summer.

We need someone to help host a club party.

Have an activity you enjoy? Share it with other club members. Invites us to join you.



Just let us coordinate all these activities. So start by coming to our monthly Board meetings. See our calendar of events. It's usually on the last Monday of the month.



### Letters to the Editor / Dear Monty Highski

**NOTE: This conversation happened on our Mt. High All-club Forum.**

Join the Forum to participate in the discussion.

Start with the link to the Forum on our website.

**Q1:** I am likely going to get an **IKON pass** for next year. Who's interested in doing the same and planning some week-long(ish) trips around the pass? Maybe fly-in, Airbnb a house near ski area(s)...?

**A1:** Here are 3 ideas for starters:

- **The FWSA Ski Week is in Banff** - on the Ikon Pass. - Jan. 25 - Feb. 1, 2025.
- **NWSCC was looking at a potential trip to Alyeska, Alaska** - but there was not enough response.
- **Mt. Bachelor** is on the Ikon Pass - **Bachelor Blast, March 12-16, 2025..**

**A2:** If the 3 trips listed above are not enough, or if you would prefer a smaller more intimate trip that would be purely Mountain High, feel free to organize it and just let us know. Preferably, as follows:

1. Please come to any of our upcoming **monthly Board meetings and present the idea**. We just want to coordinate the dates of all upcoming trips so that we can avoid conflicting dates.
2. Once the trip is approved as a Mountain High trip and dates are selected, we will gladly publish the trip both in the newsletter and on the website. Just send me the text you want published.

Organizing a ski trip is really that simple. Actually, there's a bit more to it, especially in determining the trip price. Our current trip leaders can help you with a spreadsheet we developed that helps us add up all the trip costs and then divide it by the number of participants to come up with a trip price per person.

**Q2: Anyone interested in a trip to White Pass, WA? It is on the Indy Pass.**

**A3:** Several people expressed interest in a trip to White Pass. All it takes is for someone to take the reins and organize it. But, again, please start the process by working with the club's Board of directors and current trip leaders. **Let's coordinate all these trips so we don't step on each other's toes.** Plus, we can help you with the planning stage. And we can help advertise the trip in the newsletter, website, and Facebook.



# Trips

It is still early and we don't have all the details on all the trips yet. Plus, some more trips may be added. For now, here is the information we have on upcoming trips for this Fall and next Winter.

## Mountain High Club Trips



1. Feb. 9 - 14, 2025. **Brundage / Tamarack / McCall trip.** Drive to trip. Lodging at the Kandahar Lodge: \$154 + tax = \$177.10 per room. INDY Pass.
2. March 23 - 28, 2025. **Whitefish Mountain Trip.** Drive to trip. Last week of March.

## NW Ski Club Council Trips



The NWSCC trips are always open to all ski clubs in the Northwest, but our Mountain High club members usually form the majority of the participants. More info at [www.nwskiers.org](http://www.nwskiers.org).

1. Feb. 21 - March 1, 2025. **Ski trip to the Dolomites** and optional Venice add on. This trip is organized by the Bogus Basin Ski Club from Boise, ID. They are a member of the NWSCC.
2. March 12 - 16, 2025. **Bachelor Blast.** Organized by our very own Linda McGavin.
3. Potential trip to **Mt. Alyeska** in Alaska. Let Linda McGavin know if you are interested. It is on the IKON pass.

## Far West Ski Association Trips



The FWSA trips are open to hundreds of clubs throughout the western States. These are usually trips to the largest and most well known destination resorts. A few of our club members are regular participants, but for the most part, our club members will be in the minority. However, you will get to meet skiers from all over the West. More info at: [www.fwsa.org](http://www.fwsa.org)

1. Sept. 27 - Oct. 7, 2024. FWSA Africa Adventure to Tanzania and Zanzibar.
2. Oct. 19 - Nov. 2, 2024. FWSA Dive trip - the Best of the Phillipines.
3. Jan. 25 - Feb. 1, 2025: FWSA Ski Week at Banff / Lake Louise / Sunshine Village, Canada.
4. February 2025: FWSA International Ski Week in Val d'Isere, France.
5. March 23 - 28, 2025. - FWSA Mini Ski Week to Big White, BC, Canada.
6. Summer 2025. FWSA Summer SKi Week in Valle Nevado, Chile. Optional visit Atacama Desert.
7. Sept. 9 - 19, 2025. Canadian Fall Foliage Cruise. Adventure trip.



2023/2024 Volunteer of the Year

Mountain High Board Meeting



Sandra Kaufman has been selected as our club's Volunteer of the Year. She has been a social spark-plug in our club for years. More recently, she has accepted the position of our club's Secretary as well as Membership director.

UPDATE: Sandra has also been chosen by the NW SKi Club Council as the Volunteer of the year and will represent the NWSCC as their candidate at the FWSA Convention.

Usually last Monday of the month. June 24 (Mon.): Open to all who want to get involved with the club. Gather at 6:00 pm. Start at 6:30 pm. Round Table Pizza, 16444 Boones Ferry Rd., Lake Grove, Lake Oswego, OR. See Google map.

Mountain High snowsport club contacts:

- President: Bill King H: 614-371-4762
Vice-President: Debbi Kor H: 503-314-7078
Secretary: Sandra Kaufman H: 503-810-7787
Treasurer: Nancy Pratt H: 503-593-9427
Past President: Kurt Krueger H: 503-625-1492
Membership Director: Sandra Kaufman H: 503-810-7787
Racing Director: Alan Bean H: 503-849-8009
Newsletter Editor: Emilio Trampuz H: 503-510-1477
Social Activities: Debbi Kor H: 503-314-7078
Trips Director: Linda McGavin H: 503-652-2840

- President@mthigh.org
Vicepresident@mthigh.org
Secretary@mthigh.org
Treasurer@mthigh.org
PastPresident@mthigh.org
skiklynn@gmail.com
Racing@mthigh.org
newsletter@mthigh.org
ijustwannarun1@comcast.net
Trips@mthigh.org

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): \_\_\_\_\_

I certify that I am 21 years of age or more. 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.

- 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: Deposit? Paid in full?

- Annual Membership (Oct. 1 - Sept. 30): Single (\$30); couple (\$50) \$ \_\_\_\_\_
Mountain High Cookbook: 34 pages of recipes from our members \$10 \$ \_\_\_\_\_
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.

### Club membership = 154 Newsletter Distribution

The June 2024 issue is on our web site. Also:  
245 copies sent via email (as PDF file)  
0 paper printed copies sent via US Mail.  
Copies are also sent to potential members, other clubs, the Mount Hood Museum, 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-2022-03-03.xls>

### Mt. High Credit Card Payments



You can pay your membership fee and your trip payments by **credit card**. We are processing it through PayPal.

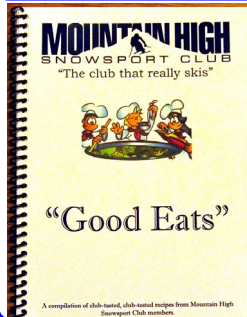
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Signup & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

### Stories from Skiing History Magazine

Find the Skiing History Magazine at: <https://www.skiinghistory.org/skiing-history-magazine>

- \* [World's Longest Ski Runs](#)
- \* [Junior Bounous and the Joy of Skiing](#)
- \* [Otto Lang - How Skiing Came to US](#)

### Mt. High Cookbook

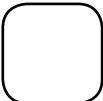
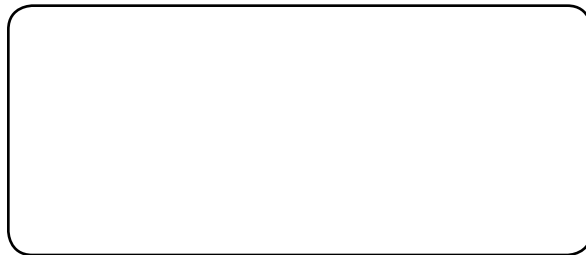


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.  
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net) , or call 503-314-7078.

### Stories from Seniors Skiing

A good resource for skiers and riders of all ages. Check out: [SeniorsSkiing.com](http://SeniorsSkiing.com) . Subscribe to weekly or monthly emails from them. Click on the Community tab and select "Subscribe". Examples:

- \* [Major Changes at Powder Mountain](#)
- \* [Loup Loup offers \\$6,000 lifetime pass](#)
- \* [My Ego As a Senior Skier](#)



Emilio Trampuz  
Mountain High Newsletter editor  
4742 Liberty Rd. S., #296  
Salem, OR 97302  
Please check our web site, [www.mthigh.org](http://www.mthigh.org) for updates.