



Lift Lines

= No. 283 July 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. Several photos are now posted on our club's website, on the PHOTOS page: <http://www.mthigh.org/Photos.htm>

Bike rides

We have already had a few bike rides this season. Three more are happening in July. Two of them within the next few days. See pages 3 - 4.

Picnic

We will have our annual Picnic and a short bike ride before the picnic on Saturday, August 17. Come early, If you come too late, most of the food will be gone. Every year, someone shows up after it's all over. See page 5

Considering buying an e-bike?

Sorry. No article about it in this issue. But keep in mind that e-bike prices are going down. For example, a "Ride 1 Up 700" that Emilio purchased 2 years ago for \$1,600 has been improved and now sells for \$1,300.

Time to start planning Ski Trips

A summaruy of all the ski trips we know of is posted on page 8. There are 2 Mt. High trips, 2 NWSCC trips, and 7 FWSA trips. You are invited to all of them. Pick a few good ones!

Note the color code.
Our club is blue.

2024 CALENDAR

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

JULY 2024

July 10 (Wed) Trolley Trail South bike ride
Milwaukie to Oregon City

July 13 (Sat) Minto-Brown Island bike ride. Minto-Brown Island Park in Salem

July 20 (Sat) History Happy Hour. Mt. Hood Steiner Cabins intro.

July 21 (Sun) Triple Crown bike ride. Portland Hills, Council Crest, Stonehenge Tower, etc.

July 22 - 23 Summer Fun Nationals races at Timberline.

July 24 (Wed) NWSCC 45th Anniversary
Club presidents, club representatives, and industry members are invited.

July 25 (Thur) Happy Hour at the Claim Jumper, Clackamas Town Ctr.

AUGUST 2024

Aug. 10 (Sat) Steiner Cabins Tour. Steiner cabins and church

Aug. 17 (Sat) Mt. High Picnic at William Clark Park

Aug. 17 (Sat) History Happy Hour. Oregon Search & Rescue

Aug. 18 (Sun) Mt. High bike ride. Trillium Lake, Still Creek Rd.

Aug. 19 (Mon) Mt. High Board Meeting at the Round Table Pizza, Lake Oswego

Let's Have Some Fun!



Bicycle ride along Trolley Trail
July 10. See page 3.



Minto Brown Island Park ride
July 13. See page 3



Triple Crown bike ride
July 21. See page 4



Annual Club Picnic
August 17 See page 5.



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

We published only 3 pictures from the Convention in the June Lift Lines. Now you can see 16 pictures on our club's website, on the PHOTOS page, <http://www.mthigh.org/Photos.htm>

Barlow Trail History Tour Bike Ride



June 29, 2024 (Saturday)

We rode our bikes about 21 miles from Barlow Pass to Welches, along a variety of paved roads, gravel roads, and forest trails.

We visited several historic points of interest.

We heard some quotes from the Oregon pioneers' diaries.

We saw great views of Mt. Hood.



Just a mile and a half west of Government Camp, both the old Mt. Hood Loop highway and Barlow Trail came to an abrupt end where modern day highway 26 cut right across them. The trail continues on the other side of the highway, on Laurel Hill, but it is now very difficult to get to Laurel Hill from above. We need a pedestrian bridge here to connect us with Laurel Hill.



We ended the day with a late lunch / early dinner at the Chicali Cantina in Welches.

See more pictures from this ride on our website, on the PHOTOS page at: <http://www.mthigh.org/Photos.htm>

Trolley Trail Bike Ride - Sellwood Park to Oregon City

July 10, 2024 (Wednesday)

Meet at 9:30. Leave at 10 am.

at the [Oaks Pioneer Church in Sellwood](#)
455 SE Spokane St, Sellwood, OR.

The above link shows a Google Map of the start of the ride. You can park on the streets nearby, or use the parking lot for Oaks Park located just a block west and another block north.

Relatively flat ride. This is a social ride.
Approximately 22 miles. All paved.
Any bicycle will do.

This is a loop ride, so no need for shuttling.

There is a large **food cart** lot on 14th street in Oregon City for lunch. Also, on the way back to Sellwood, we will stop at the **Menchune Murph's Shaved Ice** in Gladstone for some dessert.

We will return via the same route we took to get to Oregon City. The tour is about 3 hours. See more info on our website: www.mthigh.org.

Please RSVP. Give us a call.

John Davis, . 503-358-5900 (voice or text).



Minto-Brown Island Park in Salem bike ride

July 13, 2024 (Saturday)

Meet at 9:30. Leave at 10 am.

at the **Wallace Marine Park in West Salem**
with lots of parking in the shade of trees.

This is a loop ride, so there's no need for shuttling.

Minto Brown Island Park is huge at 1205 acres. It contains a mix of paved and unpaved trails. It has a playground, a shelter for picnics and events, walking, jogging and bike trails, picnic areas, a dog park, several fishing spots, and a paddle boat area.

Some trails follow the Willamette River, others go by a duck pond. We just might see a beaver too.

We will also ride through Riverfront Park, which contains a carousel, an amphitheater for concerts, a giant Earth globe and a paddle-boat landing.

This is an easy ride. Almost all flat. Almost all paved trails. We might optionally venture on a smooth unpaved dirt trail. Any bike will do.

This is Emilio's playground. Come see the river, the lake, the slew, and more.

After the ride, we'll rest and recuperate and enjoy each other's company over some food and drinks. Perhaps a brunch.

See more info on our website: www.mthigh.org.

Please RSVP. Contact: Emilio Trampuz at: Emilio2000@earthlink.net or 503-510-1477.



Pedestrian bridge between Riverfront & Minto-Brown.

History Happy Hour at the Museum - Steiner Cabins Intro

July 20, 2024 (Saturday). 6:30 - 8 pm.
Be entertained and learn something new.



Topic: Introduction to Steiner Cabins. Tour is in August.

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 & Museum, 503-272-3301, info@mthoodmuseum.org, www.mthoodmuseum.org.

Triple Crown Bike Ride

July 21, 2024 (Sunday)

Meet at 9:30. Leave at 10 am.
at the [Oaks Pioneer Church in Sellwood](#)
455 SE Spokane St, Sellwood, OR.

Park on nearby streets,
or use the Oaks Park
parking lot.

There is significant elevation gain on this ride. An e-bike is highly recommended. Or strong muscles!

We will climb thru Riverview Cemetery to the Stonehenge Tower. 5.7 miles. Then over to Council Crest, 1.6 miles. Then down past the Zoo and Hoyt Arboretum and up to Pittock Mansion, 5.7 miles. From Pittock Mansion we will follow residential streets down thru NW Portland to Old Town to the Esplanade circa the Steel Bridge. From there back to Sellwood via the Esplanade. That's another 8.7 miles with no hills on this section.

Total distance = 21.2 miles. Approximate riding time is 4 hours, plus many breaks and a 1 hour lunch break, adding up to about 6 hours. 1.

Lunch at Little River Café

More info on our website: www.mthigh.org.

Please RSVP. Call. John Davis, 503-358-5900 (voice or text).



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.

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

www.SummerFunNationals.com

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



Steiner Cabins Tour

August 10, 2024 (Saturday).

A self-guided tour of cabins constructed by Henry Steiner in the 1930 - 1940s.

On this self-guided, driving tour, you'll visit four 1930-40's log cabins. These four cabins are outstanding examples of the craftsmanship and artistry Henry Steiner nearly 100 years ago. You'll also see the restored Steiner Church, between Brightwood and Rhododendron.

Purchase your tickets online, starting July 1, 2024 at 8:00 a.m. at:

<https://mthoodmuseum.org/product-category/tickets/>. Tickets are \$50 per person.



This year's tour will begin at the Alpine Events Center, 73365 E. Highway 26, Rhododendron, OR.

In the morning, they'll be serving freshly baked pastries and flavorful, just-brewed coffee.

Also onsite, you can relax and enjoy a complete, pop-up, summer, lunch-buffet for \$20, from 11:00 am. to 3:00 pm.

Mt. High

Mountain High Club Picnic - and bike ride



August 17, 2024, (Saturday)

TIME: 10:00 am - bike ride

11:30 am - picnic.

12 pm (noon) - food served.

LOCATION: Captain William Clark regional park in Washougal. 3333 Index St, Washougal, WA 98671. Look for the CLARK SHELTER. See [Google map](#).

BIKE RIDE

We'll work up an appetite and be ready for the picnic. Bring your bike to the Clark shelter. But not your

food, because there won't be anyone there to guard it at 10 am. Only the bike riders will gather there initially.

The bike ride will be on the Captain William Clark Park Trail. This is compact gravel and dirt trail. No problem for Street tires, commuter bikes, e-bikes, etc.

PICNIC

The picnic is a **potluck**. We'll have sausages (spicy and non-spicy) on the grill. Bring something else to share. BYOB, but no alcohol allowed in the park.

If you bring anything heavy, it would be easier for you if you had a wagon or anything on wheels to bring stuff from your car to the camping shelter (200 yards). The shelter has 4 six-foot long tables, a BBQ, and running water. More info & directions on our [website](#).

RSVP to Debbi Kor at at: ijustwannarun1@comcast.net or call 503-314-7078.

History Happy Hour at the Museum - Steiner Cabins Intro

August 17, 2024 (Saturday). 6:30 - 8 pm.
Be entertained and learn something new.



Topic: Oregon Search & Rescue

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 & Museum, 503-272-3301, info@mthoodmuseum.org, www.mthoodmuseum.org.

Mt. High

Trillium Lake & Still Creek Road Bike Ride



August 18, 2024. (Sunday) 9:30 am in Rhododendron. Cost: Free.

Join us on a bike ride from Government Camp around Trillium Lake and then along Still Creek Road to Rhododendron, 18 miles, mostly downhill.

9:30 am: Meet at a parking lot east of the Dairy Queen in Rhododendron.

9:45 am: Leave for Govt. Camp. Leave some cars in Rhododendron and transport everyone and their bikes to Government Camp.

10:00 am: Start the ride from Govy. Nice long glide with very little uphill action. Perfect for beginner mountain bike riders. Only one short uphill when we leave Trillium Lake.

At the end of the ride, when we get back to Rhododendron, the drivers of the cars that drove up to Government Camp should get a ride from those who left their cars in Rhododendron. The passengers in all cars can stay in Rhododendron to guard out bikes until we return all our cars to Rhododendron.

After that, we'll have lunch either in Welches or in Sandy.

Directions: Asw you drive up highway 26 to Rhododendron, the Dairy Queen is on the left side of Hwy. 26 in the heart of Rhododendron. Meet us there at 9:30 am. If you are late, you might be able to catch up with us at the ODOT highway maintenance on the right side of highway 26 just before the start of Timberline Road, around 10 am.

Please RSVP to:

John Davis, 503-358-5900 - voice or text.



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. Invite 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

Q1: Will the Indy Pass go on sale again?

A1: The Indy Pass to independent ski areas (not run by corporations) for the 2025 season has sold out some time in March or April of 2024. That's how popular it is. But it has gone on sale again in July, and will probably become available one more time in the Fall. Stay tuned. We will keep you informed.

The Indy Pass is doing its best to avoid ski areas getting swamped with too many people. So, it is limiting the number of passes it will sell. But, at the same time, the Indy Pass keep growing. With the addition of more ski areas, there is room for more passes to be sold.

On July 4th 2024, the Indy Pass went on sale again because they had added 10 new ski areas. But it will be on sale for a very limited period of time. Act now if you want to purchase it.

Last winter, there were approximately 120 ski areas. With the addition of 10 more, the total would be around 130. But the Indy Pass has promised to expand to 200 ski areas by the start of this coming 2024/2025 ski season. So, it will definitely allow more passes to be sold.

See more info at: <https://www.indyskipass.com/>

Q2: Should I get on the Wait List for the Indy Pass?

A2: Yes, definitely. If you find that the Indy Pass is not available any more at this time, get your name on the Wait List. Why? Because those on the Wait List will have priority over everyone else when the pass goes on sale again in the Fall. The earlier you get on the Wait List the better.

Those who are on the Wait List will be notified by email when the pass goes on sale again. In fact, last winter, there was a time in the Fall when only those on the Wait List could purchase the pass. There was no other way to get it. That's because the Wait List enables the Indy Pass organizers to precisely control the number of passes sold.

See more info at: <https://www.indyskipass.com/>

Remember: 1. The Indy Pass gives you 2 free ski days at each of between 120 - 200 ski areas.
2. Mt. Hood Meadows is on the Indy Pass. If you have a Meadows pass, you can buy the Indy Pass as an "add-on" for a considerable discount.

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. Lodging at the Kandahar Lodge, with ski in and almost ski-out access (requiring just a short walk across a parking lot).



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.

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. **This trip will not happen, because there was not enough interest in it.**

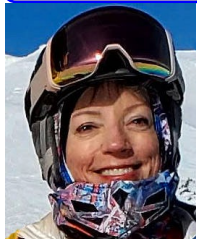


Far West Ski Association Trips

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

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



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.

Mountain High Board Meeting

Usually last Monday of the month. Aug. 19 (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): _____

- 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

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.

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: _____

NOTE: Ever since COVID hit us, we are not doing any bus trips and are not collecting any money for trips. Instead, everyone now arranges for their own lodging and transportation to our destination. We are getting a group discount on lodging.

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 July 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.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.

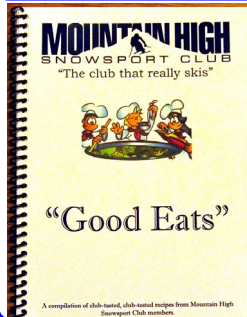
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Signup & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

Stories from Skiing History Magazine

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

- * [Freestyle Returns, Hot Dog style](#)
- * [Ski Art: Carl Vilhelm Fagerberg](#)
- * [10th Mountain Division Archives](#)

Mt. High Cookbook

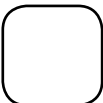
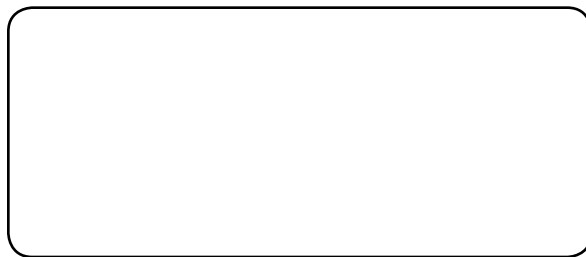


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: ijustwannarun1@comcast.net , or call 503-314-7078.

Stories from Seniors Skiing

A good resource for skiers and riders of all ages. Check out: 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](#)



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for updates.