



Lift Lines

== No. 74, February 2007 ==

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



Mt. High

Chocolate Party

Feb. 17 (Saturday)

Our annual event, in honor of Valentine's day. Prizes for the best chocolate desserts. Bake something, or come and taste the bounty. See more info on page 3.



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Mt. High

Come ski with us

Mt. High



Feb. 18 (Sun.) - **Ski Bowl.**

Mar. 3-4 (Sat/Sun) **Meadows.**
Come ski with us. Let's meet at McDonald's in Sandy (turn left at the 3rd light in Sandy) at **7:00 - 7:15** am.

Carpooling may be arranged on the spot. On the slopes,

tune your 2-way radio to channel **6-19**.

*Note the color code.
Our club is blue.*

2007 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

Feb. 4 (Sun.) **Free Ski Training**

Feb. 6 (Tue) **Mt. High** Board mtg.

Feb. 9-16 Utah: Powder Mt/Snowbasin

Feb. 17 (Sat) **Chocolate Party** (p. 3)

Feb. 18 (Sun) **PACRAT** race Ski Bowl

Feb. 23-25: Southern Oregon ski safari (Mt. Ashland, Warner Canyon, Hoodoo)

Feb. 25 (Sun.) **Free Ski Training**

Mar. 3-4 **Mt. High** Cascade Lodge weekend

Mar. 4 (Sun.) **Free Ski Training**

Mar. 4-5 **Oregon Cancer Ski Out**

Mar. 6 (Tue) **Mt. High** Board mtg.

Mar. 8 (Thur) **Mt. High** Pizza Party

Mar. 3-11 **FWSA** trip: **Bormio, Italy**

Mar. 11 (Sun) **PACRAT** race Meadows

Mar. 16-18: Bus trip: **Mission Ridge & Stevens Pass** (Leavenworth, WA)

Mar. 30-Apr. 1 **Mt. Bachelor** weekend:
Far West Championships + PACRAT

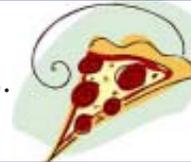
Apr. 13 (Fri.) **PACRAT** Rat Attack

Mt. High

Pizza Party

March 8 (Thursday): 6:30 - 9:30 pm.

A quarterly event. Meet other club members. Pizza is on the club. More info page 3.



Mt. High FREE Ski Improvement Clinic! Mt. High

Feb 25 and March 4 (Sun.) - Our Mountain High club is sponsoring another two free ski improvement clinics for all members - at **Mt. Hood Meadows**. We switched to a Sunday, for a variety of reasons, scheduling, financial, etc.



You don't have to be a racer. The practice will improve your edge control, your confidence.

Just show up at **9:30 am.** at the top of the "**Stadium**" trail, next to the **Yellow Chair**.

FREE TRAINING

Contact Gordy, 503-804-8363, or gordyski@comcast.net.

These clinics are free to all our club members. Try running some gates just for fun! Must fill out release form, page 10.

Ski Washington Challenge

David Schor at Mt. Baker



With about 100 ski areas within a day's drive from Portland, if you visit only one per year, it would take you 100 years to visit them all. You will never see them all that way!

But, you can drive and visit 2 of them each weekend. Start with your own State. Or a neighboring State.

David Schor has already completed the goal of skiing at least 10 of Washington's ski areas. Read David's blog at: <http://skiwashington.blogspot.com>.

People asked him how he can afford to take so much time off of work. "I did it on weekends only," said David. Not only that, but with the exception of one or two places where he was able to stay at a friend's place, he mostly slept in his car. Now that's real passion!

David was so quick at it that he completed the Challenge even before the calendar Winter officially started.

Meanwhile **Bob Voss** already visited 3 Washington ski areas, **Mt. Baker**, **49° North** and **Mt. Spokane**. He did this with Emilio, on the way to and from Canada.

Emilio later went on to visit some of **Hurricane Ridge**, and **Leavenworth Ski Hill**, where the main mode of uphill transportation are rope tows. Yes, folks, that gives you a taste of the "good old days". That's how alpine skiing started. Even Mammoth Mountain started as nothing more than one or two rope tows.

See more about Washington ski areas at: www.mthigh.org/Articles/Ski-Washington-Challenge-diary.pdf



Bob Voss at Mt. Spokane

Why Wax? - by Tognar Toolworks



Why Wax Your Ski or Snowboard?

Back in the early days when all skis had **wood** bases, skiers had little choice but to wax 'em regularly if they

wanted to slide on snow. But along with the introduction of **polyethylene bases** (p-tex) came the assumption that skis no longer needed waxing. Wrong!

P-tex is a thirsty plastic that needs frequent wax feedings. But, due to the mis-conception that it doesn't need wax, in no time at all, the number of skiers who waxed their skis flip-flopped from 97% who did, to 97% who didn't. And that's pretty much where it remains today. Amazingly, only 3-4% of skiers or snowboarders bother to wax their equipment. The performance these folks lose because of this misunderstanding is significant...a waxed base is about 30% easier to turn, more durable and faster than an unwaxed base.

Ski and snowboard bases can easily lose their ability to absorb wax efficiently. The most common cause is simply neglecting to wax regularly. The high friction of snow acts like sandpaper to abrade the ski or snowboard base, wear off wax and leave the p-tex dried out. Another cause is too much heat created by a poor stonegrinding, the use of excessive speed or pressure when rotobushing, or, most commonly, from an improperly used or uncalibrated wax iron. About half the surface area of most sintered racing bases will absorb wax when new...these are called "amorphous" regions. Excess heat converts these to "crystalline" regions, which do not absorb wax. Furthermore, heating the ski or snowboard base can increase its oxidation by atmospheric oxygen. Overheating a base also dries it out and results in the creation of more unwanted, drag-inducing p-tex hairs.



NOTE: The above article is a partial extract from the **Tognar Toolworks** web site, www.tognar.com.

We found Tognar offers great prices on waxing and tuning gear. A set of World Cup Ski & Snowboard vises costs only \$99.95, as compared to about \$129 at many other stores. It also sells powder cords, skigees, and more. Imagine our surprise when we also found out that Tognar is located in Oregon! Address: **Tognar Toolworks**, P.O. Box 1453, Phoenix, OR 97535. Phone: (800) 299-9904 or (541) 890-5627.

Mt. High Chocolate Party

DATE: Saturday Feb 17th**TIME:** 6:30 PM**WHERE:**Steve Royce & Edie Martinelli
10905 SW 83rd, Tigard, OR.**WHAT:** Once again our hosts Steve and Edie invite the Mt. High moose brigade to join them for an evening of hors d'oeuvres, and chocolate, chocolate, and more chocolate!!

Bring your most creative culinary concoction and enter the infamous chocolate dessert contest. Whatever your pleasure: cookies, cake, candy, pie, mousse, chocolate drinks - the sky is the limit.

Prizes will be awarded for the most creative, most chocolate-y, and the most decadent overall.

Chocolate is for lovers, sooooo

Happy belated valentines day!!

A party not to miss.

RSVP Steve & Edie**HM:** 503 -620-9559

Mt. High

Pizza Party!!!

DATE: THURSDAY March 8th**TIME:** 6:30 - 9:30 pm**WHAT:** Our quarterly big social event, featuring free pizza! Wow!!!**WHERE:** Round Table Pizza,
10070 SW 72ND
Portland, Oregon
(near Capitol Hwy, by McDonald's)**DETAILS:** Meet other club members. Tell tall ski tales. Hear what is being planned for the near future.**GUEST SPEAKER:** Diane Hicks, NW Snow Sports Foundation. We'll hear from Diane how the Foundation supports local young racers, how they apply for grants, and how you can help talented racers reach their goals.

Did we say the pizza is free?

You too can have a great time, just like Gary and Alice, seen at one of our previous pizza parties a few months ago.

Be there or be square!



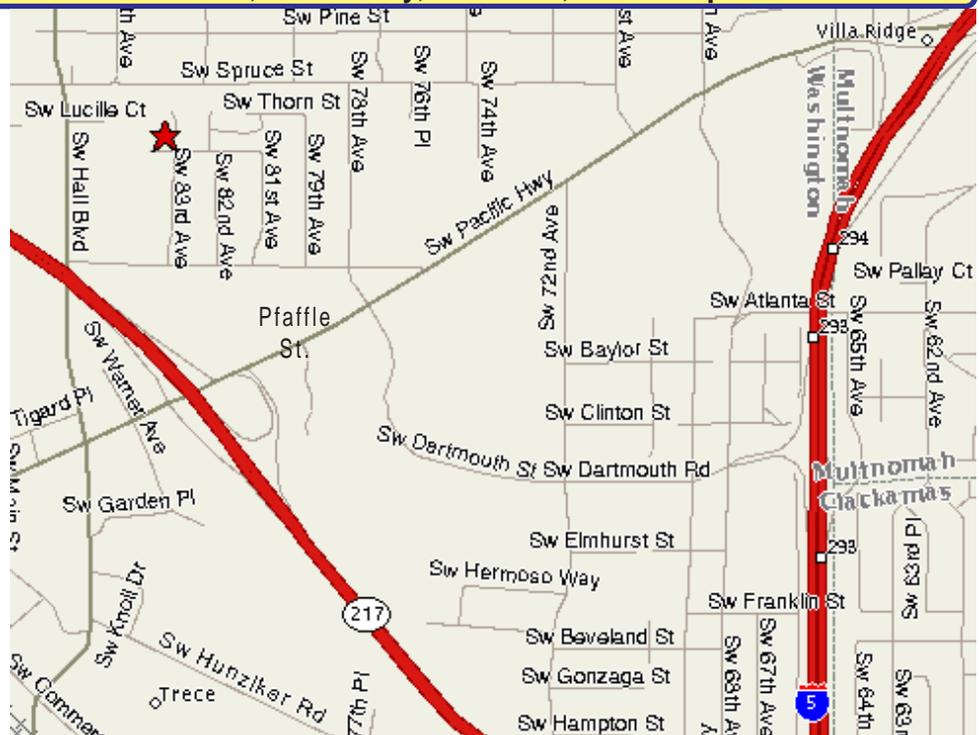
Chocolate Party at Steve and Edie's, Saturday, Feb 17, at 6:30 pm.

From I-5 (going south, out of town):

- take the Pacific Hwy exit and follow it for abt. half a mile.
- before the I-217 junction, turn right onto 78th Avenue.
- left on Pfaffle St.
- right on 83rd Avenue.

From I-217:

- take the Pacific Hwy exit going north, toward Barbur Blvd.
- turn left on 78th Avenue.
- left on Pfaffle St.
- right on 83rd Avenue.

Steve Royce & Edie Martinelli10905 SW 83rd
Tigard, OR 97223
503-620-9559Email: Royce@up.edu

Ski Oregon / Washington Challenge

Winter 2006/2007.

NWSCC



The NWSCC, in cooperation with the local ski industry is expanding its ski challenge to the State of Washington.

Washington has 14 ski areas. To meet the Challenge, you will need to ski/ride at least 10 of these in a single winter season. Extra credit will be given for the 4 optional ski areas: Hurricane Ridge, Leavenworth, North Cascade Heli-Skiing and Cascade Powder Cats.

It helps that the Mt. High club has a trip to 2 of these ski areas: Mission Ridge and Stevens Pass. Also, we'll hit a few on the way to Canada.

The **Ski Oregon Challenge** will continue too! Ski 9 of 11 Oregon areas.

These two are separate challenges. You don't need to do both.

More info on our web site, and the NWskiers.com web site. Contact **Steve Coxen**, 503-679-9022, email: sacoxen@aol.com.



Mt. High Sunny Southern Oregon ski safari



Feb. 23 - 25, 2007.

This year has not been kind to Warner Canyon. Not much snow. Too close to Sunny California! So, we have had to postpone this trip twice.



Warner Canyon

But, it will be a fun 3-day weekend:

Thursday evening, after work, drive to Ashland (Oregon).

Friday: Ski Mt. Ashland, then drive to Lakeview.

Saturday: Ski Warner Canyon, then drive to Eugene.

Sunday: Ski Hoodoo, then drive home.

We'll play it by ear. It's totally informal; not an official "trip", but a simple road trip, either carpooling or caravanning down there. About a dozen people are interested.

If you are interested, please contact **Emilio**, info@mthigh.org 503-378-0171. We need to start planning how we will carpool.

Scotty Graham Memorial FreeRide

Feb. 10-11 Ski Bowl

This annual event has helped 43 needy and dedicated teens with equipment, fees, college money and moral support.

FreeRide (Feb. 10):

Registration: 8 am, SkiBowl tickets area. Competition starts at 11 a.m. Cost: \$25 + discounted lift ticket. Goody bags, prizes, awards ceremony. Helmets, a must!!

Intermediates to Experts - Pros welcome, no cash prizes.

Speed Trap (Feb. 11):

Registration: 8 am, SkiBowl tickets area, and later, on the hill. Comp starts 11 a.m. at lower bowl. Cost: \$4 per run with 4-run limit. Everyone gets a brag certificate. "How Fast Can You Go?" All ages and skills welcome. Helmets required. Awards ceremony & bib drawings for prizes following.

Questions? Call: **Adrienne Graham Kinney** at 503-394-3526 or SkiBowl: 503-373-3206

Mt. High

Utah: Powder Mt. & Snowbasin



Strawberry Bowl, Snowbasin

4-DAY TRIP: Feb. 9-13 (Fri. - Tue.)**7-DAY TRIP: Feb. 9-16** (Fri. - Fri.)

Two simultaneous trips, 4 or 7 days. Both groups will ski together the first 4 days. We'll leave Portland together, on a Southwest flight at 6:40 pm.

We'll ski all 4 days (or all 7 days) and return home on Tuesday night (after skiing), or Friday night, 6:20 pm.

We'll stay in Eden, just 15 mins. from

Powder Mt., 20 mins. from **Snowbasin** and 10 mins from **Wolf Mountain** (night skiing!). About 80 minutes away are Park City, Deer Valley, and The Canyons. Some of us will ski at **Sundance** (the Robert Redforsd ski area) on day 4.

The **4-day trip costs \$520, and includes:**

- * 4 nights in Red Moose Lodge (hotel rooms)
- * Continental breakfast buffet
- * 1 lift ticket to Powder Mt. + 1 to Snowbasin
- * Renting an SUV for each 4 people

Trip is full. 16 people on the 4-day trip and 12 on the 7-day trip.

The **7-day trip costs: \$750, and includes:**

- * 7 nights in Moose Hollow Condos (2 bd/2ba; **must** have 4 people per condo)
- * No breakfast, but there is a breakfast restaurant + a supermarket
- * 2 lift tickets to Powder Mt. + 2 to Snowbasin
- * Renting an SUV for each 4 people (for the whole week)

Buy your own airline tickets. Southwest has great internet fares, \$176 RT.

4-DAY TRIP:

Feb. 9 (Fri.): Depart PDX on flight 1985, at 6:50 pm. Arrive SLC at 9:35 pm.

Feb 13 (Tue): Depart SLC on flight 499, at 6:25 pm. Arrive PDX at 7:25 pm.

7-DAY TRIP:

Feb. 9 (Fri.): Depart PDX on flight 1985, at 6:50 pm. Arrive SLC at 9:35 pm.

Feb 16 (Fri): Depart SLC on flight 499, at 6:25 pm. Arrive PDX at 7:25 pm.

Only 2 (or only 4) lift tickets are included in the price of the trip, to give everyone more flexibility in deciding where to ski the remaining days. Additional lift tickets for Powder Mt. or Snowbasin can be purchased for \$48.

If you don't need to join in the car rental, subtract \$130, and let us know.

Emilio & Linda are working on this together. Emilio for the shorter trip, Linda for the longer one. Linda is the overall trip leader. Contacts:

Emilio: 1-503-378-0171 or email: info@mthigh.org.

Linda: 503-412-3531, or email: Trips@mthigh.org.

To reserve your spot, send a \$250 deposit, made out to **Mountain High Snowsport Club**, and mail it to Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208. Use the form on page 11.

Tell us which trip: 4 or 7 days, and whether you are flying with us.

All deposits are due now! Final payment by Dec. 10, 2006.

Skiyente Big Mt. (MT)



Jan. 30 - Feb. 4. A train trip. We've been to Big Mountain two seasons ago, but some of you missed that trip. So, here's your chance to see Big Mt.

The **Skiyente** (all female) ski club is organizing a trip to **Big Mountain**, Jan 30 - Feb. 4, 2007, and we are all invited to join in. **Details are on our web site.** For more info, contact: Colleen Walter, at colleenski2002@yahoo.com.

FWSA Bormio, Italy, 2007

March 3-11

7 nights/7 days with breakfast and dinner! Round trip air-fare on

Delta airlines. Join a group of skiers from a variety of Far West ski clubs.

Price: \$1,335 - \$1,440 for food, lodging and transportation. It doesn't include lift tickets. Also, add approx. \$80 pp in taxes, plus a \$150 fuel surcharge.

Optional **post-trip** to Switzerland & **pre-trip** to Rome & Florence.

Details in **flyers** on our web site.

Deposit: \$200 to Far West Ski Association, c/o Norm Azevedo, 901 Sousa Dr., Walnut Creek, CA 94597-2922.

Contact Norm at 1-925-944-9816 or fwsatravel@sbcglobal.net.

Powder Mt.: 2,000' vertical, and 5,500 acres (the largest in the U.S.)
1 Express Quad, 1 Fixed Quad, 1 Triple, 1 Double. Snowcat ride: \$8.

Snowbasin: 2,959' vertical, and 2,800 acres. 1 Tram, 2 Gondolas, 1 Quad, 4 Triples, 1 Double.

**Cascade Lodge weekend**

March 3-4

Let's spend the night at the Cascade Lodge in Government Camp.



This is the weekend of the **Oregon Cancer Skiout**, and the **Winter Games of Oregon**, and the **Ski the Glade Trail Day!** We'll ski both Saturday and Sunday.

There will also be a **moonlight snowshoe and crosscountry trek to Trillium Lake** on March 3rd, led by **Heidi Munson**, who just joined the club. Contact Heidi at: 503-888-7031 or email her at: Heidijo2005@hotmail.com

Lodging price: Only \$17 for lodging Saturday night (in bunk beds). Dinner & breakfast will be available for a good price.

We need to have a head-count ASAP. So, please send in your \$17 and **contact** Emilio, 1-503-378-0171 or info@mthigh.org.

We might also try some moonlight skiing at Ski Bowl or Timberline!



Ski Bowl has the best views of Mt. Hood! And great powder in the upper bowl!

Check our web site for trip updates
www.mthigh.org/Trips.htm.

Ski the Glade Trail Day

March 3, 2007. The **Mt. Hood Cultural Center and Museum**, in Government Camp, organizes the "Ski the Glade Trail" Day

This is the only day when you can legally and safely ski all the way from Timberline to Government Camp. Shuttle services to Timberline all day, ski patrol services, lunch, souvenirs, apres ski party and more, for \$100.

Call 503-272-3301 Web site at: www.mthoodmuseum.org.

Editor's note: Stay Saturday night at the Cascade lodge for \$17.

Oregon Cancer Skiout

March 4 - 5. Sun.-Mon. Mt. Hood Meadows. Two races. 5-person teams. Only consistency counts; not speed. Team registration = \$1,000.

You can now register ONLINE. When you register online, all you need is a deposit of \$170. Once the captain registers, each member can go online and register and pay for themselves.

But wait there's more....Not only do we have a new system that allows you to register online, you can now send notes to family and friends to gather donations online. All monies raised prior to the Oregon Cancer Ski Out will be reflected on your Bucks to Buck Cancer totals.

If your team has already mailed in your registration, you can still register your team online and be able to use all the DONATE NOW services!!

Go to: www.cancerskiout.org and click the register button.

While you are at the OCSO website register and join in on the forums and add your 2 cents! Let us know what is going on with and your team. Keep us posted of any fundraising events you are doing for your Bucks to Buck Cancer fundraising. --- Contact Nancy Chinn. 971-221-5872.

Editor's note: Stay Saturday night at the Cascade lodge for \$17.

Moonlight Snowshoe and Cross country Trek

March 3 (Sat.). A trek around **Trillium Lake** will be led by Heidi Munson, one of our club members.

Contact Heidi at: 503-888-7031 or email her at:

Heidijo2005@hotmail.com

Editor's note: Stay Saturday night at the Cascade lodge for \$17.

Mt. Bachelor Weekend / FWSA Championships

Many will come just for fun! See next page.

Mar. 30 - Apr. 1. Multiple events. Our last PACRAT race of the season on Sunday. The Far West Championships will have a Slalom on Saturday and a GS on Sunday. All PACRAT racers can enter both races. We'll all drive to Bend. Activities at the Riverhouse. See details on our [web site](#).

If you need lodging, see info on page 8.

Welcome New Members



A warm welcome to new members who have joined us recently.

Andres Saxton
Connie J. Potter
Mark Toman

Meadows 10-time Passes For Sale

NWSCC has one more Mt. Hood Meadows 10-Time Pass for Sale. The cost is \$275.00 each. Please reply ASAP if you want your name in a drawing. We will put names in a hat and hold the drawing at the Jan. 17 Council meeting. You do not need to be present at the meeting. You MUST submit your full name, club name, email address and evening phone number. Please submit your information no later than 5:00pm, Tues., Jan. 16, 2007.

Contact Mary Olhausen,
Omary52@comcast.net

Mt. High

Leavenworth "Say WA" bus trip



Mission Ridge & Stevens Pass

"Say WA" is Washington's new slogan.

March 16-18.

Trip is full. There's a waiting list.

2 days/ 2 nights.

We leave Friday around 5 pm, and return Sunday night. We'll visit:

1. **Mission Ridge.** Ski by a World War II bomber that crashed on the mountain! 2,200' vertical. 1 Express Quad, 3 Doubles.
2. **Stevens Pass,** lots of tree skiing, front and back + lots of cruisers! 1,800' vertical, served by 3 Quads, 4 Triples, 3 Doubles.

Lodging: We'll stay at the Obertal Inn in Leavenworth. An expanded continental breakfast is included. Most rooms have 2 queen beds, some have 1 king bed. There are also 2 Fireplace Suites and 2 Jacuzzi Suites. If a couple wants to book one of those suites, each **person** would pay an extra \$42 for a Fireplace Suite or \$64 each for a Jacuzzi Suite.



Price: Only **\$200** for lodging and transportation, plus approx. **\$38** per lift ticket. We'll get discounted lift tickets at the hotel.

The trip price is based on 26 people. For each 2 people that sign up over that number, **the price for everyone will go down by \$4**. (Eg., at 32 people it would cost \$188 each, and at 42 people it would be only \$168.)

Contact: [Linda McGavin](#) (trip leader) or [Emilio Trampuz](#) (co-captain).

Club logo or Ski Oregon or Ski Washington Challenge logo



You can now order a sueded finish 1/4 zip sweatshirt with the club's logo on it, for only **\$25**. It is made of 80/20 cotton/poly 9 oz. fabric, with an open bottom hem, an inner rib knit collar and cuffs, set-in sleeves and an antique finish metal zipper. Available in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: S - 3XL. This is mainly cotton, for comfort.

If you want a similar garment to wear while skiing, go for the more high-tech breathable R-tek polyester sweatshirt for \$30.

Also available:

- * **T-shirt** (\$10),
- * **Short sleeve polo** (\$16),
- * **Long-sleeve polo** (\$18),
- * 100% cotton 1/4 zip **sweatshirt** (\$25),
- * **R-Tek polyestes 1/4 zip fleece** (\$30).

Most are available in yellow, royal blue, red, navy, and black. Ask about other colors. Choice of pocket-sized logo, or full-chest size (printed on front or back).

To order, call Emilio at 1-503-378-0171 or email: info@mthigh.org.

Please print the Garment Order Form at:
www.mthigh.org/Documents/Order-Form-Ski.pdf





Far West Championships and



Mt. Bachelor Weekend

Riverhouse Lodging packages

March 29 – April 1, 2007
(Thurs, Fri, Sat, Sun)
\$300

For those who arrive in Bend Thursday and depart Sunday, this price includes:

3 nights lodging (double occupancy) **at the Riverhouse in Bend, Oregon**
3 day lift ticket at Mt. Bachelor (Fri. – Sun.)
Non skiers may deduct \$100 from above price
Bus transportation (hotel to Mt. Bachelor)

March 30 – April 1, 2007
(Fri, Sat, Sun)
\$200

For those who arrive in Bend Friday and depart Sunday, this price includes:

2 nights lodging (double occupancy) **at the Riverhouse in Bend, Oregon**
2 day lift ticket at Mt. Bachelor (Sat., Sun.)
Non skiers may deduct \$70 from above price
Bus transportation (hotel to Mt. Bachelor)

Sign-ups MUST be received by Jan. 15, 2007

Contact: Lynnell Calkins,
FWSA - North American Travel.
2211-B Gates Avenue
Redondo Beach, CA 90278.
Ph.: 310-370-6948. Email fwsatrvl@aol.com

Or, arrange your own lodging.

The base hotel for the Far West Ski Assoc. will be **The Riverhouse**, 3075 N. Business 97, Bend, OR 97701. 1-866-453-4480. It has a Conference Center, an indoor swimming pool and hot-tub, a restaurant,.

Another option is the **Marriott Fairfield Inn**, 1626 NW Wall Street, Bend, OR (541-318-1747). Continental breakfast, big pool & hot tub for \$109 per night. www.marriott.com/rdmfi.

The **Inn of the Seventh Mountain** (closest to the mountain) also has skier packages - see their website: www.seventhmountain.com

Also, the **Phoenix Inn Suites**, 300 NW Franklin, Bend, OR, phone: 1-888-291-4764.

Far West Championships

Pacesetter races on Friday

Slalom on Saturday

GS race on Sunday

Welcome Party Friday evening starting at 6:00 PM at the **Cascade Lakes Lodge** brewery.
Awards dinner & Silent auction Sat. night.

Race registration (\$35 includes both races) will be Thur. evening, Fri. morning & evening, and Saturday morning. Racers must pre-qualify. All PACRAT racers qualify. To pre-register, contact Dale Parshall dale.parshall@usbank.com

Race participation is optional and fees will be charged separately by FWRA. Families and children are invited as this trip is open to all FWSA/FWRA members, including racers and non-racers.

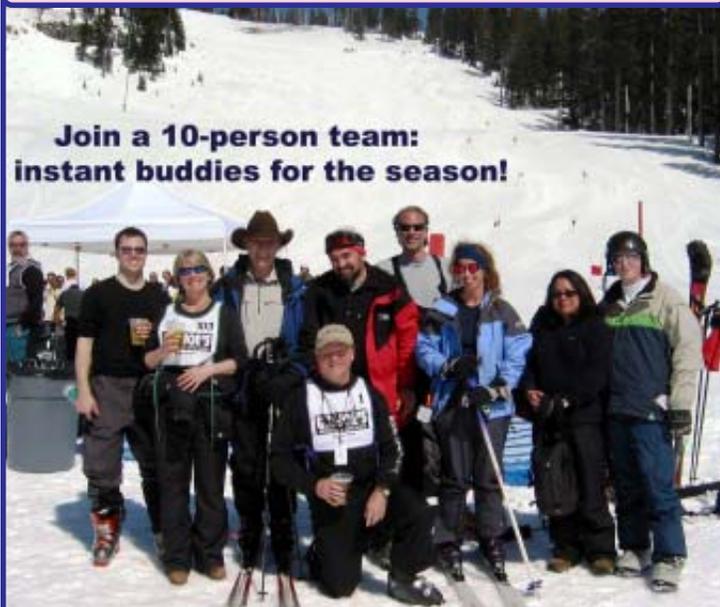
Participation Restricted to Members of
Far West Ski Association
Affiliated Ski Clubs

California Seller of Travel # 2036983-40



PACRAT Race Dates

Join a 10-person team:
instant buddies for the season!



The PACRAT race dates for next season have been confirmed. Also, **for all future years**, we'll try to keep the same weekends, so we'll always know when the races are, and can thus plan our ski trips around it.

These are all standard dates. Only the 5th race at Mt. Bachelor is an exception this year.

Race	Weekend	Date	Place
1.	2nd Sunday in January	1-14-07	Timberline
2.	4th Sunday in January	1-28-07	Meadows
3.	3rd Sunday in February	2-18-07	Ski Bowl
4.	2nd Sunday in March	3-11-07	Meadows
M.	4th Sunday in March	3-25-07	Meadows
5.	1st Sunday in April	3-31-07*	Bachelor*
R.	2nd Friday in April	4-13-07	

M = Makeup race (only if another one is cancelled).

R = Rat Attack (the Awards party)

* **Exception:** This year, the 5th race will exceptionally be held on **Saturday, March 31, 2007**, at Mt. Bachelor, because it will be combined with the Far West Championships. Most other years, the 5th race will be held on the 1st Sunday in April, at **Mt. Hood Meadows**.

The final and most accurate dates will always be posted on the PACRAT web site at:

www.pacrats.org.



Third race: Ski Bowl -- Mt. High hosts party

Feb. 18 (Sun.) Brief team-captain's meeting at 8:45am. Race starts at 10 am, most probably on Dog Leg, visible from the lodge and from the first chairlift ride.

The party starts around 3:30 pm, at the Mt. Hood Museum in Government Camp, across the street and slightly uphill of Huckleberry Inn.

This time, it is our club's turn to help serve the food and drinks. Volunteers are needed to help with this. Please contact Jaxine Harris or Gary Stevenson.

You are encouraged to bring something home-baked for dessert (cookies, brownies, apple-crisp, or ???).

Our web site [Racing](#) page has a lot of information about our races. Also, check out the PACRAT web site before every race: www.pacrats.org.

PACRAT Racing photos needed!



If you have any photos of racers, either in action or socially, or photos of PACRAT parties, preferably this season's photos, please email them to: pacratphotos@comcast.net.

Any format is OK. Preferably JPG, and no larger than 3 or 4 MB. Even older PACRAT photos are OK, but please make it clear that they are older photos.

We'll use the photos for a slide-show at the party.

Ski Improvement / Race clinics

We'll have 3 training days just for Mountain High members. All 3 on Sunday. All the clinics will be at **Mt. Hood Meadows**. The clinic dates are:

February 4 (Sunday)

February 25 (Sunday)

March 4 (Sunday)



Mt. High race clinic

Mt. Hood Meadows stresses Safety



As a result of the recent accident on January 5th, 2007, when skier Geoffrey Bradeen was in a collision with a snowboarder, which resulted in his passing, Mt. Hood Meadows is implementing more stringent safety rules, especially related to reckless, fast skiing. The ski area manager, **Dave Riley**, says in his recent blog:

“We implemented a new program this year called **"Are You Aware"**. It consists of a large investment in signage to communicate the appropriate messages to the entire guest population at the resort. Additionally, this program (which

Ms. Toney developed last fall and I support fully) calls for **aggressively confiscating lift tickets and season passes**. More tickets and passes have been confiscated already this year than any entire season in our history.

“We have three groups of people focused on this: the **MHM Professional Patrol Department**, the **Mt. Hood Volunteer Ski Patrol staff**, and the **Safety Hosts**.

“Once a ticket or pass is taken, the **"Are You Aware"** program requires the individual to attend a **safety class** which we present almost every day now at the resort. It includes a safety discussion by a pro patrol leader and everyone has to watch a DVD which Vail created. The DVD is very compelling and covers gruesome examples of accidents from skiing/riding too fast, two person collisions, running into fixed objects like trees, and deaths from skiing out-of-bounds.

“**Season pass holders** have their passes confiscated for at least **one week** (longer based on circumstances and/or attitude). Also, in order to get the season pass back, in addition to attending the safety class, the person must have five people sign a form which we provide which says they have been educated on Your Responsibility Code.”

More details in [Dave's blog](#) on the Meadows web site.

Safety

Turning Skills -- Vision of Skiing in the 21st Century

Safety

Building up on the idea of a new vision for skiing in the 21st century, started in the July/August 2005 issue of “Lift Lines”, resorts could make the slopes **safer** by providing more opportunities for us to practice **controlled turning**, by simply setting up a variety of **fun obstacles** on the slopes. This would not only make the slopes more **fun**, but would also **slow traffic down**, make the slopes **safer**, and lift lines **shorter**.

Urge ski areas to implement this idea, in any of a number of ways. Here's just one of them:



Use whisker gates

Whisker gates can be used in place of traffic cones, in a **fun obstacle maze** (not necessarily a race course).

They can also be used in place of gates for a **simple race-training course**.

These whisker gates can be skied over with no damage to the skis or the gates.

For more info on whisker gates, see:

<http://store.worldcupsupply.com/spm-whisker-gates.html>.

For more ideas, and the whole vision, see our web site at: www.mthigh.org/Vision.htm.



Change in Membership rules

At our latest Board meeting, it has been decided that our membership season will run from October 1 - September 30, to coincide with the membership year that both FWSA and the NWSCC use. In fact, your membership card says it expires on September 30th.

It was also decided that new members who wish to join the club after April 30 (after the end of the season), and before Sept. 30, will be asked to pay a lower membership fee of only \$10 for the remaining part of the membership year.

Everyone will be expected to renew their membership after October 1.

Mountain High Meeting

First Tuesday of the month.

March 6 (Tues.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.

Gather at 6:30 pm. Start at 7 pm.

Location: Round Table Pizza, 10070 SW Barbur Blvd., Portland, near Capitol Hwy.

Mountain High snowsport club contacts:

General information: info@MtHigh.org

Web site: www.mthigh.org

- President: Gary Stevenson, H: 503-257-6368,
Vice-President: Terry White, H: 503-781-4558, W: 503-296-6075, TWhite223@msn.com
Secretary: Sue Bennett, H: 503-774-8747, OptomistSue@comcast.net
Treasurer: Kurt Krueger, H: 503-625-1492, telek2@att.net
Race Director: Bruce Ellison, H: 503-697-7892, Yuffiet@comcast.net
Newsletter Editor: Emilio Trampuz, H/W: 1-503-378-0171, info@mthigh.org
Activities Director: Jaxine Harris, H: 503-692-9719, JaxineAH@msn.com
NWSCC Rep: Debbi Kor-Lew, H: 503-682-1563, W: 988-5138, ijustwannarun@aol.com
Trip Directors: Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com
Linda McGavin, H: 503-652-2840, W: 503-412-3531, Trips@mthigh.org
Larry Bennett, H: 503-760-2360, BENNETT896@aol.com

DOUGH TRANSMITTAL FORM

For all Mt. High trips, make check payable to: "Mountain High Snowsport Club"

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

PLEASE PRINT CLEARLY: [] New membership [] Renewal

Name(s): _____

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

Whereas the Mountain High Snowsport Club ("Club") is an organization of fun loving ADULTS whose events are organized by members who volunteer their efforts for the enjoyment of their fellow members and friends, please remember when I participate in Club events I do so at my own risk. Sporting activities, indeed, any activity, includes inherent risks. I will evaluate my own abilities and responsibilities and join in the Club fun as a responsible and considerate adult. I will not hold the Club or any Club officer liable for the consequences of my decisions and my behavior. The bottom line is, stuff just happens sometimes and the club volunteers are not to be blamed for helping us have fun. Besides, the Club has no assets, except for a leftover banner, some balloons, or a couple of empty beer bottles with the Club's name on them.

Please take my money, and apply it toward the following Ski Club fun stuff: Deposit? Paid in full?

- Membership Dues (for 2006/2007): Single (\$25) couple (\$40) \$ _____
PACRAT Racing Total: \$85 Team name: _____ \$ _____
Utah 4-day (Feb. 9 - 13, 2007) Total \$520 Deposit: \$250 \$ _____
Utah 7-day (Feb. 9 - 16, 2007) Total \$750 Deposit: \$250 \$ _____
Cascade Lodge weekend (March 3-4) Total \$17 \$ _____
Washington bus trip (Mar. 16 - 18, 2007) Total \$200 Deposit: \$100 \$ _____
Other: _____ \$ _____

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

Signature(s): _____ Date: _____

Club membership = 199 Newsletter Distribution

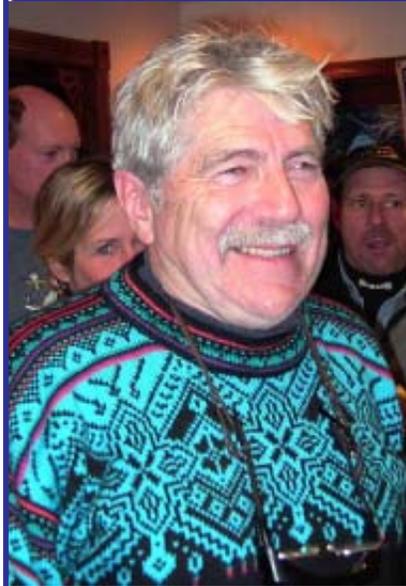
The February issue is posted on our web site, and also:
 243 copies sent via email
 25 paper printed copies sent via US Mail.
 Copies are sent to potential members, other clubs, etc..
Please help us minimize the cost of mailing paper copies.
 Send your email address to: info@mthigh.org.

FREE \$KIING CORNER

1. Use your **Ski Fever Show 2 for 1** coupons for **Ski Bowl, Mt. Hood Meadows, Schweitzer Mt., Mt. Ashland, and Whistler/Blackcomb**. OK, it's not free, but half-price is good!
2. **Shell offers 2-for-1 lift tickets** every time you buy at least 10 gallons of gas. Details at: [www.skifreedeals.com/shell skiforfree.php](http://www.skifreedeals.com/shell_skiforfree.php)
3. **Warren Miller vouchers:** Free ticket to **Timberline** or **Ski Bowl**, any Tuesday or Wednesday. Also, free ticket to **Mt. Hood Meadows**, any day in April.
4. **FWSA/NWSCC** discount at **Stevens Pass**, only \$40 on Sat. March 3. Also, discount at **Crystal Mt.** only \$27 on Sat. March 31. Just show your club membership card.

Emilio Trampuz
 Mountain High Newsletter editor
 4742 Liberty Rd. S., #296
 Salem, OR 97302

Please check our web site,
www.mthigh.org
 for updates.

Walt Reaches the Magic Milestone!

Walt Stanton has been our club member for as long as we can remember.

This season, he has finally reached that pinnacle of a skier's life when lift tickets become free, or a heavily discounted. Walt happily skied for free for the first time at Timberline, this January. Happy belated birthday, Walt!

We are proud of you, and want to walk in your steps, i.e. ski in your tracks, and ski our heart out, just like like you!

MT. HOOD SKIBOWL DISCOUNT LIFT TICKETS:

All club members get a discount on lift tickets. \$29.00 will get you an open to close ticket (day/night). Just show your **FWSA/NWSCC ID card** at any ticket window at the mountain. One exception date: Sunday, Feb. 18, 2007 is \$38.00.

