



# Lift Lines

== No. 81, September 2007 ==

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



Hi folks,

It's crunch time! Send in your money for the Sternwheeler, and for the Warren Miller movie tickets.

Contact your PACRAT team captains. Sign up for some fun racing. See p. 4.

Also, plan your upcoming winter trips See pages 5-9.

- Emilio



I want you to get more involved with the club! See page 11.

## INTHISISSUE

- \* Picnic photos, p.2
- \* Golf, page 2
- \* A perfect ski watch? p.3
- \* Join a race team p. 4
- \* Mt. High Wall Calendar p. 10
- \* Yellow chairs on sale, p. 12
- \* Winter Forecast, p. 12



### Mt. High

## Sternwheeler Cruise



Sternwheeler Rose

**September 30** (Sunday)  
**Time:** 2:00 - 5:00 pm  
**Cost:** \$42 per person.

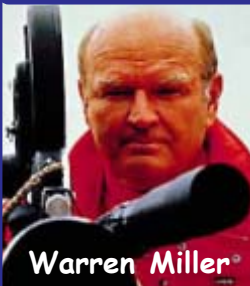
We are planning a great Sunday afternoon cruising on the Willamette river. This cruise is open to members of all NW ski clubs. Join your fellow skiers and friends for a fun time. We'll board at OMSI (parking to the south of OMSI).

We must have a deposit in by **September 13th**. So, send your money in right now, to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

We need 36 people to make this a go. If we do not have 36 sign ups by the 14th, we will need to come up with an alternate plan.

Hope to see you there. The more the merrier. The boat will hold 80 people, so bring your friends. Contact **Debbi Kor-Lew** at [ijustwannarun@aol.com](mailto:ijustwannarun@aol.com), or phone: 503-682-1563.

### Mt. High Warren Miller ski movie + dinner



**October 27** (Saturday) **Dinner is optional.**  
**Dinner:** 6:00 pm  
**Movie:** 8:00 pm at the Arlene Schnitzer Hall  
**Cost:** \$19 for movie tickets.

Everyone attending the movie will receive a bunch of vouchers for free lift tickets (including Mt. Hood Meadows, Schweitzer Mt., and the usual 4 Canadian ski areas.

If you are going on the ski safari to Canada, you have to come to this event! Tickets at Ticket Master are about \$24. But, we will purchase discounted group tickets at **\$19** for anyone who pays in advance, by **September 15th**.

Send a check to **Emilio Trampuz**, 4742 Liberty Rd. S., #296, Salem, OR 97302. For info, email [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net)

Note the color code.  
 Our club is blue.

## 2007 CALENDAR

**Blue:** Mountain High events  
**Red:** NWSCC/FWSA events  
**Black:** General events

**Sept. 4** (Tue) **Mt. High** Board mtg.

**Sept. 9** (Sun) **GOLF** at **Glendoveer**

**Sept. 11** (Tue) **GOLF** at **Claremont**

**Sept. 30** (Sun) **Sternwheeler** cruise

**Oct. 2** (Tue) **Mt. High** Board mtg.

**Oct. 17** (Wed) **NWSCC** meeting

**Oct. 27** (Sat): **Warren Miller** movie

**Nov. 1** (Thu) **Ski Fair** at the Monarch

**Nov. 2-4**: **Ski Fever Show**, Expo Ctr.

**Nov. 7** (Wed): **Membership Party**

**Dec. 7-12:** **Silver Star** trip

**Dec. 7-16:** **Canadian Ski Safari**

## 2008

**Jan. 19-26** **FWSA Ski Week** Whistler

**Feb. 1-11:** **Innsbruck, Austria** trip

**Feb. 6-10:** **Sun Valley** Family trip

**Feb. 10-16:** **Whistler** cabin trip

**Feb. 16-18:** **Southern Oregon** bus trip

**Mar. 14-16:** **Mystery** bus trip

**Mar. 29 - Apr. 3:** **Lake Tahoe** trip

**Apr. 3 - 7:** **FWRA** Championships

### Mt. High Picnic & bike ride

**August 11 (Saturday).** We had a great time at Sellwood Park. The early morning bike ride was attended by over 20 people, and many more showed up for the picnic later. The people from the bike ride were hungry, so we ate early. Some people showed up quite late. A few said they couldn't find the place! Some forgot to bring the newsletter with the map and directions to the park! Remember to always print your newsletter and save it for future reference!



Larry Bennett leads the pack!

Not everyone is in this photo. Some had already pedaled ahead!

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



The food was yummy!

The company was good!

### Mt. High Golf

- by Cal Eddy -



**All Summer.**

9 holes twice a month.

18 holes once a month.

Hello all you duffers,

We've had several of these golf days so far, and they were quite enjoyable. Here's some more:

**Sept. 11 (Tuesday)** We are planning to play 9 holes at **Claremont Golf Course**, 15955 NW West Union Rd. Portland. It is located between NW Union Rd. and NW Bethany Blvd.

Tee times start at 5:pm so please be there by 4:30.

We need to know by Sunday, September 9th, if you are planning on golfing.

Click here for a [MapQuest map](#) to the golf course.

I want emails from everyone interested in golf. Or phone me at: 503-631-3115, [baebaw@ccwebster.net](mailto:baebaw@ccwebster.net).

**Sept 9 (Sunday)** We are planning to play 18 holes at **Glendoveer Golf Course**, 14015 NE Glisan St Portland, OR 97230-3346. Phone: (503) 253-7507.

Tee times start at 9:30 am, so please be there by 9:00 am. Please RSVP to Cal Eddy and let him know you are planning to come. Do so by Friday, Sept. 7.

Click here for a [CitySearch map](#) to the golf course.



Glendoveer golf course

## A Ski Watch for All Occasions

by Emilio Trampuz

My two watches are both on their last leg, just begging to be replaced. One is a regular street watch, a sturdy little **Casio G-Shock** watch I've had for 20 years, water resistant to 200 meters, so I have even taken it diving.

The other is an altimeter watch, a discontinued **Avocet** that I use for skiing, because it automatically counts the number of runs in a day and the total vertical feet.

But, rather than buying two new watches, wouldn't it be great if I could find a single watch that can do it all? A watch I can take everywhere, both diving and skiing. I don't want to leave an expensive watch unattended on the beach, or on the boat, when I go diving or snorkelling. Ideally, here are the features of a real skier's watch:

1. A **timepiece**, to simply tell time.
2. **Alarm**, to wake us up in the morning.
3. **Countdown timer** (so it can beep after, say, 5 minutes, to time an event and warn us when time is up.
4. **Stopwatch**, so we can time events that we don't know how long they might take.
5. **Altimeter**, to tell altitude, number of runs skied, and total vertical skied. Cumulative totals is what we need.
6. **Barometer**, to provide an insight into weather trends and warn me of an incoming storm.
7. **Compass**, to tell us where north is.

8. **Clinometer**, to tell you how steep the slope is (in degrees), and also to calculate the true ground speed. If you know how much vertical you descended in a certain amount of time, and you know the slope's average angle, it's simple trigonometry to calculate the actual ground speed in miles per hour, and the formula is built into the watch, so it does it automatically.

9. **Solar powered**, so you don't have to change batteries every couple of years, when you least expect it!

10. **Water resistant to 200 meters**, so you can take it everywhere. We'll never dive that deep, but the watch needs to be truly waterproof. When you swim and splash around, the pressure on the watch is a lot higher than it is if the watch is just sitting at rest at a certain depth. Water resistancy to 100 meters is not enough.

Does a watch like this exist? Well, almost! All these features are already available, but not yet in one single watch. Beware! Many watches have altimeters that can tell you the altitude, but do not provide cumulative totals. Some **Casio** and **Suunto** watches come close to perfection, but each misses some important feature. See below. Write to either or both of these manufacturers and let them know that millions of skiers are just waiting for a watch with all of these features.

Tell **Casio** we need simple skier's cumulative totals. Tell **Suunto** we'd like solar powered watches. See p.11. Tell both of them we need a 200 m. waterproof watch.



\$75

**Casio G-Shock G2300**

PROs: Shock-resistant, water-resistant to 200 meters. Solar powered, recharged by any light source, works for 6 months in total darkness.

CONs: No ski features in any G-shock models. No altimeter.



\$199

**Casio Pathfinder PAG-80**

PROs: All Pathfinders are solar powered. Compass. Altimeter.

CONs: Big. Mediocre water resistance (100m). Records too many details, graphs, but no simple cumulative totals (number of runs, or vertical skied).



\$232

**Suunto S6**

PROs: Best ski watch so far. Total runs, vertical & ground speed. Clinometer. Compass.

CONs: Too plain. Jagged display. Too many features, graphs, computer connectivity. Water to only 100m. No solar power.



NEW  
Coming  
Sept. 2007

\$250

**Suunto Core**

PROs: Simpler than the S6. Cumulative totals, but no graphs & no PC connection. Compass.

CONs: Water resistant to only 30m. Rain is OK, but don't swim with it. No clinometer. No solar power.

NOTE: The alarm on Suunto watches may not be loud enough to wake you. Replacement wrist bands for Suunto watches are expensive.

## PACRAT News

### Pacific NW Area Clubs Recreational Alpine Teams



**Bruce Ellison**  
Mt. High Racing Director

Fellow Mt High Members, This year we'd like to set the record for Mountain High participants in PACRAT racing. Last year we had 8 teams. This year we'd like to have 9 or 10 teams. If you have an interest in ski racing or trying ski racing and have never had the opportunity then PACRAT racing is the best opportunity you'll ever have to give it a try.

**What is PACRAT?** Simply PACRAT (Pacific Northwest Area Clubs Recreational Alpine Teams) is an organization that promotes and organizes recreational ski races at Mt Hood. It's designed for the recreational skier to get a taste of ski racing without risking life and limb. PACRATS makes courses for recreational skiers.

**How does a Mt. High Member get started in PACRATS?** Mt High organizes 10-person teams within our club for PACRATS. The cost per racer is \$85. We find a team for any skier or boarder who is interested in participating.

Contact any one of our team captains or me, **Bruce Ellison** at [yuffiet@comcast.net](mailto:yuffiet@comcast.net). Our other current team captains are: **Gary Gunderson, Elaine Bock, Emilio Trampuz, Samy Fouts, Stevie Viaene, and Chris Wiley**. Would you like to organize and captain your own team? Go for it!!!

**Here is the official rules from PACRAT headquarters.** The racers participate in teams of ten. Each racer is placed in one of seven skill categories ranging from novice to elite (seven for men and seven for women), based upon their individual ability and time in completing the course. The first race determines new racers placements and handicaps. Throughout the season, each racer competes against his or her own time, and against the other racers within their category. It is to a team's benefit to have a wide variety of skiing levels represented. Believe it or not, the novice skiers and racers often earn as many points as experienced racers—because they are likely to improve more than other racers during the season! After each race, participants are notified of their individual and team standings.

The **2008 PACRAT season** will consist of five races (four count for the standings) held at Mt. Hood Meadows, Timberline, and Ski Bowl. Post-race parties are held after each competition, giving the participants an opportunity to check results, congratulate or bemoan one another's race times, win door prizes, have something to eat and drink, enjoy the camaraderie, and anticipate the next race. We give out approximately \$300 in prizes each race!

The season culminates in an **awards ceremony** and party affectionately referred to as the **Rat Attack**. This is when the teams earning the highest number of points are announced and trophies awarded. The man and woman racer showing the most consistent improvement during the season are also crowned as **King and Queen Rat**. Oh, yes, the Rat Attack is also a time to win more great door prizes, have something to eat and drink, and start thinking about signing up for next season.

#### 2008 Race Dates:

Date	Location
January 13	Race 1: Timberline
January 27	Race 2: Mt. Hood Meadows
February 17	Race 3: Ski Bowl
March 10	Race 4: Mt. Hood Meadows
March 23	Race 5: Location TBA, MT Hood
April 6	Make up race, if necessary
April 4-6	FWRA Championships Mammoth Mountain, CA
This great opportunity is optional.	
April	Rat Attack. Date and location TBA
Summer Fun RAT Party date and location TBA	



PACRAT Racing is pretty casual, so we have the rest of the day to free ski

Signing up for a PACRAT team helps you get to the mountain so you don't miss these great days. Here is Cindy Ellison enjoying the time after racing in Bend in Spring 2007.

## Winter Trips

While you are enjoying your summer, little gnomes and faeries are busy working on upcoming trips.

More trips than usual are being planned for this winter. Take advantage of it!

There are great deals, and some wonderful destinations.

Start planning now. Some trips are already almost full!



The following pages are trip summaries.

More info on our web site:

[www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).

If you travel to Canada or Europe, you will need a passport. See:

[www.mthigh.org/Articles/Passports.htm](http://www.mthigh.org/Articles/Passports.htm)

NWSCC

Silver Star



Dec. 7-12, 2007. NWSCC trip.

4 days/5 nights at one of Canada's best ski areas for \$740. This includes ski-in/ski-out lodging with hot tub (Chilcoat Lodge), 4-day lift tickets, and airfare (Portland to Kelowna) and one group dinner!



Deposit due now to hold your place: \$100

Additional Payment Due Dates: \$200 due 8/19/2007

(New signups, send: \$540 now.) \$240 due 9/19/2007

\$200 due 10/19/2007

Cancellation penalty \$25 up to 9/30/2007 assuming we can resell your spot. If we cannot sell your spot cancellation penalty is \$100.

Cancellation penalty after 9/30/2007 is amount that NWSCC is out-of-pocket because of your cancellation.

Make all payments to NWSCC (Silver Star 07), PO Box 1915, Portland, OR 97207. Email: [JohnOReinhardt@hotmail.com](mailto:JohnOReinhardt@hotmail.com) or phone: (503) 590-6901. Trip is limited to 20 people. **5 spots are still available.**

Silver Star has a great variety of terrain, including some very long blue cruisers, and lots of challenging runs on the back side.



## NW Ski Areas Map

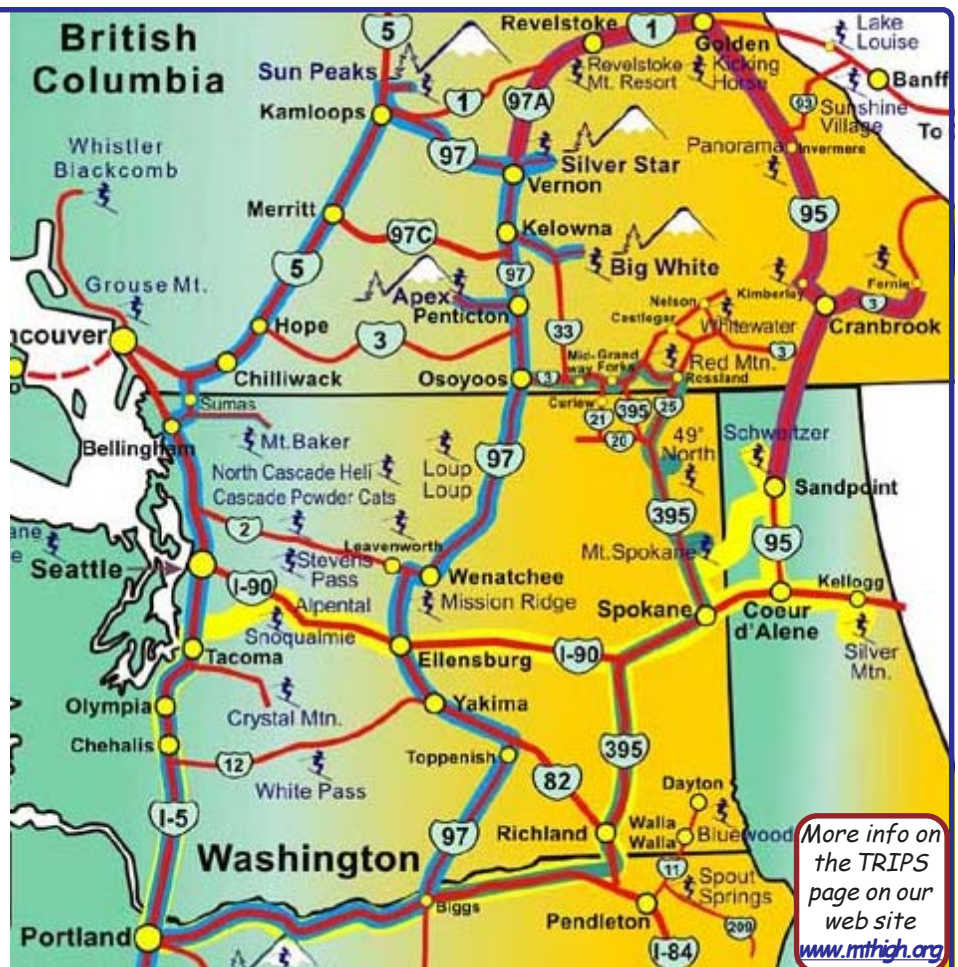


Use this map for basic orientation for any of our upcoming trips, especially Whistler, Silver Star, and the Canadian Ski Safaris.

After doing the classic 5-day safari to Canada for 4 years in a row, it's time to try something new, such as:

Instead of driving up I-5 and returning down Hwy 97, let's go up Hwy 97, visiting Silver Star and Big White, and then move further east and come back down Hwy 95, visiting Kicking Horse, Panorama, Kimberley, Fernie, and Schweitzer Mt.

Rosie says: "I was talking to a girl in the coffee shop at Silver Star, and she mentioned skiing Kicking Horse and Fernie. She said she's skied there on weekdays and was surprised she only saw 5 - 10 other skiers on the slopes all day. She said they are great ski areas. So, that would be a great option for a future ski trip! Looking forward to it!"



More info on the TRIPS page on our web site [www.mthigh.org](http://www.mthigh.org)

**Canadian Ski Safari: Columbia River valley**

**Dec. 7-16, 2007. NEW & IMPROVED**

This is a 9-day road trip, but it's really just a week, with both weekends on either end. And it can be shortened.

We did the **classic 5-day trip** around Canada for the past 4 years. You can still do the same, if you wish. You can find detailed instructions, phone numbers, addresses, maps, etc. on our web site. See the ARTICLES page (and then look for Canadian Ski Safari) at: <http://www.mthigh.org/Articles.htm>.

But, let's do an even better, extended ski safari this time.

After visiting Silver Star, we'll follow the Columbia River upstream, to its source. So, let's call this the **Columbia River Ski Safari**. See [map](#) on our web site.

**DAY 0** (Friday, Dec. 7): Not counting this as a real day, because people can still work this day, and then drive out of Portland after work. Just drive for about 4 or 5 hours, to Ellensburg or Wenatchee (on Hwy 97). Or to Bellingham (on I-5).

**DAY 1:** (Sat., Dec. 8): Spend at least part of the day skiing somewhere like [Mission Ridge](#) or [Loup Loup](#), or even [Apex](#). Then drive the rest of the way into Canada. Alternatively, if we go up I-5, we could ski [Mt. Baker](#), or [Grouse Mountain](#) (with great views of Vancouver below).

**DAY 2** (Sun., Dec. 9): Ski [Big White](#), or maybe [Sun Peaks](#) (if we drive up I-5.)

**DAY 3** (Mon., Dec. 10): Ski [Silver Star](#). We'll all come together here, even if we come from different directions. From here on, there is only one road, Hwy. 97C, toward Revelstoke. It's probably about 2.5 hours of driving from Silver Star to Revelstoke Mt.

**DAY 4** (Tue., Dec. 11): Ski [Revelstoke Mt.](#), a brand new ski resort, which will open this season with 3,000 vertical feet, but will soon grow into a total of 6,000 vertical feet, by far the largest vertical in North America.

**DAY 5** (Wed., Dec. 12): Ski [Kicking Horse](#). We've been hearing a lot about it. It's time to ski it! Over 4,000 vertical feet in a single 10-minute gondola ride. 4 bowls. Great views of the Columbia River valley below. The on-mountain village is still rudimentary. We might want to stay in the town of Golden, only 15-20 minutes below the ski area.



**DAY 6** (Thur., Dec. 13): Ski [Panorama](#). Just 1.5 hours south of Golden, and just 11 miles from the town of Invermere. Panorama is big. 4,000 vertical feet, 2,847 skiable acres. 8 lifts, of which 2 are high speed quads.

**DAY 7** (Fri., Dec. 14): Ski [Kimberley](#), in the Purcell Range. Just an hour south of Invermere is the charming Bavarian style town of Kimberley. The ski area is just a mile or two above town, with its own mountain village. This is B.C.'s sunniest ski resort. 2,465 vertical feet, 1,800 acres, served by 1 high-speed quad on the front, and a triple and a double chair on the back. The back side has lots of tree skiing.

**DAY 8** (Sat., Dec. 15): Ski [Fernie](#), a big ski area, offering 2,800 vertical feet and 2,500 acres, including 5 enormous bowls. 10 lifts, of which 2 are high-speed quads. 9 on-hill restaurants.

**DAY 9** (Sun., Dec. 16): Ski [Schweitzer Mt.](#) (or just drive straight home). A lot of us will probably have a free lift ticket for Schweitzer Mt. from the Warren Miller movie, so it will be tempting to stop here, even if we are tired. Schweitzer has 2,400 vertical feet and 2,900 acres, One high-speed quad on the front and one high-speed 6-passenger lift on the back side, plus 2 other double chairs and a T-bar. It even comes with a haunted chairlift loading station.

**DRIVING HOME.** Even if we leave Schweitzer at 4 pm, we could still be back in Portland by midnight. But, if we are tired, we could ski only half a day, and arrive home earlier. Or, stay the night at Coeur d'Alene or Spokane, and drive home on Monday.

Or, we could skip one of the ski areas above, and move the whole schedule up by a day. Thus, we could be at Schweitzer on Saturday, and Sunday just drive home.

We could even ski a day at [Bluewood](#) in south-east Washington (straight south from Spokane). It's sort of on the way. But that would be a 10th day. Probably too much. Still, there's a surprising amount of varied terrain, 1,125 vertical feet, served by 2 triple chairs.

This is a very informal trip. Just drive up, possibly carpool, and let's ski! If we share lodging and gas expenses, the trip can be quite affordable. For details about this road trip, and for help coordinating the carpooling, contact **Emilio Trampuz** at: 1-503-378-0171, or [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net).

**FWSA Far West Ski Week: Whistler/Blackcomb**

**Jan. 19 - 26, 2008.** The biggest ski party in the West is the annual Far West trip, involving dozens (if not hundreds) of ski clubs throughout the Western States.

**Whistler/Blackcomb** is a perfect winter vacation: two side-by-side mountains rising from a picturesque pedestrian village. Experience in 2008 what the world will discover in 2010 at the Winter Olympic Games! Whistler/Blackcomb is unchallenged in sheer size, variety of terrain, choice of on-mountain and après ski activities. 13 bowls, 3 glaciers, and more than 200 marked trails, secluded tree skiing and groomed-to-perfection alpine runs.

Whistler's après scene is legendary. Pubs, clubs, cinemas, shops, art galleries, hot tubs, and more.

\* Lodging (dble occupancy); \* Welcome Party, \* Après Ski Party,  
\* 6-day lift ticket, \* Mountain Picnic, \* 3 Races (optional);  
\* Council Night Event, \* Farewell Party-

**Price:** Without transportation:  
\$999 for lodging in condos or  
\$1059 for luxury hotel.

Bus transportation from Eugene and Portland will be arranged and is encouraged. Parking at Whistler is \$7-15 per night, even at condos. Call or e-mail for bus details. Seats on bus limited to first 50 sign-ups.

**Flight from Portland:** \$355 (From Eugene: \$433)

**Bus transportation from Portland:** \$120 - \$135 p.p.  
(22 person minimum)

**Bus transportation from Eugene:** \$100 - \$200 p.p.  
(20 person minimum)

**Fifty people have already signed up. Abt. 20 are on the bus; others will be driving. More people can be accommodated. There's a waiting list. September payment is due now. New signups need to send in \$800.**

**Payment Schedule:** July 1st: \$350 due,  
September 1st: \$350 due (additional)  
November 1st: remaining balance due.

**Trip cancellation policy:** Cancellation before June 30th is fully refundable. Cancellation from July 5th until September 5th will result in a \$25 cancellation fee, cancellation between September 2nd and November 15th will result in a \$100 cancellation fee. NO REFUNDS after November 15th.

Click here for the [Flyer and Signup Sheet](#).

Original deposit was \$100. Now it's up to \$800. Make check payable to: **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207.

Contact: **Barbara Bousum**, 503/224-3584, [BBousum@gmail.com](mailto:BBousum@gmail.com).

Much more info on these and other trips on our web site: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).

**NWSCC Sun Valley**

**February 6-10, 2008.**

A family trip to **Sun Valley**, organized by the Skiyente Ski Club.

This will be a driving trip, open to everyone, including skiers under 21, so this is a great trip to bring your kids and grandchildren on.

**Price:** \$488 - \$688, depending on type of lodging. Send \$100 deposit to Skiyente Ski Club, P.O. Box 56342, Portland OR 97238.

Contact: **Colleen Walter**,  
[colleenski2002@yahoo.com](mailto:colleenski2002@yahoo.com)  
or **Sheri Parshall** at:  
[cougskier@aol.com](mailto:cougskier@aol.com).

**Mt. High Whistler cabin**

**February 10-16, 2008.**



6 nights lodging / 5 days skiing,

Carpooling.

Cost= \$235 includes lodging, daily breakfast, lunch & dinner. Everyone


is encouraged to cook a dinner.

Lodging in a cabin 5 minutes north of Whistler village. Shuttle bus to the lifts every 20 minutes.

Discounted tickets are additional at \$65 Canadian (the best internet price next year will be over \$67)

There will be a pre-trip meeting in January. **8 spots left on this trip!**

Contact **Bill Leeper**: 503-639-2603.

**Mt.High Sunny South Oregon bus trip** 

**February 15-18, 2008.**

A fun 3-day/3night trip over Presidents' Day weekend, where you can really get to know other club members, both on the bus and on the slopes.

Our bus trips are among the most fun and the least expensive trips. We'll leave Friday around 5 pm.

Saturday: **Warner Canyon**, then go to Shasta City.

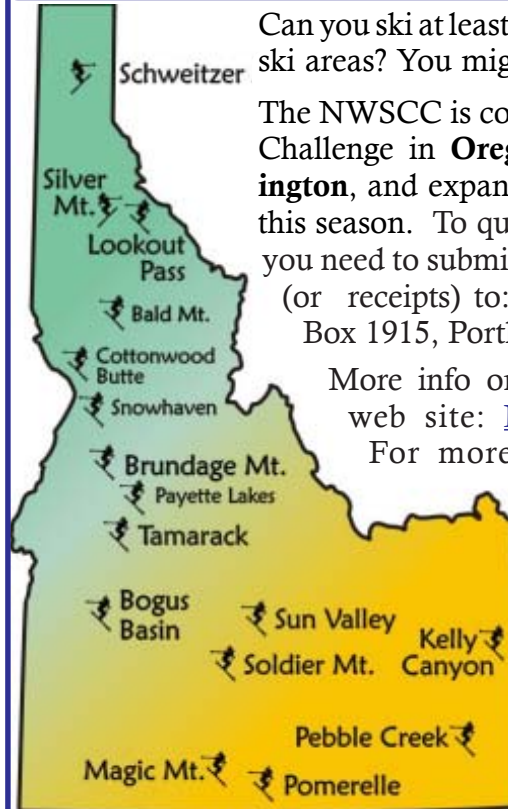
Saturday: **Ski Mt. Shasta**, then go to Ashland.

Sunday: **Ski Mt. Ashland**, then drive home.

**Price:** \$250 (lodging & transportation, and continental breakfasts), plus approx. \$90 for all 3 lift tickets Trip price is based on 30 people. For each additional 2 people, the price for everyone will go down by \$4 .

**Contact:** [Linda McGavin](#) or [Emilio Trampuz](#).

**Reservations:** Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use Dough Transmittal Form.

**Mt.High NW Ski Challenge (Idaho)**

Can you ski at least 12 of Idaho's 16 ski areas? You might win a prize.

The NWSCC is continuing the Ski Challenge in **Oregon** and **Washington**, and expanding it to **Idaho** this season. To qualify for a prize, you need to submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207.

More info on our Council's web site: [NWskiers.org](http://NWskiers.org).

For more info, contact

**Steve Coxen**, 503-679-9022, or by email to: [sacoxen@aol.com](mailto:sacoxen@aol.com).

See the [Articles](#) page on the Mt. High web site for last year adventures.

**Mt.High Mystery trip** 

**March 14-16, 2008.**

A fun 2-day/2night bus trip to a mystery location. Bring some mystery food to share on the bus! We'll leave Friday around 5 pm, and get back Sunday, abt. 8 pm.

**Skiing:** Lots of variety, long meandering cruisers, scary steps, and easy tree skiing.

**Lodging:** We'll stay in one charming place both nights. Continental breakfast included.

There are other eateries nearby too.

**Bus ride:** Fun and games, prizes, jokes, etc.

**Price:** Approximately \$200 (lodging & transportation, plus approx. \$70 for 2 lift tickets. Trip price is based on 30 people. For each additional 2 people, the price for everyone will go down by \$4 .

**Contact:** [Linda McGavin](#) or [Emilio Trampuz](#).

**Reservations:** Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use Dough Transmittal Form.

**Mt.High Lake Tahoe / Heavenly**  

**Mar. 29 - Apr.3, 2008** A 5-day trip (Saturday - Thursday).

**Skiing:** Heavenly is our main destination, with 4,800 acres and 3,500 vertical feet, and slopes in both California and Nevada. But, we'll visit other places too.

**Lodging:** Lakeland village condos, 1-4 bedrooms, full kitchen, hot tub, heated pool, sauna, free shuttles, 1 mile to the lifts.

Fly to Reno (on your own), or drive, or rent a car. (You can link this trip with the Far West Championships at Mammoth. **Gordy** will have a bus for us from Reno to Mammoth and back.)

**Price:** \$400 includes:

- \* 5 nights lodging, in shared condo.
- \* 2 of 3 days lift ticket to Heavenly
- \* Wine and cheese welcome party
- \* Breakfast
- \* Shuttle around town and to Heavenly gondola or tram.

Contact **Janice Jessen:** [jessen@iinet.com](mailto:jessen@iinet.com)

Send \$100 deposit. Use Dough Transmittal form, p.11.



**FWSA Mammoth Mt.: Far West Championships**  

**April 3 - 6, 2008.** Our PACRAT racers can participate in the usual Slalom and GS races, for an additional \$45 fee. But, even without racing, Mammoth Mountain deserves to be visited !

This trip will be coordinated with the Lake Tahoe trip (see page 9).

Each trip is independent, but if you are already as far south as Lake Tahoe, might as well go a bit further south and visit Mammoth Mt.

Gordy will organize a **bus** from Reno airport (for both people flying in just for this event, as well as for those extending their trip after the Lake Tahoe trip. Contact **Gordon Lusk**: [GordyLusk@hotmail.com](mailto:GordyLusk@hotmail.com).

Make your own room reservations before March 5, 2008 for special group rates at The Village at Mammoth, Juniper Springs Resort, and the Mammoth Mountain Inn. For reservations, call **1-800-626-6684**, and mention group rates for **Far West**.

You can also book online at: [www.mammothmountain.com](http://www.mammothmountain.com). Use group ID: 2725, Password: 370004430, Password: Far West.

**FWSA Les Trois Vallees** 

**March 7 - 15, 2008.**

This is a Far West trip to France, to the 3 Valleys: "[Les Trois Vallees](#)", offering 200 lifts, and 540 sq. miles of terrain.

Optional Aix-en-Provence (3 nights) and Paris (4 nights) post-trip, extends it to March 21.



Basic Ski Week package \$1390 pp double occupancy, which includes:

- \* Round-trip Air-France non-stop flight from Seattle, SFO or LAX.
- \* 7 nights lodging at the ski-in/ski-out 3-star Hotel Montana - Breakfast and dinner daily;
- \* Hotel features sauna, fitness gym and indoor pool.
- \* All European air and ground to & from hotels and airports. All local city taxes, resort fees and all other known fees in all hotels.

This is an incredible deal you don't want to miss!

Not Included: Int'l Departure taxes and fuel surcharge - around \$270.

Post extension trip \$895 (optional).

For more details go to: [http://www.fwsa.wbees.com/f/2008\\_European\\_Ski\\_Week.pdf](http://www.fwsa.wbees.com/f/2008_European_Ski_Week.pdf)

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](mailto:fwsatravel@sbcglobal.net).

**Bergfreunde Innsbruck - Austria Sampler trip**  

**Feb. 1 - 11, 2008.** All NWSCC club members are invited to join the Bergfreunde ski club on this trip to Innsbruck, the capital of the Tyrol region. Cobble-stone streets, castles, palaces, museums. Ideal sightseeing vacation, with optional downhill or cross-country skiing.

There are seven ski areas around Innsbruck, with free bus transfers included. A total of 63 lifts. Also 12 nearby cross-country ski areas with 110 miles of prepared trails.

Accommodations at the 4-star Hotel Maximilian, near the Old Town of Innsbruck.

Price of **\$1,424** includes the following:

- \* Round trip airfare from Portland, on Lufthansa.
- \* Private group bus transfers from airport to htoel.
- \* 9 nights lodging in 4-star Hotel Maximilian, in Innsbruck.
- \* Breakfast daily, plus 2 dinners, one of which is a Tyrolean mountain hut party night.
- \* Club Innsbruck Card: free bus to ski areas; ski pass discounts.
- \* Escorted from Portland by Bob Burns.

Trip Capt. - **Bob Burns** at **503-524-5261** or [bob@inkjetman.com](mailto:bob@inkjetman.com) (put Innsbruck in the subject line)



## Mt. High Letters

**Q** I've seen lots of W. Miller movies. Is it worth seeing another one?

**A** Well, each movie contains some nice surprises, and even the music got a little better lately.

Also, it's being part of the crowd celebrating our sport, launching a new season.

But, the biggest draw is the free lift tickets and other goodies that everyone gets just by walking into the theater. If you use even just one of the free lift ticket vouchers, that will make the expensive theater ticket worth while. And, if you are going on a ski safari through British Columbia (either with us or on your own), then how can you say no to all those free lift tickets?



## Mt. High Wall Calendar

A slick, customized, new 15-month wall calendar (from Oct. 2007 -- December 2008) is now available on our web site. It has most of the main ski trips and PACRAT races already marked. It's totally free! Just:

a) Wait a few minutes for the large file to open (get downloaded to your computer);

b) Print it 2-sided. If your printer is not equipped with automatic duplexing, print all the even pages first, then flip the whole stack and reload it into the printer, then print the

odd pages. Note that every other page is upside down on purpose. It all falls into place when the printed papers are folded in half.

Two sizes are available: Tabloid and Letter size. Both are very large PDF files. The emphasis is on picture quality. Both files are available at the top of our "EVENTS" page (which you could bookmark as favorite, as it contains all the latest news). So, get your calendar here: <http://www.mthigh.org/Events.htm>

If you'd rather not do it yourself, **Emilio** will print the Calendar for you, for a small fee, just to cover the expenses. Just call 1-503-378-0171 and tell him which size and how many copies.

1. Tabloid (11 x 17) needs wide printer. Cost: \$8.00
2. Letter (8.5 x 11" when unfolded). Cost: \$4.00.

If you want it mailed to you, please add \$1.50 for postage. Send to Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem, OR 97302.

## Welcome New Members



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

**Lana Rulien**

**Stephen Brock Hanibal**

**WELCOME TO THE CLUB!**

## Club logo or Ski Oregon logo or Ski Washington Challenge logo



You can 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 polyester 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](mailto:info@mthigh.org).

Please print the Garment Order Form at:

[www.mthigh.org/Documents/Order-Form-Ski.pdf](http://www.mthigh.org/Documents/Order-Form-Ski.pdf)



Write to Suunto and/or Casio



Altimax

If you want that perfect ski watch, send your desired list of features to both Suunto and Casio. See page 3. Ask them to forward your email/letter to those in charge of designing new watches.

**Casio:** Casio America, Inc., 570 Mt. Pleasant Avenue, Dover, NJ 07801. Phone: 800-634-1895. Email: [watches\\_cms@casio.com](mailto:watches_cms@casio.com).

**Suunto:** Suunto USA, Inc., 2030 Lincoln Ave., Ogden, UT 84401. Phone: 800-543-9124 Email: [helpdesk@suuntosports.com](mailto:helpdesk@suuntosports.com).

Mountain High Meeting

Usually 1st Tuesday of the month.

**Oct. 2 (Tue.):** 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., near Capitol Hwy.

Mountain High snowsport club contacts:

- President:** Gary Stevenson, H: 503-257-6368,
- Vice-President:** Terry White, H: 503-781-4558, W: 503-296-6075, [TWhite223@msn.com](mailto:TWhite223@msn.com)
- Secretary:** Sue Snelling, H: 503-774-8747, [OptomistSue@comcast.net](mailto:OptomistSue@comcast.net)
- Treasurer:** Kurt Krueger, H: 503-625-1492, [telek2@att.net](mailto:telek2@att.net)
- Race Director:** Bruce Ellison, H: 503-697-7892, [Yuffiet@comcast.net](mailto:Yuffiet@comcast.net)
- Newsletter Editor:** Emilio Trampuz, H/W: 1-503-378-0171, [info@mthigh.org](mailto:info@mthigh.org)
- Activities Director:** Jaxine Harris, H: 503-692-9719, [JaxineAH@msn.com](mailto:JaxineAH@msn.com)
- Golf:** Cal Eddy, H: 503-631-3115, W: 503-805-8606, [baebaw@ccwebster.net](mailto:baebaw@ccwebster.net)
- NWSSC Rep:** Debbi Kor-Lew, H: 503-682-1563, W: 503-988-5138, [ijustwannarun@aol.com](mailto:ijustwannarun@aol.com)
- Trip Directors:** Linda McGavin, H: 503-652-2840, [Trips@mthigh.org](mailto:Trips@mthigh.org)
- Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, [HappyHairdresser@msn.com](mailto:HappyHairdresser@msn.com)
- Larry Bennett, H: 503-760-2360, [BENNETT896@aol.com](mailto:BENNETT896@aol.com)

General information: [info@mthigh.org](mailto:info@mthigh.org)

Web site: [www.mthigh.org](http://www.mthigh.org)

DOUGH TRANSMITTAL FORM

For all Mt. High activities, 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): \_\_\_\_\_

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.

- 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 (NWSSC, FWSA, ski areas, trips...):  yes  no

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

**Membership Dues** (Oct. 1, 2007 - Sep. 2008): Single (\$25); couple (\$40) \$ \_\_\_\_\_

**PACRAT Racing 2007/08** Total: \$85 Team name: \_\_\_\_\_ \$ \_\_\_\_\_

**Sternwheeler cruise** (September 30, 2007) \$ \_\_\_\_\_

**Southern Oregon bus trip** (Feb. 15-18, 2008) Total \$250. Deposit \$100 \$ \_\_\_\_\_

**Mystery bus trip** (Mar. 14-16, 2008) Total \$200. Deposit \$100 \$ \_\_\_\_\_

**Lake Tahoe trip** (Mar. 29- Apr. 3, 2008) Total \$400. Deposit \$100 \$ \_\_\_\_\_

**Other:** \_\_\_\_\_ \$ \_\_\_\_\_

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

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

**Club membership = 212      Newsletter Distribution**

The Sept. 2007 issue is posted on our web site, and also:  
**260** 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](mailto:info@mthigh.org).**

**“Yellow” chair on sale, replaced, renamed!**

The chairlift formerly know as “**Yellow**” at Mt. Hood Meadows has been upgraded, with all chairs replaced, and the new and improved lift will now be galvanized steel.

A naming contest was held, and our very own **Violet Anderson** won by suggesting the name “**Stadium**” for the new chair. According to Dave Tragethon, Marketing Director at Mt. Hood Meadows, the name was chosen in honor of the many events, particularly ski racing events held there. The prize was a 10-time pass to Meadows!

If you want to **buy** an old yellow chair, email to: [mailto:tscully@skihood.com?subject=Yellow Chair Waiting List](mailto:tscully@skihood.com?subject=YellowChairWaitingList)

**A cold and snowy winter ahead!**

According to OSU climatologist, **George Taylor**, we’ll have a **cold winter with lots of precipitation**, including possible snow in the the

Willamette Valley. This is a based on similarities with previous weather patterns in the winters of 1970-71 and 1988-89 (when we had an Arctic blast of really cold air.)

There is wide agreement that there will be a mild “**La Niña**” effect, which starts with a cooling off of the Pacific ocean. But, the cooling should be gradual. We will have a warm Fall, with gradual colling in November, and the really cold temperatures reaching us in February and March of 2008.

This bodes well for most of our planned ski trips. The OSU report concludes: “January and February mountain snows are expected to be significant. All in all, we anticipate a very good ski season!”

See: [http://www.ocs.oregonstate.edu/winter\\_07-08/forecast.html](http://www.ocs.oregonstate.edu/winter_07-08/forecast.html).

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.

