



# Lift Lines

== No. 97, January 2009 ==

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



Hi folks,

Suddenly, we have plenty of snow, and lots of ski events coming up! Avalanche danger is high!

This month, our club gives you free pizza, and a free ski training day!

It is now time to pay your remaining share for the Schweitzer trip, and only another month left for the Crystal Mt. trip signups.

Come ski with us, and come party with us! Get to know your ski club!

Have a great season!

- Emilio



Human slalom, an old tradition.

## Tele Tuesdays at Ski Bowl



The Mountain Shop is sponsoring 3 events where you can test free-heel skis, not just telemark, but also randonee (alpine touring) gear. \$20 for lessons. \$10 for demo rentals, or \$15 for races. Tuesdays, 5 - 9 pm.

Dates are: **Jan. 13, Feb. 3, March 3.**

## Mt. High Free Training day



**Jan. 4 (Sunday).** Just show up at Timberline for some free ski training. Run some gates, improve your technique. We'll have private hill space reserved on the **Pucci main run**. Training starts at **10 am**.

Lift tickets will be **\$29** for Mountain High club members. Just identify yourself as a Mt. High member **at the Ski School desk**.

See more on page 3.

## Come ski with us

**Jan. 11 (Sun.)** - Timberline.

**Jan. 25 (Sun.)** - Meadows.

Come ski with us. Join us at McDonald's in Sandy at **7:00 - 7:15 am**.

We may arrange carpools on the spot. On the slopes, tune your 2-way radio to channel **6-19**.

These are both race days, but you don't have to be a racer. Just come ski with us. At least 130 of our members will be go skiing.

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

## 2009 CALENDAR

**Blue:** Mountain High events

**Red:** NWSCC / FWSA events

**Black:** General events

- Jan. 4 (Sun.): **Mt. High Training day**
- Jan. 11 (Sun.): **PACRAT race Timberline**
- Jan. 13 (Tue.): **Mt. High Pizza Party**
- Jan. 13 (Tue.): **Tele Tuesday Ski Bowl**
- Jan. 17-18: **Turkey Slalom & GS**
- Jan. 18-24: **Big Mountain (Ski Kats)**
- Jan. 25 (Sun.): **PACRAT race Meadows**
- Jan. 24-31: **FWSA Ski Week: Big Sky**
- Feb. 3 (Tue.): **Tele Tuesday Ski Bowl**
- Feb. 6 (Fri.): **Mt. Bachelor ski for food**
- Feb. 7 (Sat.): **Come Bowl for Terry!**
- Feb. 15 (Sun.): **PACRAT race Timberline**
- Feb. 18-22: **Schweitzer Mt. trip**
- Mar. 6 (Fri.): **Ski for Sunshine** at Timberline & Ski Bowl (4 cans)
- Mar. 7 (Sat.): **Ski the Glade Trail Day**
- Mar. 8 (Sun.): **PACRAT race Meadows**
- Mar. 13-15: **Crystal Mt. trip**
- Mar. 22 (Sun.): **PACRAT race -Ski Bowl**
- Mar. 28- Apr. 2: **Heavenly / Tahoe**
- Apr. 2 - 5: **FWRA Championships**
- Apr. 12-14: **Bachelor Blitz**

## Mt. High Pizza Party



**Jan. 13 (Tuesday).** 6 pm.

We'll feed you some pizza, provide some entertainment, and good company. What more could you want?! Round Table Pizza at Barbur Blvd. & Capitol Hwy.

More info on page 3.

## Come Bowl for Terry



**Feb. 7 (Sat.)**

Come at 6 pm. Bowling starts at 7 pm. Monte Carlo bowling at

Milwaukie Bowl. Only \$15. Proceeds go toward Terry White's medical expenses.

RSVP to Terry's sister, Karen Flloyd, 503-631-2425.

More info on page 4.

## Mt. High

## Canada Ski Safari - by Emilio Trampuz



Fresh snow at Kimberley

**Dec. 12-19, 2008.** This was our 6th annual road trip to Canada. Just like last year, the snow was late in coming, and people dropped out one by one, until only 2 of us were left: **Kay Kinyon** and **Emilio Trampuz**. And, just like last year, we followed the snow, first driving straight to Banff, where there was the most snow initially, and then we drove westward, skiing a different ski area each day.

We visited **Kimberley, Lake Louise, Kicking Horse,**

**Revelstoke Mt. Resort, Sun Peaks,** and **Silver Star**. On 3 of the 6 days, we had several inches of fresh snow overnight, followed by blue skies the next day! The snow kept getting better, and was best at the last two ski areas. The only problem was the extreme cold, especially at Lake Louise, where it was -30°F overnight in Banff, and -20°F on the hill. But the powder was good in Grizzly Gully.



Kay at Kicking Horse

## Revelstoke Mt. Resort



**Revelstoke Mt. Resort** was sunny. Not only does it have the most vertical in North America, at 5,600', but it also has huge plans for terrain expansion to as much as 10,000 acres over the next 10 years.

We had a close encounter with three little birds that were begging for food. After the pictures were published on our web site, Sandra Busch identified the birds as **Whiskey Jacks**. Of course! That explains why a trail at Silver



Whiskey Jack

Star is called Whiskey Jack. I used to think the trail was named after some boozing ski patroler!!!

At both **Sun Peaks** and **Silver Star**, all the lifts and all the runs (except some double-blacks) were open, and we had fresh snow during the night, and great weather during the day.

The lodging and transportation cost us **\$345** per person. It would have been even less if we could have split the cost among 3 or 4 people. The skiing was free only at Silver Star and Sun Peaks.

See photos on the [Recent Photos](#) page, and a 15-minute video on the [Videos](#) page. More on p.3.

## Vancouver Ski Areas - by Harry &amp; Lisa Scribner



Cypress Mt.

Lisa, Lillie and I went to Vancouver BC for 5 days over Christmas. The skiing was excellent the first day at **Cypress** but it snowed on us all day at **Grouse Mt.** The food was fabulous and the accommodations had a fantastic view.

There are three local ski resorts within 45 minutes from the condo we stayed at: **Cypress Mt., Grouse Mt.,** and **Mt. Seymour**, and the lift tickets were about \$40 US. We got to go again.

**Lisa:** We stayed in a condo found on [www.vrbo.com](http://www.vrbo.com) (Vacation Rentals by Owner). They usually require a full week. For shorter periods, go with a hotel.

## View from the condo.



**Mt. High Ski Improvement Day**

**Jan. 4 (Sun.)  
Timberline.**

Improve your technique, be more precise in your turns, warm up for the new season.

Best of all: your club is paying for

this! Free training! What a club!

The training is free for our club members. Just show up. The lift ticket is not included, but identify yourself as a Mountain High member at **the Ski School desk** (at the bottom of the stairs) and pay only **\$29**. Thanks to **Gordon Lusk** for arranging all this.

Location: **Timberline ski area**. Pucci main run. Training starts at **10 am**.

Emilio will have membership cards available for those who have not received one yet. See him near the Ski School desk at **8:45 - 9:00 am**.

**Recreational PACRAT Racing**

**Jan. 11 (Sun.)** - Timberline.

**Jan. 25 (Sun.)** - Meadows.

Our first two races of the season, for those who have signed up for it and joined a 10-person team.

Racers, get your racing bib from your team captain. If you don't meet before the race, find your team captain on the morning of the first race, 8:30 - 9:00 am.

**Turkey Slalom & GS**

**Jan. 17 & 18.** The Schnee Vogeli club organizes PNSA/USSA sanctioned races at Mt. Hood Meadows. GS on Saturday and slalom on Sunday. Cost is \$25 per race, but you also need to be a member of the USSA. A temporary weekend membership is available for \$25.

For more info, contact **Jack Walker**, 503-807-3807 or [jack@walkerperformancegroup.com](mailto:jack@walkerperformancegroup.com), or **Farzin Ghezeli**, 503-358-5500 or [fraser@smlend.com](mailto:fraser@smlend.com).

**Rotary Ski Day at Mt. Hood Meadows**

**Jan. 26 (Mon.)** 1 pm - 9 pm.

Hood River Rotarians will sell Rotary Ski Day **\$10** lift tickets near the Meadows Coffee/Deli, at the top of the right side stairs, at noon (on Monday).

**Mt. High Pizza Party**

**Jan. 13 (Tue.)**

6:30 pm at the Round Table Pizza 10070 SW Barbur Blvd., near Capitol Hwy. (by McDonald's).

Everybody is invited! Come meet other club mem-

bers, check out what's new. Enjoy some "Maui Zau" pizza (and other kinds)!

Included:

- \* Slide show or video of recent or upcoming ski trip.
- \* Socialize, mingle with other club members.
- \* The pizza is on the club, but buy your own drink.

**Canada Safari in the Spring**

For the past 2 years, the snow has been coming a bit late, and few people joined us on the Canada ski safari in December. So, the plan for next season is to do this

road trip to Canada in the Spring (as Bruce and Linda have already done last Spring).

There are several advantages to this:

1. Roads will be clear of snow & ice in the Spring.
2. There will be plenty of snow at all ski areas, so all lifts and all trails will be open.
3. The weather will be warmer, so we won't have to ski in freezing, arctic temperatures.
4. There will be no need to chase the snow, so we'll be able to plan an itinerary and stick with it, making the whole trip more predictable (though a bit less adventurous).
5. The more people come, the cheaper the trip.

The Warren Miller vouchers are valid after about March 25th. In fact, you can do it this year too!

The only possible negatives are:

1. The need to wait all season for this trip.
2. Potential conflict with the Lake Tahoe trip.

## Come Bowl for Terry!



As many of you may know already, our club president, Terry White has missed our annual Membership Party because he is dealing with a serous illness.

He is doing much better now, but full recovery will take a few months.

To help him cope with all the medical bills, his sister is organizing a fun benefit event we can all participate in. All proceeds will go toward Terry's medical expenses.

So, come one, come all to an evening of

### Monte Carlo Bowling

**Feb. 7 (Saturday)**, starting at **7 pm**, at the

Milwaukie Bowl

3056 Harrison, nr. Hwy 224

Milwaukie, OR. 97222

Phone: 503-654-7719



**Gather at 6:00 pm**, to get your shoes, socialize, and form into teams. Bowling will start at 7:00 pm.

Admission: **\$15**. There will be a strike pot after every 3 games.

Only beer, wine, and soft drinks will be available. Just show up and have some fun. It's all for a good cause.

It would help to know how many people will show up, so please **RSVP** to:

**Karen Filloyd**, 503-631-2425.



Jan & Terry

Terry bowling



## Oregon Cancer Ski Out



**March 1-2:** Register your 5 - person team now for this fun fundraiser for Cancer Research and hospice care.

Two races are held, and

only consistency counts; not speed. Team registration for 5 people is \$850. Contact **Russ Stanton**, [russki2day@yahoo.com](mailto:russki2day@yahoo.com) or **Dick Woolley** at [rgwoolley@verizon.net](mailto:rgwoolley@verizon.net). Lots more information on our web site: [www.mthigh.org/Events.htm#Oregon Cancer Ski Out](http://www.mthigh.org/Events.htm#Oregon%20Cancer%20Ski%20Out)

## Hope on the Slopes



**March 21/22:** (Sat./Sun.) at **Ski Bowl**. 1 pm - 1 pm.

A fundraiser for the American Cancer Society.

This is a 24-hour vertical challenge, where competitors earn points for both dollars raised and the total vertical feet skied. Teams can consist of between 5 and 15 people. You can also compete individually. There are no age restrictions.

Each participant will receive a personal web page that they can customize with their own messages and photos. Features of the web site include the ability to fundraise online and via email, track fundraising progress, and honor loved ones touched by cancer.

Registration is \$35 per person, or \$200 per team (for up to 15 members. Each participant is encouraged to raise a minimum of \$200.

Prizes include lift tickets, skis, boards, clothing,..etc.

Funds raised will be used by the American Cancer Society for cancer research, education, advocacy, and service.

More info at [www.cancer.org](http://www.cancer.org) or [Click Here](#).



## Reasons to Visit Lake Tahoe This Season

- by Emilio Trampuz -

The best way to get to know your club is to come on some trips with us. In the past two issues we focused on SchweitzerMt. and Crystal Mt. Now let's take a look at our Lake Tahoe trip. Here's what's special about it.

1. **It's sunny most of the time in California.** Why freeze when you can bask? Tahoe enjoys more than 300 sunny days annually.
2. **Great views of the Lake!** Heavenly has some pretty good views. But, even better can be had at Homewood and/or Diamond Peak.
3. **Heavenly is huge!** Heavenly Valley is California's largest ski area, offering 3,500 vertical feet, 4,800 acres, spread in two States (California and Nevada), served by 29 lifts.
4. **New trails with features, such as tree islands** are opening in the SkiWays glades on the California side, making skiing more interesting.
5. **According to Mark Twain: "To breathe the air that angels breathe, you must visit Lake Tahoe."** Quoted on the wall at East Peak Lodge at Heavenly.
6. **Great flexibility and variety of terrain!** This trip is tied to Heavenly for only 2 days. The remaining 3 days are open for visiting any other ski area we feel like. This is an opportunity to visit Kirkwood, Squaw Valley, Alpine Meadows, Northstar, Homewood, Diamond Peak, Sugar Bowl, Sierra-at-Tahoe, or any of the dozen or so ski areas around the lake. Each year, this can feel like an entirely different trip.
7. **Great condos right by the lake,** at the Lakeland Village. Go for a walk along the lake's shore, feed the ducks and the geese.
8. **The Tahoe Queen** offers romantic cruises on the lake.
9. **Casinos & restaurants** offer a lot of variety for evening entertainment.



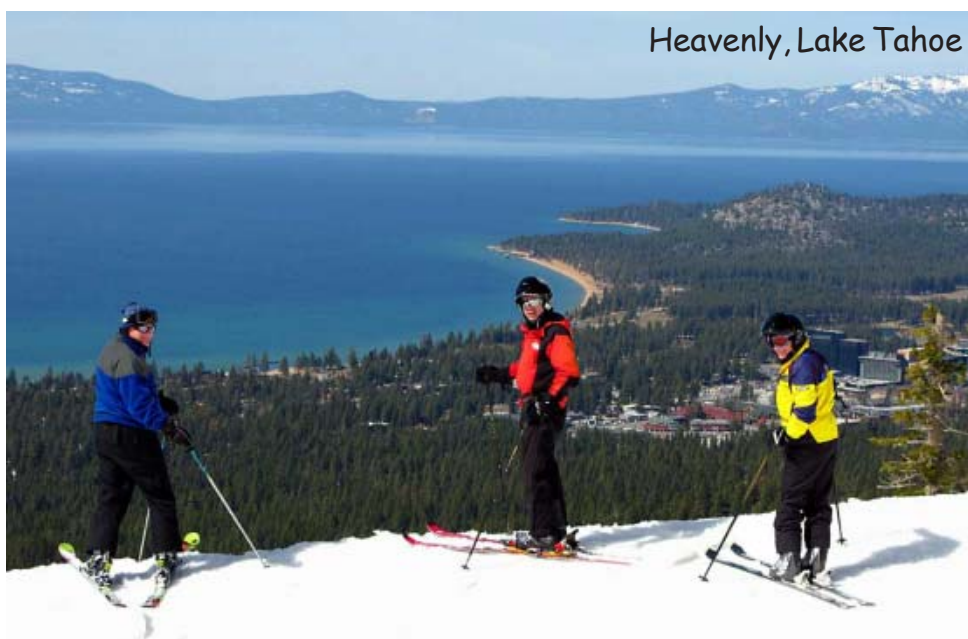
Diamond Peak



Tahoe Queen



Alpine Meadows



Heavenly, Lake Tahoe



Homewood

**PACRAT News**

**Pacific NW Area Clubs Recreational Alpine Teams**



**Gordon Lusk**  
Mt. High Vice-President

The PACRAT Board has commended our Mountain High club for our efforts in promoting PACRAT racing, and growing our club's teams from just 40 racers a few years ago to a total of 134 Mt. High racers this year.

See more info about recreational PACRAT Racing at [www.mthigh.org/Racing.htm](http://www.mthigh.org/Racing.htm).

If you want to race, contact Bruce ASAP: [Yuffiet@comcast.net](mailto:Yuffiet@comcast.net) or phone: 503-697-7892.

**First two races in January**

**Jan. 11** at Timberline.

**Jan. 25** at Mt. Hood Meadows.

Team captain will distribute the bibs to their teams, either before or at the first race. There's a biref team captains' meeting at 8:30 am on race day.

**2009 PACRAT Race Dates**

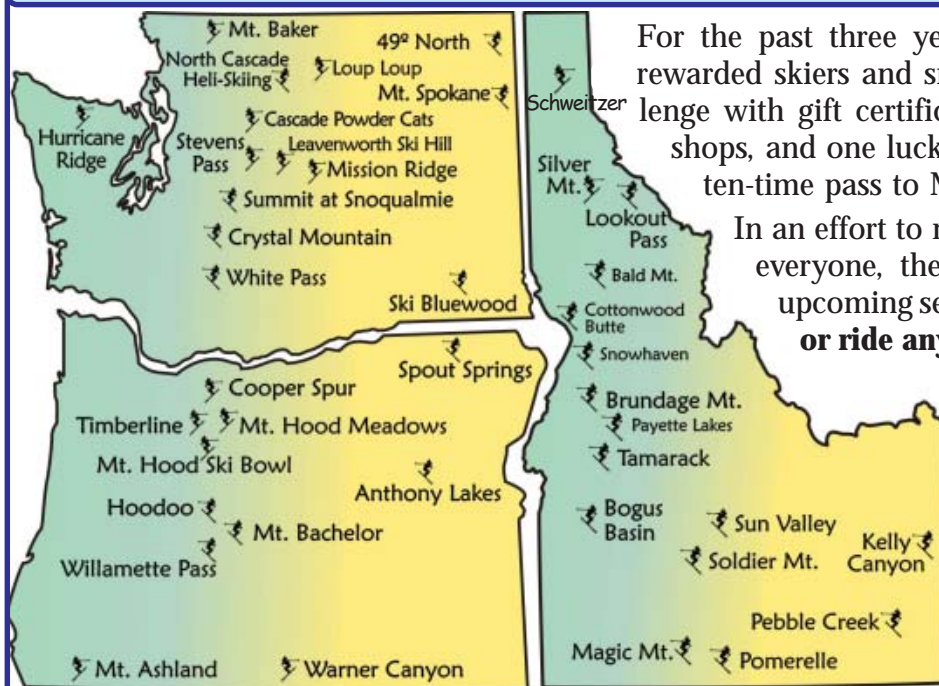
Date	Location
January 11	Race 1: Timberline
January 25	Race 2: Mt. Hood Meadows
February 15	Race 3: Timberline
March 8	Race 4: Mt. Hood Meadows
March 22	Race 5: Ski Bowl
March 29	Make up race, Timberline; only if a race is canceled
April 4-6	FWRA Championships, Northstar-at-Tahoe
April 17 (tent.)	Rat Attack Awards Party



**Note to new racers:** If you are nervous about racing right next to another person, let him/her go first. Your clock doesn't start until your legs cross the starting gate.

**NWSCC**

**Northwest Ski Challenge - by David Schor**



For the past three years, the **NW Ski Club Council** has rewarded skiers and snowboarders who have met the Challenge with gift certificates for equipment or services at ski shops, and one lucky winner each year goes home with a ten-time pass to Mt. Hood Meadows.

In an effort to make the Challenge more accessible to everyone, the bar has been lowered a bit for the upcoming season. No need to ski a whole State. **Ski or ride any 5 or more resorts in Oregon, Washington and/or Idaho during the 2008-2009 ski season to be eligible to win a prize.** The more ski areas you visit, the more valuable the prizes.

Help the smaller areas by visiting them, and help yourself to some fresh slopes and lower prices. Plus, win a prize! Just save your lift tickets.

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.

## Membership Cards



Most people have already picked up their membership card in person at the

person at the **Membership party** or **Ski Fair**. If you did not

get one, we'll mail it to you. Please send your mailing address to Elaine Bock, [SeawitchPdx@aol.com](mailto:SeawitchPdx@aol.com), or to: **Mountain High Snowsport Club**, PO Box 2182, Portland, OR 97208.

## Free Skiing corner: Cheap tickets



Would you like your tickets free of just cheap?

To combat high lift ticket prices, you have lots of options. Hoofing it up the hill, or using skins and alpine touring gear is definitely one of them.

Another is to check out the long list of **free** or **half-price** offerings we published in the November issue of Lift Lines, on page 4. The list is now also posted on our web site at: [www.mthigh.org/Lift-tickets.htm](http://www.mthigh.org/Lift-tickets.htm).

## Buses to Mt. Hood Meadows



**Buses** to Meadows will run on Fridays from the Mountain Shop, and on weekends and holidays from Tualatin and Gateway Park & Rides. Cost: \$79 includes both bus and lift ticket.

## Mt. High Wall Calendar



A 15-month wall calendar (Oct. 2008 - Dec. 2009), with our club photos and with most of our trips and races already marked, is now on our web site EVENTS page. You can print it in 2 sizes, or let Emilio print it for you for a small fee:

1. Tabloid (11x17") ... \$8.

2. Letter (8.5 x 11") ... \$4.

Downloads are free, of course.

## Mt. Bachelor Lift Ticket only \$50

Just show your club membership card and a photo ID at the Mt. Bachelor Sports Desk and receive a \$50 all-day lift ticket. Just one of the benefits of membership.

## Mt. High Man & Woman of the Year

Every year, we honor 2 people who have contributed to the club and to our sport. Some of the past honorees:

2008:	Jack Folliard	Elaine Bock
2007:	Gary Stevenson	Linda McGavin
2006:	Gordon Lusk	Linda McGavin
2005:	Terry White	Debbi Kor
2004:	Emilio Trampuz	Debbi Kor
2003:	Emilio Trampuz	Debbi Kor
2002:	Emilio Trampuz	Debbi Kor

All the NW Ski Club Council winners win 2 days/2nights at Big White or Silver Star. The winners at the Far West level will win 5 days at Big White/Silver Star.

So, start doing good works for the club if you want to be a candidate next year. Or start thinking about whom we should nominate this coming year.

## Mountain High entry in Outstanding Club Competition



Every year, we enter the "Outstanding Club" competition.

This year, the entries have to be presented in the form of **3-ring binders** containing short presentations of our various activities (On the snow activities, Promoting the sport of skiing, Charity events, Social activities, etc.)

It would be great if **every member of our club submitted a page**, illustrating some fun aspect of our club, some activity in which you participated, etc. Preferably, include at least one photo. Or a collage of photos. Personalize it with your own photo. Let's show them this club has a lot of active members! Think about it. Send all entries to Emilio

Trampuz, [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net). Or mail your contribution to Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem OR 97402. Let's win that Outstanding Club title!

## Winter Trips

See our [Trips Cancellation Policy](#) on page 12.. More info and trip updates will be posted on our web site: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).

### Signup deadlines:

1. **Schweitzer Mt.:** Jan. 15
2. **Crystal Mt.:** Feb. 15
3. **Heavenly/Tahoe:** Feb. 28

### Ski Kats Big Mt. (MT)



**Jan. 18 - 24, 2009.**

A train trip to Whitefish Mountain Resort

(the new name for Big Mt.)

The **Ski Kats** club invites us to join them. Party en route. Sleeping compartment included in both directions. 4 days skiing out of 5, ground shuttles included.

Price: \$749 (adults, 16 - 64)  
\$679 (seniors 65 - 69).  
\$482 (seniors 70 or over)

Mail \$100 deposit to Mt. Hood Ski Kats, PO Box 90141, Portland, OR 97290. "Attn: Dincelli"

Contact: **Annette D'Incelli**, 503-788-0956, or [dincelli@aol.com](mailto:dincelli@aol.com).

### Mt. High Whistler Cabin



**Jan. 25-31, 2009.** 6 nights lodging/ 5 days skiing. Carpooling. Cost - \$250 pp. includes lodging, daily breakfast, lunch & dinner.



Everyone is encouraged to cook a dinner. For lift tickets, use Shell coupons.

Lodging in a cabin 5 min. north of Whistler Village. Shuttle to lifts every 20 mins. Contact **Bill Leeper**: 503-639-2603.

## Mt. High Trips Preview



Want to see a preview of our trip destinations for this year? Check out a 3.5 minue [slide show](#) we just set up on our [Photos](#) page. Normally, that is a static page with just 5 or 6 sample photos from our former trips. But, we have now added a special insert, which displays a slide show highlighting 4 upcoming club trips (Canada Safari, Schweitzer, Crystal, and Lake Tahoe), all based on previous similar trips.

**Suggestion:** Click on the button in the upper right corner of the insert, to enlarge the window. Then hit the middle button to start the show.

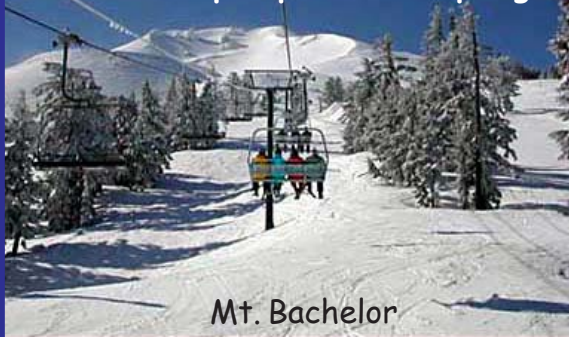
Want even more? Go to our [Videos](#) page, and watch the videos of our **Heavenly/Tahoe** trip, the **Canada 2006** trip, the **Crystal Mountain 2005**. Sorry, no Schweitzer video yet, but for Schweitzer, check out the video on Schweitzer's home page, at [www.schweitzer.com](http://www.schweitzer.com).

### NWSCC

## Spring Bachelor Blitz !!!



The Blitz is postponed till Spring!



Mt. Bachelor

**NEW DATE PROBABLY:**  
**Apr. 10-12, 2009.**

**Date yet to be confirmed.**

Join all local ski clubs in a celebration of Mt. Bachelor's 50<sup>th</sup> anniversary.

Only **\$249** includes:

- > 2 nights lodging
- > Bus from Portland
- > Saturday night dinner

Lift tickets are extra, but will be very affordable, at only **\$79** for a 2-day pass (Saturday and Sunday).

During the 80s and 90s, local ski clubs used to run several busloads of people to Mt. Bachelor, to usher in the new season with a big party. The last Blitz was held in December 2001.

Now, seven years later, it's time to dust off our skis, re-visit Mt. Bachelor, and ski and party hard. It's time for another Blitz!

Mail a \$249 check to: NWSCC P.O. Box 1915 Portland, OR 97207.

Contact **Debbi Kor** at: [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net), 206/283-0269.

### Skiyente

## Mt. Bachelor Family Trip



**April 10-12, 2009.** Each year, the all female Skiyente Ski Club organizes a Family trip, open to all members of local ski clubs.

This year, the trip will be to Mt. Bachelor, on Easter weekend. Send \$100 deposit to Skiyente Ski Club, P.O. Box 56342, Portland OR 97238. Contact: Colleen Walter, [colleenski2002@yahoo.com](mailto:colleenski2002@yahoo.com).

See more info on our web site, on the [TRIPS](#) page.



FWSA

## Far West Ski Week: Big Sky (MT)



**Jan. 24-31, 2009.** The biggest ski party in the West is the annual Far West trip, involving dozens of ski clubs throughout the Western States.

**Big Sky** and adjacent **Moonlight Basin** offer lots of terrain for all tastes.

**Price** ranges are from \$900 to \$1485 depending on lodging selection. \*Price does NOT include air or ground transportation.

Price includes 7 nights lodging (double occupancy) and the FWSA amenity package. (FWSA amenities packages will NOT be sold separately)

The FWSA amenity package includes:

- |                      |                        |                           |
|----------------------|------------------------|---------------------------|
| * Registration       | * Welcome Party,       | * Pub Crawl,              |
| * 5-day lift ticket, | * Mountain Picnic,     | * 3 Races (optional);     |
| * Après Ski Party,   | * Council Night Event, | * Farewell Awards Banquet |



Send in a \$100 deposit. 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).

Mt. High

## Schweitzer Mt. (ID) + 49° North (WA)



Snow ghost at Schweitzer Mt.



**Feb. 18 - 22, 2009.** 4 days/4 nights. Leave Wednesday around noon. Return on Sunday by 9 pm. 3 days and nights at Schweitzer, plus 1 day at 49° North.

**Schweitzer Mt.** Larger than many Colorado resorts, with 2,900 acres and 2,400 vertical feet. It has a 6-passenger hi speed lift, 2 hi speed quads, 1 triple, 3 double lifts. Open bowl and tree skiing. Long cruisers. Ski-in/ski-out lodging. See snow-ghosts & ghost of Mr. Schweitzer.

**49° North** has 2,325 acres, 1,850 vertical feet, served by 1 quad and 4 double chairlifts. You can ski the 7 Deadly Sins (aka Cy's glades), and ring the mountain god's bell for good luck. Long cruisers. Lots of tree skiing.

**Lodging:** 3 nights at Selkirk Lodge in on-mountain village at Schweitzer, hot tub, heated pool, restaurant, ski-in/ski-out. After leaving Schweitzer, we'll spend a night in a motel in Newport (WA), an hour from Schweitzer and less than an hour to 49° North. Motel has high-speed internet, cable TV, and restaurant.

**Transportation.** We'll have a chartered bus all the way from Portland. If you prefer, you can fly to Spokane, and connect with us either in Spokane or at Schweitzer Mt. Flight is not included.

**Price:** Sliding scale, depending on the number of participants. For **30** people, price = **\$677**. For each additional 2 people, price for everyone drops by \$7. For 40 people, price = \$641. Price for those 65 or older will be **\$20 less**. **Approximately 27 people have signed up so far. Final payment needed by Jan. 15.**

**Included:** 4 nights lodging, 3 breakfasts (at Schweitzer), 4 lift tickets, and bus transportation.

**Payment schedule:** Initial deposit = \$100.

2nd deposit **by Nov. 10** = \$230 additional

Remaining sum **by Jan. 15** = (approx. \$330 or less, depending on # of participants).

Use **Dough Transmittal form**, p.11. Note: No cancellations in the last 30 days.

Contact **Emilio Trampuz** at: 1-503-378-0171, or [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net).

## Mt. High

## Crystal Mountain (bus trip)



**March 13-15, 2009.** Our annual **Mt. High weekend bus trip**. 2 nights/2 days. We leave Friday around 5:00 pm. Lots of fun on the bus - this is the best way to get to know other club members! We'll return Sunday by 8 pm.

**Crystal Mountain** is the largest ski area in Washington with 3,100 vertical feet and 57 named runs. There's everything from gentle groomed cruising runs for beginners to challenging steeps - backcountry, glades, chutes and unbelievable black runs for the more adventurous. Skiing Magazine voted Crystal Mountain the #7 top mountain in North America. There are 2 six-pack hi-speed lifts, 2 hi-speed quads, 2 triples, and 4 doubles.

Crystal Mt.



Crystal Mt.

New since our last trip to Crystal Mountain in 2005 is the Northway lift, a double chair that moves at a faster than normal rate, providing access to 1,000 acres of skiing and increasing Crystal's lift-serviced terrain by 77%. There are now 2,300 acres of lift served terrain, plus 500 acres of backcountry.

We'll again stay at the Best Western Park Central hotel in the center of downtown Enumclaw, 45 minutes from the mountain, with easy access to a variety of restaurants and bars. Breakfast is provided for hotel guests.

We'll keep the cost down by using a sliding scale. **The more people, the lower the price** (\$3 less for every additional 2 people). Bring all your friends and save money! Price (with a minimum 28 people), is **\$220** for the bus trip, 2 nights' lodging, 2 breakfasts, and one lift ticket. The reason for only one lift ticket is that on Sunday, March 15, Crystal Mountain is allowing all NWSCC club members to buy tickets at half price - only \$30 - but you have to go to the ticket window yourself and show your NWSCC card (i.e. your club membership card; you'll get it when you re-join for 2008-09). **Approx. 37 people have signed up so far.**

Use [Dough Transmittal form](#), p.11, to send **\$100 deposit**, due by **November 30**. Full payment due by February 15, 2009 (you will be told the balance due - the trip price could be as low as \$205 (if we get 40 people!). No refunds after Febr. 15 unless you fill your spot. Contact **Linda McGavin**: (503)652-2840, [Trips@mthigh.org](mailto:Trips@mthigh.org).

## Mt. High

## Lake Tahoe / Heavenly



**Mar. 28 - Apr. 2, 2009** 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 ski other places too. **Approximately 16 people have signed up so far.**

**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. Janice can help you carpool with others. You can also link this trip with the Far West Championships at Northstar, which start the day after this trip ends.

**Price:** Approx. \$400 (yet to be finalized) includes:

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



Marv and Janice at  
Heavenly,  
Lake Tahoe

Contact **Janice Jessen**: [jessen9011@comcast.net](mailto:jessen9011@comcast.net)

Send \$100 deposit. Use [Dough Transmittal form](#), p.11. Note: No cancellations in the last 30 days.

**Email Options**

In between newsletters, we keep you informed via email. You have a choice:

- A) Recive ALL the club's emails.** All ski-related and/or club related.
  - B) Receive only club-related messages.** If it's not about our club, it won't be sent. That means, no emails about other clubs, other ski areas, NWSCC, FWSA, ski shop specials, etc. Strictly our club only.
  - C) No email at all.** Just the monthly newsletter, and nothing else.
- Indicate your preference on the Membership renewal form. If you wish to switch at any point, let **Emilio** know your preference.

**Mountain High Meeting**

Usually the last Tuesday of the month.  
(This month is an exception.)  
**Feb. 3 (Tue.):** Open to all who want to get more involved with the club. This is a planning meeting  
Gather at **6:00 pm**. Start at **6:30 pm**.  
Location: **Round Table Pizza, 10070 SW Barbur Blvd., near Capitol Hwy.**

**Mountain High snowsport club contacts:**

- |                             |                   |                    |   |
|-----------------------------|-------------------|--------------------|---|
| <b>President:</b>           | Terry White,      | H: 503-781-4558,   | <a href="mailto:TWhite223@msn.com">TWhite223@msn.com</a>                        |
| <b>Vice-President:</b>      | Gordon Lusk,      | H: 503-804-8363,   | <a href="mailto:GordyLusk@hotmail.com">GordyLusk@hotmail.com</a>                |
| <b>Secretary:</b>           | Diane Zhitlovsky, | H: 503-244-3392,   | <a href="mailto:Dianezhi@hotmail.com">Dianezhi@hotmail.com</a>                  |
| <b>Treasurer:</b>           | Sandi Dykstra,    | H: 503-629-0177,   | <a href="mailto:sandid@aol.com">sandid@aol.com</a>                              |
| <b>Membership Director:</b> | Elaine Bock,      |                    | <a href="mailto:SeawitchPdx@aol.com">SeawitchPdx@aol.com</a>                    |
| <b>Race Director:</b>       | Bruce Ellison,    | H: 503-697-7892,   | <a href="mailto:Yuffiet@comcast.net">Yuffiet@comcast.net</a>                    |
| <b>Newsletter Editor:</b>   | Emilio Trampuz,   | H: 1-503-378-0171, | <a href="mailto:info@mthigh.org">info@mthigh.org</a>                            |
| <b>Social Activities:</b>   | Marsha Cosgrove,  | H: 503-799-2833,   |   |
| <b>Golf:</b>                | Cal Eddy,         | H: 503-631-3115,   | W: 503-805-8606, <a href="mailto:baebaw@ccwebster.net">baebaw@ccwebster.net</a> |
| <b>Mid-week skiing:</b>     | George Yun        | H: 503-697-3055,   | <a href="mailto:boar2m@msn.com">boar2m@msn.com</a>                              |
| <b>NWSCC Rep:</b>           | Debbi Kor,        | H: 503-314-7078,   | <a href="mailto:ijustwannarun1@comcast.net">ijustwannarun1@comcast.net</a>      |
| <b>Trip Directors:</b>      | Linda McGavin,    | H: 503-652-2840,   | <a href="mailto:Trips@mthigh.org">Trips@mthigh.org</a>                          |
|                             | Janice Jessen,    | H: 503-636-0687,   | <a href="mailto:jessen9011@comcast.net">jessen9011@comcast.net</a>              |

General info:  
[info@mthigh.org](mailto:info@mthigh.org)  
Web site:  
[www.mthigh.org](http://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       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
  - Is it OK to share your email address with other club members?       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?

**Annual Membership** (Oct. 1, 2008 - Sept. 2009): Single (\$25); couple (\$40)      \$ \_\_\_\_\_

**PACRAT Racing (2008/09)** Total: \$85 Team name: \_\_\_\_\_      \$ \_\_\_\_\_

**Schweitzer** (Feb. 18-22, 2009) 1st dep.: \$100, 2nd dep.: \$230 by Nov. 10., Total = \$677      \$ \_\_\_\_\_

**Crystal** (March 13-15, 2009) Deposit: \$100 by Nov. 30., Total = \$220 by Feb. 15.      \$ \_\_\_\_\_

**Heavenly** (Mar. 28-Apr. 2, 2009) Deposit: \$100 by Nov. 30., Total = \$400 by Feb. 28      \$ \_\_\_\_\_

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

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

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

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

**Club membership = 238      Newsletter Distribution**

The Jan.2009 issue is posted on our web site, and also:  
**369** copies sent via email (as PDF files)  
**30** 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).**

**Mt.High      Trip Cancellation Policy**

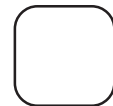
**Approved by the Board Of Directors on 12/30/08.**  
**Posted on our web site, on TRIPS and FORMS pages.**

1. A cancellation date for each trip will be published in the club newsletter and on trip promotional notices. If one is not published, the cancellation date will be 30 days before departure.
2. If Mt. High cancels the trip, you will receive any available refund up to your full amount paid.\*
3. If you cancel your reservation before the cancellation date you must tell the trip captain, in person or in writing, postmarked before the cancellation date to be eligible for a refund. We will make every effort to refund the full amount of deposits; however there may be circumstances beyond the club's control preventing a 100% refund - see note below.  
 \*. Talk to the trip captain about your refund.

4. If you cancel your reservation after the cancellation date, you will lose all or some of your money paid. If we cannot fill the reservation, refunds are subject to the amount that the club can recover, based on the individual policies of the hotels, resorts, etc.  
 If we fill the reservation, you will be responsible for any charges we have to pay to change the reservations.
5. Empty spots will be filled first from the waiting list. If there is no waiting list, it is your responsibility to find a replacement in order to cut your losses.
6. Refunds will be held until the trip has been completed and it has been determined that there were no losses incurred because of your cancellation.

\* As a general rule, the club will attempt to refund all the money, especially before the cancellation date, but there could be circumstances beyond our control, such as, for example, if we already sent some deposits that we cannot recover in the case of a cancellation, or if a ski area or a transportation company goes out of business, or files for bankruptcy, or a natural disaster hits, or any other such unforeseen event or circumstance. In such cases, if the club cannot recover our losses, the club's loss would have to be distributed equally among all the participants. In other words, the club will not incur any losses on your behalf.

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.

