



Lift Lines

== No. 98, February 2009 ==

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



Come ski with us

Feb. 15 (Sun.) - Timberline.

March 8 (Sun.) - Meadows.

March 22 (Sun.) - Skibowl.



Come ski with us. Join us at McDonald's in Sandy at 7:00 - 7:15 am. We can arrange carpools on the spot. On the slopes, tune your 2-way radio to channel **6-19**.

These are all race days, but you don't have to be a racer. Just come ski with us. At least 135 of our members will be go skiing on these days.

Tele Tuesdays at Ski Bowl



March 3. (Tue.) **The Mountain Shop** is sponsoring an event where you can test telemark and randonee (alpine touring) gear. \$20 for lessons. \$10 demo rentals, or \$15 for a Slalom race. 5 - 9 pm. More info at: www.mountainshop.net/teletuesdays.html

Mt. High

Chocolate Party

Feb. 28 (Sat.) - at Terry White's s place.

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



Bus to Crystal is full. Bus to Schweitzer is leaving in a few days.

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

Oregon Cancer Ski Out



Mar. 1-2 (Sun.- Mon.). Teams compete for consistency between the Sunday and Monday race at Mt. Hood Meadows. It's a fund raising for local Cancer hospices.

See more on page 4.

Hope on the Slopes



Mar. 20-21 (Fri.- Sat.). A 24-hour ski challenge at Mt. Hood Skibowl. It is fund raising for the American Cancer Society (and OHSU is one of the beneficiaries).

See more on page 4.

2009 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

Feb. 15 (Sun.): PACRAT race Timberline

Feb. 18-22: Schweitzer Mt. trip

Feb. 28 (Sat.) Chocolate Party

Mar. 1-2: Oregon Cancer Ski Out

Mar. 3 (Tue.): Tele Tuesday Ski Bowl

Mar. 6 (Fri): Hope on the Slopes torch-light parade rehearsal, Skibowl 6 pm

Mar. 7 (Sat.): Ski the Glade Trail Day

Mar. 8 (Sun.): PACRAT race Meadows

Mar. 13-15: Crystal Mt. trip

Mar. 20 (Fri.): Ski for Sunshine at Timberline & Ski Bowl (4 cans)

Mar. 20-21: Hope on the Slopes Skibowl

Mar. 22 (Sun.): PACRAT race -Skibowl

Mar. 28- Apr. 2: Heavenly / Tahoe

Apr. 2 - 5: FWRA Championships

Apr. 12-14: Bachelor Blitz

Ski the Glade Trail Day



Lloyd Musser - curator

Mar. 7 (Sat.)

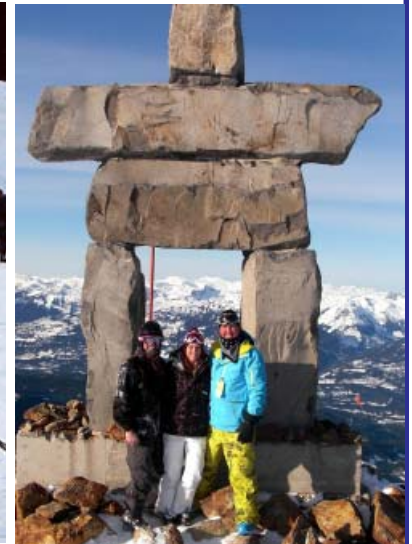
8 am - 4 pm. Ski the historic Glade trail to Government Camp legally and safely. Skiers are shuttled to Timberline Lodge by bus, escorted down the 3 mile trail to Government Camp by local guides and the Mt. Hood Ski Patrol.

Lunch, apres ski party and prizes are included in this unique fundraiser for the **Mt. Hood Museum and Cultural Center**. Participation is limited. Event tickets are \$100.00 per person. Call 503-272-3301 to reserve yours.

Mt. High

Whistler Cabin trip - Photos from Lana Rulien and Darrel Richardson

Jan. 25-31, 2009. About 15 of our members enjoyed 6 nights and 5 days at a cabin 5 minutes north of Whistler Village. This trip is organized annually by **Bill Leeper**. Contact him at 503-639-2603 to reserve for next year. By all accounts, everybody had a great time! See more photos on our web site, on the [Recent Photos](#) page



Bowling for Terry

Feb. 7 (Sat.)

Monte Carlo bowling at Milwaukie Bowl was fun, and the hall was packed! This was a fund raiser for our Prez, Terry White, who was there with us but did not bowl.

In addition to the bowling, a silent auction was also held, and some people walked away with great deals on boat cruises (provided by **Jerry Barnes**) and plane rides (provided by **John Jessen**.)



Silent Auction



See more photos at www.mthigh.org/PhotosRecent.htm.

How about just skiing Mt. Hood?

We have often talked about how we have two kinds of club members: those who go on club **trips**, and those who are into **racing**. Very few people do both. The racers rarely go on club trips, while some people won't even try racing, even if it's just for fun.

But there is a third group of skiers, who are neither racers nor looking for ski trips. Many people just want someone to ski with on simple day visits to Mt. Hood. What does our club have to offer in that realm? At least two things:

1. **Our online Forum.** This is the only truly interactive part of our web site. You can post your own messages there, and reply to others. We have one forum devoted just to mid-week skiing, and another more general for all club members. Tell people when you want to go skiing, or reply to someone when they announce their chosen ski day. Arrange for carpooling through the Forum. But, join the Forum first. Otherwise you will never even hear about all the stuff going on there. Just go to our web site, and click on one of the Forum buttons. Then click on "Join this Group" in the upper right corner.

2. **Carpooling from Sandy.** This is a great way to meet other club members. But, note that we do it only on some special days, when we know that a lot of us will be going skiing, such as on race days. Please feel free to just show up around 7:00 - 7:15 am at McDonald's in Sandy, even if you don't know anyone. Just ask for Mountain High members. And make sure you do it on one of the advertised days, found on our web site (on the TRIPS and EVENTS pages).

February 15 (Sun.) - we are going to Timberline.

March 8 (Sun.) - we are going to Mt. Hood Meadows.

March 22 (Sun.) - we are going to Mt. Hood Skibowl.



Mt. Shop Progressive Pajama Sale

Feb. 9 - 22. This year, the pajama sale at the Mountain Shop (on Boradway and 7rth) will be extended over 12 days, with discounts getting progressively deeper. Feb. 9 - 15: 25% discount.

Feb. 16 - 22: 30% discount.

Feb. 22 (Sun.): 35% discount (4 pm - 10 pm)

But only if you are wearing your pajamas.

"White" Chocolate Party !



February 28th (Saturday)

Time: 7:30 p.m. to ???

Where: Home of Terry White, 10302 NW Alpenglow Way, Portland, OR 97229. Phone: 503-297-1427.

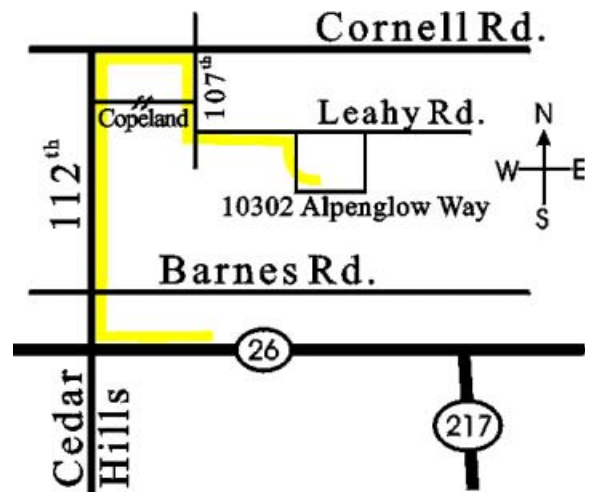
Join your Mountain High friends, and feast on a Chocoholic's delight.

The club will provide hors d'oeuvres, champagne, coffee and soft drinks. If anyone wants wine or beer, they should bring their own. Anyone else who'd like to bring a munchy is welcome to.

There will be prizes for: 1) The most chocolate-y desert; 2) the most decadent; and 3) the most creative. Bring your own dessert to enter the contest, or just come and taste the bounty!

Please RSVP to Terry White @ 503-781-4558 or email: TWhite223@msn.com

Directions: Go west on Hwy 26. Exit at Cedar Hills Blvd. Turn right (north). Cedar Hills becomes 112th. Turn right on on Cornell. Right again on 107th. 107th makes a sharp left turn, after two blocks, and becomes Lahey Rd. The first street on the right is Alpenglow.



Ski for Sunshine - Food drive.

Mar. 20 (Friday). Get a free all-day **Fusion Pass** on this Friday at **Skibowl** and **Timberline**, in exchange for 4 cans of food. Simply bring your non-perishable cans of food to the Sunshine Division trucks in the parking lot. Foods especially needed: **breakfast cereal, foods high in protein (like tuna and peanut butter), whole-grain pasta, canned veggies and fruit.**

Be Part of the Solution

When a friend or family member is in the last stages of cancer, we can easily be overwhelmed by a feeling of helplessness. At some point, if the cancer metastasizes (spreads into different parts of the body), it seems there's nothing much we can do any more.

But, we are not entirely helpless. We can all do something, be of help, and be part of the solution. Hospices and cancer research centers need our help. We can all contribute, each in our own way, by getting involved with fund-raising efforts such as the two described here. Get involved. And spread the word. Print out some flyers and post them somewhere. Organize a team.

The **Oregon Cancer Ski Out** is well established. Over the past 20 years, it has raised over half a million dollars for local hospices and organizations, and our club members regularly participate.

The **American Cancer Society** has held the Hope on the Slopes event in Washington for 6 years, but this is the first year that the event is also organized in Oregon. This is a more nation-wide effort, and more funds go to research. OHSU is among the beneficiaries.

Oregon Cancer Ski Out



March 1-2 (Sunday-Monday): Register your 5-person team 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 \$900. That's \$180 per person. Contact:

Russ Stanton, russki2day@yahoo.com or **Dick Woolley** at 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 20-21: (Fri.-Sat.)
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.



It will be 24 hours of fun, including **live music**, **barbeque**, a ceremony honoring cancer survivors, and a **torchlight parade**. This is your chance to be a torch-bearer!

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 \$150 per team (for up to 15 members, which would translate into only \$10 per person). Each participant is encouraged to raise a minimum of \$150.

Prizes will be awarded to the top fund-raisers, including 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.oregonhopeontheslopes.org

The torchlight parade will be rehearsed at Skibowl, Friday, March 6, at 6 pm. Contact **Emilio** or **Bonnie**.



Winter Safety series at Cascade Lodge



The Cascade Ski Club has invited us all to their Winter Safety Speaker Series, held at the Cascade Lodge in Government Camp, on **the last Saturday of each month**.

December 27th featured Senior Oregon Trooper **Duane Larson**, who lead a lively hour-long question and answer session

on Winter Travel Safety, traction devices, driving tips specific to the Mount Hood highways, and what to do in the event of an accident.

On **Saturday, Jan. 31**, the speaker was Beaverton Attorney and Cascade Past President, **Richard Rizk**, who discussed Skiing Risks and Law. His aim was to help raise awareness of who, how, when and where riders/skiers are hurt, and of Oregon laws affecting skiers and ski resorts.

Saturday, Feb. 28, 2009, 7 - 8 pm, the topic will be: "**Terrain Park Safety**" with guest speaker **John Ingersol**, founder of High Cascade Snowboard Camps. There will be free coffee and desert for all! This event is open to the entire mountain community so bring your friends!

Avalanche Awareness 101

Feb 21, 2009 (Saturday) and **March 21, 2009** (Saturday)

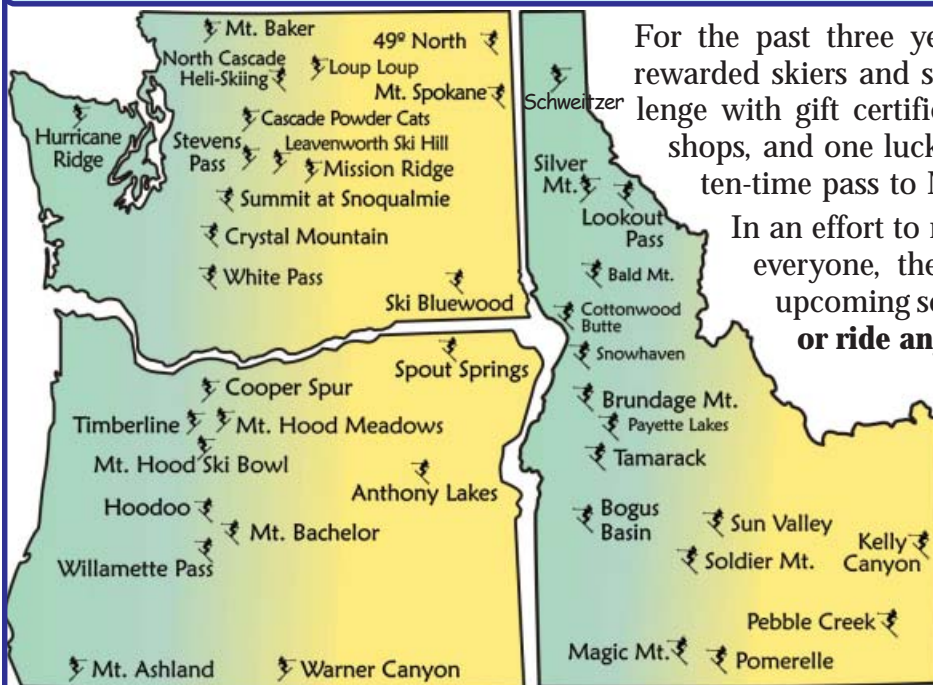
7:00 pm at the Mt. Hood Museum in Government Camp.

A free class on Avalanche Awareness is presented by **Roland Emetaz** of the Northwest Weather and Avalanche Center, and **Jim Thorten** of the U.S. Forest Service. The event will occur at and is sponsored by, the Mount Hood Museum and Cultural Center.

Find out how local terrain, snow cover, weather and human factors all contribute to avalanche danger. Learn what clues to look for, what gear to take, routes to follow, and what to do if you or your companions are caught in an avalanche.

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. For more info, contact **Steve Coxen**, 503-679-9022, or by email to: sacoxen@aol.com. See the [Articles](#) page on the Mt. High web site for last year adventures.

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Barb Parshall
PACRAT President

Our 2nd race of the season at Mt. Hood Meadows was not typical. The course was icier than usual, and the timing mechanism malfunctioned. We managed to get all the racers through the course at least once, but only after some of us waited in the cold for a long time.

Barb Parshall has talked to Mt. Hood Meadows, and the result, says Barb, was that "Meadows has agreed to not charge PACRAT for the last race held there. We paid for the party, but not our use of the hill, due to the disastrous timing issue. That is about \$750 back into our budget to help defray some other unbudgeted costs and to spend on ourselves for the 25th PACRAT anniversary, and so on." Also:

"Meadows also will allow us to have a "burn the old timing equipment" function on our next race day there, March 8th. They do care and do want to make PACRAT happy." - Barb



Gordon Lusk
Mt. High Vice-President

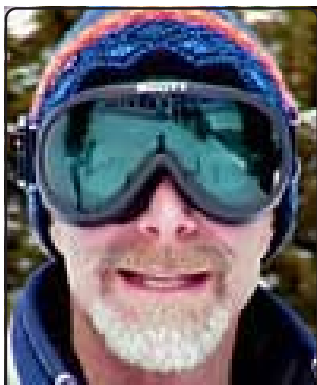
Meanwhile, our Mt. High club Vicepresident, **Gordy**, is working on setting up another training day, by popular demand. Stay tuned. Announcements will be emailed soon.

On yet another front, our Racing Director, Bruce Ellison, and Gordy are working together on setting up a ski tuning clinic, with a special emphasis on:

- a) Race tuning; and
- b) Tuning for icy conditions.

There will soon be more news on that too!

See more info about recreational PACRAT Racing at www.mthigh.org/Racing.htm.



Bruce Ellison
Mt. High Racing Director

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



Brenda Ackerson - one of our fastest female racers.

FUN STUFF - Feb. 15 at Timberline.

At the Timberline race, Feb. 15, to help ring in our **25th anniversary** of PACRAT Racing, racers should look for Heart Shaped "25"s in the lodge, around the course and at the party. 25 of them will be hidden. Whoever collects the most at door prize time will win a special prize.

Après Party will be hosted by our very own Mt High Ski Club at the Mt Hood Museum. Gordon Lusk is coordinating food and beverage, and needs 5 volunteers for setup (around 2:30 pm) and 5 for cleanup (around 4:30 pm).

Another BIG treat. Lou's BBQ will be catering- Yum! Pulled pork, slaw, and beans for all...Wine, Beer and soda.

REMEMBER, this is all free for racers, but you must show your bib. If you have a guest, they must have a ticket to receive any food/drinks including our children \$10/each. If children and guests are not eating or drinking (except off your own plate- and be reasonable) the Board will allow them in without making them pay for food.

Alternatives to High Lift Ticket Prices

- by Kurt Wilke -

Editor's note: Kurt wrote this in our club's **Forum**, in response to Emilio's thoughts about the skyrocketing lift ticket prices, which have **tripled** or almost **quadrupled** between 1987/88 and 2008/09. Has your salary tripled or quadrupled in the same period?

As long as the ski areas are crowded, the prices will not go down. The ski areas have no incentive to lower prices. This was very noticeable to me with the coupons from the **Ski Fever show** (which I will never attend again) and even the **Warren Miller show**. The coupons were basically just good if you could ski mid week, very early in the season, or at the end of the season. This tells me that the rest of the time the Ski areas do not need to encourage skiers to the mountains which means not lowering ticket prices and maybe pushing the prices up a bit more.

Personally, **Meadows** has priced me out. And my last experience at Meadows was not good. I was hit once and nearly hit two other times on the slopes. Its simply not worth it to me to pay \$69 and have to have eyes in the back of my head to see who is gunning for me and wait in 20 to 30 min lines for the privilege too. Meadows is probably very nice mid-week, but since I'm a weekend skier, I just can't be there then.

The nice thing about this is that I am planning ski trips to the smaller areas. **I have to thank the club for opening this new vista for me.** I went on the trip to **Warner Canyon, Ashland and Shasta** last year and had a great time. I have only made it to **Anthony Lakes** so far this year, but I will go back. Laid back, no lines, relaxing and fun.

I have **Hoodoo, White Pass, Spout Springs and Mt Baker** on my list for this year. I hope it works out for me to travel to those places.

I've started dabbling with nordic skiing this year too. My intention for next year right now is to forgo the season pass and focus more on this type of skiing.

- - - - -

Editor's note to Kurt: After visiting all these ski areas, submit your lift ticket stubs to the NWSCC. You could win a prize. See NW Ski Challenge, on page 5.

Editor's note to everyone: See the kind of interesting things you are missing by not joining our Forum?

Tips for Ski Tuning

- by Bruce Ellison -

I'd no sooner go skiing with dull edges than drive to Mt. Hood without snowtires. Here are a few good sites that show how to tune skis and also sell the components needed. There is info on waxes as well. Good edges and wax do more for your run than a speed suit.

Considering you put in 2 hours each way in your car you ought to put in an extra 30 minutes to prep your skis. If you aren't inclined to tune your own skis or if your skis need to be ground there are lots of shops to do the job. Hillcrest does a good job as does Valians. I've had good and bad results with Joe's.

Good edges should peel off some fingernail.

<http://www.harbskisystems.com/tuningindex.htm>

<http://ski-tuning.com/>

<http://www.tognar.com/>

Prices, Praise and Thanks

Question by Lynn Norbury: Speaking of ticket prices, I was so impressed with the Mountain High Racing Practice Day on Jan. 4th. Somehow we were given a ticket price of only \$28 AND a free racing clinic on two courses for four hours for approx 40 people. What a BARGAIN! How and who made that deal with Timberline? I'd like to thank them.

The very next week the PACRATs were there in force of almost 300 people and we had to pay \$46 per ticket. I was pleased not to pay full price, but disappointed the ticket wasn't \$28 once again. How do these club prices get set?

Emilio: You can definitely thank our Vice president **Gordy's** negotiating skills. Also thank the Mountain High Board, for deciding to sponsor the training day and pay for the training (for the coach). But, also, thank the coach at Timberline, **Shawn Darris**, who made this deal possible.

Gordy: Thank you for your kind words. I have known and worked with Shawn for over 20 years. He is a great guy and I consider him amongst the best coaches/ski instructors I have met in my 40+ years skiing. There are many reasons why Mt. High got such a great deal at Timberline on Jan. 4th. We used the hill space that was used the previous day by the Kato (high school league) race. Also Timberline's desire to promote their race department and do a favor for Mt. High.

For PACRATs, Timberline had to close part of the hill to the public, provide timing, gate rental, start and finish line. There's a lot of logistics to hold a race for 200 people.

Membership Cards



Most people have already picked up their membership card in 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, or to: **Mountain High Snowsport Club**, PO Box 2182, Portland, OR 97208.

Free Skiing corner: Cheap tickets



To combat high lift ticket prices, you can try hoofing it up the hill, using skins and alpine touring gear.

Or check out the long list of **free** or **half-price** offerings we published on our web site at: www.mthigh.org/Lift-tickets.htm.

Buses to Mt. Hood Meadows

1. **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. See Meadows web site.

2. The **Ski/Board club** at a Portland high school is looking to fill up its bus. They pick up from SW 12th and Main, downtown Portland, at 10:15 am on Sunday mornings (to leave by 10:30), drive up to Mt. Hood Meadows, and return to Portland by 8:30 pm. At \$20, it's the cheapest bus rate in town! Contact Austen at: skiboardclub@gmail.com More info at: <http://portlandskiboardclub.blogspot.com/>

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

Nominations are needed for this year. Send in your nomination to any of our Board members (see page 11) by Tuesday, February 24th. One man and one woman.

The NWSCC will then select 2 people from all the local clubs. These two NWSCC winners win 2 days/ 2 nights at Big White or Silver Star. Finally, the winners at the Far West level will win 5 days at Big White/Silver Star.

Mountain High entry in Outstanding Club Competition



Every year, our club enters the "Outstanding Club" competition by preparing a multi-page document showing off 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. Let's show them this club has a lot of active members! Send all entries to Emilio Trampuz, Emilio2000@earthlink.net. Or mail your contribution to Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem OR 97402. Let's be an Outstanding Club!

Winter Trips

Over half of our trips are now either past, or have filled up already. Our **Schweitzer Mt.** trip is starting in just a few days, Wednesday, Feb. 18th.

Our **Crystal Mt.** trip, March 14-16, is full, and there are 5 people on the waiting list.

Only a couple more trips are still available, and here are their signup deadlines:

Signup deadlines:

1. Heavenly/Tahoe: by Feb. 28
2. Bachelor Blitz: by Mar. 25

Sign up now,
or forever hold your peace!

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.



Skiyente 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. People will be driving and/or carpooling.

Send \$100 deposit to Skiyente Ski Club, P.O. Box 56342, Portland OR 97238.

Contact: Colleen Walter, colleenski2002@yahoo.com.

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

NWSCC

Spring Bachelor Blitz !!!



Mt. Bachelor

Apr. 10-12, 2009.

Join your fellow NWSCC members (other local ski clubs) as we celebrate the 50th anniversary of Mt. Bachelor and the 30th anniversary of the NWSCC this season.

Included in the Anniversary Celebration:

- **Lodging** at the convenient Bend Riverhouse, Friday & Saturday – all rooms have two queen beds
- **Full, Hot Breakfast** each morning
- **Celebration Dinner Party** Saturday night with the group (Mexican buffet).

All this fun is only **\$129** per person, double occupancy! Other per person prices:

- single occupancy \$219, or
- triple occupancy \$109, or
- quad occupancy \$99.

If you want triple or quad occupancy, you must sign up as a group using the registration form, and if someone in your group drops out, you will be expected to pay the higher price for fewer people in the room. Cancellations may be subject to penalty.

Bring your family!! Children 13 and older must pay the full price for this trip as detailed above, but children from ages 6-12 in a room with two paying adults or children 13 and older only pay \$20 for the weekend (including breakfasts and dinner), and children under 5 are FREE!

Lift tickets are not included; Bachelor has given us a VERY special prices:

- 2-day price of only \$79 (which is \$39.50 per day) or
- 3-day price of only \$99 (which is \$33.00 per day).

(You are welcome to purchase single day tickets at Mt. Bachelor's "NWSCC" ticket price of \$50.)

Sign up now to hold your spot! Deadline to reserve rooms and for Dinner/Party is March 25, 2009.

Please use the [registration form](#) attached to the [flyer](#), and make your check for Mail a \$129 check to: NWSCC P.O. Box 1915 Portland, OR 97207.

Contact **Debbi Kor** at: ijustwannarun1@comcast.net, 503-314-7078. Info on TRIPS page: [www.mthigh.org/Trips.htm#Bachelor Blitz](http://www.mthigh.org/Trips.htm#Bachelor%20Blitz)

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 - 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.

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

We'll again stay at the Park Center Hotel in the center of Enumclaw, 45 minutes from the mountain. Breakfast is provided for hotel guests.

We kept the cost down by using a sliding scale. **The more people, the lower the price** (\$3 less for every additional 2 people). Since we have

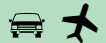
filled the bus, the total price is nows **\$190** for the bus trip, 2 nights' lodging, 2 breakfasts, and one lift ticket. The reason for only one lift ticket is that on Sunday, March 15, Crystal Mountain is allowing all NWSCC club members to buy tickets at half price - only \$30 - but you have to go 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). **50 people have already filled the bus, plus we have another 5 on the waiting list.**

Use [Dough Transmittal form](#), p.11, **to send the remainder of your full payment right now. Also, let Linda know if you are over 70, or if you don't need a lift ticket for Saturday.** No refunds after Feb. 15 unless you fill your spot. See our [Cancellation policy](#) on our web site.

Contact **Linda McGavin**: (503)652-2840, Trips@mthigh.org.

Mt. High

Lake Tahoe / Heavenly



Harry and Lisa at Heavenly,
Lake Tahoe

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.

Contact **Janice Jessen**: jessen9011@comcast.net

Send \$100 deposit. Use [Dough Transmittal form](#), p.11.

Remaining payment in full due by Feb. 28.

Note: No cancellations in the last 30 days.
See our [Cancellation policy](#) on the web site.



Email Options

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

- A) Receive 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.
Feb. 24 (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: **Gray Gables**, 3009 SE Chestnut Street, Milwaukie OR.

Mountain High snowsport club contacts:

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

General info:
info@mthigh.org
 Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

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

PLEASE PRINT CLEARLY: New membership 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 = \$684 \$ _____
- Crystal** (March 13-15, 2009) Deposit: \$100 by Nov. 30., Total = \$190 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 = 283 Newsletter Distribution

The Feb.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.

Sylvia and John got Married

Sylvia Kearns and **John Orefice** got married in Reno, August 2008. Due to various computer problems, we were unable to scan in this photo until now!

Congratulations to the happy couple!



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

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

Members Joining and Leaving

At a time when many club's membership number are declining, our club is growing at a steady pace. Every year, we lose some and we gain some. Overall, more people join us than leave us. Our membership over the past few years has grown like this:

- In 2001/02, we had 99 members.
- In 2002/03, we had 120 members.
- In 2003/04, we had 136 members.
- In 2004/05, we had 166 members.
- In 2005/05, we had 196 members.
- In 2006/07, we had 207 members.
- In 2007/08, we had 219 members.
- In 2008/09, we have 283 members.

So, we have actually tripled in size in the last 7 years! The number of our PACRAT racers has also tripled, from about 40 a few years ago, to about 135 now.

Still, about 64 people have not renewed their membership this year. Only a handful have told us why (some injuries, some relocating to another State). Others are a mystery.

Also, even with these larger numbers, the number of people on a ski trip still averages only about 30.

