



Lift Lines

== No. 108, December 2009 ==

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



From the Prez

What a team. Our membership party was great with I am sure over 200 Snow lovers there. A special thanks to our hard working membership team.

The trips are filling up. A special thanks to Sandi (your Treasurer) for all of the hours she has spent recording our moneys that we have sent in. This job takes hours to accomplish the task of Membership, Pacrat, and the trips/events. Sandi: you are the best. We all appreciate your diligence.

Emilio's Mystery trip is coming up and the bus will be rocking, wherever we will be going.

We have 130 paid up PACRAT Racers and looking forward to a successful year. There is a Mt. High member's only training day on Saturday Jan. 9th (the day before the first race). Come shake off the dust or for those of you non-racers come and give it a try. See you all there.

I wish you all a Merry Christmas and a White New Year on the slopes.

SKI HARD, PARTY HARDER

*Your Prez;
Gordy Lusk*



Mt. High Training day last year
Brenda and Jeff

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

2010 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

Jan. 3 (Sun.): PACRAT Training day

Jan. 9 (Sat.): Mt. High Training day

Jan. 10 (Sun): PACRAT Race 1 Timber.

Jan. 15-18: (Fri-Mon) Mystery trip

Jan. 18 (Mon): Rotary Night at Meadows (\$10 lift tickets)

Jan. 24 (Sun) PACRAT Race 2 Meadows

Jan. 24-30: Whistler cabin trip

Jan. 30-Feb. 6: FWSA Ski Week: Keystone, Colorado.

Feb. 7 (Sun) PACRAT Race 3 Skibowl

Feb. 12-28: Winter Olympics

Feb. 28 (Sun): PACRAT Race 4 Timber.

Feb. 17-21: (Wed-Sun) Mt. High Train trip to Whitefish, MT. (Big Mountain) - with Debbi Kor

Feb. 21-27: Tahoe Sampler Bergie trip
Contact Bob Burns: 503-524-5261.

Feb. 27-Mar. 7: FWSA trip: Cortina

Feb. 28-Mar. 6: Ski Kats trip: Whitefish
Info: Henry Bendinelli 503-760-5763.

Mar. 7-8: Oregon Cancer Ski Out

Mar. 14 (Sun) PACRAT Race 5 Meadows

Mar. 19-20: (Fri-Sat) Hope on the Slopes at Mt. Hood Skibowl

Mar. 21-27: Fernie/Kimberley, Canada

Mar. 31-Apr. 4: Heavenly/Tahoe trip

Apr. 2 (Fri.): Rat Attack awards party

Apr. 6-11 : Canada Ski Safari (or Dec.)

Apr. 9-11: Far West Championships

Apr. 16-18: Bachelor Blast

June 10-13: FWSA Convention, Indian Wells, California.

PACRAT

PACRAT Race Training Clinic



January 3 (Sun.) A race training day for all PACRAT racers.

Timberline ski area. 10 am.

Cost: \$25 plus buy your own lift ticket.

Photo: Brenda Ackerson, training.

Mt. High

Mt. High Ski Improvement Clinic

Sandra Kaufman



January 9 (Sat.) A ski improvement clinic open to all Mountain High club members. You don't need to be a racer. In fact, we strongly encourage non-racers to participate. Here's your chance to run some gates for free. Timberline ski area. 10 am.

Cost: Free. Just buy your own lift ticket. The club pays for a professional coach. Your only expense is the lift ticket. What a club!!!

Membership Party

Nov. 19, 2009. This year, for the first time, we held our annual Membership Party at the Gray Gables Estate. Everyone was impressed with the elegant surroundings. Thanks to **Tom Rodrigues** for making this possible. Thanks to **Debbi Kor** for getting all the food. Thanks to all the volunteers who helped! Approximately 200 people attended. The food was excellent, the company was pleasant, and there were door prizes.

There were three Mt. High gift certificates, several other goodies, and the big prize, the **SporTube** expandable ski carrier was won by **Ann Gormley**.

See more photos on our web site, on the [Recent Photos](#) page.



Canada Ski Safari

Dec. 1-6, 2009 (Tue. - Sun.). Cost: only \$290 per person. This was the 7th annual Ski Safari to Canada. The first one was in Dec. 2003, and Emilio did one on his own a year earlier.

This time, **Moniquea Degan, Richard Horner, Kurt Krueger, and Emilio Trampuz** did the basic 5-day tour, starting with two perfectly sunny days at Mt. Baker and Sun Peaks. Then it snowed all night and all day at Silver Star. The glades at Big White were fun. Finally, since Mission Ridge didn't have much snow yet, White Pass was an alternative stop on the way home.



The Three Bears glades at Sun Peaks, on our last run.



Mt. Baker



Silver Star

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

Whitewater, B.C. - by Emilio Trampuz



What a wonderful surprise Whitewater is for an advanced skier! I visited it on the last day of the Canada Ski Safari, taking a rather roundabout way home.

In previous conversations, I noticed people thought Whitewater was a small and non-challenging hill. Even I had that impression, maybe judging by its name or something. Boy, were we all wrong!

This place rocks. Trees, trees and more trees! Steep terrain, and then steeper. Moguls aplenty. In fact, there is hardly any beginner terrain, and very little intermediate. Their "green" and "blue" runs would be challenging for beginners and their lower intermediates. And there are mighty few green and blue trails. It's mostly black and double-black, and even more ungroomed glades.

The vertical at Whitewater is at least 50% more than at Anthony Lakes, and there are actually two hills on opposite sides of the valley. The more advanced hill has so much challenging terrain and so many trees that it would take days to explore it all. And if the terrain on the trail map is not enough, locals traverse quite a bit farther out and ski even longer slopes outside the ski area boundaries. This takes them down to the access road, and then they either walk up the road back to the ski area, or they hitch-hike. So, it must be good if it's worth the trouble.

The scenery is magnificent. Huge alpine peaks tower above the ski area. In the day lodge, there is a climbers' registry, similar to the one at Timberline Lodge (for people climbing higher than the ski area terrain).

At the recent Ski Show (at the Portland Expo Center) **Red Mountain** and **Whitewater** ski resorts combined forces. They shared the same booth, and had a common slogan: "**Red, White, and You**".

Combining the two on a ski trip is a good idea. Lodging could be at Red Mt., which has lodging at the base of the hill, and maybe take a day trip to Whitewater. The nearest motels are in Nelson, about 20 minutes north.

Whitewater is an advanced skier's mountain! Intermediates have somewhat limited options, but still fun.

The snow quality was excellent in the trees. All soft and powdery. One of the two hills at Whitewater is in the sun almost all day. The more advanced and larger hill is north-facing and in the shade all day.



Whitewater ski area



"Racer's Line" at Whitewater

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

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Ellison
Mt. High Racing Director

Our club, Mountain High, has 130 racers this season, which is more than half of all the racers that participate in PACRAT Racing. Several other clubs provide the rest of the racers.

Be Prepared

Sharpen their skis! You never know when you might have icy conditions on the course.

Also, it's early in the season for most skiers. Train enough to get some exercise and timing, but don't take more runs than your body can take at this stage of the season.

Racing Bibs

Your racing bib is your primary ID. It proves you are a racer. You will need it to get discounted lift tickets at the ski areas on race days.

Also, you will need it at PACRAT parties, first to enter, and second to identify yourself if your number gets drawn for a door prize.



Your team captain has already picked up all the bibs for your team. Each captain will decide how best to distribute the bibs to their team.

Some teams gather socially for a "bib decorating party". Feel free to color your bibs if you like (optional). Otherwise, your team captain will distribute the bibs on the morning of our first race at Timberline.

Upcoming Events

Remember these first 4 dates for this season:

January 3- Timberline training day for all Pacrats \$25 plus lift ticket

January 9- Timberline training day for all Mt High Ski Club Members \$0 plus lift ticket

January 10- First race at Timberline, start time for us is TBD by random draw

January 24- Second race at Meadows on Middlefork

2010 PACRAT Race Dates

Date	Location
Nov. 26 (Mon)	Mt. High teams signup deadline.
Dec. 10	Deadline to send all forms to Pacrats
Dec. 16 (Wed)	Team captains bib pickup, at Buffalo Gap
January 10	Race 1: Timberline
January 24	Race 2: Mt. Hood Meadows Middle Fork
February 7	Race 3: Mt. Hood Skibowl Dog Leg
February 28	Race 4: Timberline
March 14	Race 5: Mt. Hood Meadows Stadium
March 21	Make up race; only if a race is canceled
April 2 (Fri.)	Rat Attack Awards Party
April 9-11	FWRA Championships, Mammoth Mt.



Racing Resources

1. Mt. High web site: www.mthigh.org/Racing.htm.
2. PACRAT web site: www.pacrats.org.
3. Bruce: Yuffiet@comcast.net or: 503-697-7892.

Each year some of our skiers also go to the Far West Ski Racing Association **Championship races**.

A few tips on how we race

1. Everyone gets 2 runs, one in each of 2 parallel courses. Only your best run counts.
2. Only your best 4 out of 5 races counts toward the final results.
3. For new racers, the results of your first race will determine which category you will be placed in (from Beginner to Elite).
4. Each course has its own timing mechanism. You can start at your own convenience. It's OK to let the other racer go first, if you don't like racing next to someone. Or, you can compete head to head, if you wish.

MOUNTAIN HIGH

Trips

SNOWSPORT CLUB



Winter Trips

Several trips are already full. Others are filling up. Don't wait. Sign up now.

The following are trip summaries. More info is posted and updated on our web site: www.mthigh.org/Trips.htm.

If you travel to Canada or Europe, you need a passport. See: www.mthigh.org/Articles/Passports.htm

Mt. High

Whistler Cabin



Jan. 24-30, 2010.

6 nights lodging/ 5 days skiing. Carpooling. Cost - \$270 pp. includes lodging, daily breakfast, lunch & dinner.

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

This trip is limited by the size of the cabin to 13 people.

NOTE: The one spot that became available and announced via email has just been taken. So, this trip is once again FULL.

Mt. High

Mystery Trip (bus trip) -- ONLY 3 WEEKS AWAY!



Jan 15-18, 2010. 3 nights/3 days. We leave Friday around 5:00 pm. Lots of fun on the bus. We'll return Monday by abt. 8 pm.

This trip is already full. There is a waiting list.

Since we filled the bus, the cost of the trip went down from \$326 to just **\$309**, which includes bus transportation, 3 nights' lodging, 3 breakfasts, 3 lift tickets, and a pizza dinner.

Seniors (65+) get an additional \$13 discount, for a total of \$296.

All trip participants should send in the balance of their payment now. Also, they will soon receive more detailed instructions about where to meet the bus.

Info: **Emilio**: 1-503-378-0171, info@mthigh.org, or **Linda McGavin** at (503)652-2840 Trips@mthigh.org.

FWSA

Far West Ski Week: Keystone, Colorado



Keystone

Jan. 30 - Feb. 26, 2010. The biggest ski party in the West is the annual Far West trip, involving dozens of ski clubs throughout the Western States. lift tickets are valid at Keystone, A-basin, and Breckenridge.

Price is approximately **\$1,100** per person, double occupancy.

*Price does NOT include air or ground transportation.

The Northwest Council has been allocated 40 spots. These are all taken now. But, we can still match you up with people from other Councils.

See out TRIPS web page for info and schedule of payments. Checks to **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207. Contact: **Barbara Bousum**, 503/224-3584, BBousum@gmail.com.

Returning from Canada, the border guard was a very nice lady, who inspected my luggage and handed me back my passport saying: "Welcome back home!" Wasn't that sweet of her?!

I was concerned that I had shaved off my beard, but my passport photo showed me with a beard. The border guard told me it's not a problem. They are trained to recognize people with or without beards.

Is this the same person?



Lucciano Pavarotti
Famous tenor.



Alberto Tomba
(Tomba "La Bomba")



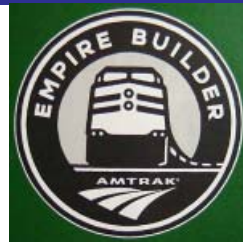
Emilio Trampuz
Lift Lines editor



All Aboard for Whitefish!

by Debbi Kor

Have you ever thought about taking Amtrak on a ski vacation? What fun it would be to jump on with about 25 of your closest ski buddies, and leave the driving to someone else? Well, here's your chance.



February 17th-20th, we will be railing our way from Portland to Whitefish, Montana to ski at one of the best mountains this side of the Rockies! The train leaves Portland at 4:45 pm on Wednesday, February 17th, and will arrive in Whitefish on Thursday morning around 7:30. We'll be picked up in vans and whisked away to Grouse Mountain Lodge, for 3 wonderful days of skiing and fun in the snow!

Our rooms will be ready upon arrival so that we can change, and take a shuttle to the mountain for first runs around 10 a.m. How cool is that? Upon returning from our first day on the slopes, we'll have a Welcome Party with 1 complimentary drink in the beautiful restaurant and bar at Grouse Mountain Lodge.

We will have access to our rooms until we're ready to return home via Amtrak on Saturday night. The train will depart Whitefish at 9 p.m., and arrive back in Portland around 10:30 a.m. on Sunday. The cost for all this fun is: \$425 for those who wish to travel by coach, \$575 for those who wish to have a sleeper. The price includes 2 nights lodging, round trip rail transportation, 3 days lift tickets, and 3 days breakfast.

For those who'd like to extend their stay, we will move over to the Lodge at Whitefish for Saturday and Sunday nights. We can ski 2 additional days, and depart Whitefish on Monday evening at 9, arriving back in Portland on Tuesday morning at 10:30. The additional cost will be just \$139 per person (double occupancy), plus lift tickets. Contact Debbi Kor: ijustwannarun1@comcast.net

Mt. High

Whitefish Mt. train trip



Whitefish, Montana



Feb. 17 - 21, 2010. A train trip to **Whitefish Mountain Resort** (the new name for Big Mountain, MT). 3 days of skiing and 4 nights total.

We'll leave on an Amtrak train on Wednesday afternoon, and arriving in Whitefish, Montana, early the next morning (around 7 am), ready to go skiing!

We'll stay at the **Grouse Mountain Lodge** for two nights, February 18th-19th (Thursday and Friday night). After a third day of skiing, the train leaves Whitefish at 9 p.m. on Saturday, Feb. 20th, arriving back in Portland on Sunday morning.

For those who'd like to extend their stay, we are planning 2 additional nights at The Lodge at Whitefish, Feb. 20-21st, for \$140 per person. Must reserve in advance.

Whitefish Mountain Resort offers: 3,000 acres, 2,353 vertical feet, 3 hi-speed quads, 2 regular quads, 4 triples, 2 T-bars. 94 named trails + vast amounts of bowl and tree skiing.

Price: The price depends on whether you want Coach or Sleeper accommodations on the train.

\$425 per person - for Coach class.

\$570 per person - for Sleeper on the train.

Included: * 2 nights on the train (in comfy reclining seats); or additional charge for a bunk bed.

* 2 nights at the Grouse Mountain Lodge in Whitefish (hot tub, restaurant, shuttles to town)

* 3 days of skiing + Free shuttles to ski area and to the town of Whitefish are free.

Sleeping compartment is available in both directions for \$135 per person, which includes both the first and the last night of the trip. To sign up, use the [Dough Transmittal form](#). No cancellations in the last 30 days.

Contact **Debbi Kor** at: ijustwannarun1@comcast.net.

Mt. High

Fernie / Kimberley - Canada (bus trip; optional fly-in)



Fernie

Mar. 21 - 27, 2010. A 6-day trip. 4 days/4 nights in Canada, with 3 days at **Fernie** and 1 day at **Kimberley**. But, we will also spend an extra day skiing at **Silver Mt.** (Idaho) half-way up to Canada, and then **Bluewood** ski area (Washington) on the way down. A total of 6 days of skiing!

Leave Sunday morning. Return the following Saturday by 9 or 10 pm.



Fernie

THIS IS A ONCE IN A LIFETIME TRIP! The logistics are not easy, so we will not do this trip again.

Fernie gets 29 feet of snow each year. Five enormous bowls; countless glades & chutes, 2,504 acres and 2,816 vertical feet. Served by 2 high speed quad lifts, 2 quad chairlifts, 2 triple chairlifts, 1 t-bar, 1 platter lift. Open bowl and tree skiing. Long cruisers. Also: 14 kms of cross-country trails. 9 on-hill restaurants.

Kimberley has 1,800 acres, 2,465 vertical feet, served by 1 High Speed Quad, 1 Triple Chair, 1 Double Chair, 1 T-Bar. Long cruisers. Lots of tree skiing, especially on the back side.

Lodging: 4 nights at the Fernie Stanford Resort, an off-mountain lodge with a shuttle to the ski area, hot tub, heated pool, restaurant. Full breakfast included. We'll also spend a night in Kellogg, Idaho on the way up, and a night in Ritzville, WA on the way back.



Stanford Resort at Fernie

Transportation. We'll have a chartered bus all the way from Portland. We will break up the long drive to Canada by stopping to ski half way there.

If you prefer, you can fly. Those who **fly** will have only **4 days** of skiing at Fernie & Kimberley, for a total price of about \$500 for the land package. Airfare is not included in the trip price. Also, you will have to rent a car to get from the airport to Fernie. You can fly to: **Cranbrook, Kalispell, Calgary, or Spokane.**

Price (based on 20 participants): **\$955.** Seniors and juniors 13-17 can deduct \$51 from the price. The price is still tentative, until we sign a contract. Price is on a sliding scale, depending on the number of participants. For each additional 2 people, price for everyone drops by \$20 - \$25.

Included in bus trip: 6 nights lodging, 6 breakfasts, 6 lift tickets, and bus transportation.

Deposit of \$100 due immediately! A payment schedule will be provided later. The number of people on this trip is presently limited to 30, including those who are flying and members of Altair Ski Club joining us.

This trip is during Oregon's Spring Break, and is FAMILY FRIENDLY! We have reserved 2 special family rooms at Fernie for the 4 day/4 night package at a cost of \$1,300 for 2 adults and 2 children under 13 (including lodging, lifts, and breakfasts for the family). Families with young children should plan to fly/drive to Fernie. If we get 10 people or more who are interested in flying, we can try to arrange group airfare and special rates for rental cars, but we must know right away so we can work on a group.

While we cannot take young children on a long bus trip, you may contact your trip captain about older children.

Use [Dough Transmittal form](#), p.15, to send **\$100 deposit**, due immediately. Full payment due by **February 20, 2010**

In February, you will be told the balance due. No refunds after Feb. 20 unless you can fill your spot.

Contact:

Linda McGavin at (503)652-2840 Trips@mthigh.org

Emilio Trampuz at 1-503-378-0171, info@mthigh.org.



Mt. High

Lake Tahoe / Heavenly



Marv & Janice

(ala chef Kris) in the condos. A sunset cruise on the lake is scheduled for an extra fee.

Come join us for fun on the sunny, snowy Lake Tahoe trip. Heavenly was rated tops for tree skiing in this year's Skiing magazine.



Mt. High members at Heavenly

"To breathe the air angels breathe, you must come to Tahoe"

- Mark Twain

The Lakeland Village Condos have the only private dock accessible to the lake as well a view of Lake Tahoe from every condo. The free shuttles from the condos are only a ten minute ride to the Heavenly Gondola, to the Outlet mall, and to unlimited first class dining & entertainment.

Last year's trip included a wine and cheese welcome party and two dinners

Mar. 31 - Apr. 4, 2010 A 5-day trip (Wednesday - Sunday).

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 ski resorts too.

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

Drive/Fly to Reno (on your own), take a \$43 round trip Sierra Express from the airport, or drive, or rent a car. Janice can help you carpool with others.

Price: \$400 (or just \$300 if you have a Heavenly Pass) 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 or 503-515-6230.

Send \$100 deposit. Use [Dough Transmittal form](#), p.15. Note: No cancellations in the last 30 days.

NWSCC

Bachelor Blast



Mt. Bachelor

April. 16-18, 2010.

Join all local ski clubs in a celebration of Spring skiing at Mt. Bachelor.

Price is **\$199 pp.**

- > 2 nights in Sunriver Tennis village condos
- > A mountain picnic lunch on Saturday
- > 2 days skiing at Mt. Bachelor

One day can be added at either end for an additional cost of about \$90 for lodging and skiing, based on 4 people per condo.

Mail check to: NWSCC P.O. Box 1915 Portland, OR 97207-1915

Contact **Debbi Kor** at:

ijustwannarun1@comcast.net.

FWSA

Far West (FWSA) Trips

• **Keystone Nationals**—FWRA—January 27-29, 2010. The Keystone Nationals is a dynamic recreational race competition, open to all ski club and ski council racers of all ability levels, as eleven different competition classes are offered for both men and women. Contact **Bob Ellis** at 530.582-0566.

• **FWSA 2009 Ski Week** will be in Keystone, Colorado January 30 to February 6, 2010. Council Trip Leaders are taking sign-ups. Check the Keystone flyer on our web site or at www.fwsa.org and click on travel.

• **Cortina Ski Trip**, February 27—March 7, 2010—\$1844 per person; Cortina, one of the most beautiful settings in the Alps; daily breakfast and dinner included; 7 nights at a 3+ star Splendid Venezia and round trip flight from SFO/LAX. Venice—Pre-Trip Extension \$575 February 24-28; Vienna/Budapest—Post Trip Extension \$878. Contact **Norm Azevedo** at fwsaitravel@sbcglobal.net.

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 7 years, and this is the second 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 7-8 (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 last year was \$900. Still TBA for this year. Contact:

Russ Stanton, russski2day@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 or at: www.cancerskiout.org

2nd annual Hope on the Slopes



March 19-20: (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 for individual or \$150 per team. A team can have up to 15 members. Each participant should raise a minimum of \$200 to participate in the vertical challenge.

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. OHSU is among the beneficiaries.

More info at www.oregonhopeontheslopes.org

To participate in the torchlight parade please contact **Emilio**.





Mt. Hood Skibowl

AAA members get a \$10 discount at Mt. Hood Skibowl for a day ticket, or a \$3 discount for night tickets.

Fusion Shuttles to Timberline and Skibowl

On weekends and holidays, a shuttle bus leaves from the Sandy Starbucks at 7:00 am. and taking people to Skibowl, Government Camp and Timberline. At the end of the day, the shuttle leaves Timberline at 4 pm, and Skibowl at 4:45 pm, and arrives in Sandy at 5:45pm. See: www.mthoodfusionpass.com/shuttle

During the day, the shuttle operates hourly between Timberline and Skibowl, leaving Timberline on even hours (10, 12, 2) and departing from Skibowl at odd hours (11, 1, 3).



The shuttles are free for all Fusion Pass holders. Other can ride for \$15 round trip from Sandy, or \$5 from Government Camp to Timberline.



Mt. Hood Meadows

Terrain that has previously been only talked about but not shown on the map is now officially on the latest Meadows map. Clark canyon, Super bowl, Private Reserve, God's Wall are all precisely shown on the map.

Only a year ago, in "Lift Lines" #89, May 2008, on page 2, we asked if you could find FRIGHT TREES at Meadows. Well, it's not a mystery any more. It is now clearly shown on the new trail map.

By the way, FRIGHT actually stands for "Far Right".

Mt. Bachelor

Lift tickets at Mt. Bachelor will depend on the weather and the number of lifts open. A day ticket will cost \$49, \$59, or \$69, depending on which lifts are open and how calm, stormy, or foggy the weather is.

For the first time in 14 years, Mt. Bachelor has completely redesigned the trail map, based on high-res satellite images.

Base lodges at Mt. Bachelor will now offer Wi-Fi broadband service.



Mission Ridge

Mission Ridge

US Ski Team slalom racers will train at Mission Ridge ski area on February 23, 24, and 25. The Olympic Slalom is Feb. 27, 2010. Mission Ridge was selected over Mt. Bachelor, Crystal Mt. and Schweitzer Mt.

Mission Ridge has the highest base elevation in the State of Washington, and thus some of the driest snow.

A few years ago, their main fixed grip chairlift was replaced by the "Liberator" express quad.

Ski with your head - Not your helmet -- by Emilio Trampuz

In an article in the Travel section of The Sunday Oregonian, December 13, 2009, the author, Christopher Broderick, describes an accident in which he somersaulted in the air and slammed his back into a tree and broke a rib and cracked two small bones in his lower back.

Did this incident made him ski more carefully? Or perhaps wear a body-brace, or a padded torso shield? No. It made him into a true believer in helmets. Helmets?!?! A helmet would not have saved his rib or his lower back. Where is the logic?

A lot of skiers and boarders seem to operate on such faulty logic. Which body part gets injured most frequently? Our knees. And, yet, how many of us wear a knee brace, or a knee stabilizer, or at least some sort of knee padding? No, we go for helmets instead.

Frequent injuries also occur to our wrists, elbows, and shoulders. Do we take any special measures to protect these? Well, we wear helmets!

The torso also suffers from time to time. The only time I collided with another skier was when I was skiing on a groomed trail along the rim of a gully, and a young guy launched himself into the air out of that gully around a blind corner. Suddenly, he was in the air right in front of me, and my chest slammed into his skis (which were in midair). Maybe I should wear a chest-protector, ... but at least I know that a helmet won't do anything for my chest.

Why do we not wear more protection for our body? Because it's too cumbersome. There's a limit to how much armor we are willing to accept before skiing stops being so much fun. I am sure you agree with that, otherwise you'd be wearing more body protection. It's just not worth it, considering the low a probability of any serious injury.

Well, that's exactly how I feel about helmets. It's just bulky armor that one has to lug around. The likelihood of actually needing a helmet is very low. I haven't needed one in over 30 years of skiing.

Even the author of the Oregonian article admits that skiing is a relatively safe sport. Accidents are rare. The

NSAA reports only one snow sport fatality for every 2.5 million skier days, and they are mainly due to collisions or avalanches.



There is a much greater danger of getting hit by a car in downtown Portland. People have died from just crossing the MAX rail line within city limits. And that's just part of the danger.

How about the danger of being hit by a brick or a flowerpot falling from a tall building? This is no joke. Some masonry once came crashing down just 50 feet from me on a city street. So, why are we not wearing helmets when walking around downtown? That would be a lot more logical, and would certainly make us safer.

Clearly, it's not fashionable to wear a helmet on the street. But, on the slopes, we have fallen victims to fashion and clever marketing and fear mongering by the helmet industry. If the trend continues, we will soon be wearing even more body armor. It will certainly make us a tiny bit safer, but at what price?

Personally, I prefer to ski with my head, not with a helmet. I prefer to ski at speeds that won't send me crashing into trees with a force strong enough to break my ribs. I ski cautiously and not beyond my ability. I give other skiers plenty of room. I do not hurl myself off of cliffs. I avoid jumps in terrain parks, and keep my skis in contact with the snow, so I can maintain control.

Ultimately, it is also a spiritual decision. Skiers go to the mountains in search of freedom and getting in touch with nature. Helmets and body armor are a bit like building a wall between us and nature. In the words of Chief Dan George, chief of a First Nation Coast Salish group:

"You can have your lofty mansions, in their gardens of cement. Keep your daily dose of nature in a jar."

"But for me, I'll take the free land, just the way God let it lie, and I'll breathe the mountain air till the day I die."



Passport Required



If you travel outside the US, including winter trips to Canada, you will need a passport. See: www.mthigh.org/Articles/Passports.htm

You may have several incentives to cross the border this Winter, including:

- a) The **Whistler Cabin trip** in January.
- b) The **Winter Olympics** in February
- c) The **Fernie/Kimberley trip** in March
- d) The **Canada Ski Safari** in April.

So, be prepared. Make sure your passport hasn't expired. Or get one if you don't have it. The process can take months!



Q & A about Mt. Bachelor

Q: Can I loan my Club Card to my friend?

A: No, the Club Card will have your photo on it.

Q: Can I use my Club Card at the ticket window?

A: No. Club Card savings are for advance online ticket purchases. They ensure the lowest daily rate. \$49 non-holiday.

Q: Can I buy a Club Card for someone else as a gift? How?

A: Yes. You will enter their customer info once they go on sale.

Q: Will I need to go to the ticket window to use my Club Card?

A: No. You can go straight to the lift. Club Card must be pre-loaded with the lift ticket in advance via www.mtbachelor.com.

Q: Should I be concerned with this daily pricing plan if I am going to have a Season Pass, 12-Day Pass, Club Card or Multi-day ticket?

A: No. It is irrelevant to you.

Free Mt. Bachelor Club Card



Thanks to **Linda McGavin**, who is currently working on the next **NW Skiers' Directory**, we found out this great deal that **Mt. Bachelor** has offered to all NW ski clubs, through the NW Ski Club Council. It's a free "Club Card".

1. For the general public: Up until the lifts open for the year Mt. Bachelor offers a "club card" picture pass for \$29 to the public that will let them buy \$49 non-holiday lift tickets.

2. For NWSCC club members (That's all of us!) - We can go to the Sports Desk at Bachelor up through January 31 and get that same card for FREE by showing our NWSCC membership card and picture ID. (Note: Your club membership card doubles as an NWSCC card. Just flip it over.)

3. On the day we pick up the Club Card, we can "load" it with our credit card with multiples of \$49. In the future we can load it up any time **online**, before arriving at the mountain. When we get to the mountain, we can go directly to the lifts and, as we pass through, \$49 will be deducted from our balance on the Club Card, which is a Radio Frequency ID. It's all automatic and very high tech.

Note that we can load the card in person at the Sports Desk **only the first time**. After that, we'll need to do it **online**, using a credit card.

Here's a recommendation for which pass to purchase, depending on how much you will ski at Mt. Bachelor:

- a) **2 - 10 days or 13 - 20 days: Get the Club Card.**
- b) **11 - 12 days : Get a 12-times pass.** for \$499.
- c) **More than 20 times: Get a Season Pass.** for \$999.

Mt. High Membership renewal

Whenever you send in any money to the club, please use our **Dough Tranmittal Form** a.k.a. the **Membership Signup Form**. You can find a compact version of it on the last page of Lift Lines, or on our web site, on the [Forms](#) and [Member Benefits](#) page.

Simply mail the form to the club's PO Box 2182, Portland, OR 97208.

For questions, contact: info@mthigh.org.

Remember, all Mt. High members are automatically members of the **NW Ski Club Council (NWSCC)** and the **Far West Ski Assoc.**

Besides doing it by mail, you can also renew in person at the **Ski Fair** (Monday, Nov. 9) or at our annual **Membership Party** (Thurs., Nov.19)

The advantage of doing it in person is that you then receive your membership card immediately, without delay. .

Cascade Ski Club Offer and Need

Cascade Ski Club offers card-carrying NWSCC members **\$18** dollars a night for a **mid-week** bunk in Govt. Camp. Call (503) 272-9204 to reserve.

Go to cascadeskiclub.org to join Cascade. Members bunk is just **\$12** and enjoy advance online bunk and food reservation privileges. Private rooms are reserved for Cascade Club members.

Cascade Ski Club seeks a **live-in manager** for the ski season. Room, board and a salary provided. Duties include housekeeping, snow shoveling and meal prep on weekends. Call (503) 272-9204 if you are interested.

Mountain High Meeting

Usually the last Monday of the month.

Dec. 28 (Mon.): Open to all who want to get more involved with the club, or just want to see what's going on. 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:

President: Gordon Lusk, H: 503-804-8363,
Vice-President: Kurt Krueger, H: 503-625-1492,
Secretary: Diane Zhitlovsky, H: 503-666-0389,
Treasurer: Sandi Dykstra, H: 503-629-0177,
Membership Director: Elaine Bock, H: 503-245-7009
Race Director: Bruce Ellison, H: 503-697-7892,
Newsletter Editor: Emilio Trampuz, H: 1-503-378-0171,
Social Activities: Debbi Kor, H: 503-314-7078,
Golf: Cal Eddy, H: 503-631-3115,
Mid-week skiing: George Yun, H: 503-697-3055,
NWSCC Rep: Debbi Kor, H: 503-314-7078,
Trip Directors: Linda McGavin, H: 503-652-2840,
 Janice Jessen, H: 503-515-6230,

GordyLusk@hotmail.com

telek2@att.net

Dianezhi@gmail.com

sandid@aol.com

SeawitchPdx@aol.com

Yuffiet@comcast.net

info@mthigh.org

ijustwannarun1@comcast.net

W: 503-805-8606, baebaw@ccwebster.net

boar2m@msn.com

ijustwannarun1@comcast.net

Trips@mthigh.org

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): _____

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 anyway.

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

Please take my money, and apply it toward the following Ski Club fun stuff:

Deposit? Paid in full?

☐ **Annual Membership** (Oct. 1, 2009 - Sept. 2010): Single (\$25); couple (\$40) \$ _____

☐ **PACRAT Racing (2010)** \$85 or \$90 Ask before you send. Team: _____ \$ _____

☐ **Mystery bus trip** (Jan. 15-18, 2010) Total \$326. Deposit \$100 \$ _____

☐ **Whitefish train trip** (Feb. 17-20, 2010) Coach: \$425, Sleeper: \$570. Dep. \$100. \$ _____

☐ **Fernie (Canada)** (Mar. 21-27) Total=\$950, Deposit=\$100, Full by Feb. 20. \$ _____

☐ **Heavenly/Tahoe trip** (Mar. 31-Apr. 4) Total \$400. Deposit \$100. Full by Feb. 28 \$ _____

☐ **Other:** _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

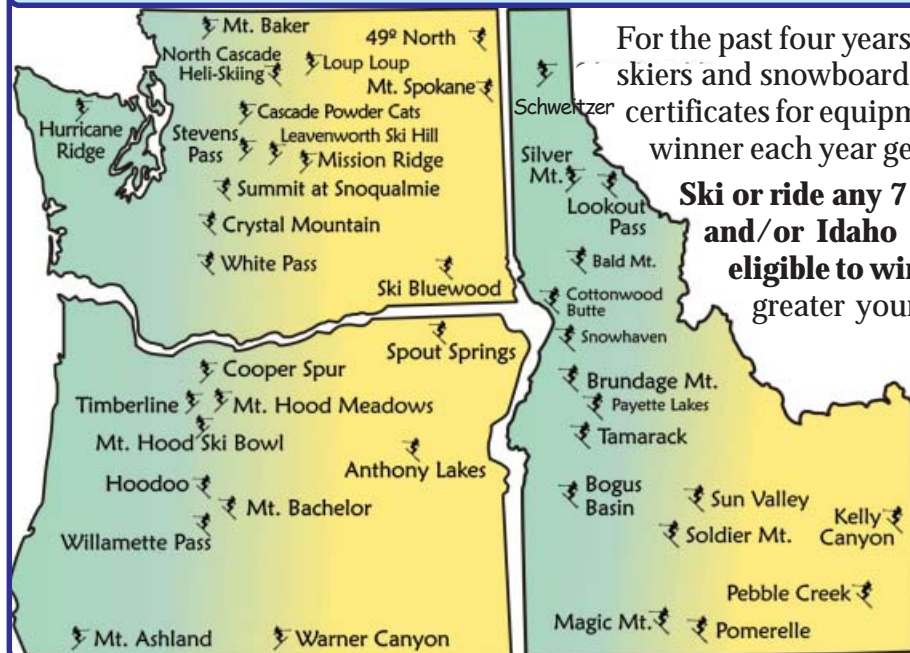
See our Trips cancellation policy on our web site: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Club membership = 317 Newsletter Distribution

The Dec. 2009 issue is posted on our web site, and also:
314 copies sent via email (as PDF files)
34 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.

Membership Renewal

If you have not renewed your membership yet, or if you have been on the Potential Member's list for a while and have not joined the club yet, ... this issue will be your last one. We don't want to lose you. To join or renew, send us a \$25 check (for singles) or \$40 (for couples). Use the Dough Transmittal form on page 13 or on the web.

NWSCC**Northwest Ski Challenge - by David Schor**

For the past four 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 gets a ten-time pass to Mt. Hood Meadows.

Ski or ride any 7 or more resorts in Oregon, Washington and/or Idaho during the 2009-2010 ski season to be eligible to win a prize. The more ski areas you visit, the greater your chance of winning.

Ski or ride some new slopes, save your lift tickets, and win a prize!

To qualify for a prize, submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207.

More info on our Council's web site: NWskiers.org. Also, see the [Articles](#) page on the Mt. High web site.

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

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