



Lift Lines

== No. 110, February 2010 ==

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



From the Editor

There have been some recent questions about what is the club's official view as opposed to the personal views of individual newsletter contributors. Here's a general guideline:

1. Club's official stance. Very few articles, if any, represent the club's official view. When there is one, there is usually a clear statement about it. One such example would be the club's Trip Cancellation Policy, posted on our web site, with links to it in several places in this newsletter.

2. General announcements. This is the most common type of article here. There is no specific author. There are no particular opinions expressed. Just some information presented to you.

3. Signed articles. All signed articles represent the views of the author. The club may or may not agree with the views expressed, or might not even have an officially agreed upon view, but any article where the author is named clearly comes from the author's mind and represents his/her personal views. Every club member is welcome to express their own views. It's what makes the newsletter interesting. Also, please feel free to write a rebuttal to any published article. For example, if someone criticizes a ski area, feel free to respond telling us why you actually like skiing there.



Mt. High

Come Ski With Us



Don't ski alone. Join us on a ski trip, or on any day-outing to Mt. Hood. Best place to meet is at McDonald's in Sandy, around 7 - 7:15 am on specific dates, such as on PACRAT race days (Feb. 7, Feb. 28). See our [TRIPS](#) page on the web site, for both weekend and mid-week outings.

PACRAT Race 3 moved from Skibowl to Meadows



February 7 (Sun.) at Meadows

February 28 (Sun.) at Timberline

130 of our Mountain High recreational racers will go to the mountain on these two days. Non-racers are welcome to join us, and carpool with us from Sandy!

Note the color code.
Our club is blue.

2010 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

- Feb. 5 (Fri.) TGIF - Wine & Seafood Festival
- Feb. 6 (Sat.) King Winter celebration
- Feb. 7 (Sun) PACRAT Race 3 Meadows
- Feb. 12-28: Winter Olympics
- Feb. 13 (Sat): Chocolate Party
- 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. 21 & 28 (Sun): Yoga for Skiers
- Feb. 23 (Tue): Mt. High Pizza Party
- Feb. 28 (Sun): PACRAT Race 4 Timber.
- Feb. 27-Mar. 7: FWSA trip: Cortina
- Feb. 28-Mar. 6: Ski Kats trip: Whitefish
Info: Henry Bendinelli 503-760-5763.

- Mar. 6 (Sat.): Ski The Glade Trail Day
- Mar. 6-7 (Sat/Sun): Masters Races
- 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 (Sun.) PACRAT Make up Race at Mt. Hood Meadows
- Mar. 21-27: Fernie/Kimberley, Canada
- Mar. 31-Apr. 5: 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

May 2 (Sun.): Brunch on Portland Spirit

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

Mt. High TGIF - Wine & Seafood Festival

Feb. 5 (Fri.) Come join your Mt. High buddies for a fun night at the Portland Wine & Seafood Festival, at the Oregon Convention Center, 777 NE MLK Blvd. Portland, OR 97232.

Let's meet at the **Duck Pond Winery booth** at **6 pm**, and see what all the Festival has to offer. Lots of food, lots of wine, and lots of fun, including an Oyster Shuck & Swallow at 7 p.m. that sounds like a must!

For more info, contact **Debbi** at ijustwannarun1@comcast.net.

If you have the afternoon off, doors open at 2 p.m. and admission is \$2 off for the first 2 hours. After that, it's \$12 per person. A portion of the proceeds is going to Multiple Sclerosis.

Mt. High Mt. High Chocolate Party

Feb. 13 (Sat.):
7:30 pm.

This will be our Olympic Chocolate Party!

Prizes will be awarded for the best desserts:

- a) the Most Chocolaty,
- b) Lightest but still Decadent, and
- c) Most Creative dessert.



Debbi Kor is hosting this annual event at her home in Vancouver (7804 NE Loowit Loop #97) from 7:30 p.m. to 11:00 p.m.

Everyone knows the drill.....bring a chocolate treat to share, and your drink of choice. Hors d'oeuvres will be served.

While sampling the many tasty treats, we can watch the Olympic Events that are happening that evening, which includes ski jumping and speed skating. Let's see who goes home with the GOLD!

Skiyente King Winter Celebration

Feb. 6 (Saturday) 7:00 pm.

Join the Skiyente Ski Club at Charlie's Mt. View Pub in Government Camp (Mt. Hood) on February 6th to celebrate the crowning of King Winter 2010!

Tickets are selling fast so contact skiyente@yahoo.com to reserve your tickets!

Colleen Walter also has tickets and can be contacted at: colleenski64@yahoo.com.

Doors open at 7:00 pm

Coronation at: 8:00 pm.

For more info, see flyer at:

www.mthigh.org/Events/KingWinter2010.pdf

Mt. High Winter Pizza Party

Feb. 23 (Tue.):
6 - 9 pm.

This is a Quarterly all-club meeting, which has traditionally been a pizza party.

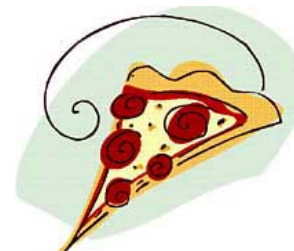
6:00- 9:00 pm, at the Round Table

Pizza, 10070 SW Barbur Blvd.

We don't do this too often, so as not to spoil you too much, but the pizza is **free** (on the club)! Just buy your own drink.

A great time to socialize and see what's been going on with your club-mates, and find out where the club has been and where it's going.

We'll also probably show some photos or videos from recent club trips and events.



Ski Historic Glade Trail Day



March 6, 2010 (Saturday)

Government Camp, OR – The Mt. Hood Cultural Center and Museum will hold this annual event on March 6, 2010. Once a year, under permit from the US Forest Service, the historic Glade Ski Trail is opened and groomed for this participatory living history event. This once popular downhill ski trail starts at Timberline Lodge and ends in Government Camp, a distance of three miles.

Before the advent of high speed ski lifts, highly groomed slopes and extreme snowboard acrobatics, skiing long trails was popular. According to **Lloyd Musser**, Museum Curator, “this event helps fulfill our mission of preserving and interpreting the history of Mt. Hood. This is a chance for Grandparents to ski with their grandchildren and share the memories of skiing the Glade Trail, when it was the biggest ski adventure on Mt. Hood.”

Participants are treated to a red carpet day of skiing. Skiers are shuttled to Timberline in comfortable airport shuttle vans, escorted by local guides and senior members of the Mt. Hood Ski Patrol, and served a hearty lunch.

Shuttles will run from 9:00 AM to 4:00 PM allowing ticket holders to make several trail runs. The events of the day are recounted at the Apre's ski party, where prizes are awarded. Wearing vintage ski clothing is encouraged.

Participation is limited to 75 skiers. Tickets are \$100.00 per person, a portion of which is deductible as a donation to the MHCC&M, a non-profit organization. Members of Mt. Hood Cultural Center & Museum receive 10% discount.

Tickets may be purchased at the museum, or by calling 503-272-3301. Visa is accepted.

Background information on Mt. Hood trail skiing is available on the Museum's webpage in an article entitled **Trail skiing on Mt. Hood a Long Standing Tradition**. See it at: www.mthoodmuseum.org.

Yoga for Skiers & Snowboarders

Feb. 21 (Sunday) 12:00 - 1:30 pm

Feb. 28 (Sunday) 12:00 - 1:30 pm

Exhale Yoga Studio, located in the Alberta Arts District of Portland, is offering a workshop series in February for Skiers & Snowboarders.

Todd Wilson is leading the workshop. He is a regular, wonderful teacher at Exhale, as well as an avid snowboarder. See flyer with details.

\$15 for both sessions or \$ 10 for one.

Pre-Registration required. Call (503)545-8312 or email: info@exhalepdx.com

Mt. High Adopts a Highway!



Our club has adopted a 2-mile stretch of Hwy 26, from about Mirror Lake to Trillium Lake, mileposts 51 - 53. We just need to commit to keeping that part of the highway clean. We will organize two cleanup days, in the Spring and Fall.

We also financially support the Mt. Hood volunteer Ski Patrol, World Cup Dreams (USSA) and

looking for other Snow Sports related charities. Mt. High is working hard on being more involved with the skiing environment and making it safer and more fun.

Sunday Morning Christian Devotional



Doug Pilcher, a veteran PACRAT racer and one of our Mountain High members, has offered to lead a devotional Bible study on Sunday mornings, on each PACRAT race day.

It will be a bible study, starting at **7:30 am**, or whenever you can get there, in the day lodge. For

the **Meadows** race (Feb. 7), it will be on the top floor, in the glass-covered span bridging the North and South Lodge. At **Timberline** (Feb. 28), it will be at the first set of tables as you go up the stairs on the left.

Every one is invited and Doug will have a few extra bibles. You don't need to be a racer to participate. Even if you are a bit late, just come. Contact Doug at: PilchD@molalla.net, 503-759-4899 or 503-799-6201 (cell).

2010 PACRAT Race Dates

<u>Date</u>	<u>Location</u>
January 10	Race 1: Timberline
January 24	Race 2: Meadows CANCELLED
February 7	Race 3: Meadows Mid-Stadium Moved from Skibowl to Meadows.
February 28	Race 4: Timberline
March 14	Race 5: Meadows Full Stadium
March 21	Make up race in place of the cancelled Race #2 at Meadows.
April 2 (Fri.)	Rat Attack Awards Party
April 9-11	FWRA Championships, Mammoth Mt.

2nd Race cancelled at Meadows**January 24 (Sun.)**

Our second race, at Mt. Hood Meadows, had to be cancelled because of the timing mechanism. It appears that a cable connecting the start and finish line had been accidentally cut. People did not want to start using an oral command in place of the electronic gates. It was a cold and blustery day. See how frosted Kurt Krueger looked!

PACRAT Racing videos

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Kuper
Racer & videographer

Just to get everyone pumped up about racing, **Bruce Kuper** has set up a special Channel on YouTube called the Black Diamond Thunder Channel. Check out this link to the video of the last race last year:

Race 5 Link:

<http://www.youtube.com/watch?v=usT9cv3eCik>

BlackDiamondThunder Channel Link:

<http://www.youtube.com/user/BlackDiamondThunder#p/u>



This is the channel where Bruce Kuper will post future videos. You can find a link to it on the Mountain High's RACING page, at: <http://www.mthigh.org/Racing.htm>. When you are on the RACING page, just click on the image that says: "Bruce's Videos".

**Racing Resources**

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

3rd Race moved from Skibowl to Meadows**February 7 (Sun.)**

Our "third" race had to be moved from Skibowl to Meadows, due to low snow conditions at Skibowl.

We will race on the lower half of Stadium, at Mt. Hood Meadows, starting at 10 am.

Since most people voted to go home and watch the Super Bowl, there will be no party after this race.

Skiyente Mt. Hood Masters Mania Schnee

March 6 - 7 (Sat. - Sun.) A two day Masters' Ski Race at Mt. Hood Ski Bowl. Note that the word "Master" in this case simply means an adult, not a kid.

Saturday is the Schnee Vogeli Turkey Slalom at Skibowl East.

Sunday is the Skiyente Memorial Cup Giant Slalom at Upper bowl and Dog Leg at Skibowl West.

Cost: \$30 per day, or \$50 for both days. Make check payable to "Skiyente Ski Club", and mail it to Julie Rasmussen, PO Box 343, Troutdale, OR 97060.

There will also be a **Mardi Gras dinner** at **Huckleberry Inn** in Government Camp on Saturday, March 6, 6:00 - 9:00 pm.

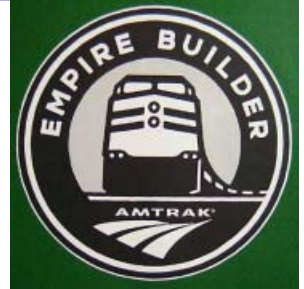
See the [flyer](#) for [registration information](#), places to stay and more! If you are interested in going to Mammoth Mt. Resort (CA) for the Far West Race Championships in April, this race will qualify you to attend the Far West Race.



There's still room for Whitefish! Feb. 17 - 21, 2010.

by Debbi Kor

WE HAVE ROOM FOR MORE takers on this trip. Amtrak is leaving on **February 17th**, when we will be railining 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**, arriving in Whitefish on Thursday morning around 7:30. We'll be



picked up in vans and whisked away to **Grouse Mountain Lodge**, for 3 days of skiing and fun in the snow!

Our rooms will be ready when we get there. All we have to do is 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 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: **\$300**, including 2 nights lodging, 3 days lift tickets, and 3 days full breakfast.

Train ticket is additional. Purchase it on your own from AMTRAK. The round trip fare (for 2 nights on the train, one each way) is:

\$133 per person - for Coach (super-comfy reclining seats)

\$308 per person - for Sleeper (bunk bed) on the train.

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.

For those who'd like to **extend their stay**, we will move 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 in Portland on Tuesday morning at 10:30. The additional cost will be just **\$139** per person (double occupancy), **plus** lift tickets.

To sign up, use the [Dough Transmittal form](#). No cancellations in the last 30 days. Contact **Debbi Kor**: 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 2 out of 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 5 out 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 Kellog, Idaho on the way up, and a night in Ritzville, WA on the way back. Hotel breakfasts included.



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 **3 out of 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): **NEWLY REDUCED** to **\$895**. Seniors and juniors 13-17 will have a reduced price. The trip captain will tell you by how much. Price is on a sliding scale, depending on the number of participants. For each additional 2 people, price for everyone drops by \$25.



Fernie

Included in bus trip: 6 nights lodging, 6 breakfasts, 5 out of 6 lift tickets, and bus transportation.

Deposit of \$100 due immediately! **The full balance is due by Feb. 15.** The number of people on this trip is limited to 30.

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. 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.13, to send **\$100 deposit**, due immediately. Full payment due by **February 15, 2010**. No refunds after Feb. 15 unless you can fill your spot.

Contact:

Linda McGavin (Trip captain) at (503)652-2840 Trips@mthigh.org,
Emilio Trampuz at 1-503-378-0171, info@mthigh.org.

Mt. High

Lake Tahoe / Heavenly



Marv & Janice

"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 (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

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

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. **It has been cancelled because of too few signups this year.** 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.

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](http://www.mthigh.org/Events.htm#Oregon%20Cancer%20Ski%20Out)

or at: www.cancerskiout.org



2nd annual Hope on the Slopes



March 19-20: (Fri.-Sat.)
at **Ski Bowl**. 1 pm - 1 pm.

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.



It will be 24 hours of fun, including **live music**, **barbeque**, a ceremony honoring cancer survivors, and a **torchlight parade**, on Friday at 8 pm. Contact **Emilio** to be a torchbearer (only abt. 30 spots).

Each participant gets a personal web page to customize with own message or photo.

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

Hope on the Slopes Kick Off

Jan. 21 (Thur.) The Kickoff event was held at Hillcrest Ski & Sports. Over 20 people signed up for the torchlight parade. Numerous bands signed up to play at Skibowl. People signed up for teams. **Colin Brandt** won a door prize! **Chris Bilbao** from NW Channel 32 videotaped the event.



Protective gear -- by Emilio Trampuz



The article on safety on page 11 of the December issue of Lift Lines #108 provoked some grumblings. Some people noticed only that, at the end, I expressed a personal preference for not wearing a helmet, but they seemed to have missed the main 2 points expressed in the article, namely that:

1. We should wear **more** protective gear; not less.
2. If you are concerned about safety enough to wear a helmet, you should wear the helmet **more**, not less!

Lynn Norbury wrote: I wanted to respond to your recent newsletter article regarding the wearing of helmets while skiing. Essentially, you don't see the need for them. And I agreed with you, until this last weekend. I have been a reluctant adopter of wearing a helmet while skiing. But while racing with the Pacrat league this past weekend at Meadows, I bashed two gates with my head. Not on purpose per se but I was definitely taking the bad girl line and skiing aggressively. The first time I headed a gate it startled me a bit and I remember thinking, "Ooh, that woulda hurt," if I didn't have a helmet on. I'd certainly have a most unladylike goose egg over my left eyebrow. And then I did it again in my next run! I only bought the helmet because I thought it would be required by the Pacrat league. Now I'm glad some shred of common sense compelled me to wear this helmet while ski racing. I still prefer to free ski without it on but I will not get in a race course without my helmet.

Very good point, Lynn. Helmets definitely can be helpful in situations like this. But, what my article was really trying to say is that we need **more** than just helmets.

You got a goose egg on your forehead, but many more gate-bashers have black and blue arms, shoulders or shins. And there is really no need for this, because there are two simple solutions:

- a) Don't bash gates; ski around them;
or
- b) Wear arm-guards and shin-guards.

Here are some made of kevlar.



For other types of collisions, like with another skier or boarder, it is much more likely that you will make contact with your arms, leg or torso, than your head. When Edie Martinelli collided with Fred Gilcrease at Mission Ridge three years ago, it was her **knee** that got hurt. And when a snowboarder went flying up in the air

and hit me from the side, he hit me in the **ribs**.

In my case, a **chest protector** would have been the right thing to wear.



The **knees** are the body part most frequently injured in skiing. Protective knee-caps or knee braces might help, if we were willing to wear them.

Also, there is the **knee-binding**, which claims to protect against ACL injuries.

There are also **back-protectors** (for those of us with bad backs), **wrist protectors** (especially useful for snowboarders), **elbow protectors**, and so on.

So, why do we not use any of this protective gear? Possible reasons:

- 1) **Not knowing** about the hazards, or about these protective devices and garments.
- 2) **Not caring about our safety.**
- 3) **Logical reasoning** about probabilities vs. comfort. We know about the dangers, and we do care, but we figure we don't really want it because of the added hassle of wearing all this extra armor and the relatively low probability of getting injured.
- 4) **It isn't fashionable.** It just isn't "cool" to wear all this additional protective gear. It doesn't look good.

Which is it for you? You **know** about the dangers. If you are already wearing a helmet, it means you **care** about safety. If you think **logically**, you realize that the probability of injuring your knees, arms or legs is much higher than the probability of injuring your head. So, it's not 1, 2, or 3.

That leaves only the lack of coolness as the main reason why most of us don't wear any protective gear other than a helmet. Wearing a helmet is cool. Other protective gear is not cool. At least not yet!

Several people said: "Helmets are more important than other protective gear, as a head injury could be life-threatening, while an arm or a leg injury is not."

Very good point indeed. I totally agree. But, then, why do you take off your helmet immediately after skiing? Why do you discard it just when you need it the most



- on the drive back home?

Think about it. You are going from a snowy surface to asphalt and cement. You are going from a speed of 15-20 mph on the slopes to doing 50 - 70 mph on the road. From a potential collision with a skier skiing parallel with you, at a similar speed to yours, to a potential frontal collision with another car coming at you at a combined speed of perhaps over 100 mph. And yet, you leave your helmet in the trunk!

How about probabilities? How many skiers have ever died while skiing at all of Mt. Hood ski areas combined? We don't know for sure, but the NSAA reports only one snow sport fatality for every 2.5 million skier days. Meanwhile every year 400 - 500 people die in car crashes just on Oregon. That's 1-2 deaths per day.

You are going from relatively safe slopes, with mostly sober skiers, to roads full of drunk drivers, drowsy drivers, people using drugs, texting while driving, speeding, applying makeup, full of road rage, etc. And yet, you choose to remove your helmet as soon as you leave the relative safety of the ski trails.

Race car drivers know better. They wear helmets. Maybe you are putting all your trust in the air bag, but the air bag itself could kill you if your head is too close to it when it goes off, like if you bend forward to scratch your leg, or to reach for the glove compartment just when a car crash happens.

Why do we dismiss all safety concerns when we are done skiing? Which of the 4 reasons above could it be?

Not knowing? Surely, we know about road dangers.

Not caring? Surely, we do care about our own safety!

Logical reasoning? Well, we just established that the roads are much more hazardous than the ski slopes.

Again, that only leaves the **coolness** factor. It's just not **fashionable** to drive with a helmet on. So, we don't wear one, even though it could save our life if we did!

To some extent, there will always be a tradeoff between safety and other factors (such as fashion, common sense, comfort, practicality, etc.). We could all be safer in a plastic bubble, or in a tank, or in full armor, instead of freely roaming the streets, but clearly that is not really practical or even feasible.

Each one of us has to determine for ourselves where to draw the line. But, at least try to be **consistent**. If you are concerned about safety on the slopes, you should be even more concerned about your safety off the slopes.



Backcountry Gear

Alpine Touring boots

- by Emilio Trampuz -

Continuing our series of articles on alpine touring (or randonnee) gear that many of our club members have been purchasing lately, let us consider boots.

When buying boots for alpine touring, you must make sure they will fit your AT bindings. If you purchased

Dynafit bindings



Dynafit bindings, whose toe piece consists of two pins, your boots need to be equipped with two corresponding notches near the toe, for those pins to fit in.

If you purchased **Diamir-Fritschi** or **Naxo** or **Marker**

Duke bindings, you can use your regular alpine boots.

The boot's **sole** is also a factor. Regular downhill boots have plastic soles which slide easily over the teflon plate on the binding, for easy release. But AT boots usually come with rubber soles, for better grip on snow and ice when climbing. Some AT boots come with interchangeable rubber or plastic soles.

If your soles are **rubber**, the ski shop will adjust your bindings only for correct boot size, but they will most likely leave it up to you to select the tension level, since there are no standards yet for this. When I had my bindings mounted, the ski shop put a sticker on my skis that warned about this.



I set the bindings to my usual setting of 5, but I noticed that I couldn't muscle my way out of the binding like I usually can with regular boots and bindings. The rubber really grips. So, I turned the setting down to 4.



Black Diamond, a Utah company, makes great AT boots (and skis), which work with any AT binding, with interchangeable soles, and a great walking mode, where the boot becomes so easy to flex forward that you hardly even notice you have boots on.



AAA discount at Mt. Hood Skibowl

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

80's Night at Skibowl, Friday, Feb. 19

It's hard to believe that so much funky ski and board wear still exists. Padded shoulders, leg warmers, signature hair styles, neon colors and suddenly you are rockin' the 80's look.

Snow riders in 80's gear will get \$5 off their lift ticket, subject to the discretion of the ticket booth sellers.

Starting at 8 p.m., there will be best dressed and other contests and lots of prizes in the Beer Stube, provided by Next Adventure.

See flyer at: <http://www.mthigh.org/Events/80snight1.jpg>

Mystery trip photos

Jan. 15-18, 2010.

The Mystery trip was to Willamette Pass and Mt. Bachelor.

We had the biggest bus, and it was full. We had fresh snow every day, 2 inches at Willamette Pass and 4 inches at Bachelor.

Everybody had a GREAT time! A few said it was one of our best trips ever.



Rich Horner sang a song about the Mt. High Mystery Tour, and the girls danced!



Just a few of us above Odell Lake, at W.P.



Jack Folliard reading jokes from his cell-phone!

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



Letters to the Editor / Dear Monty

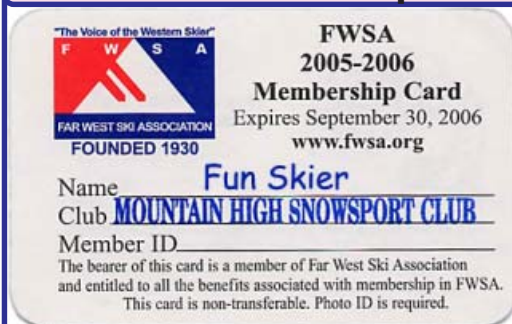
Lynn: I think you should start a new section in the Mtn. High newsletter called Dear Emilio, kind of like Dear Abbey. (The rest of Lynn's message is on page 9.)

Monty: Good idea! In a way, we already have a "Letters to the Editor" column, which doesn't appear in every issue, because of shortage of space, or because we don't get interesting letters every month.

Also, we didn't call it "Dear Emilio", because Emilio might not always be here. But, we could call it "**Dear Monty**", named after **Monty Highski**, a somewhat mysterious (maybe fictional) character who is actually the Owner of our online Forum Google Group. Go to our web site, click on the Forum, and check out the list of Forum members. You must first sign in to the Forum to be able to see the members list. You will find Monty Highski there.

Different people might be hiding under the Monty Highski pen name. Emilio could be one of them. But, so could **Kurt Krueger** or **Elaine Bock**, who recently jointly took over handling club inquiries sent to info@mthigh.org.

Membership Cards



If anyone still has not received their membership card, you can pick one up at our next few

events, such as:

Feb. 7 (Sun): PACRAT race at Meadows.

Feb. 13 (Sat.): Chocolate Party.

Feb. 23 (Tue.): Pizza Party.

Look for **Elaine Bock** or **Emilio Trampuz** at these events. For next year, please try to pick up your membership card in person at either the Ski Fair or the Big Annual Membership party, which we shall from now on simply call the Big Annual Club party. Both of these events are held in November.

New ways to help



We have two volunteers who stepped in to help ease the load of responding to various club inquiries sent to info@mthigh.org.

This email will now be handled jointly by

Kurt Krueger, our Vice-president, and



Elaine Bock, our Membership person.

Note that this is just one of the ways people can help. We could also use some help with the **Forum** (someone to moderate it), and with the **Bulletin Board** (someone to use a photo editor and a web-page editor to post people's announcements, resize their pictures, etc.).

In the long run, we could also have someone take over maintaining the TRIPS page, or the EVENTS page, or the RACING page. Instead of having just one webmaster, we could split up the work among several webmasters. Think about it.

But, first, we would like any potential volunteer to familiarize himself/herself with the inner workings of our club, by attending our monthly planning meetings (or call them Board meetings, if you wish). Those are held on the last Monday of every month. See page 13.

Our Club Secretary



Diane Zhitlovsky is our Club Secretary. She is amazingly well organized and has been keeping very clear Minutes of our monthly club meetings.

She is also in charge of keeping the club's documents in order. She will be the one to have the

latest version of our Bylaws, our Trip Cancellation Policy, various forms, historical documents, etc.

If anyone has something worth preserving for the club, please send it to Diane, Dianezhi@gmail.com, or Secretary@mthigh.org.

MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

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.

Feb. 22 (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,

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Dianezhi@gmail.com

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SeawitchPdx@aol.com

Yuffiet@comcast.net

info@mthigh.org

ijustwannarun1@comcast.net

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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): _____

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 anyway.

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 \$309. Deposit \$100 \$ _____

☐ **Whitefish train trip** (Feb. 17-20, 2010) Cost: \$300, Dep. \$100. \$ _____

☐ **Fernie (Canada)** (Mar. 21-27) Total=\$895, Deposit=\$100, Full by Feb. 15. \$ _____

☐ **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>

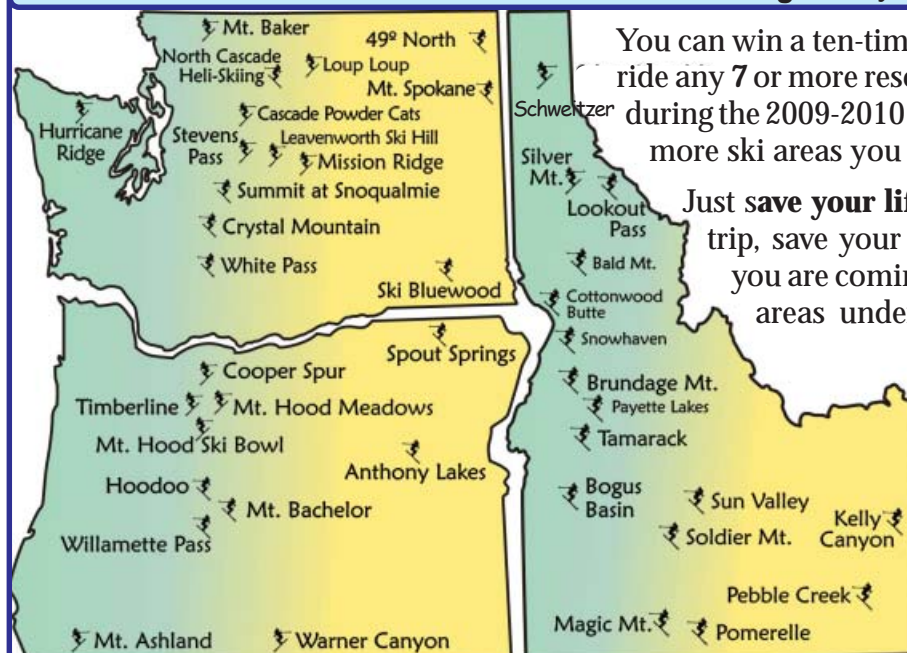
Club membership = 317 Newsletter Distribution

The Feb. 2010 issue is posted on our web site, and also:
314 copies sent via email (as PDF files)
25 paper printed copies sent via US Mail.
 Copies are sent to potential members, other clubs, etc..
Please help us minimize the cost of mailing paper copies.
Send your email address to: info@mthigh.org.

**Dear Monty**

Q: Dear Monty, I would like to send a CD/DVD with photos from our recent trip to Emilio, but I don't have his mailing address. Can you help?

A: Didn't you notice that almost every email from Emilio ends with a signature cartoon with his address? Or how about scrolling down to the end of this newsletter?

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

You can win a ten-time pass to Mt. Hood Meadows. Just 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.

Just save your lift tickets! If you've been on the Mystery trip, save your Willamette Pass and Bachelor tickets. If you are coming to Fernie with us, you'll have 2 more ski areas under your belt (Silver Mt. and Bleuwood). Then just ski the 3 main ones on Mt. Hood and you'll have 7.

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.