



Lift Lines

== No. 133 Jan. 2012 ==

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



From the Prez



First order of business is Happy New Year 2012!

*La Niña hasn't been too kind to us this last December, but the resorts have been doing a good job at managing the snow. Many days have been sunny and the groomers have been good. Snow and sun is not a bad combination. R*** has shown its face from time to time. Then there was the storm of Dec. 29-30. Dropped about 18". No sun, low visibility, but a great snow surface. Getting first tracks on Elevator Shaft and O-ring was heavenly. No complaints from me.*

The deadlines have passed to sign up for the Anthony Lakes and Utah trips, but we might still be able to squeeze you in. If you want to go, let the trip captains know. Sometimes there are lodging options or last minute changes that can accommodate an extra person or so.

PACRAT racing begins this weekend. If you don't race, come join us for the skiing. Or watch a few of your buddies fly down the course. With the new reliable timing equipment racers have most of the day to ski with their friends.

Several charitable events are ready to go in the next few months. Take a look later in the newsletter and see if any are a good match for you. One of the few times that you can ski with fire in your hand is at the Hope on the Slopes torchlight parade.

And then there is our Leap Day Pizza Party (Feb. 29). Free 'za and soft drinks, and a free ski movie. Life is good!

- Kurt

Come ski with us

Jan. 7 (Sat.) - Skibowl.
Jan. 8 (Sun.) - Meadows.
Jan. 29 (Sun.) - Skibowl.
Feb. 12 (Sun.) - Meadows.
Mar. 11 (Sun.) - Skibowl.
Mar. 25 (Sun.) - Meadows.



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**, and try to meet us near the ticket office at **9 am.** These are all race days, but you don't have to be a racer. Just come ski with us. At least 150 of our members will be go skiing on these days. Other days will be announced too, including the training days, etc.

Note the color code.
Our club is blue.

2012 CALENDAR

Blue: Mountain High events
Red: NWSCC / FWSA / Multi-club
Black: General events

Jan. 7-14: Snowmass Alpine Nationals

Jan. 7 (Sat): NASTAR race - Skibowl

Jan. 8 (Sun): PACRAT Race 1: Meadows

Jan. 18 (Wed) Hope on the Slopes kickoff

Jan. 20-22: Anthony Lakes bus trip

Jan. 21-28: Whistler cabin trip

Jan. 28-Feb. 4: FWSA Week Jackson Hole

Jan. 29 (Sun): PACRAT Race 2: Skibowl

Jan. 30 (Mon): Mt. High Board meeting

Feb. 11 (Sat.): Mt. High Chocolate Party

Feb. 12 (Sun): PACRAT Race 3: Meadows

Feb. 12 (Sun): Ski to Defeat ALS kickoff

Feb. 18-24: Mt. High Utah trip

Feb. 26-Mar. 3: Lake Tahoe Sampler

Feb. 29 (Wed.): Mt. High Pizza Party + movie night

Mar. 3 (Sat.): Ski the Glade Trail Day

Mar. 3 (Sat.): Turkey Slalom - Skibowl

Mar. 4 (Sun): Memorial Cup GS

Mar. 4 - 5: Oregon Cancer Ski Out

Mar. 9-10: Hope on the Slopes

Mar. 11: PACRAT Race 4: Skibowl

Mar. 9-17: FWSA: Chamonix, France

Mar. 16-18: Mt. High Mystery trip

Mar. 25: PACRAT Race 5: Meadows

Apr. 6 - 8: Far West Championships

Apr. 6 - 8: Bachelor Blast (NWSCC)

Apr. 13 (Fri): Rat Attack Awards party

Apr. 14 (Sat.): Ski to Defeat ALS

Apr. 19-23: Whistler-Blackcomb trip

June 7 - 10: FWSA Convention

Canada Ski Safari - by Emilio Trampuz

December 13 - 19, 2011



Emilio at Cypress Mt.

There have been 8 official Canada ski safaris during the past 8 years, starting in 2003. Each year, anywhere between 2 and 12 people went on this road trip, hitting a different ski area each day, carpooling, sharing the cost of gas and lodging, and most of the lift tickets were free, courtesy of the free vouchers handed out to everyone who came to see a Warren Miller movie.

The first Canada ski safari cost us only about \$200 per person. Unfortunately, the price of gas went up and the free Warren Miller vouchers were replaced by 2-for-1 offers, so the last official ski safari in 2010 cost us between \$480 and \$680 depending on lodging choices and whether the costs were split between 2 or 3 people.

This year would have been the 9th ski safari, but we didn't advertise it, and nobody asked about it either. But Canada beckons, with so many ski areas placed so conveniently. So, I slipped out quietly on my own to do it one more time, but with some significant differences, looking for new places to spread my wings. At the Ski Fair silent auction, I got a great deal on lift tickets to Red Mountain and 49 Degrees North. So that set the itinerary.

Day 1: Cypress Mt. This was a new ski area for me, one of three located on the outskirts of Vancouver, B.C. What a nice surprise! Cypress Mt. is bigger and better than I expected. I thought it would be a small beginner ski area with great views of Vancouver. The views were great, but the ski trails were longer and more challenging than expected. In the photo, I am near the top of Mt. Strachan, the higher of the two mountains, rising 1,700' vertical above the base area. Across the valley, you can see the Black Mt. ski trails. Vancouver is behind my head. Near me is a trail sign showing the typical ratio of just 1 blue trail, 3 black trails, and one double-black.

Day 2: Sun Peaks. A favorite of mine, with 3 mountains. I skied my favorite glades ("Three Bears") and the "Back in Time" trail, but I also found 2 trails completely new to me: "Fair Dinkum" (Australian slang for "genuine" or "the Real thing") and "Ça M'a Fait Plaisir" - which in French means: "This gives me pleasure."

Day 3: Silver Mt. There was fresh snow overnight, even down in the town of Vernon! I skied a bunch of trails and trees in the Attridge area, which used to be the local secret before they built a lift there a few years ago. Even after the new lift was in place, few people go there, because it's a slow lift, so I had the place to myself.

Day 4: Whitewater, near the town of Nelson. This was another pleasant surprise when I first discovered it a couple of years ago. Now they have almost doubled their terrain with a very long new lift on the back side of the mountain. Lots of glades, lots of challenging terrain, lots of powder. Well worth visiting.

Day 5: Red Mountain, near Rossland, B.C. The larger of the two mountains, Granite Mt. was open. This place is famous for powder and tree skiing. Unfortunately, in this unusually dry December, there just wasn't quite enough snow to fully open up all the terrain. Still, there was plenty open, and I had fun.

Day 6: 49 Degrees North, WA. This ski area north of Spokane is one of my favorites. Lots of tree skiing, lots of cruisers, lots of snow. You can ski Cy's glades, which I like to call the "7 Deadly Sins", because each of the 7 entrances to the glades is marked by a monk's face illustrating one of the sins. Also, just like most other locals, I rang the Nordic bell for good luck. The bell hangs from an old tree in which the face of a Nordic god is carved. Is that Ullr - the god of snow? Anyway, I rang his bell. And then I climbed to the top of Angel Peak, where a new lift will be built for next season. The peak already had some trails open for anyone who climbs it.

Day 7: Lookout Mt. - on the Idaho Montana border, just 20 minutes from Kellogg or 10 minutes from Wallace. You can ski 3 sides of the mountain: the Idaho side, the Montana side, and the "North" side. There was more terrain here than I had expected, and lots of glades too! It's hard to find Montana. Most trails turn back to Idaho.

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

Our club mentioned in the National Ski Club Newsletter

The National Ski Club Newsletter, edited by **Bob Wilbanks** and based in Englewood, Colorado, monitors all the nation's ski magazines and newsletters and caters to ski club trip organizers. Here is the article that appeared on page 7 of the January/February issue mentioning our club's ski safaris and multi-resort trips:

TRIP REPORT

NW Clubs' Safaris & Multi-Resort Trips

From the Mountain High Ski Club's *Lift Lines*



Skiing Heavenly with Lake Tahoe in the background.

Photo: Courtesy of Vail Resorts.

Clubs in the Northwest Ski Club Council are fond of inexpensive ski safaris -- skiing in a different resort and often staying in a different hotel each day. Last season, the Mountain High Ski Club held two ski safaris and the

Bergfreunde Ski Club held a Lake Tahoe Sampler, with 16 downhill and six cross-country ski resorts to choose from. But if you add the cost of airfare and shared car rental, these trips could be done by any club in the country.

The Canadian Ski Safari

This Mountain High Ski Club trip went to Big White, Silver Star, Revelstoke, Sun Peaks, and then skied Stevens Pass or Mt. Baker on the way to or from Canada. Nine members car-pooled for six days to six resorts for a cost ranging between \$480 and \$600 each.

The Washington Bus Trip

This Mountain High Club trip saw 45 members pay \$375 to ski Snowqualmie, Mission Ridge, and Stevens Pass.

Snowqualmie was skied on Thursday since it's the closest area to Seattle and gets crowded on weekends.

Mission Ridge, with its 2,250 feet of vertical and skiing by a World War II bomber that crashed on the mountain was next.

Stevens Pass offered lots of tree skiing and plenty of cruisers in its 1,800 feet of vertical - and the resort is served by three quad chairs, four triples, and three double chairlifts.

The Lake Tahoe Sampler

Bergfreunde's Lake Tahoe Sampler was a six day budget trip to ski any of the 16 downhill ski areas and six cross-country areas in and around Lake Tahoe while staying at the Blue-lake Inn near the Heavenly gondola. They car-pooled and searched for lift ticket deals so the cost of the trip was only \$397 plus lift tickets.

Remembering Colin Gadler

It began with Meg Gadler, who joined our club in the winter of 2005-2006 as a PACRAT racer. Pretty soon, the whole Gadler family joined the club too, including her brother Colin, and their parents Kathy and Tim Gadler. By 2006-2007, Colin Gadler was a PACRAT racer too. And an avid powderhound.

Colin will always be remembered as a fun-loving, witty and humorous young man who won 1st prize for the best joke told on our bus trip to Leavenworth, WA (Mission Ridge & Stevens Pass) in March 2007. See page 7 of the [April 2007 Lift Lines #76](#) and page 3 of the [May 2007 issue #77](#) (his joke).

Recently, we received sad news from the Gadler family:

"Our son and brother, Colin Gadler, passed away unexpectedly, at home in November. We are shocked and saddened beyond description. Colin loved skiing with the club. We thought you might like to share this info. Here is a link to his on-line obit:

[www.anewtradition.com/obituaries/obituary/4639 Colin Graham Gadler](http://www.anewtradition.com/obituaries/obituary/4639_Colin_Graham_Gadler)

Kathy & Tim Gadler and Meg Gadler Tripp"



Colin at Halloween party in 2006

PACRAT Racing

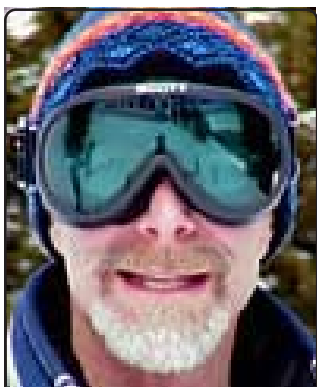
- by Bruce Ellison -

I used to race in the 1970's and 1980's in New England at local ski areas in New Hampshire. Most of the racers were in their twenties and thirties. Only occasionally would you see anyone older than that. About ten years ago, when I was pushing 50, my wife Cindy suggested I take up ski racing again. She said there was this group called PACRATS with lots of racers in their 50's and 60's. I didn't believe her, but when we went to the Mountain High meeting - there they were, people much older than us still racing, or even racing for the first time. Against my better judgment I signed up, and so did Cindy. We joined a 10 person team called **Rocket Dawgs**. Their friendly captain **Mike Weber** made us feel at home right away. The Rocket Dawgs are gone but we now have a team called the **Infrarats**. Our team has racers from 25 to 59 and we all have fun. This year Mountain High currently enrolled 15 PACRAT teams.



My team is the **Infrarats**- Pictured here are **Scott Way**, **Noel Jolivet**, **Jim Rogers**, and **Cindy Ellison**.

This year we'll be racing on 5 Sundays, three at Meadows and 2 at Skibowl. This year there is one big change for PACRATS. The start order will be random draw for race 1. For the next three races start orders will be fairly distributed amongst the teams. The last race's starting order will be worst teams go first. This is also our second season with a PACRAT owned and operated timing system. No more timing delays. First race is January 8th. A Nastar race at Skibowl on January 7th will be a good practice day. Pray for snow.

PACRAT News**Pacific NW Area Clubs Recreational Alpine Teams**

Bruce Ellison
Mt. High Racing Director

The team registration is now all done, though there are still a few stragglers who haven't signed all the liability releases.

There is more info about our racing and related events at: www.mthigh.org/Racing.htm

If you have any questions, contact your team captain, or Bruce: Yuffiet@comcast.net or: 503-697-7892 and we'll help you.

On **December 21** (Wednesday) the racing bibs were distributed to the team captains. Each racer now has a dedicated bib number.

The bib number is your main PACRAT ID. Please always have it with you at the races and at the apres-ski parties.

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.

Mt. High Team captains list

In addition to sending in your racing fee, you also need to find a team to join. A list of team captains is posted on our web site [Racing](http://www.mthigh.org/Racing) page, and also here:

Team name	Team captain	Email address / Phone #
Alpha KB	Mary Panza	skiermary69@hotmail.com
Avalanche Express	Gary Gunderson	ktgpdx@frontier.com
Bad Company	Steve Piazza	spiazza@sapiazza.com
Chilled Brewskis	Brenda Becerra	LetsPlayOnTheMt@hotmail.com
Drooling Moose Rats	Elaine Bock	SeawitchPdx@aol.com
Frosted Flakes	Stevie Viaene	stevie.viaene@gmail.com
Infra-Rats	Bruce Ellison	yuffiet@comcast.net
Lab Rats	Lonny Schiller	jandjkarsten@msn.com
Mixed Nuts	Samy Fouts	samyfouts@comcast.net
Mt. Hoodlums	Emilio Trampuz	Emilio2000@earthlink.net
Psychothermia	Gary Gunderson	ktgpdx@frontier.com
Rat Racers	Lynn Norbury	lynnertsn@gmail.com
Rattitudes	Chris Wiley	Chris2007@Yhuji.com
Schussing Shysters	McCoy Smith	McCoySmith@comcast.net
Slack Rats	Beth Paraskeva	alnbeth@gmail.com
Vertigo Madness	Tom Cansler	tomcansler@qualitytank.com

2011/2012 PACRAT Race Dates

Date	Location
Dec. 1	Deadline to send all forms to Pacrats
Dec.21 (Wed)	Team captains meeting / bib pickup
January 7	NASTAR open at Mt. Hood Skibowl
January 8	Race 1: Mt. Hood Meadows
January 29	Race 2: Mt. Hood Skibowl
February 12	Race 3: Mt. Hood Meadows
March 11	Race 4: Mt. Hood Skibowl
March 18	NASTAR Nationals (for those who qualify)
March 25	Race 5: Mt. Hood Meadows
April 1	Make up race; only if a race is canceled
April 6-8	FWRA Championships, Mammoth Mt.
April 13 (Fri.)	Rat Attack Awards Party

**10% off racers' price at the Ski Chalet**

The Ski Chalet, 4800 SW 76th Ave., Portland, OR 97225, is marking down their race items and **ADDITIONAL 10% off**. Yep, Race price **PLUS 10% OFF**.

NASTAR open race

January 7 (Saturday) - at Mt. Hood Skibowl.

A great opportunity to try running some gates. Give it a try! Open to everyone. You don't have to be a racer to participate. Just register on the morning of the event, in the Outback lodge, starting at 8:00 am. Lift tickets for racers are: \$45. Race starts at 10.

Entry fee is \$10 for 2 Nastar race runs and \$5 per additional run. Nastar medals will be awarded at the Alpenstube after the race.

Mountain High Ski Improvement Days

As in previous years, our club is working on organizing at least one free training day for our members. The date has not been announced yet.

Keep in mind that this is not a PACRAT activity. The training days are organized by the Mountain High club and they are free to all our members. Everyone is welcome and all you have to do is show up at the appointed time and place. Stay tuned.

MOUNTAIN HIGH**About our club****SNOWSPORT CLUB****How to Get the Most from your membership**

The 3 most important ways you can gain benefit from your club membership are: participate, participate, and participate!!!

Join us on trips (including day trips to Mt. Hood). For trips involving a bus, train or plane, please sign up NOW. Don't wait. The trips will either fill up or be cancelled, so reserve your spot now!

Join us in some recreational skiing around gates. Yes, we call it "racing" but don't be intimidated by it. It's also a very social activity.

Also, join us on various other social events, parties, movies, bowling, golf, hiking, etc.

Don't just sit there. Sign up now!

Mt. High Email

As you know, lots of useful news, updates and reminders are sent out to our club members via email. Some things never make it to the newsletter at all.

For email, you have several options:

1. **Receive only the newsletter once a month, and no other email.**

2. **Receive newsletter plus only emails related strictly to our club events.**

3. **Receive newsletter and all ski & snow related emails** (our club, plus NWSCC, FWSA, and ski area news and reminders).

If you want to change your email option, just let **Emilio** know at: Newsletter@mthigh.org.

**Mt. High Forum**

As the new season kicks into gear, it's time to revive our club's forum. You can use it in various ways:

- To make announcements;
- To ask questions;
- To find buddies to ski with;
- To discuss gear & other issues.
- You can now post a photo too!

Join in the fun. Check it out by going to www.mthigh.org, and clicking on the [Forum](#) button. Or, just click on the word [Forum](#) here.

If you are new to the Forum, you can view all the messages, but if you want to post your own, please click on "**Join this Group**" in the upper right of the Forum page.

Note that we have a separate forum for mid-week skiers.

**Mid-week skiers**

Q Who are the mid-week skiers? How can I join them?

A These are regular club members, just like you and me, who like to ski during the less crowded weekdays, especially when there is fresh powder on the slopes.

The group was started by **Harry & Lisa Scribner**. Then **George Yun** took it over, and right now the man in charge is **Ken Brundige**, KenBrundige@comcast.net



Ken Brundige
Mid-week skiing
coordinator

Email him to get on his email list, or simply join the mid-week Forum and you will then receive email updates every time someone posts something there.

Newsletter options

You can receive the newsletter in two different ways. We can:

1. **Attach** the complete PDF file to an email sent to you once a month.
2. Send you just the **link** to the newsletter posted on our web site.

We mail a paper copy only to those who don't have an email address.

Bulletin Board

Our online [Bulletin Board](#) is a great place to post items for sale or make public announcements for all our members to see.

You can't edit the Bulletin Board yourself. Instead, just send in your text and/or photos (separately) to **Emilio**: Newsletter@mthigh.org

Mt. High Calendar

Follow the link on our home page, www.mthigh.org to print out your own 15-month Mt. High wall calendar April 2011 – Sept. 2012.

The calendar is meant to be printed 2-sided, then folded in half, and stapled in the middle. Then punch a hole at the top to hang it on a wall.

Alternatively, you can ask Emilio to print, fold, staple and punch a calendar for you, for a small fee:

a) Letter sized = \$5 b) Tabloid size = \$10.

Make check payable to Emilio Trampuz and mail it to: Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem, OR 97302. (Add \$1.50 for postage.)

Have Fun!

You can have fun in many ways:

TRIPS: Join us on one or two trips. Skiing with others is what our club is all about! See pp 8 -12.

CHARITIES / FUNDRAISERS:

Have some fun while doing some good at the same time. Try to match your own time in a course at the Oregon Cancer Ski Out. Ski all night at Hope on the Slopes. Or race to Defeat ALS. All these will happen in March and April. See page 8, and more on our web site.

SPRING EXPLORATIONS:

In the Spring, when the snow is right and the sun is out, let's go explore the less well known corners of Mt. Hood, from Zig Zag canyon to White River canyon, and more. See the 2011 photos/ Start at: <http://www.mthigh.org/Photos2011.htm#Day at Timberline in May> and scroll down from there.

Mt. High

Chocolate Party



Feb. 11 (Sat). - 7 pm.

There will be the usual competition for:

- a) the most chocolatey,
- b) the most creative, and
- c) the lightest chocolate dessert.

Bring your own creation, or just come sample the goodies!

Our annual Chocolate Party will be hosted by **Edie Martinelli and Steve Royce**, at 10905 SW 83rd Ave., Tigard, OR 97223.

Please RSVP to Edie & Steve: 503-620-9559, ediemartinelli@frontier.com

Mt. High

Pizza Party + Movie Night + Food drive



Feb. 29 (Wednesday) - 6:30 pm - 9:30 pm.

A great quarterly Social Event for all our members, and the only one with a movie: "Winter" by the Ski Channel which brought us "The Story" last year.

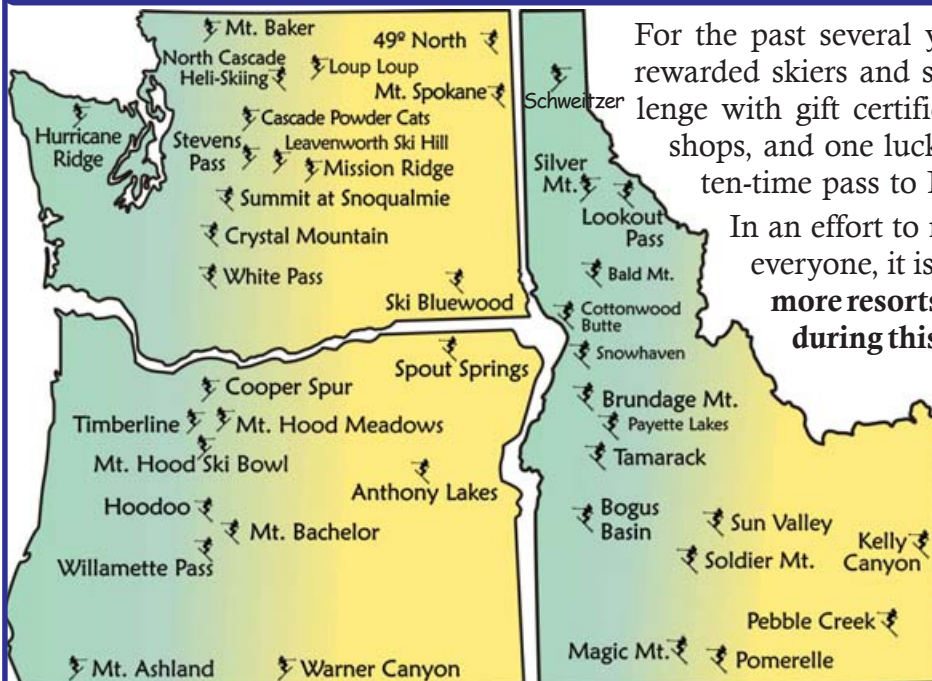
Pizza and soft drinks are on the club. Buy your own booze. The movie is free. Just bring a donation to the Oregon Food Bank.

Location: Old Town Pizza, 5201 NE MLK Jr Blvd., Portland, OR

See more info on our web site, www.mthigh.org.

NWSCC

Northwest Ski Challenge



For the past several 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, it is now super simple: **Ski or ride any 7 or more resorts in Oregon, Washington and/or Idaho during this ski season to be eligible to win a prize.**

It is not a race for more any more. Everyone who skis at least 7 ski areas has an equal chance. The winner will be picked by random drawing among all who qualify.

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, submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207. More info on our Council's web site: NWskiers.org.

MOUNTAIN HIGH**Lift ticket deals + Charities****SNOWSPORT CLUB****Mt. Bachelor Charity Weeks**

Mt. Bachelor will hold 4 charity weeks, Jan. 2 - 6, Jan. 9 - 13, April 2 - 6, and April 9 - 13, each week benefiting a number of local charities. Each charity will receive vouchers for \$25 lift tickets. Simply request one or more from a charity. Each time you use one, Mt. Bachelor will then donate \$25 to the charity. See list of charities at: http://www.mtbachelor.com/winter/planner/in_the_community

Tightwad Tuesdays at Hoodoo

Tightwad Tuesday is back at Hoodoo. Ski for just \$25. Be sure to check their website for other fun events <http://www.hoodoo.com/events/>

Shell deals for Oregon

Fill up your tank at almost any Shell station and ask for a ski voucher. Mostly 2-for-1 deals at ski areas all over Oregon. It looks like Washington and Canada are NOT included this year. Details at: <http://skifreedeals.com/frequently-asked-questions.html>

Schweitzer Mt. discount**Schweitzer Mt.**

Schweitzer Mt., Idaho, has offered our club members a group discount, even if we purchase the tickets individually, one at a time.

On daily tickets, you'll save \$11 on each ticket. Instead of \$67, you will pay **\$56**.

On a 3-day pass, you save \$42. Instead of \$201, you pay only **\$159**. The 3 day pass is valid on any 3 days in a season. They don't have to be consecutive days.

To get this discount, you must purchase and print the tickets through a **Schweitzer Mt. web page** that has been specifically customized for our **Mt. High club**. Click here: <https://tickets.schweitzer.com/affiliate.asp?ID=17D3854F-9D13-4D87-9805-3837BA537DE5>.

You will need the following password: **MtHigh-tix**

Oregon Cancer Ski Out

March 4 - 5, 2012. (Sunday & Monday) at **Mt. Hood Meadows**. This will be its 24th anniversary. Teams of 5 people compete in 2 races, not for speed but for consistency. Match your own results from the day before and win! This is a fund-raiser for cancer. See details on out Mt. High web site or on the official Oregon Cancer Ski Out web site:

<http://www.cancerskiout.org/index.php/learn-about-ski-out/about-the-ski-out>

Hope on the Slopes Kick-Off

Jan. 18
(Wednesday):
5:30-7:30pm.

Come help
kick off this
season's Hope
on the Slopes

event. Bring your friends who might be interested in participating this year. There will be give-aways / discounts / prizes etc.

Location for the kick-off: **Bing Lounge**, 1210 SW 6th Avenue, Portland, OR 97204.

The actual event is on **March 19-20** at **Mt. Hood Skibowl**, ... but we need to start promoting it, start forming teams, do some fund-raising, let our friends know we are involved. More on page 13.

Ski to Defeat ALS Kick-off

Fred Noble

Feb. 12, 2012. (Sunday) 3 - 4 pm
at **The Copper Monkey**, 6540 SW
Fallbrook Place, Beaverton, OR.

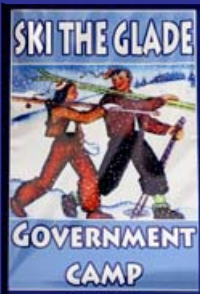
Fred Noble, a legendary skier and CMH (Canadian Mountain Holidays) representative - who was recently diagnosed with ALS - is now the Honorary chairperson for

this event. See [video](#) about ALS (Lou Gherig's disease).

The actual event is on **Saturday April 14, 2012** at Mt. Hood Meadows. Mt. Hood Meadows will provide special tickets to all participants so they can ski everywhere on the mountain and still have their vertical feet counted. More at [www.mthigh.org/#Ski to Defeat ALS](http://www.mthigh.org/#Ski_to_Defeat_ALS).

For other club benefits, check our web site: www.mthigh.org/Membership.htm

Ski the Historic Glade Trail Day



March 3, 2012 (Saturday) Annually on the first Saturday of March, by special permit from the Mt. Hood National Forest, the Glade Trail is opened and groomed for this living history event. This full-day event is a chance to experience a historical way of skiing on Mt. Hood. Skiers are shuttled to Timberline Lodge by bus, escorted down the 3.0 mile trail to Government Camp by local guides and the Mt. Hood Ski Patrol. Lunch, Apré's ski party and prizes are included in this unique fundraiser.

According to **Lloyd Musser**, Museum Curator and this event director, "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."



Lloyd Musser

This is also a perfect opportunity to ski Sand Canyon, the Blossom trail, and the Alpine trail multiple times!

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 Après ski wine party, where prizes are awarded. Wearing vintage ski clothing is encouraged.

The event is possible through the support of Timberline Lodge, Luxury Accommodations, Valians Ski Shop and Mt. Hood Ski Patrol.

Participation is limited to 75 skiers. Tickets are \$100.00 per person. Members of Mt. Hood Cultural Center & Museum receive 10% discount. For more info, contact Lloyd at 503-367-3946.

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

See more useful info and maps in our **February 2011 issue of Lift Lines #122**, pages 6 - 10.

Schnee Vogeli & Skiyente Mt. Hood Masters Mania Race Weekend

Multi-club



March 3 - 4, 2012 (Saturday/Sunday) - at Mt. Hood Skibowl

Saturday: Turkey Slalom - organized by the Schnee Vogeli club and open to all. Race at Skibowl East on T-bar Hill.

Sunday: Memorial Cup GS race - organized by the Skiyenete club and open to all. Race on Reynolds Run, Skibowl West.

Schedule of Events:

Friday Night: Race Pre-Registration 7-9pm at Huckleberry Inn
 Saturday: Race Registration 7-9am at Ski Bowl East~ Multorpor Lodge. Race at 10am.
 Saturday Night: Gumbo Feed and Awards 6pm at Huckleberry Inn
 Sunday: Race Registration 7-9am at Ski Bowl West ~ Outback Lodge. Race at 10am.
 Sunday Afternoon: Awards Ceremony ~ Outback Lodge. Immediately following race

Registration Info:

\$30 per day of racing (One time fee of \$25, if not a PNSA/USSA Member)

Registration to be mailed to:

J. Rasmussen ~ PO Box 343 ~ Troutdale OR ~ 97060


Checks payable to: Skiyente Ski Club

For more info please contact: **Julie** at julr200@msn.com

Lodging: Special Masters' Pricing at Cascade Ski Club, reservations required!
 Call 503.272.9204 and ask for Joe. www.cascadeskiclub.org

Mt. High

Anthony Lakes

Bus trip **January 20 - 22, 2012.**

2 days/ 2 nights. A fun bus trip. **Leave Friday at 4 pm.** Return Sunday night.

Anthony Lakes is the ski area with the highest base in Oregon, at 7,000' so the snow is guaranteed and the powder light & dry.

Lodging: The first night we will stay at the Indian casino near Pendleton. You will have time to gamble away some of your money!!! The next morning we'll drive straight to the ski area.

The second night, we'll stay at the El Dorado hotel in Baker City, the town closest to Anthony Lakes.

Dinner: When we come back from skiing on Saturday we'll change and load up on the bus again for a very special dinner at the Haines Steak House, the best for miles around. Your dinner and soft drinks are included, with a choice of prime rib, BBQ pork ribs, or halibut, as well as the fabulous salad bar. Appetizers, desserts, or alcoholic beverages are on your own. Vegetarians or light eaters who just want the salad bar will pay \$10 less for the trip.

Skiing: Sunday morning we will load up the bus to go ski at Anthony Lakes.

Update on snowcat skiing: Weather and snow conditions permitting, Anthony Lakes will offer our group half days of snowcat skiing on either Saturday or Sunday for only \$60 additional! This should allow anyone on our trip who is interested to participate on one of the two days. Linda McGavin is taking names of those interested, but no payment will be made until the time of the trip, when we are certain that they will be able to offer the snowcat (they usually start about that time of year). A total of 12 people can sign up on any one day, and we will need to let Anthony Lakes know how many extra spots they could sell to the public. So get your name in early to be on the list!



Trip Price: \$230 for transportation, 2 nights' lodging, and 2 days lift tickets.

Those over 70 will receive free skiing, and your total trip cost will only be **\$175**, including the fantastic dinner at the Haines Steak House (choice of prime rib, rib eye, or halibut, plus their amazing salad bar)!

Use the [Dough Transmittal form](#) to send \$100 deposit, due by **now**. Full payment due by Dec. 20. No refunds after Dec. 20 unless you can fill your spot.



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



More info on our web site, www.mthigh.org.

Mt. High

Utah: Powder Mt. & Snowbasin

Drive or fly  

Feb. 18 - 24, 2012 Take your pick: a short or a long trip.

SHORT: Feb 18-22: 4 nights/ 2 lift tix included, optional 3rd-4th day. Price: **\$299**.

LONG: Feb 18-25: 7 nights/ 4 lift tix included, optional 5th-6th day. Price: **\$494**.

There is a lot of flexibility in this trip. You can decide to drive to Utah (and maybe visit a few more ski areas along the way). Or you can fly to Salt Lake City and rent a car there. **This trip is almost full, but we can still squeeze you in.**

Sat., Feb 18, is travel day. We'll start skiing Sunday. Last day of the trip, you will either spend the day driving home, or ski one more day and catch an evening flight home.

Lodging: We'll stay in Eden, 15 minutes from Powder Mt. and 1:15 from the Salt Lake City airport. Lodging is in "Moose Hollow" condos. These are 3-bedroom condos, with 2 people per bedroom, and a total of 5 to 6 people per condo.

Lift tickets: Included are Powder Mt. and Snowbasin lift tickets. People on the short trip will get 1 lift ticket to each ski area (total of 2). People on the longer trip will get 2 lift tickets to each ski area (total of 4).

Powder Mt. offers 2,000' vertical 5,500 acres, 1 express quad, 1 fixed quad, 1 triple, 1 double chair, 1 snowcat.

Snowbasin was the location of the Olympic Downhill in 2002, luxurious new lodges, 2,959' vertical. 2,800 acres,, 1 tram, 2 gondolas, 1 quad, 4 triples. Both ski areas offer not only powder but also long cruisers!

Also, you will be able to ski at least one or two other ski areas around Salt Lake City (among the 8 available).

Transportation is not included. Drive your own car or fly and rent a car. You will need preferably a 4-wheel drive car to get to the town of Eden, Utah, and also to the ski areas. From Eden, there is a shuttle bus to Powder Mt. (15 min. drive), but no shuttles to Snowbasin (20 min. drive). Other ski areas are 1.0 - 1.5 hours away.

Here are some ideas offering additional flexibility:


Idea 1: For a quick in and out, fly in and fly out. Southwest Airlines has one-way tickets for just \$107 (Portland to Salt Lake City). You can use your own points on your own preferred airline.

Idea 2: For a more adventurous approach, drive your own car from Portland, stay just 4 days in Utah, and then ski your way back home, stopping at 2 or 3 other ski areas along the way, such as **Pomerelle** (Idaho), **Bogus Basin** (Idaho), and **Anthony Lakes** (Oregon). Or, if you've already been to A-Lakes (on our January bus trip), then select between **Spout Springs** (Oregon) and **Bluewood** (WA). Wow! A mini ski safari on the way back home! At least some of us are planning to do this.

Use [Dough Transmittal form](#) to send full payment (\$299 or \$494) due by January 18. No refunds after December 18 unless you fill your spot. Info: **Gordy:** 503-804-8363, GordyLusk@hotmail.com



More info on these and other trips on our web site: www.mthigh.org/Trips.htm.

MOUNTAIN HIGH**Trips****SNOWSPORT CLUB****Mt. High****Mystery Trip**Bus trip **March 16 - 18, 2012**

A weekend bus trip, 2 nights/2 days. We leave Friday at 4:00 pm. Lots of fun on the bus and on the slopes! We'll return Sunday by 8 or 9 pm.

Nobody except the trip leader knows where we are going. Put yourself at the mercy of the club and let the adventure begin! This is on St. Patrick's day, so bring your best limericks. During the bus ride, we'll play games, tell jokes, recite limericks, share food, and have a jolly old time!

Hopefully, we will also play a mystery game on the bus!

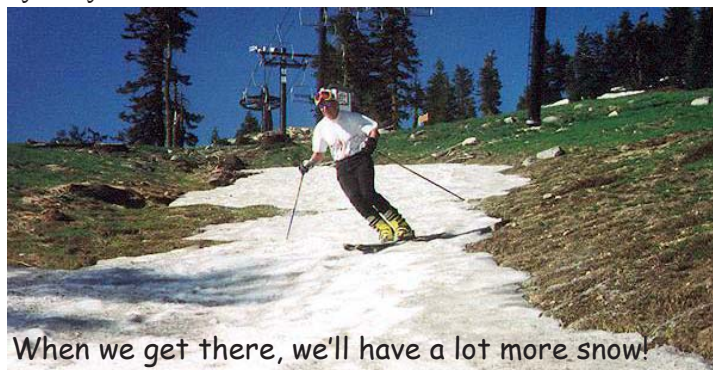
We'll spend a weekend skiing at two ski areas, both with lots of lifts, slopes, and options for every taste. People have asked if the photos used in promoting this trip are from the ski areas to be visited. Usually they are, or at least have been in past years. But, let's keep that a mystery too this time.

Price: \$245 includes: lodging, lift tickets, bus transportation, 2 breakfasts and 1 dinner (Saturday night).


Use [Dough Transmittal form](#) to send \$100 deposit, due by November 30. Full payment due by Feb. 15. No refunds after Feb. 15 unless you can fill your spot.

Contact: Emilio Trampuz at 503-378-0171, or Emilio2000@earthlink.net.

Photo on the right was taken after the ski area had closed.



When we get there, we'll have a lot more snow!

Mt. High**Whistler/Blackcomb**Drive or carpool **April 19 - 23, 2012**

(Thursday-Sunday) 3 days/3-4 nights.

Drive up on Thursday, ski Friday, Saturday and Sunday (or half day on Sunday), and leave either Sunday afternoon or Monday to go home.

Lodging: We'll be staying at the Whistler Coast, studios, 1 bedroom or 2 bedroom units.

Price: \$265 p/p includes 3 nights lodging, welcome party and Saturday night progressive dinner. Parking is an additional \$15 per night, so car pool with friends to save money and have more fun!

Lift tickets: We can use the Shell 2-for-1 coupons.

Fun: All kinds of fun to be had, including zip line, hiking, golf, 5-star restaurants and shopping galore.

Whistler Mt. offers 5,020' vertical 4,750 acres served by 19 lifts: 2 high-speed gondolas 7 high-speed quads 2 triple chairs 8 surface lifts.

Blackcomb Mt. offers 5,280' vertical 3,414 acres served by 17 lifts: 1 high-speed gondola 6 high-speed quads 3 triple chairs 7 surface lifts

Contact Debbi Kor with your lodging preferences and she will make reservations based on our needs. **Debbi Kor:** 503-314-7078, ijustwannarun1@comcast.net

Use [Dough Transmittal form](#) to send \$100 deposit, due by December 31. Full payment due by March 19, 2012. No refunds after March 19 unless you fill your spot.



More info on these and other trips on our web site: www.mthigh.org/Trips.htm.

MOUNTAIN HIGH**Trips****SNOWSPORT CLUB****Multi-club Whistler cabin trip****Jan 22-28, 2012. FULL**

6 nights lodging / 5 days skiing, Carpooling.

Participants on this trip are usually a mixed group from different ski clubs.

Cost= \$280 includes lodging, daily breakfast, lunch & dinner. Everyone encouraged to cook a dinner andhelp cleanup. **Contact: Bill Leeper: 503-639-2603.****UPDATE: This trip is now FULL.****But see below for a similar cabin with Julie Yang****Julie Yang** has reserved a cabin in Whistler during this same week. The latest news is that she has managed to fill that cabin too. **Contact: Julie Yang: 503-319-9988 or tattin187@aol.com.****But don't forget, we have a Whistler trip April 19-23. See page 10.****NWSCC Bachelor Blast****April 6 - 8, 2012.**

A weekend of skiing at Mt. Bachelor, including:

* 2 days lodging in Mt. Bachelor Village condos.

* 2 days skiing,

* A fabulous lasagna lunch at Mt. Bachelor on Saturday and a party on Saturday night.

Price: \$210. Only 80 spots at this price. But you can add additional days on your own and still get a group discounted price.

This is a multi-club trip organized by the NW Ski Club Council.

Deposits should be made payable to the NW Ski Club Council (NWSCC), and mailed to: NWSCC, P.O. Box 1915, Portland, OR 97207-1915.

Contact: Linda McGavin at 503-652-2840, Trips@mthigh.org.**Bergfreunde Lake Tahoe Sampler****Feb. 26 (Sun.) - Mar. 3 (Sat.).** Mt. High members are invited to join this flexible carpooling trip.**Cost: \$297** (ppdo, land only) includes: • 6 nights lodging• Group dinners Tues. and Thurs.
• Hospitality room Sun, Mon, Fri.

• Legendary Wed. night dinner dance cruise on the M.S. Dixie II paddle wheeler; • A trip souvenir.

Lodging: at the Bluelake Inn, within a few blocks of the casinos and the Heavenly gondola. Each room has a refrigerator and microwave.**Skiing:** We'll be playing it by ear and taking advantage of any lift ticket deals that are offered by the 16 different ski areas. We'll discuss our findings at a pre-trip meeting.**Contact: Bob Burns: 503-524-5261 (phone/fax), bob@inkjetman.com.****Send payments to:** Bob Burns, 9980 SW Citation Place Beaverton, OR 97008. Please include: Your name; club name; address; phone numbers; and email address.**Fundraisers, Good karma**

CLICK ON THE LINKS BELOW OR SEE OUR WEB SITE

Mar. 4 - 5 2012: [Oregon Cancer Ski Out](#),

A fun 2-day event (Sunday & Monday) at Mt. Hood Meadows. Teams of 5 compete for best consistency (not speed).

Mar. 9-10, 2012: [Hope on the Slopes](#),

A 24 hour ski challenge and fundraiser for the American Cancer Society, held at Mt. Hood Skibowl on Friday afternoon and Saturday morning.

If you want to get involved as a volunteer, come to the planning meeting on Tuesday, **December 13**, from 6:30 - 7:30 pm, at the American Cancer Society, 330 SW Curry St., Portland, OR. It's upstairs, on the 2nd floor.**Apr. 14 (Sat.), 2012: [Ski to Defeat ALS](#),**A fundraiser for ALS (Lou Gehrig's Disease) Amyotrophic Lateral Sclerosis, which is a progressive neurodegenerative disease that slowly robs a person of the ability to walk, speak, swallow and, eventually, breathe. This event, inspired by **Fred Noble**, will take place at Mt. Hood Meadows.

MOUNTAIN HIGH**Far West Ski Association****SNOWSPORT CLUB****"The Voice of the Western Skier"**

FOUNDED 1930

All our Mountain High club members are also automatically members of the Far West Ski Association. It says so on your membership card. So, these FWSA events and trips are yours! Make use of them!

FWSA Ski Week at Jackson Hole, WY

Jackson Hole

Jan. 28 - Feb. 4, 2012. This is the biggest trip of the season, attended by dozens of ski clubs.

Prices start at \$950, depending of the type of lodging you select. This includes 7 nights lodging, 5 lift tickets, banquet, council party, apres ski parties, races, and more. Airfare is not included.

One woman is needed to fill up a vacant spot.

Mail check to: NWSCC, P.O. Box 1915, Portland, OR 97207-1915. Mark the envelope: "Jackson Hole". Contact: **Barbara Bousum**: BBousum@gmail.com or 503-224-3584 or **Chris Ciardi**, c2blondie@hotmail.com, 503-297-5351.

FWSA Spring Fling at Big White

March 27 - April 1, 2012.
5 nights/ 3- 4 days skiing.

This is a Far West "mini" Ski Week, in the sense that it is shorter than a full week, but it is "maxi" in terms of skiing. Big White is Canada's largest all ski-in/ski-out destination resort, with great snow and lots of terrain for all tastes, from perfect groomers to wonderful glades and steeps.

Packages from \$520 - \$595 USD which include:

- * 5 Nights Accommodation
- * 3 or 4 Day Lift Ticket
- * Welcome Party, Tubing Party, Farewell Party

Bonus - Discounted tickets for Big White Wine Festival with Fireworks Display during FWSA Spring Fling for \$25 per person.

Reserve Your Spot or Full Details contact:

Fran Long - francat2007@sbcglobal.net or **Gloria Raminha** - fwsa.natravel@sbcglobal.net.

FWSA**Chamonix-Mont-Blanc****March 9 - 17, 2012.****International FWSA Ski Week.**

Chamonix offers skiing and snowboarding for all levels. It has tremendously long slopes, glade skiing, free ride and off-piste slopes. Included:

- * Round trip between SFO and Geneva on Swiss Air
- * Round trip transfers between airports and resort
- * Welcome reception and going away party
- * Guide & hospitality desk each evening
- * 7 night's accommodations at 3 Star+ Hotel Alpina
- * Breakfast buffet daily
- * Dine-around dinner program daily. (Choice of 3 restaurants: Alpina, Le Prieure and Croix Blanche)
- * Optional tour program including day tours to Annecy, Montreux, Courmayeur and more
- * Special group pricing on lift tickets and rentals
- * All local taxes

Price: \$1,191 (without air)

+ **\$1,056** for associated air from San Francisco.

Send \$200 deposit to: Far West Ski Associ. and mail it to: FWSA International Travel, 901 Sousa Dr., Walnut Creek, CA 94597-2922.

Contact: Norm Azevedo at 1-925-944-9816 or fwsaitravel@sbcglobal.net

FWSA**Far West Championships - Mammoth****April 6 - 8, 2012.**

Come ski Mammoth Mt. just for fun! Our PACRAT racers can participate in Slalom and GS races.

There will be different courses set for different racer abilities so you will be able to handle it. There are 10 different racer classes and also an age break at 45. There are individual awards and also a team trophy.

The Far West races registration fee is \$45 total for the whole weekend, including both a Slalom and a GS race (only one run per race).

For more information, contact **Bob Ellis**, FWRA (Far West Racing Association)

Phone: (530) 414-4270 (cell)

Email: rellis9681@aol.com

More info at: <http://fwra.com/>

Much more info on these and other trips on our web site: www.mthigh.org/Trips.htm.

MOUNTAIN HIGH**Contacts / Club info****SNOWSPORT CLUB****What happened to La Niña**

Typical La Nina
Storms usually favor the central and northern areas of the U.S. with snow.



Nov/Dec 2011
The storm track is splitting, with most snow hitting AZ, NM, and southern CO.

The reason we are not getting any snow is because the storm track has split up into two, so that Canada and the Southwest US are getting all the snow. See: <http://www.onthesnow.com/news/379/a/105372/wheres-the-snow-and-whens-it-coming>

Mountain High Meeting

Usually last Monday of the month

Jan. 30 (Mon.): Open to all who want to get more involved with the club. 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:	Kurt Krueger	H: 503-625-1492,	telek2@frontier.com
Vice-President:	Terry White	H: 503-781-4558	TWhite223@msn.com
Secretary:	Chris Brooks	H: 503-764-5323,	jruffman@al.com
Treasurer:	Alice Dagilaitis	H: 503-697-4885,	ADagilaitis@pru-nw.com
Membership Director:	Terry Swan	H: 503-729-3435	swans761@juno.com
Race Director:	Bruce Ellison	H: 503-697-7892,	Yuffiet@comcast.net
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@mthigh.org
Social Activities:	Debbi Kor	H: 503-314-7078,	ijustwannarun1@comcast.net
Golf:	Cal Eddy	H: 503-631-3115,	W: 503-805-8606, baebaw@ccgmail.net
Hiking:	Elisabeth Fontaine	H: 503-524-5774,	Lise518@msn.com
Mid-week skiing:	George Yun	H: 503-697-3055,	boar2m@msn.com
Trip Directors:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org
	Gordon Lusk	H: 503-804-8363,	GordyLusk@hotmail.com

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

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

Deposit? Paid in full?

<input type="checkbox"/> Annual Membership (Oct. 1, 2011 - Sept. 2012): Single (\$25); couple (\$40)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2012) \$95 for the whole season . Team: _____	\$ _____	_____
<input type="checkbox"/> Anthony Lakes trip (Jan. 20-22, 2012). Deposit: \$100. Total \$230. (by Dec. 20)	\$ _____	_____
<input type="checkbox"/> Utah (Powder Mt., Snowbasin) (Feb. 18-24, 2012). Deposit: \$250. Total \$299 - \$494	\$ _____	_____
<input type="checkbox"/> Mystery trip (Mar. 16-18, 2012). Deposit: \$100. Total \$245. (by Feb. 15)	\$ _____	_____
<input type="checkbox"/> Whistler/Blackcomb (Apr. 19-23, 2012) Deposit: \$100. Total \$265 (by Mar.18)	\$ _____	_____
<input type="checkbox"/> 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 = 322 Newsletter Distribution

The Jan. 2012 issue is posted on our web site. Also:

386 copies sent via email (as PDF files)

24 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: newsletter@mthigh.org.

Cycle Oregon - by Jan Siverts Smith

The Cycle Oregon web site has announced that there will be no in-person registration at the Kickoff event this year. Instead, all registration will be online only!

Ingrid Nysten of Cycle Oregon has confirmed this and explained: "*We are changing the registration procedure to online only for a variety of reasons, including fairness and also our concern that 500-1000 people would register at the Kickoff Party (versus the usual 2-300) and all those paper registrations have to be hand entered (it's just not an efficient use of our time, it would take hundreds of volunteer hours to make it happen). Anyway, we have set up the timing of the party so that people can still come to see the route announced live (it starts at 7 p.m.) and get home before 9 p.m. when online registration opens. All of these times are Pacific time. Our registration provider is, of course, aware of the demand that will be placed on the system, but in fact, it's not so different from past years and they will be ready to handle the volume.*"

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

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

Meadows lift tickets

For discounted \$59 Meadows lift tickets contact **Shawn Storey**, at 360-256-4321 or irishcatty@gmail.com

Barlow Road Bike Ride

Aug. 25 - 26, 2012 (Sat. - Sun.)

Experience a large part of Mt. Hood and Oregon History, the beauty, the majesty, the pioneering feeling of conquering the Barlow Trail Road from Oregon City Oregon to Mt. Hood...this is something you WON'T want to miss.

A 2-day century tour following the historic Barlow Road from the end of the Oregon Trail to Government Camp (and back).

Historic and incredibly scenic routes for riders of all abilities:

1. **Trail Scout:** 120 miles and 7,000 feet up and down in one day.
2. **Trail Boss:** 50 miles each day, one uphill and one downhill.
3. **Pioneer:** 25 miles up from Sandy, 50 miles downhill on day 2.
4. **Junior and Senior:** 50 miles downhill - the no training option.

Most of the ride will be on quiet rural roads except Hwy. 26 from ZigZag to Government Camp, which has a wide shoulder.

Rest stops every 10 miles, food, energy drinks, toilets, sag wagons, massage, mechanics and medical help. A great dinner at the Cascade Ski Lodge, and live music,

The maximum riders is 2,000. Registration fee is \$75.00 per rider. Details and registration: www.barlowroadride.com