



Lift Lines

= No. 151, July 2013 =

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



From the Prez



Summer is progressing nicely. We had a good turn out for the Highway Cleanup and collected a goodly number of trash bags. Our section is notably improved from the first time we did a cleanup.

Note the bike rides and hikes coming. Those have always been fun. And a good way to keep the legs and lungs functional for next season.

Your new board has been working hard planning some exciting trips for next season. And we've already submitted our order for powder conditions. If you have any ideas for trips, or want to visit a particular area, be sure to let a board member know. If we don't to it now, there's always next year.

We're going to do some more one day bus trips next year. Where to this time?

- Kurt Krueger

Got any photos of club events? Send a few of the best to Emilio, for inclusion in the newsletter and/or the web site, or post them in any online photo albums such as Photobucket or Snapfish and give us the web address (the link).

Man & Woman of the Year

This year's Man and Woman of the Year are **Bruce Kuper** and **Chris Brooks**. See more info about past winners on our web site, on the Awards page at: <http://www.mthigh.org/Awards.htm> Also see page 11.

Safety Person of the Year

At the Far West Ski Association Convention, **Gordon Lusk** was awarded the Safety Person of the year award. See more info about him and other winners on the Awards page at: <http://www.mthigh.org/Awards.htm> Also see page 4.

Club awards

Our web site and newsletter won too. See page 8.

Note the color code.
Our club is blue.

2013 CALENDAR

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

- July 7 (Sun.): Hike to Cape Horn
- July 13 (Sat.): Barlow pass to Rhododendron history bike ride
- July 15-19: Willy Camp (Willy Scroggins race training)
- July 19-21: Summer Fun Nationals at Timberline
- July 27 (Sat.): Bike ride: Banks-Vernonia
- July 30 (Tue.): Mt. High Board meeting
- Aug. 2 (Fri.): Golf at Eagle Creek
- Aug. 4 (Sun.): Hike to Tunnel Falls
- Aug. 7 - 14: Bike the Centennial & Coeur d'Alene trails
- Aug. 15-18 (Thur.-Sun.): Rafting
- Aug. 17-18 (Sat/Sun): Barlow Road Bike Ride
- Aug. 24 (Sat.): Picnic & Bike Ride
- Oct. 12 (Sat.): Seafood Social

Mt. High

Let's Have Some Fun



Hiking (1st weekend each month)



Golf (August 2)



Biking, in July and August



Rafting, Aug. 15-18

“Frosted Flakes” girls

Spring 2013.

On Easter weekend (end of March), the ladies on the “Frosted Flakes” PACRAT team got together to recreate a vintage ski poster from half a century ago, showing several young ladies in bikini tops carrying their skis and big smiles on their faces. The original photo was used to promote skiing at Vail, Colorado.

The **Frosted Flakes** team is a fun and energetic team. It's a mixed group of 10 people (both men and women) who not only participate in PACRAT racing but also attend social events, go on ski trips with the club, and every so often regale us with something special. For example, they printed team T-shirts that say: “Frosted Flakes - Each one is unique”.

And this time they came up with this classic photo. Move over vintage poster girls of the previous century! Make room for these 21st century girls! Go Frosted Flakes!



Photo: Bruce Kuper

Frosted Flakes girls

Pat Savage, Nancy Pratt, Jan Siverts-Smith, Moniquea Degan, and Stevie Viaene.
(Photo by Bruce Kuper - also a Frosted Flake)

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

Ramona Falls Hike

June 8, 2013. (Saturday)

Chris Brooks, our Woman of the Year, led a hike to Ramona Falls, a relatively easy 7 mile round trip hike from a trail-head not far from Lolo Pass Road. After crossing the Sandy river, we came to a sport were two options are offered. IT was a hot day, so we took the trail to the left, which took us along a creek and through a cool and shady forest all the way to Ramona Falls. After a rest and a picnic lunch there, we returned following the right side trail, which was somewhat straighter and shorter, following the north bank of the Sandy river.

The falls are magical. Everyone should see them! Pity that only 8 people experienced this.

Chris will lead at least two other hikes this summer, in the first weekends of July and August.



Photo by Bruce McGavin



Highway 26 Cleanup

June 22 (Saturday): 10 am. We cleaned up our 2 miles of adopted Highway 26, mileposts 51-53. Led by **Debbi Kor**, we met in Mt. Hood Skibowl's parking lot and then spent 2 hours cleaning up our two miles of the highway.

Fourteen of us filled 26 garbage bags with junk, including gloves, snow-chains, cans and bottles.

At noon, we had lunch at the Ice Axe Brew Pub in Government Camp. We'll do it again in the Fall.



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

Mt. High

Hiking



Chris Brooks has prepared 3 hikes for us this summer and they all have something to do with water or waterfalls. Reserve the first weekend of each month (June, July, and August) for a hike with your favorite ski club! The first one was on June 8 to Ramona Falls. See previous page. The next two are:

July 7 (Sun.): Cape Horn

A moderate 6.8 mile loop. Elevation gain: 1100 ft. Bring snacks, lunch, beverages, sunscreen, and camera!
MEET: 8 am at Gateway transit center.
QUESTIONS ; call **Chris Brooks** 503-764-5323 or email jruffman@aol.com

**Aug. 4 (Sun.): Tunnel Falls**

A 12 mile round trip hike. Elevation gain: 1640 ft. Bring snacks, lunch, beverages, sunscreen, and camera!
MEET: 8 am at Gateway transit center.
QUESTIONS ; call **Chris Brooks** 503-764-5323 or email jruffman@aol.com



Safety Person of the Year



Gordon Lusk has been named Safety Person of the Year at the Far West Ski Association Convention in June 2013. Congratulations, Gordy!

Over the years, Gordy has been our club's racing director, then our club president. He has organized free ski training (paid for by the club) for all of us over a number of years. He has also been organizing our annual rafting trip on the Deschutes River for the past 10 years or so.

Gordy has also been the PACRAT President. As a devoted racer and a member of the PACRAT Board, he has placed a lot of emphasis on safety on the race course. Specifically, both the safety and enjoyment of the racers has been enhanced by the emphasis Gordy has placed on side-slipping the course. Each team is asked to do some side-slipping on the hill to remove any ruts that may be forming.

At a PACRAT meeting, Gordy also gave a presentation on how to side-slip the course properly, not by scraping the snow off of the course, but by smoothing out the berms, the piles of snow that form on the outside of each turn.

The Safety Person of the Year contest is sponsored by the Aspen/Snowmass resort. The prize is a week of skiing in Colorado, at both Aspen and Snowmass, with lodging and airfare included.

You too can win! Just do something positive toward safety on the slopes, and submit your entry to the Far West Ski Association.

Mt. High

Barlow Pass to Rhododendron history bike ride



July 13 (Sat.) - 10 am. We'll explore many aspects of Mt. Hood's history.

The **Oregon trail** came this way after Samuel Barlow cut a road from the Dalles to Oregon City. But, where is that original trail? Can we still see it? Yes, some sections still exist. In about 2 or 3 hours, we'll cover a distance the wagons took a day and a half or two to travel.

We will also explore abandoned sections of the original **Mt. Hood Loop highway**, the one that preceded modern Highway 26. You might be among the last people to see it, because the Forest Service is actively destroying it and letting it go back to nature (See page 6).

Also, we will explore some of the more recent **local lore** and **trivia** about Mt. Hood, its ski areas, its roads, its people. There will be stories, ghosts, cemeteries, local heros and more. Bring your camera or camcorder!

We'll also make a short stop at the **Mt. Hood Museum**, to broaden our understanding of how the pioneers lived, how skiing on Mt. Hood developed, and even answer the question: "When were skis straight, if ever?"

This is more than a bike ride. It's more like time travel, visiting 3 or 4 different eras. A bicycle is simply a needed mode of transportation, because many sections are closed to motorized traffic and too long to hike.

Do you need a mountain bike? No. A road bike is just fine, but preferably not with super skinny tires. Almost half the ride will be on unpaved but smooth roads or paths, and there is always a paved alternative nearby. The total distance is only about 16 miles, most of it downhill, but about a mile and a half is uphill, and in a couple of places we will have to dismount and push or even carry our bicycles.

Meet at the **Still Creek Inn** in **Rhododendron** at 10 am. At the end of the bike ride, we'll have lunch at the Still Creek Inn. If you are coming, please let **Emilio** know: Emilio2000@earthlink.net or 503-378-0171.

Mt. High Banks-Vernonia bike ride



July 27 (Sat.).

Start at 9:30 am.

A paved rails to trails path with a **SLIGHT** incline part of the way. One **SHORT** steep uphill & downhill.

3 Options: 21 miles from Banks, or 14 from Baxton, trailhead or 7 miles from Top Hill trailhead. Those who start @ Banks will regroup @ Buxton, then Top Hill trailheads. (lets us know where you will start) PLEASE.

Restrooms available at all 3 of these trailheads.

Lunch @ Black Bear Coffee Co. outdoor patio in Vernonia.

RAIN CANCELS THE RIDE.

PLEASE **RSVP** Jackie @ 503-663-3359 or jbon1960@comcast.net

Mt. High Coeur d'Alene & Centennial Trails



Aug. 7 - 14.

A week-long bike ride on paved bike trails away from any other traffic. Led by Jackie Bonillo.

We will ride:

- * 23 miles of the Spokane Centennial Trail,
- * 7 miles of the Idaho Centennial trail, and
- * 72 miles of the Coeur d'Alene Trail across the Idaho panhandle.

You can join us for all or part of the trip.

Lodging will be: 1 night in Spokane, 1 night in Post Falls, 2 nights in Kellogg and 3 nights in Harrison, overlooking Coeur d'Alene Lake.

COST: Approx. \$700 with lodging in 4 places (it's high season) + some continental breakfasts.

Contact Jackie @ 503-663-3359 or jbon1960@comcast.net

Mt. High

Deschutes River Raft Weekend



Aug 15-18, 2013. This has become an annual tradition for our club. A long weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, Oregon. See map on page 10.

Contact Gordy: 503-804-8363, rivergordy@gmail.com

Reservation & payment deadline: August 1st. Cancellation deadline is also August 1st. Call for pricing if you have your own raft/kayak.

Trip includes:

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites at new location (see next page). RV space available for an

additional \$20.00 a night. Kids (8-20) are welcome and are the responsibility of the parent at a cost of \$50.

Rafting: (Row, Paddle or just ride) Friday and Saturday. We'll provide the rafts. On Friday, we'll assemble at Maupin City Park and then raft 18 miles from Harpham Flat to Sandy Beach. On Saturday, we'll start from the mid-point and raft downstream in the morning, and then do the upper half in the afternoon (to avoid the crowd).

Saturday night dinner: Lou's- Q will cook chicken, pork ribs and BBQ beans on Saturday only, but bring a salad, dessert or HDO for Sat. dinner. For other times, bring your own food and drinks. Also, bring quarters for the showers!

Camp, raft, dinner = \$95.00 pp, (Non-members \$110.00)

Camp, permit, dinner (no raft): \$50. Dinner only = \$20.

To sign up, please use the Dough Transmittal form, page 11 or print the form from our web site. See the [Forms](#) page at: <http://www.mthigh.org/Forms.htm>. See flyer at: www.mthigh.org/Events/2013-Raft-flyer.pdf

Barlow Road Bike Ride

Aug. 17 - 18, 2013 (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 very 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 Zig Zag 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 or call 503-272-3301.

Mt. High Picnic

August 24, 2013. (Sat.)

Join us for our club's annual picnic in **Sellwood Park**. The picnic will be preceded by an easy bike ride.

9 am for the bike ride (meet at the lower parking lot);

11 am for picnic.

11:30 am (or later) - food served.

See more at: www.mthigh.org/index.htm#Picnic

Contact **Debbi Kor**, ijustwannarun1@comcast.net



Highway 26 improvements

The Oregon Department of Transportation (ODOT) will be implementing several safety improvements on Highway 26 between Rhododendron and the junction with Highway 35.

Plans are still being made and will be finalized in August 2013. The work will take 3 years, from 2014 to 2017.

Some of the rock cliffs above the highway will be blasted away to reduce rock fall hazards.

Also, in a recent safety survey, it was determined that most of the crashes and almost all the recent deaths have occurred in the 2.8 miles of curves between Kiwanis Camp Road (Road 39) and the Mirror Lake trailhead. It is proposed to install a center barrier on 2.3 of those miles.

Also, the passing lanes will be extended by 1,400 feet to give motorists more space and more time to complete passing maneuvers. .

For more detailed about the project, including simulated before and after pictures, see: <http://www.us26mthood-safetyopenhouse.org/>



Map Curve (Eastbound) - Existing Condition



Map Curve (Eastbound) Simulation- Proposed Condition

Notice the rock cut back by a few feet and the new barrier.

Old Mt. Hood Highway Neglected & Destroyed

The first road built for cars to and around Mt. Hood was built in the early 1920s and completed by **1924**. It was called the Mt. Hood Loop highway because it made a loop around the mountain. It consisted of three distinct parts, which are close to today's Hwy. 26, Hwy 35, and the Columbia River highway, thus connecting Portland, Sandy, Government Camp, and Hood River.

In **1937**, president F. D. Roosevelt used this old road when he came to inaugurate Timberline Lodge.

Today, the best preserved is the Columbia River highway. Everything else has been neglected for the past 60 years, and a portion of the old highway just west of Government Camp has been completely destroyed by the Forest Service in the summer of **2012**. This is a pity because the old road was closed to motorized traffic and was used by hikers, joggers, and cyclists.



Some heavy machinery was used to completely upturn the asphalt. The resulting chunks with their jagged edges are now a hazard to both humans and animals. Cyclists and joggers still walk right through it.

It is tragic that Oregon's history is being destroyed here. Instead, it could have been preserved as a bicycle path similar to the Banks - Vernonia trail, or the famous 72 miles of the paved Coeur d'Alene trail in Idaho.

We won FWSA Communications Awards

June 6-9, 2013. At the Far West Convention in Reno this year, our club was honored with two awards:

1st place for Web site.

2nd place for newsletter (the Wentworth award).

Both awards were within the AAA category, which includes ski clubs with between 200 - 324 members.

NOTE: Between 2006 and 2007, as our club grew, we went from the AA category (under 200) to the AAA category (over 200).

As our club grows further, we are now just 2 people short of the next category: AAAA (over 325 members). We currently have 323 members.



Web site award



Newsletter award

Club photos

See the whole of last year in the life of our club on a single web page on the [Photos](#) page. Later this year, probably in October, we will move the past year's photos to a "2013" page, and clear the "Photos" page to make room for new season 2013/2014 photos.

Note that in many case, at the end of the photos for a particular event, there is a link to an online photo album where you can see more photos.

Lately, we've been using the **Photobucket** service, because it doesn't ask you to log in just to view the photos. We have set up a Mountain High club account there called MtHigh. If you want to add your own photos to any of the Photobucket albums there, or add a new album for a new event, please contact Emilio regarding the password.

But, even more older photos are available in our **Snapfish** albums. Over 3000 photos are posted on the **Snapfish** web site. Best place to start browsing is on our own **Photo Albums** page: www.mthigh.org/PhotoAlbums.htm.

To enter Snapfish, you have to login with an email address and a password. You can register yourself, or - if you wish to remain anonymous, use this:

Email: **photos@mthigh.org**
 Password: **photos**

At some point, we switched from using Emilio's address when posting photos, to using the Mt. High email address. So, to see all the older photos, you need to switch from watching "Our" albums to "Our Friend's" albums.

Club meetings

Remember, each month, we have one or two club meetings, held at different places. Some are outdoors, or at people's homes, or at various public spaces. Don't miss our next one:

July 7 (Sun.): Hike to Cape Horn

July 13 (Sat.): Barlow pass to Rhododendron history bike ride

July 27 (Sat.): Bike ride: Banks-Vernonia

Print the newsletter!

It's the only way you will read all of it.

Take it on a trip with you. Put it in the bathroom, next to the throne! Or have it in your car's glove box for those situations when you are driving to a club event and suddenly can't remember the address!

How to Get the Most out of your Club

The more you participate, the more you get involved, the more you can get from your membership in the Mountain High club.

Use the tools, such as:

our online Forum,
 read the newsletter,
 check the web site,
 show up at a party,
 sign up for a trip,

help us clean up our adopted highway,
 join us on a hike, a bike ride, golf, rafting, etc.

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

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Kuper
Mt. High Racing Director

Thanks to Bruce Ellison for being our club's Racing Director for the past several years. You can thank him by contacting him at Yuffiet@comcast.net or: 503-697-7892.

Our club's new Racing Director is **Bruce Kuper**. You can contact him at: 503-975-8039, or bruku@comcast.net

PACRAT Elections

June 19, 2013 (Wednesday). Annual elections for the PACRAT Board were held at the Round Table Pizza.

Results: **Greg Dilger** is the new PACRAT President. **Diane Hicks** is the Party director.

Note: More Mt. High people should run for a PACRAT position such as: Party Director, or Secretary. If you would like to run for any of these next year, contact **Gordon Lusk** ASAP at: rivergordy@gmail.com or **503-804-8363** or contact any of the current PACRAT Board members.

2013 PACRAT Race Results

Pl	Team Name (bib #)	Club Name	Pts
1	Ruttin' Rats (60-69)	Schnee Vogeli	269
2	Racy Brats (30-33)	Skiyente	244
3	Kiss My Wax (160-169)	Skiyente	206
4	Ragnar's Rangers (170-179)	Cascade	201
5	Rattitudes (150-159)	Mt. High	200
6	Rat Racers (210-219)	Mt. High	188
7	Chilled Brewskis (180-189)	Mt. High	184
8	Chix & Dix (50s & 190s)	Schneyente	172
9	Avalanche Express (70-79)	Mt. High	159
10	Vertigo Madness (200-209)	Mt. High	155
11	Infrarats (240-249)	Mt. High	151
12	Frosted Flakes (80-89)	Mt. High	142
13	MACTACULAR (220-229)	MAC	138
14	Blizzaardos (10-19)	Mt. High	138
14	Psycothermia (40-49)	Mt. High	137
16	Mixed Nuts (130-139)	Mt. High	135
17	Tasmanian Ski Devils (140-149)	Bergfreunde	133
17	Vertical Junkies (100-109)	Mt. High	129
19	Lab Rats (110-119)	Mt. High	123
20	Mt. Hoodlums (230-239)	Mt. High	121
21	Schussing Shysters (20-29)	Mt. High	121
22	Slack Rats (120-129)	Mt. High	109
23	MAC-II (90-99)	MAC	15

We had a total of 216 racers (71 female and 147 male) in 23 teams from a total of 6 clubs.

Only the Ruttin' Rats and Kiss My Wax teams had 100% participation, followed closely by Chilled Brewskis and Rat Racers with 98% participation.

Willy Camp



July 15-19, 2013. Mon.-Fri. Willy Scroggins has been leading this annual summer camp for 10 years, usually a week before the Summer Fun Nationals.

Focus is on Slalom and GS training.

Cost is **\$325** for the week or **\$75** per day.. You buy your own lift tickets.

Monday and Tuesday will be GS, on Wednesday and Thursday is Slalom, and Friday is GS again.

There will be on hill Video to analyze while you train. Meet out on the hill by 7:30 am, Look for the Willy Camp lane.

See more info at: www.mthigh.org/#Willy_Camp

Contact Willy Scroggins at 503 593-9954 or email: awillygoodcamp@gmail.com

Summer Fun Nationals



July 19-21, 2013. Fri.-Sun.

The is the 25th annual fun race at Timberline. All

PACRAT racers are welcome, as well as those who have never raced. See: www.summerfunnationals.com/

Friday is a welcoming party at the Brew Pub in Government Camp, 3-6 pm.

Saturday is a GS race (two runs). Then a BBQ at the Day lodge. Sunday is a Slalom race (2 runs).

The cost, if registered before July 15, is as follows:

1. The entire weekend (GS, BBQ, SL) = \$129
2. Saturday only: (GS, BBQ) = \$89
3. Sunday only (SL): \$59
4. Guest for BBQ only = \$35

After July 15, there is a late fee of \$20. More at: www.mthigh.org/#Summer_Fun_Nationals

Golf at Eagle Creek



August 2 (Fri.) 5:30 pm.

We will play 9 holes at Eagle Creek Golf Course, 25805 SE Dowty Rd Eagle Creek, OR 97022. Tee times start at 5:30 pm.

This is off of Highway 224 to Estacada. Hey, did you know that the original Barlow Road (the Oregon Pioneers' wagon trail) went right along what is now Dowty Rd.!

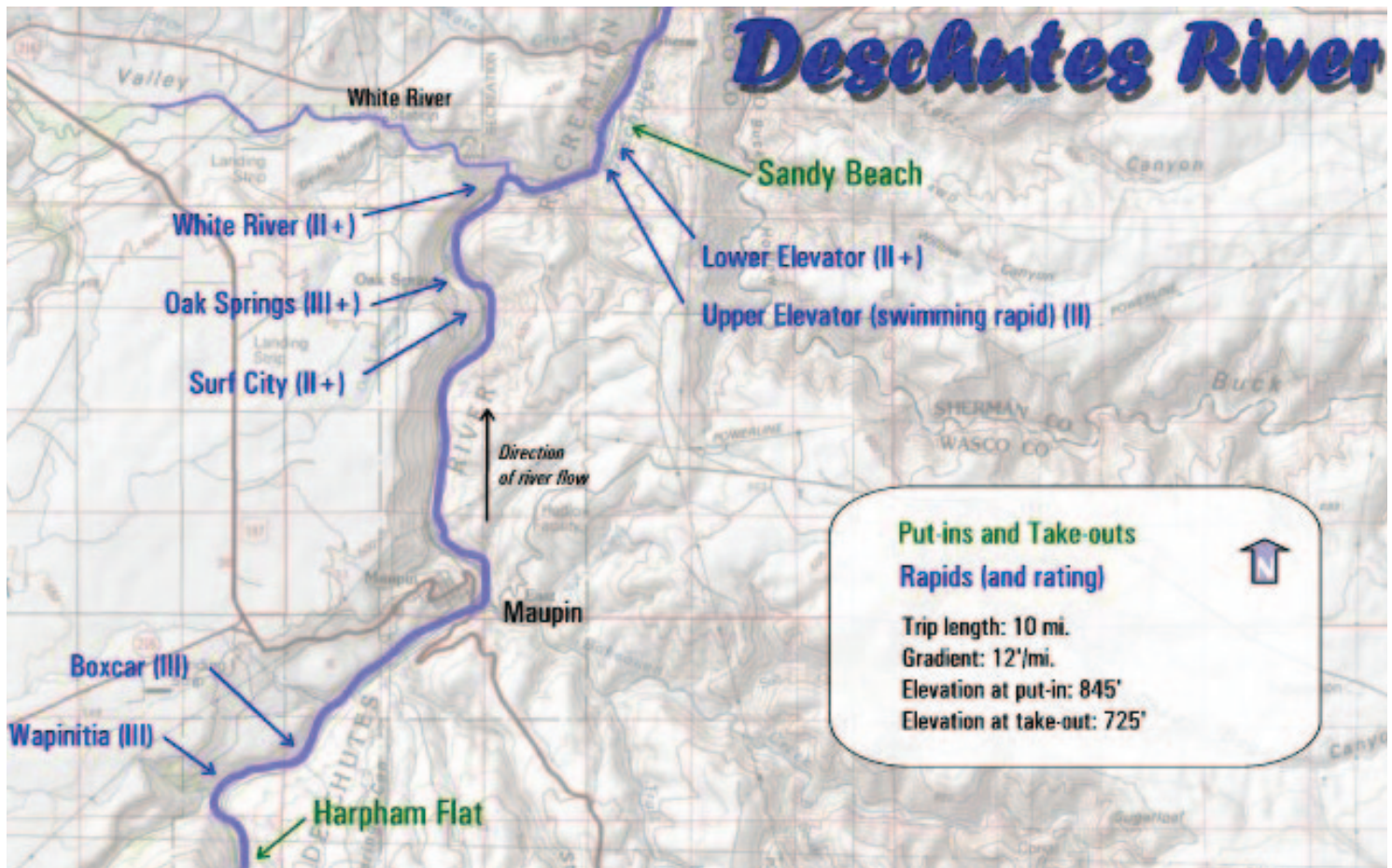
Cost: \$7 (for 9 holes); Cart: \$10.

If you want to play, please contact: **Terry Swan** at 503-729-3435 or e-mail swans761@juno.com Cal will be on vacation and will not be able to get your T-Time scheduled.

Rafting on the Deschutes River

August 15 - 18, 2013. See all the trip details on **page 6**, and on our web site. Below, see a map of the river, showing where we will be rafting. We will raft all the way from Harpham Flats to Sandy Beach (indicated in green letters on the map). The river flows from south to north, i.e. "upwards" on the map.

We will be camping in Maupin city park. Parking has been reserved for us from Thursday to Sunday. The rafting will be done on Friday (starting around noon) and all of Saturday.



MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

Man & Woman of the Year

Our club's Man and Woman of the Year, are:

Bruce Kuper, who is also our new Racing Director, and

Chris Brooks, our former club Secretary, and also our ongoing hikes leader.



Bruce Kuper



Chris Brooks

Mountain High Meeting

Usually the last Monday.

This month is exceptionally on a Tuesday.

July 30 (Tue.): 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,
Vice-President:	Terry White	H: 503-781-4558
Secretary:	Chris Brooks	H: 503-764-5323,
Treasurer:	Nancy Pratt	H: 503-593-9427,
Membership Director:	Terry Swan	H: 503-729-3435
Race Director:	Bruce Kuper	H: 503-975-8039,
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,
Social Activities:	Debbi Kor	H: 503-314-7078,
Golf:	Cal Eddy	H: 503-805-8606,
Hiking:	Chris Brooks	H: 503-764-5323,
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,
Trip Director:	Linda McGavin	H: 503-652-2840,
Trip Leader:	Gordon Lusk	H: 503-804-8363,

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KenBrundidge@comcast.net
Trips@mthigh.org
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): _____

By joining the Mountain High Snowsport Club, I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

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:

☐ **Annual Membership** (Oct. 1, 2012 - Sept. 2013): Single (\$25); couple (\$40)

☐ **PACRAT Racing (2013)** \$95 for the whole season. Team: _____

☐ **Rafting weekend** (Aug. 15-18, 2013) Members: \$95 Non-members: \$110

☐ **Rafting - other:** RV space: \$25 per day, Kids: \$50, Dinner only: \$20.

☐ **Other:** _____

Deposit? Paid in full?

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

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 = 323 Newsletter Distribution

The July 2013 issue is posted on our web site. Also:

385 copies sent via email (as PDF files)

22 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.

Helpful tip

Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit. The summer is a great time to prepare for next winter.

Mt. High Club meetings

Each month, we have one or two club meetings, held at different places. In July and August all our meetings/gatherings will be outdoors.

NW Ski Club Council meetings

NWSCC meetings are now held bi-monthly (February, April, June, August, October, December); These meetings are open and participation by club members is encouraged.

Next meeting is **Wednesday, June 19, 6 pm**. Both PACRAT and NWSCC elections will be held there. Tubby's Deli, 3330 NW Yeon Ave., Portland.

History Bike Ride

July 13 (Sat.), starting at 10 am in Rhododendron. The main info is on page 5, but here are a few more details. Here are just some of the things we'll see:

1. Parts of the original **Barlow Road wagon route**
2. The **Pioneer Woman's Grave**.
3. **Summit Prairie Pioneer's Cemetery**, and hear the ghost of Perry Vickers who is buried there.
4. **Mt. Hood Museum** in Government Camp.
5. **The old Mt. Hood highway**, before the modern Hwy. 26 was built. The road is overgrown with trees and moss, but it is still paved and smooth (except in one place that has been destroyed, but there is a bypass).
6. **See Laurel Hill from the top**, the way the pioneers saw it, the steepest part of the historic Barlow Trail, so steep the pioneers had to lower their wagons with ropes.
7. A replica of the **Toll Gate** near Rhododendron.

Bring your camera. Bring your camcorder. Some of this will be worth recording for posterity. Some day you'll want to show your grand-kids how you retraced the Oregon pioneers' trail.

for updates.

www.mthigh.org

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