



Lift Lines

= No. 215-216, Nov. - Dec, 2018 =

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



Mt.High

From the Editor

Mt.High



Winter is here. Ski areas are cranking up their lifts. Our Forums are springing into action. Mid-week skiers have announced they are going to Meadows this Friday. And some folks might be skiing at Timberline this weekend, December 1 - 2.

If you are anywhere near Mt. Hood this Saturday, December 1st, consider visiting the Mt. Hood Museum in the evening. Their monthly **History Happy Hour** event features a presentation about the Continental Divide wilderness trail. It starts at 7 pm. See page 3 for details.

Please use our **Forums** and our **Facebook** page to communicate directly with each other. And join us on the slopes of Mt. Hood.

Also, this is your last chance to **sign up for a PACRAT team**. It's just recreational racing. Anyone can do it. By signing up, you'll join a 10-person team and thus have 9 ski buddies for whole season. More on page 10.

The biggest news: We are now able to process your payments by **credit card**. We are doing it in the simplest way, through PayPal. You don't have to have a PayPal account to make a payment by credit card. PayPal is just the messenger for your payment. Just go to our new website page called "**Signup & Pay**" at: <http://www.mthigh.org/Signup-Pay.htm>

Charitable Events

Our club members have participated in most of these events in the past, and we hope to continue participating in most of them. Here are the dates and places. Click on each event name for more info.

1. [Hope on the Slopes at Mt. Hood Skibowl](#), March 2-4 (Sat.-Sun.)
2. [Ski to Defeat ALS](#) at Mt. Hood Meadows, March 9 (Sat.)
3. [Oregon Cancer Ski Out](#) at Meadows, March 10-11 (Sun.-Mon.)
4. [Ski-A-Thon at Bear Mountain, CA](#), March 9 (Sat.). A fundraiser for the US Adaptive Recreation Center.

Time to sign up for a ski trip!



Note the color code.
Our club is blue.

2018 - 2019 CALENDAR

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

NOVEMBER

Nov. 2 - 4: SkiFever & Snowboard Show
Nov. 3 (Sat.): Mt. Hood Heritage Night
Nov. 5 (Mon): **Mt. High Kickoff Party**
Nov. 7 (Wed): **PACRAT 101 @ Meadows PDX**
Nov. 10 (Sat): **Pray for Snow Party**
Nov. 13 (Tue): **New Members Welcoming**
Nov. 14 (Wed): **PACRAT 101 @ Hillcrest Sports**

DECEMBER

Dec. 1 (Sat.): **Sandy Ski Swap & W. Miller**
Dec. 1 (Sat): **History Happy Hour: "The Continental Divide Trail: by Barney "Scout" Mann**
Dec. 5 (Wed.): **Race bibs pickup + NWSCC**
Dec. 12 (Wed.): **Christmas Ships social**
Dec. 17 (Mon): **Mt. High Board meeting**
Dec. 29 (Sat): **History Happy Hour: Mt. Hood Movie Outtakes - Lloyd Musser**

JANUARY

Jan. 26 - Feb 2: **Discover the Monashees trip**

FEBRUARY

Feb. 18 - 22: **Bogus Basin & A-Lakes trip**

MARCH

Mar. 15 - 17: **Mt. Shasta & Mt. Ashland trip**

APRIL

Apr. 5 - 7: **Bachelor Blast trip**

Mt.High

Let's Have Some Fun



Christmas Ships social - Dec. 12



Skiing - when the snow is good

Mt. High

First day of skiing at Mt. Hood Meadows



Skiing at Meadows,
November 27, 2018

November 27, 2018. Tuesday. Mt. Hood Meadows Preview day. **Walt Blomberg** went skiing. He says:

My friend Mike Ferrell (pictured here) pleaded with me to go skiing with him on this "preview" weekend at Mt. Hood Meadows. Reluctantly, I agreed thinking that the snow would be hard and shallow, lines too long and the few runs would be too short to enjoy... Thankfully, I was wrong on all counts. The sun was shining, the groomers were great, the lines nonexistent, and best of all with a little hiking we found long patches of uncut powder (well close enough). Overall, great 1st day!



Hung some Tibetan
prayer flags, for
more snow.

Knee Bindings - the safest!



Each year, 70,000 skiers injure an ACL (anterior cruciate ligament) on all alpine bindings except the Knee bindings. ACL injuries are the worst medical epidemic in the history of skiing. Most require surgery, lost work, one or more lost seasons, and months of physical therapy. Over 20% of the injured never ski again.

All alpine bindings release up at the heel and sideways at the toe. These mechanisms help to reduce broken legs, but they do not protect against knee injuries.

Three-fourths (3/4) of all skiing ACL injuries are rear-weighted: the skier starts to fall backwards, bends hips and knees, and catches an inside edge. The leg cannot rotate that way, and the knee is damaged.

But no skier has ever reported this type of ACL injury on Knee Bindings. Knee Bindings do everything that ordinary bindings do, but in addition they also release under a purely sideways pressure. **They are like helmets for your knees.** Why would you want any other binding?

See how Knee Bindings work: <http://kneebinding.com/KB-InformationCenter3.aspx>

History Happy Hour 1



December 1 (Saturday)
Exploring America's Wilderness Trail - presented by "Triple Crown-er" hiker Barney 'Scout' Mann.

Author and hiker Barney

"Scout" Mann will discuss his latest book. It explores the rugged Mexico-to-Canada footpath perched along the Rocky Mountain Divide.

Mann is a "Triple Cowner," a designation given to those who have hiked all three American iconic footpaths, the Appalachian, Pacific Crest and Continental Divide trails. He served as board chairman of the Pacific Crest Trail Association from 2012 to 2015 and is a board member of the Continental Divide Trail Coalition.

Doors open at 6:30 pm.

Presentation starts at 7 pm.

Location: Mt. Hood Museum & Cultural Center in Government Camp.

NWSCC Meeting & PACRAT bib pickup



December 5, 2018 (Wednesday)
7 - 9 pm.

Location: Buffalo Gap Saloon, 6835 SW Macadam Ave, Portland, OR. See [Google Map](#).

This is a combined NWSCC General Meeting, PACRAT Bib Pick Up Night, and Pie Auction.

Pizza will be served; beverages no host.

The officers of NWSCC and PACRAT will be providing some yummy holiday treats for auction. You can buy some goodies for holiday treats supporting a worthy charity, the Far West Ski Foundation, which gives scholarships to up and coming young ski racers. Bring check or cash. No credit cards.

This is also PACRAT bib pickup night for teams.

PACRAT Team Captains will pick up the racing bibs for their team if all their team-mates have paid their PACRAT dues and submitted all the paperwork, signed liability forms, etc. If a team captain cannot attend in person, please send one of your team-mates to collect the bibs for your team.

Mt. High Christmas Ships Parade Social



December 12, 2018 (Wednesday) - 6:30 pm

We'll gather at **Joes' Crab Shack**, on the Columbia River (just across the Interstate Bridge, on

the Vancouver side) to watch the Christmas Ships parade.

Location: Joe's Crab Shack, 101 SE Columbia Way, Vancouver WA 98661. Phone: 360-693-9211.

Come join your Mt. High friends at the Annual Christmas Ships Parade on the Columbia. We'll gather about 6:30 p.m. for drinks and dinner. The Ships typically show up around 7:45 - 8:00 p.m.

We'll have some tables staked out, beginning around 6:30 p.m., so come for drinks, stay for dinner, and enjoy the evening with your fellow Mt. Highers.

Contact: **Debbi Kor**, 503-314-7078, ijustwannarun1@comcast.net

History Happy Hour 2



December 29 (Saturday)
Mount Hood Movie Outtakes - Lloyd Musser

Movie outtakes from R. L. Kohnstamm's historic Timberline movie collection. This collection

consists of movies made at Timberline Lodge between 1955 and 1995. If you skied or partied at Timberline during this era, you may appear in these movies.

Doors open at 6:30 pm.

Presentation starts at 7 pm.

There is no charge for the presentation and discussion. Beer, wine and other beverages are available for purchase, starting at 6:30 pm.

Location: Mt. Hood Museum & Cultural Center in Government Camp. Next to the Taco Shoppe.

Mt. Hood Cultural Center and Museum
ph: 503-272-3301, info@mthoodmuseum.org
www.mthoodmuseum.org



Let's ski together!

This season started very early. Several of us had a few excellent days on the mountain in mid-November, a week before Thanksgiving. The best day was Saturday, Nov. 18, with 44 inches of snow base at Timberline and all the lifts open.

Unfortunately, a week of warmer weather and rain melted away much of the snow and we are now down to just 13 inches of snow.

But a series of storms in the last few days of November and a bigger storm the first weekend in December will bring cooler temperatures and fresh snow.

So, let's go skiing! And don't ski alone. It's more fun with a group of your ski club buddies. We do come in two varieties.

Many of our members are of the opinion that "There are no friends on powder days." But, there are also many among us who prefer to be social rather than competitive. As Peter Simons expressed it so well, many of us are **advanced NAPC skiers (Not A Pissing Contest)**. In other words, we'll stop to smell the roses and enjoy the views, and we'll keep an eye on each other, and wait to regroup. **Use the following tools to communicate and connect:**

a) **Forums.** Go to www.mthigh.org and click on either the All-club Forum or the Mid-Week Forum. Click on "Join this group" and participate in the chat. Select to receive all emails to be notified when someone responds to you.

b) **Mt. High Facebook page.** Find it on our web site, www.mthigh.org. Click on the Facebook button in the menu, and make sure to join this Facebook group, to be notified of new postings. You can also post photos here. Unfortunately, Facebook is quirky and unpredictable; it doesn't always notify you when an interesting discussion is

happening. For that, our Forums are much more reliable.

TRIPS web page

Yes, a **day trip** to Mt. Hood is also a trip, so check out the **TRIPS** page on our web site, and look for announcements about either mid-week or weekend trips to Mt. Hood. Then join us on the slopes on the pre-announced days.

Facebook Page



Our club's **Facebook** page is another way for our members to communicate with each other, in addition to emails, our web site, and our two Forums.

Start on our web site, mthigh.org and click on Facebook button, or go to: <https://www.facebook.com/groups/1528330064067232/>

Join this Facebook group and post your thoughts and photos there!

Mt. High Forum Tips

See the [Forum-All Club](#) and the [Mid-week forum](#) on our website.

* 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.

* If you don't see the "Join this Group" text in the upper right, that means you are already a member of the group.

* If you receive an **email** whose subject matter starts with bracketed text such as: **[Mt High]**, it means this is an email from the group. If you reply to it, **you are replying to the whole group.**

* **To start a new topic**, in the Forum click on the red "New topic" button.

c) **Meet us in Sandy** on the days we pre-announce. We can arrange for some possible carpooling from there, or we can simply drive up to the mountain together. It's easier to find us there than to try to find us on the mountain.

If you miss us in Sandy, connect with just before the lifts open. **At Timberline**, we'll gather just outside the rear exit to the slopes, near the Ski Check. **At Meadows**, find us in the cafeteria in the South day lodge 30 minutes before lifts open, or in the lift line 15 minutes before lifts open.

d) **Use a 2-way radio** to connect with us on the slopes by tuning to channel **6-19**. Just ask for any Mountain High members. If nobody answers, maybe they forgot to turn their radios on. Try again a half hour later.

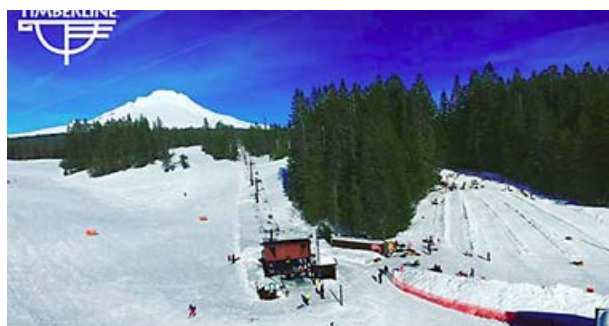
Timberline Has Purchased Summit Ski Area

In the short term, Summit will function as is, with improved food and beverage offerings and some basic lodge upgrades.

In the long term, there are plans for expanded product offerings for both Summer and Winter activities.

You can now use your Fusion Pass at the Summit ski area too.

Note also that Timberline now has regular shuttle buses between Government Camp and Timberline during the whole winter season.



Skibowl Expands Parking Lot, Improves Snowmaking

During the Summer, Mt. Hood Skibowl has added 90 new parking spots in its expanded parking lot.

The west end of the parking lot will also serve as the trailhead for Mirror Lake hikes in the Summer. A new paved trail has been built to connect with the old trailhead, which is located almost a mile further west. The photo shows the far west end of the new parking lot, where the Mirror Lake trail now begins.

Skibowl has also acquired a new **snow-making system** that can make snow even when the temperature is above freezing.

A new **winch-cat** will allow more grooming in the Upper Bowl.



Mt. Hood Meadows Has New Pricing System

Meadows new ticket pricing system is confusing. You will never know ahead of time how much you will pay on any particular day, because the prices will vary depending on how popular a day is.

According to Dave Tragethon, prices on peak days may rise as high as \$89 - \$99 for an adult 7-hour shift. On some less popular week-days, the same ticket might cost you just \$34 - \$49.



Powder Alliance Grows to 19 Ski Areas

The Powder Alliance is an agreement between ski areas to honor each other's season passes. Anyone with a season pass from one of these ski areas gets not only unlimited skiing at their own home area, but also gets 3 free ski days at each of the other ski areas.

Actually, skiing is free on weekdays. On weekends, you pay half price.

The **Fusion Pass** to Timberline and Skibowl is part of the Powder Alliance. So, anyone with a Fusion Pass will save money on 2 of our trips (Canada & Bogus Basin).

The Alliance has grown by adding 5 more ski areas this year, including: Loveland (CO), Monarch Mt. (CO), Sugar Bowl (CA), Marmot Basin (AB), and Castle Mt. (AB).

Note that Castle Mt. is the second largest ski area in all of Canada, only surpassed by Whistler/Blackcomb.



Lift tickets and Season Passes Comparison

Which option is best for you depends on how much you'll ski and where. Note that PACRAT racers will get discounted lift tickets at all 3 Mt. Hood ski areas on their race days. Notice that everyone has their prices listed except Mt. Hood ski areas. Still waiting!

Remember that **Meadows** and **Timberline** will be offering **Spring Passes** valid for March, April and May, for about \$139 - \$160.

NOTE 1: Prices have increased November 5 and 25. Epic Pass increased October 8. Mt. Bachelor prices increased September 30.

Ski area / Name of Pass	1 Day	4 or 5 Day	10/12 Days	Season Pass	Senior Season	Season Pass description
<u>Mt. Bachelor</u> Optionally, add on the M.A.X. Pass for \$329, offering 44 mountains, 5 days at each, with 19 ski areas in the West	\$96	4-pack \$249 N/A after 9/30	12-day \$609 after 9/30 \$709	\$959 till 09/30 then \$1,159	\$629 till 09/30 then \$709	The M.A.X. Pass: 44 mountains, 5 days each, but must be purchased at \$329 on top of the Season Pass price. Prices will increase a lot after Sept. 30.
<u>M.A.X. Pass</u> The 19 western ski areas are: Alyeska, Mt. Bachelor, Big Sky, Boreal, Brighton, Copper Mt., Crested Butte, Crystal Mt., Cypress Mt., Eldora, Lee Canyon, Mountain High, Solitude, Snoqualmie, Winter Park, Kicking Horse, Nakiska, Fernie, Kimberley				\$649	\$649	44 mountains, 5 days each, 19 ski areas in the West and the rest are in the East.
<u>Mt. Hood Meadows</u> Includes 5 free days at Mt. Baker/ 3 free days at several other ski areas. Free skiing for those over 75.	\$39 to \$99	5-days \$349	10-days \$499	Value pass \$399 + \$200 peak upgrade	Value pass \$309 + \$150 peak upgrade	Includes 5 free days at Mt. Baker. Also 3 free days at: Whitefish, Sunlight, Purgatory, Grand Targhee, AZ Snowbowl, Pajarito, Sipapu, Hesperus, & Nordic Valley. Prices rise \$200 - \$300 after Nov. 4.
<u>Mt. Hood Skibowl</u>	\$59	--	--	\$423	\$209	Prices increase Nov. 5 & Nov. 26. 71+ cost = \$25
<u>Timberline</u> (Also see Fusion Pass)	\$73	5-days \$259	10-days \$399	\$499	\$179	Multi-day & season prices will increase after Nov. 5 and Nov. 25. Free skiing for 71+.
<u>Fusion Pass/Powder Alliance</u> (19 resorts) Unlimited skiing at Timberline and Mt. Hood Skibowl + 3 free tickets at each of 17 other ski areas: Stevens Pass, Schweitzer, Bridger Bowl, Sugar Bowl, Bogus Basin, Sierra-at-Tahoe, China Peak, Mountain High, Arizona Snowbowl, Angel Fire, Crested Butte, Loveland, Silver Star, Whitewater, Marmot Basin, Castle Mt, Kiroro, La Parva (Chile).				\$599 till Nov. 5 \$699 till Nov. 25	\$279 till Nov. 5 \$309 till Nov. 25	Unlimited skiing at Timberline and Mt. Hood Skibowl + 3 free tickets at each of 17 other ski areas, a total of 51 discounted days Mid-week is free. Weekends are 1/2 price. Those 71 and over pay only \$50. All prices will increase after Nov. 5 and 25.
<u>Mountain Collective Pass</u> (16 resorts) 2 lift tickets at each of: Aspen/Snowmass, Alta, Big Sky, Snowbird, Jackson Hole, Mammoth Mt., Lake Louise, Sunshine Village, Sun Valley, Sugarbush, Squaw/Alpine Meadows, Revelstoke, Snowbasin, Taos, Coronet Peak/Remarkables (NZ), Thredbo (Australia).				32-time pass \$429	32-time pass \$429	2 days at each of 16 destinations, plus a 3rd day at a resort of your choice. Additional days at each resort are 50% off. No blackout dates. Plus: 2 days each at Valle Nevado (Chile), Chamonix (France), & Niseko (Japan)
<u>Epic Pass</u> (Vail Resorts): Unlimited access to 15 ski areas: Vail, Beaver Creek, Breckenridge, Keystone, Heavenly, Northstar, Kirkwood, Park City, Arapahoe Basin, Stowe, Whistler/Blackcomb, Afton Alps, Mt. Brighton, Wilmot, and Perisher, plus limited access to 46 others. No blackout dates.				season \$899	season \$899	Also: 4-day pass = \$439, 7-day pass = \$669, 10-days at 5 resorts senior pass = \$689. Active/retired military & families = \$99. Other veterans & their families = \$499. Prices will increase after October 8.
<u>IKON Pass</u> 27 ski areas. Unlimited access (no blackouts) at: Tremblant, Winter Park, Copper Mt., Big Bear, Blue Mt., Snowshoe, and Eldora: Unlimited access with blackouts: Mammoth Mt. (CA), June Mountain (CA) and Squaw Valley Alpine Meadows, CA. Plus 5 or 7 days at each of the resorts listed in the column at right. NOTE: All IKON prices have increased by \$100 on May 1, 2018.				BASE: \$699 Unlimited at 10 areas plus 5 days at each of the others.	FULL: \$999 Unlimited at 12 areas plus 7 days at each of the others.	LIMITED ACCESS WITH BLACKOUTS: Mountain: Steamboat, CO, Deer Valley UT, Alta/Snowbird, UT, Aspen Snowmass, CO, Jackson Hole WY, Big Sky MT Canada: Revelstoke BC, SkiBig3, AB. East: Stratton, VT, Killington Resort, VT, Sugarbush Resort, VT, Loon Mountain, NH, Sunday River, ME & Sugarloaf, ME
<u>Brundage Mt. Passport to Powder</u> Unlimited skiing at Brundage, ID, plus: 7 free days in Kiroro, Japan. 5 days at Red Lodge, MT, & Homewood, CA, 4 days at Diamond Peak (CA). 3 days at each of: Mission Ridge WA, Lookout Pass ID, Snow King WY, Purgatory CO, Ski Hesperus, CO, Brian Head UT, Arizona Snowbowl, Sipapu, and Pajarito, NM.				\$569	\$279 for seniors 70+	Total of 38 free days. Prices will increase by about \$50 on Dec. 1.
<u>Loveland with Powder Alliance</u> Unlimited skiing at Loveland, CO, plus 3 free days at all Powder Alliance ski areas , plus: 3 days at: Purgatory, Monarch, Powderhorn, Powder Mt, Grand Targhee, Whitefish, Snow King, Red Lodge, Homewood, Ski Cooper, Sunlight, Brundage, Sipapu, Pajarito, Hesperus, Arizona Snowbowl.				\$419	\$99 for seniors 70+	3 free days at all 19 Powder Alliance resorts, plus 3 days at each of another 17 ski areas. Great deal if you want to ski at some of the additional 17 ski areas and are OK to ski no more than 3 days at Timberline / Skibowl.

Click on the blue, underlined pass name for more detailed info and to purchase it.

Mt. High

Discovering the Monashee Mountains (BC, Canada)



Big White

Big White + Silver Star

NOTE: Passport required!

January 26 - February 2, 2019 - 7 night trip (Saturday - Saturday).

We will stay ON MOUNTAIN at both resorts with easy access to all village amenities. Full trip price includes: roundtrip charter bus transportation, 7 nights lodging, 3 Silver Star lift tickets, 3 Big White lift tickets and several meals.

Silver Star is part of the Powder Alliance and if you have the local fusion pass for Timberline/Skibowl or another Powder Alliance pass you get three free passes to Silver Star. Powder Alliance trip pricing takes into account those three free lift tickets.

Check out Silver Star at www.Skilverstar.com.Check out Big White at www.bigwhite.com

Prices:	Adult	\$1365.00
	Senior	\$1300.00
	Adult w/ Powder Alliance	\$1130.00
	Senior w/ Powder Alliance	\$1105.00
	Nordic	\$1010.00
	No lifts	\$950.00

NOTE: This trip is now full, but we are keeping a waiting list. Postmarks on deposits will dictate waitlist order. Contact Karen with questions.

This trip is now full. For those who have signed up, everyone should have sent in their full payment by now. There is a waiting list, in case anyone has to cancel.

Contact trip leaders: **Karen Michels:** skiklynn@gmail.com
Bill King: willie2k@ymail.com

NWSCC

Bachelor Blast



Mt. Bachelor

April 5 - 7, 2019 - (Friday - Sunday).

Lodging at the Red Lion Inn & Suites Deschutes River (See [map](#))

NWSCC presents its Second Annual Bachelor Blast from April 5-7, 2019, staying at the Red Lion Deschutes River.

The trip price includes 2 nights lodging, a hosted reception, and 2-out-of-3 day lift tickets to Mt. Bachelor. There are discounted rates for seniors, super seniors, and juniors - bring the kids or grandkids! Add on nights and lift tickets at very reasonable prices!

- Prices:
1. Adults pay \$265 per person.
 2. Seniors 65-69 AND Teens 13-18 PAY ONLY \$235!!
 3. Super-Seniors 70+ AND Youth 6-12 PAY ONLY \$205!!
 4. Non-skiers pay only \$125!!

OPTIONAL LASAGNA BUFFET LUNCH at Mt. Bachelor Saturday = \$22.50 per person (minimum 20 people to add this option)

See more info on the [FLIER](#).Please sign up by March 1, 2019. Use the [SIGNUP SHEET](#).Questions? Contact: **Linda McGavin** at editor@nwskiers.orgMore ski trips info at: www.mthigh.org/Trips.htm.

Mt. High

Bogus Basin & Anthony Lakes bus trip**Bogus Basin + Anthony Lakes**

February 18 - 22, 2019 (Monday - Friday) - 5 days/ 4 nights.
2 days skiing at Bogus Basin + 2 days at Anthony Lakes.

We will stay 2 nights in Boise, ID, at The Riverside with free buffet breakfasts and two nights in Baker City, OR, at the Sunridge Inn, also with free breakfasts. These are very nice hotels!.

Monday = Travel day. Ride the bus to Boise, Idaho, with a pizza buffet lunch in Pendleton.
Tue - Wed. = Ski Bogus Basin. Tuesday dinner included in the trip.
Thur. = Ski Anthony Lakes.
Friday = Ski Anthony Lakes and then ride the bus home, with a Mexican dinner in Pendleton. Home by Friday night.



Bogus Basin, ID is located just 18 miles from Boise, Idaho. It offers a vertical of 1,800', and 2,600 skiable acres, served by 7 lifts: 3 hi-speed quads, 1 triple, and 3 doubles. It has 91 named downhill trails, plus 37 km of groomed nordic trails. There are 2 on-mountain lodges.

Bogus Basin is on the Powder Alliance, so those with that pass (the Fusion Pass or any other Powder Alliance pass) will ski free, saving approximately \$100.

Anthony Lakes, OR has the highest base elevation in Oregon, at 7,100', ensuring a high quality, dry snow. It offers 1,100 acres and 900 vertical feet. Good snow on good terrain keeps us returning here again and again.

Prices:

1. Adult full price	= \$610
2. Adult price with Fusion Pass	= \$510
3. Senior full price (70 and over)	= \$545
4. Senior price with Fusion Pass	= \$455
5. Base Price without any lift tickets	= \$455

NOTE: Please be aware that this year we are planning 2 trips that will include free skiing with the Fusion Pass: our Canada trip and this Bogus Basin trip.

Price includes all bus transportation, 4 nights lodging, and 4 lift tickets. The trip also includes: breakfast every day, 1 dinner, and 2 restaurant meals on the way from and to Portland.

To reserve your spot: Please send in a deposit check of **\$200** per person.

Full payment due by January 15, 2019. No refunds after January 15 unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page).

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Linda McGavin** at 503-781-5809 (call or text), or Trips@mthigh.org

Bogus Basin at sunset

More ski trips info at: www.mthigh.org/Trips.htm.

Mt. High

Weekend bus trip to Mt. Shasta & Mt. Ashland



Mt. Shasta+ Mt. Ashland

March 15 - 17, 2019 (Friday - Sunday) - 2 days/ 2 nights.

2 nights / 2 days skiing.

Saturday at: Mt. Shasta

Sunday at: Mt. Ashland

No need to pack and move every day. We'll stay in the same hotel both nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and free continental breakfast. All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.

We'll start the trip on Friday at **2 pm** and just ride the bus to Ashland.

Lodging: We'll stay at the **Stratford Inn**, near downtown Ashland. It is within walking distance of most downtown restaurants.

On Saturday, we'll drive a little over an hour to Mt. Shasta ski area, offering 3 lifts on 3 separate hills.

On Sunday, we'll ski at nearby Mt. Ashland. We'll ski till 3 pm, and then ride the bus back home. We'll return to Portland around 9 pm on Sunday.

Price:	Adults	= \$345 per person
	Seniors (65+)	= \$335
	Super-Seniors (70+)	= \$303
	No lift tickets	= \$278

Price includes all bus transportation, 2 nights lodging, and 2 lift tickets, and a dinner.

The free continental breakfast includes a "make your own bowl" yogurt breakfast bar, fruit juices, coffee, an assortment of teas, bagels, whole-wheat bread, cereal and oatmeal. There is also an in-house coffee shop.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well, so please sign up early!

To reserve your spot: Please send in a deposit check of \$100 per person, preferably by December 31, 2018.

Full payment due by **February 8, 2019**. No refunds after February 8, unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page)

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site.

Make check payable to Mountain High Snowsport Club, and mail it to:

Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net



Mt. Shasta



Mt. Ashland



Mt. Ashland

More ski trips info at: www.mthigh.org/Trips.htm.

Racing this 2018/2019 Season

All dates and locations are now confirmed.

NOTE: The Masters races and NASTAR races are not PACRAT races, but they are listed in this schedule as other racing opportunities for the season that are open to the general public. Both are open to anyone who wishes to race for just a day or two.

PACRAT racing requires a commitment to join a 10-person team and to participate in 5 races during the season. For NASTAR races, you can just show up on the day of.

If you want to join a PACRAT team but need assistance with it, please contact our Racing Director **Alan Bean**, Racing@mthigh.org or 503-849-8009.

NOTE: You can now pay your PACRAT racing fee and the club's membership dues by credit card! Also sign all your PACRAT forms digitally, online. Go to **Signup & Pay** at: <http://www.mthigh.org/Signup-Pay.htm>

Nov. 7	PACRAT 101 - Meadows PDX, NW 17th and Northrup, Portland, OR. 6 pm - 8:30 pm.
Nov. 14	PACRAT 101 - Hillcrest Ski & Sports, 2506 SE Burnside Rd., Gresham, OR. 6 pm - 8:30 pm.
Jan 6	NASTAR open #1 - Skibowl
Jan 13	PACRAT race #1 - Skibowl
Jan 27	PACRAT race #2 - Meadows
Feb 24	PACRAT race #3 - Skibowl
Mar 2-3	Masters Races - Skibowl
Mar 17	PACRAT race #4 - Meadows
Mar 24	NASTAR open #2 - Skibowl
Mar 31	PACRAT race #5 - Timberline
Apr. 3 - 7	NASTAR Nationals at Squaw Valley
Apr 7	Make-up Race Date - Timberline
Apr 12	Rat Attack awards party
Apr 14	Fundraiser fun race - Timberline



FWSA Trips for the next 3 years



The Far West Ski Association, which we are all part of, has several trips planned. The 2019 trips are listed both on our [Mountain High website](#) and on the [FWSA web site](#).

1. Feb/ 2 - 9, 2019 FWSA Ski Week in Steamboat, Colorado.
2. March 9 - 16, 2019 FWSA International Ski Week in Japan.
3. March 24 - 29, 2019 FWSA Mini Ski Week in Winter Park, Colorado.
4. Jan. 25 - Feb. 1, 2020 **2020** Ski Week at Big Sky, Montana, with Sports America Tours.
5. Mar.29 - Apr. 3, 2020 **2020** Mini Ski Week at Big White, British Columbia
6. March 2021 **2021** Mini Ski Week at "Zermatt Utah Resort and Spa" with Ski.com

The details of the 2020 and 2021 trips have not been announced yet. Just the dates.

NOTE: Our own Mt. High club trips are highlighted in **light blue** on the TRIPS page.



Mikaela Shiffrin Wins World Cup Slalom

Killington, VT, Nov. 25, 2018. For the third year in a row, Mikaela Shiffrin won the Killington WC Slalom. "I knew it was going to be a fight because it was just tough conditions today," Shiffrin said. "It was pretty sloppy snow. But I just figured everybody has to fight; if I fight harder, we'll see what happens."

This was Mikaela's 45th World Cup win. With 34 slalom world cup wins, Shiffrin is one shy of matching her idol, Marlies Schild of Austria, for the all-time slalom wins record. She could tie that number on Dec. 22 in Courchevel, France, and potentially surpass it a week later in Semmering, Austria.

MOUNTAIN HIGH**Contacts / Club info****SNOWSPORT CLUB****2019 Man & Woman of the Year**

Karen Michels is our club's Membership director. She is also a ski trip leader, and has organized several bike rides, as well as social activities.



Kurt Krueger is our past President. He has updated our Bylaws, organized our elections, he proofreads our newsletter & monitors our data backups.

Mountain High Board Meeting

Usually last Monday of the month.

December 17 (Mon.): Open to all who want to get involved with the club. Gather at **6 pm**. Start at **6:30 pm**. **Location: Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)**

Mountain High snowsport club contacts:

President:	Debbi Kor	H: 503-314-7078,	President@mthigh.org
Vice-President:	Bill King	H: 614-371-4762	willie2k@ymail.com
Secretary:	Debbie Geiger	H: 971-716-9949,	pdxdebbie@gmail.com
Treasurer:	Nancy Pratt	H: 503-593-9427,	Treasurer@mthigh.org
Past President:	Kurt Krueger	H: 503-625-1492,	PastPresident@mthigh.org
Membership Director:	Karen Michels	H: 503-984-9210,	skiklynn@gmail.com
Racing Director:	Alan Bean	H: 503-849-8009,	Racing@mthigh.org
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@mthigh.org
Social Activities:	Debbi Kor	H: 503-314-7078,	ijustwannarun1@comcast.net
Trips Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,	KenBrundidge@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 or ☐ Renewal

Name(s): _____ Birthday (MM/DD) _____

Address: _____

Phone (Hm): _____ Phone (Wk): _____

Email (Hm): _____ Email (Wk): _____

I certify that I am 21 years of age or more. 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:

	Deposit?	Paid in full?
<input type="checkbox"/> Annual Membership (Oct. 1, 2018 - Sept. 2019): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2019) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Discovering the Monashees - Canada (Jan. 26 - Feb. 2, 2019) Deposit = \$250. Prices: Adult=1365, Senior=1300, W/Fusion pass=1130, Senior Fusion=1105.	\$ _____	_____
<input type="checkbox"/> Bogus Basin trip (Feb. 18 - 22, 2019). Deposit = \$200. Prices: Adult=610, W/Fusion pass=510, Senior(70+)=545, Senior Fusion=455.	\$ _____	_____
<input type="checkbox"/> Mt. Shasta trip (March 15 - 17, 2019). Deposit = \$100. Prices: Adult=345, Senior (65+)=335, Super-senior (70+)=303, No lift tix=278	\$ _____	_____
<input type="checkbox"/> Other: _____	\$ _____	_____
Total:	\$ _____	_____

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>

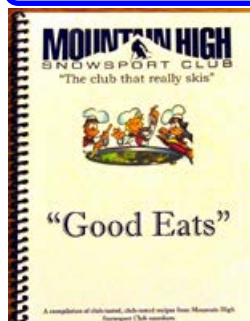
Checkmark all desired options.

Club membership = 262 Newsletter Distribution

The Nov.-Dec. 2018 issue is posted on our web site. Also:
286 copies sent via email (as PDF file)
 13 paper printed copies sent via US Mail.
 Copies are also sent to potential members, other clubs,
 the National Ski Club Newsletter, etc.

Volunteers Needed for Social Activities

The club needs **volunteers** to act as activity leaders. Perhaps **bike rides**, or **hiking**, or **kayaking**, or any **social activities**, ... anything fun! If you would like to organize an activity for the club, please contact any of our Board members (see list at the end of this newsletter) or come to one of our monthly Board meetings (usually the last Monday of each month).

Mt. High Cookbook

This 34 page cookbook is available for \$10. It contains soups, salads, entres, desserts, and more!

You can get one at our social events, or contact Debbi Kor at:

ijustwannarun1@comcast.net

or call 503-314-7078.

Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2018-02-28.xls>

Ski Area News

Several new ski lifts for this 2018/209 Winter:

- * [Top 10 Ski Areas in North America](#)
- * [Whistler's new 10-person gondola](#)
- * [Sun Peaks adds new Orient quad chair](#)
- * [Big White replaces old Powder Chair](#)

Seniors Skiing

A good resource for skiers and riders of all ages. Check out: SeniorsSkiing.com. Subscribe to weekly or monthly emails from them. Click on the Community tab and select "Subscribe". Examples:

- * [Trail Names in California](#)
- * [Ski With Confidence: Advice from Ski Diva](#)
- * [Ski Areas Where Seniors Ski for Free](#)

for updates.

www.mthigh.org

Please check our web site,

Salem, OR 97302

4742 Liberty Rd. S., #296

Mountain High Newsletter editor

Emilio Trampuz