



Lift Lines

= No. 218, February 2019 =

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



Mt.High Day Skiing + Chocolate & Wine Mt.High

Snow aplenty! Did you know there is already 7 feet of snow at Mt. Shasta? How much is 7 feet? Take a look at this photo, where the snow level is around 7 feet. Mt. Shasta actually had 8 feet but it has gradually settled and compressed down to 7.

So, if you are worried about whether there will be enough snow on our **Mt. Shasta trip**, no need to worry! We'll have plenty!

By the way, a ski trip is the best way to get to know other club members. and this is a short and sweet weekend trip.



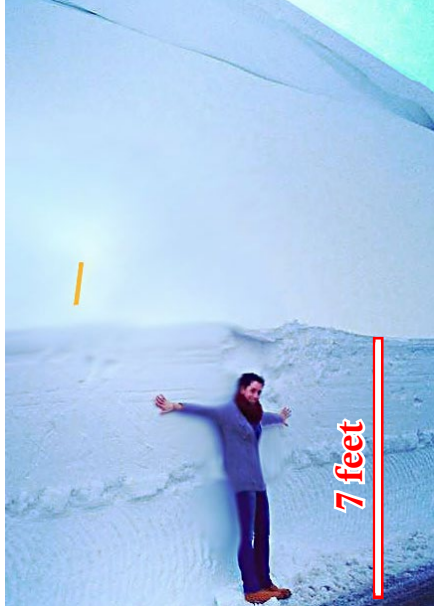
Here's where you can find us on Mt. Hood:

At Meadows, find us in the cafeteria in the South lodge near the Schuss restaurant (aka The Hamburger Place) around **8:00-8:30 a.m.** (That's on the slope level, which is 2nd floor). It's the left lodge as you walk up from the parking lot. See more in our Mid-week day trips at: http://www.mthigh.org/Trips.htm#Mid-week_day-trips.

At Timberline, we usually meet on the ground floor of the day lodge, Meet inside if the weather is bad, or more likely meet outside, by the free ski check around **9:00 am**. We usually wait until at least 9 am for the Mt. Hood Express bus to arrive. Be there in full gear, ready to push off as soon as we are all there. See more about our weekend day trips at: http://www.mthigh.org/Trips.htm#Weekend_day-trips.



There is life after skiing! So, come join us on Saturday, February 16, at our annual **Chocolate Party**. This year, we'll have some **wine tasting** in addition to **chocolate desserts**. See page 2.



Last chance to sign up for a ski trip!



Also, use the following opportunities to connect with others in a fun way:

1. **Ski with us** on Mt. Hood. Use the Forums to connect with others.
2. **Chocolate & Wine party**, Feb. 16.
3. **Pizza Party**, March. 6.

Note the color code.
Our club is blue.

2019 CALENDAR

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

FEBRUARY

Feb. 10 (Sun): Worst Day bike ride
Feb. 16 (Sat): Chocolate Party
Feb. 18 - 22: Bogus Basin & A-Lakes trip
Feb. 23 (Sat): History Happy Hour: The Best of Mt. Hood Photography
Feb. 24 (Sun.): PACRAT Race 3 - Skibowl
Feb. 25 (Mon): Mt. High Board meeting

MARCH

Mar. 2 (Sat.): Ski the Glade Trail Day
Mar. 2-3 (Sat/Sun): Masters Races - Skibowl
Mar. 6 (Wed): Quarterly Pizza Party
Mar. 15 - 17: Mt. Shasta & Mt. Ashland trip
Mar. 17 (Sun.): PACRAT Race 4 - Meadows
Mar. 23 (Sat): History Happy Hour: Ski Fashion Show, vintage to 2020
Mar. 24 (Sun): NASTAR Open Race - Skibowl
Mar. 31 (Sun.): PACRAT Race 5 - Timberline

APRIL

Apr. 5 - 7: Bachelor Blast trip
Apr. 27 (Sat): History Happy Hour: Mt. Hood Hikes - Tips & Recommendations

Mt.High Let's Have Some Fun



Chocolate & Wine party - Feb. 16



Bogus Basin trip, Feb. 18 - 22

17th Annual **Worst Day of the Year** bike ride

February 10, 2019 (Sunday) — 8 AM – 4 PM

Regardless of the weather, thousands of fun-loving cyclists will grab their friends, don their costumes, and gather to ride their bikes on this historically terrific day. Fun for the entire family!

The event will start and end at the **Lucky Labrador Brew Pub**, 915 SE Hawthorne Blvd, Portland, OR 97214. Get ready to ride with thousands of other fun-loving people for the Worst Day of the Year Ride, a 4, 16, or 45-mile odyssey around Portland. Laugh at the elements and gather for a finish line party at the Lucky Lab brew pub.

There are 3 levels of rides: Family route = 4 miles Cost = \$15
 Urban route = 15 miles Cost = \$33
 Challenge route = 42 miles . . Cost = \$43
 Children age 12 and under are free.



More info on Facebook at: <https://www.facebook.com/events/2149619295068310/>

To register go to: https://eventsbyaxiom.enmotive.com/events/register/worst-day-of-the-year-ride_1

If you want to ride with a group of Mountain High people, please contact John Davis at: hikedance@gmail.com or 503-358-5900.

Mt. High

Chocolate Party

DATE: Saturday, February 16

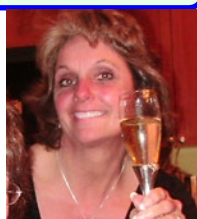
TIME: 7:00 pm

PLACE: Lisa & Harry Scribner

1915 NW 90th St.

Vancouver WA 98665

Phone: 360-904-1402



WHAT: Our annual sweet party. Come to sample the goodies, or enter the contest yourself by bringing your own chocolate dessert. Three prizes will be awarded for:

- The **most chocolaty (or decadent)** dessert.
- The **most creative (best looking)** dessert.
- The **lightest (healthiest)** dessert.

This year, we will also include **wine tasting**.



Anyone coming can bring a chocolate and/ or wine entry to be judged.

The wine entries will be put in paper bags so the tasting will be a blind tasting. Just add a note if the wine is **red** or **white** or **sparkling**.

Everyone can participate in the judging, and everyone will be able to taste ALL the desserts.

CONTACT: Please **RSVP** to **Lisa Scribner:** 360-904-1402 or LScribner98@yahoo.com

History Happy Hour: Best of Mt. Hood



January 26 (Saturday)

A rare opportunity to see the best photographs in the museum's extensive collection:

Best of Mt. Hood Photography

Archivist Brittney Cardarella and Curator Lloyd Musser will share their favorite photographs from the collections of Hal Lidell, Jock Pribnow, Helen Gerding, Bill Keil, Dale Crockatt and other photographers.

Doors open at 6:30 pm. Presentation at 7 pm.

Donations are welcome. There is no charge for the presentation. Beer, wine and other beverages are available for purchase.

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

Ski the Glade Trail Day



March 2 (Saturday) 9 am - 4 pm.

Once a year opportunity to ski the 3.0 mile historic Glade Trail. A full day of red carpet skiing, including groomed trail, guides, lunch, airport style shuttles, Apre's ski wine party, prizes and more.

Tickets for the all-day event are \$100 for museum members and \$125 for nonmembers, who will receive a year's membership to the museum along with the ticket purchase. The price of the ticket includes use of the shuttle, lunch, apres-ski reception and a couple of beverage tickets. Only 75 tickets are available.

To purchase tickets for Ski the Glade, contact the Mt. Hood Museum at 503-272-3301 or email info@mthoodmuseum.org

Mt. High Quarterly Social - Pizza Party

DATE: Wednesday, March 6

TIME: 7:00 pm

PLACE: Round Table Pizza

10070 SW Barbur Blvd
Portland, OR (near Capitol Hwy.)

WHAT: Pizza is on the club! Just buy your own drink.

Everybody is invited! Come meet other club members and check out what's new.

Socialize, mingle, enjoy a beer.

See more including directions and maps on our web site at: <http://www.mthigh.org/#Mt.High.Social>

If coming from the north, take the Capitol Hwy exit off of I-5

If coming from the south, note that there is no Capitol Hwy exit, so take an earlier exit onto Pacific Highway / Barbur Blvd.



History Happy Hour Fashion Show - Vintage to Present

March 23 (Saturday). Annual vintage skiwear style show with models from Skiyente Ski Club. Follow the ski fashion trends from 1930's to the 2000's with clothing from the museum collection.

Narrated by **Sandi Shaub**. The new fashions for 2020 presented by **Hillcrest Ski & Sports**.

Doors open at 6:30 pm. Presentation at 7 pm.

Donations are welcome. There is no charge for the presentation. Beer, wine and other beverages are available for purchase.

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

The History of Mt. Hood Steiner Cabins

March 26, 2019 (Tuesday) 5 pm.
The Mt. Hood Museum goes to Edgefield History Pub.

Join us at McMenamins Edgefield on March 26, 5:00 pm to learn the history of Mount Hood's Steiner Cabins.

Visit McMenamins website for details.

For more information, contact Janet Paulson at 503-970-3810.

How To Find Things on our web site

1. When was the last time we had a **Mystery** trip? And where to?
2. Which year did we experience that fantastic powder at Mt. **Ashland**?
3. What was the last time we had a **Ski Fair** in Portland?
4. What was the name of last year's **Warren Miller** movie?
5. How often should we **wax** our skis? This was covered in our newsletter but I don't remember what was said.



The answers to these and many other questions can be found on our web site. You will find them mostly on the NEWSLETTER, ARTICLES, and PHOTOS pages. The Newsletters page is a good place to start.

And the blue bolded words above are your search words.

For example, let's find out when was it that we experienced that memorable powder day at Mt. Ashland. Here's how to do it:

1. Go to the **NEWSLETTER** page on our web site. Lots of text there!
2. Hit **Ctrl-F** (for the FIND command). Use "Ashland" as search word.
3. The very first occurrence of "Ashland" is found in March - May 2012 issue of Lift Lines.
4. So, click on that newsletter link for issue #135-137. It summarizes ALL the ski trips we did that year.

Look at page 7. It's all about that memorable Mystery trip to Mt. Shasta and Mt. Ashland. It happened on **March 16 - 18, 2012**.

Hey, those are almost the exact same dates as this year's trip to Shasta and Ashland! This year, it's **March 15 - 17, 2019**.

You can use this method to find a lot of things on our web site.

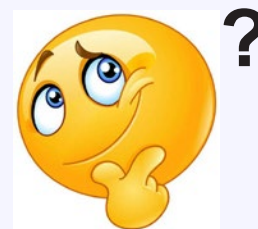
Navigating our web site

Many of our web pages are very long. Here are a few tips on how to navigate them without too much scrolling, and how to find things.

1. **To get back to the top of the page**, hit the **Home** key on your keyboard. That's on a computer. Does anyone know how to do this on a smartphone?
2. **To get back to our Home page** (the Events Calendar page), click/tap on either the "**Home/Events**" button at the top of the menu, or click/tap on the **Mountain High logo** at the top of the page.
3. **To find out anything about any ski area in the west**, such as how much snow they have, or what their hours of operation are, or to take a look at their trail map, on our web site, simply click on the "Ski Areas" button in the menu, and then click on the desired ski area.

Our web site is: www.mthigh.org

Find vs. Search



There are at least 3 different levels of searching for things on the web or in your own documents.

Search engines, such as Google, Bing, DuckDuckGo, Yahoo, or AOL, will search the whole internet.

Search a web site. Some web sites offer an internal search of their own. You type in a search word, and the search will be performed on the entire web site, but not the whole internet. Our club's web site could use such a search. Does anyone know how to implement it?

Find is a command that can be used anywhere on a web page, or any document, such as within Word, a spreadsheet, or a PDF file. It will search only that document or that page and nothing beyond that. To invoke that command:

On **Windows** computer, hit **Ctrl-F** or click on Edit > Find & Replace.

On **Apple** computer, hit **Cmd-F**

On **Android** smartphone, within a browser, tap on Menu > More > Find on page. The menu is often represented by 3 dots.

In **Chrome** (a web-based computer), tap on Menu > Find on page.

On iPhone, the FIND command seems to be missing. At least it was missing in the earlier iPhones. Does anyone know if the latest iPhones have a FIND command for searching within a document?



Northwest Ski Club Council Ski & Ride Challenge

Qualify for a prize: ski or snowboard in a single season at least 7 ski areas shown here: in all of Oregon and Washington, plus selected resorts in British Columbia, Colorado, and Montana. Just save your lift tickets and/or receipts or copy your season pass.



Also included:

FWSA Host Sites

Steamboat Springs, CO
Winter Park, CO

Industry members

Aspen, CO
Big White, BC
Sun Peaks, BC
Whitefish, MT

Entry Form and Rules are posted on the NWSCC website at www.nwskiers.org

2018/2019 Ski & Ride Challenge

The NW Ski Club Council wants to encourage you to see and ski more places, ... and don't forget the small ones!

Ski or ride any 7 or more resorts during the 2018-2019 ski season to be eligible to win a prize. Just save your lift tickets or receipts, and mail them in at the end of the season.

Ski areas that count are all those in **Oregon, Washington**, as well as our commercial member resorts in **British Columbia, Colorado, and Montana** - as shown on the flyer here.

Save your lift tickets or receipts! Then, at the end of the season, mail them to the Northwest Ski Club Council, Ski Challenge, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

Use the Entry form at <http://www.mthigh.org/Trips/NWSCC%20Ski-Challenge-entry-form-2018-2019.pdf>

Winners will be announced at the start of the following winter season, most likely in December.



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](http://www.mthigh.org) and on the [FWSA web site](http://www.fwsa.org).

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.

Charitable Fun 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. [**Ski the Glade Trail Day**](#), March 2, 2019 (Saturday).

A fundraiser for the Mt. Hood Museum and Cultural Center. A fun way to ski from Timberline to Government Camp, the way skiers used to do when there were no lifts. Except that we will now have unlimited shuttle bus rides from Government Camp up to Timberline. Also, breakfast and lunch are included. An you don't need a Timberline lift ticket. Click on the event name above.

2. [**Hope on the Slopes at Mt. Hood Skibowl**](#), March 2 - 3, 2019 (Sat.-Sun.)

A fundraiser for the American Cancer Society. Ski all night. Break all records. The goal is to raise funds for the American Cancer Society before the event, and also to ski as much vertical as possible in a 24 hour period. For more info, click on the event name above.

3. [**Ski to Defeat ALS**](#) at Mt. Hood Meadows, March 9, 2019 (Sat.)

A fundraiser for the ALS Association to help those suffering from ALS, which is also known as Lou Gehrig's disease. Just a day event. The goal is to raise funds for the ALS Association before the event, and also to ski during the event. To see more info, click on the event name above.

4. [**Oregon Cancer Ski Out**](#) at Meadows, March 10-11 (Sun.-Mon.)

A fundraiser for the local cancer institutions. A two-day event for skiers and snowboarders that combines fun, competition, and fundraising with a unique racing format designed to let even novice skiers or snowboarders participate in the fight against cancer. Each year, teams of 5 compete for prizes at Mt. Hood Meadows, in a race that rewards consistency and teamwork rather than individual speed. Click on the event name above.

5. [**Ski-A-Thon at Bear Mountain, CA**](#), March 9 (Sat.).

A fundraiser for the US Adaptive Recreation Center (USARC). USARC works with schools, hospitals, rehabilitation centers and recreation departments to serve children and adults with all types of cognitive or physical disabilities. A group of volunteers from a USARC club, led by Sara Rosell, Operations/Outreach Coordinator for the USARC, will serve as Bid Runners at the 2019 FWSA Convention in Indian Wells, CA this June 2019. Click on the event name above for more info.

Knee injuries - the most common ski injury

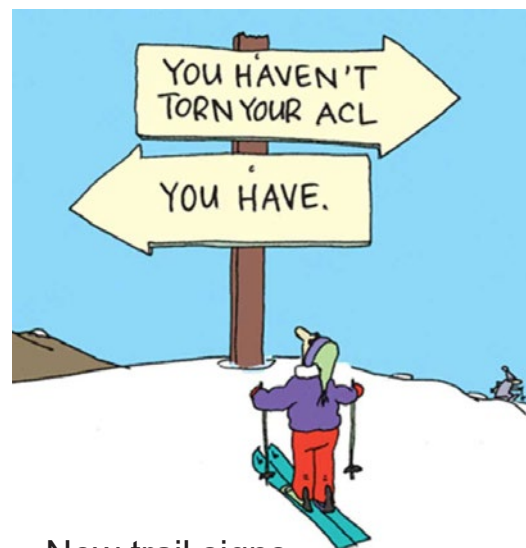


These days, most skiers wear helmets to protect their head. Head injuries account for about 2.6% of all skiers' injuries.

But knee injuries are much more frequent, adding up to 35% of all snow sport injuries. You are 13 times more likely to injure your knees than your head. So, why not wear knee braces for prevention?

Knee braces are like helmets for your knees. They are made of soft materials with only a

couple of metal parts, one on each side of your knee, to help stabilize it. They can be worn on top of your long johns (your base layer), but under your ski pants, so they are almost invisible.



New trail signs

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**Anthony Lakes
(Oregon)**

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

Both ski areas already have all their lifts open with between 30 - 36 inches of snow, and plenty more snow to come by March.

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.

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.org

NWSCC

Eastern Europe Danube River Cruise

Eastern Europe to the Black Sea

NOTE: Passport required!



August 29, 2019 - A 14 day trip.

Cruise through Hungary, Croatia, Serbia, Bulgaria, and Romania. See the towns of Budapest, Osijek, Vukovar, Novi Sad, Belgrade, Vidin, Ruse, Constanta, and Bucharest.

Total price with air fare from Portland, Oregon = \$4,795.

Included in the price of the trip is:

- Air-fare from Portland, Oregon.
- 10 nights lodging on board the cruise ship.
- 2 nights at the Sheraton Bucharest or similar.
- All meals (breakfasts, lunches, and dinners).
- 7 tours
- 5 exclusive discovery events
- Gratuities, all port charges, and baggage handling.

The earlier you book this trip, the more money you'll save. Discounts start at 7.5% if you book and pay 9 months in advance. Or 6% discount if you book and pay 8 months in advance, and so on on a sliding scale down to 3% off if you book and pay 5 months in advance.

Reservations and Info: 1-800-597-2452, Press 2.

For questions, call **John Reinhardt**, 530-330-3838.



Click on the map to enlarge it.

See the official [trip flyer](#)

See more info on our website: <http://www.mthigh.org/Trips.htm#Eastern Europe to the Black Sea>

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

PACRAT Race #2

January 27 (Sunday).

It was a beautiful day for Race #2 at Mt. Hood Meadows.

And a fun post-race party on the deck at the Cascade Ski Club.

This photo was taken by **Robin Cressy**. See more of his photos from this day on the PACRAT Racing **Facebook** page. <https://www.facebook.com/groups/PACRATRacing/permalink/1170042409819972/>



**Dual GS at
Mt. Hood Meadows**



Second NASTAR race - Open to all

March 24, 2019 (Sunday). At Mt. Hood Skibowl.

Give racing a try. No commitment. No need to join a team. Just a single, one-day race open to all. Just show up at Skibowl.

Racer Registration: 8:00-9:30am in the Outback Lodge, Skibowl West
PACRAT Racers, please wear your 2019 race season bib.

Skibowl Release Forms: Available at registration.

Race Cost: \$15 for 2 runs - \$20 for as many runs as you want.

Race Course Location: Bill's Gold - to be confirmed at registration

Race Start Order: Each racer will start on a first-come/first-serve basis

Race hours: 10:00am - 1:30pm.

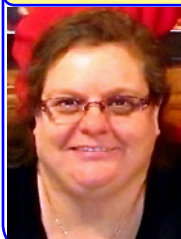
Awards at 2:30pm in the Skibowl Beer Stube.

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.

February 25 (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>

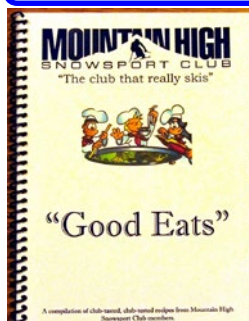
Checkmark all desired options.

Club membership = 249 Newsletter Distribution

The February 2019 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.

NWSCC Man & Woman of the Year

Our club selected **Kurt Krueger** and **Karen Michels** as our Man & Woman of the Year. But the NW Ski Club Council had candidates from many NW Ski clubs, and the winners were: **Ryan Rooper** and **Becki Robinson**. They will now be our Northwest candidates competing against other ski councils in the West for the Far West Ski Association's Man & Woman of the Year.

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>

Mt. High Credit Card Payments

We are now able to process your payments by **credit card**. We are doing it through PayPal.

No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "**Signup & Pay**" at: <http://www.mthigh.org/Signup-Pay.htm>

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:

- * [Buried Alive in Deep Snow](#)
- * [A Guide to Brian Head Resort](#)
- * [Rope Tow Escapades](#)

for updates.

www.mthigh.org

Please check our web site,

Salem, OR 97302

4742 Liberty Rd. S., #296

Mountain High Newsletter editor

Emilio Trampuz