



Lift Lines

= No. 280 April 2024 =

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



Best Deals for Seniors at 112 Ski Areas

How old do you have to be to ski for free at 112 ski area in the US. Thanks to Michael Barmache for finding this useful article: <https://seniorsskiing.com/best-deals-for-seniors-at-112-north-american-ski-areas/> .

2024/25 Indy Pass sold out for now



The Indy Pass for next season was available for purchase for a couple of weeks in March. It cost \$349 for the base price and \$460 for the Indy Plus (with no blackout dates). And it has already sold out.

The Indy Pass has promised to expand from 120 to **200** ski areas by the time next season begins. With the added ski areas, the Indy Pass will probably go on sale again in the Fall. But the only people who will be able to purchase it are those who get on the Waiting List. So, join the waiting list ASAP. First come, first served. Start at: <https://www.indyskipass.com/shop>

Our ski club is planning ski trips to Indy Pass ski areas next winter.

EPIC or IKON Trips

How many of our club members have the Epic or the IKON Pass? Should we organize a trip to an Epic or IKON destination. Would you be willing to be a trip leader? Come to the next Mt. High Board meeting and let's talk about it. The next Board meeting is Monday, April 29. See page 9.

Biking or Hiking

IT might still be too early, but it's never too early to start planning. Anyone interested in leading a bike ride or some hiking, please come to the next Board meeting, April 29.

Note the color code.
Our club is blue.

2024 CALENDAR

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

APRIL 2024

- Apr. 2 (Tue.) Mt. High Happy Hour**
McMenamin's nr Lloyd Center
- Apr. 17 (Wed) NWSCC Happy Hour** at
Sextant Bar on Marine Dr.,
starting at 5pm
- Apr. 19 (Fri.) PACRAT Rat Attack Awards
Party** at Shawn Gardner
Dancing
- Apr. 20 (Sat.) History Happy Hour: PMR
Search & Rescue**, 6:30 pm at
Mt. Hood Museum
- Apr. 21 (Sun) Laura Green Memorial Race**
Timberline. Funds for Ski Patrol
- Apr. 27 (Sat.) Season Ender Bender party**
7 pm, Ratskeller, Govt. Camp
- Apr. 29 (Mon) Mt. High Board Meeting** at
the Round Table Pizza, Lake
Oswego

JUNE 2024

- June 6 - 9 Far West Ski Association
Convention in Reno, NV.**
Theme: "Altitude with
Attitude"
- June 13 - 16 The Mahre Brothers Race
Camp** at Timberline. GS
training.
- June 22 - 23 Summer Fun Nationals** races
at Timberline.

JULY - SEPTEMBER

**Lots of bike rides and some hikes yet to
be announced.**

Mountain High club Happy Hour



Barbara, Marv, Linda, Debbi, Janice, and Rick.

April 2, 2024, (Tuesday) - starting at 5 pm.

Almost every month we have a social gathering such as a Happy Hour, a Pizza Party, a Chocolate Party, and more. At a recent Happy Hour, there were a dozen people. This time, only 6 people showed up, so it was nice and cozy.

This was our "April Fools" happy hour, though held a day later. A good time was had by all. It was small and intimate and cozy. We met at at McMenam's, near the Lloyd Center, 1504 NE Broadway, Portland, Oregon.

NWSCC Happy Hour

April 17, 2024, (Wednesday) - starting at 5 pm.



Instead of the regular monthly NWSCC meeting with a guest speaker and all, this month will be just an informal Hppy Hour.

Location

Sextant Bar & Gallery
4035 NE Marine Dr, Portland,
OR 97211

We'll just be visiting and chatting about upcoming stuff. No set agenda, and no Zoom.

Stay tuned for future NW Ski Club Council meetings.

PACRAT "Rat Attack" Awards Party

April 19, 2024 (Friday).

Starting at 6 pm. Dinner at 6:30 pm.



The annual end-of-season PACRAT Award Party and Dinner.

Location: Shawn Gardner Dancing
8900 SW Commercial
Tigard, OR 97223.

RSVPs are REQUIRED for this event. RSVP at <https://forms.gle/6JGaxdbzH3i8kF257> .

Our 40th anniversary celebration will be catered by Pompello Ristorante Italiano and their delicious Italian-themed buffet.

This is an event just for our racers, though each racer can bring a guest.

If you have not yet returned your PACRAT bib, please bring it to the Rat Attack.

More info on our website: <http://www.mthigh.org/index.htm#Rat-Attack> .

History Happy Hour at the Museum - Search & Rescue

April 20, 2024 (Saturday). 6:30 - 8 pm.

Be entertained and learn something new.



Topic: **PMR Search & Rescue**

Learn about Portland Mountain Rescue. PMR will share their history, mission, operating methods, war stories and look to the future of mountain climbing and rescue.

An Après Ski event not to be missed!

Doors open **6:30**, presentations starts at **7 pm**.

There will be wine, beer and soft drinks available for purchase. Enjoy your drink and then sit back and enjoy the presentation.

The presentation is free. Donations of \$5 are requested for the Museum.

IDEA: Go skiing that day. Then have dinner in Govy, Zig Zag or Welches. Then come to this interesting presentation at the museum in Govy.

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



Laura Green Memorial Race

April 21, 2024 (Saturday).

A fun race, fundraising for the Ski Patrol. Open to the public. All ages are welcome. Both skiers and snowboarders. Parent/guardian permission and signature required for all racers under 18.

Event Location: Timberline - Pucci Chairlift

Race Course Location: Pucci Main Run

Online Race Registration: [Laura Green Memorial Registration](#)

Onsite Race Registration: 8:00-9:30am Wy'East Day Lodge - 3rd floor.

Registration limited to 100 participants - so register early!

Timberline Liability Waiver (REQUIRED):
[Timberline Race Waiver](#)

Race Start Time: 10:00am. Finish Time: 1:30pm

Post Race Barbeque at the Government Camp Ski Patrol Building: 2:30-6:30pm

Race Start Order: First-come/first-served.

Race Donation: \$30 minimum donation (includes BBQ) for as many runs as you can make until the courses are pulled - all proceeds will be donated to the Mt Hood Ski Patrol

Season Ender Bender Party

April 27 2024, (Saturday) - 7 pm.



The local Schnee Vogeli Ski Club ("Snow Birds") invites you to come celebrate the end of the season at their party in Government Camp.

Doors open: 7:00 pm. Music starts: 8:30 pm.

Location: The Ratskeller, Government Camp.

Featuring: "Dancehall Days".

Tickets: \$20. Tickets available from you favorite Schnee Vogeli club member, or online at **Ticket Tomato: [8th Annual Season Ender Bender in Government Camp \(8th Annual Season Ender Bender in Government Camp \(tickettomato.com\)\)](#)**.

Mahre Brothers Race Training Camp at Timberline

June 13 - 16, 2024 (Thursday - Sunday).

Reserve your spot for the most epic race camp at Mt Hood. The Mahres celebrated their 40th Anniversary Olympic Triumph at Sarajevo in 1984 at White Pass, and the celebration will continue this summer at Mt Hood! The race training camp is organized by the ADL Ski Club.

You can train 4 days of GS and prep for this year's Summer Fun Nationals which will be held the following weekend. Phil & Steve will improve not just your racing, but your freeskiing too, with daily video and 1x1 instruction.

The annual **Hammerschlagen Tournament of Champions** will be held Saturday night at a special venue in Government Camp - The RED VINE CABIN will be our home with slow smoked ribs, potato salad and other ADL favorites.

The fun won't end there - we will have special guest coach Chris Hilliar from Sidecut.com to help the Mahres on the hill and will bring his over 20 years of World Cup and Olympic coaching experience to the camp. He will also give a comprehensive tuning clinic on Friday night!

The Mahre Camp is so much more than just racing gates... you will experience quality time with the Mahres on and off the hill and your understanding of skiing will expand beyond your expectations.

Join Us - Space is limited.

Register at <https://adlskiclub.com/mahrecamp>

Did you know that Steve and Phil Mahre grew up at the White Pass ski area in Washington State?



Phil & Steve Mahre
won Silver and Gold in the
1984 Olympics

Summer Fun Nationals

June 22 - 23, 2024 (Saturday - Sunday).

This is a great opportunity to have fun racing at sunny Mt Hood while refreshing the muscle memory in your legs halfway between last season and next. Use it or lose it.

On the website is information regarding entry, schedule, camps, sponsors and more. See:

www.SummerFunNationals.com

It is time to get your entry mailed in. See website.



Timberline Side-country tours & Safety Boundaries with Emilio

I have been promising you some free tours from Timberline to Government Camp and into some of the canyons west of Timberline. But, I am sad to report that we'll have to postpone these tours until next Spring. Conditions simply aren't right on several levels, and I don't think it could improve within the next month or so.

I have explored the area west of Timberline several times in the past month or so, and I was disappointed every time. One time the snow was too wet and grabby, like concrete. Another time, the wind had created waves across the terrain, making it all bumpy and uneven. And this past Saturday, it was surprisingly icy, even though the temperature never dipped below freezing. There had been some rain during the night, and I think the rain was light and misty, and when it touched the snow, it froze. So, only a thin top layer was frozen. But, if you stepped onto it, it gave way and your foot would sink about 6 inches into the snow.

Apart from these individual days, there is an overall problem with conditions this year. Here are the main issues:

1. **LOW SNOW LEVELS.** In a normal year, there should be about 15 - 20 feet of snow by now. But, instead, we only have about 11 feet (132 inches according to Timberline's latest report). I don't know where they measure that, because it looks like there is a lot less snow than that. Rocks are showing in a lot of places. Small trees that are normally buried in the snow are showing. And the snow near the lodge is turning brown.

The low snow level means that there is not enough snow to cover the canyons as normally happens. This means that the canyons begin much higher up the mountain, in places that are normally buried in snow. And that means that even on the shortest tour into Little Zig Zag canyon, it is difficult to return to the ski lifts because Sand Canyon is in the way. Instead of being buried in snow at higher altitudes, Sand Canyon is now like a very long trench that is difficult to cross over.

For example, look at Sand Canyon right where we would need to cross it. How do we cross this long and deep trench?

Similarly, if we ski down to Government Camp, there are 3 places between Sand Canyon and the Glade Trail where an opposing hill will slow us down to a full stop and we will then have to climb a bit. In the best conditions, we can actually ski right through, without any climbing. But in a low snow year like this one, the depression in the snow will be deeper and there will be more climbing needed.



2. **WARM TEMPERATURES AND RAIN.** Ideally, we need several cycles of thawing and re-freezing snow. But it's too warm for that. The temperature at night never dips below freezing. So, we keep finding soft, mushy snow that feels a bit like sand. We are not getting the desired Spring corn.

Also, if there is any new precipitation, it will be rain, not snow. The forecast says the freezing level will rise to about 8,200 feet of elevation in the next few days.

3. **WET and HEAVY SNOW.** These are not typical Spring conditions. There is some ice early in the morning, probably due to a light rain that froze when it contacted the snow. But, when that ice softens up later in the day, instead of the "magic hour" of good snow, what we get is mushy, wet and heavy snow that is grabby.

And the snow gets even softer and grabbier lower down toward Government Camp.

4. **WRONG WIND DIRECTION.** The winds normally blow from the west, from the ocean. That's why in normal years, the west rim of all the canyons develops an overhang or a cornice, but the east rims are usually smooth, so it is easy to ski out of each canyon. But this Spring has been different. The winds must have blown from the east or south-east. That means that the east canyon rims have developed either a cornice of at least a bit of an lean into the canyon. At best, the east rim is a steep, almost vertical wall, making it more difficult to exit the canyon. I have never seen such steep walls on the east rim.



For example, here is what the east rim of Little Zig Zag canyon looks like. Ideally, we should exit the canyon somewhere near that small tree barely visible on top of the canyon. But check out the steep walls. Also, it looks like there are some ski tracks up high in the canyon, all parallel to the rim. It looks as if some skiers have passed that way looking for a way to exit the canyon. I took this picture from the bottom of the canyon. I did find a way to exit eventually, but it was a bit nerve-wracking. Notice how the top part of the canyon wall is almost vertical.

Below is another picture of Little Zig Zag canyon, looking upward, toward the top of Mt. Hood. The east side of the canon (on the right of the picture) has a steep wall at the top that seems to hang over

the canyon. The winds shape the canyons a bit differently every year.



5. **ROCKS SHOWING EVERYWHERE.** This does happen in late Spring, but we are not even in the middle of April yet, I am writing this on April 14th, and the picture was taken on April 13th. There just isn't enough snow to cover up all the rocks and boulders. Here is another picture of Sand Canyon that we would need to cross at some point. It shows a lot of rocks already, and it will just get worse with each passing day. If we try to cross lower down, we run into this deep trench. If we climb a little higher, we run into the field of rocks.

With rising temperatures, we will probably not get any more snow. If anything, it might rain. Conditions are really not good. We might force ourselves to ski through there, but I am sure nobody would enjoy it.

So, let's leave these adventures until next Spring.

Please don't let this discourage you. This Spring is very unusual. I have never seen overhanging snow on the east rim of Little Zig Zag canyon. And Sand Canyon has never been such a tough barrier before. Also, within the past 15 years or so, I have experienced only one Spring when the snow was too mushy and grabby, with temperatures never freezing at night. That year, I did not ski Timberline's side country either.

Most years, I have been able to ski there with ease every week, for weeks in a row, even as late as May and June. I hope we can do this on a weekly basis next Spring. Remember that the winds sculpt the canyons differently every year. And with more snow on the ground, a lot of the trenches and other hollows will be nicely covered up.

UPDATE: I sent the above explanation to about 26 people who had expressed an interest in these tours. The next day, I received some feedback.

From Linda McGavin: "WOW, Emilio - thanks for your totally scientific explanation - you don't need to apologize for Mother Nature! This is why you won the Safety Award twice!"

From Kay Anderson: "Emilio, Thank you for being so thorough. I noticed the added difficulty last weekend as well when I was skinning up to Timberline and ride down the top section of Sand Canyon. Then later that day I had a very tough time on my cross country skis on some parts of the Cross Town Trail due to dirt spots showing and that extra grabby snow. I also found the ice you mentioned and was really surprised at the combination of not super ideal conditions. It is strange to get all of those extremes in one ride! Strange conditions for mid April indeed! I am very happy to wait till next spring to go explore with you. It just isn't ideal this spring for sure. Thank you for keeping me posted and I can't wait for next year!"

From Wendy Luo: "Thank you for the update. This year the snow condition is different than last year. I am looking forward to skiing with you next year."

"The Voice of the Western Skier"



91st Annual Far West Ski Association Convention June 6 - 9, 2024

"Altitude With Attitude"

at the

Atlantis

CASINO RESORT SPA • RENO



FWRA & FWSA



Hosted by *Bay Area Snow Sports Council*
and *Sierra League & Council*

Atlantis Casino Resort Spa

3800 S. Virginia Street, Reno, NV 89502

Reservations <https://reservations.travelclick.com/98418?groupID=3886343>

or call **800-723-6500**, Group Name: **Far West Ski Association**
Room Rates per night plus tax single or double occupancy —
\$119 (Wed - Thurs) **\$179** (Fri & Sat) + \$17.50 daily resort fee

Room Registration Deadline - May 13, 2024

Hotel Features

- World Class Casino
- Forbes 4-Star Spa Atlantis
- Indoor & Outdoor Pools & Outdoor Whirlpool Spa
- 8 Award Winning Restaurants; 10 Bars & Lounges
- Atlantis Family Entertainment Fun Center
- FREE Wi-Fi in guest rooms, FREE Parking
- Rates are available 3 days pre and post Convention

Transportation

- Air transportation is via Reno-Tahoe International Airport, located just 15 minutes from the Atlantis.
- The Atlantis offers free airport shuttle service (4:30 am - 12:15 am)

Convention Highlights

- Silent Auction & Trade Show
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Banquet
- FWSA General Meeting & Elections

Optional Activities

- **Thursday**
 - Tahoe Adventure
 - 27th Annual Pub Crawl
- **Friday**
 - 17th Annual Michael German Memorial Golf Tournament
 - National Auto Museum Tour
 - Pool Party
 - Club Happy Hour

Debbi Kor

FWSA Convention Chairperson
fwsadebbi@comcast.net
or 503.314.7078

Barbara Razo

Silent Auction Chairperson
SilentAuction@fwsa.org
or 714-401-7341

Paul Vlasveld

BAC Host Council
Convention Coordinator
pvasveld@comcast.net
or 408.314.4649

Jo Simpson

Sierra Host Council
Convention Coordinator
jo_simpson@sbcglobal.net
or 775.722.6468

A portion of the Silent Auction proceeds will benefit "Achieve Tahoe".

www.fwsa.org

Far West Convention

June 6 - 9, 2024. The 91st annual Convention of the Far West Ski Association will be held in Reno, Nevada, at the Atlantis Casino - Resort - Spa.

The theme of the Convention is: **"Altitude with Attitude"**.

The Convention will be attended by delegates from dozens of ski clubs from most of the Western States. You are invited to attend. You need to register in advance.

See Convention details on the FWSA website at:

https://www.fwsa.org/content.aspx?page_id=22&club_id=623165&module_id=660604

JUST A FEW CONVENTION HIGHLIGHTS

- There are always several optional activities on Thursday and Friday, such as a pub crawl, some adventure, some sightseeing, some fun.
- During the Silent Auction and Trade Show, you can meet with representatives of various ski areas, including some celebrities, such as Olympic champion Billy Kidd, representing Steamboat.
- Our club's and council's newsletters and websites are being judged right now, and the results of the judging will be revealed at the Convention.
- On Saturday, there are many opportunities to learn something new. You can attend an educational seminar, or attend a Public Affairs meeting where several prominent guests will be discussing various issues related to our sport.
- On Sunday, we attend to various internal issues regarding the Far West Ski Association, including electing the leaders for the next year.
- You meet a lot of interesting people from a variety of ski clubs around the West.



Billy Kidd and Scott Anderson



Billy Kidd, Sigrid Noack, Debbi Kor

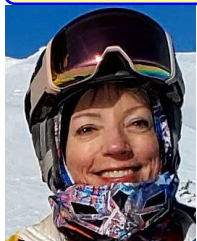


Awards in the Banquet Room



Mt. High delegates & awards: Stevie, Nancy, Emilio, Debbi, Linda

2023/2024 Volunteer of the Year



Sandra Kaufman has been selected as our club's Volunteer of the Year. She has been a social spark-plug in our club for years. More recently, she has accepted the position of our club's Secretary as well as Membership director.

UPDATE: Sandra has also been chosen by the NW SKi Club Council as the Volunteer of the year and will represent the NWSCC as their candidate at the FWSA Convention.

Mountain High Board Meeting

Usually last Monday of the month.
April 29 (Mon.): Open to all who want to get involved with the club.
 Gather at **6:00 pm**. Start at **6:30 pm**.
Round Table Pizza, 16444 Boones Ferry Rd., Lake Grove, Lake Oswego, OR. See [Google map](#).

Mountain High snowsport club contacts:

- President:** Bill King H: 614-371-4762
- Vice-President:** Debbi Kor H: 503-314-7078
- Secretary:** Sandra Kaufman H: 503-810-7787
- Treasurer:** Nancy Pratt H: 503-593-9427
- Past President:** Kurt Krueger H: 503-625-1492
- Membership Director:** Sandra Kaufman H: 503-810-7787
- Racing Director:** Alan Bean H: 503-849-8009
- Newsletter Editor:** Emilio Trampuz H: 503-510-1477
- Social Activities:** Debbi Kor H: 503-314-7078
- Trips Director:** Linda McGavin H: 503-652-2840

- President@mthigh.org
- Vicepresident@mthigh.org
- Secretary@mthigh.org
- Treasurer@mthigh.org
- PastPresident@mthigh.org
- skiklynn@gmail.com
- Racing@mthigh.org
- newsletter@mthigh.org
- ijustwannarun1@comcast.net
- Trips@mthigh.org

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): _____

- Email Preferences:**
- Newsletter (once a month): yes, link only yes, complete file no
 - No changes (same as last year)
 - Club news & events (between newsletters): yes no
 - Other ski news (NWSCC, FWSA, ski areas, trips...): yes no
 - Is it OK to share your email address with other club members? Yes No

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.

Please take my money, and apply it toward the following Ski Club fun stuff: **Deposit?** **Paid in full?**

- Annual Membership** (Oct. 1 - Sept. 30): Single (\$30); couple (\$50) \$ _____
- Mountain High Cookbook:** 34 pages of recipes from our members \$10 \$ _____
- 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 = 146 Newsletter Distribution

The April 2024 issue is on our web site. Also:
204 copies sent via email (as PDF file)
0 paper printed copies sent via US Mail.
Copies are also sent to potential members, other clubs, the Mount Hood Museum, etc.

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-2022-03-03.xls>

Mt. High Credit Card Payments



You can pay your membership fee and your trip payments by **credit card**. We are processing it through PayPal.

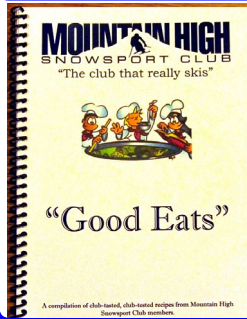
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Signup & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

Stories from Skiing History Magazine

Find the Skiing History Magazine at: <https://www.skiinghistory.org/skiing-history-magazine>

- * [World's Longest Ski Runs](#)
- * [Junior Bounous and the Joy of Skiing](#)
- * [Otto Lang - How Skiing Came to US](#)

Mt. High Cookbook

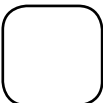
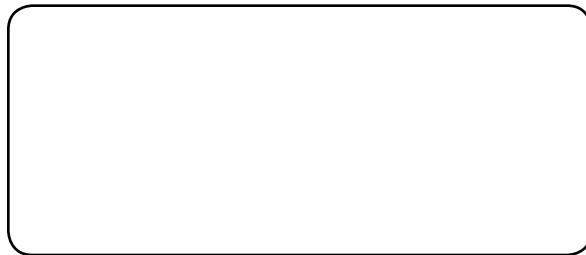


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: ijustwannarun1@comcast.net , or call 503-314-7078.

Stories from 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:

- * [Major Changes at Powder Mountain](#)
- * [Loup Loup offers \\$6,000 lifetime pass](#)
- * [My Ego As a Senior Skier](#)



Emilio Trampuz
Mountain High Newsletter editor
4742 Liberty Rd. S., #296
Salem, OR 97302
Please check our web site, www.mthigh.org for updates.