



Lift Lines

== No. 75, March 2007 ==

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



Hi folks,

We've had so many events and trips recently that this issue has more reports and photos of past events than of upcoming ones. Also, more photos will be posted on our web site in the next week or so. But 3 big events are coming up: our bus trip to Washington, our makeup PACRAT race, and the Mt. Bachelor weekend. Hope to see you at all of these.

Emilio

Mt. High

Come ski with us

Mt. High



Mar. 25 (Sun.) Meadows.

Come ski with us. Let's meet at McDonald's in Sandy (turn left at the 3rd light in Sandy) at **7:00 - 7:15 am**.

Carpooling may be arranged on the spot. On the slopes, tune your 2-way radio to channel **6-19**.

Those are **Chuck** and **Doug** at **Ski Bowl**, on Feb. 18, 2007. Plenty of time for free skiing before and after the race.

Mt. High

Let's do Bachelor!

Mt. High

March 31 - April 1 (Sat.- Sun.)

Many local ski clubs, and a whole bunch from other western States (such as California, Nevada, Arizona, etc.) will congregate at Mt. Bachelor for a weekend of fun. Our last PACRAT race of the season will be held on Saturday.



Also, the Far West Racing Association will hold two races, a slalom on Saturday and a GS on Sunday.

See pages **6 - 9** for details. All our PACRAT racers qualify.

Non-racers will be there too. Bachelor is fun for everyone. Remember you can get **\$10 off** your 2-of-3 day lift tickets if you show your Membership Card. Go to the Mt. Bachelor Sports Desk and show them the NWSCC side of the card.

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Mt. High Membership

Some time during the past 2 months, we have grown to over 200 members. Some people were simply late in renewing, and we got a few more new members too, for a grand total of 207. More on pages 6 & 12.

*Note the color code.
Our club is blue.*

2007 CALENDAR

Blue: Mountain High events
Red: NWSCC / FWSA events
Black: General events

- Mar. 3-4** Cascade Lodge weekend
- Mar. 4** (Sun.) Free Ski Training
- Mar. 4-5** Oregon Cancer Ski Out
- Mar. 6** (Tue) Mt. High Board mtg.
- Mar. 8** (Thur) Mt. High Pizza Party
- Mar. 3-11** FWSA trip: Bormio, Italy
- Mar. 11** (Sun) PACRAT race CANCELLED
- Mar. 16-18:** Bus trip: Mission Ridge & Stevens Pass (Leavenworth, WA)
- Mar. 25** (Sun) Mt. High at Meadows
- Mar. 25** (Sun) PACRAT make up race at Mt. Hood Meadows.
- Mar. 30-Apr. 1** Mt. Bachelor weekend: Far West Championships + PACRAT
- Apr. 3** (Tue) Mt. High Board mtg.
- Apr. 13** (Fri.) PACRAT Rat Attack (Awards dinner party)

Chocolate Party



Feb. 17 (Sat.). Our annual chocolate party was held at Steve and Edie's place. As usual, it was a fun event, full of sweetness. The company was enjoyable too, as you can see from the photos.



Bruce, Blaise, Barbara, Fred, and Gerry



Janice, Marv, Debbie and Randy

Our club was in charge of serving the food and drinks at the apres ski party at the Mt. Hood Museum, after the Ski Bowl race. Our volunteers did a great job! See photo on the right, and more photos on page 7.

PACRAT Race at Ski Bowl

Feb. 18 (Sun.). This was our third race of the season, A fast course, and plenty of snow everywhere. The ungroomed areas were quite skiable, and some of us took advantage of it. Here we are, slipping the course.



Phil and Violet



Chuck in the Upper Bowl



Jaxine, Cindy and Jan serving up a storm!

Mt. High Eden, Utah

March 9-16, 2007.

What a trip! Many people were too sick to enjoy it fully. But, overall, it was great. We experienced **Powder Mt.** both with and without fresh powder. Had a snowy day at **Snowbasin**. Most people also visited **Park City**.

Emilio forgot his camera the first day, and thus missed the best shots, including that of Lisa skiing in the trees. Lisa, you may not have the photographic evidence, but there are plenty of eyewitnesses among us who can testify to the fact that you skied the trees for the first time!



Linda and Jackie



Linda



Bruce



Suzanne

Jackie, Rich, and Suzanne in snowcat

Fred, Barbara, Sue, and Walt



Sorry, Lisa, I came back here by myself



Terry



Dick & Jackie, Tom, Kay, Ed.



Linda, Mike, Diane, Dick, Lisa, Shelly

Pizza Party and Donation to NW Snow Sports Foundation

March 8th (Thursday) Our Guest speaker, **Diane Hicks**, NW Snow Sports Foundation told us how the Foundation supports local young racers, how they apply for grants. Our club donated \$500 to the Foundation, plus an additional \$150 which we "earned" from the Far West Ski Association, as a prize for an outstanding **club** and **web site**.

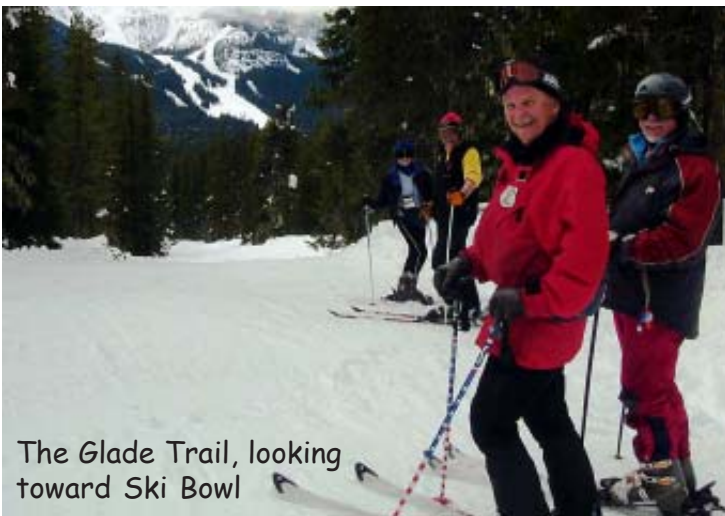


Ski the Glade Trail Day

March 3, 2007. The Mt. Hood Cultural Center and Museum, in Government Camp, organizes this annual event. Yes, the trail is green, but it's historic. Also, by participating, you are helping raise funds for the Mt. Hood Museum, and you get treated to some good food, a raffle, and the opportunity to ride the shuttle to Timberline as many times as you like. See www.mthoodmuseum.org.



Lloyd Musser, the Mt. Hood Museum curator



The Glade Trail, looking toward Ski Bowl

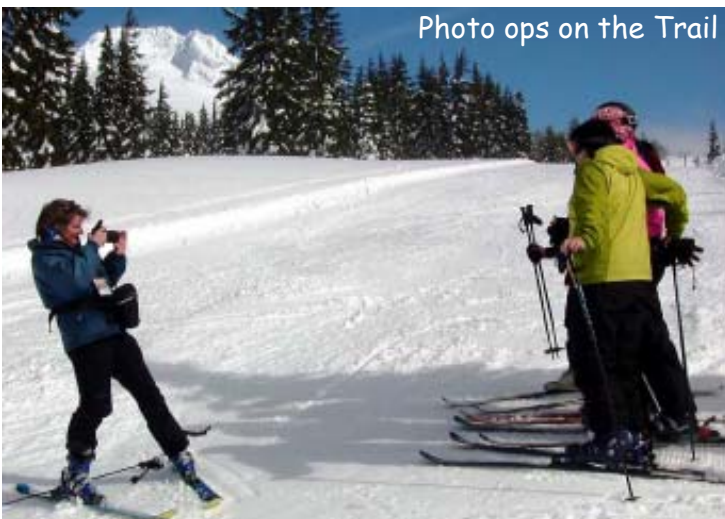


Photo ops on the Trail

Cascade Lodge weekend

March 3-4 Turnout from our club was disappointing, but those who showed up had a good time. Dinner and drinks by the fireplace. Life is good!



Jan enjoying a really large glass of wine!!!



Suzanne, Rich, Diane, Emilio, and Mike having dinner at the Cascade Lodge.

There are many more photos from all of these trips and events, and even more events that will have to be covered in the next issue of Lift Lines.

We ran out of space here!

See more photos at

www.mthigh.org/PhotosRecent.htm.

The next issue will have a report on the new trails at Timberline. They are better than you might expect! But they won't be open again until next winter, when the new lift get built.

Ski Oregon / Washington Challenge

Winter 2006/2007.

NWSCC



The NWSCC, in cooperation with the local ski industry is expanding its ski challenge to the State of Washington.

Washington has 14 ski areas. To meet the Challenge, you will need to ski/ride at least 10 of these in a single winter season. Extra credit will be given for the 4 optional ski areas: Hurricane Ridge, Leavenworth, North Cascade Heli-Skiing and Cascade Powder Cats.

It helps that the Mt. High club has a trip to 2 of these ski areas: Mission Ridge and Stevens Pass. Also, we'll hit a few on the way to Canada.

The **Ski Oregon Challenge** will continue too! Ski 9 of 11 Oregon areas.

These two are separate challenges. You don't need to do both.

More info on our web site, and the NWskiers.com web site. Contact Steve Coxen, 503-679-9022, email: sacoxen@aol.com.



Ski Oregon/Washington UPDATE

David Schor at Mt. Baker



Most of the people who did Oregon last year are doing Washington this year.

David Schor has already visited 12 of Washington's ski areas. Good thing he did

it early, before he broke his leg on New Year's Eve. Read David's blog at: <http://skiwashington.blogspot.com>.

McCoy Smith spent most of this winter working on a job in Chile, South America. He said he would be returning to the States in early March, and will still attempt to do all of Washington's - in March and April. If David could do it in a month, so can McCoy!

Ed Palmer has visited about 6 ski areas already. He intends to visit 4 more. He is on the Mt. High trip to Leavenworth, where he will ski Mission Ridge and Stevens Pass, and then he intends to go up to 49 Degrees North and Bluewood (maybe the following weekend). So, he will have at least 10 areas when he is

done. (He'll skip Hurricane Ridge and Mt. Spokane).

Emilio Trampuz has already visited 10 ski areas. On March 17-18, he will visit 2 more on the Mountain High trip to Leavenworth (Mission Ridge and Stevens Pass), for a total of 12 ski areas.

See more about Washington ski areas at:

www.mthigh.org/Articles/Ski-Washington-Challenge-diary.pdf



Ed Palmer at Loup Loup

Welcome New Members



A warm welcome to new members who have joined us recently.

Mary Calderon

WELCOME TO THE CLUB!

Volunteers Needed for Bend

We have been asked to help out with the Silent Auction at the Awards Dinner on Saturday night, March 31st, at the **RiverHouse** in Bend, Oregon.

We need the following:

PRE-AUCTION:

Ticket Sellers: before the auction

Auction Set-up: 1 hr. shift, pre-auction

DURING THE AUCTION:

Runners: 6:30-8:30 pm

Bid Sheet Monitor: 6:30-8:30 pm

Raffle Table Security: 6:30-8:30 pm

Contact Colleen Hankins 360-326-5883
or email: colleenhaha@comcast.net.

Mt. High

Leavenworth "Say WA" bus trip



Mission Ridge & Stevens Pass

March 16-18.

2 days/ 2 nights.

We leave Friday at 4 pm, and return Sunday night. We'll visit:

1. **Mission Ridge.** Ski by a World War II bomber that crashed on the mountain! 2,200' vertical. 1 Express Quad, 3 Doubles.
2. **Stevens Pass,** lots of tree skiing, front and back + lots of cruisers! 1,800' vertical, served by 3 Quads, 4 Triples, 3 Doubles.

Lodging: We'll stay at the Obertal Inn in Leavenworth. An expanded continental breakfast is included. Most rooms have 2 queen beds, some have 1 king bed. There are also 2 Fireplace Suites and 2 Jacuzzi Suites. If a couple wants to book one of those suites, each **person** would pay an extra \$42 for a Fireplace Suite or \$64 each for a Jacuzzi Suite.

Price: Only \$240 for lodging, transportation, and lift tickets. This is \$40 more than initially advertised, but the original price of \$200 did not include lift tickets. Each ticket costs almost \$40, but we are now getting 2 tickets for that price! How can we do it? Mainly because the trip price for everyone went down as more people signed up. Since we filled the bus, the trip is abt. \$40 less. Thus, instead of \$280 with lift tickets, it's now only \$240.

Contact: [Linda McGavin](#) (trip leader) or [Emilio Trampuz](#) (co-captain).



"Say WA" is Washington's new slogan.

Bring a joke and/or limerick.
There will be prizes for the best.

Club logo or Ski Oregon or Ski Washington Challenge logo



You can now order a sueded finish 1/4 zip sweatshirt with the club's logo on it, for only \$25. It is made of 80/20 cotton/poly 9 oz. fabric, with an open bottom hem, an inner rib knit collar and cuffs, set-in sleeves and an antique finish metal zipper. Available in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: S - 3XL. This is mainly cotton, for comfort.

If you want a similar garment to wear while skiing, go for the more high-tech breathable R-tek polyester sweatshirt for \$30.

Also available:

- * T-shirt (\$10),
- * Short sleeve polo (\$16),
- * Long-sleeve polo (\$18),
- * 100% cotton 1/4 zip sweatshirt (\$25),
- * R-Tek polyester 1/4 zip fleece (\$30).

Most are available in yellow, royal blue, red, navy, and black. Ask about other colors. Choice of pocket-sized logo, or full-chest size (printed on front or back).

To order, call Emilio at 1-503-378-0171 or email: info@mthigh.org.

Please print the Garment Order Form at:

www.mthigh.org/Documents/Order-Form-Ski.pdf



Mt. High

Ski Bowl race & Party

Feb.18 (Sunday.) - continued from page 2.

Here are some more photos of the party we hosted at the Mt. Hood Museum, after the Ski Bowl race. Thanks to all the volunteers who made it a success.



Terry was the bartender



Several people brought delicious desserts!

Gary showed off our banner!



More PACRAT stuff on pages 6 - 9



PACRAT Racing photos needed!



If you have any photos of racers, either in action or socially, or photos of PACRAT parties, preferably this season's photos, please email them to: pacratphotos@comcast.net.

Any format is OK. Preferably JPG, and no larger than 3 or 4 MB. Even older PACRAT photos are OK, but please make it clear that they are older photos.

We'll use the photos for a slide-show at the party.

PACRAT Race Dates



Elaine at Ski Bowl



Just two more races left this season. Our 4th race was postponed due to weather, so we'll use our make up date on **Sunday, March 25**, at Mt. Hood Meadows.

The 5th race will be at Mt. Bachelor on **Saturday, March 31**.

Also, remember the **Rat Attack**, the Awards dinner party will be on **Friday, April 13**, most likely at the Greek Cuisina, around 6:30 pm, just like last year.

Before each race and before each event, please check your email (for any updates, and also check the official PACRAT web site at: www.pacrats.org).

Also, our club's web site [Racing](http://www.mthigh.org/Racing.htm) page has a lot of information about our races, our team captains' contact info, latest updates, and more. See: www.mthigh.org/Racing.htm



Far West Championships and



Mt. Bachelor Weekend

Riverhouse Lodging packages

March 29 – April 1, 2007
(Thurs, Fri, Sat, Sun)
\$300

For those who arrive in Bend Thursday and depart Sunday, this price includes:

3 nights lodging (double occupancy) **at the Riverhouse in Bend, Oregon**
3 day lift ticket at Mt. Bachelor (Fri. – Sun.)
Non skiers may deduct \$100 from above price
Bus transportation (hotel to Mt. Bachelor)

March 30 – April 1, 2007
(Fri, Sat, Sun)
\$200

For those who arrive in Bend Friday and depart Sunday, this price includes:

2 nights lodging (double occupancy) **at the Riverhouse in Bend, Oregon**
2 day lift ticket at Mt. Bachelor (Sat., Sun.)
Non skiers may deduct \$70 from above price
Bus transportation (hotel to Mt. Bachelor)

Sign-ups MUST be received by Jan. 15, 2007

Contact: Lynnell Calkins,
FWSA - North American Travel.
2211-B Gates Avenue
Redondo Beach, CA 90278.
Ph.: 310-370-6948. Email fwsatrvl@aol.com

Or, arrange your own lodging.

The base hotel for the Far West Ski Assoc. will be **The Riverhouse**, 3075 N. Business 97, Bend, OR 97701. 1-866-453-4480. It has a Conference Center, an indoor swimming pool and hot-tub, a restaurant,.

Another option is the **Marriott Fairfield Inn**, 1626 NW Wall Street, Bend, OR (541-318-1747). Continental breakfast, big pool & hot tub for \$109 per night. www.marriott.com/rdmfi.

The **Inn of the Seventh Mountain** (closest to the mountain) also has skier packages - see their website: www.seventhmountain.com

Also, the **Phoenix Inn Suites**, 300 NW Franklin, Bend, OR, phone: 1-888-291-4764.

Far West Championships

Pacesetter races on Friday

Slalom on Saturday

GS race on Sunday

Welcome Party Friday evening starting at 6:00 PM at the **Cascade Lakes Lodge** brewery.
Awards dinner & Silent auction Sat. night.

Race registration (\$35 includes both races) will be Thur. evening, Fri. morning & evening, and Saturday morning. Racers must pre-qualify. All PACRAT racers qualify. To pre-register, contact Dale Parshall dale.parshall@usbank.com

Race participation is optional and fees will be charged separately by FWRA. Families and children are invited as this trip is open to all FWSA/FWRA members, including racers and non-racers.

Participation Restricted to Members of
Far West Ski Association
Affiliated Ski Clubs

California Seller of Travel # 2036983-40



Mt Bachelor Weekend

March 31 - April 1 Racers AND Non-Racers are welcome - join NWSCC for this all-club weekend in Bend. We've got a great dinner and awards banquet on Sat night along with a silent auction that benefits the FWSA Athletic Scholarship Program. Info: contact Mary Olhausen 360-892-1814, omary52@comcast.net

Race Registration and/or Dinner/Awards Banquet fees are being collected by **Dale Parshall**. It's best to attend the NWSCC meeting @ Round Table Pizza, Wed, March 21, and buy your race & dinner tickets at that time (but you can purchase in Bend also).

Race Registration: \$45 includes both races. Racers must pre-qualify. All PACRAT racers qualify. To pre-register, contact **Dale Parshall**, Race League Chairman dale.parshall@usbank.com. The first 280 racers registered will receive a turtle neck shirt.

Dinner/Awards Banquet: \$35.00. Includes Bidding on great items at the Silent Auction, Dinner choice of New York Sirloin Steak or Vegetarian Option, and cheering on race winners as Awards are presented.

Schedule for 2007 Far West Championships

Thursday March 29, 2007

10:00 A.M. Open Race Training on Courses
6:00-9:00 P.M. Registration for Dinner and Races @ The Riverhouse Reception Area

Friday March 30, 2007

7:00-8:30 A.M. Registration for Dinner and Races @ Mt. Bachelor West Village Lodge-Upstairs
10:00 A.M. Pacesetters Races-On Midway
6:00-9:00 P.M. WELCOME PARTY open to all registered racers & spouses, hosted by Mt. Bachelor and FWRA, at the **Cascade Lakes Lodge Brewery** 1441 SW Chandler Ave., Suite 100, Bend, OR
Free Transportation from Riverhouse
Complimentary Beverage & Snacks
Registration for Dinner and Races

Saturday March 31, 2007

7:00-8:30 am. Registration for Dinner and Races @ Mt. Bachelor West Village Lodge-Upstairs
10:00 am. Slalom Races Start-See Race Schedule
6:00 pm. No-Host Cocktails, Riverhouse Conv. Ctr
7:00 pm. Silent Auction and Dinner @ The Riverhouse Convention Center (\$35 fee)
8:30 pm. D.J. and Dancing open to everyone -No cost

Sunday April 1, 2007

10:00 am. Giant Slalom Races-See Race Schedule
3:00 pm. Awards in Mt. Bachelor West Village Lodge

2007 FWRA Race Schedule



RACE TIMES & LOCATIONS

Friday March 30, 2007

10:00 am. Pacesetting on Midway-3 Slaloms, 3 GS

Saturday March 31, 2007

10:00 am. Slalom- Classes S0, S1, S2- on Ed's Garden
10:30 am. Slalom- Classes S7, S8- on Midway
11:30 am. Slalom- Classes S3, S4- on Ed's Garden
12:00 am. Slalom- Classes S9, S10- on Midway
1:00 pm. Slalom- Classes S5, S6- on Ed's Garden

Sunday April 1, 2007

10:00 am. GS- Classes S0, S1, S2 - on Ed's Garden
10:30 am. Giant Slalom- Classes S7, S8- on Cliffhanger
11:30 am. GS- Classes S3, S4- on Ed's Garden
12:00 am. Giant Slalom- Classes S9, S10- on Cliffhanger
1:00 am. Giant Slalom- Classes S5, S6- on Ed's Garden
3:00 P.M. Awards @ Mt. Bachelor West Village Lodge



LODGING

The Room Blocks have ended for these venues, but if you need lodging, please try to contact them.

Shilo Inn: Right next door to The Riverhouse. \$89.00 (per room, double occupancy), plus tax. Indoor/Outdoor pools & spas. Group Name: NW Ski Club Council/Pacrats. 800-222-2244. 3105 OB Riley Road, Bend, OR 97701. www.shiloinns.com.

Bend Riverside Motel: \$64 for a standard room (per room, double occupancy), plus tax. Group Name: NW Ski Club Council/Pacrats. 800-284-2363. 1565 NW Wall Street, Bend, OR. 97702. www.bendriversidemotel.com

The Riverhouse: This is race central - host lodging facility. 3075 N. Business 97, Bend, OR 97701. 1-866-453-4480. www.riverhouse.com



DISCOUNTED LIFT TICKETS

DON'T FORGET---Take advantage of the Mt. Bachelor NWSCC discount-show your FWSA/NWSCC membership card and receive \$10.00 off a 2-of-3 day lift ticket (Mt. Bachelor Sports Desk only). See back of NW Skiers' Guide for details!

Safety

Lower the Bar - For Safety - by Emilio Trampuz

Safety



I know at least two people who have fallen off a chairlift. I admit, I am one of them. I won't mention the other guy's name. Fortunately for both of us, we slid off the chair before it left the loading station. What would happen if you slide off of a chair up in the air?

People these days appear to be more concerned with safety, at least judging by the number of helmets being purchased. But, does a helmet lull us into believing we don't need to worry about safety any more?

Observe people riding a chairlift. Hardly anybody puts the safety bar down. If they do, they say it's just to rest their weary legs. Hello!!! You are putting your life on the line if you don't lower the safety bar!

What if you accidentally drop something and make a sudden move to catch it? What if you just lean forward a bit too far to talk to someone on the other end of the chair? What about those days when the chair is wet and slick, or even icy? What if someone next to you slips and grabs you in panic? What if the chair starts swinging or bouncing?

Many people feel safety bars are just for kids. We keep the bar up out of some foolish pride, as if we adults are not subject to gravity. Is it worth risking your life pretending you are above the laws of nature?

Some of us may be simply too timid to ask for the bar to be lowered into position. We give in to the macho type sitting next to us. Don't.

Be wise. Be safe. Swallow your pride. Overcome your timidity. Lower the bar yourself. If you encounter resistance from others, demand it. You might be saving their lives too.

Safety

Turning Skills -- Vision of Skiing in the 21st Century

Safety

Building up on the idea of a new vision for skiing in the 21st century, started in the July/August 2005 issue of "Lift Lines", resorts could make the slopes **safer** by providing more opportunities for us to practice **controlled turning**, by simply setting up a variety of **fun obstacles** on the slopes. This would not only make the slopes more **fun**, but would also **slow traffic down**, make the slopes **safer**, and lift lines **shorter**.

Urge ski areas to implement this idea. Here's just one of the ways:



Plant some trees!

Many slopes look like clear-cuts. This is boring and dangerous, because it invites speeding.

A few well-spaced trees can be so much fun to turn around. Vail has done something like this on the Cloud 9 trail in the Blue Sky Basin.

This photo is from Mt. Bachelor. Notice the multitude of ski tracks. Lots of people enjoyed this glade!



For more ideas, and the whole vision, see our web site at: www.mthigh.org/Vision.htm.

Change in Membership rules

At our latest Board meeting, it has been decided that our membership season will run from October 1 - September 30, to coincide with the membership year that both FWSA and the NWSCC use. In fact, your membership card says it expires on September 30th.

It was also decided that new members who wish to join the club after April 30 (after the end of the season), and before Sept. 30, will be asked to pay a lower membership fee of only \$10 for the remaining part of the membership year.

Everyone will be expected to renew their membership after October 1.

Mountain High Meeting

First Tuesday of the month.

March 6 (Tues.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.

Gather at 6:30 pm. Start at 7 pm.

Location: Round Table Pizza, 10070 SW Barbur Blvd., Portland, near Capitol Hwy.

Mountain High snowsport club contacts:

General information: info@MtHigh.org

Web site: www.mthigh.org

- President: Gary Stevenson, H: 503-257-6368,
Vice-President: Terry White, H: 503-781-4558, W: 503-296-6075, TWhite223@msn.com
Secretary: Sue Bennett, H: 503-774-8747, OptomistSue@comcast.net
Treasurer: Kurt Krueger, H: 503-625-1492, telek2@att.net
Race Director: Bruce Ellison, H: 503-697-7892, Yuffiet@comcast.net
Newsletter Editor: Emilio Trampuz, H/W: 1-503-378-0171, info@mthigh.org
Activities Director: Jaxine Harris, H: 503-692-9719, JaxineAH@msn.com
NWSCC Rep: Debbi Kor-Lew, H: 503-682-1563, W: 988-5138, ijustwannarun@aol.com
Trip Directors: Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com
Linda McGavin, H: 503-652-2840, W: 503-412-3531, Trips@mthigh.org
Larry Bennett, H: 503-760-2360, BENNETT896@aol.com

DOUGH TRANSMITTAL FORM

For all Mt. High trips, make check payable to: "Mountain High Snowsport Club"

Mail to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY: [] New membership [] Renewal

Name(s): _____

Address: _____

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

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

Whereas the Mountain High Snowsport Club ("Club") is an organization of fun loving ADULTS whose events are organized by members who volunteer their efforts for the enjoyment of their fellow members and friends, please remember when I participate in Club events I do so at my own risk. Sporting activities, indeed, any activity, includes inherent risks. I will evaluate my own abilities and responsibilities and join in the Club fun as a responsible and considerate adult. I will not hold the Club or any Club officer liable for the consequences of my decisions and my behavior. The bottom line is, stuff just happens sometimes and the club volunteers are not to be blamed for helping us have fun. Besides, the Club has no assets, except for a leftover banner, some balloons, or a couple of empty beer bottles with the Club's name on them.

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

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

- Summer Membership (May 1 - Sept. 30) Total \$10 per person \$ _____
Membership Dues (for 2006/2007): Single (\$25) couple (\$40) \$ _____
PACRAT Racing Total: \$85 Team name: _____ \$ _____
Washington bus trip (Mar. 16 - 18, 2007) Total \$200 Deposit: \$100 \$ _____
Other: _____ \$ _____

Comments (For whom you are paying. Roommate requests,...): _____

Signature(s): _____ Date: _____

Club membership = 206 Newsletter Distribution

The March issue is posted on our web site, and also:

251 copies sent via email

25 paper printed copies sent via US Mail.

Copies are sent to potential members, other clubs, etc..

Please help us minimize the cost of mailing paper copies.

Send your email address to: info@mthigh.org.

FREE \$KIING CORNER

1. Use your **Ski Fever Show** 2 for 1 coupons for **Ski Bowl, Mt. Hood Meadows, Schweitzer Mt., Mt. Ashland, and Whistler/Blackcomb**. OK, it's not free, but half-price is good!

2. **Shell offers 2-for-1 lift tickets** every time you buy at least 10 gallons of gas. Details at: [www.skifreedeads.com/shell skiforfree.php](http://www.skifreedeads.com/shell_skiforfree.php)

3. **Warren Miller vouchers:** Free ticket to **Timberline** or **Ski Bowl**, any Tuesday or Wednesday. Also, free ticket to **Mt. Hood Meadows**, any day in April.

4. **FWSA/NWSCC** discount at **Stevens Pass**, only \$40 on Sat. March 3. Also, discount at **Crystal Mt.** only \$27 on Sat. March 31. Just show your club membership card.

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

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

More news and deals

Mt. Hood Meadows Spring Pass is only \$99. Get your Spring Pass on-line - then go downstairs to get your picture taken (where you get PACRAT tickets). Remember, Meadows was open til June last year. That's a lot of skiing for \$99!

Timberline offers 2-for 1 lift tickets and 2-for-1 lunch entree at the Cascade Dining room (the main lodge) every Tuesday, Wednesday and Thursday. See: www.timberlinelodge.com/current_news/great_deals.php

Timberline also offers \$10 night skiing lift tickets on Saturdays till March 31.

Mt. Hood Ski Bowl DISCOUNT LIFT TICKETS: All club members get a discount on lift tickets. \$29.00 will get you an open to close ticket (day/night). Just show your **FWSA/NWSCC ID card** at any ticket window at the mountain.



Let's go skiing! Spring skiing is the best! Slick corn snow, plenty of sunshine, ... and no crowds!
See you on the slopes!

