

**Mountain High
 Snowsport Club presents:**

**Mt. Shasta
 Mt. Ashland
 Trip
 2019**

A Mt. High bus trip

**March 15 - 17
 2019**

A weekend trip, starting on Friday afternoon at 2 pm, and we'll bring you home Sunday night, by 8 or 9 pm. 2 days of skiing & 2 nights.

Prices:

- 1. Adults = \$350
- 2. Seniors, 65+ = \$336
- 3. Super Senior 70+ = \$303
- 4. Non-skier = \$273

Included:

- * Bus transportation
- * 2 nights lodging
- * 2 lift tickets
- * Hot-tub
- * 2 Continental breakfasts
- * 1 dinner

Contact

Emilio: 503-510-1477
newsletter@mthigh.org
 Linda: 503-652-2840
Trips@mthigh.org

Reserve your spot

Send a \$100 deposit to Mt. High Snowsport Club, PO Box 2182, Portland, OR 97208.



Mt. Shasta



Mt. Ashland

23 named trails
 1150' vertical
 7533' summit
 5 lifts



Mt. Shasta

32 named trails
 1435' vertical
 3 hills
 3 lifts



Mt. Ashland



"The club that really skis"
PO Box 2182, Portland, OR 97208

NOTE: This trip is open to members of all clubs associated with the NWSCC (Northwest Ski Club Council)

Mt. Shasta and Mt. Ashland **A Mountain High weekend bus trip**

January 5 - 7, 2018.

2 days/ 2 nights. Staying in the same hotel both nights.

Saturday skiing at Mt. Shasta.

Sunday skiing at Mt. Ashland.

The bus trips are usually our club's best and most fun events. The best way to get to know other club members.

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 breakfast. All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.

Bus ride: We'll start the trip on Friday at 2 pm and ride the bus to Ashland. We'll return Sunday night, by 8 or 9 pm. The bus ride itself will be fun. We'll share some food, play games, tell jokes, watch a video, etc.

Lodging: We'll stay at the Stratford Inn, near downtown. The hotel offers free Wi-Fi, a fitness room, an indoor hot tub and swimming pool. Each room has a coffee-maker, refrigerator/freezer, and a microwave.

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.

Prices: Adults	= \$350 per person
Seniors (65+)	= \$336
Super-Seniors (70+)	= \$303
Without lift tickets	= \$273

Price includes all bus transportation, 2 nights lodging, and 2 lift tickets. A dinner is included. .

The hotel offers a free continental breakfast including 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, so please sign up early!

Contact:

Emilio Trampuz (trip captain): 503-510-1477 or email: newsletter@mthigh.org.

Reservations: Mail a \$100 deposit to **Mountain High Snowsport Club**, PO Box 2182, Portland, OR 97208. Full payment due by February, 2019. No refunds after February 8, 2019, unless you can fill your spot.

See: [Trip Cancellation Policy](http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf) at: www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf.



"The club that really skis"
PO Box 2182, Portland, OR 97208

Mountain High Snowsport Club 2018/19 Membership Sign-Up / Dough Transmittal Form

For all Mt. High activities, make check payable to: "Mountain High Snowsport Club"
Mail it to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

Name(s): _____ [] New membership(s)
PLEASE PRINT CLEARLY
_____ [] Renewal(s)

Mailing Address: _____
_____ Birthday: (MM/DD) _____

Phone (H): _____ Phone (W): _____

E-mail (H): _____ E-mail (W): _____

The best way to reach me: [] phone (home/work) [] e-mail (home/work)

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

Note: PACRAT racers will receive PACRAT email from their team captain regardless of the above options.

Please take my money, and apply it toward the following Ski Club fun stuff:	Total	/ Comments
<input type="checkbox"/> Annual Membership (Oct.1, - Sept. 30): Single (\$30); Couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2018/19) \$110 for whole season. Team name: _____	\$ _____	_____
<input type="checkbox"/> Monashee Mountains 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) 6-day trip. Deposit=\$200. Tentative Prices: Adult=610, W/Fusion pass=510, Senior(70+)=545, Senior Fusion=455.	\$ _____	_____
<input type="checkbox"/> Mt. Shasta & Mt. Ashland bus trip (March 15-17,2019). Deposit \$100. Tentative Prices: Adult=350, Senior (65+)=336, Super-senior (70+)=303, No lift tix=273.	\$ _____	_____
<input type="checkbox"/> Other: _____	\$ _____	_____
[] cash [] check # _____	TOTAL AMOUNT RECEIVED:	\$ _____

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

Signature: _____ Date: _____
Signature: _____ Date: _____

**Mountain High Snowsport Club
Liability Release for 2018/2019**

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 any and all liability for personal injury, for damage to or loss of personal property, sickness or injury from whatever source, legal entanglements, imprisonment, loss of money, or death, which might occur while participating 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.

Specifically, I release said persons from any liability or responsibility for my physical condition, for the condition or selection of itinerary or course route and for the presence or actions of any other participants. I am aware of the risks of participation, which include, but are not limited to, getting separated from the group and getting lost, colliding with other participants, getting injured in any way relevant to the activity, or suffering from any conditions resulting from exposure to nature, animals, and/or human beings.

I hereby state that I am in sufficient physical condition to accept a rigorous level of physical activity. I understand that participation in club events is strictly voluntary and I freely chose to participate. I confirm that I will be responsible for any medical costs I may incur as a result of my participation.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I HAVE GIVEN UP ALL LEGAL RIGHTS BY SIGNING IT. I SIGN IT VOLUNTARILY WITHOUT ANY SIGNS OF DURESS.

NAME(PRINTED) PHONE	SIGNATURE	DATE	CELL
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(Participant or guardian)

EMERGENCY CONTACT NAME: _____

PHONE _____

NAME(PRINTED) PHONE	SIGNATURE	DATE	CELL
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(Participant or guardian)

EMERGENCY CONTACT NAME: _____

PHONE _____