



# UPSLOPE



## Newsletter of the NORDIC Ski Touring Section of PATC

Visit Us On the WEB at <http://www.patc.us/chapters/ski/>

October 2014

### UpComing Attractions In Winter UPSLOPE

- The rest of the 2014-15 Schedule
- YOUR ski stories

### Don't Miss the SKI FAIR!

By Ralph Heimlich  
We've had a cool summer, but now is the time to grab your skis and start dreaming of the COLD season ahead. You are not alone!

Join the Potomac Appalachian Trail Club's Ski Touring Section as we kick off the coming season with our annual Ski Fair. Whether you're looking for basic information about cross country skiing or gear, want to know more about local destinations, or are interested in joining one of our regional or out-of-area trips, you'll find it on Saturday, November 1, 12:30-4:30 at the PATC offices, 118 Park Street in Vienna, VA (directions below).



Sign up for ski trips photo by Ralph Heimlich

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**Ski Fair**  
**Saturday, November 1, 2014**  
**12:30-4:30**

**WHERE:** The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street SE, Vienna, VA 22180 [less than a block south of the intersection of Park & Maple Sts. (VA Rt.123) in Vienna]

Catch up with old friends and new and be among the first to sign up for trips scheduled from December 2014 through February 2015. STS trips are a travel bargain, fun, friendly and led by members with years of experience.

Consider yourself a Nord-wannabe? No problem! You can take lessons at many of the Ski Touring Centers at our destinations. Bring your checkbook to sign up for trips and begin or renew your membership, and buy or swap for used cross country ski equipment at the Fair.

Bring healthy and not-so healthy snacks to share. (For last-minute shoppers, there's a Giant 2 blocks north (RT 128 and Branch Road SE) and a Whole Foods (ascross Park Street). STS will provide coffee, tea and sodas. Enjoy talks on ski gear, ski destinations and score some bargains on Open Air Wear ski clothing while you're at it.

**WHERE:** The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [less than a block south of the intersection of Park & Maple Sts. (VA Rt.123) in Vienna]

**By Car:** Once you find the intersection of



Learn about skiing photo by Ralph Heimlich  
(Continued on page 4)

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**FROM THE \$LOPES – Chair Notes**

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**Where are the snows of the past?**

For those of us who have enjoyed cross-country skiing for many years, our hearts and minds are filled with memories of trips gone by, great friendships, strenuous situations in the cold we survived, and warm hospitality. Somehow, we just seem more alive when skiing, far removed from the comfort of temperate weather. Francois Villon’s 15<sup>th</sup> century poem (“*Mais où sont les neiges d’antan!*”) uses the snows of years gone by as a metaphor for famous loves of the past. For us, the snows are real.

This winter should offer us a great opportunity to add to these memories. For those who are new to Nordic skiing, you have the potential for great wintry adventures that you will remember for a lifetime!

Kathy Brumberger, the STS Trip Coordinator, has again worked her magic to develop an excellent schedule of ski trips running from late December to early March. January and February are the core winter months, of course. You will see that reflected in the trip schedule provided on [page 6](#) of this newsletter. Veteran members of the Ski Touring Section have stepped forward to lead a host of trips in Pennsylvania, West Virginia and Maryland. A few of us have ventured even further in our hosting of ski trips: New York, New Hampshire, Vermont and Alberta, Canada.

How good a skier are you? How adventurous? How good is your equipment, and do you have the clothing necessary to enjoy our trips? These are all things you must consider when signing up for an STS ski trip. The listed trip leaders stand ready to aid you in your decisions. A lot of potential skiers are worried about their lack of formal training in the sport. Don’t worry. So long as you do not take on too much at once, you should not have a problem.

I learned Nordic skiing on my own through trial and error and watching others. Many of the experienced skiers in our Section got there the same way. While there are likely some fine technicalities of the sport that I could improve upon, their absence does not diminish my enjoyment of fine snow in winter.

If you are a person who really wants a formal lesson before setting forth on a first multi-mile trek, you have several options. The White Grass Ski Touring Center (STC) in Canaan Valley, WV offers ski instruction. Even 15 minutes of guidance can get you on the trails. See <http://www.whitegrass.com/>. STCs further north are equally if not better able to give you training in basic cross-country skiing. The Section’s winter trips to New Hampshire and Vermont utilize well-known Nordic ski centers in those states. Join one of those trips, and you will return a solid skier. Plus you will have made a lot of new friends.

A certain percentage of our Ski Touring Section membership is “wanna-bes” who never seem to actually get out onto the snow on “skinny skis”. The same is true in any sport. That is a shame. You really don’t know what you are missing! You have my encouragement to take the plunge! Look over this winter’s ski trip offerings in this newsletter and sign up early for the trip of your choice, the trip of your dreams. Don’t delay, since several of the trips fill up at Ski Fair. Bring your checkbook. You don’t have a reserved place on a trip till you have paid the listed STS trip fee. I look forward to seeing you all at the Ski Fair on November 1<sup>st</sup>!

Rob Swennes



## Farmer's Almanac Predicts 'Super-Cold' Winter, More Snow In Eastern U.S.

After the frigid, bitterly cold, and snow-filled winter last year, many of you are wondering just what this winter might bring. Could it possibly be as bad as last?

According to the 2015 edition of the Farmers' Almanac, the winter of 2014–15 will see below-normal temperatures for about three-quarters of the nation. A large zone of very cold temperatures will be found from east of the Continental Divide east to the Appalachians. The most frigid temperatures will be found from the Northern Plains into the Great Lakes. The coldest outbreak of the season will come during the final week of January into the beginning of February, when frigid arctic air drops temperatures across the Northern Plains to perhaps 40 below zero. As the frigid air blows across the Great Lakes, snow showers and squalls will drop heavy amounts of snow to the lee of the Lakes.



No region will see prolonged spells of above-normal temperatures; only near the West and East Coasts will temperatures average close to normal.

Over the eastern third of the country, Farmers Almanac is expecting an active storm track with a number of storms delivering copious amounts of snow and rain. Near-normal precipitation is expected for the Pacific Northwest, the Southwest States, and Northern Plains, while below-normal precipitation values are forecast for the Southwest States as well as the Upper Midwest and the Great Lakes. The Central and Southern Plains are expected to receive above-average precipitation.

The Almanac is "red flagging" the first 10 days of January and the first week of February along the Atlantic Seaboard for active wintry weather featuring bouts of heavy precipitation and strong winds. Another red flag timeframe for widespread wintry conditions is the middle part of March from the nation's midsection to the East Coast.

*Potential El Niño is an Uncertain Element*—As they were putting the finishing touches on this year's long-range projections, the National Oceanic Atmospheric and Administration issued an official El Niño watch. An El Niño is a warming of the central Pacific once every few years, from a combination of wind and waves in the tropics. It shakes up climate around the world, changing rain and temperature patterns. An El Niño could result in more rain this winter for drought-stricken California and Southern States, and a milder winter for the nation's frigid northern tier. El Niños are usually strongest from December to April, but there's no guarantee that we will see one this winter. We'll just have to wait and see, but in the mean time, the Farmers' Almanac suggest you stock up on firewood, sweaters, and hot cocoa. It certainly looks like another long winter of shivery and shovelry is on tap.

What's in store for next summer's weather? Get 16 months of forecasts in one place. Order your 2015 [Farmers' Almanac](#) today!

## Are You Already Part of YAHOO GROUPS? Facebook?

If you haven't joined Yahoo Groups, make sure to do it.

Go to <http://groups.yahoo.com/group/PATC-STS/>

Ask to join the group. You will get a confirmation message in your email.

**FACEBOOK:** Please sign on to the STS Facebook page at <http://www.facebook.com/pages/Ski-Touring-Section-Potomac-Appalachian-Trail-Club/226549600733615> and "Like" us. You can easily locate it by putting the phrase "Ski Touring Section" into the search box at the top of the Facebook page. "Likes" are critical for getting status on Facebook and thus for helping others find us when they want information on Nordic skiing.

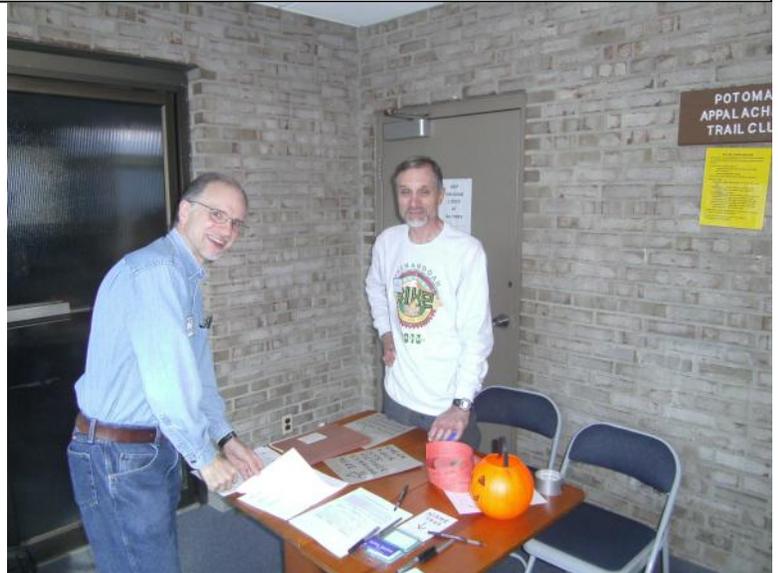
You can also join our Meetup, Nordic Skiers of the Potomac Appalachian Trail Club at <http://www.meetup.com/Nordic-Skiers-of-the-Potomac-Appalachian-Trail-Club/>

**Ski Fair (cont.)**

*(Continued from page 1)*

Interstate 66 and Interstate 495 (alias the Washington Beltway), take the Nutley Street North (VA Rt. 243) exit just outside the Beltway. Go north just over 1 mile passing two traffic lights. When you get to the third light, turn right onto Route 123 (alias Maple Avenue). Continue in the right-hand lane for about ¾ mile or count traffic lights. When you reach the fourth light, turn right onto Park Street. The PATC headquarters is the second building on the left, a red brick two-story structure with parking in front. There is ample parking in the area.

**By Bike:** Yes, many of our members enjoy other forms of self-propelled transportation, and reaching PATC headquarters couldn't be easier. Take the Washington & Old Dominion Trail to Vienna. Where the trail crosses Park Street, turn north and ride roughly a block and a half until you see the headquarters on your right at 118 Park Street. Lock up, and come on inside; helmet hair and Lycra are welcome!



Renew your PATC-STS Membership *photo by Ralph Heimlich*



Buy OPEN AIR clothing *photo by Ralph Heimlich*

**Work Trips Scheduled**

Two work trips have been scheduled to improve trails prior to the ski season. YOUR help is needed to make things better for EVERYONE.

**October—Laurel Mountain**—The Ski Touring Section of PATC will be holding a X-C ski trail work day in the Laurel Mountain area of Pennsylvania on Saturday October 4, 2014. We will drive up to Somerset PA on Friday 3 and return on Sunday 5. This work day involves several groups, besides PATC, and is coordinated by the PA Department of Conservation and Natural Resources. Typical activities are brushing back trails, remarking trail blazes, armoring trails with shale and installing new trail signs. All needed equipment is supplied, and we will work on preselected projects under the supervision of DCNR. The Ski Touring Section will pay for a motel Friday and Saturday nights in Somerset for all participants. Saturday 4 is the work day and Sunday 5 is free for hiking, sightseeing, or whatever. The trip leader will make the motel arrangements and assist in carpooling arrangements. The fall foliage should be at or near peak! Contact Erma Cameron at [erma.cameron@uspto.gov](mailto:erma.cameron@uspto.gov).

**November—Whitegrass**—November is a long time off, but it is not too early to SAVE THE DATE for the November 7-9 worktrip to Whitegrass WV. Erma Cameron ([erma.cameron@uspto.gov](mailto:erma.cameron@uspto.gov)) will be organizing the worktrip this year and Bert Finkelstein will be a co-leader. We are working on plans of where to stay, etc. More details to follow.

## Day; of Weather Past; March 2014 Madnes; on Tug Hill Plateau NY Trip

By Greg Westernik

At the end of last February 2014 a band of 13 STSers had a blast enjoying the Lake Effect Snow Capital area of Eastern US. We glided thru a 3-day miniweek ski trip on some of our favorite trails in this area, including: Osceola Tug Hill STC (40km groomed), Winona Forest (50km with half groomed), BREIA (40km+), as well as the nearby county XC ski sites like Highland Forest Park in Fabius (15km) for those who spent more time in upstate NY. As an extra bonus our group endured a return of a "2014 polar vortex storm" at end of the trip (more on that later).

The actual and expected snow conditions were outstanding there...so good that rather than wait until departure day (2/27) to decide if the trip was a GO, I notified all participants that the trip was a GO on 2/26. An alternative destination to the Adirondacks was eliminated due to low and old snow cover. The webcams at Winona Forest in Tug Hill area nicely validated snow condition reports I saw or heard from favorite ski areas up there. Winona State Forest reported 3 ft of snow outside groomed trails with at least a foot or more of new snow in the track, only 25km groomed. Osceola Tug Hill STC reported 24-30 of base + 6" in the last 24 hours with 3 ft outside their trails. BREIA snow reports were sketchy, only reporting a base of 6 inches, but they were expecting and did actually get new snow on earlier in the week.

The temperature forecasts for this area understated how cold it actually was outdoors. The forecast was:

- \* Thursday A chance of snow showers. Mostly cloudy, with a high near 16. Breezy. Chance of precipitation is 50%.
- \* Thursday Night A chance of snow showers. Mostly cloudy, with a low around 3. Chance of precipitation is 40%.
- \* Friday A chance of snow showers. Partly sunny, with a high near 16. Chance of precipitation is 30%.
- \* Friday Night Mostly cloudy, with a low around 1.
- \* Saturday Mostly cloudy, with a high near 16.
- \* Saturday Night Mostly cloudy, with a low around -2.
- \* Sunday Mostly sunny, with a high near 17.

For example, Saturday never actually got above 10 deg F in Winona Forest with a slight wind. I was thinking waxables all trip long!

Take about good snow service! The snow gods were so pleased with our arrival that they delivered more local lake-effect snow the day before we arrived rather than waiting until the hour of our arrival on Thursday to deliver a white-out: John Tichenor reminded me of another event at the beginning of this trip due to lake effect snow from Lake Ontario. On Thursday (2/27), after our carpool arrived uneventfully with light snow falling in Pulaski, NY, State police closed Interstate 81 south of us between Cicero, NY, (north of Syracuse ) and Pulaski because some cars flipped off the road along I-81 and wreckers needed access. Since more than half of trip participants arrived after us, they experienced another bonus of travel to Tug Hill...significant traffic delays getting into the Pulaski area when the lake effect snow blows.

Our diverse group made for some enjoyable perspectives and carpools: Dave and Cathy Collins from Hagerstown, Ron and Janis Tucker from Charles County in MD, Maureen and Francis Wright from Annapolis, John Tichenor from Richmond, Laura Kranish from Silver Spring, David Adams from Bethesda, Candace Hanrahan from Wheaton, Neil Becker from Rockville, Wendy Cox from Lovettsville VA and myself. We had 1 beginner, a few experts and mostly intermediates in ski skill. Two persons rented equipment for the whole period: one rental from Osceola Tug Hill STC and one from Eastern Mountain Sports in Fayetteville NY (just east of Syracuse).

From the Super 8 lodging place where we stayed in Pulaski, NY, we enjoyed their continental breakfast every morning (i.e., Cinnamon Rolls, waffles, fruit, cereal, bread, yogurt, selection of juice and coffee/tea....not much fiber or protein choices). There were a dozen or so restaurants in the Pulaski area (most which are moderately priced and not high end, where most of us we went for group dinners), plus nearby grocery stores and fast food. Definitely not bustling and cosmopolitan...forget Whole Foods.

On Friday 2/28, our first day of skiing, we all decided to ski at OSCEOLA Tug Hill STC near Camden, NY. The photo below gives you one picture of the snow along the roads we traveled this day.

The conditions were excellent at Osceola Tug Hill STC, the place is heavily wooded, except for those few open areas where winds made skiing frosty indeed. While I recollect that I was the only skier in our group using waxable skis, it was not the blessing that it seemed given the temps and conditions.



(Continued on page 7)

**Tentative 2014-15 Ski Trips**

Below is a draft of the 2014-15 STS schedule of trips. There is only one trip without a leader thanks to those stalwart leaders who have already decided to lead a trip! Let me know if you would like to lead one of the trips that needs a leader. Kathy Brumberger [kathybrum@verizon.net](mailto:kathybrum@verizon.net)

Date	Place	Leader
Oct 3-5	Work Trip, Laurel Mountain, PA	Erma Cameron
Nov. 1	Ski Fair, Vienna, VA	
Nov. 7-9	Work Trip, Whitegrass, WV	Erma/Bert
Dec 30–Jan 3	Tug Hill, NY	Peggy and Steve
Jan 9-11	Laurel Highlands	LEADER NEEDED
Jan 9-11	Blackwater Falls Lodge, WV	Joe Bachman
Jan 15-19 MLK Weekend	Jackson, NH White Mts.	Rob Swennes
Jan 16-19 MLK Weekend	Laurel Highlands, PA	Brian O’Konski
Jan 23-25	Laurel Highlands, PA	Laurie Welch
Jan 23-Jan 25	Blackwater Falls Cabin, WV	Ralph Heimlich
Jan 29-31	Canaan Valley Deluxe Cabin, WV	Doug Lesar
Jan 30-Feb 1	Laurel Highlands, PA	Greg Westernik
Feb 5-8	Blackwater Falls Deluxe Cabin	Kathy and Elliot
Feb 6-8	Laurel Highlands, PA	Bozena Sarnecka-Crouch
Feb 8-12	Stowe, VT	Peggy and Steve
Feb 10-19	Lake Louise/Banff National Park	Rob Swennes
Feb 13-16 Presidents Week-end	Ski Dance, Laurel Highlands, Camp Sequanota	Eliot Applestein Bob Mathis
Feb 13-16 Pres Wkend	Blackwater Falls, WV	Kathy and Elliot
Feb 20-22	Laurel Highlands, PA	Greg Rudl
Feb 20-22	Oakland, MD	Ralph Heimlich
Feb 26-Mar 2	Upstate New York, (Lake Placid/Adirondacks/Tug Hill)	Greg Westernik



Tug Hill, New York, 2010

## Tug Hill (cont.)

*(Continued from page 5)*

Maureen and I gave Francis some skiing tips in the morning. In the afternoon I experienced one of my skis starting to delaminate from the rear end. Delaminations out on the trail meant it was time to perform duct tape "triage".

By the time our last carpool left after 5pm we were all tired and happy to head home. No one hired any professional XC ski instruction at OSCEOLA Tug Hill STC, but Laura and I did buy complete, new XC ski packages there for a good price. A good time was had by all today.

On the first and second evenings we started with an evening social in John Tichenor's quarters after 6pm. Besides the usual topics (e.g., where to ski the next day, where to eat a group meal) we shared details on ourselves and what's next. Much of the trip STSers present you can see enjoying themselves in the following après ski photo.

On the second day of skiing our group split into two subgroups: 9 of our party did ungroomed skiing at Winona, and the remaining 4 chose the well-groomed trails like Winona Way. There were no bad choices. The groomed trails in Winona were in rare form...smooth like a skating rink.

For the rest doing ungroomed skiing in 3+ feet of snow, the starting point was the Larabee trail. I was the only person who was familiar navigating the Larabee route (helpful since Larabee is poorly blazed in a few spots). It did not matter as six STSers, including that stalwart Dave Collins, but excluding me, decided to trailblaze and not to wait for stragglers. My carpool started last from the Larabee trailhead about ½ hr later than the rest. Larabee trail is a narrower version of the Osceola Tug Hill STC trails...rolling and usually ungroomed backcountry, occasional stream and few bridge crossings in a generally wet area.



By the time I caught up with the main group of backcountry STSers, I was unsure if they were going to sacrifice me or thank me (turned out to be the latter). The temperatures were cold enough at Winona Forest, combined with the workout from backcountry trail breaking on Larabee, that lunch on the trail was very brief. Our lead folks in this ungroomed skiing party had just finished the Larabee backcountry trail one-way, and crossed Tucker Road, waiting for me to bring up the rear at the start of ungroomed Alice's Alley trail. By the time I made it to their break spot, the early birds were chilling and ready to restart when I snapped the following impromptu photo of the backcountry skiing party. Dave Collins is the STSer near the middle with the well-appointed hat.

The backcountry skiers had trouble avoiding groomed ski trails.



In the end we decided to retrace our morning tracks in the afternoon and enjoy what we blazed. Next photo shows Laura leading our subgroup up one of the rolling hills back to our cars. The photo does not show all the downhill traverses and face plants we experienced on the way back.

**Tug Hill (cont.)**

*(Continued from page 7)*

As I prepared for discussing our plans for our third day (Sunday 3/2) of skiing this Saturday night, a new “polar vortex” twist was about to impact our trip plans: A heavy rainstorm pounding the Mason-Dixon line sections southern PA and northern MD next day was likely going to morph into 2 ft. of new snow and some ice accumulation awaiting our scheduled drive back home. If participants did not leave by noon on 3/2 for home, then they would likely be driving in poor to unacceptable driving conditions, or need to stay in NY for at least one day longer than planned to avoid driving through the snowstorm.

My understanding was that since the rainstorm would wash away any road pretreatments for snow, none would be done for this storm, making travel through this area south of Harrisburg PA very problematic, at best. As I conveyed this information to our group and made my recommendations, 9 of 13 STSers skipped the 3<sup>rd</sup> day of skiing on 3/2 to instead drive safely back home. Four of our group stayed in upstate NY on 3/2 to ski the BREIA trails in Tug Hill, then drive to other upstate NY locations to extend their days doing XC skiing. These 4 STSers were rewarded with excellent skiing conditions on the BREIA trails.

It turns out that March 2-3, 2014, snowstorm followed a pattern that's become routine. In the mid-Atlantic, schools and government offices were closed. Federal workers stayed home—the fourth weather-related shutdown in the 2013-14 season. The winter of 2013-14 will certainly go down in the books as one of the snowiest in recent times in the Mason-Dixon area of the mid-Atlantic. I enjoyed the Tug Hill trip so much that I am planning to do a repeat March Madness trip in 2015. See the STS trip schedule and come along to Tug Hill with me!

**Notes From All Over**



**Telepalooza 2012**

**The Appalachian Telemark Association (ATA)** is a loose confederation of free-heel skiers whose purpose is to promote the sport through social gatherings, instructional workshops, and races. ATA events are usually held at Seven Springs Mountain Resort.

TELEPALOOZA 2015! ATA is the organizer of Telepalooza, their annual two-day telemark festival at Seven Springs. The 2014/2015 season marks the 13th year for Telepalooza.

As a member of the Western PA Ski Council (WPSC), ATA members can participate in WPSC-sponsored events including races, gate training, social events and ski trips.

ATA is paying it forward by offering scholarships to assist aspiring telemark instructors with educational expenses related to attending PSIA Telemark events. Click [HERE](#) for an ATA Scholarship application form.

ATA's website has a gear swap, schedule, and other info at <http://www.telemarker.org/index.html>

Click [HERE](#) for a 2014/2015 application to join the Appalachian Telemark Association.

**Cross Country Skier** is the Journal of Nordic Skiing. Published during the height of the ski season with November/December and January/February issues, each includes feature articles, destinations, helpful information and perspectives from a variety of columnists, training and technique tips, ski club, personality, and event features; and high performance and racing for the more competitive members of the X-C audience.

You can also submit YOUR skiing articles to them



*(Continued on page 9)*

**Notes (cont.)**

(Continued from page 8)



Rails-to-Trails Conservancy is a nonprofit organization based in Washington, D.C., whose mission it is to create a nationwide network of trails from former rail lines and connecting corridors to build healthier places for healthier people. They have a listing of **Cross-Country Trails in Maryland** at <http://www.trailink.com/stateactivity/md-cross-country-skiing-trails.aspx>

They also publish a set of regional Rail-to-Trails guidebooks that can help you find your way to their trails at

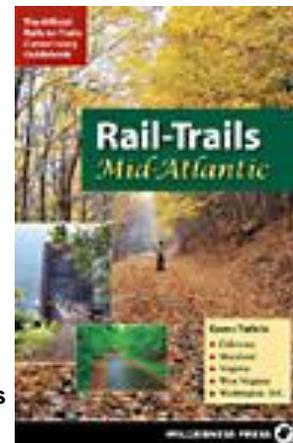
[https://secure2.convio.net/rtt/site/Ecommerce/315461964?FOLDER=1030&store\\_id=1141](https://secure2.convio.net/rtt/site/Ecommerce/315461964?FOLDER=1030&store_id=1141)



Glynn House Inn, Ashland, NH

Bed and Breakfast dot Com offered their **Top 10 Ski Inns** from 2012. They range from BC to PA and include two European entries in Italy and Germany and were chosen on the basis of their winter sports offerings.

<http://www.bedandbreakfast.com/travelers/awards/2012/top-ski-inns>



If you are new to this whole Nordic ski thing, the friendly folks at Sierra Trading Post, a good source for ski gear at good prices, offer a **Nordic Skiing Guide** online at <http://www.sierratradingpost.com/lp2/nordic-skiing-guide/>

The Cross-Country Ski Areas Association has a **listing of specialty shops** to help outfit you for your ski and outdoor activities. Listed first are companies that sell nationwide via the internet or phone orders. The businesses are all CCSAA members.



**Cross Country  
Ski Areas Association**

Browse the listing at <http://www.xcski.org/retail.php>

Their site also has a New Skier podcast and links to tips for buying equipment, understanding the lingo, and dressing for the sport at [http://www.xcski.org/new\\_skier.php?SubPage=10](http://www.xcski.org/new_skier.php?SubPage=10)

**PATC-Ski Touring Section**

**c/o Doug Lesar**

**2507 Campbell Place**

**Kensington, MD 20895**



White Grass Work Trip, 2013

To:

## PATC Ski Touring Section Membership Form

The PATC/STS provides quality services and benefits to its cross-country skiing members while promoting and supporting the PATC and cross country skiing in general. Whether a novice, recreational, citizen racer or telemark skier, STS has something for every XC skier. Imagine yourself floating on the snow, climbing across hill and dale in the quiet of winter, stopping for lunch in brilliant sunshine on a vista with a view of snow-covered ridges and valleys stretching to the horizon, and then making a descent back to home. Our membership enjoys ski touring in the hills with the comradeship and safety of a group. When you become a member, you receive all issues of the club's newsletter UPSLOPE and other useful information. UPSLOPE is published six times a year by PATC/Ski Touring Section, a non-profit, educational and recreational group of cross-country skiing enthusiasts based in the Maryland, DC, Virginia, PA and West Virginia areas. UPSLOPE provides information about STS trips and events (e.g., Learn-To-XC-Ski weekends, Telemark instructional clinics, and mini-week ski trips). One year membership runs from October 1st through September 30th of the next year. If you join in April or later, your one year membership will run through September of the next year. To insure uninterrupted membership for more than one year, you may provide advance dues for up to three years. To join, select your desired membership category and term from the table below, complete this Form legibly, and send it with a check appropriate to your membership choice (payable to PATC Ski Touring Section) to:

PATC-Ski Touring Section, c/o Doug Lesar, 2507 Campbell Place, Kensington, MD 20895

### Membership Classes

<u>Membership Categories</u>	<u>1 Year Only</u>	<u>2 Years</u>	<u>3 Years</u>
Individual	\$ 9	\$17	\$25
Family	\$13	\$24	\$35

PLEASE PRINT or TYPE THE INFORMATION BELOW !!!

Name(s): \_\_\_\_\_ Request is for:    - NEW Membership: \_\_\_\_\_

Address: \_\_\_\_\_ Today's Date: \_\_\_\_\_ - New Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ - Renewal: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

- Add me to Annual member directory but do not list my: Home Ph.: \_\_\_ ; Work Ph: \_\_\_ ; Email: \_\_\_; Postal Address: \_\_\_
- If checked, add me to New Yahoo Group so I can get infrequent, adhoc announcements of local XC Ski activities: \_\_\_
- If checked, send my UPSLOPE only electronically (no paper copy) to save the club copying and postage: \_\_\_

STS is an all-volunteer organization. We cannot function without the assistance of our members. If you are interested in volunteering to help STS in any of the following areas, please check the box and you will be contacted:

- |                                                |                                          |                                                     |
|------------------------------------------------|------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> STS Officer           | <input type="checkbox"/> Publicity       | <input type="checkbox"/> XC Ski Instructor          |
| <input type="checkbox"/> Web Content Assistant | <input type="checkbox"/> Ski Trip Leader | <input type="checkbox"/> Special Events Coordinator |