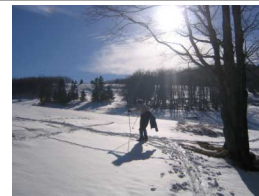


UPSLOPE



Newsletter of the NORDIC Ski Touring Section
of PATC

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

October 2009

UpComing Attractions In Winter UPSLOPE

- Laurel Highlands Work Trip-
October 16-18, Erma Cameron
- White Grass Work Trip-
November 6-8, Lynn Yates
- New Date for Ski Fair—
Saturday, November 14, 2009,
PATC HQ, Vienna, VA

COME TO THE STS SKI FAIR 2009



SATURDAY

NOVEMBER 14

12:30-4:30 PM

PATC HQ — 118 Park
Street, Vienna, VA

The Potomac Appalachian Trail Club's Ski Touring Section, the largest Nordic ski club in the entire DEL-MARVA region hosts the biggest get-together for cross-country skiers. The Ski Fair features nearly two dozen trips for the 2009-10 Winter season, including some adventurous and far-flung STS excursions.

Inside this issue:

(blue links are live)

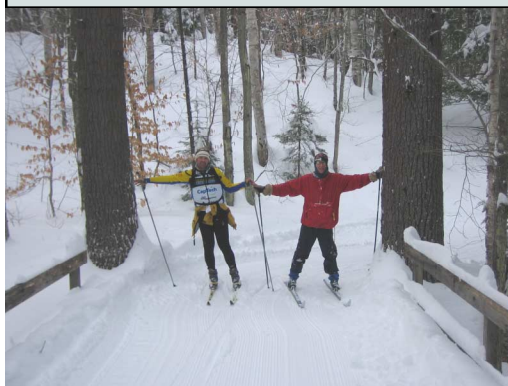
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2009-10 Ski Trip Schedule	6 7

Be among the first to apply for trips scheduled from December 2009 thru March 2010. STS Trips are inexpensive, fun, friendly, and led by members with years of experience! Chat with

Please Bring Potluck Food for the Ski Fair—Please be sure to bring healthy snacks to share—STS will provide coffee, tea and sodas.

(Continued on page 4)

Excursion Ski Trips for 2009-10 Season



Terry & Dan measuring the space between signature trees on the east side of a bridge crossing a stream at Bear Notch photo by Rob Swennes

The PATC Ski Touring Section held a trip planning meeting in August. Leaders for a number of mid-Atlantic trips and more distant excursion ski trips were identified. Excursion trips involve more extended travel and longer stays than our typical local weekend trips. Below are four excursion trips being organized by the Section for this coming winter.

Note that you **MUST** be a current member of the Potomac Appalachian Trail Club (and not just the Ski Touring Center) to participate in any of these ski trips outside the Mid-Atlantic area. It's a Club rule required by insurance coverage. The Canadian trip in mid February also requires that you carry a valid U.S. pass-

(Continued on page 3)

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FROM BETWEEN THE POLES – Chair Notes

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BETWEEN THE POLES

Notes from the Chair

Winter is not too far away. This fall is definitely in keeping with appropriate seasonal temperatures. Let us hope that the winter will be as true to its season with many inches (feet would be even better) of snow accumulation.

You will find our season's trip schedule in this issue.

As a trip participant, there are things you can do that will help you prepare for an enjoyable experience.

1. Visit the STS web site- www.patc.us/chapters/ski. Notice the content information bar at the top.
2. Click on "Club Info", then on TRIP PARTICIPANT GUIDELINES
3. Click on "XC Info", then on Dressing for Cross Country Skiing

AND

4. Attend our **SKI FAIR on Nov. 14** at PATC headquarters in Vienna, VA. You will meet many of the trip leaders, hear about the trips – past "historic" (usually hysterical) experiences, and the happenings for this season. **BRING YOUR CHECK SO YOU CAN SIGN –UP FOR THE TRIPS YOU LIKE.** If you wait too long, they will be filled!

Many people have worked many hours to make this happen: Kathy Brumberger- trip coordinator, the leaders, Ralph Heimlich-UPSLOPE editor, and the officers of the Club. We hope that you will join some of these trips.



See you on the trail.

Your in Snow

Peggy



Excursion Ski Trips (cont.)

(Continued from page 1)

port.

The primary lodgings that we used last year in New Hampshire and two winters ago in Quebec are available for the coming winter. I encourage interested skiers to sign up early so that we can lock in those lodgings while we can!

1. New Hampshire ski trip

Dates: January 14 – 18 (4 nights, Thursday-Monday) NO CANCELLATION

Destination: Jackson, White Mountains, New Hampshire

Lodging: Condos in the Jackson-Glen area

Description: Ski one of the most scenic venues on the East Coast--the White Mountains of N.H at cross-country ski touring centers such as Jackson (<http://www.jacksonxc.org/>), Bretton Woods (<http://mtwashington.com/xcountryski/>) and Bear Notch (http://www.xcskinh.com/bear_notch.cfm) in nearby Bartlett, NH. In case of icy conditions near Jackson, we may ski further north at The Balsams in Dixville Notch, NH (<http://www.thebalsams.com/>) at a higher elevation. Many backcountry ski and snowshoe trails are in the area, such as AMC lodge at Pinkham Notch

Leader: Rob Swennes 703-532-6101 robertswennes@hotmail.com

Cost: \$360, for ground transportation from the DC area, lodging (4 nights), and in-house food and beverages. Skiers pay for ski touring center (STC) trail fees, any restaurant meals, and incidental costs. Check with trip leader if you plan drive your own vehicle. Participants will travel by rented minivan to NH on Thursday & return on Monday. Van drivers will be rebated part of the trip cost. Three full days of skiing in NH!

2. Garnet Hill Ski Trip (Adirondacks)

Dates: February 6-9 (3 nights/4 days, Saturday-Tuesday) NO CANCELLATION

Destination: Adirondacks near North Creek and Gore Mountain

Lodging: Rooms with private baths in an authentic Adirondack Great Camp, the Garnet Hill Lodge. Couples can have their own rooms. Singles will be paired with someone else.

Description: Everyone raved about the club trip here in 2007, and I have been going back with a peer group every year since, but not as a club trip. I have to limit group size to 14, and have limited flexibility with GH. My wife Anne and I love this set-up at GH, as does everyone who has joined us there. I love to go out all day; she likes smaller doses. GH allows for both. We can go out together for a while and she can come back to the lodge for soup and a warm up while I go gonzo on challenging trails. We will be staying in the main lodge. You can tumble downstairs for breakfast on your own schedule—no reporting to a van for a joint departure. Get up at first light and go out before anyone else has touched the trails, or sleep in and enjoy your cozy guilt-free solitude. They have coffee and tea on around the clock. There is a “great room” in the lodge, with a huge stone fireplace and rocking chairs and easy chairs where you can curl up with a book or chat with the group members about your day’s outing. There is a bar with wine and beer etc. for your after-skiing enjoyment.

There are 55 km of groomed trails on the GH site, ranging from beginner to expert ratings. There are more than 40 miles of well marked, well maintained off-site trails on the adjacent State Forest lands. If you are a beginner, you can take a lesson from the on-site ski shop. You can rent all your equipment there also if you don’t own it. They have a well-stocked shop if you want to purchase shoes, equipment, or incidentals. If you are experienced, you can take a skate-ski lesson (which I did—great fun) or a telemark lesson. They have snow-shoeing trails and rentals also.

On Sunday and Monday, I will lead an advanced beginner/intermediate outing for those interested. But, if you want a gentler or more aggressive outing, it’s right there for you, and I’m sure there will be others interested in your same level of exertion and difficulty. On one of those days, I will lead an off-site outing through backcountry (beautiful single-track that’s easily done by anyone beyond the purely novice level). You can read about our previous club outing to GH in the March 2007 Upslope on the



Garnet Hill Lodge, Adirondacks photo by Al Larsen

(Continued on page 4)

Ski Fair(cont.)*(Continued from page 1)*

members and leaders who have decades of skiing experience. Bring your checkbook to sign up for trips, used cross country ski equipment for the sale, and of course, your skiing stories.

Featured attractions at the Ski Fair include:

- Destinations and dates for ski weekends in nearby Virginia, Maryland, West Virginia, and Pennsylvania
- Info on excursions to Jackson, NH, New York's Tug Hill Region, The Adirondack Mountains, the Canadian Laurentians, and Vermont's Stowe region
- Meet STS trip leaders and get details on all the trips—sign up so you don't miss out
- Learn how to start XC skiing—gear, safety, lessons
- Swap gear, tales, and tall stories

Presentations by guest speakers—slides and how-to, including:

- Cathy Jacobs and Doug Tilton from Open Air Wear on the latest fabrics for xc shells
- Trip Leaders on their plans for Excursions
- Leaders of local and other trips will discuss their plans

WHERE: The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [directly in front of the Safeway which itself is on corner of Park & Maple Sts.(VA Rt.123) in Vienna]

Getting to the fair is easy, but depends upon your starting point! Once you find the intersection of 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. It is convenient to shop at the nearby SAFEWAY, then visit the Fair.

Excursion Ski Trips (cont.)*(Continued from page 3)*

STS website: www.patc.us/chapters/ski/upslope/upslop47.pdf. You can see photos and learn more about Garnet Hill Lodge at their website: www.garnet-hill.com.

This is a very special Adirondack "Great Camp" experience with so much flexibility for any skill level that I can guarantee you'll think it one of the best xc outings you've done. But, I'm limiting the group size to 14 and I have to get an early read on participant numbers.

Travel: This is a driving trip. I suggest leaving the DC area on Friday after work (or earlier if you wish, obviously) and getting part way there that night. Our ski passes will be good starting Saturday. I plan to be there around noon or so and ski all afternoon on-site. Rooms are available around 3 or 4. We will gather as a group for dinner in the lodge and talk about preferences for skiing the next few days. Most of us will ski some on Tuesday morning and then drive back to DC. I'm sure you could extend your stay if interested. Let me know about that.

Leader: Alan Larsen, 703-807-1639, alarsen120@aol.com

Cost: The fee for the trip includes a restaurant full-course dinner in the lodge each night, a full country breakfast, ski trail passes, plus all the taxes and gratuities. I think of it as including, at a minimum, a \$30 (with tip) dinner, \$15 breakfast, and \$17 trail pass per day, or close to \$200 for the 3 night/4 day outing. The room itself then works out to about \$100 per night. The total trip cost is \$490.

3. Laurentians, Quebec ski trip

Dates: February 14 – 21 (7 nights, Sunday - Sunday) NO CANCELLATION

Destination: Quebec, Canada

(Continued on page 5)

Excursion Ski Trips (cont.)

(Continued from page 4)

Lodging: Chalets in the Val-David and Ste.-Agathe-de-Mont areas

Description: This is the third excursion trip by the STS to the ski touring areas located in the Laurentians north of Montreal. About two dozen Nordic ski centers are available in this winter vacation wonderland! We will visit six of them during our week's stay. Available centers include Mont Tremblant <http://www.skidefondmont-tremblant.com/eng/index.php>, Parc des Campeurs <http://www.parcdescampeurs.com/ete/en/index.html>, and Morin Heights <http://www.morinheights.com/>. We will likely include in our week's outings one or more of the ski areas we have not visited before. Snowshoeing options exist at all these centers. We will stay in a large chalet in Val-David with overflow skiers residing in a nearby vacation chalet complete with private sauna. Trip price includes 7-nights lodging, in-house food and drink, and minivan transport from Burlington, VT. Van drivers will be rebated part of the trip cost. Six full days of skiing in Quebec with the overlay of an almost-European culture! **Note:** Valid U.S. passport required for this trip.



What does this say in French?



Skiing at Soldier's Hollow

Leader: Rob Swennes 703-532-6101 robertswennes@hotmail.com

Cost \$650

4. Northern or Southern Utah trip

Dates: February 27 - March 7 (8 nights, Saturday - Sunday) NO CANCELLATION

Destination: Utah's Rocky Mountains

Lodging: Ruby's Inn outside Bryce Canyon, Utah and rental house or resort in the Park City, Utah area

Description: Based on feedback received from several STS members in September, this late-season ski trip to Utah will be a full week long and include skiing in BOTH southern Utah in and around Bryce Canyon National Park and in the Park City area of northern Utah. The Section has done two previous ski trips out to the Bryce Canyon area (8,000 ft. elev.) and always had good snow, especially up at Cedar Breaks National Monument (10,000 ft. elev.). The landscape is gently rolling, the scenery is stunning, especially the unique red sandstone "hoodoos" at both Cedar Breaks and Bryce (http://www.utah.com/nationalsites/cedar_breaks.htm and <http://www.nps.gov/brca/index.htm>). Ruby's Inn (www.rubysin.com) is a great lodging spot—almost a town unto itself—and the only quality winter accommodations for 50 miles in any direction. Pool, hot tub, store and large restaurant that focuses on Western U.S. food. The skiing in this area is all easy backcountry. Regular track skis will work fine here, given the terrain.

Park City (7000 ft. elev.) is where the Winter Olympics were held in 2002. The area is much more commercially developed than southern Utah and features several Nordic skiing options as well as downhill skiing centers. Three x-country ski centers are White Pines Touring (<http://www.whitepinetouring.com/>), the Soldier Hollow Ski Resort (<http://www.soldierhollow.com/>), and The Homestead Ski Center (<http://www.homesteadresort.com/Winter>). Backcountry and groomed trail Nordic skiing is also available in Wasatch Mountain State Park (http://www.utah.com/stateparks/wasatch_mtn.htm).

Travel: We will fly into Salt Lake City on Saturday and drive down to southern Utah that day. We'll ski in Bryce Canyon and Cedar Breaks Sunday – Tuesday. Wednesday we drive up to the Park City area. Lodging will be at the Homestead Resort, another nearby resort or in a condo nearby. That puts us very close to both the Homestead and Soldier Hollow cross-country centers and to Wasatch state park. We'll ski in those areas Thursday - Saturday and return to the D.C. area on Sunday. Payment to trip leader covers lodging and ground transportation. Skiers purchase their airline tickets to/from Salt Lake City and trail fees and incidentals. Whether STS payment will cover some food in the Park City area depends on the type of lodging obtained. Van drivers will be rebated part of the trip cost. Eight nights of lodging and six days of skiing.

Leader: Rob Swennes 703-532-6101 robertswennes@hotmail.com

Cost: \$600.

PATC-STC Trip Schedule, 2009-2010 Season

Date	Place	Leader
October 16-18	Work Trip, Laurel Mountain	Erma Cameron
Nov. 6-8	Work Trip, Whitegrass	Lynn Yates
Nov 14	Ski Fair, Vienna, VA	
Dec 30-Jan 3	Tug Hill	Peggy and Stephen
Jan 8-10	Laurel Highlands, PA	Carol Ruppel
Jan 8-10	Blackwater Falls Lodge, WV	Larry Doff
Jan 15-18 MLK	Laurel Highlands, PA	Kathy and Elliot
Jan 14-18 MLK	Jackson, NH White Mts	Rob Swennes
Jan 22-24	Blackwater Falls Lodge, WV	Bob Leaf
Jan 22-24	Laurel Highlands, PA Learn to Ski	Greg Westernik
Jan 29-31	Blackwater Falls Lodge, WV	Harvey Walden
Jan 29-31	Oakland – Backbone Farm, W. MD	Larry Doff
Feb 4-7	Canaan Valley Cabin, WV	Doug Lesar
Feb 5-7	Laurel Highlands, PA	Greg Westernik
Feb.6-9	Garnet Hill Trip (Adirondacks)	Al Larsen
Feb 11-16	Vermont	Peggy and Stephen
Feb 12-15	Canaan Valley, WV	Jennifer Bine
Feb 12-15	Ski Dance, Laurel Highlands, PA	Eliot Applestein
Feb 14-21	Canadian Laurentian Mountains	Rob Swennes
Feb 19-21	Blackwater Falls Lodge, WV	Kathy and Elliot
Feb 26-28	Laurel Highlands, PA	Larry Doff
Feb 26-28	Oakland - Backbone Farm, W. MD	Harold Datz
Feb 27-Mar 7	Bryce Canyon and Park City, Utah	Rob Swennes



White Grass Work Trip

Whitegrass Work Trip, WV—November 6-8: Contact Lynn Yates—Help Chip maintain your favorite trails at Whitegrass. Always a great time. Rustic accommodations: we may be sleeping in tents or in the Whitegrass Café.

STS Ski Fair—November 14: Contact Peggy Alpert—Stop over at the PATC headquarters on Park Ave in Vienna between 12:30 and 4:30 to kick off the ski season right. You'll get a chance to meet the trip leaders, sign up for trips, swap ski stories, listen to presentations and trip reports and have a great time. Are you willing to help out for a few hours? If so, contact Peggy.

Tug Hill Upstate NY New Year's Ski Mini Week—Dec 30- Jan 3: Contact Steve Brickel or Peggy Alpert—Celebrate the holidays staying in Pulaski, NY facing the Salmon River (close to Lake Ontario) Enjoy the expected heavy lake effect snowfall prevalent in this area as we ski some of our favorites at nearby Winona State Forest and Osceola STCs. Cost includes four

(Continued on page 7)

Après Ski Meeting Minutes (cont).

(Continued from page 6)

nights of lodging, breakfasts, soup after skiing each day, and a New Year's Eve wine and cheese party plus full dinner in the B&B.

Laurel Highlands, PA—*Multiple dates, see page 6.* We stay at Somerset, PA in the heart of the Laurel Highlands. While we're there, we have a choice of many ski areas: Laurel Mountain, Laurel Ridge, Kooser State Park, Hidden Valley (XC and downhill), Roaring Run and others. Plenty of skiing for all levels including skate skiing. Guaranteed fun. Ski on the trails we improved in October and discover new ski trails. Check out the Laurel Ridge ski-cam to see how much snow they have there when we don't have any here. Contact trip leader for specific details.

Canaan Valley/Blackwater Falls, WV—*Multiple dates, see page 6.* Stay at the rim of the Blackwater Gorge at the Blackwater Falls State Park Lodge, complete with restaurant, fitness center, indoor pool and hot tub. Each room has two beds. Ski out the door on over 20 miles of trails nestled among towering pines, from beginner to advanced. Enjoy hot chocolate on the trail or at the warming hut on Sled Hill, complete with its tow rope to add to your telemarking fun. Or, try other trails from the lodge or cabins at nearby Canaan Valley State Park, Whitegrass Ski Touring Center and Dolly Sods. Evening folk music and entertainment options also just a few miles away with breakfasts at the lodge. Contact trip leader for specific trip details.

Garnet Hill Lodge, NY—*Feb 6-9: Contact Al Larsen*—See [Excursions on p. 1](#)

Jackson, NH, White Mountains—*Feb 14-18: Contact Rob Swennes*—See [Excursions on p. 1](#)

Canadian Laurentians—*Feb 14-21: Contact Rob Swennes*—See [Excursions on p. 1](#)

Vermont—*Feb 11-16:* Contact: Steve Brickel or Peggy Alpert—A world famous historic village, nestled beside Vermont's highest peak, majestic Mt. Mansfield. Legendary Fall foliage. Spectacular skiing. Beautiful mountains. Incomparable accommodations, recreation, dining, shopping, spa. Stowe's allure is timeless, your Vermont vacation will be unforgettable. With 4 ski touring areas, and down-hill for those who are so inclined, or Telemark and Randonee' for those who can, Stowe offers world-class skiing in our own back yard.

Learn to Ski—*Jan 22-24: Contact Greg Westernik*—PA, at Laurel Highlands. Catch XC ski fever with other students and the help of volunteer instructors. We'll learn to ski at Laurel Mountain. When you complete the course, you should be able to ski on the many beginner trails at our favorite ski areas.

Ski-Dance Weekend—*Feb 12-15: Contact Elliot Applestein*—Camp Harmony, Laurel Highlands, PA, has cross country skiing (downhill skiing available nearby), sledding, dancing (contra and square dancing; workshops, too), and music making. Have lots of fun outdoors and indoors in a beautiful rustic setting. Dance to live music in the evening by Dave Weisler and the Avant Gardeners. Dances called by Robin Schaffner & Bob Mathis. Bring your talents and instruments to share. Lodging is dormitory-style at Camp Harmony; that is, group rooms in heated cabins. Check out the website, <http://www.skidance.com>, for more information and a registration form. The weekend will NOT be cancelled for lack of snow.



Ski Dance Weekend



Laurel Highlands

Backbone Farm, Garrett County, MD—*Jan 29-31 and Feb 26-28: --* This is a new location used for the first time last winter. See the August UP-SLOPE for an article by last year's trip leader Harvey Walden.

Bryce Canyon and Park City, UT—*Feb 27-March 7: Contact Rob Swennes*—Bryce Canyon is another possible late winter destination for skiing on the Colorado plateau at elevations of 8,000 to 10,000 feet. Where else can you get premier skiing conditions (and the locals' Western twang) with a low daily price for lodging and local transportation?

Think SNOW!

A poet's treasure consists of words and phrases;
 A scholar's days and nights are perfumed with books.
 For me, plum blossoms framed by the window is an unsurpassable pleasure;
 A stomach tight with cold but still enchanted by snow,
 the moon, and dawn frost.
 Ikkyu

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

October 2009



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 STS LISTServ so I can get infrequent, adhoc announcements of local XC Ski activities: ___
- If checked, add me to STS Bulk Email list so I get official club announcements important to all STS members: ___
- NEW: 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 |