



UPSLOPE



Newletter of the NORDIC Ski Touring Section of PATC

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

October 2013

UpComing Attractions In Spring UPSLOPE

- YOUR Ski Trip Reports
- Après Ski Party

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(blue links are live)

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Don't Miss the 2013 Ski Fair—Saturday, November 2, 2013

By Jennifer Bine
It's been a long hot summer, and maybe you've caught yourself gazing longingly at your skis, dreaming of the cool seasons 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 2, 12:30-4:30 at the PATC offices, 118 Park Street in Vienna, VA (directions below).



Sign up for trips here! Jennifer Bine, Al Larsen, Rob Swennes and Jack Kangas photo by Ralph Heimlich

Ski Fair

Saturday, November 2, 2013

12:30-4:30

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 the corner of Park & Maple Sts. (VA Rt.123) in Vienna]

healthy snacks to share. (For last-minute shoppers, there's a Safeway and a Whole Foods nearby.) 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 [directly in front of the Safeway which itself is on the corner of Park & Maple Sts. (VA Rt.123) in Vienna]

By Car: 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 pass-ing 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



Lectures, and more photo by Stan Turk

(Continued on page 3)

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FROM THE \$LOPES – Chair Notes

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The weather is still balmy here in the Washington area in early October. But the trees know—winter is coming. They are beginning to drop their leaves to prepare for the coming cold. Similarly, we in the Ski Touring Section know what is in store for us in a few months' time. It's time to make preparations for the coming winter ski season, and we are all over that.

Kathy Brumberger, our Trips Coordinator, has been spending several months developing an excellent selection of Nordic ski trips running from late December into March. She has held meetings with many of our experienced trip leaders and found a few new trip leaders as well. The trip schedule presented in this newsletter (p. 4) and also available on the STS web site (<http://www.patc.us/chapters/ski/>) is one of our most robust in years.

We will be offering a full range of trips to skiing venues in the Mid-Atlantic region (West Virginia, Maryland and Pennsylvania), but also six excursion trips to cross-country skiing meccas further afield. I would encourage those who enjoy skiing locally to spread their wings a bit and also this winter try one or more of the excursion ski trips. Once you have done so, you may be hooked on some of these more distance locations where the snow is always white and abundant throughout the winter. By all means talk or correspond with the listed trip leader to get a better sense of what a particular excursion trip would involve. The same applies to those considering local trips—interact with the trip leader, and don't hesitate to ask questions.

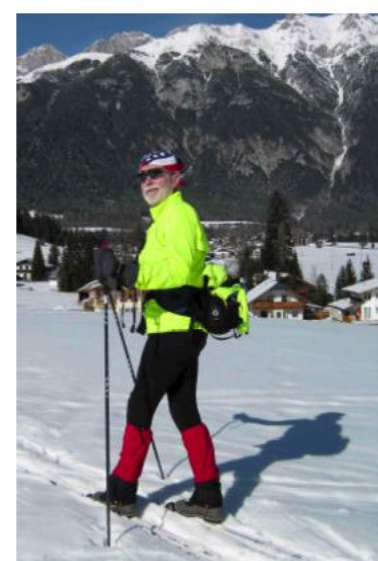
The best opportunity to meet with trip leaders and with the Section's membership in general is at our annual Ski Fair event on November 2nd in Vienna, Virginia. The fair is somewhat of a three-ring circus with several activities going on simultaneously. Some folks will be renewing their STS memberships; others will be signing up for specific trips at the fair; others will be attending some of the presentations given by experienced Section members on topics such as proper clothing for Nordic skiing and visual overviews of some of this winter's upcoming trips; and most will be greeting old friends and swapping stories of ski trips past and the hope for great skiing to come. The Fair is a lot of fun. It is meant for you.

Finally, a shout out to the over 80 people who have joined the Nordic skiing Meetup group we've established on line. Some of you are already STS members. Most are not. But the group as a whole consists of some experienced cross-country skiers and others who have only tried the sport once or twice or who think they might enjoy it. The STS gives you the opportunity to transition from a desire to ski to the real thing, with good companions around you. It can become a cornerstone of your adult life. So welcome! We hope to see you on November 2nd.

And bring your check book if you think you might want to sign up for a trip. Some trips fill up by the end of the Fair!

In snow,

Rob Swennes
Chair



Ski Fair (continued)

(Continued from page 1)

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!



Shop for clothing from Open Air with Doug Tilton and Cathy Jacobs

photo by Ralph Heimlich

2013–2014 U.S. Weather Highlights: Frigid Winter With Bitter Cold and Heavy Snow

Brrrrr! It looks like global warming will soon be taking a vacation to make room for Old Man Winter. This frosty forecast comes courtesy of *The 2014 Old Farmer's Almanac*, available in [digital or print on their Web site now](#)—or, in your local store!

According to the newest edition of North America's oldest continuously published periodical, a decline in solar activity combined with ocean-atmosphere patterns in the Pacific and Atlantic will result in below-normal temperatures and above-normal snowfall during most of the winter across much of the United States.

"This winter is shaping up to be a rough one," says Janice Stillman, editor of *The Old Farmer's Almanac*. "Sweaters and snow shovels should be unpacked early and kept close by throughout the season. The good news is that the extra precipitation—which will fall as rain or snow depending where you are—will help with any drought issues left over from the summer."



Preliminary STS Schedule 2013-2014

Fellow cross-country skiers, our schedule begins with 2 work trips. Erma Cameron led a group to the Laurel Mountain area September 27-29 and Lynn Yates will lead a work trip to White Grass November 8-10.

We have a full season of cross-country ski trips scheduled from December and through March. Some of our longer trip destinations include Stowe, VT, Tug Hill, NY (two trips), the White Mountains, NH, Yellowstone/Grand Tetons and Estonia. We also have trips scheduled for Canaan Valley and Blackwater Falls, WV, as well as the Laurel Highlands, PA area. Blackwater Falls State Park has new deluxe cabins similar to the ones at Canaan Valley State Park. We were fortunate to be able to reserve 2 weekends there. Other trips to Blackwater Falls will stay in the Lodge.

Don't miss the Ski Fair to be held at PATC headquarters in Vienna, VA on November 2. Many of the trips fill up at the ski fair so try to be there! Also, be sure to check the STS website for up-to-date info on the schedule: <http://www.patc.us/chapters/ski/trips.htm>

Think SNOW!

Kathy Brumberger
Trip coordinator

Date	Place	Leader
Sep 27-29	Work Trip, Laurel Mountain, PA	Erma Cameron
Nov 2	Ski Fair, Vienna, VA	Jennifer Bine
Nov. 8-10	Work Trip, Whitegrass, WV	Lynn Yates
Dec 28-Jan 1	Tug Hill, NY	Peggy and Steve
Jan 3-5	Blackwater Falls, WV	Joe Bachman
Jan 10-12	Laurel Highlands	Julie Nash
Jan 10-12	Blackwater Falls Deluxe Cabin	Ralph Heimlich/ Bela Mariassy
Jan 16-20 MLK	Jackson, NH White Mts.	Rob Swennes
Jan 17-19	Laurel Highlands Learn-to-Ski	Greg Westernik
Jan 17-20 MLK	Laurel Highlands, PA	Brian O'Konski
Jan 23-26	Canaan Valley Deluxe Cabin, WV	Doug Lesar
Jan 24-26	Laurel Highlands, PA	Bozena Sarnecka-Crouch
Jan 31-Feb 2	Blackwater Falls, WV	Ralph Heimlich
Jan 31-Feb 2	Laurel Highlands, PA	Greg Westernik
Feb 6-9	Blackwater Falls Deluxe Cabin	Kathy and Elliot
Feb 6-11	Stowe, VT	Peggy and Steve
Feb 7-9	Laurel Highlands, PA	Greg Rudl
Feb 8-19	Yellowstone/Grand Tetons	Rob Swennes
Feb 14-17	Ski Dance, Laurel Highland, Camp Sequanota	Eliot Applestein
President's Weekend		
Feb 14-17	Blackwater Falls, WV	Laurie Welch
President's Weekend		
Feb 21-23	Laurel Highlands, PA	Ralph Heimlich
Feb 27-Mar 3	Upstate New York, (Lake Placid/Adirondacks/Tug Hill)	Greg Westernik
Feb 28-Mar 2	Oakland, MD	Brian O'Konski
Mar 6-17	Estonia	Adir Aronovich

Skiing in Yellowstone National Park and Grand Teton National Park



Jack Kangas and other skiers on the trail to ??? photo by Rob Swennes

By Rob Swennes

This is a dream ski trip for those who enjoy backcountry skiing – some would say the acme of Nordic skiing in the United States. My wife and I first visited Yellowstone National Park about 8 years ago in the summertime and were greatly impressed. The idea of returning to those natural settings and native wildlife in the winter burned within me. So in February 2007 I led a ski trip to Yellowstone for the Ski Touring Section.

That trip focused on the two areas of this gigantic park that are open in the wintertime: the Mammoth Hot Springs area on the north border of the park and the Old Faithful area at the park's center. Mammoth Hot Springs turned out to have some really awesome trails -- and also some areas with little or no snow cover. The thermal pools, mud pots, and the like around Mammoth were a scenic delight, but snow doesn't survive well on warm ground. Fortunately the NPS provides snow coach service to higher elevations near Mammoth where there is good cover, and we had some fine days skiing there. Each outing ended with a fantastic descent on skis along the edge of Sheepsteater Canyon down to the Mammoth Hot Springs hotel complex. Due to the air's clarity out West, we could see the hotel a few miles away and below us before we began the descent.

The second half of that trip was spent in the Snow Lodge adjacent to Old Faithful and numerous surrounding geysers. This was a thousand feet higher in elevation than the Mammoth area, and the snow was much deeper. Travel to and from the area was available by snow coach only, and the coach drivers did a lot of explaining about the ecology and geology of Yellowstone and its native animal populations. Chief among these are the elk, bison, and wolves (the latter only reintroduced a decade or two ago). In winter time, the elk and bison are within sight much of the time around the thermally active areas. They are not dummies. They know where the warmth is and gravitate to it. In addition, the warmer ground means they can more easily forage for grasses.

One popular day trip from the Snow Lodge involves being dropped off by snow coach about two miles from Fairy Falls and then skiing to that water feature. It is a wonderfully high waterfall that is doubly impressive in the wintertime due to the massive ice incrustation around it. One can also take a day ski trek from the Snow Lodge up to the Continental Divide, though it can be slow going in the deep snow. Snow shoeing that route is another option. The overall trip was a great success.

Two years later in 2009 the STS made another visit to this area of the Rockies. This time we skied at two different areas – miles away from the Mammoth and Old Faithful sections of the park. We first spent several days lodging in the town of West Yellowstone – appropriately just outside the western boundary of Yellowstone. The first day most of us skied at the Rendezvous ski touring center on the edge of the town, which had an extensive, well-groomed trail system. But the real passion for all of us was backcountry skiing, and that's what we did every other day. The West Yellowstone area offered no thermal features, but it was rich in stunning vistas and wonderfully deep snow. There are many trailheads adjacent to the north-south highway that runs through West Yellowstone, and this gave us ample opportunities to do extensive treks on virgin snow. All of us skied in groups. No one should EVER ski alone in the backcountry!



Skiing in deep snow to the Sky Rim Trail (in the background): Barry Weston, Steve Bergstrom, Nicole Fall, and Ellen Bauman photo by Rob Swennes

(Continued on page 9)

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.

A Successful Work Trip at Laurel Mountain, PA

For several years now, the Department of Conservation and Natural Resources of Forbes State Forest has organized three work days a year at the Laurel Mountain (PA) area, for ski trail maintenance. These work days attract a number of interest groups, including skiers, hikers, mountain bikers and horse riders. The work days have between 30 and 50 people each time.

STS has been participating in the last work day each year, held late September or early October. This year the last trail work day was Saturday September 28. Four of us from STS showed up for the day. Ed Callahan, the District Forester who is in charge of these work days, is very organized. Each time he has a large chart of various work projects, and participants can elect which project to work on. The projects include brushing back trails, laying shale on wet trails (called armoring the trail), removal of deadfall, and repainting of trail markers. Each work group has a supervisor appointed by Ed.

STS pays for a motel room Friday and Saturday nights in Somerset PA. And for several years now, the DCNR has invited the volunteers to a catered dinner on the last work day of the year. This has been held at their headquarters, a few miles from Laurel Mountain. Ed must be pretty cunning, because he usually comes up with gift items from REI Pittsburgh, to be raffled off. This year, it was an insulated coffee mug, a small backpack and (best or all) a nifty folding chair that weighs almost nothing and retails for \$70. Unfortunately, no STSer won anything this year, but we have in the past! But even better than winning a coffee mug is the satisfaction of seeing the trails get whipped into better shape. Turnout for the work trip was slightly over 30 persons. Not all the projects available were worked on. They could have used more help. Not sure projects like culvert work on the Loop trail and brush back on Albert, Interstate and Loop were done.



Erma on the porch at Laurel Mountain photo by John Tichenor

The work is Saturday only. Sunday is free for hiking, or whatever. So, keep these annual work trips in mind, and consider joining next year. One piece of advice from Ed: Hunting season ends 12/15 this year, so skiers should stay away from the trails until 12/16.

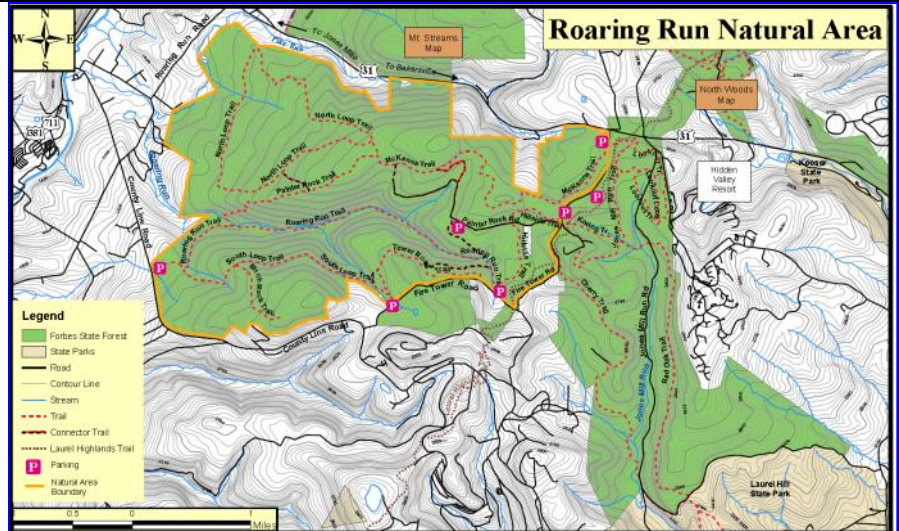
Erma Cameron

Roaring Run Natural Area Notes from Greg Westernik

Our Sunday hike revealed that some trails are not likely to be useful for XC skiing, and some major trails are not well signed. Trail maintenance was moderate, we found dead limbs in some spots and high weeds in other spots.

The Roaring Run trails vary in difficulty. Some are marked with red, blue or yellow blazes. Blue is used to denote trails maintained for cross-country skiing, red is for XC skiing, and yellow blazed trails denotes trails maintained for foot traffic only. We only hiked about 11 miles of trails during Sunday.

When we hiked the North Loop trail (which is yellow-blazed) we found some of the blazes were almost unrecognizable, some parts were like railroad grade and other parts were steep and narrow full of rocks like a horse trail. The red-blazed McKenna trail had a split that was not well marked.



The free topo map for this area (http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_002564.pdf) was not completely accurate for our tour, but was very helpful.

There is little opportunity for help if something goes wrong in this area. Unsure if it is groomed or swept by ski patrol. Several trails will loop back to major unimproved roads suitable for a snowmobiler.

We smoothed a section of the Spruce Run and Burma trails (about a mile near Burma & Spruce Run trail intersection) to remove some of those snow snakes.

Minutes of the STS Annual Meeting, March 24, 2013

Responding to comments in previous years that, by setting the annual meeting and end of season gathering in April (let alone May), spring biking, hiking and paddling seasons were underway, we set this year's meeting for the end of March. Of course, that meant that the ski season which until the beginning of March had been a virtual bust, was blessed with some of the best skiing of the year, especially on the weekend of the meeting. Well, a cross country ski club will always accept a lower turnout for a meeting because its members are, what--off skiing. We'll schedule a meeting every weekend this coming season if that's what it takes.

So, for the gang that wasn't skiing, we gathered at the home of member Catherine Payne on March 24. Chairman Rob Swennes called the meeting to order and asked all those present to introduce themselves--members, friends, visitors, and Catherine's cat.

Acceptance of the Minutes In lieu of reading the minutes from last year's annual meeting, Secretary Al Larsen recounted the highlights, and the minutes were accepted by acclamation.

Treasurer's Report Treasurer Brian O'Konski presented the Treasurer's Report and the budget for next year. He also explained that trip leaders have the option of running trip expenses and receipts through the club account, or fronting the costs and collecting the funds to pay for them. Trips are done both ways, depending on the preference of each leader. If a trip is run through the club account, it will show up as both an expense and revenue in the treasurer's report. The account balances at February 28, 2013 were as follows:

- * Checking= \$11,945
- * Savings=\$5036
- * Deposits (for example with a state park for reservations for next year)=\$2782.

For comparison, the balances for those items for 2012 were \$10,264, \$5035 and \$3726, respectively.

The proposed budget anticipated expenses in line with last year's, with lower trip revenue and trip expenses shown, because of assuming fewer of the trips being run through the club account as described above. If more are run through the account, it would be a net wash, as both the revenues and the expenses would be higher than budgeted. The budget was approved as proposed.

Membership Report Membership Chairman Doug Lesar could not attend the meeting but provided his report. He showed 208 members at the end of the year, down from the previous year. As Doug described it, he analyzed STS membership data for the past cycle in his "usual oh-so-detailed way." He noted that the membership drop this season was significant, on order of ten percent. Google group enrollment is up though, although that doesn't seem to be translating to active and paying membership (though he keeps urging it).

Election of Officers The next order of business was election of officers for the coming year. Rob explained that the officers had solicited nominations before the meeting. He also called for nominations from the floor. He stated that he, Jennifer Bine, and Brian O'Konski were willing to serve in their same positions for the following year, but that Al Larsen would prefer not to serve again, having served as Trip Coordinator or Secretary for the past 7 years. Al had recruited someone willing to stand for election: Peggy Alpert, for the Secretary position.

Rob then presented the officer slate of those willing to serve:

Chair: Rob Swennes

Vice Chair: Jennifer Bine [*editor's note: Jen had to resign her position due to a move—to the ADK! So the Vice Chair position is now open*]

Treasurer: Brian O'Konski

Secretary: Peggy Alpert

The slate was accepted by acclamation.

Rob then announced the following positions that are filled by appointment rather than election as officers:

Membership Coordinator: Doug Lesar

Mailing Coordinator: Randy Kerr (who, by the way, lives in Florida)

Webmaster: Steve Brickel

Upslope (newsletter) editor: Ralph Heimlich Trip Coordinator: Kathy Brumberger

New Business The first item of new business was a discussion of trips for the coming ski season--either firm trips, or notional ones that various potential leaders are considering. These included:

Estonia--Adir Aronovich

Upstate NY, perhaps Adirondacks--Greg Westernik

Yellowstone--Rob Swennes

Trip Coordinator Kathy Brumberger asked anyone who is thinking of leading a trip to let her know as soon as possible. We can work out details later.

Next item was a suggestion by Peggy Alpert to consider raising dues. After robust discussion, the consensus was that it wasn't needed, given the balances in the club accounts.

Last item was a suggestion by Jen Bine to consider STS logo-wear, similar to that created and offered by the CPA paddling club to which some STS members also belong. And with that, the new boss, same as the old boss, adjourned the meeting.

Respectfully submitted,
Al Larsen
Secretary

More Yellowstone Pictures



Overview from the edge of Sheepeater Canyon down to the Mammoth Hot Springs hotel complex *photo by Rob Swennes*



Overview from the edge of Sheepeater Canyon down to the Mammoth Hot Springs hotel complex *photo by Rob Swennes*



Margie Perko and Warren Overholt at Fairy Falls in Yellowstone NP
photo by Rob Swennes



Jack Kangas in deep snow *photo by Rob Swennes*

Yellowstone (cont.)

(Continued from page 5)

My favorite trek of the trip was up to the Sky Rim Trail, which in the summertime is one of the most scenic routes for backpacking in the park. It is equally stunning in wintertime. However making the ascent requires skiers to bring along snowshoes to use when the trail gets noticeably steeper. Once one reaches the ridge, one can see 40 miles in any direction. One distant location seen is the Big Sky ski resort in Montana (<http://www.bigskyresort.com/>).

The second half of this trip took place in Jackson Hole, Wyoming, home of Grand Tetons National Park. The town of Jackson where we stayed has wonderful restaurants and a fine local brewery, the Snake River Brewery. There are also some lovely skiing opportunities just north of Jackson, with the Grand Tetons mountains dominating to the west. We enjoyed an adventurous ski out to Jenny Lake, a popular summertime spot within the park. In winter, we had it all to ourselves.

This coming February the Ski Touring Section is sponsoring a lengthy new visit to the Yellowstone area – five years after our last. On this trip we will stay in three locations rather than two as done on the previous trips. We will be over-nighting and skiing in the West Yellowstone area, in Jackson Hole, and at the Snow Lodge near Old Faithful. The group will likely also do a few hours skiing at Harriman State Park in eastern Idaho on the day we transition from West Yellowstone to Jackson.

We will fly in to Salt Lake City and use rented vans and sedans for the transportation to and from the skiing areas. Participants will bring their own skis with them – preferably backcountry ski equipment. If you have a pair of snowshoes, bring them along if you have space in your bags. Snowshoes can also be rented in West Yellowstone if needed. If you really prefer to snowshoe rather than ski, not a problem. See the Trip Schedule in this newsletter and on the STS web site for more information regarding this trip.

Once this trip is full, it is full. There is no chance to get additional Snow Lodge accommodations. We reserved our block of rooms there six months ago since lodging space within the park, especially in winter, is so hard to come by.

As John Muir was known to say, "The mountains are calling and I must go."

Yet More Yellowstone Pictures



Jack Kangas with a winter-kill bison photo by Ralph Heimlich



Bull Elk resting in snow photo by Ralph Heimlich



Norris Geyser Basin photo by Ralph Heimlich



Healthier bison on the Firehole River photo by Ralph Heimlich

PATC-Ski Touring Section
c/o Doug Lesar
2507 Campbell Place



Skiers at Yellowstone NP
photo by Robb Swennes

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 |