



UPSLOPE

Newsletter of the NORDIC Ski Touring Section of PATC



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

October 2017

UpComing Attractions In Winter UPSLOPE

- The rest of the 2017-18 Schedule
- YOUR ski stories

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(blue links are live)

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Don't Miss the SKI FAIR!

By Ralph Heimlich

The long, dry summer is over, so 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 4, 12:30-4:30** at the PATC offices, 118 Park Street in Vienna, VA (directions below).



Sign up for trips photo by Stan Turk

Catch up with old friends and new and be among the first to sign up for trips scheduled from December 2017 through March 2018. STS trips are a travel bargain, fun, friendly and led by members with years of experience. Bring your checkbook because you aren't "signed up" until you've paid.

Listen to presentations from experienced skiers and trip leaders (schedule on [page 6](#)). Buy or swap for used cross country ski equipment at the Fair ([page 6](#)).

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 (see schedule on [page 6](#)) and begin or renew your membership.

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 (across Park Street). STS will provide coffee, tea and sodas. Enjoy talks on ski gear, ski destinations and score some bargains on used ski gear 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 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



Learn about skiing photo by Stan Turk

(Continued on page 4)

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FROM THE \$LOPES – Chair Notes

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The weather in the mid Atlantic area has not cooled very much yet, but we know that winter is coming, and with it, snow. So the leadership of the Ski Touring Section has been working hard to develop a list of prospective trips that will delight and meet the needs of the members of the Section. Trip details are in this issue of UPSLOPE.

Our annual Ski Fair is scheduled for Saturday afternoon, November 4th, this year, and that is the best time to sign up for trips. Be sure to examine the new Trip Schedule NOW -- well in advance of the upcoming Ski Fair. That will give you time to cogitate and figure out which ski locales you want to visit during the winter months. As always, we will have a wide range of "local" trips to Canaan Valley and Pennsylvania, but as of now, no trips planned to other Western MD locales. "What!?!", you say. "What about Harrington Manor and Swallow Falls State Parks—two of several wonderful skiing locations in Garrett County, MD?" I agree. And are you willing to lead a trip there so that others as well as you can enjoy those locales? If so, then contact Jan or Ron Tucker, Trip Coordinators, right away at jandrtucker@verizon.net.

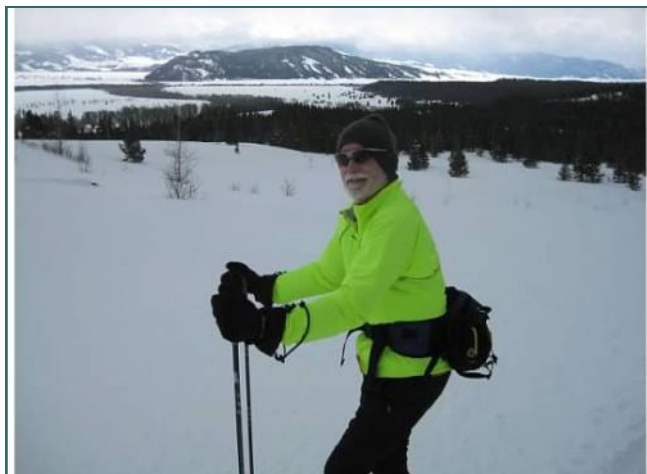
The Ski Touring Section has five excursion ski trips planned for the coming winter. By "excursion trips" we mean those to locations outside of the mid-Atlantic area. All participants on these trips must be current members of the Potomac Appalachian Trail Club and not just the Ski Touring Section.

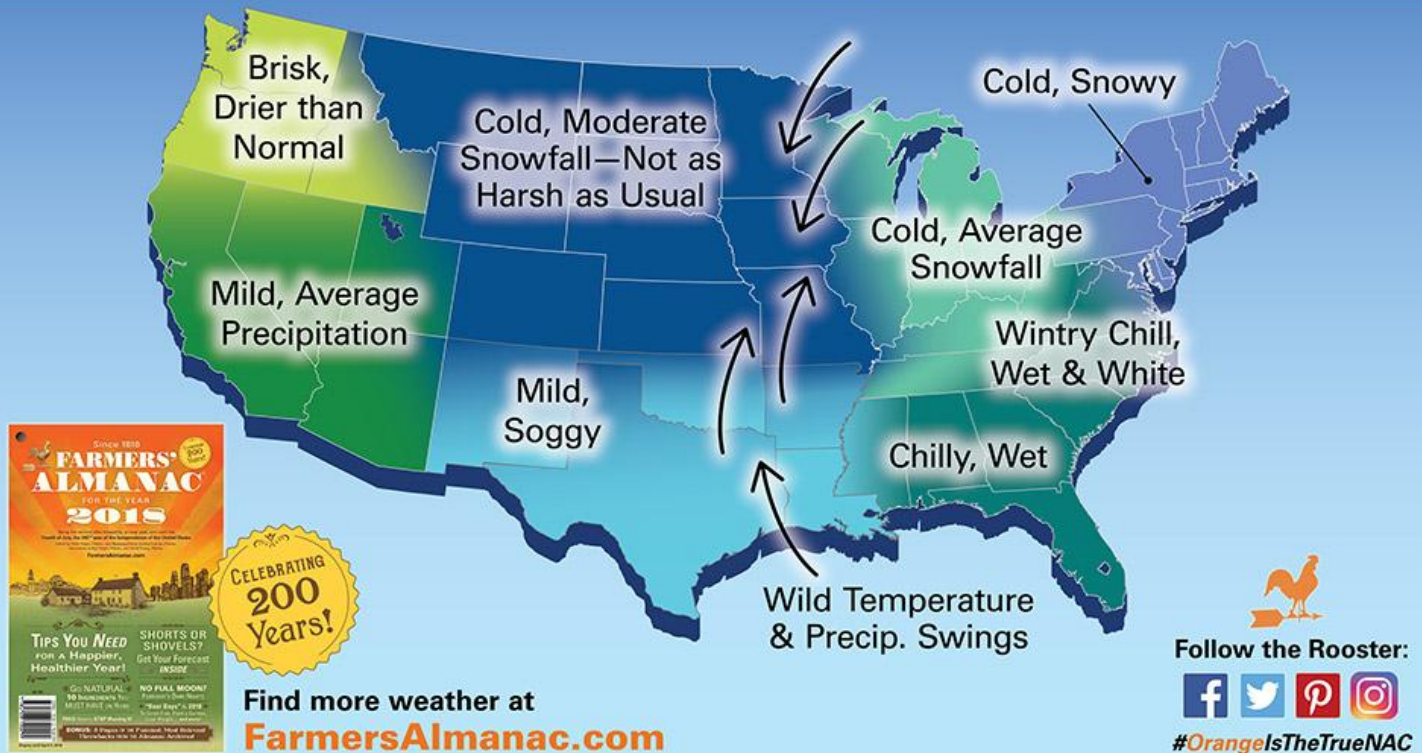
- * At the end of December and the first few days of January, Peggy Alpert and Steve Brickel will be leading a trip to the Tug Hill plateau north of Syracuse, New York.
- * I will be heading up a trip to the White Mountains area of upper New Hampshire over the Martin Luther King, Jr. holiday weekend in mid January.
- * I will be leading an eight-day trip (including Presidents Day holiday) out to Summit County, CO, for backcountry skiing and snowshoeing on the Front Range. Note that the base elevation in Summit County, CO is around 9,000 feet, so it is one trip where "guaranteed snow" should apply. If interested in taking part, be sure to email me right away before Ski Fair, since the trip may be fully booked by that date.
- * Greg Westernik is leading a ski trip up to the Lake Placid/Adirondacks region of New York the first days of March.
- * Joe Bachman will be rounding out our excursion offerings with a Maine Ski and Snowshoeing trip in the first week of March.

Not familiar with some of those spots? Google them and see what the winter sports opportunities are and see which will fit into your winter plans!

In Snow,

Rob Swennes, Chair



Farmer's Almanac Predicts Cold Winter, More Snow In Eastern U.S.**2018 WINTER OUTLOOK***The Cold, The Dry, The Wet & The Wild***Colder—But Not Colder Than Usual**

This winter is forecast to be much colder than last year's, but—just like last winter—not colder than usual. In fact, a large part of the northern United States will experience milder-than-average temperatures (though we would still recommend having your long underwear on-hand), while much of the South and West can expect to feel cooler than normal. Escaping this chill are Florida and the Southeast, where milder-than-usual temperatures will be felt.

Precipitation will be at above-normal levels throughout the country, which will translate to equally above-normal amounts of snowfall in parts of the Northeast, central Great Lakes, central Plains, Intermountain region, and from eastern Tennessee through New Mexico. Get your shovels ready! Notable exceptions to this wet winter are the Pacific Northwest and Upper Midwest, where less precipitation than usual is expected.

Of particular note, for those readers rooting for shovels, we are red-flagging the 2018 dates of January 20-23, February 4-7 & 16-19, and March 1-3 & 20-23 along the Atlantic Seaboard for some heavy precipitation. Good news for skiers and snow enthusiasts!

For more detailed weather forecasts for this winter and beyond, pick up a copy of [The 2018 Old Farmer's Almanac](#)—available now!



Ski Fair (cont.)

(Continued from page 1)

Avenue). Continue in the right-hand lane for about ¼ 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-STC Membership photo by
Ralph Heimlich

STS Membership Renewals Due!!

Yet another membership renewal period is in effect for the Ski Touring Section of PATC. Memberships expiring in 2017 must be renewed before 1 January 2018 for membership to continue into the upcoming ski season. **The countdown is on!** Remember that your modest dues are used to stoke a revolving club account that finances advance payments for trip and excursion lodging. Think of it as an investment in future fun.

If you receive UPSLOPE electronically, look on the email subject line for your expiration date. For those receiving UPSLOPE by U.S. mail, examine the UPSLOPE mailing label. If you see 2017-12, your membership expires on the last day of 2017.

For a membership renewal form with my address and dues amounts, visit <http://www.patc.us/chapters/ski/> and press the MEMBERSHIP button on the upper right of the club's home page for a downloadable and edit-ready PDF file.

Happy Fall to y'all and hope that the winter is wintry ...Doug Lesar, STS recordskeeper / duesmeister

Work Trip Scheduled



Playing bridge

A work trip has been scheduled to improve trails prior to the ski season. YOUR help is needed to make things better for EVERYONE.

November 18-19—Whitegrass—November is a long time off, but it is not too early to SAVE THE DATE for the **November** worktrip to Whitegrass WV. Bert Finklestein (bertanamo@gmail.com) will be organizing the worktrip this year. We are working on plans of where to stay, etc. More details to follow. See the trip schedule on page 7 for details. If you wish to stay in the cabin, please contract Bert as soon as possible.



2009 Work Trip

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-STC/>

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/>

Summit County, CO, Nordic Centers - Breckenridge Nordic, Gold Run Nordic, Frisco Nordic, and Keystone Nordic



All Photos courtesy of Breckenridge Nordic Centers

Breckenridge Nordic Ski and Snowshoe Adventure Center—Breckenridge Nordic offers 30K of groomed classic and skate cross-country ski trails. The 18K of scenic snowshoe trails wind through old-growth spruce forests with scenic overlooks. Ski the beauty of the Town of Breckenridge's "Protective Management Area" in Cucumber Gulch along the Beaver Meadows Trail and participate in the Nordic Nature Series Interpretive Snowshoe and Hiking Adventures. Get away from it all and enjoy the newly expanded cross-country skiing trail system in the New Nordic World on Peaks 6 and 7 in the White River National Forest. We manage and groom trails on 1,300 acres under permit by the US Forest Service. Stay at "Kathy's Viewpoint Cabin" with a sauna and the "Hallelujah Hut." Both destination warming huts are heated and open all day, everyday for your enjoyment. Inside the classic Nordic Chalet, you will find wood-burning stoves in the lounge areas, and a full retail and rental shop offering clothing, accessories, skis and snowshoes. Ski lessons and Snowshoe Adventures are offered four times daily and some moonlit evenings by reservation. Outside, there are kids' play areas with igloos, a fire pit for roasting marshmallows, slides and sledding hills. Visit the authentic Victorian mining Town of Breckenridge, nestled between the magnificent Ten Mile Range and Continental Divide. A recreation center, town cultural event center, restaurants, shopping, day spas and more can be found in the town and ski resort right next door. The Free Ski & Ride Shuttle bus stops right at Breckenridge Nordic Center's front door and there is free parking. (breckenridgenordic.com)

Frisco Nordic Ski and Snowshoe Adventure Center—Frisco Nordic Center has 43K of groomed classic and skate-skiing trails with 18K of snowshoe trails that traverse along the shores of Lake Dillon. Full services are offered daily from 9am to 4pm, seven days a week from mid-November to early April. Ski lessons and snowshoe adventures are offered four times daily by advanced reservation, and walk-ins are welcome based on availability. Ask about the "Learn to Ski Frisco Free," offered weekdays with a one-day advanced reservation. The log lodge at the base area is complete with a warm lounge atmosphere, snack bar, retail, rental and a wax/repair shop offering ski clothing, accessories, equipment and gear. Sun decks, picnic and kids' play areas, a fire pit for roasting marshmallows and free sledding hills are also available. Catch citizen's races, family events, training sessions and waxing clinics all season long. Ski the Town of Frisco's "Peninsula Recreation Area" and enjoy the new Frisco Adventure Tubing & Snowboard Terrain Park. Two Below Zero cocoa and dinner sleigh rides are available by reservation. Some mapped and marked trails cross private property and public lands in the White River National Forest, and are under permit by the US Forest Service. Visit historic Main Street Frisco, situated below the towering Ten Mile Range and Buffalo Mountain, with views of the Continental Divide. The Breckenridge, Keystone, Arapahoe Basin and Copper Mountain downhill ski resorts are all nearby. Find ice skating, two recreation centers, fine dining and family restaurants, shopping, day spas and more. The free Summit Stage bus stops across from the entrance, and there is free parking. (frisconordic.com)



Gold Run Nordic Center in Breckenridge—Breckenridge Gold Run Nordic Center, located at the Breckenridge Golf Course, offers over 25K of groomed classic and skate skiing trails and 10K of snowshoeing. Beginners and intermediate skiers will love the rolling golf course terrain. Intermediate and advanced skiers will be challenged by one of the most unique trails in Colorado – Hoo-Doo Voo-Doo. Enjoy its twist and turns while skiing through Historic Golden Horseshoe Mining District. Let the staff of their PSIA-certified ski school instruct you in novice to advanced ski technique, or design your own ski clinic to meet your specific needs. Lessons are offered daily at 10am and noon. Private lessons are available upon request. Snowshoe tours are offered everyday at 11am. A full service ski shop offers ski waxing, binding mounting, ski prep and the new "hot box" wax service. A heated wax room with complimentary profile benches, irons, and basic brushes are provided for your waxing needs. Visit the official Rossignol Ski Center with a full line of rental and performance equipment available for rent. Enjoy the warm and cozy club-

house after a relaxing day of cross-country skiing, snowshoeing or ice skating on the "backyard pond." Snuggle up next to the fireplace while staying in touch with all your family and friends using free Wi-Fi, or catch a game on one of the many TVs in the Club House Restaurant. (goldrunnordic.com)

Keystone Nordic Center—Keystone Nordic Center offers 17K of groomed Nordic trails, blessed with naturally divided terrain – some easy and some more challenging. With a luxurious and cozy place to warm up and rest your legs, you won't be able to resist the "bottomless" Nordic Bistro Lunch served daily from 11:45 am to 2 pm. The fresh soups and bread will have you coming back, even when you're not skiing!

Besides the cross-country trails, groomed for classic or skating, they also offer snowshoe trails and a family tubing hill – perfect for energetic kids!



(Continued on page 9)

Preliminary 2017-18 Ski Trips

Below is the 2017-18 STS schedule of trips. There are five trips that needs a leader thanks to those stalwart leaders who have already decided to lead a trip! Let us know if you would like to lead another trip. Jan and Ron Tucker (jandrtucker@verizon.net). Bring your checkbook because you aren't "signed up" until paid.

Date	Place	Leader
Nov 4	Ski Fair, VA. Trip Leader Workshop	NA
Nov 18-19	Work Trip, Whitegrass, WV	Bert Finkelstein
Dec 28 –Jan 1	Tug Hill, Rome, NY	Peggy Alpert
Jan 6-7	Laurel Highlands, Somerset, PA	Ron Tucker
Jan 11-15 MLK	Jackson, NH White Mts.	Rob Swennes
Jan 12-14 MLK	Learn to XC, Laurel Highlands, Somerset, PA Free XC instruction. Cancels if no snow.	Greg Westernik
Jan 19-21	Laurel Highlands, Cancels if no snow.	Steve Jarvis
Jan 19 -21	Canaan Valley Snowshoe	Bert Finkelstein
Jan 25-28	Canaan Valley Cabin Deluxe, WV	Doug Lesar
Jan 26-28	Laurel Highlands, PA. Cancels if no snow	Greg Westernik
Feb 2-4	Blackwater Falls Lodge, WV 4 rooms have been reserved	Brian O'Konski
Feb 2-4	Blackwater Falls Deluxe Cabin, WV Deluxe 8 cabin has been reserved. No cancellation	Bert Finkelstein
Feb 9-11	Laurel Highlands, Somerset, PA	Valerie Matthews
Feb 14-21	Summit County, CO. No cancellation	Rob Swennes
Feb 16-19 Pres Weekend	Ski Dance, Camp Sequanota, PA STS/Sierra Club event. STS members need to sign up on www.skidance.com	Eliot Applestein and Bob Mathis for more info see www.skidance.com
Feb 16-19 Pres Weekend	Blackwater Falls Lodge, WV 4 rooms have been reserved. Cancels if no snow	Ralph Heimlich
Feb 16-19 Pres Weekend	Canaan Valley Cabin, WV Deluxe 4-BR Cabin has been reserved. No cancellation	Lee Greathouse
Feb 22-26	Lake Placid, ADK, NY Cancels if no snow	Greg Westernik
Mar 1-5	Maine Ski and Snowshoe	Joe Bachman



Gear \$wap

Got Gear? Got gear to get rid of? Got gear to get so you can ski? You need to hit the tables at our GEAR SWAP at the Ski Fair. If you have used gear in serviceable shape, or new gear that just wasn't your thing, put a tag on it with a price, your name, and any other relevant info (size, sex, etc.) and put it out on the table. If you are looking for gear, bring your wallet or check book and check out some bargains, especially if you are just getting started in XC skiing.

Schedule of Presentations at Ski Fair

There will be a variety of presentations at the Ski Fair on ski locations, upcoming trips, tips and techniques. See the schedule posted in the main room when you arrive.



Trip Descriptions (preliminary)

PATC/STS 2017-2018 trip schedule

People not STS members, add \$10 per trip.

Note: STS membership is only \$9 per year!

(*) indicates trips requiring PATC membership

Dates—Nov 18-19, 2018 (Friday and Saturday nights)

Trip—White Grass Trail Maintenance and Clean-up (near Davis, WV)

Lodging—Lovely house near Timberline, or in the White Grass lodge (floor space), camp on grounds at White Grass, or camp at the nearby State Park, with heated showers/bathrooms. There is limited space in the house, and the early birds will get those spaces, if they want them.

Description—Help Chip get the trails at Whitegrass ready for the 2016-2017 ski season. Great camaraderie and great cause.

Leader—Bert Finkelstein, bertanamo@gmail.com or (703) 282-0170

Cost—Transportation and food (lunches provided).

Dates—Dec. 28, 2016 - Jan. 1, 2018 (4 nights, Thursday-Monday) Cancels if no snow

Trip—Tug Hill Region, Rome, New York

Lodging—Wingate, Rome NY. Includes breakfast, micro wave and rereg in each rm., 11 miles from BREIA trails, 29 miles to Osceola

Description—Skiing and snowshoeing the BREIA Trails (free) in Booneville, at Osceola ski touring center, Winona State Forest and Barnes Corners in the Pulaski area. Enjoy a New Year's Eve pot luck party. Transportation by carpooling arranged by participants, based on roster info. Roster will be emailed to all participants once info is received.

Leader—Peggy Alpert, 301-946-4497, elefinch93@gmail.com

Cost—\$275—double occupancy. Assuming a minimum of 10 people. Queen for couples, 2 Queens for singles. Lodging and food as indicated above. Extra costs: other meals, trail fees, personal indulgences, etc

Dates—Jan 5-7, 2018 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands, Somerset, PA

Lodging—EconoLodge. 2 double beds in each room.

Description—Skiing at Laurel Mountain, Laurel Ridge State Park, North Woods, and other area parks.

Leader—Ron Tucker, 301-392-9630, jandrucker@verizon.net

Cost—\$109 (double occupancy) per person lodging only. Continental breakfast available.

Dates—Jan 11-15, 2018 (Thursday- Monday, 4 nights) MLK Weekend No Cancellation

Trip—White Mountains, New Hampshire

Lodging—Home on Attitash Loop, Bartlett NH

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/xcountry/ski/>) and Bear Notch (http://www.xcskinh.com/bear_notch.cfm) in Bartlett, NH. Many backcountry ski and snowshoe trails are in the area, such as near the AMC lodge at Pinkham Notch and the various ski centers. Our lodging will be in a modern home that the Section has stayed at since 2009. Great kitchen and living area! House capacity is 9 - 10 skiers. Any wishing to join us but not able to get space in the house can arrange their own lodging in the area and join us for all meals and socializing for \$100.

Leader—Rob Swennes, 703-405-8232, robertswennes@hotmail.com

Cost—\$395, which covers four nights of lodging and all in-house meals. Skiers pay for any flights, ground transportation in NH, outside meals, ski center fees, and miscellaneous costs.

Dates—Jan 12-14, 2018 MLK Weekend (Friday–Sunday, 2 nights) Cancels if no snow

Trip—Learn to XC, Laurel Highlands, PA

Lodging—Econo Lodge, downtown Somerset, PA

Description—Join fellow nordic skiers and wannabes enjoying 2 days of beginner+, free instruction in cross-country skiing from seasoned volunteers, ranging from dry land to fixed stations to instructional tours, emphasizing safety and fun. We will glide at two favorite nordic ski areas in Laurel Highlands. Learn more in two days than years of nordic skiing on your own

Leader—Greg Westernik, gmwester@gmail.com or phone 703-763-3833

Cost—\$90 covers only lodging (double occupancy) plus free continental breakfast and free XC ski instruction.

Dates—Jan. 19-21, 2018 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands Ski, Laurel Highlands, PA

Lodging—Comfort Inn, Somerset, PA (http://www.tripadvisor.com/Hotel_Review-g53711-d96836-Reviews-Comfort_Inn-Somerset_Pennsylvania.html)

Description—Lots of opportunities here for skiers and snowshoers. Groomed ski trails at Laurel Ridge State Park, Laurel Mountain State Park, and Kooser State Park. Rentals available at Laurel Ridge State Park. At least three backcountry areas with very well-marked trails in Forbes State Forest. And snowshoers looking for something a little more challenging can try the Laurel Highlands Hiking Trail covered with a foot or two of snow.

<http://www.dcnr.state.pa.us/forestry/stateforests/forbes/maps/index.htm>

http://www.paccsa.org/ski_area/Laurel%20Mountain%20State%20Park

http://www.paccsa.org/ski_area/Laurel%20Ridge%20State%20Park

Leader—Steve Jarvis, jarsnv7@msn.com or phone 703-282-6752

Cost—\$125 per person, double occupancy. Covers only lodging and a continental breakfast.

Dates—Jan 19-21, 2018 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Snowshoe trip, Blackwater Falls, WV

Lodging—Hotel rooms at Blackwater Falls Lodge

Description—Want to try something different this winter? Go places that are off-limits to you on cross-country skis? How about snowshoeing in Canaan Valley / Blackwater Falls? We'll warm up with some easy trails and then tackle some that you might not want to ski on but are fun on snowshoes. If you can walk the trails without snow, you can snowshoe the trails with snow.

Leader—Bert Finkelstein, bertanamo@gmail.com or (703) 282-0170

Cost—\$148 per person 6 participants; less if 8 participants (lodging only, double occupancy).

Dates—Jan 25-28, 2018 (Thursday–Sunday, 3 nights) No Cancellation

Trip—Canaan Valley State Park, WV

Lodging—Canaan Valley State Park Cabin w/complete kitchen for breakfast, pot luck and/ or individual dinner. We need 2 couples for this trip. 2 rooms have 1 queen bed in each room. 2 rooms with 2 double beds in each room.

Description—One of the most convenient lodging locations in Canaan Valley for skiing at White Grass, the downhill resorts, and points in between. Good trip for eclectic skiers open

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(Continued from page 7)

to a mixture of on-trail cross-country, off-trail backcountry, and perhaps even telemark skiing and/or lessons at the Timberline downhill area (contact leader for details).

Leader—Doug Lesar, 301-587-8041, dlesar@comcast.net

Cost—Cost \$155 (double occupancy) per person lodging only, assuming minimum of 8 participants. Note three-night stay and carpooling to be arranged.

Dates—Jan 26-28, 2018 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands, PA

Lodging—EconoLodge, downtown Somerset PA

Description—Join fellow skiers gliding at usual favorites (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods) with more kms of trails than you will ever ski in a weekend, plus options for Fri night skiing at the Lodge and tele skiing a defunct alpine slope at Laurel Mtn if seeking more.

Leader—Greg Westernik gmwester@gmail.com or phone 703-763-3833

Cost—\$90 covers only lodging, double occupancy with free continental breakfast.

Dates—Feb 2-4, 2017 (Friday–Sunday, 2 nights) No Cancellation

Trip—Blackwater Falls, WV

Lodging—Blackwater Falls Lodge. Rooms have private bath, phone, TV. Lodge amenities include game room, great room with fireplace, indoor pool, hot tub and fitness equipment. Hearty meals available at Lodge Restaurant.

Description—Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the Lodge !

Leader—Brian O’Konski

Cost—\$TBD Lodging only, double occupancy, assuming 8 participants. Transportation by car pool to be arranged.

Dates—Feb 2-4, 2018 (Friday–Sunday, 2 nights) No Cancellation

Trip—Blackwater Falls Lodge, WV

Lodging—Blackwater Falls State Park Deluxe Cabin. The lvg rm has TV, phone, gas fireplace. There is a full kitchen. Two bathrooms. We will have a potluck dinner one night. After a long day of skiing we can use Lodge amenities: hot tub, and pool.

Description—Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the Lodge to soothe those muscles after a long day of skiing!

Leader—Bert Finkelstein

Cost—\$110 Lodging only, double occupancy, assuming 6 participants; less if 8 participants. Transportation by car pool to be arranged.

Dates—February 9-11, 2018 (Fri-sun, 2 nights) Cancels if no snow

Trip—Laurel Highlands, PA

Lodging—EconoLodge, Somerset, PA

Description—Description: Skiing at Laurel Mountain, Laurel Ridge State Park, North Woods, and other area parks.

Leader—Valerie Matthews, valerie-matthews@verizon.net, 301-580-8634

Cost—\$90 per person, double occupancy, includes lodging and continental breakfast. Transportation by carpool to be arranged.

Dates—February 14-21, 2018 (Wed-Wed, 7 nights, includes Presidents Day). No cancellation

Trip—Summit County, CO*

Lodging—Ptarmigan Lodge, Dillon, CO

Description—As those who have done Alpine or Nordic skiing out West know, elevation is everything. Summit County, Colorado has become a mecca for both types of skiing since the county's base elevation is around 9,000 feet. The county is blessed with both high peaks for downhill skiing and broad areas of rolling countryside and backcountry for cross-country enthusiasts. There are also at least three Nordic ski touring centers nearby. Both types of skiing and also snowshoeing available. The county is less than a two-hour drive from Denver on I-70. Lodging is in rooms with two double or queen beds and includes a daily continental breakfast. Large hot tub and sauna available. Small refrigerator in each room. Plenty of restaurants in nearby towns for evening meals. Participants to arrange their own ground transportation in CO. Most expected to share vehicles.

Leader—Rob Swennes, 703-405-8232, robertswennes@hotmail.com

Cost—\$565, which covers seven nights of lodging. Skiers pay for air flights to/from Denver, ground transportation in CO, outside meals, ski center fees, and all miscellaneous costs.

Dates—Feb 16-19, 2018 (Friday-Monday, 3 nights) Presidents’ Day Weekend; No Cancellation.

Trip—34th Annual Ski-Dance Weekend sponsored by STS and Sierra Club

Lodging—Camp Sequanota, PA

Description—Cross-country ski in the Laurel Highlands during the day and contra dance at night to live music. At a new location at the foot of Laurel Mt. State Park in PA at Camp Sequanota. They offer both motel style rooms and cabins. Prices range from \$90 to \$285 depending on your accommodations and age. Trip begins on Friday evening with an informal potluck supper and dance and ends on Monday with breakfast; 7 meals included. Camp Sequanota has over 300 acres available for cross-country skiing, slopes for sledding and several different types of habitat. Laurel Ridge, Laurel Mts. and Forbes State Forest areas are nearby. Check website, <http://www.skidance.com> for more information and registration form.

Leader—Eliot Applestein, 301-984-6855, eliotapplestein@verizon.net or Bob Mathis, 301-589-7539, talibob@starpower.net

Cost—\$90 to \$300 depending on your accommodations and age. See www.skidance.com for more information.

Dates—Feb 16-19, 2018 (Friday-Monday, 3 nights) Presidents’ Day Weekend. Cancels if no snow

Trip—Blackwater Falls, WV

Lodging—Blackwater Falls Lodge. Rooms have private bath, phone, TV. Lodge amenities include game room, great room with fireplace, indoor pool, hot tub and fitness equipment. Hearty meals available at Lodge Restaurant.

Description—For all skier levels. Ski Blackwater Falls State Park with twenty + miles of trails, Canaan Valley trails, and White Grass Ski Touring Center. Sledding hill is available when snow is sufficient. Skis, poles, boots and sleds can be rented at Sled Run & Cross Country Ski Center.

Leader—Ralph Heimlich, 301-498-0722, heimlichfamily@comcast.net

Cost—\$TBD

Dates—Feb 16-19, 2018 (Friday-Monday, 3 nights). No cancellation.

Trip—Canaan Valley, WV

Lodging—Canaan Valley Resort and Conference Center Deluxe Cabin. The lvg rm has TV (no cable but internet), phone, wood burning fireplace. Two bedrooms with double beds and two bedrooms with twin beds. There is a full kitchen. Two bathrooms. We will have a potluck dinner one night. After a long day of skiing we can use Lodge amenities: pool, hot tub, fitness center, dining and arcade.

Description—Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the Lodge to soothe those muscles after a long day of skiing! This area has skiing for all levels and all types.

Leader—Lee Greathouse, leegreathouse@verizon.net

Cost—\$150 Lodging only, double occupancy, assuming 8 participants.

Dates—Feb 22-26, 2018 (Thursday-Sunday, 3 nights). Cancels if no snow.

Trip—Adirondack/Lake Placid area of Upstate NY

(Continued on page 9)

Trip Descriptions (cont.)

(Continued from page 8)

Lodging—Lodging will be at Best Western Mountain Lake Inn in nearby Saranac Lake NY. Each room includes 2 beds and will be double occupancy.

Description—At this former Winter Olympics site, we will enjoy groomed ski areas (e.g., 50+ km of Mt Van Hoevenberg), ungroomed backcountry/Northern Adirondack trails (e.g., Avalanche Pass, Ausable Lakes, [Jackrabbit](#)) and ambiance of former Olympic area while lodging in nearby Saranac Lake. During this time period in past winters there has been both a XC ski race at Mt. Van Hoevenberg and Lake Placid Nordic Festival.

Leader—Greg Westernik, 703-763-3833, gmwester@gmail.com

Cost—\$285/person includes lodging at the Lake Placid area. All other expenses, including travel, ski equipment, food and ski trail use fees are the responsibility of trip participants. Travel to/from upstate NY most likely will be carpooling.

Dates—Mar 1-5, 2018 (Thursday-Monday, 4 nights)

Trip—Maine Ski and Snowshoe*

Lodging—

Description—

Leader—Joe Bachman, Joseph.bachman@verizon.net, (410) 764-1243

Cost—

Updated 9/24/2017

Info for YOU



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

Bed and Breakfast dot Com offered their **Top Ski B&Bs in Mountain Towns**. They range from AK to VT.

<https://www.bedandbreakfast.com/info/travelers/outdoor-adventure/ski-bbs-mountain-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. Browse the listing at <https://xcski.org/retail-outlets/>. Their site also has a New Skier podcast and links to tips for buying equipment, understanding the lingo, and dressing for the sport at <https://xcski.org/ski-and-snowshoe-info/>

Ski Summit County, CO (cont.)

(Continued from page 5)

There are lessons offered every day, and they have an organized tour (Easy ECOTOURS). If you're looking for a challenge, try a more strenuous tour from the top of the mountain (The Mountain Top Trek). Keystone Resort also has afternoon or dinner sleigh rides and a massive outdoor skating rink. There is easy access from Hwy. 6; turn right just before coming to Keystone after passing the Swan Mt. Road traffic light. Our large convenient parking lot is just steps away from the front door. (keystoneresort.com)

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Article courtesy of

At <http://crosscountryskicolorado.com/centers/summitnordic.html>

SKI Dance: Ski All DAY—Dance All Night!

By Bob Mathis

So what is this annual ski-dance weekend? When did it all begin? Who started it? What do you do there – dance with your skis; isn't skiing hard enough? These are all good questions which I'll attempt to address.

Ski dance is one of the oldest STS sponsored events. It started around 1987 (but due to my faulty memory) I'm not sure of the exact year. I do remember that a bunch of folk dancers from the DC area were skiing at Blackwater Falls in West Virginia one weekend and decided that it would be fun to cross country ski during the day and to do some folk dancing at night. Consequently, Peter Fricke, Richard Galloway and myself met and put together a weekend getaway at Camp Soles, in western Pennsylvania. We had a very supportive committee and over mulled wine, hot cider and Peter's freshly baked apple pie, we created a learn to ski weekend coupled with an evening dance that would appeal to many people in the Folklore Society of Greater Washington, the Ski Touring Section of PATC, and the local Sierra Club.



Skiers dancing, photo by Ralph Heimlich

The first weekends in the late 1980s initially had several ski instructors from STS. Instruction was in the morning and we often skied around Camp Soles. The dancing was English dancing (think Jane Austin) and was led by Peter Fricke over President's weekend. Before the dance we had a sing-along. By the early 1990s, a second ski dance event was added over the Martin Luther King, Jr. weekend in January that included mostly contra dancing (think of square dancing in lines).

The skiing was led by members of the Ski Touring Section. Many STS members taught small groups the basics of Nordic skiing. Who could forget Dave Holton showing another person how to snow plow down the hill in front of the lodge at Camp Soles? At Camp Soles there was a wonderful lake to ski around and mountain climb! Others would venture off to ski at Laurel Mountain or at Laurel Ridge State Park. Most of us came back a bit tired and ready for a good meal. However, the evening was just beginning with music, song and dance!

The sing-alongs started out fairly simple. A person would volunteer to lead a song. Most of us would be terrific on the first phrase or verse and then simply mumble some words and sing "la di la, la di la." The solution was to purchase the wonderful song book, "Rise Up Singing" which was filled with hundreds of songs and their lyrics. Then in January of 1993, a young David Wiesler brought his guitar to the sing a long and the rest we shall say is history. Dave could play just about any song that people could hum. In addition to being a wonderful song leader he is a brilliant pianist, guitarist and composer! Since 1994 Dave has been at every ski dance weekend leading the music (both singing and leading the dance bands for the evening dances.) How does the sing- along work? People grab a book and then scream out a page number of their favorite song. Dave starts strumming and we all join in. On a rare occasion Dave might say, "Help me out here; I don't know that song but could you just sing a few bars?" Before you know it – Dave is playing the chords perfectly and we've all joined in on the song.

After the sing-along we have always have a dance and a caller/teacher. We encourage people who have two "left feet" to get out on the dance floor and to follow



Tuning up for the Sing-Along photo by Ralph Heimlich



More dancers photo by Ralph Heimlich

the prompts. Both the English and the Contra dancing are

social dancing, meaning you have a partner and dance up and down the sets. The figures/steps are repeated and there is a great deal of smiling and laughing. Initially ski dance was attended mostly by single dancers from the Folklore Society of Greater Washington. There were no children and no married folks. However, as life would have it – some folks actually met at ski-dance weekend and subsequently got married! In fact, the official dance used to go until 11:00 pm and then there would be a late night dance that went until mid-night or later. Sometimes it would be swing music and the occasional tango was even done. In short, it was a pretty wild scene.

However, time and events changed. First, the energy for organizing two events a year dissipated so the English weekend was dropped. Couples started bringing their children (myself included!) so a children's program was added. Who can ever forget Marta Vogel leading the children dancing with their decorated pillow cases? Or the time we were desperate for snow and farmer invited us to ski on his fields. We found a patch of snow and a song was written, "Dancing with Cows!" Or the blizzard of 2003 when we got snowed in and had

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SKI Dance: Ski All DAY—Dance All Night!

(Continued from page 10)

to stay another day at camp where we did what else – skied and danced!

Most years we ski but when there is no snow – we play and hike! Over the years we have found there is plenty to do in and around the Laurel Highlands (Johnston Flood Museums, the Flight 93 National Memorial and hiking in Laurel Mountain) We had to change venues and moved to Camp Harmony in 2003. In 2014, we moved to Camp Sequanota which offers us some private rooms as well as cabins. Food is plentiful and delicious (remember: this is camp food!) In addition to changing location, in 1999 Eliot Applestein assumed the major leadership role in running the camp and still does today.

The weekend is meant to be all about fun, meeting new friends and greeting old ones. You don't have to be dancer or a strong skier to enjoy this weekend. We still offer a beginner's lesson in the morning. So, this year, think about signing up for ski dance weekend, February 16 – 19. We can only accommodate about 55 participants so sign up early (in December). For more information go to skidance.com or call Bob Mathis at 301-589-7539. Hope to see you there!



The band photo by Ralph Heimlich

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:

☐ STS Officer☐ Publicity☐ XC Ski Instructor☐ Web Content Assistant☐ Ski Trip Leader☐ Special Events Coordinator