



UPSLOPE

Newsletter of the NORDIC Ski Touring Section of PATC



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

October 2018

UpComing Attractions In Winter UPSLOPE

- The rest of the 2018-19 Schedule
- YOUR ski stories

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Don't Miss the SKI FAIR!

By Ralph Heimlich

The long, steamy 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 3, 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 2018 through March 2019. STS trips are a travel bargain, fun, friendly and led by members with years of experience. Bring your checkbook because your 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 \$LOPE\$ – Chair Notes

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There was discussion at August's trip leaders meeting about making more use of the STS MeetUp webpage to reach out to more skiers in the Washington metro area beyond those who are already STS members. Ralph Heimlich gave a spirited presentation on how valuable MeetUp has been to the Chesapeake Paddlers Association kayak club over the last several years in terms of expanding its membership and recruiting new paddlers. When compared to that, the STS MeetUp page would appear to be semi dormant.

MeetUp should be recognized as a valid forum for the posting of our STS trips. And those trip opportunities should be posted by the designated trip leaders themselves since they know the most about their trips and they are the people that the interested skiers should contact. If you've not used MeetUp very much, see the primer on **page 9**.

Thus far, we have five STS trip leaders who have authority to post trips on our MeetUp page (<https://www.meetup.com/Nordic-Skiers-of-the-Potomac-Appalachian-Trail-Club/>). Those people are Ralph Heimlich, Steve Jarvis, Eliot Applestein, Greg Westernik, and me. Each of the rest of you can become an Event Organizer (and be able to post your upcoming winter trips) by emailing me and asking that you be designated one. But before you do that, go onto the website and sign up as a member of this MeetUp group.

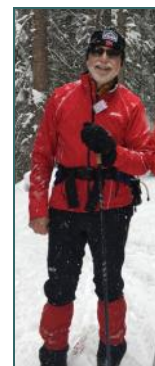
I can only designate you as an Event Organizer if you are a member. And while you are on our MeetUp page, explore it a bit. You will find some photos we have posted over the past several years. There's also a calendar feature that we've done little to utilize in the past but that Ralph indicates is critical to their paddling group.

Most of us have a lot to learn to make our MeetUp forum work well and to draw in many of the people in the mid-Atlantic region who are current or potential XC skiers. A few of you may already be skilled in this social outreach area. If so, teach the rest of us. Check with your children or other younger friends to find out whether they use MeetUp and what they think of it and any tricks for using it that they can pass along.

This can be an interesting adventure and learning experience for all of us!

In Snow,

Rob Swennes, Chair



PATC ST\$ Webmaster Position Open

This position requires the ability to develop and maintain html frames, edit word documents and converting them to web pages, ftp htm and PDF files.

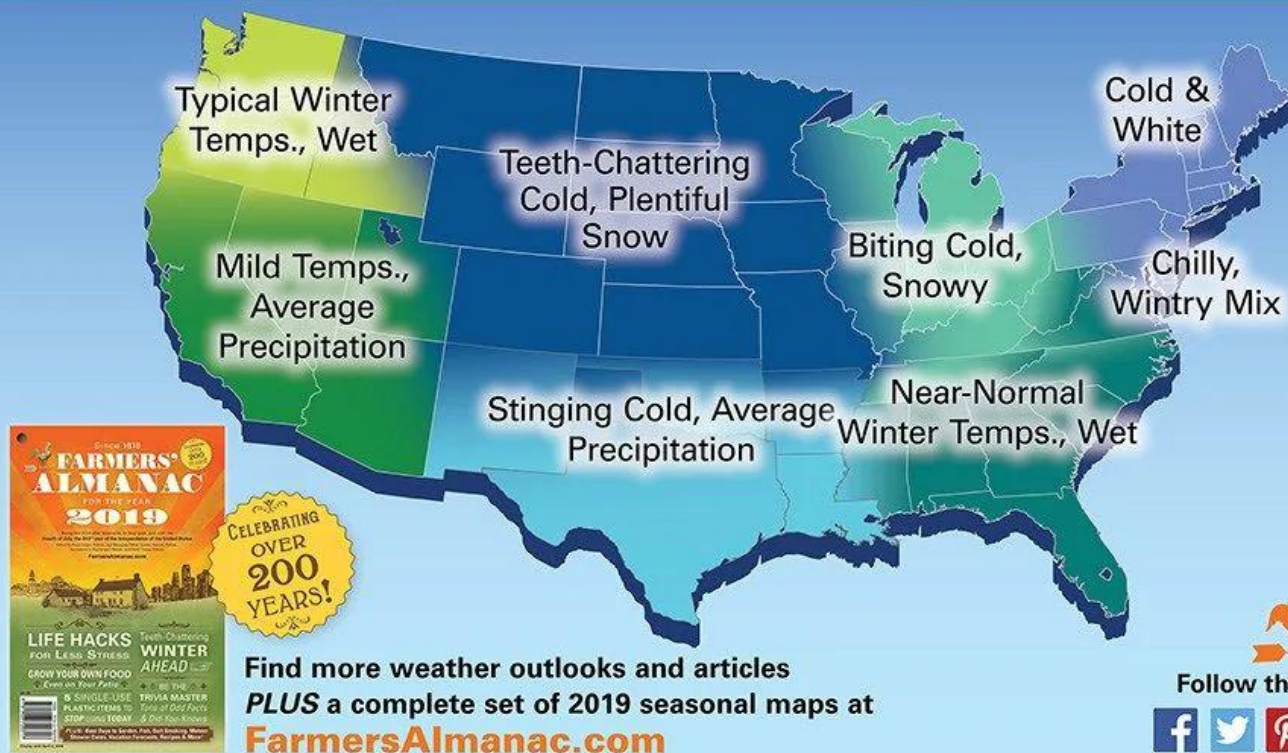
- * The website has a web frame architecture with menus and sub menus, which uses an auxiliary PATC server shared with the mountaineering division.
- * Time sensitive posting of the trips schedule with modifications as requested by either the trip coordinator or trip leaders. Bulk of work around October with anticipated revisions thru January.
- * Updating the upslope directory and main directory for addition of several issues of our newsletter per year.
- * Other menus should be periodically maintained such as the web links and telephone numbers of different SKI AREA, Contacts (Staff) personal information (email and phone number) and NEWS menu options.
- * These web pages were developed by a combination of MS FrontPage Express, Dreamweaver and notepad.
- * Training and mentoring is available from the current webmaster until trainee becomes self reliant. Contact Stephen Brickel; sbrickel2003@yahoo.com; 240-743-9478; 3003 Plyers Mill Road, Kensington, MD.

Farmer's Almanac Predicts "Flake" New; "Teeth-chattering Cold" Across Much of the Nation



2018-19 WINTER OUTLOOK

Teeth-Chattering Cold Ahead



Colder—But Not Colder Than Usual

the Farmers' Almanac, not to be confused with the Old Farmer's Almanac (which we [previously reviewed](#)), predicts colder-than-normal weather from the Continental Divide east through the Appalachians. "Near-normal winter temperatures will only be prevalent in areas west of the Rockies, the Mid-Atlantic States, and the Southeast," it writes. The publication touts "snow holds barred" with above-normal amounts of the white stuff piling up in the Great Lakes, the Midwest, central and northern New England, the Pacific Northwest, and the Mid-Atlantic.

The Farmers' Almanac is "red-flagging" the following dates for extreme events this coming winter:

- Dec. 1-3, 16-19, and 28-31 for "widespread wintry precipitation and gusty winds" in the Mid-Atlantic and Northeast.
- Mid-February for "the coldest weather of the season"
- March 20-23 for "a potent East Coast storm" that "could deliver a wide variety of wintry precipitation"

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

Its forecast seriously conflicts with the outlook from the National Oceanic and Atmospheric Administration, which generally favors warmer-than-normal conditions, except in the Southeast United States. (NOAA does not issue a snowfall prediction.) For a skeptical look at all the almanac forecasts, see The Capitol Weather Gang [here](#).

Some additional NOAA weather sites you may find useful are:

- * <http://www.cpc.ncep.noaa.gov/products/predictions/90day/fxus05.html>
- * http://www.cpc.ncep.noaa.gov/products/predictions/long_range/lead04/off04_temp.gif

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-STS 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 2018 must be renewed before 1 January 2019 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 2018-12, your membership expires on the last day of 2018.

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



The old tool shed

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 17-18—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.



2017 Work Trip

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

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.

MEETUP: 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/> Join this MeetUp group to help ease younger skiers or wannabes into the wonderful world of Nordic skiing!

Preliminary 2018-19 Ski Trips

Below is the 2018-19 STS schedule of trips. Bring your checkbook to Ski Fair because you aren't "signed up" until paid. Look to our [MeetUp](#) page to see who's going and get last-minute info on the trips. Jan and Ron Tucker (jandrtucker@verizon.net).

Date	Place	Leader
Nov 3	Ski Fair, VA. Trip Leader Workshop	
Nov 17-18	Work Trip, Whitegrass, WV	Bert Finkelstein
Dec 28-Jan 1	Tug Hill area, NY	Peggy Alpert
Jan 4-6	Laurel Highlands, PA. Comfort Inn, Somerset. Cancels no snow	Ron Tucker
Jan 11-13	Laurel Highlands, PA. Cancels no snow.	Greg Westernnik
Jan 17-21 MLK	Jackson, NH White Mts. No cancellation.	Rob Swennes
Jan 18-21 MLK	Blackwater Falls SP Lodge, WV, snowshoe/ski. Cancels no snow.	Bert Finkelstein
Jan 24-27	Canaan Valley SP cottage, WV. No cancellation.	Doug Lesar
Jan 25-27	Laurel Highlands, PA. Comfort Inn, Somerset. Cancels no snow	Steve Jarvis
Jan 25-1 Feb	Maine ski/snowshoe. 3 days cabin, 3 days hut-to-hut. No cancellation.	Ralph Heimlich
Feb 1-3	Blackwater Falls SP Lodge, WV. Cancels no snow.	Bert Finkelstein
Feb 8-10	Laurel Highlands, PA. Cancels no snow.	Valerie Matthews
Feb 11-18 Pres Weekend	Laurentians, Canada. Rental house. No cancellation.	Rob Swennes
Feb 15-18 Pres Weekend	Blackwater Falls deluxe cabin. No cancellation.	Lee Greathouse
Feb 15-18 Pres Weekend	Ski Dance, Camp Sequanota, PA	Eliot Applestein and Bob Mathis For more info www.skidance.com
Feb 20-24	North Creek, NY. No cancellation.	Ralph Heimlich
Feb 22-24	Laurel Highlands, PA. Cancels no snow.	Greg Westernnik
Feb 28-Mar 4	Carabasset Valley, Maine. Cabin. Snowshoe/ski. No cancellation.	Joe Bachman
Mar 24	Après Ski Party	

**Gear Swap**

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



February Nordic and Alpine Skiing in Quebec

By Rob Swennes

The pattern of warmer winters we have seen in recent years explains why many who love cross-country skiing are scheduling their trips to northern climates or far western, elevated areas to enjoy their sport. The Ski Touring Section's planned trip to Quebec in February illustrates this point.

This will be the Section's fourth ski trip to the Laurentians north of Montreal in the past two decades. The previous trips were a delight. The last was eight years ago. A trip to the Canadian province of Quebec in wintertime offers not only the opportunity for great skiing. There is also the French-based culture to enjoy without the need to fly across the Atlantic to France.

Most skiers on this trip will fly to Burlington, Vermont, rent vehicles there, and then drive north and across the Canadian border into

Quebec. The cultural and linguistic changes are immediately noticed once you cross that line. Others may choose to fly to Montreal and rent vehicles there for a shorter drive to our lodgings in the Laurentians.

The XC skiing opportunities in Quebec are a world apart from what is available in the mid-Atlantic region.

Many of us ski regularly at the White Grass Ski Touring Center (STC) in Canaan Valley, West Virginia. That's the

sole exclusively Nordic skiing center close to the Washington metro area. In the area of the Laurentians where we will be staying, there are two dozen STCs within a thirty-mile radius. On previous week-long trips, we have been able to ski at maybe six or seven of those two dozen centers. Each center is different in many ways, from the width of trails, to the style of trail grooming, to the types of huts along the trails. Each day brings new skiing challenges and opportunities. See information on some of the centers at <https://www.laurentides.com/en/cross-country-skiing-and-snowshoeing-laurentians>.

There are other recreational opportunities on the snow. There's an excellent, large downhill skiing center at Mont Tremblant. See <https://www.tremblant.ca/things-to-do/skiing>. That allows some of us the opportunity to enjoy both Nordic and Alpine skiing on the trip. The Mont

Tremblant National Park offers over 100 kilometers of groomed classic and skate skiing trails. See <https://mont-tremblant.ca/en/trail/cross-country-skiing/>. The trail networks for snowshoeing are also extensive, and backcountry skiing (always with a buddy) is also an option (<https://snowsportsculture.com/guide-backcountry-skiing-quebec/>).

And, at the end of every day of winter sports in Quebec, there is always the après-ski socializing. Oh la la! It's not by chance that après-ski is a French expression. The grocery stores in Quebec are filled with a wide array of cheeses, breads, and other delicacies that really make it feel that you are in Europe.



Deep snow on Le Petit Train du Nord rail trail, 2008



On the Laurentian ski trails, 2011



Snowshoeing at Mont Tremblant, 2011



Totem poles at Mount Tremblant ski touring center, 2008

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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 17-18, 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 2017-2018 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, 2018 - Jan. 1, 2019 (4 nights, Thursday-Monday) Cancels if no snow

Trip—Tug Hill Region, New York

Lodging—The Lodge at Headwaters (www.thelodgeatheadwaters.com) Includes full breakfast. Micro wave/frig. in each room. Near BREIA trails, 23 miles, 39 minutes 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—\$290—double occupancy. Assuming a minimum of 10 people. Lodging and food as indicated above. Other meals, trail fees, transportation, extra.

Dates—Jan 4-6, 2019 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands Ski, Laurel Highlands, PA

Lodging—Comfort Inn. 2 double beds in each room.

Description—Bring your skis and snowshoes for fun at the groomed ski trails at Laurel Ridge State Park, Laurel Mountain State Park, and Kooser State Park plus three back country areas. Rentals available at Laurel Ridge State Park and a shop outside Somerset. Snowshoers looking for more challenge can try the Laurel Highlands Hiking Trail.

Leader—Ron Tucker, 301-392-9630, rgt1949@yahoo.com

Cost—\$125 (double occupancy) per person lodging only with free hot continental breakfast.

Dates—Jan 11-13, 2019 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands PA area XC Ski Weekend

Lodging—Econolodge in Somerset PA

Description—Join fellow Nordic skiers gliding at usual and less-traveled favorites in the Highlands of SW PA (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods, Laurel Hill) with more kms of trails and choices than time for event, plus options of lift-served and Fri night skiing near Lodge (snow permitting). Still the one with \$0 to \$10 budget-busting trail use fees and walk option to meals. Way cooler and almost heaven!

Leader—Greg Westernik at 571-575-0695 and gmwester@gmail.com.

Cost—at trip cost of \$79 (just for lodging and free continental breakfasts).

Dates—Jan 17-21, 2019(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. Those on the wait list 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—\$430, 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 18-21, 2019(Friday-Sunday, 2 nights) Cancels if no snow

Trip—MLK Weekend XC-Ski / Snowshoe trip, Blackwater Falls SP

Lodging—Blackwater Falls Lodge

Description—Spend the MLK weekend in Canaan Valley and Blackwater Falls skiing or snowshoeing. If you're interested in something new, less strenuous, or on different terrain, why not try 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—\$240 per person 6 participants; less if 8 participants (lodging only, double occupancy).

Dates—Jan 24-27, 2019 (Thursday–Sunday, 3 nights) No Cancellation

Trip—Canaan Valley State Park, WV

Lodging—Canaan Valley State Park Cottage w/complete kitchen for breakfast, pot luck and/ or individual dinners. We need 1 couple for this trip. 1 room has 1 queen bed, 3 rooms have 2 double beds.

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 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 \$170 (double occupancy) per person lodging only, assuming minimum of 8 participants. Note three-night stay and carpooling to be arranged.

Dates—Jan 25-27, 2019 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands, PA

Lodging—Comfort Inn, Somerset PA

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 and a shop outside Somerset. 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.paccsa.org/>, <http://www.paccsa.org/lmwebcam>, <http://www.paccsa.org/lrwebcam>.

Leader—Steve Jarvis, jarsnv7@msn.com or 703-941-3352

Cost—\$125 covers only lodging, double occupancy with free continental breakfast.

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Dates—Jan 25-Feb 1, 2019 (Friday-Friday, 7 nights) No Cancellation

Trip—Maine Ski/Snowshoe

Lodging—Cabin/Hut-to-Hut

Description—Three days in a cabin to acclimatize on Sugar Loaf and other trail systems, then 3 days of hut-to-hut in a plush Maine woods environment of the Maine Huts and Trails accommodations.

Leader—Ralph Heimlich, heimlichfamily@comcast.net, 240-4720-8825 (cell)

Cost—\$701 per person includes lodging, bag shuttle and provided meals, including odd number room fee at huts. Does not include airfare to Portland, ME and your share of car rental. Does not include optional night lodging in motel near Portland prior to flight home. Damage deposit refund of \$45 per person will likely be received.

Dates—Feb 1-3, 2019 (Friday–Sunday, 2 nights) Cancels if no snow

Trip—Blackwater Falls SP

Lodging—Blackwater Falls Lodge

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, bertanamo@gmail.com, 703-282-0170

Cost—\$165 Lodging only, double occupancy, assuming 6 participants; less if 8 participants. Transportation by car pool to be arranged.

Dates—February 8-10, 2019(Fri-sun, 2 nights) Cancels if no snow

Trip—Laurel Highlands, PA

Lodging—Comfort Inn, Somerset, PA

Description—Skiing for all levels of ability at Laurel Mountain, Laurel Ridge State Park, North Woods, and other area parks.

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

Cost—\$125 per person, double occupancy, includes lodging and continental breakfast. Transportation by carpool to be arranged.

Dates—February 11-18, 2019 (Mon-Mon, 7 nights, includes Presidents Day). No cancellation

Trip —Laurentians, Canada

Lodging—Rental House

Description—A week-long skiing and snowshoeing excursion trip to this popular vacation area north of Montreal in Quebec. Many Nordic ski touring centers and Alpine ski resorts close by. A wealth of Quebecois culture and foods.

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

Cost—\$645, which covers lodging and in-house meals. Skiers will carpool and share equally the expenses of their particular vehicle. A gratuity to the vehicle driver is recommended. Passport and medical evacuation insurance are required. Participants must be PATC members. Includes the Presidents Day holiday.

Dates—Feb 15-18, 2019 (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—\$95 to \$300 depending on your accommodations and age. See www.skidance.com for more information.

Dates—Feb 15-18, 2019 (Friday-Monday, 3 nights) Presidents' Day Weekend. No Cancellation.

Trip—Blackwater Falls, WV

Lodging—Blackwater Falls Deluxe Cabin.

Description—Deluxe cabins sit on the north side of the park and are all four-bedroom units with two full bathrooms, gas fireplace, full kitchen with dishwasher, laundry machines, flat-screen televisions, WiFi, and cable-TV. Two bedrooms with one queen-sized bed each, and two bedrooms with two twin beds each. Both bathrooms have showers. 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—Lee Greathouse, leegreathouse@verizon.net

Cost—\$155 lodging only, double occupancy based on 8 people.

Dates—Feb 20-24, 2019 (Wed-Sun, 4 nights) No Cancellation.

Trip—North Creek Area skiing, including Garnet Hill trail system and others, NY

Lodging—Dancing Waters Lodge, Johnsbury, NY rental house.

Description—Ski Garnet Hill and several other cross-country ski trail systems in the North Creek-Warrensburg area.

Leader—Ralph Heimlich, heimlichfamily@comcast.net, 240-4720-8825 (cell)

Cost—\$350, includes meals prepared in our own kitchen, based on 8 participants.

Dates—Feb 22-24, 2019 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands PA area XC Ski Weekend

Lodging—Econolodge in Somerset PA

Description—Join fellow Nordic skiers gliding at usual and less-traveled favorites in the Highlands of SW PA (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods, Laurel Hill) with more kms of trails and choices than time for event, plus options of lift-served and Fri night skiing near Lodge (snow permitting). Still the one with \$0 to \$10 budget-busting trail use fees and walk option to meals

Leader—Greg Westernik at 571-575-0695 and gmwester@gmail.com.

Cost—\$79 (just for lodging and free continental breakfasts).

Dates—Feb 28-Mar 4, 2019 (Thursday-Monday, 4 nights). No cancellation

Trip —Maine Ski and Snowshoe

Lodging—Rental home near Sugarloaf Mountain, Maine.

Description—The snow still hangs around in March in the far north around Maine's high peaks. We'll be surrounded by over twenty 4,000 footers. Nordic ski areas at Sugarloaf (<http://www.sugarloaf.com/activities-and-nightlife/outdoor-center>) and Rangeley (<http://rangeleylakestrailscenter.com>), plus groomed backcountry trails as part of the Maine Huts and Trails system (<https://mainehuts.org>). Snowshoe or ski to the top of the mountain with a view of the Bigelow Range, and have a hot lunch served at the hut! Other trails access frozen waterfalls and lakes and the deep North Woods. Bring your passport, and check out the backcountry at Mont Megantic and Mont Gosford just across the border in Quebec. All of this, and it's only a 3-hour drive from the Portland, Maine airport.

Leader—Joe Bachman, Joseph.bachman@verizon.net, 410-446-8501.

Cost—\$385, which includes 4 nights of lodging and all in-house meals. Participants pay for flights to Portland, Maine and ground transportation (rental vans) in Maine, trail fees, outside meals, etc.. Leader will arrange rental van carpools from the Portland International Jetport. Participants can also travel to the site on their own.

Updated 10/2/2018

Info for YOU

How to Dress for the Trail—Get tips on dressing for XC skiing from former President Peggy Alpert at <http://www.patc.us/chapters/ski/tripessentials.htm>.

Do YOU Know What's Expected of YOU on a PATC-STs Trip?—PATC-STs trip leaders do a lot of behind-the-scenes work to organize our trips. You need to carry your share of the deal. Find out what that means at <http://www.patc.us/chapters/ski/forms/trippolicy.pdf>.

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/>

A Guide to MeetUp for PATC-STs Members and Trip Leaders

By Ralph Heimlich

Most of you have heard of MeetUp by now, and probably know that the Potomac Appalachian Trail Club's Ski Touring Section (PATC-STs) has a MeetUp site. But, what IS MeetUp and how can we use it to learn about, participate in and enjoy our STs outings more?

MeetUp is a social media website that hosts an events calendar for like-minded folks who want to get together for a some specific subject or activity. Anyone can join MeetUp, and can join any of the specific MeetUps, although organizers can set up screening questions and can restrict participation in events based on experience, suitability, or other criteria. If you are a member of PATC-STs, you are NOT automatically a member of our MeetUp. Conversely, if you've joined the MeetUp, you are not automatically a member of either PATC or STs.

So, What's This MeetUp Thing?

If you are reading this, the best way to get the most out of this writeup is to log onto the PATC-STs MeetUp site and follow along as I explain particular features. First, go to

<https://www.meetup.com/Nordic-Skiers-of-the-Potomac-Appalachian-Trail-Club/>

If you are a member, your profile picture will appear in the upper right-hand (RH) corner. No Picture? If you haven't uploaded one, there will just be an icon. The little down arrow will show what other MeetUps you belong to and give you access to your profile. A word about profiles: To be most useful, use something like your name, post a picture so someone who thinks they may know you can be reassured, and provide some details relating to the activity of interest (what level skier are you? How many years have you been skiing? Where have you skied?). This is a social media site, so it is NOT the place to worry about hiding your identity (see below).

Home Page (About)—The home page ([About](#)) of the Meetup shows the current events scheduled, a brief description of the activity we are interested in, the number of members, and who are the organizers. Across the top are links to the list of MeetUps scheduled, the membership list, a collection of photos submitted by participants, and a discussion board where general topics can be raised and discussed in a "bulletin board" fashion.

Meetups—The Meetups section ([Meetups](#)) has two sections: A listing of upcoming and past Meetups that have been scheduled, and a calendar view with Meetups listed and links to the actual events.

How Do I Schedule a Meetup? (Trip Leaders)

How do MeetUps get there? Trip Leaders designated as MeetUp Event Organizers or someone designated by them enters the details in an online form (accessible under "[Plan a Meetup](#)") and the information is formatted and posted to the list/calendar. Only Event Organizers (designated by the MeetUp Organizer) can schedule a MeetUp. If you are a Trip Leader and would like to become an Event Organizer, contact Rob Swennes. A "skeletonized" listing of the PATC-STs trips for the year will be entered on the MeetUp calendar for reference, but Trip

MeetUp! (cont.)

(Continued from page 9)

The screenshot shows the MeetUp website interface. At the top, there's a navigation bar with links like 'Start a new group', 'Explore', 'Messages', and 'Notifications'. The main content area features a group profile for 'Nordic Skiers of the Potomac Appalachian Trail Club' with a photo of two people skiing. Below this, there's a 'Next Meetup' section for 'American Birkie 55k training (in DC)' with a description, a '3 going' indicator, and buttons for 'Attend' and 'Organizer tools'.

Leaders need to fill in the details.

What information needs to be on a scheduled MeetUp?

A short, descriptive **TITLE** of less than 80 characters heads it off.

The starting **DATE and TIME**, and ending date and time can be selected. For a weekend trip, this would usually be noon or so on Friday, through 5 or 6 PM on Sunday. There is a section for recurring MeetUps, which we will generally not use.

The MeetUp **LOCATION** must be entered, usually as a street address. This is formatted to show up on a location map, so you may need to fiddle with the address until something Google Maps recognizes is entered.

WHAT the event will do is next, which could include a photo from a previous trip to the location, or a similar location, and a description. This could include details on lodging, lodging cost, accommodations and meals, what level of skiing ability is required, waivers, recommended flights or how carpooling could be accomplished, etc. Basically anything the Trip Leader would like to communicate to the participants. Include a statement that participants are not confirmed for a trip until payment and forms are received by the leader, and these should be sent within three days, and include links to the relevant forms on the Section's website.

Next is the **ORGANIZER** information. MeetUps can have more than one organizer, but it is usually better to have just one indicated for communication. The MeetUp site manages messages from members to organizers and other members without having to know their email addresses, and without revealing them.

HOW MANY participants can attend is indicated, and whether they can bring guests (because each member must sign up for PATC-STS trips, you should NOT allow guests—all participants must sign up). If there are restrictions on gender or singles/couples based on the lodging, these should be indicated in the description section. A waiting list is automatically formed if the number of participants RSVPing exceeds the number allowed on the trip.

A section for **PARTICIPANT QUESTIONS** is next, where the Trip Leader can ask a qualifying question (say what skill level, or if they can drive and how many seats, etc.). We recommend for ski trips asking: What is your email address? How will you send the payment and forms, e.g., by Paypal transfer, and scanned forms sent by email.

The organizer can set a deadline for RSVPs to both **START and END**. When the end date is reached, no further signup through the MeetUp can take place (note: these can be altered by organizer later if desired to extend the RSVP period or shorten it). We recommend closing the event about ten days before it, and having members contact the leader directly to sign-up after that.

The final item is a **PRICE**. This should NOT be used since payments for PATC-STS trips are sent directly to the leader. Another issue is that MeetUp may raise the price for using the site based on fees collected through the site.

You can now **PREVIEW** the MeetUp to see how it will look. If you're not ready to finalize it, what you've done so far can be saved as a **DRAFT**. Once the MeetUp or trip is entered and submitted (called "**Publishing**" it), the organizer will be asked to Advertise the MeetUp, which means that a summary is "pushed" to all members of the MeetUp that a new event has been added to the schedule.

(Continued on page 11)

MeetUp! (cont.)

(Continued from page 10)

Once the MeetUp event is published to the calendar/list, participants can begin indicating interest by RSVPing (within the dates for beginning and ending RSVPs set above). Participants can see who else is interested and can comment to the group and between each other. For PATC-STS ski trips, simply RSVPing on the Meetup event is not sufficient to participate. Participants **MUST** submit the appropriate PATC-STS and PATC waivers and their payment to be confirmed as a participant.

When someone has signed up, or is moved from the wait list to going on the trip, the leader should reach out to them. If they did not answer the questions posed in the trip description, contact them to get the answers. Note that the Messaging feature on Meetup can be used if you do not have their email address. If they have answered the required questions, remind them to send their payment and forms.

Note that Paypal in many situations will transfer money between individuals who have Paypal accounts without charge. Completed forms can be scanned, such as to Adobe acrobat .pdf files, and sent by email.

The Event Organizer (Trip Leader) has the ability to change a participant's RSVP if they are unresponsive (say haven't submitted waivers and a payment), or if they bail on the trip and don't change their own RSVP. Event Organizers should do this because it allows the leader to "promote" someone on the wait list into a participant slot.

When the closing date on Meetup to sign up for the ski trip comes, if there is space available, we recommend changing the **EVENT TITLE** to start with OPEN FOR SIGN UPS and end with CONTACT LEADER TO SIGN UP.

The Meetup announcement allows participants to communicate with one another for purposes of carpooling or other arrangements. It gives a central place for the Event Organizer (Trip Leader) to post updated info on snow conditions, changes in lodging or other plans, and to poll the group on choices to be made for the trip.



Finally, once the trip is over, participants can post pictures and comments on the trip and share other information (maybe a post-trip reunion). The Event Organizer should update the participant info by changing the RSVP of someone who failed to make the trip or joined late. This provides other Trip Leaders with an accurate way to see what experience a potential participant has (which past trips they've attended).

A Note About Privacy on Social Media

Any personal information listed on a public MeetUp page is visible to search engines. The good news is that you don't have to post personal information in order to use MeetUp effectively. When you sign up, the email you give is used to contact you, but that email is not visible to the public or search engines. The other info asked for in the [ACCOUNT SETTINGS](#) is really optional, and you can always LIE to the computer (for example, I never use my real birthday on any social media site). In your [PRIVACY SETTINGS](#), you choose who can contact you on MeetUp (any MeetUp member, only organizers, or only members of your MeetUps), and whether to show other MeetUps you belong to, and any of your profile interests.



Quebec in February (cont.)

(Continued from page 6)

The STS ski group will be renting chalets in the Laurentians, most likely in the Chantclair Resort in the town of Val-David. See <https://chalets.ca/> On previous trips we have rented chalets here and been very pleased with the accommodations. Those who know me will not be surprised to learn that each chalet has its own sauna. Depending on the size of the ski group, we will likely rotate among the residences we rent in terms of where evening meals will take place and where we will fix our daily lunches to take onto the trails. Bon appétit!



HIVER NORD snow sculpture in a Laurentians town, 2005

PATC-Ski Touring Section**c/o Doug Lesar****2507 Campbell Place****Kensington, MD 20895****White Grass Work Trip, 2017****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