



# UPSLOPE

## Newsletter of the NORDIC Ski Touring Section of PATC



Visit Us On the WEB at <http://www.patcskitouring.us>

November 2022

### UpComing Attractions In Winter UPSLOPE

- Ski Trips and Reports
- YOUR ski stories

### Yes Virginia (and MD and DC), There IS a Ski Fair!



The traditional PATC-STC Ski Fair will once again kick off the XC-ski season: It will take place a little later in the month on **Saturday, November 12, from 1 to 4 PM** returning to the usual location, **PATC HQ** in Vienna. Sign up for the 2022-23 ski season trips and reunite with old friends and make some new ones, and learn about all things XC Skiing! We will have food supplied by the club, but please bring your favorite pot-luck salad or dessert to share. There will be an area for Ski Swap,

so bring any unused or unneeded gear to sell or trade.

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### Come Out for the Ski Fair!

We WILL be having our traditional Ski Fair on Saturday, NOVEMBER 12 from 1 PM to 4 PM at the **PATC Headquarters, 118 Park Street SE, Vienna, VA 22180, just off Rt 123**. Sign ups will be in the main office space, you can renew your membership in the lobby with Doug Lesar, food will be in the auditorium, and the Ski Swap will be in the hallway area. No presentations are planned, but if you want to share pics from last season, a projector will be available if you bring them on a thumb drive:

- \* YOU are the main attraction! Meet and greet fellow STS members that you haven't been able to see IN PERSON for a long while.
- \* Signups for the season's ski trips will be at tables throughout the room (bring your calendar, pen and check book to sign up for these trips on the spot).
- \* Refreshments consisting of food and soft drinks will be provided, and YOUR potluck contributions of salads and desserts are appreciated.
- \* A ski gear swap area will be provided, so bring your old gear to sell or swap.
- \* Slide shows of past ski trips will be shown continuously on a screen in one corner of the room.



## STS Officers

## FROM THE SLOPES – Chair Notes

### Chair

Steve Jarvis  
H: 703-282-6752  
[jarsnv7@msn.com](mailto:jarsnv7@msn.com)

### Vice-Chair

Dick Simmons  
H: 410-409-5552 (cell)  
[dsimmons72@msn.com](mailto:dsimmons72@msn.com)

### Secretary

Steve Bergstrom  
H: 202-321-6090  
[secretary@patcskitouring.us](mailto:secretary@patcskitouring.us)

### Treasurer

Brian O'Konski  
H: 202-362-2982  
[brian1642@gmail.com](mailto:brian1642@gmail.com)

### Trip Coordinators

Jan and Ron Tucker  
H: 301-392-9630  
[jandrtucker@verizon.net](mailto:jandrtucker@verizon.net)

### Webmaster

Ralph Heimlich  
H: 240-472-8825 (cell)  
[heimlichfamily@comcast.net](mailto:heimlichfamily@comcast.net)

### Membership Coordinator

Douglas Lesar  
H: 301-520-9516  
[dlesar@comcast.net](mailto:dlesar@comcast.net)

### UPSLOPE Editor

Ralph Heimlich  
H: 240-472-8825 (cell)  
[heimlichfamily@comcast.net](mailto:heimlichfamily@comcast.net)

### UPSLOPE

### Mailing Coordinator

Dick Simmons  
H: 410-409-5552 (cell)  
[dsimmons72@msn.com](mailto:dsimmons72@msn.com)



For the first time in many years, the Ski Touring Section is transitioning to a new leadership team. Former Chair Rob Swennes, who led the section and many excursion trips over the past few years, is stepping down from the chair position. Rob has served as Chair for many years and also in other offices beforehand. His service to Nordic skiing and the STS has been immeasurable. Fortunately, he is still involved and will be a great mentor as I start my role as the new STS Chair. Another long-time STS member, Dick Simmons, has agreed to serve as Vice-Chair. Thankfully, other long-time members have agreed to serve: Jan and Ron Tucker as Trip Coordinators, Doug Lesar as Membership Coordinator, Brian O'Konski as Treasurer, and Ralph Heimlich as Web-master/Newsletter Editor. Our officers are the key to a successful season and are all volunteers for your benefit and the

sport of Nordic skiing. We welcome you to become more involved to ensure that STS moves forward in the future! We will be having a nomination and election process at the end of this skiing season and already know there will be some vacancies.

The leadership team is setting up ski trips during the coming winter that have YOU in mind. Some will be local trips out to Canaan Valley, Garrett County, Maryland, and the Laurel Highlands of Pennsylvania. Others will be excursion trips to more distant points in New York's Tug Hill and Adirondacks, New Hampshire, Maine and possibly some high Western locations known for their enticing snowfalls. If you want to set up a Section trip for the coming winter and have not yet done so, call/text Ron and Jan Tucker or any of the officers as soon as possible. If new to trip leading, we can link you up to other STS trip leaders who can provide mentor guidance.

Ski Fair in November returns to PATC HQ in Vienna, but it will be later than usual (November 12th). Note that the Fair will begin at 1 PM and run until 4 PM.

As usual, the two main goals of this year's Fair:

- \* Get you to sign up for the upcoming ski trips of your choice, and
- \* Find out how you have been doing since we last met!

The Ski Touring Section is many things, and one of them is a social organization. We've shared many adventures and good times on skis and snowshoes in the past. There will be food provided by the club (please bring your favorite potluck salad, dessert, or side dish to share).

COVID is still a concern this Fall so feel free to wear a mask if you would like. We expect to have the ski trip sheets and the food and drink in different rooms at HQ, as usual, with plenty of space in between. It will be a memorable time and looking forward to seeing you all!

Yours in Nordic skiing,

Steve Jarvis Chair, PATC-STS

Dick Simmons, Vice-Chair, PATC-STS





# Winter Forecasts for Skiers



## Snow Days Ahead

According to the Old Farmer's Almanac extended forecast, this winter season will have plenty of snow, rain, and mush—as well as some record-breaking cold temperatures! They are warning readers to get ready to “**Shake, shiver, and shovel!**”

The first bite of winter should come earlier than last year's. **December 2022** looks stormy and cold nationwide with an active storm pattern developing and hanging around for most of the season over the eastern half of the country. (Maybe there will be a white Christmas in some areas?)

How much snow and when? Some key time frames are: 1) The first week of January in the Rockies and across the Plains. During this time, they see good potential for **heavy snow** that may

reach as far south as Texas and Oklahoma, followed by a sweep of bitterly cold air. 2) **January 16-23**, they raise another red flag for bouts of **heavy rain and snow** across the eastern two-thirds of the country followed by what might be one of the coldest outbreaks of arctic air we have seen in several years. How cold? Try 40 degrees below zero!

## How Much Snow Will You See This Winter Season?

Winter 2022-2023 should be dominated by an active storm track in the eastern half of the country, running from the western Gulf of Mexico to the northeast, across the Virginias, and across interior [New York State and New England](#). The I-95 corridor can be included in this winter mix zone with places to the north of the track seeing the precipitation fall more as snow and at times, a lot of it. This may be especially true over the [Ohio Valley and Great Lakes area](#). The Far West and the [Pacific Northwest](#) will see about-normal winter precipitation; however, the [Southwest](#) will experience less than normal.

Check it out at <https://www.farmersalmanac.com/extended-forecast>

On the other hand, The unfortunate news is that NOAA is projecting above average temperatures Warm for the majority of the country with only a sliver of "Probability of Below" for the Pacific Northwest. This outlook is based on a [general trend](#) of increasing temperatures during the past years and decades.

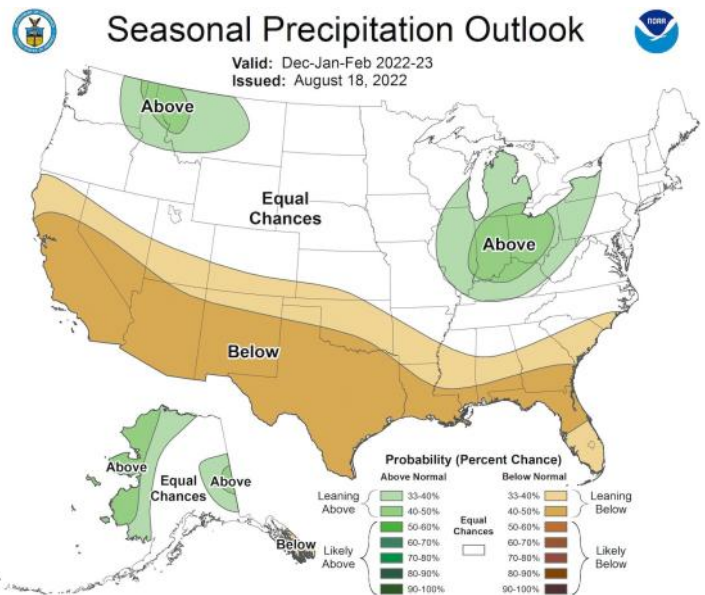
Eastern Washington, northern Idaho, and western Montana, along with a good portion of the Midwest (including western PA and WV) are in the "Probability of Above" zone, which means that the odds of above-average precipitation are higher.

Much of the middle of the country is in the "Equal Chances" zone, which basically means that the odds of average, above-average, or below-average precipitation are about the same.

On Thursday, Oct. 20, NOAA's [Climate Prediction Center](#), a division of the National Weather Service, will announce the U.S. temperature and precipitation outlook for winter — December 2022 through February 2023 — during a media teleconference.

NOAA experts will also discuss the ongoing drought across the U.S. and announce the climate factors influencing the drought outlook for the winter season ahead.

Notice might be good addition to next Upslope. December is 6 weeks away.



Since long-range forecasts are rarely accurate or useful for finding great snow, here is a quick recap of strategies for finding the deepest powder:

- 1) Live in a location that's close to mountains with the deepest snow.
- 2) If you can't live close to deep powder, wait until 7-10 days before booking your trip.
- 3) Even if you wait until 7-10 days before booking your trip, consider only booking to a general area.
- 4) If you have to book a trip far in advance, pick locations that statistics show have the deepest

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## Winter Forecasts for Skiers (cont.)

(Continued from page 3)

powder.

5) If you can't execute any of the above strategies, change your expectations for your ski trip.



Download the [OpenSnow app](#) and stay tuned to our forecasts for the latest weather updates.

See <https://opensnow.com/news/post/noaa-s-2022-2023-winter-forecast>

WARNING: Long-range forecasts are rarely accurate. These forecasts cover three months but we know that skiing quality improves and degrades with storm cycles that last a few days to a week. Paying attention to the 1-10 day forecast ([All-Access only](#)) is the way that you'll find powder and give you the best information for your weekend trip or destination ski vacation.



## Ski Fair (cont.)

(Continued from page 1)

The roster of trips offered this year is briefer than in year's past due to a later start in planning the event. Two kinds of trips are being offered.

First, because of the continuing issue of COVID many trip leaders have opted for minimum contact. You will have to make your own travel AND lodging reservations, and who you share them with will be up to you as the participant. You will be pay your travel and lodging expenses directly to the provider in most cases, rather than to the trip leader.

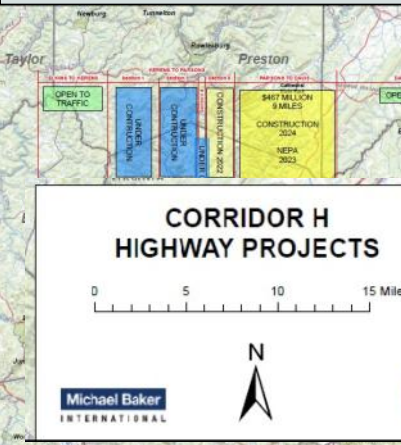
Second, some traditional ski trips in cabins or lodges are planned where the leader makes the lodging arrangements and you pay the leader. Even here, trips require proof of vaccination be submitted for participation.



Ski Fair is also an opportunity to renew memberships and to sign up for new membership. See Doug Lesar when you come and bring your checkbook.

While these arrangements are becoming more similar to those in the past, we still need to deal with COVID, but believe we can have a safe and happy ski season in 2022-23 by observing these changes and taking a few common-sense precautions. Come and hear more, discuss with the trip leaders and meet and greet your ski friends at the 2022-23 SKI FAIR!

## Corridor H Connection near Thomas/Davis, WV

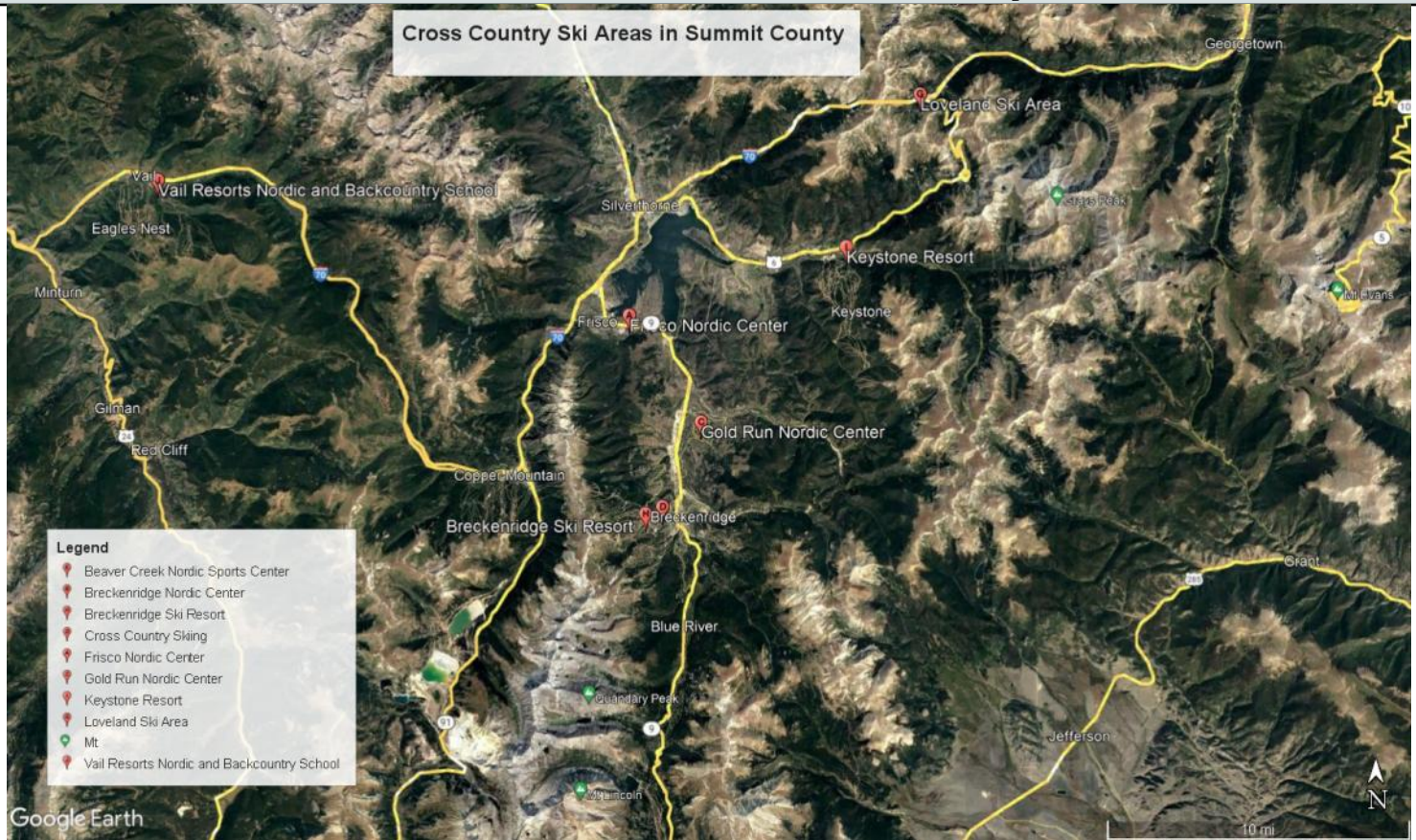


West Virginia transportation officials plan to move quickly to extend a new bridge and highway over the north fork of the Blackwater River near this small Appalachian town, using a chunk of money provided by Congress' recent infrastructure bill. The alignment of the new road between Davis, on the south, and Thomas, on the north is causing some controversy. Some advocate for a more northerly alignment, and are mounting a [petition drive](#) to oppose the current alignment. Read more in The Washington Post at <https://www.washingtonpost.com/transportation/2022/10/09/west-virginia-corridor-h-blackwater-falls/>.

For details of the current alignment, see <https://transportation.wv.gov/highways/major-projects/Corridor-H/route/Pages/default.aspx>



## Bluebird Skies and Fresh Powda! – Summit County, Colorado



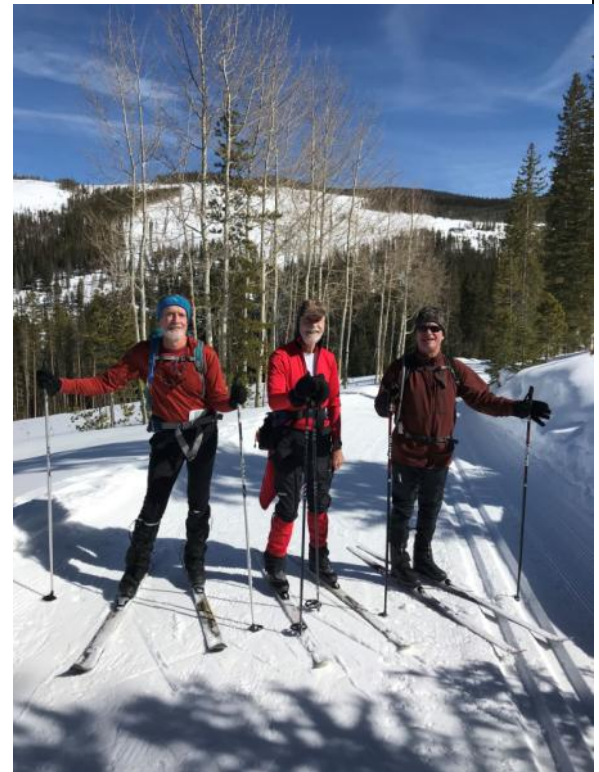
by Dick Simmons

Colorado has a reputation for great skiing and the Summit County area, about 1.5 hours west of Denver, has one of the highest concentrations of Nordic and Downhill ski areas in the country. It did not disappoint. Six STS members led by Rob Swennes met in Dillon the week of Feb 13 – 20, 2022, for a great week of skiing and snowshoeing. In addition to Rob, Ann Hitchcock, Brian O’Konski, Mark Marzsal, Barry Weston, and myself, Dick Simmons, rounded out the group. Accommodations at Best Western Ptarmigan were comfortable and included a hearty hot breakfast buffet each morning. The hot tub and sauna were a relaxing place to visit after skiing. The hotel is adjacent to beautiful Lake Dillon and several pubs and restaurants for convenient dinners. Many superb ski areas are within 20 minutes.

Monday we all skied Gold Run Nordic. At first look, this seems to be an average golf course turned winter Nordic center. But the trails extend well beyond the golf course and climb into nearby hills (10,000 ft + peaks) for some great views and interesting terrain. Some of us made it to Dry Gulch gold mine – the remains of a small village complete with general store, blacksmith shop and multiple mine entrances. Several skiers we encountered spotted a female moose and calf in the area.

Through the week we all skied at Breckenridge Nordic, some more than once. Trails here are beautiful and offer multiple hut destinations, wonderful views of the surrounding peaks and great grooming. The Lodge has been completely rebuilt since my last visit over a decade ago and it is stunning. Hats off to the Dayton family that owns the Nordic center (one of the few facilities not bought up by Vail Resorts).

Some of us skied Vail Nordic, Frisco Nordic, Lake Dillon (frozen solid, groomed and track set), snowshoed on local trails and downhill skied at Breck and Keystone. Mark and Dick enjoyed watching the local hockey games on Lake Dillon – even some crazy teams playing shirtless in the 25 degree sunshine.



Barry, Rob and Mark at Gold Run photo by Dick Simmons

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**Summit County, CO (cont.)**

(Continued from page 5)

Ann, Brian, and Barry extended their trip at Snow Mountain Ranch. It was a great week - bluebird skies every day except Wednesday when we got 6-9" of fresh powda! All photos by Dick Simmons unless noted.



Trails in Summit County photo by Mark Mar-



Breck Nordic fiteplace photo  
by Dick Simmons



Brian, Ann and Dick at Gold Run photo by Mark Marzal



Dick in Breckinridge Downhill glade photo by  
Mark Marzal



Lake Dillon and Summit County Peaks photo by Mark Marzal

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**STS Membership Dues Holiday IS OVER!**

Another subtropical DC area summer is (probably) behind us and truly cold weather will materialize in coming weeks. It's time to think about cross-country skiing, and STS membership is one of the best ways to tune into local skiing opportunities. According to my flawless count, 75 of 174 PATC-STS members will become former members if they do not renew membership before January 1.

For instructions on how to renew, see: <https://patcskitouring.us/about-patc-ski/membership>

For those receiving UPSLOPE by email, see the membership expiration date inserted in the subject line. Postal mail recipients will see a membership expiration date in the format "20XX-12" on the mailing label. The string "2022" is the crucial clue.

Doug Lesar  
PATC-STS membership coordinator and recordskeeper

**PATC-STS XC-Ski Schedule 2022-23**

Date	Place	Leader
Nov 12	Ski Fair, VA.	Steve Jarvis
Dec 27 – 31	Tug Hill, NY. Cancels if no snow Excursion	Greg Westernik
Jan 6-8	Blackwater Falls State Park Lodge, WV	Steve Jarvis
Jan 7-29 (window)	New Hampshire's White Mountains when it snows Excursion	Rob Swennes
Jan 14-16 MLK Weekend		
Jan 19-22	Blackwater Falls Deluxe Cabin, WV No Cancel	Ralph Heimlich
Jan 27/28-29	Laurel Highlands, PA Cancels if no snow	Greg Westernik
Feb 5-9	Lapland Lake, NY. No cancel Excursion	Ralph Heimlich
Feb 10-12	Laurel Highlands, PA Cancels if no snow	Greg Westernik
Feb 16-21 Pres Day Weekend	Maine Hut-to-Hut Ski/Snowshoe, ME. No cancel Excursion	Ralph Heimlich
Feb 17-20 Pres Day Weekend	Ski Dance, Laurel Highlands, PA in conjunction with Sierra Club Potomac Region Outings (SCPRO)	Bob Mathis and Jody Blatt

Excursion Trips: PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).

**Dates—Nov 12, 2022. PATC-STS Ski Fair**

**Location—PATC HQ 118 Park St SE, Vienna, VA, off Rt 123**

**Description—See front page article.**

**Leader—Steve Jarvis**

**Cost—Free**

**Dates—Dec 27-31, 2022 (Tues-Sat, 4 nights) Cancels if no snow. Tug Hill NY Plateau area of Upstate New York.**

**This is an Excursion Trip.** PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).

**Lodging—Comfort Suites in Cicero NY**

**Description—**Join fellow Nordic skiers glide along some favorite ski trails in this lake-effect snow capital (Osceola Tug Hill STC, Winona Forest, Barnes Corner, BRIEA, Highland St Forest) with more kms of trails and choices than time available..

Travel to/from upstate NY most likely will be carpooling in privately owned cars.

**Leader—**Greg Westernik [gmwester@gmail.com](mailto:gmwester@gmail.com). 571-575-0695

**Cost—**\$500/applicant (single occupancy includes 2 beds in room, only lodging and free continental breakfasts) with option for double occupancy

**Dates—Jan 6-8, 2023 (Friday to Sunday, 2 nights) cancels if no snow. Canaan Valley, WV area XC Ski.**

**Lodging—**Blackwater Falls State Park Lodge, Davis, WV.

**Description—**Start out the new ski year with fellow Nordic skiers at Whitegrass Cross-Country Ski Area and Blackwater Falls State Park trails. We will have a block of 2 double- bed rooms at the newly renovated Blackwater Falls Lodge in Davis, WV.

Participants will make their own reservations and have the option to share a room or reserve a room on their own. <https://whitegrass.com> and <https://wvstateparks.com/park/blackwater-falls-state-park/>

**Leader—**Steve Jarvis, [jarsnv7@msn.com](mailto:jarsnv7@msn.com), 703-282-6752.

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**Ski Schedule (cont.)***(Continued from page 7)***Cost**—Approximately \$130 per night, per room.**Dates**—Jan 7-29, 2023 (Window depending on forecast snow conditions). **New Hampshire's White Mountains.****This is an Excursion Trip.** PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).**Lodging**—likely White Trellis Motel, North Conway, NH (<https://www.whitetrellismotel.com/>) Skiers will make their own room reservations and travel arrangements. NOTE: Proof of current COVID vaccination required.**Description**—Ski one of the most scenic venues on the East Coast--the White Mountains of N.H. at cross-country ski touring centers such as Jackson (<http://www.jacksonxc.org/>), Bretton Woods <http://mtwashington.com/xcountryski/> and Bear Notch ([http://www.xcskinh.com/bear\\_notch.cfm](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.

This trip is scheduled as a "guaranteed" snow event. It's patterned on what many skiers in the DC area have done for years regarding Canaan Valley: If there's a solid forecast of great snowfall within a few days, drop everything and get to the location with ski gear before the snow arrives! I scheduled a similar trip to N.H. last January with great success and plenty of fresh snow!

Best transportation to N.H. is by car. One day drive each way. Paperwork done early to be lean and ready. Must be PATC members. Participants to arrange own lodging. Call for more info.

**Leader**—Rob Swennes, 703-405-8232, robertswennes@hotmail.com**Cost**—\$40+, depending on skier's reservations and arrangements.**Dates**—Jan 19-22, 2023 (Thursday to Sunday, 3 nights). **No Cancellation. Blackwater Falls, WV Deluxe Cabin****Lodging**—Blackwater Falls Deluxe Cabin. NOTE: Proof of vaccination required.**Description**—Deluxe cabins sit on the north side of the park and are all four-bedroom units with two full bathrooms, gas fire-place, 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. We will share responsibility for dinners. 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**—Ralph Heimlich, [heimlichfamily@comcast.net](mailto:heimlichfamily@comcast.net)**Cost**—\$135 lodging only, double occupancy based on 8 people. There will also be contributions required for groceries for the shared dinners.**Dates**—Jan 27-29, 2023 (Friday-Sunday, 2 nights) **cancel**s if no snow **Laurel Highlands PA area XC Ski.****Lodging**—Days Inn on Lewis Dr. 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 available. Still the one with \$0 to \$10 budget-busting trail use fees and walk option to meals.**Leader**—Greg Westernik [gmwester@gmail.com](mailto:gmwester@gmail.com). 571-575-0695**Cost**—\$185/applicant (for single occupancy that includes 2 beds in room, only lodging and free continental breakfasts), with option for double occupancy**Dates**—Feb 5-10, 2023 (Sunday-Friday, 5 nights). **No Cancellation. Lapland Lake, NY Ski Resort, Adirondacks****This is an Excursion Trip.** PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).**Lodging**—Rental Tupa (house) on resort NOTE: Proof of vaccination required.**Description**—Staying on a XC-ski resort with 44 km of groomed ski trails and an hour to Garnet Hill trails, Gore Mountain and Oak Mountain (downhill resorts). House has full kitchen and we will share dinner responsibilities. Best for couples based on the accommodations. <https://www.laplandlake.com/>**Leader**—Ralph Heimlich at [heimlichfamily@comcast.net](mailto:heimlichfamily@comcast.net).**Cost**—\$440 per person, double occupancy, lodging and meals, for 10 people.**Dates**—Feb 10-12, 2023 (Friday-Sunday, 2 nights) **Cancel**s if no snow **Laurel Highlands PA area XC Ski****Lodging**—Days Inn on Lewis Dr. Somerset PA*(Continued on page 9)*



**Ski Schedule (cont.)**

**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 available. Still the one with \$0 to \$10 budget-busting trail use fees and walk option to meals.

**Leader**—Greg Westernik [gmwester@gmail.com](mailto:gmwester@gmail.com). 571-575-0695

**Cost**—\$185/applicant (for single occupancy that includes 2 beds in room, only lodging and free continental breakfasts), with option for double occupancy

**Dates**—Feb 16-21, 2019 (Thursday-Tuesday, 5 nights) **No Cancellation Maine Hut-to-Hut Ski/Snowshoe**

**This is an Excursion Trip.** PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).

**Lodging**—Cabin/Hut-to-Hut

**Description**—Fly to Portland, ME, stay one night and drive rental cars to the Carabassett Valley, then 3 days of hut-to-hut in a plush Maine woods environment of the Maine Huts and Trails accommodations. <https://mainehuts.org/discover/huts/huts-overview> .Includes all meals on hut-to-hut.

**Leader**—Ralph Heimlich, [heimlichfamily@comcast.net](mailto:heimlichfamily@comcast.net)

**Cost**—Costs still to be determined, but likely \$400 per person plus hotel in Portland for Thursday and Monday nights for 8 people.

**Dates**—Feb 17-20 (Fri-Mon) **Ski-Dance Weekend**

**Lodging**—Camp Sequonota Conference Center

**Description**—Cross-country, snow shoe, or Alpine ski in the Laurel Highlands of Pennsylvania during the day and contra dance at night! Do you have two left feet? Bring both of them because Janine Smith, our fabulous caller, will have you moving to the music of Dave Wiesler and friends. Not sure how to cross country ski - no worries, free ski instruction is provided! Lots of fun!

**Leader**—<https://www.skidance.org> or call Bob Mathis at 240-858-9341 or email [talibob@starpower.net](mailto:talibob@starpower.net) or Jody Blatt at [jody-blatt@hotmail.com](mailto:jody-blatt@hotmail.com)

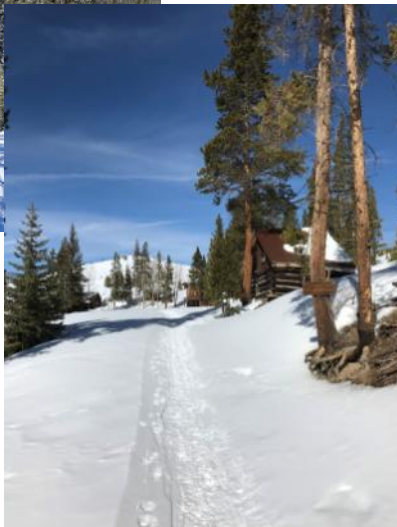
**Cost**—\$95 to \$325 depending on your accommodations.

**Summit County, CO (cont.)**

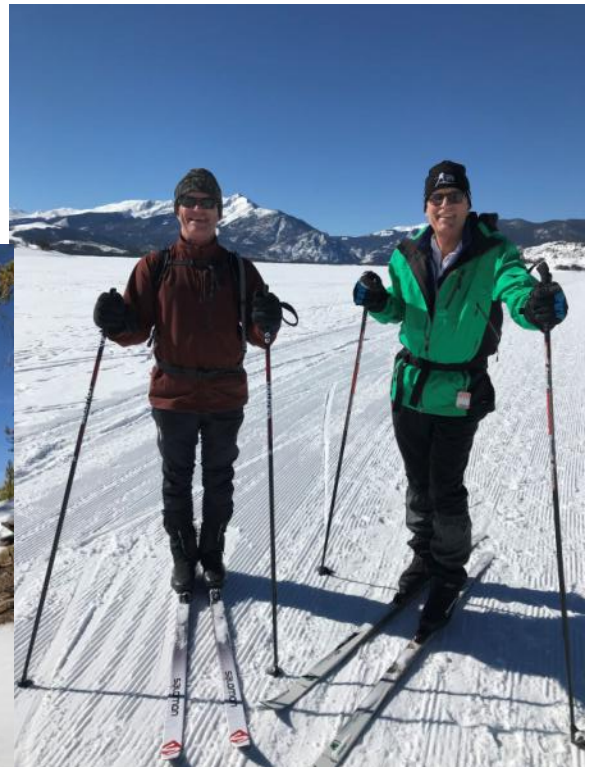
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Dry Gulch photo by Mark Marzsal



Dry Gulch Gold Mine photo by Dick Simmons



Mark and Dick on Lake Dillon photo by Dick Simmons

## Info on Groups.io Listserv

The STS group is reachable at the address <https://groups.io/g/PATC-STS>. The user interface has, apart from one exception discussed below, all basic operations front and center. "Log In" and "Sign Up" appear upon first entry, and "post", "subscribe" and "unsubscribe" are handy buttons on the "home" dropdown. Postings are available for perusal via the "messages" dropdown.

The one function that gave subscribers trouble during last season was the classical "reply to all" versus "reply to sender" choice, a matter of group mailing list etiquette that occasionally leads to subscriber annoyance. At the bottom of any posting, see the options gathered under the heading "Groups.io Links": "You receive all messages sent to this group. View/Reply Online (#797) | Reply To Group | Reply To Sender | Mute This Topic | New Topic | Your Subscription | Contact Group Owner | Unsubscribe"

Particularly note "reply to group" and "reply to sender". "Mute this topic" is also helpful. If you simply execute an email client reply, your response goes to the whole group and you may not intend and/or want that.

Doug Lesar

## PATC-ST\$ Ski Trip Guidelines for 2022-23 Season

The Ski Touring Section will continue last year's policy on selected trips that several of the responsibilities previously arranged by the STS's trip leader will devolve to the individual trip participants.

### Waivers:

- \* STS Waivers are required.
- \* Those intending to ski outside the region on an STS ski trip must also sign a separate PATC waiver.
- \* These completed forms must be in the trip leader's hands before the applicant can be considered as a participant on the trip.

### Lodging:

- \* Trip participants may stay overnight in motel rooms, cabins or cottage/house rentals, arranged by the trip leader, to be shared by multiple individuals.
- \* Participants are presumed to be intending to overnight one individual per motel room unless the trip leader is notified by particular participants that they intend to room together.
- \* The trip leader will recommend a motel to the trip participants, but participants may overnight at a different motel if they so choose and identify their intention to the trip leader accordingly.
- \* Again, for some trips, the trip leader will direct the planned participants to call the motel themselves to reserve their own desired rooms, rather than having the trip leader assume that responsibility. Alternatively, the trip leader can reserve a group of rooms and ask the participants to make their reservations through the motel based on this group of rooms. If a participant does not make a reservation prior to the cutoff date for reserving a spot in the group of rooms, the participant will be responsible for making his reservation at that motel or some other motel.
- \* Check with your trip leaders for trip specific details.

### Transportation and Meals:

- \* Trip participants are expected to arrange their own transportation from home to the skiing area and also around the skiing venue. The trip leader may offer suggestions to aid the participant, but he cannot mandate that a trip participant use a particular mode of travel.
- \* The presumption will be that the individual skier will use his own vehicle on the trip. The trip leader will ask to be informed of what transportation means the participant will use so that the leader has that information. The trip leader will also ask to be informed if a participant decides to travel with another participant.
- \* Skiers who are signed up for the STS ski trip will make their own meal arrangements. Historically STS skiers have made lunches in the morning to eat while on the ski trails that day, so many skiers will purchase their food items at local grocery stores. Whether the skiers will have breakfast included with their motel stay depends on the terms of the lodging agreement. The STS trip leader will not make dining arrangements as a part of planned trip. Each skier will make his/her own meal arrangements. The trip leader will not make a group meal reservation for the ski group. If group members decide on their own to dine together in a restaurant, that's their decision to make and not the responsibility of the Ski Touring Section or the PATC.

### Skiing Activity:

- \* Skiing on the scheduled trips will be jointly decided by the group each day.





## Best XC Ski Resorts in the U.S.

U.S. News and World Report Travel Section ([Cross-Country Skiing: The 16 Top Resorts in the U.S. \(usnews.com\)](https://www.usnews.com/travel/articles/2022/11/16/cross-country-skiing-the-16-top-resorts-in-the-u-s))

For snow lovers who enjoy traversing longer trails outdoors rather than flying down steep mountains or trying to navigate glades, cross-country skiing is a favorite pastime. While alpine or downhill skiing may be a more popular sport among the masses, cross-country skiing is a great way to get out and exercise in fresh air come wintertime. In this sport, skiers shuffle and glide (classic cross-country skiing) or shift their weight from side to side diagonally (skate skiing) to move forward along groomed trails. These trails are often wide and flat but can include some hills. You can use your poles to engage your core and help propel you faster on the terrain as well. Not only is it excellent exercise, but cross-country skiing also allows you to take in your surroundings and admire nature's beautiful forests, mountains and valleys. To help you determine the best option for a winter getaway, U.S. News researched and found the top cross-country skiing spots across America. Six of them are in the Northeast and Middle Atlantic.

- Devil's Thumb Ranch Resort & Spa, Tabernash, Colorado
- Methow Trails, Winthrop, Washington
- Trapp Family Lodge, Stowe, Vermont
- Bretton Woods Nordic Center, Bretton Woods, New Hampshire
- Aspen Snowmass Nordic Trail System, Colorado
- Maplelag Resort, Callaway, Minnesota
- White Grass Ski Touring Center, Davis, West Virginia
- Carter's XC Ski Center, Bethel, Maine
- Mount Bachelor, Bend, Oregon
- Sun Valley Nordic & Snowshoe Center, Sun Valley, Idaho
- Bear Valley Adventure Company, Bear Valley, California
- Snow Mountain Ranch, Granby, Colorado
- Jackson Ski Touring Foundation, Jackson, New Hampshire
- Cascade Cross Country Ski Center, Lake Placid, New York
- Lone Mountain Ranch, Big Sky, Montana
- Kincaid Park, Anchorage, Alaska



**Trapp Family Lodge**—An excellent family-friendly option with plenty of terrain for skiers of varying levels, the [Trapp Family Lodge](#) aims to bring "a little bit of Austria" to the United States. This spot in [Stowe](#) offers 37 miles (60 kilometers) of groomed trails, plus 62 miles (100 kilometers) of rugged backcountry trails – with 25 miles (40 kilometers) of particularly advanced backcountry terrain – across 2,500 acres of land for cross-country skiers to explore. Recent skiers said the trail network here is well maintained. Many highly recommend a stop at the quaint Slayton Pasture House – a 6-mile round-trip journey from the lodge – for lunch and to warm up by the fire. Visitors can purchase day passes or season passes, and lessons and ski rentals are available.

**Bretton Woods Nordic Center**—boasts nearly 2,000 acres of cross-country skiing and 62 miles (100 kilometers) of trails set at the base of Mount Washington in northern New Hampshire. Most of the area's Nordic trails weave through White Mountain National Forest, offering beautiful views of towering snow-covered trees and rolling mountains. Trails are marked by how challenging they are (easiest, more difficult and most difficult), and some of the terrain is even dog-friendly – a perk many recent skiers appreciated. For those wanting to learn how to cross-country ski, Bretton Woods Nordic Center offers private and small group lessons with no more than six participants. Equipment rentals are available on-site as well.

**White Grass Ski Touring Center**—This cross-country ski area in eastern West Virginia features 37 miles (60 kilometers) of regularly groomed trails ripe for exploration. The ski school offers instruction for novice skiers, while the guided tours provide opportunities for advanced skiers to explore the backcountry with knowledgeable instructors. Recent travelers said this is an excellent resort both for beginners to learn the basics and for experts to refine their skills, with plenty of incredible scenery to admire. Visitors can purchase a daily pass or season pass, depending on how frequently they'll be skiing here, and equipment rentals are available. Snowshoeing opportunities across the land abound as well.

**Carter's XC Ski Center**— is a family-run ski spot in western Maine, about 70 miles north of [Portland](#). With 34 miles (55 kilometers) of trails that take cross-country skiers through wooded glens, along rivers and across mountains, this destination is an excellent pick for a New England ski retreat. Visitors can expect spectacular views of the Mahoosuc and Carter-Moriah mountain ranges, among other natural wonders.

**Jackson Ski Touring Foundation**—aims to offer a variety of ski options, whether you favor relaxed gliding while admiring the winter landscape or more challenging skate skiing to get your heart pumping. Educational programs are available, which include guided cross-country skiing tours of the area, lessons to help you perfect your technique, waxing demonstrations, sit skis and instruction for disabled skiers, kids ski schools and more. The ski area is home to more than 50 trails across 90-plus miles (150 kilometers) of expertly groomed terrain. Visitors can enjoy a day of skiing through open fields, quiet woods with towering trees and mountain descents, all while taking in the snowy vistas. Many say the conditions and the guides here are top-notch.

**Cascade Cross Country Ski Center**—With 12 miles (20 kilometers) of wide trails, Cascade Cross Country Ski Center in Lake Placid is not the largest on this list, but its beautiful vistas, consistent conditions and friendly staff members make it popular with East Coast skiers looking for a getaway. Trails at this [Adirondacks](#) destination are classified as easy and moderate, perfect for first-time and intermediate skiers. You can rent equipment here if you need to and can take a solo lesson or small group lesson to perfect your skills. Daily and season passes are available.

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



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 3-5 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