



UPSLOPE

Newsletter of the NORDIC Ski Touring Section of PATC



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January 2024

- UpComing Attractions In Winter
UPSLOPE*
- Ski Trips and Reports
 - YOUR ski stories

Ski Fair Wrap Up

By Dick Simmons

STS held the annual Ski Fair at PATC headquarters on November 4 to kick off the 2023-2024 season. It was a beautiful fall day, and the turnout exceeded the last several years. So great to see everyone and get excited about skiing this winter.

Section Chair **Steve Jarvis** opened Ski Fair with an introduction of Club Officers followed by something new. Outgoing Officers that have served the club over many years were recognized and thanked with special presentations. Plaques were awarded to:

- Rob Swennes** – Outgoing Section Chair (Rob has graciously accepted the Treasurer role)
- Brian O’Konski** – Outgoing Treasurer
- Ron and Jan Tucker** – Outgoing Trip Coordinators (Ron and Jan were not able to attend)



Rob Swennes and Joy Saari at Ski Fair photo by Dick Simmons

Current Officers **Ralph Heimlich** and **Doug Lesar** were also recognized for their long and continuing service to the club. Ralph has held multiple roles, most recently Webmaster and Upslope Editor (as well as trip leader for many years). Doug has been our Membership Coordinator as far back as most

remember (beyond this writer’s 20 years in club). And also, our tech savvy administrator for the chat group (currently GroupsIO).

Many hours are put into keeping STS alive and well. Thanks again to these volunteers who worked tirelessly to sustain and promote the Club.

Looking forward to this winter, we had a number of slide presentations on trips in 2024 as well as some trips from last season. **Ralph Heimlich** has snow adventure photos and experiences of Lapland Lakes, New York and Bend, Oregon which he shared in anticipation of this season’s



Signing up for ski trips

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Some Ski Trips Still Have Open Slots

It’s not too late to get a slot on one of PATC-STS’s ski trips. Check out the descriptions and availability on [p. 7](#).

PATC-STS trips are either “local” meaning that they are in PATC’s local area (MD, VA, WV, PA), or “excursion” meaning that they are outside the “local” area. For “local” trips, you just need to fill out an [STS Trip Application and Waiver](#) and send it with your check to the trip leader. For “excursion” trips, you need BOTH an [STS Trip Application and Waiver](#) AND a [PATC Excursion Liability Waiver](#) because of PATC’s insurance requirements.

If you are interested in one of these trips, don’t delay. They usually fill up quickly.

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FROM THE SLOPES – Chair Notes

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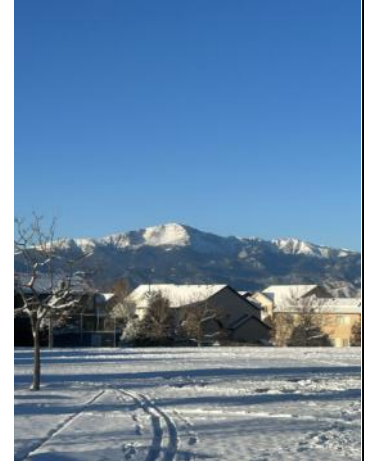


Hi Fellow Nordic Skiers!

It is the start of a great cross country ski year! Strong El Niño, weakening polar vortex, “upslope snow” in Canaan Valley, WV, and the Laurel Highlands of Pennsylvania covered in lots of fluffy stuff—plenty of snow to go around! Now, the snow is not without a few ups and down such as rain, crazy wind, and the usual mid-Atlantic temperature swings but there are some great opportunities for “kicking and gliding” in both the mountains, the Highlands, and even out the backdoor with the latest storm passage. Lots of STSers have been getting out on their skis and exploring.

I have to say, although I was initially enthusiastic, I did not expect such a great start to the season. I was in Colorado Springs, CO, in early December and was able to ski a few laps around a park one day before the snow melted, but the conditions at many of the Colorado Nordic centers were very limited and, in most cases, not worth attempting.

Yet, a few hardy STS members were able to get out to Canaan Valley for an excellent first adventure of the season cross-country skiing over the weekend of 5-7 January. We were able to try some alpine, telemark and cross-country skiing on Friday, fought the Saturday rain with live music at the Purple Fiddle in Thomas, WV, and had a glorious and windy day at Whitegrass Nordic center in Canaan Valley on Sunday. I have to say, cross-country skiing on January 7th was a great start of the new year and so happy to be skiing with fellow STS members! I bet the STS Laurel Highlands trip the following weekend got some solid skiing, as well.



Eugene McCleary Park, Colorado Springs, CO, with Pikes Peak in the background photo by Steve Jarvis



White Grass skiers Steve Jarvis, Stacey Dimaria, and Maryannne Sacco photo by an anonymous skier

I also want to highlight the November Ski Fair and the awesome presentations of cross-country locations by our officers and trip leaders. In addition, I want to again thank the departing officers and the STS Vice-Chair, Dick Simmons, for organizing the Ski Fair thank you presentations and procuring the farewell plaques.

So, I wish you all a great Nordic ski season and please take advantage of both the local area trips and the excellent excursion trips the STS has planned such as Bend, OR; Lapland Lakes, NY; Jackson, NH; and the Maine High Peak trips. As always, you will need to be a PATC member to attend the excursion trips (which is a good thing). And,

don't forget the Ski Dance weekend!

If there's snow, you gotta go (if you can...!)

Steve

Steve Jarvis, STS Chair

Ski Fair Wrap Up (cont.)

club trips. **Greg Westernik** is leading two trips to club favorite Laurel Highlands in western Pennsylvania. He shared his extensive knowledge of the ski venues in the area and details on this year's trips. Finally, **John O'Keefe** shared photos of his adventures in the snow packed Lake Tahoe area last season.

Food and drink were delicious and plentiful, including beer and wine provided by STS. Thanks to everyone that brought something to share.

And of course, trips were open for sign-up. It was very busy in the front hall where John had all trips laid out for review and registration. It's not too late – if you want to join us for skiing this year, check out the trips on the club web page and contact the leader. Even if a trip is full, cancelations happen so get your name on the wait list. Some trips may even be expanded to add participants.

Thanks to everyone for attending and making this Ski Fair a great success. At this writing, there is snow in several areas, so the season looks promising! Hope you get out to enjoy it.



Dick Simmons presents plaques to Rob Swennes (top) and Brian O'Konski (bottom) photos by Ralph Heimlich



A big crowd at the Ski Fair photo by Dick Simmons

Ralph Heimlich discusses ski trip destinations photo by Dick Simmons



Trip Coordinator John O'Keefe presents at the Ski Fair photo by Dick Simmons



Videos on Excursion Trips

STS has four excursion trips [scheduled](#) this year. Excursion trips are outside our “normal” area (VA, MD, WV, PA), as defined by the PATC Executive Council and require prior approval by the Executive Council and participants being PATC members and filling out PATC liability waivers. If you haven’t skied in these locations, there are links to videos from past trips below that will give you a good idea of what they are like.

☛ White Mountains of [New Hampshire](#)

☛ [Lapland Lakes](#), ADK, NY and in [2022](#)

☛ [Bend/Sisters, OR](#)

☛ [Maine Cabins and Hut-to-Hut](#) and in [2023](#)



Joe Bachman on the Mt Willard Trail, NH

and check out the [Photo Gallery](#) on our website for all trips.

White Grass Work Trip

On November 17-19, six PATC-STS members had a good time helping Chip prepare what are, to some of us, our favorite ski trails at [White Grass Ski Touring Center](#) in Canaan Valley, WV. Work involved re-doing some of the many pallet and plank bridges, controlling drainage and cleaning up the glades for those terrific skiers who can zip through the hillside woods not needing trails. Meeting and working with new friends, enjoying generous White Grass lunches and post-work libations and a comfy house at Timberline (donated by a PATC-STS member) made this a fun weekend. After a day of (not so) hard work, camaraderie and a nice dinner, some of us, warmed by the feeling of having been helpful and the waters of the hot tub, topped off the evening watching meteors.



right PATC-STS workers attack a bridge *photo by Chip Chase*



White Grass workers assemble for a day of trail maintenance *photo by Chip Chase*

Maine Huts and Trails Season Opens

Maine Huts and Trails reopened for winter on December 28. According to MHT HQ snow has been falling since November, and MHT is gearing up for a beautiful, snowy season. Three [eco huts](#) are open, and offer two varieties of guest experiences. Huts are family friendly, and offer wood stoves, comfy couches, stocked game and reading rooms, hot showers, heated bunkrooms, and more.

- Full Service stays are Thursday through Monday morning, and includes dinner, breakfast and lunch prepared by out hut staff.
- [Self Service](#) stays are Monday through Thursday morning, and guests bring meal provisions and utilize our full kitchen for cooking and cleaning.

You can also do a day visit? MHT offer lunch for sale on Saturday and Sundays from noon-2PM. Hot coffee and tea are always ready, and [additional beverages](#) are available for purchase.

The Maine Hut Trails offer a unique and beautiful location to enjoy skiing, snowshoeing, and fat biking. With over 25 miles of groomed trails, and many more ungroomed backcountry trails to explore, the area is perfect for both beginners and experienced adventurers. Whether you're looking for a peaceful and serene experience or an adrenaline-packed adventure, the Maine Hut Trails in Northwestern Maine are an excellent choice for anyone looking to make the most of the winter season.



Stratton Brook Hut



Poplar Hut



Flagstaff Pond Hut



STS has had trips to the MHT system several times, but has no trip there this year. Joe Bachman's Maine cabin trip will be skiing in the vicinity if you wish to visit the huts.

MHT's Nordic-inspired winter feast is scheduled for 2024. Mark your calendars for the Saturday, February 24 afternoon nosh up at Stratton Brook Hut. Tickets on sale soon!

Another Side of Nordic Skiing

Vasaloppet is not just the biggest ski race in the world; it is also one of the biggest sport events. The brand has evolved into an institution with annual summer and winter weeks with several events and activities.

Since the beginning in 1922 over 1.5 million participants have passed the finish line portal in Mora, Sweden. Many know the origin and the saga of the race that dates back to 1520 when Gustav Eriksson Vasa rebelled against Denmark and eventually became the first king of free Sweden.

The 2024 event is the 100th. Over 15,000 slots for racers have been sold out for months with a large portion of international entrants. The 90 km (56 mile) main race on the first Sunday of March is the longest, oldest and most prestigious ski race in Ski Classics. It is the one that every Pro Team skier truly wants to win as everyone knows that a victory in Vasaloppet makes you a cross country skiing legend.

Adapted from Skiclassics.com



Strong El Niño Snow Forecasts

We are likely to be under the influence of a moderate to strong El Niño weather pattern, which normally results in wetter conditions for the Northeast. The image below represents expected differences in snowfall based on past strong El Niño patterns, with the blue shading indicating higher than normal snowfall totals. Exactly where the line between lower than normal and higher than normal actually falls depends on steering winds and temperatures and can't be accurately forecast before the season, but it is likely that our usual ski areas in Pennsylvania and West Virginia will likely have significant snowfall compared with more recent years.

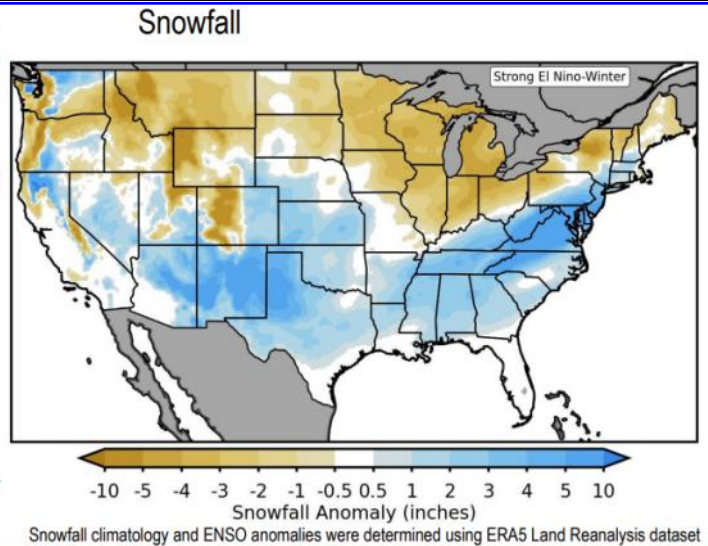
Another take on local snowfall comes from the [Fox 5 weather outlook for 2023-24](#). Based on a detailed discussion of the effects of the last few year's La Niña patterns and the historical record of moderate and strong El Niño patterns, the basic take is that we will likely see significantly higher snowfall

WINTER OUTLOOK 2023-24

Snowfall is extremely difficult to predict since it is dependent on both temperature and precipitation.

This image, from a local study, shows snowfall anomalies among past strong El Niños. Very generally speaking, snowfall increases, relative to climatology, across southern portions of the U.S. and decreases in the north.

This is an overview of historical El Niño snowfall seasons; it is not a forecast for this season.



NATIONAL WEATHER SERVICE, LOUISVILLE

weather.gov/louisville

totals, especially out on the Allegheny ridges of WV and PA.



All we really know is that the chances are greater for better snowfall this winter, AND it is just like any other lottery...You can't win if you don't play! So dust off your skis and boots and get on out there in the mountains. The rest is in Ullr's hands!



PATC-ST5 XC-Ski Schedule 2022-23

| Date | Place | Leader |
|----------------------------|--|---------------------------|
| Jan 8-27 (window) | New Hampshire's White Mountains when it snows (excursion) | Rob Swennes |
| Jan 19-21 | Blackwater Falls, WV, Deluxe Cabin NO OPEN SLOTS | Ralph Heimlich |
| Feb 2-4 | Blackwater Falls, WV (cancels if no snow) 2 OPEN SLOTS, 1 Male, 1 Female | Greg Westernik |
| Feb 9-11 | Laurel Highlands, Somerset, PA #2 (cancels if no snow) 3 OPEN SLOTS | Greg Westernik |
| Feb 11-16 | Lapland Lakes Ski Resort, NY (excursion) NO OPEN SLOTS | Ralph Heimlich |
| Feb 16-19 Pres Day Weekend | Ski Dance, Laurel Highlands, PA in conjunction with Sierra Club Potomac Region Outings (SCPRO) 20 OPEN SLOTS | Bob Mathis and Jody Blatt |
| Mar 10-17 | Bend, OR (excursion) 4 OPEN SLOTS | Ed Johnson |
| Feb 29-Mar 4 | Maine High Peaks (excursion) 2 OPEN SLOTS | Joe Bachman |

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—Jan 8-27, 2024 (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.

Description—Ski one of the most scenic venues on the East Coast--the White Mountains of N.H. at cross-country ski touring centers such as Jackson (<http://www.jacksonxc.org/>), Bretton Woods <http://mtwashington.com/xcountryski/>) and Bear Notch (http://www.xcskinh.com/bear_notch.cfm) in 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—TBD depending on skier's reservations and arrangements.

Dates—Jan 19-22, 2024 (Friday to Sunday, 2 nights). No Cancellation. Blackwater Falls, WV Deluxe Cabin

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

(Continued on page 8)

Ski Schedule (cont.)*(Continued from page 7)*

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

Cost—\$165 lodging and dinners, double occupancy based on 6 people.

Dates—**Dates**—Feb 2-4, 2024 (Friday-Sunday, 2 nights) Blackwater Falls SP and Whitegrass STC, WV, XC (cancels if no snow).

Lodging—Blackwater Falls SP lodge, WV

Description—Join fellow Nordic skiers glide and recreate among scenic WV favorites like Weiss Knob, Lindy Pt, Blkwtr Canyon, Pendleton Pt and Elakala and Blkwtr River Falls, with more kms of trails and choices than time available. Enjoy extra ambiance of Blackwater Falls SP lodge (e.g., dining room, fireplace, indoor pool and jacuzzi) and nearby downtown Davis WV. Ski right out the door at Lodge to avoid commute to Whitegrass if snow permits.

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

Cost—\$316/single occupant applicant, which includes 2 beds in room (fee covers only lodging). Participants make their own room single occupancy reservation within the STS group block, then may have the option after reservation to share a room (double occupancy) or keep room single occupancy.

Dates—Feb 9-11, 2024 (Friday-Sunday, 2 nights) Laurel Highlands PA Area XC Ski Weekend#2 (cancels if no snow). **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 budget busting trail use fees [one STC @ \$15], and walk option to meals from lodging.

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

Cost—\$100/applicant, double occupancy that includes 2 beds in room and free continental breakfasts (with option for single occupancy near double the fee).

Dates—Feb 11-16, 2024 (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

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.

Cost—\$500 per person, double occupancy, lodging and dinners, for 10 people.

Dates—Feb 17-19, 2024 (Sat-Mon, 2 nights) **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 or Jody Blatt at jody-blatt@hotmail.com

Cost—\$150 - \$475 (estimated cost depending upon accommodations) including lodging, all meals and program costs .

Dates—Mar 10-17, 2024 (Sun-Sun 7 nights) **No cancellation. Bend, Oregon Ski Trip (to include Mount Bachelor and Sisters) Trip- Central Oregon, Bend/Mount Bachelor/Sisters**

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 house in Bend, Sleeps 10, 4-bedrooms, 4-bathrooms, full kitchen, dining room, living room, deck and patio. 3mi to Bend, 23mi to Sisters, 23mi to Mt Bachelor Nordic Ctr. (BR-1: 4 twin beds (i.e. 2 bunks), BR-2: 1 king, BR-3: 1 king, BR-4: 1 queen).

Description—Skiing with AMPLE snow at [Mount Bachelor Nordic Center](#) and from numerous SnoPark trailheads on US Forest Service Trails (e.g. [Swampy SnoPark](#)). We could also explore various areas around the town of [Sisters](#) or take an [Elk Lake snow bus day-trip](#) on the closed Cascade Lakes Highway past Mt Bachelor.

Leader—Ed Johnson, 410-703-4793 (cell), tenofthese@gmail.com

Cost—\$325 food and lodging only, NOT including airfare, your share of rental cars, food eaten out, trail pass to Mount Bachelor, and cost of Snow Bus (if desired).

(Continued on page 9)

Ski Schedule (cont.)

Dates—Feb 29-Mar 4, 2024 (Thursday-Monday, 4 nights) No Cancellation Maine High Peaks Ski and Snowshoe Cabin Trip. 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

Description—Fly to Portland, ME, and drive rental cars to the Carabasset Valley, then enjoy the captivating series of cross country ski centers, the extensive public groomed trails, and the beauty of this quiet corner of Maine, which is like being in parts of Norway, where the sport started. The four nights allow for three full days on the trails, including the Sugarloaf outdoor Center, the Maine Hut Trail, and the Rangeley Lakes Trail system, plus a number of short snowshoe trails. That late winter date means more daylight time to be on the trails, but there will still be lots of snow on the ground in this high-altitude corner of the state.

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

Cost—\$550 including rental house and at-house meals.



Skiing with wildlife at Blackwater Falls, WV photo by Yvonne Thayer

PATC-STS Membership Rates Increase in 2024

PATC-STS membership dues have not changed for decades, and during this time inflation has run its remorseless course. The STS board has decided to implement dues increases effective January 1, 2024. Current (but expiring) and new one/two/three-year STS membership rates for a single membership and a family membership are given in the following tables:

| OLD | Single | Family |
|--------|--------|--------|
| 1-year | \$9 | \$13 |
| 2-year | \$17 | \$24 |
| 3-year | \$25 | \$35 |

These dues entitle you to the STS periodic newsletter UPSLOPE, supports the STS groups.io subscription, provides funds for refreshments at STS gatherings, allows for long-time volunteer service awards, provides trip leader rooming cost reimbursement under specific circumstances, and supports STS initiatives such as donations to mid-Atlantic ski trail advocacy groups such as PACCSA.

Please be aware that the STS leadership considers this change to be necessary for the long-term financial viability of the section. It will allow STS volunteers to continue to provide quality services for the paying membership.

| NEW | Single | Family |
|--------|--------|--------|
| 1-year | \$15 | \$19 |
| 2-year | \$29 | \$36 |
| 3-year | \$43 | \$53 |

For many of you receiving UPSLOPE electronically, your expiration date is always included in the forwarding email header. Since you may not have saved that information, feel free to contact me at dlesar@comcast.net for a dues status check.

For those receiving UPSLOPE the USPS way, examine the lower left-hand corner of the address page of your last UPSLOPE for the expiration (EXP) date. If you see a number field other than 2024-12 (2025-12, 2026-12 etc.) your dues have been paid up beyond 1 January and there is no need for you to supply monies at this time. However, "2024-12" indicates that your membership

expires when you hear the strains of Auld Lang Syne.

For a membership renewal form with my address and dues amounts, visit <https://patcskitouring.us> and press the MEMBERSHIP button for a link to a downloadable PATC- STS membership renewal and application form in fillable PDF format.

Doug Lesar
PATC-STS membership coordinator

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.

Until 18 December 2023, reply-to-all was the default STS groups.io posting reply option. Given continuing group member failure to choose reply-to-sender for replies not germane to whole-group concern, the default was changed within STS groups.io settings to reply-to-sender. If reply-to-group is desired, when logged into the group the user must specify this in the "reply" dropdown. When replying to a posting delivered by email, choose "reply" and "reply-all" appropriately. Reply-to-all will send to the whole group.

Doug Lesar



Potomac Appalachian Trail Club

Ski Touring Section



The Hazards of Hypothermia: Stay Warm in Cold Weather

[reprinted from <https://www.nia.nih.gov/health/safety/cold-weather-safety-older-adults>]

Winter brings many opportunities for cold-weather fun. But it can also bring dangerous temperatures. As you venture outdoors this season, take care to keep yourself safe from cold-weather hazards like hypothermia. “Hypothermia is when the body’s core temperature decreases below 95 degrees fahrenheit,” says Dr. Basil Eldadah, an NIH aging expert. Hypothermia can happen when you’re exposed to very cold temperatures for too long. If your body temperature drops too low, it can affect your ability to think clearly, walk, or talk. So acting fast when you see signs of hypothermia is important.



Signs of mild hypothermia include cold feet and hands, shivering, a puffy or swollen face, or pale skin. You may also get sleepy, start to become clumsy, or become angry or confused. “As hypothermia advances, there may be slurred speech, trouble

walking, clumsiness, or stiff movements,” Eldadah explains. “Then, you may experience a slower heartbeat, a weak pulse, and slow or shallow breathing. It could even result in loss of consciousness in advanced stages.” Anyone can get hypothermia when exposed to cold temperatures. But certain factors increase your risk. These include older age, young age, certain medications, and some illnesses. All can impact your body’s ability to regulate your temperature.

Certain diseases, like diabetes, heart disease, and hypothyroidism can impair your blood circulation. These kinds of diseases become more common with age. “A well-functioning circulatory system keeps our body temperature at the right place,” explains Eldadah. Older adults may have difficulty controlling their body temperature for other reasons, too. With aging, our bodies have less ability to shiver and perform other internal actions that keep you warmer. Aging can also mean that you have less fat under your skin to insulate your body. Certain conditions that are more common with age can make the cold more dangerous, too. Parkinson’s disease and arthritis can make it more physically difficult to get out of the cold. People with conditions that cause difficulty with thinking and memory, like dementia, may not dress appropriately for the weather changes.

“For older people, even mild exposure to cold environments can result in hypothermia,” says Eldadah. “People can get hypothermic in the summertime because their air conditioners are set at a very low temperature.” But everyone needs to be careful when the temperatures drop. You can get hypothermia in cool weather just because you’re wet from sweat or rain. “Be on the lookout for the signs and symptoms of hypothermia,” Eldadah says. Low body temperature can become dangerous before you know what’s happening. The best way to prevent hypothermia is to protect yourself from the cold—indoors and outdoors. Bundle up if you have to go outside in cold weather. And remember to stay warm indoors and keep your home at a safe temperature. See the **Wise Choices** box for more tips to stay safe in cold weather.

Wise Choices Protect Against the Cold

- ☛ At home, wear socks, slippers, and a hat. Or stay covered up with a blanket.
- ☛ Keep your heat set to at least 68°F or higher during colder weather. If you need help paying your heating bills, see if you qualify for the energy assistance program at liheapch.acf.hhs.gov/help.
- ☛ Wear a windproof and waterproof jacket if you’re heading into cold, rainy, windy, or snowy conditions. Dress in layers.
- ☛ If someone is showing signs of hypothermia, act fast. Get them out of the cold and into a warm room. Remove any wet clothing. Warm them up gradually. Cover them with warm blankets. Offer them warm drinks, but not alcohol. Avoid hot baths or heating pads. And take their temperature. If it’s below 95°F, get medical help immediately.

For more about hypothermia, see “Links” in the online article: [newsin-health.nih.gov/2023/12/hazards-hypothermia](https://www.health.nih.gov/2023/12/hazards-hypothermia)



PATC-Ski Touring Section

c/o Doug Lesar

14 Bitterroot Court

Rockville, MD 20853



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, 14 Bitterroot Ct, Rockville, MD 20853

Membership Classes (new rates)

| <u>Membership Categories</u> | <u>1 Year Only</u> | <u>2 Years</u> | <u>3 Years</u> |
|------------------------------|--------------------|----------------|----------------|
| Individual | \$15 | \$29 | \$43 |
| Family | \$19 | \$36 | \$53 |

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 Groups.io so I can get frequent, info and *ad hoc* announcements of local XC Ski activities: ____
- If checked, send my UPSLOPE only electronically (no paper copy) to save the club copying and postage: ____

STS is an all-volunteer organization. We cannot function without the assistance of our members. If you are interested in volunteering to help STS in any of the following areas, please check the box and you will be contacted:

- | | | |
|--|--|---|
| <input type="checkbox"/> STS Officer | <input type="checkbox"/> Publicity | <input type="checkbox"/> XC Ski Instructor |
| <input type="checkbox"/> Web Content Assistant | <input type="checkbox"/> Ski Trip Leader | <input type="checkbox"/> Special Events Coordinator |