



UPSLOPE



Newsletter of the NORDIC Ski Touring Section of PATC

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

December 2004

UpComing Attractions In Winter UPSLOPE

- Updated Winter trip listing
- Report from early season trips
- Snow forecast
- More destinations...near and far

Another Successful STS SKI FAIR 2004

Nearly 200 members and prospective members attended the Potomac Appalachian Trail Club Ski Touring Section's 2004 Ski Fair on November 6 at PATC headquarters. The Ski Fair featured more than three dozen trips for the 2004-05 Winter season, including some adventurous and far-flung STS excursions. Attendees signed up for 145 trips during the Ski Fair, ate marvelous food provided by members and coordinated by Erma Cameron, listened to presentations by experts and trip leaders, and gabbed away until well after the 5 PM closing time.

One of our most interesting presenters, as always, was Cathy Jacobs, from the outdoor clothing company Open Air Wear, shown at right. She explained the lineage of many of the new high-performance fabrics available for cross-



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Ski Touring Section Dues are DUE!!

Only 35 new and past members renewed their memberships at the 2004 Ski Fair, down slightly from last year. Over 100 current members still need to renew for the season, which runs from October to September of each year. If you are uncertain about your status, review the mailing label on this issue of UPSLOPE. If you see "0512", "0612" or even "0712" on the mailing label after your name, you are current with your dues and are in good standing. If the string "0412" is, your membership EXPIRED at the end of September 2004. If you receive e-UPSLOPE, the email message has your expiration date in the subject line. You have until the end of December 2004 to renew before you lose access to UPSLOPE and become a "former" member. Expirees pay non-member trip surcharges when they sign up for 2004-05 trips.

Send your dues in the mail NOW, payable to PATC-STC (not me), along with the completed Membership Form on the last page of UPSLOPE to my address, shown on the form. There is a multi-year membership class with associated discount incentives. The Membership Form details all combinations to help you decide your total membership fee. Renew today and continue to be an STSer in good standing! *Doug Lesar, Membership Coordinator*

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Successful Ski Fair Opens Our New Ski Season

This year's Ski Fair was so successful that we have registrations completed to fill 145 trip openings. There were still people registering for trips past our 5:00 closing time. One of the trips, Doug Lesar's Canaan Valley Cabin trip is already waitlisted. Some other trips are very close to being waitlisted or expanded. Changes to the trip calendar will be posted soon. You will be able to see how many openings have been filled and whether a trip is waitlisted. We'll try to keep the listing up-to-date as much as possible.



If you have registered for a trip but not sent in your check, please send your check, application, and waiver form to the trip coordinator. You are not officially on the trip unless the trip coordinator has your check and paperwork in hand. There is still a chance you may be waitlisted.

This year we had excellent, not-to-be-missed presentations by Cathy Jacobs, from Open Air Wear, and Ted Fryberger. Look for Ted's new class on wilderness skiing. Erma talked about her spectacular trip to Canada; expect even more from her next year. We also had presentations from our trip leaders to give us a preview of what their trips will be like.

If you haven't registered for any trips this year, check out our revamped website(<http://www.patc.net/chapters/ski/>)and look at the trip schedule. Consult your calendar and reserve your spot on your favorite trips before they fill up. Once you reserve your spot, you will begin your 2004-2005 ski season! Think snow!

**Bert Finkelstein
 STS Chair**



1880 House Tug Hill Special

Linda Tarbox, owner of the 1880 House in the Tug Hill region of New York, is offering an early week special for skiers who might want to spend a non-weekend period during January and February. She runs an excellent bed-and-breakfast establishment (plus afternoon soup!).

STS has two ski trips already planned to the area for this coming winter so we can enjoy the generous lake-effect snow in the region. Steve Brickel's post-Christmas trip runs through New Year's Day. My trip is over the Martin Luther King, Jr. holiday weekend in mid-January.

Check out the 1880 House web site at <http://www.1880house.com/>

Rob Swennes

STS Ski Trips —Winter 2004-05

STS officers and volunteers have developed the following roster of trips for the 2004-2005 season. Note that several trip opportunities have *needs leader* indicated. This is YOUR opportunity to step forward and volunteer to lead an STS trip. Please call Trip Coordinator Suzie Etcheverry, Vice-chair Steve Bergstrom, or Chair Bert Finklestein to discuss leading one of these trips. Links below are live to the descriptions.

December

- 3-5 Jack Frost Celebration, Whitegrass; WV; *needs leader*
 29 – 1/2 Tug Hill Mini Week; NY; Steve Brickel & Peggy Alpert **Close to FULL**

January

- 2 Local day trip; *needs leader*
 7-9 Blackwater Falls for Intermediates, WV; Jim Tomlin
 7-10 Elk River Lodge, WV; Steve Bergstrom
 8 Local day trip; *needs leader*
 9 Telemark Clinic, WV; *needs leader*
 14-17 Tug Hill, NY; Rob Swennes (MLK)
 14-17 Laurel Highlands, PA; Bert Finkelstein (MLK) **Close to FULL**
 14-17 New Germany, MD; Jack Wise (MLK)
 19-23 Mt. Rainier, WA; Steve Bergstrom (Inauguration Day)
 20-23 Canaan Valley Cabin, WV; Doug Lesar (Inauguration Day) **WAITLISTED**
 21-23 Learn to Ski, PA; Julie Nash
 23 Local day trip, *needs leader*
 28-30 Blackwater Falls, WV; Mary Vogel **Close to FULL**
 28-30 Laurel Highlands, PA; Larry Doff
 29 Local day trip; *needs leader*

February

- 4-6 Blackwater Falls for Beginners, WV; Jim Tomlin
 4-6 Laurel Highlands; WV, Elliot Brumberger & Kathy Doyle
 6 Local day trip, *needs leader*
 11-13 Blackwater Falls, WV; Mary Vogel
 11-13 Laurel Highlands, PA; Larry Doff
 18-21 Ski Dance Weekend, PA; Eliot Applestein (Presidents Day)
 17-21 White Mountains, NH; Rob Swennes (Presidents Day) **Close to FULL (may expand if demand warrants)**
 18-21 Canaan Valley, WV; Larry Doff (Presidents Day)
 26 – 3/6 Far Hills Inn, Canada; Bert Finkelstein & Susie Etcheverry
 25-27 Blackwater Falls, WV; Bob Leaf
 25-27 Mountain Retreat, WV; Elliot Brumberger & Kathy Doyle
 26 Local day trip; *needs leader*
 26-27 Telemark Festival, WV; *needs leader*

March

- 26 Telemark Spring Ski Workshop, WV; *needs leader*

April

- TBD Apres Ski Party

Check online at [http://www.patc.net/chapters/ski/Trip Descriptions.htm](http://www.patc.net/chapters/ski/Trip%20Descriptions.htm) for calendar updates to the schedule and trip descriptions.



Trip Descriptions

Check http://www.patc.net/chapters/ski/STS_2005_Calendar_files/Page460.htm for updates
(see listing on page 3)

West Virginia—Wild and Wonderful West Virginia is an outdoor haven all year long. In the winter, it's our "home" destination for reliable weekend cross-country skiing. Canaan Valley is only 3-1/2 hours away from Washington and has snow from late December through early March. This year, we're offering a trip further out (a 6-hour drive) to Marlinton. Canaan Valley stretches along West Virginia Route 32 between Blackwater Falls on the north and Harman on the south, where 32 meets US Route 33. Often, Canaan Valley has skiable snow when there is no snow in Washington. Check out the snow conditions at the Whitegrass Ski Touring Center web site (www.whitegrass.com).

Blackwater Falls has relatively level beginner-intermediate trails that start near the Blackwater Falls Lodge. Some of the trails are out in the open. Most trails are hiking/mountain bike trails through the woods. The area has a sledding hill with a rope tow that you can use to practice your telemark skills. Blackwater Falls is located near Davis, which has a large supermarket and restaurants.

Canaan Valley State Park is about 20 minutes south of Blackwater Falls. The park has relatively level beginner-intermediate trails that wander through the woods. For an all-day ski trip, you can set up a shuttle and ski from Canaan Valley to Blackwater Falls. Across Route 32 lie the Canaan Valley and Timberline downhill ski areas. A little further north is Whitegrass. No trip to Canaan Valley would be complete without stopping at the **Whitegrass Ski Touring Center**. Chip Chase has perfected the art of "snow farming" and can keep trails open when there's hardly any snow anywhere else. Whitegrass has beginner through advanced trails and even long backcountry trails that lead to the Dolly Sods Wilderness area. The Whitegrass Café is centrally located so that you can ski out and return to warm up around a potbelly stove while eating XC-ski comfort food. Chip offers lessons for beginners through telemarkers (with shared access to Timberline) and has skis for rent or sale. Timberline has become a haven for telemark skiers and they sponsor telemark festivals throughout the year.

Jack Frost Celebration at Whitegrass—Join Chip in his fun-filled Jack Frost season opener at Whitegrass. Can't guarantee snow, but if it's anywhere close in, it'll be white at Whitegrass. Dec 3-5: Needs Leader

First Snow at Whitegrass—Not snowing here? Whitegrass often has snow in mid-December. Check it out and start your ski season early. There's plenty to do even if it doesn't snow. Dec 17-19: Needs Leader

Blackwater Falls—Stay at the rim of the Blackwater Gorge at the Blackwater Falls State Park Lodge, complete with restaurant, fitness center, indoor pool and hot tub. Each room has two double beds. Ski out the door onto a network of trails from beginner to advanced levels, among spruce, laurel, and spectacular rhododendron. Enjoy hot chocolate on the trail or at the warming hut on Sled Hill, complete with its tow rope to add to your telemark fun. Try other trails nearby at Canaan Valley State Park, Whitegrass Ski Touring Center and Dolly Sods. Telemark at the Timberline and Canaan Valley downhill ski areas. Evening folk music (**The Purple Fiddle** in Thomas) and entertainment options are just a few miles away. Breakfasts are served at the lodge. Contact trip leader for specific trip details.

Jan 7-9: Jim Tomlin (intermediate level)—Email (preferred): jtomlin@helix.nih.gov; W (M-F, 7:30am – 4:00pm) 301 402-4153; H (before 9:00pm): 301-774-1228. Cost: \$105. This trip is for people who have been on cross-country skis enough times that they would consider themselves advanced beginners to intermediate skiers, and in good enough physical shape to be capable of skiing ten miles in one day. The group will stay together with the leader for all skiing. This trip is not suitable for highly experienced intermediate or advance skiers, people who prefer to ski solo, or people who have been cross-country skiing only a few times. If enough snow is present, this weekend trip will attempt a 9-mile Blackwater to Canaan Valley State Parks traverse on one of the two weekend days. The trip includes a wine and cheese party.

Jan 28-30: CLOSE TO FULL Mary Vogel—Email: maryvogel@yahoo.com; H: 202 547-7820. Cost: \$100

Feb 4-6: Jim Tomlin (for beginners)—Email (preferred): jtomlin@helix.nih.gov; W (M-F, 7:30am – 4:00pm) 301 402-4153; H (before 9:00pm): 301-774-1228. Cost: \$105. This trip is for people who have been on cross-country skis before, but would still consider themselves relative beginners. This will be a chance for you to practice your skills on relatively easy trails each morning, with an option to attempt intermediate trails each afternoon. The group will stay together with the leader for all skiing. This trip is not suitable for intermediate or advance skiers, or people who have never tried cross-country skiing. Formal lessons are not included, although lessons are available for an additional cost from one of the local ski touring centers. The trip includes a wine and cheese party.

(Continued on page 5)

Trip Descriptions (continued)

Feb 11-13: Mary Vogel—Email: maryvogel@yahoo.com; H: 202 547-7820. Cost: \$100.

Feb 11-13: Larry Doff—Email: ldoff@juno.com, H: 703 615-3195. Cost: Not yet available.

Feb 25-27: Bob Leaf—Email: robert.leaf@mail.va.gov; H: 301 977-6561; W: 202 565-5898. Cost: \$100

Mountain Retreat Lodge, Canaan Valley/Harman, WV—The Mountain Retreat Lodge, surrounded by the Monongahela National Forest, is located near the small town of Harman and borders the Dry Fork River. Mountain Retreat is 9 miles south of Canaan Valley. Ski at White Grass, Canaan Valley State Park and other trails in the Monongahela National Forest. Bring acoustic musical instruments for a Saturday Evening jam session. Lodge sleeps up to 16 people; rooms with bunk beds, and bunk beds with double bed. 2-1/2 baths, large cozy living/dining area with fireplace, and fully-equipped kitchen. Pot luck dinner Saturday night. Low cost trip.

Feb 25-27: Elliot Brumberger / Kathy Doyle—Email: elliottb@comcast.net, H: 301 977-9706. Cost: \$50.

Canaan Valley Cabin[WAITLISTED]—Join a small party of STSers for an Inauguration Day-leveraged weekend in Canaan Valley, WV. Eight lucky intermediate-level skiers will enjoy the winter outdoors by day and spend cozy nights in a rustic cabin — with fireplace, of course — with skiing right out the door or at nearby **Whitegrass Ski Touring Center**. Conditions permitting, we may even ride a resort area lift for faster access to the Dolly Sods backcountry. This trip will go regardless of snow conditions with snowshoeing and hiking as alternate activities if conditions are too icy or green. As an option, we may bring or buy food to cook our meals instead of eating out. There's only room for eight, so sign up early before this popular trip fills up.

Jan 20-23 (Inauguration Day): Doug Lesar—Email: dlesar@comcast.net; H (before 9:00pm): 301 587-8041. Cost: \$85.

Telemark Clinics at Timberline, Canaan Valley, WV—Have a yearning for steeper trails or a more alpine experience? Try telemark skiing. If you're an experienced telemark skier or want to learn, go to one of the telemark clinics at Timberline and take the lesson that's just right for you. Snow's machine-made so you can be sure of snow early or late in the season. No skis? You can rent them at Timberline or Whitegrass.

Dec 19: Telemark Clinic: Needs Leader

Jan 9: On Piste, Off Piste: Needs Leader

Feb 26-27: Telemark Festival 2005: Needs Leader

Mar 26: Telemark Spring Ski Workshop: Needs Leader

Elk River Lodge, Marlinton, WV—If you're willing to take Monday off, treat yourself to a trip that'll rock your skis. We'll be heading to the Elk River Touring Center (www.ertc.com), a 6-hour drive from DC. They have skiing right from the center, or you can ski in the **Cranberry Wilderness** or in developed trails at Snowshoe (www.snowshoemtn.com/xcskiing.html). Elk River serves gourmet food for an after-ski treat. The cost includes a full-day (6 hours) guided tour of the Cranberry Wilderness and breakfast. Dinner at the lodge is \$30 per meal, additional.

Jan 7-10: Steve Bergstrom—Email: skifisk1@yahoo.com, H: 301 564-9696, W: 301 496-3871. Cost: \$135

Pennsylvania

Laurel Highlands—The Laurel Highlands area of Pennsylvania is a 3-1/2 hour drive from Washington. It's on the west side of the Allegheny Mountains, guaranteeing excellent snow conditions even though there's no snow in DC. We usually stay in Somerset, PA, centrally located to the XC and downhill ski areas. To view the snow conditions at Laurel Ridge State Park, check out the **PACCSA Ski Cam**. Laurel Ridge State Park has beginner to advanced trails and is one of the few areas groomed for skate skiing. There's a centrally-located warming hut. Laurel Mountain is higher up and often has snow when there's no snow in Somerset. There are plenty of wooded trails and a closed downhill area to practice telemark turns. We often stay in Jennerstown when we're planning to ski at Laurel Mountain or close by. Another area is **Kooser State Park** near **Hidden Valley** downhill ski area. We're still discovering trails in this area; join us as we explore these trails. We stay at Somerset, PA in the heart of the Laurel Highlands. While we're there, we have a choice of many ski areas: Laurel Mountain, Laurel Ridge, Kooser State Park, Hidden Valley (XC and downhill), Roaring Run and others. The Laurel Highlands offers plenty of skiing for all levels including skate skiing. Explore new ski trails or bring your Telemark skis and ski in Hidden Valley. Guaranteed fun. Ski on the trails we improved in our October work trip and discover new ski trails. Check out the Laurel Ridge **skicam** to see how much snow they have there when we don't have any here.

Jan 14-17 (MLK)[CLOSE TO FULL]: Bert Finkelstein—Email: nfinkels@csc.com, H: 703 715-8534, W: 202 824-7842. Cost: \$85—Bert's trip will feature evening wine and cheese get-togethers in a party room. This will be a large trip of about 20 skiers ranging from beginner-advanced levels. Skiers will form their own groups and be responsible for returning on time and looking out for each other. We'll coordinate our trip with **PACCSA**, the local ski club.

Trip Descriptions (continued)

(Continued from page 5)

Jan 28-30: Larry Doff—Email: ldoff@juno.com, H: 703 615-3195. Cost: \$45.

Feb 4-6: Elliot Brumberger & Kathy Doyle—Email: elliottb@comcast.net, H: 301 977-9706. Cost: \$45

Feb 11-13: Larry Doff—Email: ldoff@juno.com, H: 703 615-3195. Cost: \$45.

Ski-Dance Weekend, Jennerstown, PA—The Ski-Dance Weekend at Camp Harmony has cross country skiing (downhill skiing available nearby), sledding, dancing (contra and square dancing; workshops, too), and music making. Have lots of fun outdoors and indoors in a beautiful rustic setting. Dance to live music in the evening by Dave Weisler and the Avant Gardeners. Dances called by Robin Schaffner & Bob Mathis. Bring your talents and instruments to share. Lodging is dormitory-style at Camp Harmony; that is, group rooms in heated cabins. Trip begins on Friday evening with an informal potluck supper and dance and ends on Monday with lunch; eight meals are included. Camp Harmony has over 100 acres available for cross-country skiing, slopes for sledding and several different types of habitat. Other cross country and downhill skiing areas are nearby. Check out the website, www.skidance.com, for more information and a registration form. The weekend will NOT be cancelled for lack of snow.

Feb 18-21 (President's Day): Eliot Applestein—Email: eliotapplestein@verizon.net; H: (301) 984-6855. Cost: Adults \$170 (\$160 for STS/Sierra Club members), Children ages 3-13 \$75, Infants – 2 years \$5.

Learn to Ski Weekend, **Camp Sequanota**, Jennerstown, PA—Catch XC ski fever with other students and the help of volunteer instructors. We'll learn to ski at Camp Sequanota, near Laurel Mountain. When you complete the course, you should be able to ski on the many beginner trails at our favorite ski areas. We'll be staying in cabins; bring your own linens.

Jan 21-23: Julie Nash—Email: triadsnash@aol.com; H: 703 471-0854. Cost: \$55.

Distant Trips

Tug Hill, Upstate NY, Pulaski, NY (8 hour drive)—Stay at the historic **1880 House** in Pulaski, NY facing the Salmon River (close to Lake Ontario) Enjoy the expected heavy lake effect snowfall prevalent in this area as we ski some of our favorites at nearby Winona State Forest, Salmon Hills STC and Osceola STC. All trips include lodging and continental breakfasts.

Dec 29, 2004 - Jan 2, 2005 [CLOSE TO FULL] Ski Mini-Week (New Years): Steve Brickel or Peggy Alpert—Email: sbrickel3003@starpower.net; H: 301 946-4497. Cost: \$190. Celebrate the holidays with Steve & Peggy. This trip includes a New Years Wine and Cheese party. Sign up early – this trip fills up fast.

Jan 14-17 (MLK): Rob Swennes—Email: robertswennes@hotmail.com; H: 703 532-6101. Cost: \$140. This is the height of the winter ski season! The snow has never failed us. This 3-night trip includes the option of driving to the Tug Hill area a day early and staying an extra night at the **1880 House** (to be paid separately) and thus gain another full day of skiing. Most participants choose to have the B&B prepare one evening's meal for the group for a very reasonable cost. It's a feast! With several vehicles traveling to the B&B, participants usually have a choice as to which skiing venue to enjoy each day

Mt. Rainier, Mt. Rainier National Park, WA (Fly)—Think you'll never be able to ski at Mt. Rainier National Park (www.nps.gov/mora/)? Well think again - here's your chance. STS has put together a guided trip for advanced beginner and intermediate skiers seeking the majestic views and adventure that only Mt. Rainier and its 14,411 feet can offer. Listed in the

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Salmon Hills Ski Touring Center Under New Management

Salmon Hills, a ski touring center in Redfield, NY, on the Tug Hill plateau above the eastern shore of New York's Lake Ontario, will open on December 11th. Rumor is that they have been purchased by a Norwegian group of Nordic skiers and new owner Hans Karlsen. Salmon Hills is an ideal setting for group outings. The facility offers equipment rental and qualified instructors for Nordic skiing, snowshoeing, and tubing. Trail passes are \$12 per week day (\$15 on weekends and holidays), and the facility has lit night trails. Later, retreat to the warmth of their log cabin lodge for a cup of soup or hot chocolate. Contact John Leuenberger at 315-599-7008 or email John@salmonhills.com. Special group rates also are available for overnight accommodations, in their special "yurt" lodgings.

More info at www.salmonhills.com

Stephen Brickel



Trip Descriptions (continued)

(Continued from page 6)

prestigious Historic Hotels of America register, the National Park Inn at Longmire (www.guestservices.com/rainier/index.html) provides rustic retreats with antique Northwest decor. No, we won't be skiing to the summit but our 4 days of site-seeing skiing (2 days guided by Rainier Ski Touring (www.mashell.com/~mtrretail/Skiing.htm)) allows everyone to see Mt. Rainier NP (www.nps.gov/mora/visit.htm) up-close and personal.

This is a great skiing trip and will take place on ski trails and glades. Ski ability should be such that you can enjoy various snow conditions or be willing to take a lesson if snow conditions aren't to your liking. The Ski Touring Center at Longmire offers cross-country skiing including touring and telemarking. In winter much of local life sleeps under blankets of deep snow. Marmots and black bears snooze then, but for other creatures life goes on as usual. Tracks in the snow betray a fox on the hunt or a fleeing rabbit. The white-tailed ptarmigan, snowshoe hare and others also stay active. In this pristine land dominated by Mount Rainier, snow is king. This is a special place for people who love winter and snow. In the winter of 1971/72 Mt. Rainier set a World Record for 1,122 inches of snowfall. In the winter of 1998/99 1,035 inches of snowfall fell.

\$290 includes guides, 4 full breakfasts and rooms with in-room baths. This is a U-fly trip. It's an ideal time to redeem some of your (or your friend's) frequent flyer miles. Non-stop airfare from Dulles or Baltimore normally ranges between \$200 and \$300. We will rent cars at the Seattle airport and drive 2 hours to Mt. Rainier. Budget \$75 for car pool rental. Total for the trip would be approximately \$375 – \$675 depending on your airfare and carpool arrangements. You won't want to miss this trip for an accessible adventure.

Jan 19-23 (Inauguration Day): Steve Bergstrom—Email: skifisk1@yahoo.com, H: 301 564-9696, W: 301 496-3871. Cost: \$290 plus \$75 car rental and airfare (0-\$300).

White Mountains, New Hampshire (Fly)[**WAITLISTED**]—Join a group of 8 skiers and enjoy the mountain sights and 3 full days on the beautiful ski trails of New Hampshire. Lodging is in a rented townhouse in the Glen / North Conway area of the state. Skiing will be on groomed trails at the [Jackson Ski Touring Center](#), [The Bretton Woods Ski Touring Center](#), and at least one other of the many cross-country ski venues in this magical part of the state. The center trails range from easy to challenging. Evening meals will be mostly in house — a combination of carry out and special recipes shared by the participants. The group flies to Manchester, NH Thursday morning and returns Monday afternoon. We'll use rented vans in New Hampshire. This is the fourth White Mountains trip that the Ski Touring Section has offered its members over the years. Early registration is recommended, since the trip always sells out. Rely on New England for a “guaranteed snow” holiday!

Feb 17-21 (President's Day): Rob Swennes—Email: robertswennes@hotmail.com; H: 703 532-6101. Cost: \$425 (includes air fare).

[Far Hills Inn](#), Montreal, Canada (Fly)—Join us for a 7-day, 8-night fun-filled skiing—adventure at the Far Hills Inn in eastern Canada, one of the east's premier cross country ski areas. This trip has something for skiers at any level – even those who don't know how to ski. Far Hills in is located on a hilltop meadow above Val Morin in the Laurentian Mountains, just one hour north of Montreal. From the Inn, skiers have access to the largest ski network in the Laurentians. Beginners can take skiing lessons and rent equipment. Far Hills Inn has 95 km groomed trails — 25 km groomed for skate skiing — and 50 km of backcountry skiing for advanced skiers. The 220 km Le Parc Linear rails-to-trails groomed ski trail lets you ski through a series of French Canadian small towns where you can stop for a bite to eat.

Don't let your lack of experience stop you from joining this trip; Far Hills has a ski school with instructors who truly love teaching children (& adults) to cross-country ski. Other amenities include extraordinary French Canadian country cooking (breakfast and dinner included) with a world-class wine cellar. There's also massage, indoor swimming, hot tub, sauna, a fireside bar and sleigh rides. With so much to offer, you won't want to miss this trip! This is a perfect trip for families, couples and singles. Limited space is available. Sign up today!

Cost includes lodging, breakfast and dinner, ski passes, transportation between airport and Far Hills Inn and refundable contingency amount. Does not include air transportation from the Washington area.

Feb 26 - Mar 6: Susie Etcheverry, Bert Finkelstein—Susie – Email: setchever@aol.com; H: 202 244-2582 Bert – Email: bfinkels@csc.com; H: 703 715-8534, W: 202 824-7842. Cost: \$1,100 (estimated, excludes airfare and includes refundable contingency amount).

Local Trips, Within 2 hour drive from DC—Commitment problems? Didn't sign up for a trip in time and now it's snowing everywhere? Don't despair. If there's enough snow, we're going skiing. All you need is a 24-hour notice and the trip leader will let you know when and where we'll meet. Carpool to our favorite close-in destinations: New Germany, Rock Creek, Ca-

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**Trip Descriptions
(continued)**

toctin Mountain., the C&O Canal — anywhere we can ski and return home in a day. No more excuses for staying home when there's snow outside! This listing will be updated during the season, so check the calendar frequently to find out if anyone will be leading this trip. All local ski trips will be announced on the STS listserv, so make sure you're signed up on the listserv. No trip leader? These trips are easy to lead. How about leading one?

Jan 2: Jan 8: Jan 23: Jan 29: Feb 6: Feb 26: All Need Leaders

New Germany State Park, New Germany, MD (2-1/2 hour drive)—Back by popular demand! Stay at the quaint Mennonite-run **Casselman Inn** in Grantsville, MD., a few miles from well-maintained ski trails, suitable for beginner and intermediate skiers, in New Germany State Park. Close to other ski areas in Western MD, PA and WV.

Jan 14 — 17: Jack Wise—Email: Do not email, H: 410 256-3963. Cost: \$95.

- Notes
1. All prices are based on double occupancy unless otherwise stated. The trip coordinator *may* accommodate different room occupancies at a different price.
 2. The trip price only includes the accommodation unless otherwise stated. The trip may have additional costs, such as trail fees and food. Contact the trip coordinator.
 3. You are responsible for your own transportation. The trip coordinator may distribute a list of participants who are willing to carpool. It will be up to the participants to make their own carpool arrangements.
 4. You are officially registered into the trip when the trip coordinator receives payment, trip reservation form, and signed waiver form. Forms can be downloaded from the STS website or obtained from the trip coordinator. Checks must be payable to the trip coordinator. The checks will be cashed before the trip starts; the date determined by the trip coordinator.
 5. The trip coordinator will notify you of the reservation cancellation date. This date depends on the lodging's cancellation policy. If you do not cancel your reservation by that date, you will not be guaranteed to receive your refund. Trip coordinators may have flexibility depending on the waitlist and room sharing composition.
 6. Most trips will run regardless of weather. Each trip coordinator determines the conditions under which the trip will run. In many instances, the trip coordinator may lead a hiking trip instead. Note that weather is unpredictable and is different in Washington, DC than the places where we ski. Check the ski conditions at the trip location frequently; you may be surprised at the amount of snow there.
 7. If you have any considerations about your ability to participate on the trip, please bring them up to the trip coordinator when you make your trip reservation.
 8. There is a \$10 nonmember surcharge for participating on a trip if you are not a current member. STS membership fees are \$9.00 per year. If you are not a member, download a membership form.
 9. Feel free to invite your XC skiing friends or other STS members on the trip.

Is Electronic UPSLOPE for YOU?

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Editor, UPSLOPE
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2004 Ski Fair

(Continued from page 1)

country skiers and passed around examples, adding close looks and feel to her talk. We all came away better informed consumers, and will perhaps stay a bit warmer on the trail.



The Ski Swap remained a perennial favorite, with a brisk turnover in skis, boots, bindings and accessories passed on from one member to another. Attendees took a chance on a door prize, won by new member Mary Gattuso.

Signing up for trips is the main Ski Fair activity. The Canaan Valley Cabin trip is now waitlisted. Other trips that are either waitlisted or close to waitlisting are the Tug Hill mini week December 29, Mary Vogel's January 28-30 trip to Blackwater Falls, and Bert Finkelstein's MLK weekend trip to Laurel Highlands. To find out the most current status for the trips, check out the trip listing on [our web site](#). Trip leaders will be

contacting prospective participants to remind them to send in the applications and checks. Larry Doff also scheduled a new President's Day Canaan Valley trip.



Many thanks to Steve Bergstrom, Susie Etcheverry, and Bert Finkelstein, who coordinated the Ski Fair, Erma Cameron who handled refreshments, and all the other members who helped set up, run, and clean up after a very successful Ski Fair.



Sign up for the Ski Touring Section listserv to stay up-to-date on trip closings, weather reports, impromptu trips, and reminders to check the web site for more info. We don't want anyone to miss out on skiing opportunities by not subscribing to the listserv.

To subscribe, send a message to majordomo@4gh.net with the following in the body of your message:

subscribe patc-sts Your Name <your_email@your.isp>

Electronic Skiing?

New sports equipment, from tennis rackets to running shoes, uses processing power to enhance performance. Why should skiers stand on the sidelines when a spot of electronic assistance can put an edge on their game? Sports equipment makers sense an opportunity to boost sales with high-tech products. A new wave of microchip-equipped sporting goods promises to enhance the performance of novices and old sports alike—and could even make difficult sports easier.

Victor Petrenko, an engineer at Dartmouth College's Ice Research Lab in New Hampshire, has invented some smart ski-brakes that, he believes, will increase the popularity of cross-country skiing by making the sport less challenging for beginners. The brakes, currently being tested by a ski manufacturer in the Alps, offer the necessary friction for a bigger "kick-off" force and make the skis less likely to slide backwards in their tracks. To make this happen, an electronic current from the bottom of the skis pulses through the ice, melting a thin layer of snow that instantly refreezes and acts as a sort of glue.

The Economist, September 18, 2004 (contributed by Dave Holton)

Ski the Web

Royal Gorge, near California's Lake Tahoe in the high Sierra Nevada Mountains, is North America's largest Nordic ski resort, boasting 90 trails, 4 surface lifts, and 330 kilometers of groomed track on more than 9,000 acres. Ranging in elevation from 5,800 to 7,400 feet, Royal Gorge accommodates skiers in 2 lodges and has 10 warming huts and 4 trailside cafes. Ski lodge-to-lodge on the Rainbow Lodge interconnect of 22 km, or the Sugar Bowl interconnect of 17 km. Check it out at www.royalgorge.com

Minnesota has more than one hundred Nordic ski trails sprinkled throughout the State. Info on the web at www.dnr.state.mn.us/skiing/index.html

PATC-Ski Touring Section
 c/o Doug Lesar
 2507 Campbell Place
 Kensington, MD 20895



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

Membership Categories	1 Year Only	2 Years	3 Years
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 STS LISTServ so I can get infrequent, adhoc announcements of local XC Ski activities: __
- If checked, add me to STS Bulk Email list so I get official club announcements important to all STS members: __
- **NEW:** 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 Assistant _____ Ski Trip Leader _____ Special Events Coordinator _____