



UPSLOPE



Newsletter of the NORDIC Ski Touring Section of PATC

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

October 2005

UpComing Attractions In Winter UPSLOPE

- Complete Winter trip listing
- Report from the Ski Fair
- Snow forecast
- More destinations...near and far

COME TO THE STS SKI FAIR 2005

SATURDAY — NOVEMBER 5 12:30-4:30 PM
PATC HQ — 118 Park Street, Vienna, VA



The Potomac Appalachian Trail Club's Ski Touring Section, the largest Nordic ski club in the entire DEL-MARVA region hosts the biggest get-together for cross-country skiers. The Ski Fair features more than three dozen trips for the 2005-06 Winter season, including some adventurous and far-flung STS excursions.

Be among the first to apply for trips scheduled from December 2005 thru March 2006. STS Trips are inexpensive, fun, friendly, and led by

members with years of experience! Chat with members and leaders who have decades of skiing experience. Bring your checkbook to sign up for trips, used cross country ski equipment for the sale, and of course, your skiing stories. Bring healthy snacks to share—STS will provide coffee, tea and sodas.

(Continued on page 5)

Inside this issue: (blue links are live)	
<i>Your STS Officer Contacts</i>	2
<i>Minutes of August Meeting</i>	2
<i>Trip Descriptions</i>	3
<i>Trip listing</i>	4
<i>Electronic UPSLOPE grows in popularity</i>	5
<i>PATC-STs Excursions</i>	6

Ski Touring Section Dues are DUE!!

Yet another membership renewal period is beginning for the Ski Touring Section of PATC. Memberships expiring in 2005 must be renewed before 1 January 2006 for membership to continue into the upcoming ski season. The three month countdown is on! To check your membership status, examine the mailing label on your last UPSLOPE. If you see a four-number field other than 0512 (0612, 0712 etc) your dues have been paid up and there is no need for you to renew at this time. However, "0512" is the magic indicator that your membership expires in three short months.

For those of you receiving UPSLOPE electronically, your expiration date was included in the forwarding email header. Since you may not have saved that information, feel free to contact me at dlesar@comcast.net for your dues status. For a handy membership renewal form with my address and dues amounts, visit <http://www.patc.net/chapters/ski/> and press the prominent red button on the upper right of the club's home page. Renew in person when you attend the November 6 Ski Fair. Checks are preferred at the Fair, but we do take cash (no credit cards). Or, send your dues in the mail NOW, payable to PATC-STs (not me), along with the completed Membership Form on the last page of UPSLOPE.

Doug Lesar, Membership Coordinator

STS Officers

August 14, 2005 Meeting Notes

Chair

Bert Finkelstein
 H: 703/715-8534
bertanamo@gmail.com

Vice-Chair

Steve Bergstrom
 H: 301/564-9696
skifisc1@yahoo.com

Secretary

Izabella Zandberg
 H: 301/545-0083
izandberg@aol.com

Treasurer

Robert Swennes
 H: 703/532-6101
robertswennes@hotmail.com

Trip Coordinator

Susie Etcheverry (assistant)
 H: 202/244-2562
setchever@aol.com

Webmaster

Steve Brickel
 H: 301-946-2520
sbrickel2003@yahoo.com

UPSLOPE Editor

Ralph Heimlich
 H: 301-498-0918
heimlichfamily@comcast.net

Membership Coordinator

Douglas Lesar
 H: 301-587-8041
dlesar@comcast.net

UPSLOPE Mailing Coordinator

Dave Holton
 H: 202-364-7055
dbdholton@mymailstation.com

Participants: Bert Finkelstein, Peggy Alpert, Steve Brickel, Doug Lesar, Bob Leaf, Greg & Anna Westernik, Erma Cameron, Izabella Zandberg, Betsy Lordan, Nathan Caldwell, Yarka Bloomberg, Jim & Melinda Lautenberger

I. Trip coordinators

No official trip coordinators have been assigned yet. Several people, mostly experienced trip leaders, have already volunteered to lead trips, but a number of people who had led trips in the past haven't committed yet. The question then emerged whether the club should schedule the trips and look for leaders, or whether trip leaders should organize their trips in the time most convenient to them. Peggy reminded the group that in past years some trips were done regularly (e.g., The Blackwater Falls trip), so reservations were made long in advance, and people would fill in. The participants agreed that the solution would be to judge on a case-by-case basis, since there is no rule of thumb how to coordinate trips with leaders, particularly how to fill gaps in the trip schedule. It would be fine if an experienced trip leader wanted to do a trip, however it should not be allowed in case of trip leaders who might be less experienced. The participants also agreed that, in order to encourage more involvement, STS should call the people who had led groups in the past and ask them if they would do it again. Bob Leaf volunteered to make these calls.

II. Trip coordinator training

The participants discussed the ways to involve new people in leading trips. Several new trip leaders have signed up to lead groups this year, and everyone agreed that it was necessary to "groom" them and introduce them to the club. Bob Leaf stressed the importance of knowing the terrain and trails of a trip site, doing a lot of research if necessary, and consulting experienced trip leaders before embarking on leading a trip. Bert mentioned that Carl Modig volunteered to train new trip leaders, and suggested organizing a trip leader workshop. Peggy also volunteered to talk to anyone who would like to "pick her brains," and recommended that, since different people have different leadership styles, a special committee should be selected to establish some guidelines and decide on what to expect from trip leaders. As a starting point for the future committee's discussion, she will write up notes on how she sees the role of a trip leader. She also suggested that the club posts an article on 'how to lead a trip' on its web site.



Everyone agreed that having a structured, dedicated trip leaders' training session would be the way to go, as both a social event and an opportunity for training. The group discussed possible dates for such training. While the day of the Ski Fair would be convenient, November might be too late (by then our trips are already scheduled). Participants agreed that early October will work better for this training. Additionally, a round-table discussion will be organized during the Ski Fair, where experienced trip leaders will be able to share their past experiences.

III. Suggestions for new trip destinations

The group discussed possible new destinations for the club trips. Also, Bert described several new ideas for the types of trips, such as family

(Continued on page 6)

Trip Descriptions

Check <http://www.patc.net/chapters/ski/Trip%20Descriptions.htm> for updates
(see listing on page 4)

STS Ski Fair

November 5: Contact Steve Bergstrom—Stop over at the PATC headquarters on Park Ave in Vienna between 1:00 and 4:30 to kick off the ski season right. You'll get a chance to meet the trip leaders, sign up for trips, swap ski stories, listen to presentations and trip reports and have a great time. Are you willing to help out for a few hours? If so, contact Steve.

Whitegrass Work Trip

November 18-20: Contact Bert Finkelstein—Help Chip maintain your favorite trails at Whitegrass. Always a great time. Rustic accommodations: we may be sleeping in tents or in the Whitegrass Café.

Laurel Mountain Trail Maintenance

December 2-4: Contact Dave Holton—Be a part of the Laurel Mountain work crew and have a great time maintaining the trails that you'll be skiing on later in the year. Get to know the ski patrollers out there and get the satisfaction of knowing that you've accomplished something worth while... and had a great time, too. We'll be staying in Somerset, courtesy of the STS.

Jack Frost Celebration at Whitegrass

Dec 9-11: Needs Leader—Start off the ski season as only Chip and friends know how. Don't worry if there's no snow, you'll have so much fun that you won't care.

First Snow at Whitegrass

Dec 16-18: Needs Leader—Not snowing here? Whitegrass often has snow early in December. Check it out and start your ski season early. Plenty to do if it doesn't snow.



Tug Hill Upstate NY New Year's Ski Mini Week

Dec 29, 2004 - Jan 2, 2005: Contact Steve Brickel or Peggy Alpert—Celebrate the holidays staying 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 and Osceola STCs. Estimated cost \$190/person includes semi private lodging, breakfasts, soup and New Years Wine and Cheese Party.

Laurel Highlands

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. Plenty of skiing for all levels including skate skiing. Guaranteed fun. Ski on the trails we improved in October 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. Contact trip leader for specific details. See listing on [page 4](#) for dates.

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 on over 20 miles of trails nestled among towering pines, from beginner to advanced. Enjoy hot chocolate on the trail or at the warming hut on Sled Hill, complete with its tow rope to add to your telemarking fun. Try other trails nearby at Canaan Valley State Park, Whitegrass Ski Touring Center and Dolly Sods. Evening folk music and entertainment options also just a few miles away with breakfasts at the lodge. Contact trip leader for specific trip details. See listing on [page 4](#) for dates.

Trip Leaders Needed for Some Dates—See [page 4](#). These trips are easy to lead. How about leading one?

Preview of STS Ski Trips —Winter 2005-06

Trip	Location	State	Start Date	Return Date	Days	Notes	Leader
1	***Ski Fair @ PATC-HQ	VA	5-Nov	5-Nov	0	Ski Fair	Bergstrom
2	White Grass (Trail Prep)	WV	18-Nov	20-Nov	0	Work Crew	Needs leader
3	Laurel Highlands (Trail Prep)	PA	2-Dec	4-Dec	0	Work Crew	Needs leader
4	White Grass Pre-Season Opener	WV	9-Dec	11-Dec	2	Season Opener	Needs leader
5	White Grass Escape	WV	16-Dec	18-Dec	2	Pre Holiday Escape	Needs leader
6	Tug Hill	NY	29-Dec	2-Jan	4	New Years Trip	Brickel and Alpert
7	Local Pick-up trip	snow	2-Jan	2-Jan	1		Needs leader
8	Blackwater Falls	WV	6-Jan	8-Jan	2		Needs leader
9	Laurel Highlands	PA	6-Jan	8-Jan	3		Needs leader
10	Tug Hill	NY	13-Jan	16-Jan	3	MLK Holiday	Swennes
11	New Germany	MD	13-Jan	16-Jan	3	MLK Holiday	Wise
12	Laurel Highlands	PA	13-Jan	16-Jan	3	MLK Holiday	Finkelstein
13	Canaan Valley	WA	13-Jan	16-Jan	3	MLK Holiday	Brumbergers
14	Canaan Valley	WV	19-Jan	22-Jan	3		Lesar
15	Camp Sequanota	PA	20-Jan	22-Jan	2	Learn to Ski	Nash
16	Laurel Highlands	PA	20-Jan	22-Jan	2		Leaf
17	Blackwater Falls	WV	20-Jan	22-Jan	2		Vogel
18	Blackwater Falls	WV	27-Jan	29-Jan	2		Westerniks
19	Local Pick-up trip	snow	28-Jan	28-Jan	1		Needs leader
20	Blackwater Falls	WV	3-Feb	5-Feb	2		Vogel
21	Local Pick-up trip	snow	4-Feb	4-Feb	1		Needs leader
22	Whitegrass	WV	10-Feb	12-Feb	2		Lesar
23	France	EU	10-Feb	19-Feb	7	President's Day	Finkelstein
24	Garmisch Germany	EU	11-Feb	20-Feb	7	President's Day	Swennes
25	Ski Dance	PA	17-Feb	20-Feb	3	President's Day	Applestein
26	Canaan Valley	WV	17-Feb	20-Feb	3	President's Day	Brumbergers
27	Elk River Touring	WV	24-Feb	27-Feb	3		Bergstrom
28	Local Pick-up trip	snow	25-Feb	25-Feb	1		Needs leader
29	Bryce Canyon National Park	UT	28-Feb	5-Mar	4		Swennes
30	Rangeley Lakes Loppet	ME	1-Mar	5-Mar	3	Gliding Gourmet	Bachman

At the August business meeting and in subsequent discussions, STS officers and volunteers developed the following roster of trips.

NOTE: Please note that this trip schedule is tentative and subject to change. Also, cancellation policies may result in trips being closed out earlier than expected; please reserve space early.

Check online at <http://www.patc.net/chapters/ski/Trip%20Descriptions.htm>

More STSers Opt for Electronic UPSLOPE

More than 100 members are currently receiving UPSLOPE electronically. You can too, saving STS money, time, and labor, the environment, paper, ink and energy, and taking advantage of the latest communication technology. How does it help you? UPSLOPE will be there to refer to long after you've trashed your paper copy; photos and illustrations are in **COLOR**; links to our website and others and internal navigation are clickable; additional material not printed in the paper version is added.

If you're ready to go electronic, email [Doug Lesar](#) or [Ralph Heimlich](#) (see page 2).

How electronic UPSLOPE works: Those indicating "electronic only" receive an email with a link to the new edition each time it is posted. An archive of past editions is maintained. You can choose to continue receiving UPSLOPE in the mail.



More Ski Fair Info (continued)

(Continued from page 1)

Featured attractions at the Ski Fair include:

- * Destinations and dates for ski weekends in nearby Virginia, Maryland, West Virginia, and Pennsylvania
- * Info on excursions to Bryce Canyon National Park, New York's Tug Hill Region, France's Haute des Escartons, and Germany's Garmisch
- * Meet STS trip leaders and get details on all the trips—sign up so you don't miss out
- * Learn how to start XC skiing—gear, safety, lessons
- * Swap gear, tales, and tall stories
- * Presentations by guest speakers—slides and how-to, including Cathy Jacobs from Open Air Wear, Nathan Caldwell from the "Get Fit With Us" campaign, Andre Gupta on skiing in France, and STS's own Ted Fryberger.

WHERE: The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [directly behind the Southern States which itself is on corner of Park & Maple Sts.(VA Rt.123) in Vienna]

Getting to the fair is easy, but depends upon your starting point! Once you find the intersection of Interstate 66 and Interstate 495 (alias the Washington Beltway), take the Nutley Street North (VA Rt. 243) exit just outside the Beltway. Go north just over 1 mile passing two traffic lights. When you get to the third light, turn right onto Route 123 (alias Maple Avenue). Continue in the right-hand lane for about ¾ mile or count traffic lights. When you reach the fourth light, turn right onto Park Street. The PATC headquarters is the second building on the left, a red brick two-story structure with parking in front. There is ample parking in the area. It is convenient to shop at the nearby SAFEWAY, then visit the Fair.



Steve Bergstrom, Vice-Chair

August 14, 2005 Meeting Notes (cont.)

trips or Valentine Day trips for couples. The participants wondered whether such trips would be financially attractive to the club members (they might be more expensive), but decided to give these ideas a try.

IV. Outreach

Participants also discussed how to boost STS membership. It was noted that the most acute problem is not the membership per se, but getting more people involved in the leadership roles. Erma noted that the Washington Post never mentions STS in their yearly special section on skiing, and everybody agreed that the club should undertake more publicity efforts. Several steps were agreed upon:

- Nathan Caldwell will try to secure a speaker from the "Get Fit With Us" campaign to attend the Ski Fair.
- Betsy will coordinate an effort to have a special article about the club printed in the Washington Post (in the yearly skiing section, in the general outdoor activities section, or in a separate section devoted solely to x-country skiing). She will also explore some local newspapers, such as "The Gazette," for the placement of articles promoting our club.

[Notes from Rob Swennes and Steve Bergstrom: Confirmed with Linda Shannon-Beaver that the November PA will have our trip list plus another announcement in the forecast section for the Ski Fair. Rob proposed a two-article series on cross-country skiing for this year's remaining PA issues. She was pleased to receive more detailed information regarding the STS, and it could slip into the November issue she is now working on. It will focus on typical venues that we routinely visit in the mid-Atlantic states. The article for the December issue will highlight some of the more distant locations we have gone to (or are going to this year) in search of snow.]

All STS materials, including our brochures that are displayed in stores, should list our web site. Also, more STS brochures should be displayed in all ski shops in the area. In order to display the brochures in REI and HTO, Dave (which Dave is this?) will talk to their main business office coordinating all materials submitted to them for distribution.

PATC-STC Excursions

Bryce Canyon—The Bryce Canyon ski trip scheduled for March 1 - 5, 2006 is being lengthened by one day to Feb. 28 - March 5. Several people who have expressed interest in the trip have asked that it be made a day longer to help justify the time/expense of the flights out West. I am happy to accommodate. We will plan to depart from the DC area late on Tuesday evening, February 28th and return as originally planned on the afternoon of Sunday, March 5. The change will give participants another full day for skiing on the Colorado plateau, at elevations of 8,000 to 11,000 feet. The cost of the trip will change as a result from \$220 to \$270 to cover the additional vehicle and motel expenses.

La Haute Trace des Escartons Cross-Country Ski Adventure—This one is February 10-19, with the Paris add-on departing February 7. This will be one of the most exciting cross-country ski trips STS has offered – 8 days of skiing at La Haute

Trace des Escartons in France. We'll spend 3 days warming up at the Mont Revard cross-country ski area and then ski, into-inn, for four days with a guide on La Haute Trace des Escartons in the French and Italian Alps. The beginner's-level trail is groomed for classic, light backcountry, and skate skiing – you choose. During the day, you'll drink the sunshine, crystal-clear mountain air, deep blue skies, bright, white snow, and spectacular views of the mountains from high above the tree line. We'll spend the evenings in warm, cozy inns high atop the moonlit mountains. You can even attend our learn-to-ski weekend and be prepared for the trip! This is an adventure you won't want to miss. Cost is only \$1200, *airfare included*.

The kicker: Spend 3 days in Paris for an additional \$300. Imagine a sunset from the Eiffel Tower, standing next to the Arc de Triomphe, viewing breathtaking artwork at the Louvre, walking along the Seine across from Notre Dame. There's no limit to what's available. Call Bert Finkelstein, (703) 715-8534, or email bertanamo@gmail.com, to sign up for this fun-filled trip before it fills up. Don't miss this one.



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

<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 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:

- | | | |
|--|--|---|
| <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 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |