



# UPSLOPE



## Newsletter of the NORDIC Ski Touring Section of PATC

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

November-December 2005

### UpComing Attractions In Winter UPSLOPE

- **First Ski Reports**
- **Winter trip listing**
- **More destinations...near and far**

### Another Successful STS SKI FAIR 2005



This year continued a tradition of successful Ski Fairs, the biggest get-together for cross-country skiers every year. 22 new members were signed up, and members enrolled in more than three dozen trips for the 2005-06 Winter season, including some adventurous and far-flung STS excursions.

Presentations by Doug 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 on navigation highlighted this year's Ski Fair. In addition, the gear swap attracted much more equipment than last year, so some walked away with snazzy new (to them) equipment for winter fun.

Info on excursions to Bryce Canyon National Park, New York's Tug Hill Region, and France's Haute des Escartons was disseminated, getting our skiers "juiced" for these great trips.



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### Garmisch Trip CANCELLED—NH White Mountains ADDED

The decision to cancel the Garmisch trip for this winter season makes a repeat trip to New Hampshire's White Mountains possible. The few people who had signed up for Garmisch excursion indicated their willingness to go to NH instead. For details [see page 6](#).

### Ski Touring Section Dues are DUE!!

Memberships expiring in 2005 must be renewed before 1 January 2006 for membership to continue into the upcoming ski season. 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 at the end of 2005.

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](mailto: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. 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*

**ST\$ Officers**

**Chair**

**Bert Finkelstein**

H: 703/715-8534

[bertanamo@gmail.com](mailto:bertanamo@gmail.com)

**Vice-Chair**

**Steve Bergstrom**

H: 301/564-9696

[skifisc1@yahoo.com](mailto:skifisc1@yahoo.com)

**Secretary**

**Izabella Zandberg**

H: 301/545-0083

[izandberg@aol.com](mailto:izandberg@aol.com)

**Treasurer**

**Robert Swennes**

H: 703/532-6101

[robertswennes@hotmail.com](mailto:robertswennes@hotmail.com)

**Trip Coordinator**

**Susie Etcheverry (assistant)**

H: 202/244-2562

[setchever@aol.com](mailto:setchever@aol.com)

**Webmaster**

**Steve Brickel**

H: 301-946-2520

[sbrickel2003@yahoo.com](mailto:sbrickel2003@yahoo.com)

**UPSLOPE Editor**

**Ralph Heimlich**

H: 301-498-0918

[heimlichfamily@comcast.net](mailto:heimlichfamily@comcast.net)

**Membership Coordinator**

**Douglas Lesar**

H: 301-587-8041

[dlesar@comcast.net](mailto:dlesar@comcast.net)

**UPSLOPE Mailing**

**Coordinator**

**Dave Holton**

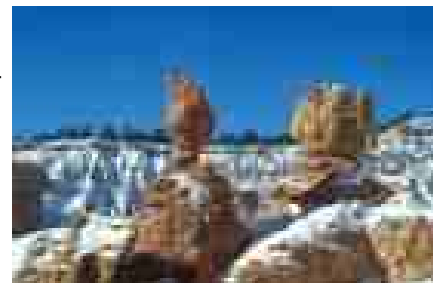
H: 202-364-7055

[dbdholton@mymailstation.com](mailto:dbdholton@mymailstation.com)

**Ski Season Upon Us**

There's a chill in the air, the leaves have mostly fallen, and some of the local ski areas have already had ski-able snow. Winter and the ski season are finally upon us. Thanks to the officers, trip leaders, and volunteers, STS is presenting a full slate of ski trips for your enjoyment (see [page 4](#)).

Two years ago, Rob Swennes raised the bar by leading a trip to Garmisch-Partenkirchen, Germany. This trip was such a resounding success that it led to last year's Canada trip and this year's hut-to-hut trip in France. Rob has created another exotic trip this year to Bryce Canyon (see [page 6](#)). I've been to Bryce on Memorial Day a few years back...and it was snowing on the upper levels. Imagine skiing among the surreal "hoodoos" with hardly anyone else around and you have the perfect trip.



Of course, we have our favorites to Tug Hill, the White Mountains, and our local trips to Blackwater Falls, Canaan Valley, and the Laurel Highlands. Sign up for the trips fast—they are filling rapidly. Already wait-listed are the Tug Hill New Year's trip, the Canaan Valley Cabin trip, the Alpine Village Chalet trip, and the France hut-to-hut trip has room for only one more person. Don't get left out of your favorite trips. Now is the time to sign up for the MLK weekend trips.

We're always interested in new trips. One idea is a "try and buy" trip to Whitegrass Ski Touring Center in Canaan Valley, where you can try different skis before you buy, get lessons, and get expert fitting – a great way to kick off the ski season. Chip's January 7 Annual XC Ski Fest Day features free lessons and half priced rentals to all first time interested skiers, which would be a perfect date. Other ideas are a singles trip or a family trip. If you're interested in participating or leading these trips or others, send me an email at [bertanamo@gmail.com](mailto:bertanamo@gmail.com).

Please don't forget to join or update your email on the PATC-ST\$ listserv (and our membership list, too). That way, you can keep up-to-date with notices for new trips, reminders that trips are filling up, offers to join impromptu ski trips, and the all-important ski reports.

In just a few more weeks, we'll be out there in the snow, filling our lungs with fresh air, feeling the sting of frost on our rosy cheeks, moving all our muscles, and enjoying the beauty and camaraderie of our sport. May Ullr bless us with plenty of soft snow. See you on the trails!

Bert

**Sign up for the PATC-ST\$ List Serve**

There is an email list server for announcements and discussions of interest to Potomac Appalachian Trail Club—Ski Touring Section members and friends. This unmoderated list can be used to announce activities which may be of interest to members and can be used during the snow season to organize ad-hoc outings. All mail sent to [patc-sts@4gh.net](mailto:patc-sts@4gh.net) will be automatically forwarded to everyone on the list as email. The list has an automated subscription. To subscribe, send a message to [majordomo@4gh.net](mailto:majordomo@4gh.net) with the following in the body of your message:

subscribe patc-sts Your Name [<your\\_email@your.isp>](mailto:<your_email@your.isp>)

**Extreme Ski Package**

Shopping for one-set-does-all ski package? This one was touted in National Geographic's Adventure magazine's November 2005 issue as "...all you'll ever need" ("The One-Ski Quiver", by Steve Casimiro).  
**Bindings**—Fritshi Diamir Freeride spring-release bindings (\$425, [www.bdel.com](http://www.bdel.com)).  
**Boots**—Garmont Adrenalins (\$629, [www.garmont.com](http://www.garmont.com))  
**Skis**—Volk Mantras with 130-mm tip, 94-mm middle and 113-mm tail to carve like racers and float like snowshoes (\$765, [www.volk.com](http://www.volk.com))  
**Skis**—Black Diamond Glidelite STS (\$90-\$140, [www.bdel.com](http://www.bdel.com))

## Trip Descriptions

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

(see listing on page 4 )

**Tug Hill Upstate NY New Year's Ski Mini Week (wait listed)** 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

Jan 6-8, 2005: Contact: Mitch Grunes [grunes@yahoo.com](mailto:grunes@yahoo.com); H: (301) 441-2085, Cost: \$85

### Telemark Clinics at Timberline, Canaan Valley, WV

Dec. 18, 2005 and Jan. 8, 2006: 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.

### 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.

**STS Excursion Trips**—See [page 6](#).



## 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	Steve Bergstrom
2	White Grass (Trail Prep)	WV	18-Nov	20-Nov	0	Work Crew	Lynn Yates
6	Tug Hill (wait listed)	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		Mitch Grunes
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	Blackwater Falls	WA	13-Jan	16-Jan	3	MLK Holiday	Brumbergers
14	Canaan Valley Cabins (wait listed)	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		Westernik
19	Local Pick-up trip	snow	29-Jan	29-Jan	1		Needs leader
20	Blackwater Falls	WV	3-Feb	5-Feb	2		Vogel
21	Rangeley, Maine	ME	3-Feb	6-Feb	3		Bachman
22	Whitegrass	WV	10-Feb	12-Feb	2		Ausema
23	France (room for just one more)	EU	7-Feb	19-Feb	7	President's Day	Finkelstein
24	White Mountains (Garmisch cancelled)	NH	16-Feb	20-Feb	4	President's Day	Swennes
25	Ski Dance, Laurel Highlands	PA	17-Feb	20-Feb	3	President's Day	Applestein
26	Canaan Valley Chalet (wait listed)	WV	17-Feb	20-Feb	3	President's Day	Brumbergers
27	Elk River Lodge	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	Apres Ski Party		April	TBD			

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.

\* May arrive a day earlier for a 4-day trip.

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

**More Ski Fair Info (continued)**

*(Continued from page 1)*

Many thanks to Vice-Chair Steve Bergstrom, Erma Cameron for providing great food, Doug Lesar, Barbara Mandula, and Liv Smelkinson for manning the welcome and membership table, and Chair Bert Finkelstein and webmaster Steve Brickel, and Diane Weil for organizing the trip signup process. Many others helped out in various capacities.



Long-time STS member and trip leader Carl Modig was one of the lucky winners of this piece of high-performance clothing from Open Air Wear. Peggy Alpert was the other winner.



**XC Ski Trip Participant Guide**

**By Myrna Aavedal** [Editor's note: for those that are new to STS trips, the following is abstracted from an STS guide developed by a former STS Trip Coordinator]

**Being a Trip Leader carries a lot of responsibilities.** The Trip Leader is the person listed in the announcement as the Leader. He/she is the person you, the participant will contact with all of your questions about the trip. The Trip Leader should provide you with information about the destination and lodgings, such as the following:



**What are the ski facilities?** How and where do you get weather and snow condition information for the area? Where is rental equipment available, locally in D.C. or near the ski site? The Trip Leader should contact the local ski patrol, think through the first aid requirements for the trip, and obtain local emergency numbers, such as police, fire, and hospital, in case they are needed.

**What type of accommodations are available for the trip?** Private rooms? Dormitories? A cabin? A house? Motel? And who will room together? What types of meals will be arranged? Will participants plan any of them? What local restaurants are available? Will participants provide a potluck meal? How about snacks at the site?

**The Trip Leader should provide each participant with information about the trip,** including the itinerary, the check-in routine, cancellation policy, carpooling information, driving directions, names and phone numbers of other trip participants, alternate trip activities, and clothing and equipment suggestions.

**Application, Reservation and Cancellation—**The Ski Touring Section keeps its procedures simple and fair so as to not to financially burden the trip leader, the participant, or the club. Understandably, we cannot write a procedure for every possible situation, someone will always ask, "What if such and such?" The Trip Leader makes the final decisions about his/her trip. Reservations are made on a first-come, first-served basis, but a formal reservation exists only when the trip leader has

*(Continued on page 6)*

**Trip Participant Guidelines (cont.)**

*(Continued from page 5)*

payment for the trip applicant's lodging in hand. Verbal understandings with no payment are *invalid*. Trip leaders will maintain a wait list of people interested in their trip, and will contact them as vacancies occur. Advance payment is not required of wait-listed participants, but they are expected to remit payment promptly upon being accepted for a trip.

To participate in STS trips, all applicants must fill out a trip application form for the specific trip, fill out and SIGN a separate Liability Waiver for each trip, and make out a check payable to the trip leader. These must be given directly to the trip leader, by hand or in the mail. Ideally, these things will be done at the annual Ski Fair, (held annually in November). At the Ski Fair, you can fill out and give all the paperwork to the Trips Coordinator, who will mail it to the trip leader. Remember, you are not confirmed on a trip until the leader receives your check and the paper work. If you're not sure the Trip Leader has received it, call or email them.

Spaces are limited. The sooner you sign up and pay for a trip, the more likely you will be to get confirmation for the trip of your choice. Often the trips are limited to no more than a certain number of participants. Leaders have found that a larger group is often too cumbersome to handle safely and effectively. On the other hand, trips may be cancelled if too few people

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**PATC-ST\$ Excursions**

**White Mountains, New Hampshire**—Join fellow STS skiers Feb. 16-20, 2006 on a trip to one of New England's premier winter vacation regions. Jackson and Bretton Woods ski touring centers are nationally known for miles of well-groomed trails, large, hospitable lodges and ski shops, and professional staffs. Set against the White Mountains, the extensive Nordic trail systems offer unparalleled East Coast scenic beauty. We will stay in rented townhouses in Jackson, North Conway or Glen, NH, ensuring a warm social atmosphere when the skiing's done. One of the Section's most popular trips, we will fly to Manchester, NH on Thursday morning and return Monday afternoon, traveling by rental cars within NH. Cost is \$350, plus air fare, and includes 4 nights lodging, NH transportation, and in-house meals. Cost if driving to/from NH is \$300. Contact Rob Swennes [robertswennes@hotmail.com](mailto:robertswennes@hotmail.com).



**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 in France. We'll spend 3 days warming up at the Mont Revard cross-country ski area and then ski, inn-to-inn, for four days with a guide in the French and Italian Alps. The beginner's-level trail is groomed for classic, light backcountry, and skate skiing. 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 \$1,200, air-fare included. Spend 3 days in Paris for an additional \$300. Imagine a sunset from the Eif-

fel Tower, standing next to the Arc de Triomphe, viewing breathtaking artwork at the Louvre, walking along the Seine across from Notre Dame. Contact Bert Finkelstein, (703) 715-8534 [bertanamo@gmail.com](mailto:bertanamo@gmail.com) to sign up for this fun-filled trip.

**Trip Participant Guidelines (cont.)**

(Continued from page 6)

sign-up by a certain date, usually 30 days prior to the trip, so early sign-up can prevent having to cancel trips for lack of interest.

Trip prices are determined by the amount the club pays for the accommodations, plus a small administrative fee, and an additional fee which subsidizes the lodging costs for the leader. The leader's costs are subsidized in exchange for the time and effort they put into organizing and leading the trip.

**Carpooling**—Car-pooling is encouraged for ecological, cost, and parking reasons. Car-pooling arrangements should be made by trip participants by phone or e-mail before departure. The trip roster provided by the leader should be used to facilitate these arrangements. For liability purposes the leader will not formally designate carpools, but may suggest options to participants needing rides. Car-pool drivers should negotiate the terms of reimbursement for the shared travel expenses with their passengers in advance of departure. Drivers and passengers are free to negotiate in any way that is mutually acceptable.

**Cancellations**—Most of our trips will go regardless of snow conditions. In instances where no snow is available for skiing, participants should be prepared for alternate activities such as hiking, ice-skating, snow shoeing. Leaders may cancel at their own discretion, if they think the trip will be absolutely miserable. Some exceptions to the "go regardless" policy are the are trips to New Germany State Park, MD or Learn-to-Ski weekends at Laurel Highlands, PA, where trip leaders can decide as late as noon of the departure date to cancel if they believe there is a high likelihood of un-skiable conditions the first full trip day. The leader can cancel a trip by a certain date in cases where an insufficient number of people have signed up for a trip.

**Refunds**—If the leader cancels a trip they will refund your deposits, less an administrative fee (typically about \$5). Full refunds, less administrative fees, will also be given to participants who "notify the trip leader" (see below) that they wish to cancel at least 30 days before trip departure date. Please note that a trip leader is not considered to be "notified" until he/she confirms that he/she has received word of your cancellation. Merely leaving a message on an answering machine or sending an email does not constitute notification of cancellation until the cancellation is confirmed. If you find that you need to cancel within 30 days of the trip departure, you will NOT get a refund unless replacements are found from the trip's wait list or if the place of lodging agrees to grant a refund. Exceptions may be made only in cases of *bona fide* emergencies (e.g. medical).

**Gear and Clothing**—The leader can help you rent XC skis (see <http://www.patc.net/chapters/ski/rentals.htm>). Go to the store; look at the equipment you will be renting. Have the sales people explain what each part of the ski, binding, etc are for. Make your rental reservation early. Be sure you know the store's refund policy, in case you have to cancel. Ask the leader for gear and clothing needs (see <http://www.patc.net/chapters/ski/tripessentials.htm>). Go to an outdoor equipment store and talk with the sales people about how to dress for XC skiing. Avoid cotton outer garments and cotton underwear, but you need not buy lots of expensive clothing. If you were looking for a good excuse to buy something fancy like a Gore-Tex jacket, by all means, do so now. Carry a flashlight or head lamp. Darkness falls early and fast in the woods in the winter.

**Conditioning**—While much has been written about conditioning for XC skiing, use good common sense: Do anything to improve your aerobic fitness and endurance before the trip. If nothing else, walk up and down the stairs in a tall office building.

**Trail Food and Water**—Always carry some trail food, keep it handy, and eat it. You will need an energy boost when skiing. "Balance Bars" are good, but try till you find ones you like. Don't worry, it will not "ruin your supper". Always carry water, and drink it. If it is likely to freeze, keep it in the middle of your pack, or close to your body. IT IS TRUE: You need as much water while you exercise in the winter as in the summer. You may not be sweating and it may not be hot, so you do not realize it, but you need hydration. Dehydration is silent and insidious. Drink before you feel thirsty.

**On the Trail**—The trip leader will use a buddy system and insure that no one skis alone. Safety first. If you have a wireless phone, take it with you. Know where the others are. Keep your group reasonably close together. Watch out for other trip participants. Watch to see if some one is struggling or straggling behind. Persuasively offer the tired one some food and water. Let the Trip Leader know if you are concerned about another participant. Watch out for yourself, too. If the group splits up, do you know when and where the group will all meet together again?

**Après Ski**—You may want to help the leader plan some activity for the evenings. Consider what activities might be available as on-site activities. Potluck dinner? Slides? Movies? Games? VCR? Square dancing? Group massage? Letter writing? How about off-site activities? Dinner? Nightclub? Dance? Hot tub? Swim? Movie? Museums? Antique shops?

Following these guidelines will help the Trip Leader do his/her job and insure that you have a successful and enjoyable STS ski trip. Enjoy!!

**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"/>                            |