



UPSLOPE



Newsletter of the **NORDIC Ski Touring Section** of **PATC**

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

October 2006

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 2006

SATURDAY — NOVEMBER 4 12:30-4:30 PM

PATC HQ — 118 Park Street, Vienna, VA



Ski Swap at the Ski Fair

The Potomac Appalachian Trail Club's Ski Touring Section, the largest Nordic ski club in the entire DELMARVA region hosts the biggest get-together for cross-country skiers. The Ski Fair features nearly two dozen trips for the 2006-07 Winter season, including some adventurous and far-flung STS excursions.

Be among the first to apply for trips scheduled from December 2006 thru March 2007. 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.

Inside this issue:

(blue links are live)

[Your STS Officer](#) 2
[Contacts](#)

[From the STS Chair](#) 2

[Trip Descriptions](#) 3

[Trip listing and contacts](#) 4

[Ski the "Dark Side"](#) 6

Please Bring Potluck Food for the Ski Fair—Please be sure to bring healthy snacks to share—STS will provide coffee, tea and sodas. Unlike previous years, PATC will not provide much in the way of eats.

(Continued on page 5)

Ski Touring Section Dues are DUE!!

Yet another membership renewal period is beginning for the Ski Touring Section of PATC. Memberships expiring in 2006 must be renewed before 1 January 2007 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 0612 (0712, 0812 etc) your dues have been paid up and there is no need for you to renew at this time. However, "0612" 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 4 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

ST\$ Officers

From the ST\$ Chair

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

Al Larsen
 H: 703-807-1639
alarsen120@aol.com

Webmaster

Steve Brickel
 H: 301-946-2520
sbrickel3003@rcn.com

Membership Coordinator

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

UPSLOPE Editor

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

UPSLOPE

Mailing Coordinator

Dave Holton
 H: 202-364-7055

I headed out to West Virginia over the Columbus Day weekend on my motorcycle to see the fall colors up front and personal. Quite frankly, I didn't want the fall to end or to come back to a fluorescent-lit office. During breakfast at the Sawmill restaurant, the waitress put an end to my fall fantasies: "you know, it's supposed to snow on Thursday". Same report in Elk River by Marlinton.

Immediately, I could look out the window and see Davis after a fresh snowfall with the snow piled up on the side of the roads, the deep cut on 32 as you turn left at the church towards Whitegrass, and the unforgettable experience of skiing on Powderline under the snow-covered sparkling pines with a deep-blue sky above. Fresh air filled my lungs as snow fell down my neck to chill my spine. It doesn't get any better than that. We'll be out to Whitegrass in a few weeks for the annual Whitegrass Trail Maintenance trip (November 10, [see page 4](#)); always a fun time.

Well, no snow fell in Davis or in Marlinton that day, but Ullr did kick in the East Coast snow season with two feet of snow in Buffalo.

It's hard to keep the ski season alive over the hot, humid summers here, but it came alive at Al Larsen's trip coordinator meeting a month ago. It was such fun talking about places to ski, how they compared, and sharing our experiences. We talked of Utah and new places in New York. You'll see the treat Al has prepared for us in this Upslope. Of course, it wouldn't be possible without the trip leaders who offer us their love of skiing; Lynn Yates, Rob Swennes, Elliot and Kathy Brumberger, Al Larsen, Steve Brickel & Peggy Alpert, Bert Finkelstein Larry Doff, Julie Nash, Jack Wise, Doug Lesar, Elliot Applestein, and John Ausema.

These trips will fill up fast, so plan to show up at the Ski Fair and start your ski season early. Sign up for the listserv so you'll be the first to know about new trips, changes to trips, impromptu trips, ski conditions, and trip shares. Go outside and fill your lungs with some chilly air and let the wind turn your cheeks rosy in anticipation. Best of all, sign up for your favorite trips before they fill up. This year, you'll have to choose among a whole roster of exciting trips.

See you at the Fair,
 Bert



Trip Descriptions

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

STS Ski Fair—November 4: 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, WV—November 10-12: Contact Lynn Yates—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.

Tug Hill Upstate NY New Year's Ski Mini Week—Dec 28, 2006 - Jan 1, 2007: Contact Steve Brickel or Peggy Alpert—Celebrate the holidays staying at the historic 1890 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. Cost is \$260/person, which includes four nights of lodging, breakfasts, soup after skiing each day, and a New Year's Eve wine and cheese party plus full dinner in the B&B.

Laurel Highlands, PA—Multiple dates, see page 4. 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.



1890 House, Tug Hill

Canaan Valley/Blackwater Falls, WV—Multiple dates, see page 4.

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. Or, try other trails from the lodge or cabins at nearby 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.



Pipeline, Whitegrass near Dolly Sods, WV

Yellowstone National Park, Montana—Feb 16-24, 2007: Contact Rob Swennes—The PATC-Ski Touring Section is planning a ski excursion to beautiful Yellowstone National Park, at the intersection of Idaho, Montana, and Wyoming. Yellowstone, the Nation's first national park, has developed an excellent cross-country skiing operation that offers extraordinary landscape beauty with a bountiful variety of wildlife and hot springs. Backcountry ski trail networks extend out miles into the park from both the Mammoth Hot Springs Hotel and the Snow Lodge near Old Faithful. As of press time, this trip is FULL! However, Rob will help other skiers coordinate travel to "shadow" the formal STS group—assuming they can find available lodging.

Stowe, Vermont—Feb 15-20, 2007, extended President's Day: Contact: Steve Brickel or Peggy Alpert—A world famous historic village, nestled beside Vermont's highest peak, majestic Mt. Mansfield. Legendary Fall foliage. Spectacular skiing. Beautiful mountains. Incomparable accommodations, recreation, dining, shopping, spa. Stowe's allure is timeless, your Vermont vacation will be unforgettable. With 4 ski touring areas,

(Continued on page 7)

Preview of STS Ski Trips — Winter 2006-07

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.

Trip	Location	State	Start Date	Return Date	Nights	Notes	Leader
1	***Ski Fair @ PATC-HQ	VA	4-Nov	4-Nov	0	Ski Fair	Bergstrom
2	White Grass (Trail Prep)	WV	10-Nov	12-Nov	3	Work Crew	Lynn Yates Brickel and Alpert
3	Tug Hill	NY	28-Dec	1-Jan	4	New Year	Alpert
4	Tug Hill	NY	11-Jan	15-Jan	4	MLK Holiday	Swennes
5	Laurel Highlands	PA	13-Jan	16-Jan	3	MLK Holiday	Finkelstein
6	Laurel Highlands	PA	19-Jan	21-Jan	2		Brumbergers Nash and Doff
7	Camp Sequanota Laurel Highlands	PA	19-Jan	21-Jan	2	Learn to Ski	Doff
8	Blackwater Falls	WV	26-Jan	28-Jan	2	snow or no snow	Doff
9	Canaan Valley Cabin	WV	25-Jan	28-Jan	3	snow or no snow	Lesar
10	Canaan Valley	WV	1-Feb	3-Feb	2		Brumberger
11	Canaan/Blackwater Falls	WV	2-Feb	4-Feb	2		Ausema
12	Blackwater Falls	WV	9-Feb	11-Feb	2	snow or no snow	Doff Brickel and Alpert
13	Stowe	VT	15-Feb	20-Feb	6	President's Day	Alpert
14	Ski Dance	PA	16-Feb	19-Feb	3	President's Day	Applestein
15	New Germany Casselman's Inn	MD	16-Feb	19-Feb	3	President's Day	Wise
16	Garnet Hill Lodge	NY	23-Feb	26-Feb	3	Adirondacks	Larsen
18	Yellowstone NP	MT	16-Feb	24-Feb	8		Swennes
17	Bryce/Cedar Breaks	UT	6-Mar	11-Mar	5	Utah	Swennes
18	Elk River	WV	TBD				

Contact information for Ski Trip Leaders:		
Name	Home Phone	email
Stephen Brickel and Peggy Alpert	301 946-4497	sbrickel3003@starpower.net
Rob Swennes	703 532-6101	robertswennes@hotmail.com
Bert Finkelstein	703 715-8534	bertanamo@gmail.com
Julie Nash	703 471-0854	triadsnash@aol.com
Kathy and Elliot Brumberger	301 774-7412	KathyBrum@comcast.net ElliotBrum@comcast.net
Larry Doff	703 615-3195	ldoff@juno.com
Doug Lesar	301 587-8041	dlesar@comcast.net
John Ausema	301 345-2794	jausema@gmail.com
Eliot Applestein	301 984-6855	eliotapplestein@verizon.net
Jack Wise	410 256-3963	
Lynn Yates	410 296-2988	Towson.Lynn@gmail.com

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 Yellowstone National Park, New York's Tug Hill Region, The Adirondack Mountains, and Vermont's Stowe region
- 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 on the latest fabrics for xc shells
- Dave McGaw on GPS, maps and xc
- Steve Bergstrom and Bert Finklestein on the latest European ski trip plans
- Rob Swennes on Yellowstone ski trip plans
- Jack Kangas on his British Columbia ski trip
- Leaders of local and other trips will discuss their plans

WHERE: The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [directly in front of the Safeway 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



XC at Tug Hill photo by Izabella Zandberg

Sign up for the PATC-STS 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 will be automatically forwarded to everyone on the list as email. The list has an automated subscription. To subscribe, send a message to major-domo@4gh.net with the following in the body of your message:

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

In order to prevent misuse of this facility you will receive a confirmation message which you will need to respond to in order to confirm the subscription.

A Venture Into Nordic's "Dark Side"

If this season repeats our experience from last winter, what is a snow-starved STS'er to do? One possibility is to learn Telemark skiing!

Last winter I happened to stumble into a season-long effort to learn Telemark ("Telly") skiing. In case you don't know, the Telemark turn, that graceful-looking bent-knee skiing method, predates "modern" downhill skiing turns such as parallel and stem Christie, and has been revived in fits and starts since fixed-heel "Alpine" gear came into being during the 1950's and 60's. The vast majority of the skiing masses today use fixed-heel bindings; relatively few use free heel gear. Why learn Telemark? Why devote time to an "obsolete" skiing technique?

- You can do it at downhill resorts when natural snow is insufficient or doesn't exist. It's an alternative way to get that "snow fix" when the winter weather isn't cooperating.
- It's fun. As I transitioned into using stiffer boots and shaped backcountry skis for cross-country touring, I began to crave those opportunities for descents using the rudiments of the Telemark. It became difficult to bypass those little downhill side excursions, done for no purpose but the heck of it.
- It's athletic. Your legs feel it, and it definitely warms you up! You may not get as much exercise in a day of Telly at a downhill area as you do in a day of cross-country, but it's more than what you get than in a day of Alpine.
- It's a confidence builder. Once you learn Telly, you will never, ever fear any downhill stretch you might face (except maybe boilerplate ice or hard crust, which defeats almost anything but traverse and kick turn).
- It's a challenge. If life is ho-hum and your job is a bore, take the Telemark learning challenge. It will occupy your mind!

Think you are too old for this Telly business? After all, isn't that for twenty-something megaskiers hurtling down 50-degree chutes in the Wasatch? Poppycock. I will never see birthdays in the forties again, but I've managed. Granted, I'm in pretty fair shape and have always had good body flexibility, but I'm a bit of a klutz in the body movement coordination department and ski rather slowly (downhill, anyway) to boot. But, who cares but yourself? Late starters have the common sense of maturity and experience on their side.

Another factor that helps the modern-day Telly skier is the quality of the gear. Today's lightweight plastic boots, shaped skis, and tough cable bindings have made the technique easier to execute than ever before. That does NOT mean the turns come without effort or skill—but you don't have to carry out excruciating deep knee bends and force turns by sheer brute force as in straight-ski leather-boot days.

If you want to learn Telly, there are some facts you need to face:

- **YOU MUST TAKE LESSONS.** Only rare individuals can learn this skill by themselves. Though it helps to emulate your friends and other people, there are nuances that only professional instruction can guide you through.
- **IT MAY TAKE TIME.** Don't expect one teaching clinic to be all that's needed. You will likely need several sessions, and as much practice time as you can manage. You may pick it up quickly, but even fast learners will develop little "bad habits" that can only be wrung out with critiquing by others and practice.
- **THE SPORT AIN'T FREE.** Downhill area lift tickets cost a bit compared to cross-country area use fees. However, in a poor natural snow season that may be the only way to obtain the required practice time in the Middle Atlantic region. And, think about this, would you rather sit home and watch TV?
- **THE GEAR IS AN INVESTMENT.** Telemark gear costs some bucks. The skis, boots, and bindings aren't cheap, and will claim more of your coins than the Nordic stuff. But once you've begun to like the sport (and perhaps tried it out with rental or demo gear first), you will mind the purchase prices less.

Anyway, last year was a memorable ski season for me, even though the ski touring opportunities were rather sparse. With the aid of instruction and the encouragement and companionship of good friends (and the forbearance of a wife and daughter whom I left behind at home waaaay too much), I expanded my personal skiing universe into the Telemark realm. It's a wonderful world!

Doug Lesar

Some resources:

<http://home.comcast.net/~drtelemark/wsb/telehome.htm>

<http://www.telemarktips.com/>

<http://www.telemarknato.com/>

<http://www.timberlineresort.com/>

More Ski Trip Descriptions

(Continued from page 3)

and down-hill for those who are so inclined, or Telemark and Radonee' for those who can, Stowe offers world-class skiing in our own back yard. Accommodations: Motel with kitchens, private baths, etc. located on main road with access to ski trails. Approximate lodging cost - \$240 (depending on number of participants) Flight info: Fly out of DC on the evening of 2/15; return evening of 2/20. Approx. cost \$325 Ground transportation will be rentals, approximate cost \$100.

New Germany, MD—Feb 16-19, 2007, *President's Weekend*: Contact Jack Wise—New Germany State Forest is east of Deep Creek Lake and north of Canaan Valley in western Maryland. We ski on the Park trails and stay at historic Casselman Inn, eating hearty country fare from the Mennonite kitchen.

Learn to Ski—Jan 19-21, 2007: Contact Julie Nash or Larry Doff—Camp Sequanota, Jennerstown, PA, at Laurel Highlands. 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.

Ski-Dance Weekend—Feb 16-19, 2007: Contact Elliot Applestein—Camp Harmony, Laurel Highlands, PA, 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. Check out the website, <http://www.skidance.com>, for more information and a registration form. The weekend will NOT be cancelled for lack of snow.

Garnet Hill Lodge, NY—Feb 23-26, 2007: Contact Al Larsen—Garnet Hill Lodge is a true Adirondack mountain resort on 13th Lake. Enjoy miles of scenic groomed trails. Take a ski lesson. Watch your kids ski. Enjoy a backcountry ski journey. At day's end find the warmth of friends and good cheer by your Log House fireplace. Check the website <http://www.garnet-hill.com/> for more info.

Bryce Canyon, UT—March 6-11, 2007: Contact Rob Swennes—Bryce Canyon is another possible late winter destination for skiing on the Colorado plateau at elevations of 8,000 to 10,000 feet. One night in Las Vegas, NV. The cost of the trip would be about \$300, plus air fare and food. Where else can you get premier skiing conditions (and the locals' Western twang) with a daily price for lodging and local transportation of only \$60/day?

Elk River, WV—TBD—The Elk River Touring Center is located five miles from Snowshoe Mountain Resort at elevation 2750', high enough to receive an annual snowfall of about 180 inches per year. Cross-country skiing trails which criss-cross the Highland Scenic Highway, which peaks at an elevation of around 4700'. The downhill skiing at nearby Snowshoe Mountain peaks at 4848' mak-



Canyon rim, Bryce, UT



PATC-STC trip, Canaan Valley, WV



PATC-STC trip, shelter at Bald Knob, Whitegrass, WV

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

APRIL 2001



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 |