



UPSLOPE

Newsletter of the PATC

Ski Touring Section

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

September 2007

- Next UPSLOPE is October...
Plans for Ski Fair,
November 3, 2007
Trip Schedule

2007 Ski Fair Scheduled for Saturday, November 3

SATURDAY — NOVEMBER 3 12:30-4:30 PM

PATC HQ — 118 Park Street, Vienna, VA



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Had enough of the Washington 3 H's (heat, haze, humidity)? Want relief from summer? Well make plans now to head over to the Potomac Appalachian Trail Club Ski Touring Section's annual Ski Fair, and we'll put you on the comeback trail. This is the annual kick-off event eagerly awaited by the Nordic ski crowd all over the Washington Metro region. This year, the Ski Fair is on Saturday November 3rd and it is held in Vienna (OK, Vienna, Virginia).

In addition to food, fun and a chance to lie about that 3 foot blizzard you say you skied through in downtown DC last winter, the Ski Fair is your entree to the STS trips for the 2007-08 Winter season, including some exotic new excursions and some old favorites. Be among the first to apply for trips scheduled from December 2007 through March 2008. STS trips are a travel bargain, fun, friendly and led by members with years of experience (some of whom have wool knickers, wooden skis and answer to names like Ole, Sven and Bert).

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STS Officers

Between the Poles; Notes from the STS Chair

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I am pleased to be able to be part of the STS leadership group. I hope that I can contribute to the efforts for a successful and enjoyable ski season. Of course the one element absolutely necessary for success and enjoyment of cross country skiing is the presence ofSNOW, over which, unfortunately I have no control. The other factor is a great group of people with whom to ski – and that’s where you come in. Without your presence on the trips, either as a leader or participant, there would be no Club. We are the other dimension of hiking in using, respecting and appreciating the wonders of nature, and the trails available to glide upon.

If you are not a member of STS and wish to join a trip, you will need to pay an additional \$10; the membership fee is \$9. If you wish to LEAD a trip, you MUST be a member of STS and PATC (Potomac Appalachian Trail Club, our Mother ship).

Please review the outline of trips being offered for the 2007-2008 season. Make note of the work trips. The trails we use at White Grass and Laurel Mountains need maintenance. With the guidance of the crew at White Grass and the Park Service at Laurel, the STS volunteers have an opportunity to become intimate with the trails we use to ski. It is a time of camaraderie and FUN for all.

PLEASE NOTE THIS NOTE

There has been a change in the definition of some the trips. According to PATC guidelines, trips that are located outside of the Maryland, Pennsylvania, Virginia, and West Virginia area (PATC domain), are called “excursion” trips.

Under PATC guidelines, if you wish to participate in any “excursion” trip you must be a member of the Potomac Appalachian Trail Club (PATC). If you are not a member, you can get a membership application from the PATC web site (www.potomacappalacian.org) or call their office at 703-242-0315, ex. 10. If you sign-up for an “excursion” trip, and are not a PATC member prior to a month before the trip, you will be taken off the roster, with no refund, unless you can find a replacement.

So, if you are planning to participate in a trip going to a location outside of PATC domain, become a PATC member now. If you are already a member, check your expiration date. Why get caught the last minute? You need your focus to be on SNOW, and preparing for a great time in the wonders of the woods – covered with snow of course.

2007-2008 Excursion Trips	
January	Tug Hill, NY
February	New Hampshire
	The Laurentians, Quebec, Canada
	Stowe, Vermont
	Garnet Hill Lodge, The Adirondacks, NY
March	Bryce Canyon/Cedar Breaks, Utah

Here’s to a great white winter. See you at the Ski Fair on November 3, and on the trail.

Peggy Alpert

See the full schedule on [page 4](#).

PATC-§T§ Business Meeting

Apres' Ski Business Meeting, May 5, 2007 photo by Rob Swennes

APRES SKI BUSINESS MEETING, MAY 5, 2007**Officers in attendance:**

Peggy Alpert	Steve Brickel	Bert Finkelstein
Robert Swennes	Doug Lesar	Al Larsen
Izabella Zandberg	Steve Bergstrom	
Erma Cameron		

Treasurer's Report: Robert Swennes presented the treasurer's report. Revenues for the 2006-2007 totaled \$6,523, expenses totaled \$4,927, for a net revenue of \$1,596. STS checking and savings accounts hold \$18,196.71 in total. The budget was approved.

Membership Report: Doug Lesar presented the membership report. STS currently has 278 members. There has been a slight drop in our membership over the last few years, possibly related to winter weather patterns: scarcity of snow.

Almost 60% of STS members sign up for one year at a time. Ski Fair, in November, provides a major influx of new members. Over 40% of STS members signed up for the electronic delivery of Upslope. There are 256 subscribers to STS Listserv. Listserv is open to non-members; 70% of subscribers are club members, 30% are non-members.

It is important to note that electronic delivery of information has proven more effective in advertising club trips and other activities (e.g., on Rob's Yellowstone trip, most attendees were from the electronic recruitment). 65% of STS members are enrolled in the Listserv, which is a good improvement from the last few years.

Ski Fair: Steve Bergstrom presented his Ski Fair report. The Fair was advertised on PATC email list, and was well attended. Steve feels that trip leaders should attend the Ski Fair to talk about their trips and answer questions. In this context, Peggy stressed that an effort should be made to develop trip leader guidelines. It is important to note that several trips were sold out before the Ski Fair, which should be considered a "happy problem."

The question emerged as to when we should start advertising ski trips. Based on his experience with the trip to France, Bert commented that excursion trips (long distance trips) take a lot of preparation and might have to be advertised prior to the Ski Fair to assure the numbers necessary to commit to timely reservations.

It was also mentioned that STS used to be able to advertise ski trips in the *Washington Post* Outdoors section.

Trips Report: Al Larsen reported on the variety of trips that had been offered, from big excursion trips to last minute local trips. With changing winter weather patterns, a discussion is necessary about our future trip strategy. During the last season, several trips had to be rescheduled, therefore perhaps one of the solutions for the next season would be to schedule trips on particular dates, with an assumption that, depending on the weather conditions, there would be the possibility that the group would go to one of several locations. Also, having "leaders on call" might be a good solution. Listserv would be a great tool to promote such ad hoc trips. Overall, we have some current, very able trip leaders, plus some former trip leaders who dropped off at some point, but would be willing to lead trips again.

Elections: The following officers were elected for the coming year:

Chair – Peggy Alpert	Vice chair – Bert Finkelstein
Treasurer – Rob Swennes	Secretary – Izabella Zandberg

Additionally, the following officers were appointed:

Doug Lesar – Membership Coordinator	Al Larsen – Trip Coordinator
Ralph Heimlich – Upslope Editor	Steve Brickel – Webmaster
Randy Kerr – Upslope Distribution Chair	Steve Bergstrom, PATC liaison

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Breaking News: Snow Expected in Mid Atlantic!

The chipmunks and birds have been raiding the vegetables in our garden at what appears to be an ever-quicken pace. As a ski club Trip Coordinator, trained in outdoor skills and possessing extensive knowledge of ecosystems, I can only draw one conclusion: this is a desperate race for survival on their part in advance of what they must surely sense is going to be a particularly harsh winter in the region. What—you think the TV weather guys base their bafflegab on better empirical evidence? Ha! They don't even step outside.

So, with the near-certainty of good snow for the coming season, let me unveil our first look at the STS 2007-08 Trip Schedule. You will notice several things about it, which are intended to reflect the open membership discussion we had at our annual meeting at the Apres Ski party in May (see page xx). First, given the spotty snow locally in recent years, we have scheduled 6 trips outside the Mid Atlantic region, which we call "Excursion Trips". However, it was also clear that, even if snow is not as reliable closer to home, many members love certain "local" venues, i.e. the WVa, Western MD and PA spots. So, we have scheduled multiple tips to these old favorites. We hope to take full advantage of any snow that does drift our way with some flexible, impromptu approaches. Finally, I am still looking for trip leaders for several mid-Atlantic trips (e.g., Canaan Valley, New Germany, etc.). If interested, please contact me (Al Larsen) ASAP. So, here is our preliminary lineup:

STS TRIP SCHEDULE 2007-2008

Dates	Location	Leader
October		
27-28 (tentative)	Laurel Highlands Trail Work Trip	Greg Westernik
November		
3	Ski Fair, PATC HQ 118 Park Street, Vienna, VA	
10-11 (tentative)	White Grass Trail Work Trip, Canaan Valley	Lynn Yates
December		
28-Jan.1 (Fri-Tues)	Tug Hill, NY	Peggy Alpert and Steve Brickel
January		
5-6	available-lead this trip	
18-21 (MLK JR. B-day)	Laurel Highlands, PA	Kathy and Elliot Brumberger
18-21 (MLK JR. B-day)	New Hampshire	Rob Swennes
25-27	Blackwater Falls, WV	Larry Doff
February		
1/31-2/3	Canaan Valley, WV	Doug Lesar
1-3	Learn-to-Ski, Laurel Highland, PA	Larry Doff and Greg Westernik
3-9	Canada, Quebec--Laurentians	Rob Swennes
9-10 (7-10)	Canaan Valley, WV	Kathy and Elliot Brumberger
14-18 (Thu-Mon) (President's Day)	Vermont	Rob Swennes
15-18	Ski-Dance Camp Harmony, Laurel Highlands, PA	Eliot Appelstein
15-18	New Germany, PA	TBD
22-25 (Fri-Mon) (tentative)	Garnet Hill Lodge, Adirondacks, NY	Al Larsen
22-24	Blackwater Falls, WV	Larry Doff
March		
Feb/29-Mar 2	Canaan/Blackwater Falls, WV	TBD
5-9 (Wed-Sun)	Bryce Canyon/Cedar Breaks, Utah	Rob Swennes
8-9	available-lead this trip	
15-16	available-lead this trip	

PATC-ST\$ Business Meeting (continued)

(Continued from page 3)

General Discussion: Participants discussed ramifications resulting from the winter weather changes. Suggestions were made to move the season a little down the calendar. As far as the number of trips— our trip coordinator thinks that we should not change much. We have STS members who like going to Canaan Valley and Blackwater Falls, as well as people who are willing to do *ad hoc* trips, as weather permits. Additionally, the club can sustain 1-2 big excursions per season. It was noted in this context that excursions are expensive and might change the demographics of our club. On the other hand, participants had stressed that they don't want to end up on trips to places without snow: hiking was not the objective.

The trips that are usually cancelled are those to Canaan Valley, Tug Hill and Laurel Highlands. One of the suggestions involved moving Tug Hill trips — which are usually scheduled around President's Day and Martin Luther King Day — later in the season, to February and March. Participants agreed that STS-ers would be willing to go on such trips also on other dates, not only on the two holiday weekends. Some people mentioned that, taking into consideration their schedules, they would not mind trip cancellations, since it would be easier to cancel something from their calendars than add an *ad hoc* trip.

Hotel cancellation policies prevent last minute trip cancellations, and are usually the cause of a ski trip turned hike. Peggy suggested that the club should try to develop relationships with hotel owners in our favorite areas, so that when there is no snow we would be able to cancel our reservation, and when it snows — we could occupy their rooms almost immediately. Also, other types of accommodations should be explored (e.g., rental houses and condominiums) that may have more flexible reservation policies.



Cussin' and Discussin' at the Business Meeting photo by Rob Swennes

Finally, some new and old destinations for the future trips were discussed. The club may go back to the Crystal Lake area in Pennsylvania. Also Garnet Hill Lodge will be one of our future destinations. Al asked everyone interested in leading a trip to contact him with ideas and suggestions.

Respectfully submitted,
Izabella Zandberg
Secretary

New PATC Website and Link to PATC-ST\$ Website

PATC has completely redesigned the website. The new site is at <http://potomacappalachian.org/> and a new link to the STS website at <http://www.patc.us/chapters/ski/> [note the “.us” versus the old “.net”] on this new page for the Ski Touring Center: http://potomacappalachian.org/index.php?option=com_content&task=blogcategory&id=26&Itemid=41.

An additional feature is that ski trips and other activities can be posted by registered users directly on the PATC website and appear in the PA by using the calendar feature at http://potomacappalachian.org/index.php?option=com_jcalpro&Itemid=135

Check out the new website!

RETURN TO MISTAYA LODGE, MARCH 2007

by Doug Lesar



UPSLOPE readers may recall last year's article on my first visit to Mistaya Lodge, British Columbia (along with STS members Mitch Hyman, Jack Kangas, and Diane Weil). Our enthusiasm for this unique backcountry ski destination carried Mitch and me forward into a booking in early March of this year. As it turned out, the '07 Mistaya experience was quite different than the previous one, in ways we could not have imagined.

Mistaya Lodge is located in British Columbia, western Canada, near the west slope of the continental divide in a tract of public ("crown") land nestled between Banff and Yoho National Parks. It's near-tree line location at the base of a vehicle-inaccessible alpine bowl (Wildcat Basin) makes it ideal for backcountry (non lift-assisted) downhill-oriented ski touring on wide-open glaciers and their moraines, open glades, gullies of varying

width and steepness, and even some heavily treed pitches. The lodge is accessible only by helicopter, and professional guide services and all meals are included in a booking. Mistaya is one of the few high-country ski lodges in western Canada where these key services are available as a package, with no need for self-support (other than good ski skills, good physical conditioning, and common sense). The difficulty level of most of the skiing is mellow and moderate according to the scale of serious montane terrain, with an occasional challenging bit thrown in once and a while. It is ideal for skiers not seeking extreme challenges and is friendly to new skiers working on increasing their skills. I neatly fit into both of those categories!



Backcountry touring is a skiing mode that possesses features of both (1) Nordic cross-country (XC) and (2) Alpine downhill. All skiing is self-powered, as in XC, but has a definite bias to the downhill skiing experience. The "touring" part is mostly climbing from lower to higher areas, with the interim goal of reaching a high point from which to descend, hopefully with fluidity, aplomb, grace, and a sense of simultaneous thrill and control. You use Telemark or parallel turning techniques according to snow conditions, personal preference, and gear setup. The skis, boots, and bindings necessary for skiing at places like Mistaya are much closer to lift-served ski equipment in function and construction method, but pains are taken in design to minimize weight as accommodation to the climbing phase of the sport.

"Telemark" (Telly) bindings come in many designs but are always "free heel" (like XC). Alpine Touring (AT) bindings are unclamped, like Telly, for ascending but may be fully fastened like Alpine bindings for descending. Both skiing methods require considerable investments in equipment and skills acquisition (especially Telly), but the rewards are unbelievable once you get the hang of it!

So, what was so different about the 07 Mistaya experience vice 06? The first factor was the WEATHER, which dictated exactly where in the Wildcat Basin we could ski during our week. Weather was definitely turbulent and changeable during our delightful week the previous year, but there were plenty of stretches of good visibility and at least semi-open sky such that we were able to ski on high glaciers every single day. Eating lunch on the glacier crests was a daily occurrence then. In the present year, however, the time span with any visible open blue sky amounted to perhaps FIVE MINUTES over the whole week.



For five of seven days, the terrain above tree line was clouded-in with visibility inadequate for safe glacier travel; hence the playgrounds we so loved in '06 were practically off-limits (glacier skiing wasn't a total bust; we did get to tour Wildcat and Grindl Glaciers one day apiece, though we were chased off Wildcat by a sudden whiteout). Consequently, most of our skiing occurred on the glades, chutes, drainages, and gullies nearer the lodge, which we had seen almost none of the year before. It was if we were skiing in a different location altogether!

The second difference concerned the other guests present. While Mitch, Diane, Jack and I were among the younger persons in the '06 Mistaya party, this time around Mitch and I fell on the older side of the age scale. I definitely felt more challenged in keeping up with other guests during the climbing phase, especially since most of the others were using skis equipped with AT bindings, whose cleanly pivot-

The only five minutes of blue sky I remember

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RETURN TO MISTAYA LODGE, MARCH 2007 (continued)

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ing toe attachments gave them greater ascent efficiency than those with more constraining cable bindings. Although I never felt totally outclassed, I was always among the last to complete the ascents. Having much greater difficulty, however, were the Californians who had been convinced by one of their party to bring *snowboards* to Mistaya. This would have been fine if their boards had been of the “split” type, climbable via skin tracks in the manner of skis, but being of conventional type, they had to be carried uphill on the back, condemning the boarder to the purgatorial experience of climbing in deep powder on snowshoes, an infinitely more laborious process than ascending on skis and skins! The one male of the boarder threesome was, by all evidence, in animal-like physical condition and able to snowshoe and board all day, but the two women, though brave and capable boarders able to zip fearlessly through treed glades at breakneck speed, could not yo-yo all day, so they always concluded their tour earlier than the rest.



A typical gully scene – (snowboarder to be explained)

The third and final difference was a personal one; a higher confidence and skill level on my part. With the preponderance of near- and below-tree line skiing, there were some times that I really needed it! All of the ski runs near Mistaya have been tagged, like rock climbing routes, with sometimes vividly descriptive names. One that we descended twice was named “The Abyss”, which started with a precipitous drop, leveled off to a sane gradient, but terminated at the lip of a cliff overhanging Wildcat Creek! Although there is a substantial shelf to come to a safe stop upon, the guides ALWAYS led this descent with stern instructions not to ski past them, their first arrival helping to keep guests out of trouble at the end.

Another remarkable run, a bit less fondly remembered, was called “The Shroom Room”, a mountainside slash of some steepness absolutely covered with hundreds of huge, snow-covered boulders, an eggcrate-patterned mogul slope writ very, very large. This run rang my “survival skiing” alarm bells quite strongly, and I was happy not to do it more than once.

On another gully run whose name I’ve forgotten, things were going smoothly, and I was happily figure-eighting prior tracks with ease, when I suffered a brain freeze of sorts, inexplicably failed to initiate a turn, and bulleted straight toward a tree! Luckily, I saw the impending catastrophe emerge in time to execute a quick sit-down maneuver, avoiding an outright crash into stiff woody matter. However, enough of the tree-well periphery gave way underneath me to require a heavily assisted exit (by Mitch, who insists that I also fished him out of a tree well that week also, an incident I honestly don’t recall!) These experiences reinforce the absolute necessity of a buddy system when skiing trees ... even skilled skiers like Mitch can “flub it” at times.

Being a slow skier, and always one of the last to reach bottom, I never had much opportunity for acquiring camera “action shots”, but a few scenes from the trip do show the weather and terrain we lived in during our week.



Climbing into cloudland



The essentials – snow, ice, rock, cloud



Sceptre Spire

As the week progressed, the guests who felt inclined to keep score on amount of daily ascent / descent (chiefly the younger Canadians skiing on AT gear) were totting up prodigious footage / meterage. At the time I am writing this piece (early July ... do I procrastinate or what?) I’ve forgotten the data magnitudes; however, I do know that we accomplished five runs on Thursday 8 March,

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RETURN TO MISTAYA LODGE, MARCH 2007 (continued)

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six runs on Friday 9 March (intended to tour Ophidian Glacier, but a hoped-for weather clear-up never happened), and seven runs on Saturday 10 March, a final yo-yoing orgy before concluding the trip the next day with our scheduled fly-out.

As fate would befall, an extensive rain and snowstorm began enveloping much of the vast province of B.C. that Saturday evening, and apprehensions ran high among some guests that we would be unable to fly out as scheduled. Several guests became extremely antsy about fulfilling work / job commitments the following Monday (I, for one, did not have the *slimmest glimmer* of concern!) Lodge owner Dave remained completely unperturbed, having seen weather issues of this sort arise so many times over the years. Ultimately, the helicopter was able to travel without any trouble, and the new snowfall in Wildcat Basin blotted out all of our tracks from the week, leaving a new abundance of powder for the next week's guests to enjoy.

The '07 Mistaya trip was the first time I had ever made an immediate repeat visit to a specific western ski destination, but the terrain variety at Mistaya made the repetition almost totally unapparent. This location and its lodging and guiding operation stands highly recommended in my book. I hope that all STS members desiring a backcountry downhill skiing experience will get to sample it someday!



Intrepid Canadians



Mistaya owner / head guide Dave Birnie with Ginny the Wonder Dog (Golden Lab, who accompanies almost every tour from top to bottom and back again)

Ski Fair 2007 (continued)*(Continued from page 1)*

Bring your checkbook to sign up for trips and buy or swap for used cross country ski equipment at the Fair. Bring healthy snacks to share (and maybe sneak a little junk food in so long as it looks green or crunchy). STS will provide coffee, tea and sodas. Chat with new and long-time members, swap ski stories and learn about favorite last-minute get-away locations, so that when your neighbor is parked on the Beltway, you'll be in a parallel-tracked state of Zen bliss.

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 New York's Tug Hill Region, New Hampshire, Canada's Laurentians, the Adirondack's, and Bryce Canyon, Utah, among others
- * 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



Doug Jacobs of Open Air Wear will be on hand *photo by Ralph Heimlich*



Swapping ski gear...and tall tales *photo by Ralph Heimlich*

Trip leaders have already staked out an impressive schedule (see listing on page 4). You will have to come to the Ski Fair to learn about several other trips that are still in the formative stages.

Ski Fair—Y'all Come!!

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 the 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) to Route 66 west. Take Nutly St north exit. 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 ¼ 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 or Whole Foods, then visit the Fair.



Former Vice-President Steve Bergstrom and Membership Chair Doug Lesar *photo by Ralph Heimlich*

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 ____