



UPSLOPE



Newsletter of the NORDIC Ski Touring Section of PATC

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December 2009

UpComing Attractions In Winter UPSLOPE

- YOUR trip reports
- More great Metro Skiing—We HOPE!

Ski Schedule Update

Well, the 2009-10 Season is off to a wonderful start because of that key ingredient: SNOW. In addition to the wonderful mid-December weekend snow we all enjoyed, Laurel Highlands and White Grass each have more than a foot on the ground. Time to get off your duff and get skiing!

Trip Coordinator Kathy Brumberger announced a few changes to the schedule released at the Ski Fair and in the last UPSLOPE:



Harvey Walden at Backbone Farm

* The February 19-21 trip to Blackwater Falls has a new leader: Keith Chanon (703-752-0245 ; keithchanon@yahoo.com) Contact him if you are interested in this trip.

* The February 26-28 (Friday-Sunday, 2 nights) trip to Backbone Farm has been cancelled because leader Harold Datz cannot make it. If anyone is interested in leading this trip, please contact Kathy (see [page 2](#))

There are still opening on some trips. See the schedule on [page 6](#) and contact the leader if you are interested.

Laurel Highlands Work Trip

[Editor's Note: This report is from some selfless STSers who gave up their Fall weekend to make sure the trails we all ski on in Winter are at their best. Laurel Highlands is one of two areas reachable from the DC Metro area by a reasonable drive that usually have snow all winter.] Nine hardy souls from PATC-STs joined about another twenty volunteers for a successful, if somewhat damp, worktrip to Laurel Mountain, PA the weekend of October 16-18. The weather was actually considerably better than originally forecast, which called for as much as 6 inches of snow at higher elevations. We encountered only a dusting of snow at Laurel Mountain, but pretty wet conditions overall.



Working on the trails photo by Catherine Kelleher

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Guest Editorial

Ask not what your ski club can do for you, but what you can do to realize the skiing experiences you envision.

The ski season is upon us, which in a somewhat perverse way also means that the end of this ski season is not too far away. As you know, STS always elects officers at an end-of season meeting and party. Because of various commitments for next year, a number of current officers will not be able to serve again (even if the club would have us!). Waiting until that meeting to think about identifying those who may be interested in serving in various roles is not likely to lead to the best result for the club. Rather, as someone who has enjoyed the opportunity to help shape the direction and the activities of the club for the past 4 years, I would urge all of you, during the ski season, to think about what you could do if you served in one of the leadership roles.

Oh, you never considered taking on such a role, or couldn't picture yourself being up to it if you ever did consider it? Why? I know from my experiences with many of you that 1) you are absolutely up to it and 2) you have some great ideas that you could help bring to fruition through one of the leadership roles. Similarly, during the ski season, observe your fellow trip participants, and if you see a potential leader among them—say something to the person. "Hey, you would be a good club officer. How about it?" Many of us think it's a bit presumptuous to put ourselves forward, but if a cohort says something, we might be inclined to say, "OK".

If you would like to express interest confidentially, or learn a bit more about what's involved, just contact one of the officers. Please do this. We will be needing people to step forward in only a few months. This club is not a perpetual motion machine.



It will grind to a halt if there is no input of energy. I can tell you, it's very rewarding because you get to know many of the club members, and you can put your "stamp" on the direction of the organization. Therefore, ask what you can do. Let's hear from a bunch of you.

Al Larsen

White Grass Situation

Base: 4 "-12" packed
 In The Woods: 6"-24"
 4000' stake: 21 "
 Surface: Powder
 Km open: 50
 Km Groomed: 25-30
 New Snow: 7"-9"
 Snow so far this season: 59 "
 At White Grass on December 29



Laurel Highlands Work Trip (cont.)

(Continued from page 1)

We divided into several work projects at Laurel Mountain, such as "armoring" trails (laying down shale, in layman's terms, to build up wet areas) and cutting brush back from trails. Because of the poor weather forecast, the work was conducted only until mid afternoon, followed by a catered lunch at the DCNR district headquarters in Laughlintown, PA. We must be a really lucky bunch, because Catherine won the "tool" and Erma won the telescoping trekking/hiking poles. Both raffle prizes were from the REI store in Pittsburgh.



Making the Fire Rakes Fly photo by Catherine Kelleher

Saturday night, Carol and Brien hosted a liqueur/wine/dessert party in their room, to mark a pleasant end to the day.

Sunday, some of us explored another section of the Laurel Mountain area, called the North Woods trail system, and found the trails to be in pretty good shape, but in need of some "armoring" (maybe next year!).

Attending were Carol Ruppel and her husband Brien Williams and their puppy Spencer Tracy, Dave and Cathy Collins, Greg Westernik, John Tichenor, Harvey Walden, Catherine Kelleher, and Erma Cameron.

Erma Cameron

Tips on Buying Climbing Skins for Your Skis

By John Tichenor

I've recently been asked about skins so here is my best current info. It is not complete so see the noted web sites. Climbing skins are an essential part of the equipment carried by most modern backcountry skiers. They are removable traction enhancers that allow the skier to walk uphill on snow. They are removed before downhill travel. Climbing skins are long-term reusable items with a lifetime expectancy from one to five years or so. The existence of climbing skins makes it possible to use a pair of skis that would otherwise be good for only downhill travel, as a general-purpose vehicle for ski touring any distance over snowy terrain -- even if it's far from level. The goal of climbing skins is to allow for both significant forward traction when travelling uphill, and significant forward glide under the skier's stride when the ground is relatively level. In actual practice much of the glide has been traded for increased uphill traction. A climbing skin consists of a strip of material cut to approximately the length of a ski; it has a reusable and very surface-specific adhesive on one side, and a one-way traction material on the other. It also has a means of attaching the forward end to the tip of the ski. There is, in some cases, a means of attachment to the tail of the ski as well, requiring additional material to fold over the tail.



Glidelite Nylon STS skis - 60 mm from Akers

Be sure the skins you buy are long enough for your skis, plus the fold over, if there is one (the fold over goes back onto the tail of the ski). Fat telemark skis and alpine skins, as a rule, are shorter than cross-country skis. There are several varieties of skin surfaces and construction. The stiffer they are in general the better the grip. The lighter they are, the better the glide. I've never tried to glide, but will take the word of others. The width also is a factor in grip versus glide, as well as form fitting them to the ski's side cut versus being straight. You can cut straight-cut skins to a little less than the waist size, or cut down even more. Erma Cameron remarked on this article that basically, skins are custom cut (by you) to fit the ski exactly - they should reach side to side to be just inside the metal edges. With a lot of skis now having a lot of side cut, you buy skins wide enough for the tip at its widest, and then trim down from there. They usually supply a blade to do this.

There is a difference in glide depending on the materials used to make the skins. The lighter ones fit in a pocket much better. The newest styles 2009 (\$50 price increase) are designed to bring the glue area right

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Tips on Climbing Skins (cont.)

(Continued from page 3)

up to the tip clip. The old style had you folding the skin on itself for several inches which may collect snow. I strongly recommend tail clips. It is not practical to clean or add new glue in the field. It is better to buy skins with built in tails if you are not splitting wide ones. See below. Add-on tails can be found on several web sites.

Erma Cameron disagrees that skins need to be removed before downhill travel. She has often left the skins on for downhills, sometimes for all day. It cuts your speed on downhills by about one third, and gives you better control. And if you are going up and down, up and down, all day, it is too much trouble to keep taking them off and putting them on. Just leave the skins on.

Be sure that add-on tails are recommended by the manufacturer of the skin. I suppose that there may be skins that can not be trimmed on the sides. You could always get White Grass to do up your skins, and may want to call or e-mail them to see if they have skins for sale.

When Akers and others run out of the old style, you will not be able to use the new style clips because 70mm skins have too wide a loop for narrow touring skies and the non loop ones are also a problem for skinny skins. Supposedly the tips are less than 70mm and may match REI replacements at 65mm. A cheap way is to buy some really wide ones without tails installed, cut them in half, and then trim to the ski. Cutting them in half before doing the form fit is my idea of maintaining the alignment of the weave. I have not actually done any splitting. I have trimmed many pairs using a very sharp fishing knife rather than the free-bee knife that comes with the skins. Use auto ties for the tips and buy some extra tails pieces (easy to find) and have a second pair. These things are expensive so make sure you are careful. If you are form fitting your skins, then the width as bought should match the tip less the steel edges space or where steel edge would be if you had some. See the instructions or talk to the dealer. If you are using straight edges, then measure the narrowest part of the waist less the edge spacing, noted above.

Also see this article from REI on skins:

<http://www.rei.com/expertadvice/articles/backcountry+ski+accessories.html>

Where to Buy

Your best bet is to look online as these are specialty items that most stores don't stock. For example, at Akers

http://www.akers-ski.com/Merchant2/merchant.mv?Screen=CTGY&Store_Code=ASI&Category_Code=ClimbingSkins

These are the old style and are at full old prices. OR YOU CAN BUY SOME OVER-SIZE ONES— SEE BELOW. You have a choice: leave them straight or cut the sides to fit the curve of the skis.

Here is the only web site I could find selling wide skins at a discount. Beware: they are short and maybe only useful for short people, kids or on short, fat skis.

<http://www.orscrosscountryskisdirect.com/g3-alpinist-skins-climbing-skins.html>



Special edition G3 Alpinist Skins from ORS Cross Country Skis Direct



The smallest new style tip replacements that I could find are 65 mm, available at REI.
<http://www.rei.com/product/792578>

While you are at it, buy some glob for lubing the skins in the field. For example:
<http://www.rei.com/search?search=skins&cat=8000&seq=21&hist=query%2Cskins>
You can see on the page above two ways to redo the glue. The third is to have someone else do it through the mail. You should also buy some spray-on skin wax for use when the skins are dry. This supposedly helps glide. Also, you might get some paste for the ski grip pattern. Use the paste, or the newest thing—rub-on wax to keep the snow from collecting on the ski glide areas. Do NOT use the paste and then try the "rub on" in the same place, it will not stick. The paste product makes for a good needle cleaner etc. in the field.

Black Diamond Glob Stopper Wax

Great Skiing Makes for Great Stories: The Mid December Snow Bonanza



Snowshoeing in Rock Creek Park on December 19 photo by Jonathan Kirschner

Just got in my first ski of the season. Took advantage of one of the neighborhood parks in Kensington, MD. Predicted more snow over the weekend. Stephen Brickel 12/19/2009 11:55 AM

My car is covered with 12 inches of snow on the top & more on sides. So, I can only ski where I can walk on foot/skis/by Metro. Anyone wants to ski anywhere close to US Capitol, like in the Golf Course of the East Potomac Park? It is lovely there. Bozena 12/19/2009 8:30 PM

I was skiing in Wheaton regional park today and it was great! Planning to do the same tomorrow if there still would be enough snow. Adir Aronovich 12/19/2009 8:48 PM

Skiied Sligo Creek Trail this evening (Silver Spring, MD). Some folks before us had made nice tracks.... Bonnie Naradzay 12/19/2009 8:52 PM

Skiied Mt. Vernon trail near Alexandria, almost too much snow! Kathy Hudson 12/19/2009 9:42 PM

X-C skiing today around Takoma Park was super, especially on the Sligo Creek Trail. Tomorrow, I am hoping to get to Rock Creek Park early in the morning. The hiking trails will be perfect for skiing! Ted Conwell 12/19/2009 11:15 PM

We skied from our condo in Oakton, and did several loops around Blake Lane Park and the soccer field, next door. Terri Fischer and Nathan Caldwell 12/19/2009 11:28 PM

Skied out the door for 4.5 hours yesterday, from the Mormon Temple vicinity into RCP as far as Candy Cane City with side trail forays near Forest Glen, then a long return climb up the whole length of the Stonybrook Drive hill breaking trail the entire way in eighteen inches of fresh. The downhill glide back home was very welcome after that. Great training for the backcountry trip we have coming up in March at Wells Grey park in Canada! (Though guides will break trail for us if necessary) Almost too much of a good thing as we can't get a car out of the hilly neighborhood to get to the bulk of Rock Creek park in DC! Anyone have a helicopter for hire? Doug Lesar 12/20/2009 8:15 AM

I managed a couple of hours out of the neighborhood and over the crest to the Patuxent River park. Should have used the snowshoes as 18" is pretty tough trail breaking. A guy in a 4 wheel drive took my picture striding down the middle of the street, saying "You don't see THAT everyday!" Depends... Ralph Heimlich 12/20/2009 9:07 AM

My wife and I went snowshoeing in Rock Creek Park yesterday. This was on the section near Baltimore Road in Rockville. Now for the Big Digout. Jonathan Kirschner 12/20/2009 9:40 AM

20 inches of snow at least, here in Merrifield, VA, near Fairfax Circle. Fortunately a couple came out for a walk and brought their child out in a flat-bottomed sled. The sled made a very nicely packed path. I am enjoying the novelty of living in a ski-in ski-out townhouse, but then I have not yet dug out the car. One boy said to me, "Why don't I have those?" Ah, equipment envy. Kathy Bine 12/20/2009 10:29 AM

I live in Columbia, MD, and skied around my neighborhood yesterday for about 2 hours. It was very tough getting through the snow, but what a great workout. Do you know of any places around the D.C. area that are groomed? Debbie Blyveis 12/20/2009 10:53 AM

The route: in Bethesda, I crossed Ayrilawn, crossed Old Georgetown Road, went down Cedar Lane by N.I.H, across Rockville Pike, and across Cedar to the back trail that loops back to Cedar near the Beltway overpass. There I picked up Rock Creek and headed north, eventually across Beech Drive and back into the woods a little way. I stopped, drank half my water, and turned around. I got a late start, about 3:15, so it was a little under 3 hours. Most of the time was spent getting to and from Rock Creek Park. It was mostly unbroken snow, though the stuff on Cedar was powder on top of road plow-off. So it was usually compact, but my heels would drop 8" or so with some frequency. Rock Creek was nice, as it is flat there and there were a couple of other skiers out, so some of the trail was broken. Also, since there was so much snow, people who had walked on the trail had basically broken trail for me instead of leaving a series of snow holes. It was great to get out and enjoy such great powder. I wish we lived closer to a park so I could have spent more time in the woods and less time on the road, but I'm not complaining. Chris Oberlin 12/20/2009 1:02 PM

Well not yesterday, but this morning. The hardest part was getting the half block from our house to the next street: I had to shovel the car out 3 times. After much rockin' and rollin' and slippin' and slidin' we got on the road and drove up to Piney Run Park near Eldersburg--we live in Catonsville just west of Baltimore. Much to our delight, the road to the park entrance was plowed. No one was there, we had the place to

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PATC-STC Trip Schedule, 2009-2010 Season

Date	Place	Leader
October 16-18	Work Trip, Laurel Mountain	Erma Cameron
Nov. 6-8	Work Trip, Whitegrass	Lynn Yates
Nov 14	Ski Fair, Vienna, VA	
Dec 30-Jan 3	Tug Hill	Peggy and Stephen
Jan 8-10	Laurel Highlands, PA	Carol Ruppel
Jan 8-10	Western, MD or Blackwater Falls	Larry Doff
Jan 15-18 MLK	Laurel Highlands, PA	Kathy and Elliot
Jan 14-18 MLK	Jackson, NH White Mts	Rob Swennes
Jan 22-24	Blackwater Lodge, WV	Bob Leaf
Jan 22-24	Laurel Highlands, Learn to Ski	Greg Westernik
Jan 29-31	Blackwater Falls	Harvey Walden
Jan 29-31	Oakland – Backbone Farm	Larry Doff
Feb 4-7	Canaan Valley Cabin, WV	Doug Lesar
Feb 5-7	Laurel Highlands, PA	Greg Westernik
Feb.6-9	Garnet Hill Trip (Adirondacks)	Al Larsen
Feb 11-16	Vermont	Peggy and Stephen
Feb 12-15	Canaan Valley, WV	Jennifer Bine
Feb 12-15	Ski Dance, Laurel Highlands, PA	Eliot Applestein
Feb 14-21	Canadian Laurentian Mountains	Rob Swennes
Feb 19-21	Blackwater Falls, WV	Keith Chanon (new leader)
Feb 26-28	Laurel Highlands, PA	Larry Doff
Feb 26-28	CANCELLED Backbone Farm, W. MD	Harold Datz
Feb 27-Mar 7	Bryce Canyon and Park City, Utah	Rob Swennes

Laurel Highlands, PA—Multiple dates. 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.

Canaan Valley/Blackwater Falls, WV—Multiple dates. 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.

Garnet Hill Lodge, NY—Feb 6-9: [TRIP IS FULL]

Jackson, NH, White Mountains—Feb 14-18: Contact Rob Swennes—See Excursions on p. 1

Canadian Laurentians—Feb 14-21: [TRIP IS FULL]

Vermont—Feb 11-16: 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, and down-hill for those who

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PATC-STS 2009-10 Schedule (cont).

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are so inclined, or Telemark and Randonee' for those who can, Stowe offers world-class skiing in our own back yard.

Learn to Ski—Jan 22-24: *Contact Greg Westernik*—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 12-15: *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.

Backbone Farm, Garrett County, MD—Jan. 29-31: *Contact Larry Doff*—This is a new location used for the first time last winter. See the August UPSLOPE for an article by last year's trip leader Harvey Walden.

Bryce Canyon and Park City, UT—Feb 27-March 7: *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. Where else can you get premier skiing conditions (and the locals' Western twang) with a low daily price for lodging and local transportation?



Laurel Highlands

For the latest trip information

and contact info for trip leaders, please go to the PATC-STS Web site at <http://www.patc.us/chapters/ski/TRIPS.htm>



Ski Dance Weekend



Rob Swennes in the Canadian Laurentians

Mid-December Snow Bonanza (cont).

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ourselves. I like breaking trail and especially enjoyed the way the tips of my skis barely broke the surface and would leave little crevasses behind for a moment until my shins plowed through. Ok, it felt like doing a stair-master for two hours, but it was worth it and I relished the great workout. It was once again amazing to see how much traffic there is in the woods: animal tracks criss-crossing here and there; there's little evidence when there is no snow. I heard and got to watch a woodpecker actually pecking, and there were plenty of other birds flitting about. Its great to see a cardinal against the snow, as if the color wasn't vibrant enough already. I wish I'd had the energy to do another loop now that there were some tracks (mine!) to ski in, but I was beat. It was a great morning. David Kelling 12/20/2009 1:38 PM

I skied about 12 miles yesterday, 3 miles to Glenmont Metro station (partly on Mathew Henson trail, partly on residential streets.) Got on the subway and got off at Silver Spring; I then skied about a mile to synagogue in NW DC for a Bar Mitzvah (only one in attendance who came on skis). Tried to do the reverse to get back home but Metro (subway and buses) was closed, so skied all the way home (8+ miles) mostly along Georgia Avenue and Veirs Mill Road. Saw many stuck cars, got involved in helping get some of them going. Skied on the road when there was only deep snow on the sidewalk. The best skiing was in partially filled in tire tracks on residential streets. All in all, it was quite an adventure. I was exhausted (but had fun). a couple of people took pictures of me during my travels. Apparently, I was a novelty. Alan Landay 12/20/2009 5:51 PM

Skied (almost next door) in Quiet Waters Park, Annapolis, MD. The South River Overlook has a pavilion to look at the river and take a short break from. This amazing snowfall is the early Christmas gift to all of us. Maureen Martinez 12/20/2009 7:56 PM

I skied at Manassas Battlefield today. The visitor center parking lot was closed but the Stone House parking lot on Lee Highway was open. I spent three hours skiing on tracks made by one other skier—up around Mathews Hill, and then over to a cemetery and then down a nice trail to the north edge of the park and then back to the parking lot. Yesterday I broke track on the cross county trail from Fairfax Circle to Camelot and back. Tough going and took me three hours. Len Henzke 12/20/2009 8:45 PM

We skied the whole way across the Potomac river, and didn't fall through. (This statement is technically true, but admittedly misleading. So, I'll fess up and note that we skied over the Potomac via Chain Bridge.) Then, we got onto the C&O Canal. So, that means we skied from Virginia, to DC to Maryland and back! We had the Rockies in our sites, but turned back so we wouldn't violate PATC Excursion rules by going outside the Mid-Atlantic region without filling out eighteen documents, reviews and approvals. The locks and lock houses are stunning in the snow—like an Andrew Wyeth painting. We got out before many of the roads were plowed—so we had to ski to get any where. Skiing on the canal can be great, like today, before the hikers and dog walkers get to it. Of course, the down side of being among the first out is that we were breaking trail for about half of our outing. Great day for skiers in the metro area. Al and Ann Larsen 12/20/2009 9:09 PM

I and two other friends skied at Rock Creek Park for nearly five hours this morning and early afternoon. We skied the Western Ridge Trail, Valley Trail, and off-trail. It was some of the best skiing I have done anywhere in years. It was somewhat like Utah powder at higher/cooler elevations Surprisingly, we saw very people (including skiers) out there. The ski trails should be also quite good tomorrow morning before all the dogs and people get out there. (Nothing against dogs or walkers, of course.) Enjoy the first day of Winter! Ted Conwell 12/20/2009 9:10 PM

Cabin John trail was outstanding. They have plowed the parking lots. I found the best one to be the indoor tennis lot just down Democracy Blvd. From the Montgomery Mall. I have already broken trail. Go for it. Bill Branson 12/20/2009 9:37 PM

Yesterday I skied at Watkins Regional Park, Bowie, MD, which is about 1/2 mile from my house, so I don't have to drive to get to it. About 100 yards from my house, I came across a guy who was trying to get his car unstuck (a Honda with bald tires on the drive wheels). After a half hour of pushing, grunting, shoveling and wheel-spinning, me and another guy (who had been driving by in a 4WD SUV) finally got him going. Once I got skiing, it was slow going since I had to break trail everywhere I went. It took me about 2-1/2 hours to go four miles, including three miles on the hiking trails in the park—with no snow I can hike the same route in about half the time. It was a good workout, but not all that enjoyable. Today (Sunday) I ended up shoveling snow for seven hours straight, and ended up not skiing. It took me four hours to shovel my driveway and sidewalk, then I helped one of my neighbors with his. Tomorrow it's back to work! Harumph! Jack Kangas 12/20/2009 11:33 PM



Breaking Trail at Piney Run Park, MD photo by David Kelling

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Mid-December Snow Bonanza (cont).

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I took my tele gear up to the tiny slope at Oregon Ridge Park in Hunt Valley and did tele turns for the afternoon and until it got too dark to ski. It was great. The conditions were perrrrrrrrfect! Needed the steepness of the slope to move since there was so much light powdery fluffy wonderful snow. Lynn Yates 12/21/2009 12:56 AM

Got in about 4 hours skiing on Saturday. Spent all yesterday (9 hrs.) using shovel and snow blower to clean around our yard and dig out public sidewalks down to the East Falls Church metro station. Today I can barely move. Attached is a picture that another skier we met took of Wade and me on Saturday morning in Arlington (when it was still snowing heavily). Rob Swennes 12/21/2009 9:59 AM

Yesterday we braved the streets in Oakton, VA and made it safely to OakMarr Rec Center and Park, and skied the nine-hole golf course there. We put the only tracks on a nice place to ski within the 'burbs. It was nice skiing in our own tracks on the return, and a short and steep hill gave us some good downhill, with only deer and birds for company. Nathan and Terri Caldwell 12/21/2009 10:23 AM

Saturday I skied out the door of my condo in Woodley Park and down the defunct Klingle Road to the Rock Creek Park bike path to Pierce Mill. Yesterday I repeated the route, but went a little further. Very pretty and nice, especially for a city skiing experience. I may try again today, if the roads are still skiable. Nancy Hirschhorn 12/21/2009 11:27 AM



3-State Skiers on the C&O Canal photo by Al Larsen



Rob Swennes and Wade Wargo photo by the Snow Man

Enjoyed skiing in Rock Creek Park yesterday. Skied in Klingle Creek area, and along the recreation trail between Klingle Road and the Lincoln Memorial. This route required taking one's skis off several times for road crossings and the tunnel near the Zoo. The steps of the Lincoln Memorial were taped off, and a Ranger was there, so no skiing or sledding down the steps at the Memorial. Back at work today. Brian O'Konski 12/21/2009 11:55 AM

I skied and took a bunch of kids the last couple of days at the Congressional cemetery on Capitol Hill. Yesterday, while "watching" the kids sled for about 3 hours, I set up an excellent loop. Revisted that this morning, some was walked on, but all was much fun. Send more snow! Gretchen Mikeska 12/21/2009 12:06 PM

On Sunday, my wife and I retraced our former route (out my back door in Arlington, down to and across Chain Bridge and got on towpath headed West (toward Beltway)), and by that time, more people had been out, so we had the usual footprints and dog tracks, but it was still quite nice--and a beautiful sight. I was surprised at the forming slush spots by about 1-2 PM on Sunday, even though air temps were still below freezing, and the ground had been cold, if not totally frozen, before the snow started. All in all, the

C&O was quite nice for an "in-town" ski outing. Once roads become passable, like today (Monday), and the inner sections of the towpath get more trampled, I like to ski the section from Swains Lock to Riley's. It gets less use, and has very scenic views of the river on one side and the rock walls on the other (just ignore Dan Snyder's abomination of a house without all the Park Service trees he cut down as buffer, although you can shout an appropriate hello as you wave with however many fingers up or down as you wish, while skiing by). Al Larsen 12/21/2009 2:07 PM

I decided to ski at Manassas Battlefield on Monday (Fed's day off!), not having skied there for several years. My first surprise was that the Visitor's Center was closed, and the driveway barricaded. So I drove around looking for other places to park, hopefully where I could see some ski tracks leading off. I finally found a lay-by off Hwy 234 about a mile north of the Stone House, and followed some ski tracks (one person, it appeared) off into the woods. It felt a little spooky being there by myself. Back in the day, when there was a snowfall, Manassas was one of the places to go - the Visitor's Center parking lot would sometimes get filled, and they would direct cars to other locations. And there would be lots of skiers out, and the Battlefield would really bustle. Monday, I saw tracks at my location, and at one other trailhead, and saw two actual skiers near the Stone House (Hwy 234 and Hwy 29), and that was all. Wonder why? Erma Cameron 12/22/2009 9:36 AM

We skied both Sunday and Monday from Seneca Aqueduct on the Canal... Sunday we went towards Great Falls; after a mile the tracks disappeared so we slowed down, breaking trail. Went the other way (towards Whites Ferry) on Monday afternoon, the trail was fine for four miles or more, undisturbed by footprints. Perfect snow conditions both days: no slush, no bare spots! John Patterson 12/22/2009 10:30 AM

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

December 2009



The Great December
Blizzard of 2009

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 |