



# UPSLOPE



## Newsletter of the NORDIC Ski Touring Section of PATC

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

December 2013

### UpComing Attractions In Winter UPSLOPE

- Updates to Ski Trips
- YOUR Ski Trip Reports

### Ski Fair

Our annual Ski Fair was held on Saturday, November 2 at PATC headquarters in Vienna VA. It was a clear fall day, sunny with moderate temperatures. I pessimistically did not expect a high attendance; I am glad I was wrong. Some even biked to visit us.

According to Ralph Heimlich's counting method there were at least 70 attendees. It has been awhile since there was so little floor space at the Fair. If you would like to know Ralph's attendance method: count the number of raffle tickets in the pumpkin bucket and add a few more for those who may not have taken one.



There were a number of items raffled off to attendees: Ski clothing from Open Air, the vendor who has been "exhibiting" at the Fair for more than 10 years, and some gear from REI.

We had speakers to inform us about upcoming trips, and photography:

- \* Rob Swennes- Trips to New Hampshire and Yellowstone

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### CROSS COUNTRY SKIING IN ESTONIA



A show at the Tartu Ski Marathon

If you asked an ordinary person on a street of Washington DC, New York or Boston a question about skiing, it's pretty safe to say that the person would assume that the question relates to downhill or Alpine skiing. However, if you would ask the same question on a street of the capital city of Tallinn or any other city in Estonia, that person would, with great certainty, assume that the question relates to cross-country skiing. This is because XC skiing is traditionally the most popular winter sport in Estonia; it is also a part of the Estonian culture in the winter.

When the winter season starts and snow covers most of the country (which sometimes happens in November), you can see the XC skiers everywhere - at the ski resorts,

city suburbs, parks and rural areas. Usually, a ski season in Estonia starts in December and lasts until the end of March. However, some XC ski resorts make snow and the ski season may be extended well into April. In Estonia XC skiing is a national sport and truly for everyone, men, woman and children of all ages young and old. In a grade school, XC skiing is part of a physical education class curriculum during the winter months. During the winter season many XC ski competitions are held throughout the country.

The most popular and well known is the Tartu Ski Marathon established in 1960, which now attracts professional and amateur skiers around the world. More than 8,500 skiers participated in the Tartu 42nd

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**FROM THE SLOPES – Chair Notes**

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On the Cusp of a Great Ski Season  
 Nordic skiers are ever optimists. Once the weather turns chilly (as it has now in the Washington metropolitan area), we expect that each week will deliver a good layering of snow so that we can strap on the x-country skis that have been waiting so patiently in the corner or closet for this morning to arrive. Of course, the actual weather conditions do not always meet our desires, but they will . . . in time.

There have already been several large wintry blasts down from the Arctic that have chilled communities well into California and the Deep South. Snow is on the ground in Yellowstone, where a group of us will be in a couple months’ time. If you want to see Old Faithful in real time with surrounding snow, go to the video web cam recording at <http://www.nps.gov/features/yell/live/live4.htm>. Maybe you will catch the geyser erupting.

In Highland Forest State Park south of Syracuse, seven inches of powdery snow has fallen since late November. Osceola Tug Hill Ski Touring Center (STC) northeast of Syracuse has already received 14 inches of snow thus far (<http://www.uxcski.com/>) as of the day I write this. More is expected this coming weekend. That is good news for those signed up thus far for Peggy and Steve’s annual trip to the Tug Hill region around New Years (see the STS Trip Schedule in this issue and in more detail on the STS web site). The folks at the Jackson STC in New Hampshire (<http://www.jacksonxc.org/>) are expecting a winter storm to hit December 9<sup>th</sup> and to be open for business thereafter. The Great Glen STC up in Pinkham Notch, NH expects to open December 7<sup>th</sup> on a limited basis, but the predicted storm a couple of days later should expand the number of skiable trails.



White Grass STC in Canaan Valley, WV (<http://www.whitegrass.com/>), our most local Nordic skiing center here in the mid-Atlantic region, has no skiable snow at the moment, but remains ever hopeful and vigilant, awaiting the snow storms to come. As Chip writes on December 5<sup>th</sup>: “Excitement builds at the wg clubhouse not knowin’ when the snow will come...positive thoughts toward the great unknown. Ullr sacrifices will open the heavens this weekend.” Optimists all.

If you are serious about your cross-country skiing, you should be the same. Don’t mope about depressed wondering whether snow will ever arrive. What you should be concerned about is whether there will be any space left on our Ski Touring Section trips when the snow arrives. And you can address that real concern by signing up now for the trips of your choice -- among those that are still available.

Reservations will close soon on several of the Section’s excursion trips planned for this winter. Those trip leaders can’t wait around for you to make a decision only weeks before the trips launch. There are nonrefundable lodging deposits that must be paid one or more months in advance. Act now!

Rob Swennes  
 Chairman



**Ski Fair (continued)**

*(Continued from page 1)*

- \* Adir Aronovich – Trip to Estonia
- \* Bob Mathis and Eliot Applestein –Ski Dance Weekend
- \* Kyle Wakayama, Mid-Atlantic Coordinator, REI Outdoor Programs and Outreach, speaking about Nature Photography.

As usual, the Ski Fair couldn't happen without a lot of work on everyone's part. Particular thanks to:

- \* Erma Cameron, who for the third time contacted the Vienna Whole Foods store for a donation of a gift certificate to purchase food for the Fair. I am sure that everyone who attended appreciated their generosity. And we also appreciated the generosity of everyone who contributed "potluck" food (another ski fair tradition!). Certainly, no one went away hungry!
- \* Eliot Applestein for stepping in at the last minute when we learned that our co-chair Jennifer Bine left for a new job in upstate NY.
- \* Kathy Brumberger for getting the trip announcements and envelopes together.
- \* and many others who helped staff the membership table, trip sign-up table, moved tables and chairs etc.



Yours from Between The Poles (in snow)

Peggy Alpert

**CROSS COUNTRY SKIING IN ESTONIA**

*(Continued from page 1)*

marathon this year including the Estonian Prime Minister Andrus Ansip. A short video of this year's marathon can be seen [here](#).

In recent years Estonian professional XC skiers have won medals at the Olympics, Nordic skiing World Championships and World Cup races. The most famous and successful Estonian XC skiers are Andrus Veerpalu and Kristina Smigun-Vähi, each with two Olympic gold and one silver medal). Estonia offers ample opportunities for XC skiing with many ski resorts throughout the country. Some of the best ski resorts are located in the



**Old town Tallin in the Winter**

south western part of Estonia near the town of Otepää (226 km/140 miles, some 3 hours drive from Tallinn) and beautiful Lake Pühajärve (which means Holy Lake). Otepää (population about 2,200) is called the "Winter Capital" of Estonia and has been internationally renowned for years. Otepää got its name, which in Estonian slang means "bear's head" after the shape of the castle hill - which reminds you of a bear's head. It has the most popular winter sports resorts not only in Estonia but in the entire Baltic Sea region and offers ideal conditions for cross-country skiers. The area's most popular ski resort, Kääriku Leisure and Sports Centre is located some 13 km (8 miles) south of Otepää and has a famous Kekkonen trail (named after the Finish president Urho K. Kekkonen who visited Kääriku and skied there in 1964). That trail is 15 km of well groomed tracks (both classical and free style). About 3 km (1.8 miles) of these ski tracks are lighted for night skiing. The famous Tartu Marathon 63 km (39.15 miles) trail runs from the Tehvandi stadium to the town of Elva near the university city of Tartu. There is also about 12 km (7.4 miles) of track (classic and free style) from Pühajärve Lake Spa Hotel to the Kääriku ski center of which the last 3km (1.8 miles) from Sihva to Kääriku is lighted at night. The shorter 2 km (1.2 miles), 5 km (3.1 miles) and 15 km (9.3 miles) groomed tracks are also located in that resort. Another XC ski resort in the area is the Tehvandi Sport Center with several trails from 2 km to 10 km including the 3.75

*(Continued on page 8)*

**STS Schedule 2013-2014**

Lots of room on 2014 cross-country ski trips! We have openings on most of the cross-country ski trips in 2014. However, the Feb 6-9 Blackwater Falls Cabin trip is full and the Feb 14-17 Blackwater Falls Lodge trip only has room for one male. If you are thinking about the Jan 23-26 Canaan Valley State Park Deluxe Cabin trip but haven't made up your mind. Don't wait until the last minute! Please contact and send your money to Doug Lesar as soon as possible or at least by Dec 20. Also for the New Hampshire and Yellowstone trips room is available but you will need to contact Rob by mid-December to ensure you have a space on the trip. Adir has room on the Estonia trip but you must contact him before mid-December as well.

Don't forget to check the trip schedule information on the STS web site: <http://www.patc.us/chapters/ski/trips.htm> for any changes.

**Think SNOW!**  
Kathy Brumberger  
Trip coordinator

Date	Place	Leader
Dec 28-Jan 1	Tug Hill, NY <b>FULL</b> <i>Cancels if no snow</i>	Peggy and Steve
Jan 3-5	Blackwater Falls, WV <i>Cancels if no snow</i>	Joe Bachman
Jan 10-12	Laurel Highlands	Julie Nash
Jan 10-12	Blackwater Falls Deluxe Cabin <b>FULL</b> <i>No cancellation</i>	Ralph Heimlich/ Bela Mariassy
Jan 16-20 MLK	Jackson, NH White Mts. <i>No cancellation</i>	Rob Swennes
Jan 17-19	Laurel Highlands Learn-to-Ski <i>Cancels if no snow</i>	Greg Westernik
Jan 17-20 MLK	Laurel Highlands, PA <i>Cancels if no snow</i>	Brian O'Konski
Jan 23-26	Canaan Valley Deluxe Cabin, WV <b>GOING FAST!</b> <i>No cancellation</i>	Doug Lesar
Jan 24-26	Laurel Highlands, PA <b>Need more participants.</b> <i>Cancels if no snow</i>	Bozena Sarnecka-Crouch
Jan 31-Feb 2	Blackwater Falls, WV <b>Room for 1 Male</b> <i>Cancels if no snow</i>	Ralph Heimlich
Jan 31-Feb 2	Laurel Highlands, PA <i>Cancels if no snow</i>	Greg Westernik
Feb 6-9	Blackwater Falls Deluxe Cabin <b>FULL</b> <i>No cancellation</i>	Kathy and Elliot
Feb 6-11	Stowe, VT <b>CANCELLED</b>	Peggy and Steve
Feb 7-9	Laurel Highlands, PA <i>Cancels if no snow</i>	Greg Rudl
Feb 8-19	Yellowstone/Grand Tetons <i>No cancellation</i>	Rob Swennes
Feb 14-17	Ski Dance, Laurel Highland, Camp Sequanota <i>No cancellation</i>	Eliot Applestein
President's Weekend		
Feb 14-17	Blackwater Falls, WV <b>Room for 1 Male</b> <i>Cancels if no snow</i>	Laurie Welch
President's Weekend		
Feb 21-23	Laurel Highlands, PA <b>FULL</b> <i>Cancels if no snow</i>	Ralph Heimlich
Feb 27-Mar 3	Upstate New York, (Lake Placid/Adirondacks/Tug Hill) <i>Cancels if no snow</i>	Greg Westernik
Feb 28-Mar 2	Oakland, MD <i>Cancels if no snow</i>	Brian O'Konski
Mar 6-17	Estonia <b>SEE ARTICLE pp. 1, 8</b> <i>No cancellation</i>	Adir Aronovich

**Have YOU Renude?**

I am appreciative of all PATC-STs membership renewers out there, but have some points to convey that will smooth the renewal process for all concerned:

- (1) When filling out your checks, please pay to PATC-STs (NOT to PATC or to me personally).
- (2) Please circle the membership class (one year, family, etc) desired; this designation is often omitted.
- (3) If you are a renewing member, and (i) indicate no personal information privacy requests, and/or (ii) indicate no newsletter delivery mode preferences, unless I check with you personally I can only presume no changes from your last previous requests.
- (4) Finally, please write legibly, especially e-mail addresses which cannot be logically / reasonably deduced by any means!

Thanks to all,  
Doug Lesar  
PATC-STs membership coordinator and recordskeeper

[Editors Note: Of course I can spell "renewed", but you read it, didn't you?]

**Work Trip Report**



Happy Trail Workers at WG—photo by Chip Chase

This past weekend (11/8-11/11), 11 folks from STS took part in what has become a tradition for us: a work weekend at White Grass Ski Touring Center near Davis, West Virginia. Basically, White Grass has trail work going on every weekend in November, and we have usually gone on the second weekend.

The type of work is brushing back trails that are overgrown, picking up deadfall, putting back the innumerable bridges that go over wet areas of the White Grass trail system, and opening up new areas for ski or snowshoe trails. Plus miscellaneous types of chores. White Grass always provides us with sumptuous lunches and this year was no exception – would you believe 5 different soups were available on Saturday! (Down to 3 on Sunday and 2 on Monday). Plus sandwiches, salad, cookies and fruit.

As we have been doing the last few years, we were able to stay at a lovely, private vacation home about 10 minutes from White Grass. This home belongs to an STS member and he has offered it for our use for several years for the work trips. The only “price” we have to pay is to thoroughly clean the house when we leave. Everyone who stayed at the house was a real sweetheart and pitched in with the cleaning. Thanks, sweethearts!

With November 11 being a Monday holiday for feds and others this year, some of us stayed over until Monday and did a half day’s work before heading home. Monday’s work was somewhat different – you know all those country flags that are set up around White Grass every winter? – well, we reinforced their attachment to their poles, and then started (but did not finish) the task of setting them up. Sure beats picking up sticks!

Many thanks to Lynn Yates who organized the work weekend, but then was not able to attend because of family matters...which is why I took over at the last minute.

Really a great weekend!

Erma Cameron

Yes, Jack along with Dave and Bert appear as part of a bridge crew pictured above from the White Grass FB site (<https://www.facebook.com/groups/60031184928/>). Bert’s colorful old trail pass hanging from his blue jacket makes him unmistakable. Chip put the Powder Line shelter group photo in both places. The web site had a lot of photos of the Monday flag repairers / salvagers (Doug, Erma, Joan, plus others). Mercifully, no pictures of our struggles to tie the flagpoles to their supporting fenceposts; afraid that only Chip and his local regulars have the right wire pulling, bending and knotting skills. [photo credits: Chip Chase, White Grass Ski Touring Center]



A bridge just far enough—photo by Chip Chase

**Are You Already Part of YAHOO GROUPS? Facebook? MEET UP?**

If you haven’t joined Yahoo Groups, make sure to do it. Go to <http://groups.yahoo.com/group/PATC-STS/> Ask to join the group. You will get a confirmation message in your email.

**FACEBOOK:** Please sign on to the STS Facebook page at <http://www.facebook.com/pages/Ski-Touring-Section-Potomac-Appalachian-Trail-Club/226549600733615> and "Like" us. You can easily locate it by putting the phrase "Ski Touring Section" into the search box at the top of the Facebook page. "Likes" are critical for getting status on Facebook and thus for helping others find us when they want information on Nordic skiing.

**MEET UP:** We are also on Meet Up Groups at <http://www.meetup.com/> Our group name is: Nordic Skiers of the Potomac Appalachian Trail Club

**First Skiers**



Ever wonder how people got the idea to strap boards on their feet and slide down hills? Jonas Bendickson, a photographer with National Geographic, traveled to the Altay Mountains of Siberia and tracked down some traditional winter hunters called the Tuvan who use wooden skis with horse or elk hide nailed and glued to the bottom to pursue elk in the deep snow of their winters.

Like Snowshoe Thompson of Sierra Nevada fame, these folks use one long pole (called a *taiyak*), sometimes with paddle shaped blades on the ends, instead of our two poles. The video on the site shows the Tuvan skiers holding this pole out behind them and steering like a rudder as they go down steep hills leaning way back on the skis.

Ancient petroglyphs in the area show that these methods have been used for thousands of years, and remain essentially unchanged. Unfortunately, the younger generation doesn't seem to be interested in skiing uphill—just like our kids.

Get the December 2013 issue of the National Geographic magazine, or view the features of this article online [here](#). You must log in (free account) to see everything on this story. Doug Lesar comments that the Tuvan people of Asia are well known for "throat singing". Another connection to skiing, as if you've ever heard Chip Chase singing away while driving an ATV, groomer, or truck at White Grass, you might mistake him for a Tuvan throat singer.

**Battling Winter Forecasts**

Doug Lesar noted that the White Grass Report had contradictions between the two forecast maps on the left and right and the middle map of another forecasting origin. The first two are from AccuWeather (<http://www.accuweather.com/en/weather-news/us-winter-2013-2014-snow/18574742>) and depict "winter" and deviations from normal snowfall, with most of WV and southern PA being BELOW average snowfall.



A more optimistic report is from Weather Advance (<http://weatheradvance.com/preliminary-winter-2013-2014-winter-outlook/>), which says: "Look For Pattern Of Late Last Winter To Pick up where it left off, starting early winter. Winter Will get off to a fast start. January Thaw Will Come But Will Not be as bad as 2011-2012 winter. Weak La Nina Seems slightly favorable for upcoming winter. Weak La Nina's Favor More Snow in The Mid-Atlantic. Worst Of Winter Will be North And West Of I-95."

I know what I'm betting on, but all forecasts are accurate—until the snow flies.



**Snow Nuts**

We're not the only people who are nuts for snow. After the first snow fall in Alberta the snow sculpture artists were at it honing their skills.



**Ski Estonia (cont.)**

*(Continued from page 3)*

km (2.3 miles) classical and 3.75 km free style track. Both of these tracks are lighted and open daily until 9 pm. There are also 2 km (1.4 miles) and 2.5 km (1.6 miles) of lighted race tracks and a 10 km (6.2 miles) hiking trail available for backcountry skiers.

The best downhill slopes (in otherwise flat Estonian landscape) are also located in the Otepää / Kääriku region. The longest run in Otepää (450 m/1,476 ft.) is called Vaike-Munamägi and another downhill resort near Otepää is Ansomagi with 5 lighted smaller slopes. During every winter season a number of Nordic ski events, including the World Cup Cross Country stages are held in the Otepää/ Kääriku region. Otepää is one of the locations in Estonia where you can always find snow during the winter season since Otepää is located up-country and far from the sea. The last two winters have been generous with abundant snow in Otepää and in Estonia. If you are tired after a long day and night skiing, there are plenty of opportunities to relax in and around Otepää. You could visit a ski museum, the Sangaste 19-th century castle, Estonian Flag museum or just relax at the Pühajärve SPA or other nearby spas with saunas, hot tubs, and swimming pools and other amenities. At night, Otepää area offers several restaurants, pubs, cafeterias and nightclubs with live music on weekends.



Tehvandi Sports Center

Another good place for XC skiing is a Jõulumäe Recreation Center resort near the town of Pärnu (118 km/73 miles, 1.5 hours drive from Tallinn). The Recreation Center has 15 different ski trails (classical and free style tracks) ranging from 1 km (0,6 miles) to 15 km (9.3 miles) including 1,2 km (0.7 miles) and 2,3 km (1.4 miles) of lighted tracks. The snow conditions at the Jõulumäe ski resort are usually good and as in Otepää, they are able to make snow if it becomes necessary. There are plenty of opportunities for XC skiing near and around Tallinn. The suburbs such as Pirita and Nõmme both have well prepared and well-lit, professional standard tracks (classical and free style) and slopes for beginners as well as advanced skiers. An advantage of skiing near Tallinn is an opportunity to do some sightseeing in the old town, a beautiful, and one of the best preserved, medieval old towns in Europe. Its hilly cobblestone streets include a fortress, museums, several large churches and many shops, restaurants and pubs – all of this in a walking distance within the ancient walls of a medieval fortress. Last, but not least, all of the XC ski resorts in Estonia offer full equipment rental with reasonable prices.



Après Ski in Estonia

Adir Aronovich

<b>Trip</b>	<b>Estonia</b>
<b>Dates</b>	March 6-17 2014, No cancellation
<b>Lodging</b>	First night in capital city of Tallinn at Radisson Blue Olympia Hotel; eight nights at the Puhajarve Spa Hotel, in Otepa; final night at Ulemiste Hotel in Tallinn near the airport
<b>Transportation</b>	Fly from Washington area to Tallinn, minibuses from airport to hotel back to airport
<b>Description</b>	Seven days skiing around Otepa and Kaariku ski resorts in the south of the Country offers over 100 km trail system: it rolls over the hills, having no major steep uphill or downhill or long flat parts. All skiing will be done on well groomed trails. Downhill skiing is also available.
<b>Leader</b>	<b>Adir Aronovich, 301-593-4328 (h), <a href="mailto:adir.aronovich@verizon.net">adir.aronovich@verizon.net</a> or contact Peggy Alpert, <a href="mailto:mountainmama15@verizon.net">mountainmama15@verizon.net</a>, 301-946-4497</b>
<b>Cost</b>	\$975 with a minimum of 12 includes 10 nights lodging with buffet breakfast, spa, transfers to and from airport, city tour of Tallinn and transport from Tallinn to Otepa with chartered bus. Pay on your own: airfare, additional meals, other tours/transport, ski equipment rental, and personal expenses. Payment is due no later than Dec. 5.
<b>Required for participation</b>	PATC and STS current membership, valid passport, Evacuation Insurance. \$975 payment, STS trip application and waiver, PATC waiver
<b>Additional Info on the area</b>	Estonia info: <a href="http://www.estlandia.de/en/tourism-estonia/cities/otepaeae.html">http://www.estlandia.de/en/tourism-estonia/cities/otepaeae.html</a> Tartu Maraton - Worldloppet Ski Federation: <a href="http://www.worldloppet.com/tartu_maraton.php">http://www.worldloppet.com/tartu_maraton.php</a>



**Your Guide to Nordic Conditions Throughout the U.S. and Canada**



A very useful website I ran across recently is the Cross Country Ski Areas Association site at <http://www.xcski.org/index.php> . This site has up-to-date snow conditions, information on resorts and trails, links to makers of equipment and services, instructional and informational pages, and links to many national and local retailers and outfitters.

The snow conditions give new snow depths, current snow pack and numbers of trails open at CCSAA resorts, which are not all inclusive (White Grass apparently isn't a member). However, the info will give you a good idea of conditions in your destination of choice.

**Yet More Yellowstone Pictures**



From my trip in 2013 photos by Ralph Heimlich



Coyote on a kill photo by David Gold-brenner

**PATC-Ski Touring Section**  
**c/o Doug Lesar**  
**2507 Campbell Place**



STS crew working on a WG bridge—photo by Chip Chase

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 New Yahoo Group so I can get infrequent, adhoc announcements of local XC Ski activities: \_\_\_
- 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 |