



UPSLOPE



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

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

July 2014

UpComing Attractions In Fall UPSLOPE

- Ski Fair
- Tentative 2014-15 Schedule

PATC-ST\$ Planning Meeting

The 2014-15 Planning Meeting will be held on **Sunday, August 24** at 5:00 pm to plan cross-country ski trips for the season. As in previous years we are scheduling trips to Laurel Highlands, PA, and Canaan Valley, WV, as well trips to the north and west where the snow is more predictable. We're looking forward to seeing our past trip leaders, but we'd really love to see prospective new leaders who might like to experience the rewards of leading a trip. Throw in the benefit of a FREE hotel room for yourself and it becomes even more rewarding.



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Kindly RSVP so we can order the correct amount of pizza. Salad will also be provided. In addition, your contribution of anything you wish to bring in the form of appetizers, beverages, and dessert would only add to the enjoyment of the meal.

The meeting will be held at my house near Olney, MD. I will send directions when you reply.

Kathy Brumberger
301-774-7412
kathybrum@verizon.net

ST\$ Officers

FROM THE \$LOPES – Chair Notes

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UPSLOPE

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The summertime allows us to enjoy the many outdoor sports we can't participate in when snow is on the ground. So summer is not bad—in moderation. Extreme heat and humidity are something else. Most members of this Section would prefer a good sub-freezing day with snow on the ground to the heat and humidity that can only drive people inside.

But one of the benefits of summer is that it gives us the time to figure out what Nordic skiing trips the PATC Ski Touring Section should offer to our members for the coming winter. That's why the Section's trip planning meeting on August 24th at Kathy Brumberger's home in Maryland is so important. Many of our traditional ski trip leaders go to the same skiing locations each winter or return to their favorite snow spots every few years. A lot of our Section members sign up for those trips because they know that the leader is highly knowledgeable about the skiing, lodging and eating options in those places.

But it is also good to try new locales for skiable snow. Even though the Section offers 20 - 30 trips per year, that is only scratching the surface of the number of spots where one could have a good skiing holiday within the U.S. And sometimes we offer trips to foreign countries, which expands even further the number of potential excellent ski locations. Unless one of us is bold enough to plan a ski trip to South America or New Zealand during the U.S. summer months, our ski season in most years is painfully short—for the most part the months of January and February. So it makes sense for us to use that short period of time as wisely as possible.

Doug Lesar, our Membership Coordinator, notes on page 3 that the Section gained 38 new members this past year. Many of you new members are experienced skiers, often from other parts of the country. Some of you have joined in hopes of somehow rediscovering the ski joy that you had when trekking over the snow in your favorite spots in Wisconsin, Colorado, or Ontario. The snow in the mid-Atlantic region may rekindle that joy—or not. If not, then consider stepping forward as a trip leader for the Section and leading a group of Washington area skiers to the grand ski spots you already know and love. It's important that trip leaders be familiar with the places they go, particularly if you are bringing along a group of people with little or no knowledge of the area. But if you have skied there before (often many times), you have that problem solved.

New trip leaders like you help the Ski Touring Section to evolve in a natural way. If you have been a member for several years and find the trip list each winter somewhat static, then shake things up. Propose a Section trip to some place new but somewhere that you know reliable snow can be found, because you've been there and skied there. Kathy Brumberger and the other officers of the Section are happy to work with you to help vet and plan the trip you propose, whether it's to a distant place or to a good ski spot in the mid-Atlantic area that never seems to show up on our trip list.

If this suggestions resonates with you, contact Kathy and plan to join us on August 24th. Help create some new excitement in next winter's ski trip schedule!

Rob



Ski Touring Section Membership Report

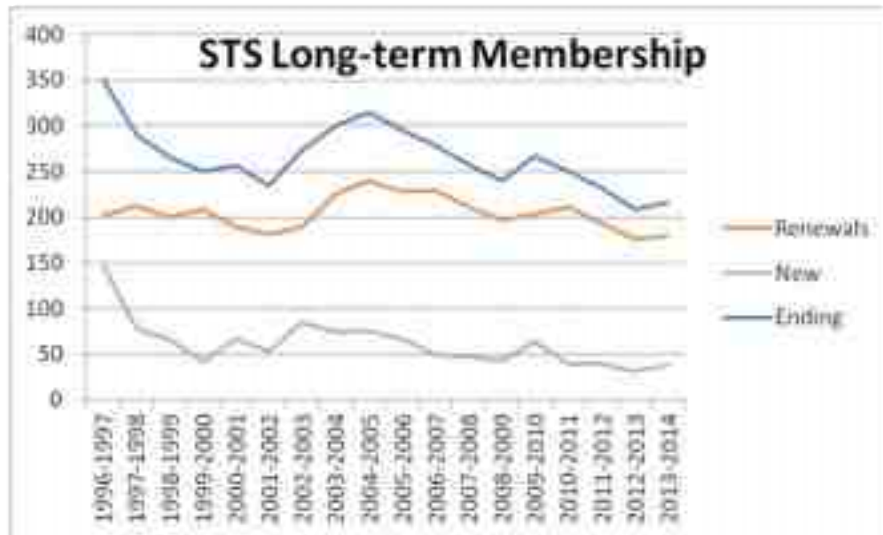
By Ralph Heimlich, data supplied by Doug Lesar

As of the Après Ski Party, STS membership stands at 217, a slight gain over last year's 208 members. Both renewals and new members are up slightly over 2013.



Membership Dynamics During 2013-2014		
Membership at start of member year	Life	18
	Regular	190
	TOTAL	208
Changes during year	Life member additions	0
	Renewals and retain-ees	161
	Dropouts	29
	New members	38
Membership at end of member year	Life	18
	Regular	199
	TOTAL	217
Change	(+/-)	9

While encouraging, the trends over the longer term are distinctly down. Both renewals and new members are down from peaks in the 2004-2005 season.



While the reasons for these declines are many, systemic and perhaps largely beyond anyone's control, it seems obvious that we need to do more to retain members once they have joined (new trips? new activities? new operating procedures?) and more to recruit members to the club in the first place.

Are You Already Part of YAHOO GROUPS? Facebook?

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.

You can also join our Meetup, Nordic Skiers of the Potomac Appalachian Trail Club at <http://www.meetup.com/Nordic-Skiers-of-the-Potomac-Appalachian-Trail-Club/>

STS Treasurer's Report

By Brian O'Konski

For the financial results, note that on many trips the leader's personal account is used for revenue and costs, and hence the Section's accounts only reflect the net revenue or deficit from the trip. The Section was well in the black for the year. The heavy weather with many trips taking place is the primary reason. Also there were a couple of trips where the leader helped pay for the trip, rather than report a deficit. Also the membership revenue went up. We use the cash basis for accounting, so with six different membership prices including one to three year terms the membership revenue fluctuates from year to year.

POTOMAC APPALACHIAN TRAIL CLUB - SKI TOURING SECTION
2014 Financial Summary
 (Cash Basis - Fiscal Year Ends April 30)

	Actual 2010 - 2011	Actual 2011 - 2012	Actual 2012 - 2013	Actual 2013 - 2014	Budget 2014 - 2015
REVENUES					
Memberships	\$1,805	\$1,410	\$1,297	\$1,504	\$1,200
Trip Revenues ¹	6,269	9,340	7,991	9,216	7,800
Misc. Revenues (inc. Adv. Ski Dinner)	48	32	0	0	0
Savings Account Interest	2	2	1	1	0
Total Revenue	\$8,125	\$10,785	\$9,289	\$10,801	\$9,000
EXPENSES					
Newspaper Copying	\$417	\$333	\$380	\$280	\$400
Postage	161	111	137	107	150
Volunteer Work Expenses (trail work)	517	231	128	327	550
Trip Expenses ²	8,666	11,289	6,407	6,658	7,500
Ski Pass	35	144	130	183	150
Publicity & Administrative Expenses (inc. brochures, Meeting charges)	364	877	311	469	359
Total Expenses	\$10,160	\$12,585	\$7,513	\$7,942	\$11,900
REVENUE/(DEFICIT) NET OF CHANGE IN DEPOSITS	(\$435)	\$349	\$404	\$1,219	\$100
Ski Touring Section Accounts & Deposits at Fiscal Year End					
	2010	2011	2012	2013	2014
Checking	9,407	7,366	10,164	11,039	11,398
Savings	8,727	9,733	5,019	5,036	7,536
Deposits ³	0	1,577	3,728	2,354	814
Total	19,134	18,676	19,025	19,429	29,748

¹ Net revenue from trips with minimal recording expenses, plus returns of deposits to the Ski Touring Section.
² Net deficit from trips with expenses exceeding revenues, plus deposits made by the Ski Touring Section.
³ Information on this, as revenues and expenses are on a cash basis.
 STS Financial Summary 2014



SWITZERLAND: A WINTER PLAYGROUND FOR GROUPS

Looking for ideas for European or North American ski trips for the Planning Meeting? Check out SNOWBOUND (<http://boundforsnow.com/category/destination-guides/>)



[Download The Magazine for Free](#)

When it comes to skiing and winter sports in Europe, Switzerland ranks as one of the top countries because of the all-encompassing, snow-capped Alps, the modern ski facilities offered, and the abundance of upscale hotels, resorts and apartments that can accommodate skiers. It's almost as if Switzerland was *made* for skiing, snowboarding and snow-related activities.

An amazing number of areas in Switzerland's winter wonderland are exceptional ski regions that welcome groups and host thousands of skiers, snowboarders and winter sport enthusiasts every year.



Grindelwald—At 10,000-foot-high **Mount Titlis** in the Lake Lucerne region at Engelberg, and only two hours from the Zurich Airport, you'll find the largest ski area in central Switzerland, with as many as **25 lifts**, downhill runs for the pros and three slopes for beginners. And with the **glacial slopes at 9,800 feet**, the snowpack makes skiing possible from October to May.

After a full day in the snow and sun, your party can retire to a comfy hotel, guesthouse or apartment, and indulge in one of the Swiss' favorite dinners—fondue and wine in front of a warm, roaring fireplace.

There are **51 miles of slopes and trails** in the Titlis ski area, with a variety of snow sports available, including winter hiking, snowshoeing, cross-country skiing, sledding—and there's even an igloo village (brrrr!) where your group can relax over dinner or drinks after a day of riding snowbikes or paragliding.



(Continued on page 7)



Historical STS Officers

Chair	Vice-Chair	Secretary	Treasurer
-88 Tim Rahn	-87 Bill Harkins	-87 LeAnne Hammer	-87 Lee Collyer
1988-90 Ken Waigand	1987-88 Ken Waigand	1987-90 Michelle Moriarty	1987-88 Paul Moore
1990-91 Lee Collyer	1988-88 Ralph Fiorito	1990-91 Barbara Henry	1988-89 Lee Collyer
1991-92 Dave Holton	1988-90 VACANT	1991-92 Rich Meinhold	1989-90 Bruce Butterworth
1992-94 Greg Westernik	1990-91 Dave Holton	1992-94 Nancy Benco	1990-94 Paul Johnson
1994-96 Mitch Hyman	1991-93 Carol Ruppel	1994-95 Gus Anderson	1994-10 Rob Swennes
1996-98 Darleen Wall	1993-94 Hazel Pflueger	1995-01 Julie Nash	2010- Brian O'Konski
1998-00 Katherine Stentzel	1994-97 Marty Walsh	2001-05 Barbara Mandula	
2000-03 Steve Brickel	1997-99 Jim Lautenberger	2005-09 Izabella Zandberg	
2004-07 Bert Finkelstein	1999-01 Erma Cameron	2009-14 Al Larsen	
2007-10 Peggy Alpert	2001-03 Jack Kangas	2014- Peggy Alpert	
2010- Rob Swennes	2003-04 Bert Finkelstein		
	2004-07 Steve Bergstrom		
	2007-10 Bert Finkelstein		
	2010-14 Jen Bine		
	2014- Jack Kangas		
Trip Coordinator	UPSLOPE Editor	Membership Coordinator	Mailing Coordinator
-88 Ralph Fiorito	-87 Kathy Lingle	-87 Bob Stahlbush	?? ??
1988-90 Rich Meinhold	1987-88 Kathleen McClelland and Cathy Dunstan	1987-89 VACANT	1992-94 Robert Meyer
1990-91 Greg Westernik	1988-91 Michelle Moriarty	1989-90 Chuck Sten	1994-95 Mitch Hyman
1991-93 Bob Stahlbush	1991-94 Keith Nichols	1990-92 Jerry Draney	1995-07 Dave Holton
1993-96 Darleen Wall	1994-95 Anne Goetz and Catherine Moore	1992-94 VACANT (*)	2007- Randy Kerr
1996-98 Grace Williams	1995-99 Mitch Hyman	1994- Doug Lesar	
1998-00 Diane Weil	1999-04 Greg Westernik		
1999-03 Myrna Aavedal	2004-11 Ralph Heimlich		
2003-04 Debbie Ryan	2011-12 Maria Araya		
2004-06 Susie Etcheverry	2012- Ralph Heimlich	Webmaster	Worktrip Coordinator
2006-08 Al Larsen			
2008-09 Steve Bergstrom		2002- Steve Brickel	-87 Bob Bishop
2008-10 Kathy Brumberger			
2010-11 Rich Galloway			
2011- Kathy Brumberger			

(*) Greg W. double hatted this job while serving as chair

Thanks to Doug Lesar, our archivist, and to all those suckers (uh, volunteers!).

Switzerland (cont.)

(Continued from page 5)

Jungfrau Region—In the **Jungfrau region**, three spectacular mountains reign supreme—the massive Eiger, Mönch and Jungfrau—and throughout the area skiing, snowboarding, sledging and winter hiking also reign supreme for enthusiasts.

Beatenberg-Neiderhorn, Habkern, Grindelwald-First, Mürren-Schilthorn and Kleine Scheidegg-Männlichen ski areas all combine to make the Jungfrau region popular, with the most beautiful backdrop in the world. Groups coming here enjoy numerous choices of accommodations and restaurants, and excellent transportation including trains, aerial cables, buses and automobiles.



Skiing Murren Schilthorn—In the southwestern part of Switzerland in the beautiful Valais region, the two neighboring trendy resorts of **Crans** and **Montana** at an altitude of 5,000 feet lie on the sun-drenched Plaine Morte plateau high above the Rhone Valley. Together they form one of the largest vacation spots in the Valais, with ski slopes stretching from the plateau up to the glacier at 9,800 feet. This region hosts the Ski World Cup races, as do Wengen (Jungfrau), Adelboden, Lenzerheide and St. Moritz.

Near the quaint alpine village of Verbier, with its slate-roofed chalets, are nearly 100 lifts and more than 250 miles of ski runs for all levels of expertise. At **Saas-Fee**, called the Pearl of the Alps, groups find cross-country skiing with five miles of trails, ice sports, snowboarding, sledging and snowshoeing with a professional guide. The area is surrounded by **18 peaks of 13,000 feet** or more. Surrounded by Saas-Fee's unique mountain scenery, the new Kneipp hydrotherapy area is the ideal place to give your body and soul a healthy boost. It has a foot bath, water stream, arm bath, barefoot trail and relaxation zone. Close by are the resort areas of **Saas-Grund, Saas-Almagell** and **Saas-Balen**, all with cozy accommodations, excellent food and special events during ski season.



Snowshoeing Grindelwald—**Zermatt**, the resort city with a world of charm, sits a mile above sea level in the heart of the highest peaks in the Alps. Everyone loves to see the Matterhorn, ski the area's slopes and relax in the evening at charming restaurants and enjoy the après-ski scene.

The panorama at the Matterhorn glacier area provides a breathtaking view of Italian, French and Swiss alpine mountain giants from an altitude of **12,700 feet**. Here you are at the peak of the international ski area—beneath you lies the largest summer ski area in Europe, and not far away there's a cool snow park for snowboarders and free skiers, open 300 days a year. Besides skiing and snowboarding, there's winter hiking, tobogganing, cross-country skiing, paragliding, curling and ice skating.

St. Moritz—In the eastern region of Switzerland is **St. Moritz**, a jewel known for its inspiring panoramas, dramatic mountain backdrops, sunny climate (322 sun days a year), and celebrated shopping and glamour. Winter sports were invented here more than 150 years ago: the first ski lift was installed in 1935, and St. Moritz has hosted two Winter Olympic Games.

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Switzerland (cont.)

(Continued from page 7)

With **217 miles of ski slopes**, the Engadin St. Moritz region is one of the largest snowsports area in Switzerland. (Zermatt, with 223 miles of trails, has the most). It's a complete package for tour groups, with glacier runs and full-moon descents.



Kandersteg photo by Beth Heimlich

Here's a view of the kind of groomed trails you can find there.



Trails above Kandersteg photo by Beth Heimlich



International Scout Centre photo by Beth Heimlich

Kandersteg—Of course, my favorite spot in Switzerland is [Kandersteg](#), in the Bernese Oberland near the border with Italy at the Gemmi Pass. There is flat-country skiing on the valley floor, lifts to several levels of downhill and Nordic runs, and a variety of other activities from snowshoeing to sled runs to “winter walking”. You are on a major passenger rail line that speeds you to Bern, Spiez and the Reichenberg Falls. And the village is classic Swiss, with a nice selection of hotels and guest houses.

Rob, Kandersteg is also the home of the [International Scout Centre](#).

Switzerland's beauty, expansive accommodations and warm hospitality are the keys to a successful “run” for your next group tour.

Contact: Switzerland Tourism
 608 Fifth Ave.
 New York, NY 10020
 212-757-5944
www.myswitzerland.com

This article was excerpted nearly entirely from SNOWBOUND's website at <http://boundforsnow.com/category/destination-guides/>

More Ideas for Trip Destinations

Royal Gorge, California—Endless Cross Country Skiing—Be it classic striding, XC skating or scenic snowshoeing, six distinct trail systems featuring 200km of groomed trails across 6,000 acres of pristine land offers a little something for everyone, be it gliding around the Van Norden Meadow or challenging climbs to the Point Mariah lookout. Royal Gorge (<http://www.royalgorge.com/home>) skiers can enjoy trailside accommodations in the classic high-alpine Lodge at Sugar Bowl, with the groomed trails of Royal Gorge right outside your front door, and the Disney chairlift right out front. For more information and reservations please visit www.sugarbowl.com/lodge



Carabasset Valley, Maine—During the winter months Maine Huts & Trails (<http://www.mainehuts.org/nordic-skiing/>) offers one of the most unique Nordic and back-country skiing experiences in the northeast. Maine Huts & Trails grooms over 45 miles of cross-country ski trails for both classic and skate skiing. Skiers are invited to come into a hut for lunch or plan a multi-day hut-to-hut adventure. [Click here to see some of our suggested winter itineraries.](#)

Recommended nearby Nordic skiing can be found at the Sugarloaf Outdoor Center (<http://www.sugarloaf.com/activities-and-nightlife/outdoor-center>). Most MHT trails have limited elevation changes that do require some descending skill. The trail from the parking area at Gauge Road to Poplar Hut and Route 27 trailhead to Stratton Brook has significant climbing that requires some experience. Cross-country skiing is allowed on all MH&T trails. It is possible to cross-country ski hut-to-hut among all huts. Maine Hut Trail is groomed for back-country skiing. Grooming is not intended to be touring center quality. Trail may only be groomed once per week. Conditions can be particularly challenging during or within 24 hours of a snowstorm. Backcountry skis with edges are recommended. Skate and classic skis are suitable only when trail conditions allow. Be prepared with skis for all conditions.



What are the huts like? Perhaps the best term we've found to describe us (so far) is "Boutique Hostel." Each hut has a main lodge and separate bunkhouses for sleeping. Sleeping accommodations are primarily shared accommodations, featuring different configurations of bunk beds in a variety of bunkroom sizes, though each hut has at least a couple of "private" bunkrooms that host a "double" bunk. The main lodge is where guests will find bathroom and shower facilities, the kitchen, dining and library/common rooms as well as the staff quarters and clean-energy systems that run the hut.

How many Huts are there? Currently we have four huts in operation of our complete plan of twelve backcountry huts. Over the next decade, with your help, we'll be building several more huts for people of all ages and abilities to enjoy year-round.



PATC-Ski Touring Section

**c/o Doug Lesar
2507 Campbell Place
Kensington, MD 20895**



Après Ski Party photo by John Tichenor

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 |