



# UPSLOPE

## Newsletter of the NORDIC Ski Touring Section of PATC



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

October 2015

### UpComing Attractions In Winter UPSLOPE

- The rest of the 2015-16 Schedule
- YOUR ski stories

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### Don't Miss the SKI FAIR!

By Ralph Heimlich

The long, dry summer is over, so now is the time to grab your skis and start dreaming of the COLD season ahead. You are not alone!

Join the Potomac Appalachian Trail Club's Ski Touring Section as we kick off the coming season with our annual Ski Fair. Whether you're looking for basic information about cross country skiing or gear, want to know more about local destinations, or are interested in joining one of our regional or out-of-area trips, you'll find it on **Saturday, November 7, 12:30-4:30** at the PATC offices, 118 Park Street in Vienna, VA (directions below).



Sign up for trips photo by Stan Turk

Catch up with old friends and new and be among the first to sign up for trips scheduled from December 2015 through March 2016. STS trips are a travel bargain, fun, friendly and led by members with years of experience.

Listen to presentations from experienced skiers and trip leaders (schedule on [page 6](#)).

Consider yourself a Nord-wannabe? No problem! You can take lessons at many of the Ski Touring Centers at our destinations. Bring your checkbook to sign up for trips (see schedule on [page 6](#)) and begin or renew your membership, and buy or swap for used cross country ski equipment at the Fair.

Bring healthy and not-so healthy snacks to share. (For last-minute shoppers, there's a Giant 2 blocks north (RT 128 and Branch Road SE) and a Whole Foods (across Park Street). STS will provide coffee, tea and sodas. Enjoy talks on ski gear, ski destinations and score some bargains on used ski gear while you're at it.

**WHERE:** The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [less than a block south of the intersection of Park & Maple Sts. (VA Rt.123) in Vienna]

**By Car:** Once you find the intersection of Interstate 66 and Interstate 495 (alias the Washington Beltway), take the Nutley Street North (VA Rt. 243) exit just outside the Beltway. Go north just over 1 mile passing two traffic lights. When you get to the third light, turn right onto Route 123 (alias Maple



Learn about skiing photo by Ralph Heimlich

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**FROM THE \$LOPES – Chair Notes**

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Our annual Ski Fair event is like the first warm day of Spring. That perhaps oxymoronic claim helps explain why Nordic skiers differ from most of the world. Most adults view late Fall and the coming winter months with dread. They close themselves up in their houses or fly off to Florida and begin the long wait till they can emerge again in the warming days of Spring. For us the first frost of the autumn is a call to arms. We instinctively start pulling down our shelved skis and related equipment and checking it over to make sure all is ready for the first big snow.

The Ski Touring Section’s [Ski Fair](#) is timed each year to coincide with that quickening of the blood. By earlier November it’s clear that colder weather is on the way. Were we bears, we would start sniffing around to find a cave where we could hibernate. Instead, Nordic skiers start sniffing around to find out what skiing opportunities will be available to them in the coming winter.

Ski Fair satisfies those needs. Our Trip Coordinator, Kathy Brumberger, has done an outstanding job of preparing a list of ski trips, both near and far, that will satisfy the most avid skier. But it is the many STS trip leaders who execute the scheduled trips that deserve the greatest thanks. There’s a lot of work behind the scenes that each trip leader needs to perform in order for his or her trip to look seamless or effortless to those participating. Our goal is always exciting and enjoyable skiing without a hitch. But it takes the knowledge and skill of the trip leaders to insure that no hitches occur.

When you look at this year’s [Trip Schedule](#), you will find many opportunities to your liking. This year the Section is offering two Learn-to-Ski weekends in January, led by experienced members of the STS. One is in West Virginia; the other is in Pennsylvania. For those new to cross-country skiing, sign up while there is still space. We offer five excursion ski trips this winter, which means trips outside the mid-Atlantic area where the Potomac Appalachian Trail Club operates. Those trips are to New Hampshire, New York, Pennsylvania and Colorado – go-to places where the snow is dependable and skiable. Other trips are scheduled to favorite places in West Virginia, Pennsylvania and Maryland that are a reasonable drive away. For those trips, check the description to see if a trip is designated “no snow, no go” or “ski or hike”. The first means that the trip may cancel if there’s no skiable snow as the launch date approaches. The second means the trip is a go regardless of weather conditions. This designation is driven by the kind of lodging that has been reserved.

Remember that several trips regularly fill up at Ski Fair. If you do not show up with checkbook in hand and a good idea of when and where you want to ski, you are likely to go home empty handed.

If coming to Ski Fair on November 7<sup>th</sup>, please bring food to share. This is a pot luck event, so bring something to share that YOU like. That way you know you will eat well.

Look forward to seeing you at Ski Fair!

Rob Swennes  
 Chair

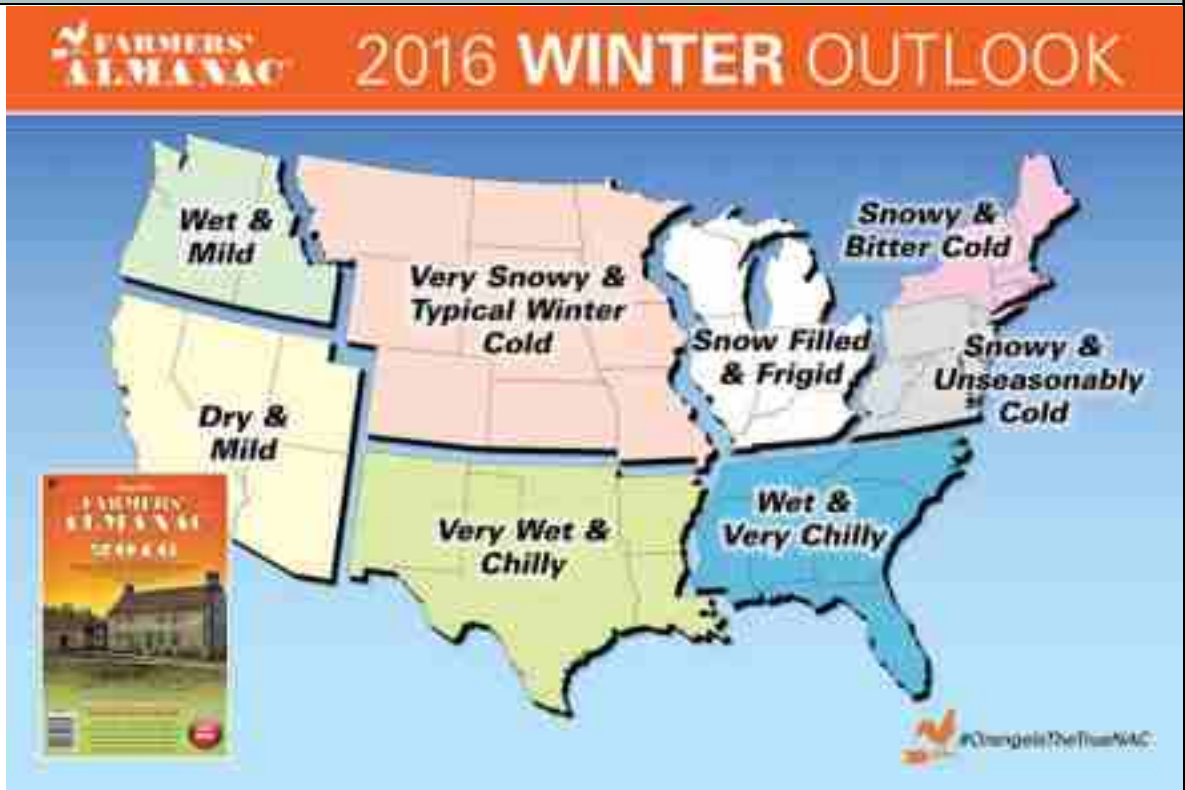


## Farmer's Almanac Predicts 'Super-Cold' Winter, More Snow In Eastern U.S.

Will we skiers make out with a nice, snowy winter again this year?

According to the Farmers' Almanac, the winter of 2015–2016 is looking like a repeat of last winter, at least in terms of temperatures with unseasonably cold conditions over the Atlantic Seaboard, eastern portions of the Great Lakes, and the lower peninsula of Michigan, Ohio, Kentucky, most of the Tennessee and Mississippi Valley, as well as much of the Gulf Coast.

New Englanders will once again experience a very frigid (shivery) winter (Déjà vu). Farther west, over the Rockies, the Colorado Plateau, Pacific Northwest, and the Southwest States, milder than normal temperatures are expected.



“It’s like Winter Déjà vu,” states Geiger, adding “last year our bitterly cold, shivery forecasts came true in many states including the 23 eastern states that experienced one of their top-ten coldest Februaries on record. This year many of these same states may want to get a jump start now and stock up on lots of winter survival gear: sweaters, long johns, and plenty of firewood.”

**HOW MUCH SNOW?!**—Precipitation-wise, if you like snow, then you should head out to the northern and central Great Plains (most of the North Central States), the Great Lakes, New England (sorry Boston!), and parts of the Ohio Valley where snowier-than-normal conditions are forecast.

Over the Northeast and Mid-Atlantic States, the winter will be stormy with a good amount of snow. We are “red-flagging” the second week of January and the second week of February for possible heavy winter weather with a long, drawn out spell of stormy weather extending through much of the first half of March. So sharpen those skis and boards, because the eastern slopes look like the ideal places to carve some turns.

An active storm track will bring above-normal precipitation to the Southeast States, as well as the Mississippi Valley, Southern Great Plains, the Gulf Coast, and along the Atlantic Seaboard.

What’s in store for next summer’s weather? Get 16 months of forecasts in one place. Order your 2016 [Farmers' Almanac](#) today!

## 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/>

**Ski Fair (cont.)**

*(Continued from page 1)*

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.

**By Bike:** Yes, many of our members enjoy other forms of self-propelled transportation, and reaching PATC headquarters couldn't be easier. Take the Washington & Old Dominion Trail to Vienna. Where the trail crosses Park Street, turn north and ride roughly a block and a half until you see the headquarters on your right at 118 Park Street. Lock up, and come on inside; helmet hair and Lycra are welcome!



Renew your PATC-STS Membership *photo by Ralph Heimlich*



Ski Touring Section members --

It is with sadness that I report that Doug Tilton of Open Air Wear died in September. We were preparing to invite him once again to our early November Ski Fair at PATC headquarters when I ran across his obituary. See <http://www.baltimoresun.com/news/obituaries/bs-md-ob-douglas-tilton-20150910-story.html> .

Given the fact that Doug personally attended the Ski Fair for many years and the small size of his company, it is doubtful that anyone from Open Air Wear will be at Ski Fair this fall (November 7th). I was touched to learn that Doug was an accomplished cross-country skier as well as an overall outstanding athlete through his life.

Rob Swennes

**Work Trips Scheduled**

Two work trips have been scheduled to improve trails prior to the ski season. YOUR help is needed to make things better for EVERYONE.

**September—Laurel Mountain**—The Ski Touring Section of PATC attempted to hold a X-C ski trail work day in the Laurel Mountain area of Pennsylvania on Saturday September 29. Unfortunately, for the SECOND YEAR IN A ROW...NOBODY VOLUNTEERED. PATC-STS needs to support our local ski areas, or they won't be very good, or won't be there AT ALL when we want them. Erma puts a lot of effort into organizing these trips. HOW ABOUT YOU??

**November—Whitegrass**—November is a long time off, but it is not too early to SAVE THE DATE for the **November 14** worktrip to Whitegrass WV. Erma Cameron ([erma.cameron@uspto.gov](mailto:erma.cameron@uspto.gov)) will be organizing the worktrip this year . We are working on plans of where to stay, etc. More details to follow.

## Skiing the Canadian Rockies at Banff

By Rob Swennes

The 2015 winter season's largest excursion trip offered by the Ski Touring Section was to the Banff National Park area in Alberta Province, Canada. Though I arranged the trip itinerary and set up the group's lodgings, Rich Galloway assisted by Jack Kangas made most of the day-to-day recommendations on where to ski.

We had 19 STSers on this trip. Most people flew from BWI to Calgary, Alberta on Tuesday, February 10 via Chicago and then drove west an hour to Canmore, Alberta at the eastern edge of Banff National Park. We stayed at the Rocky Mountain Ski Lodge in Canmore. The accommodations worked out really well for us, in part because our group was large enough to be given the Guide Room in the lodge as our own to use during our stay. Our rooms were adjacent to the common room, and we were able to fix our breakfasts there each morning and enjoy some après-ski refreshments late each afternoon after returning from our winter sports.



No Snow Low photo by Rob Swennes

skiers wished to do. Most of us finally determined that we were doing the yellow 10 kilometer trail. It had some beautiful loop segments with a good mix of ascents, descents, and gently rolling terrain. The trail system was an hour's drive from Canmore on an unpaved road. Some of our vehicles might have had difficulty on the road had there been significant recent snowfall.



Good snow here photo by Rob Swennes

Blueberry Hill trail, which goes out to an awesome overlook northward into the valley. The trail was a delight to ski, with little avalanches of snow from the surrounding evergreen trees always a minor risk. When we stopped to eat lunch, we were quickly met by several gray Canadian jays who were bold enough to eat out of our hands. The local Canadian term for these woodland robbers is Whiskey Jacks.

Though on the edge of the Rockies, the weather in the area was far warmer than we anticipated. Western Canada had apparently been dealing with unseasonably warm temperatures for the previous six weeks. There was no snow of any significance in Canmore. Fortunately there was skiable snow at higher elevations, particularly south of the town.

Though we had anticipated skiing one day at the large Nordic center in Canmore, it was too warm at that elevation to ski on other than man-made snow. So we passed on that option. Rich recommended that we do our first day of skiing near Mount Shark in the Spray Valley Provincial Park. The trails were groomed but somewhat icy till mid day when the weather got above freezing. This trail network had a strange trail marking system that involved not only the traditional blue, green and black trail colors but also red and yellow trails, and one trail marked as red/black. We eventually determined that the trail markers had nothing to do with trail difficulty. The red/black trail was a kind of spine off of which several trail loops radiated. The trail colors really had to do with the length of the trek that



A Whiskey Jack (Gray Jay, *Perisoreus Canadensis*) photo by Rob Swennes

The next day we opted for a new skiing venue within the Peter Loughheed (pronounced low-heed) Provincial Park—even further south of Canmore. This time we took Canada highway 40 south to the park. The drive was longer, but the highway was paved and thus much faster to drive. Plus the morning sun played beautifully against the Rockies to our west as we drove. The scenery was spectacular. It was reminiscent of the Grand Tetons National Park. But whereas that park is known for its iconic three towering slabs of granite, the Canadian Rockies around Banff have dozens of these towering peaks. The Peter Loughheed Park had an excellent information center. We were directed to use the trail system in the Elk Pass section of the park. This is in the southern-most part of the park. But the elevation in fact rises significantly in this part of the Canadian Rockies as one goes south. The Elk Pass trail route we selected started with a couple of substantial climbs. Several Canadian skiers we met on the trail recommended that we ski the

(Continued on page 7)

**Tentative 2015-16 Ski Trips**

Below is a draft of the 2015-16 STS schedule of trips. There is one trip that needs a leader thanks to those stalwart leaders who have already decided to lead a trip! Let me know if you would like to the trip that needs a leader.  
 Kathy Brumberger [kathybrum@verizon.net](mailto:kathybrum@verizon.net)

| Date                          | Place  | Leader                         |
|-------------------------------|--|--------------------------------|
| Sep. 29                       | Work Trip, Laurel Mountain, PA—CANCELLED             | Erma Cameron                   |
| Nov. 7                        | Ski Fair, Vienna, VA                                 | Jack Kangas                    |
| Nov. 14                       | Work Trip, Whitegrass, WV                            | Erma Cameron                   |
| Dec. 30-Jan. 3                | Tug Hill, NY   | Peggy Alpert                   |
| Jan 8-10                      | Laurel Highlands, PA                                 | Laurie Welch                   |
| Jan 8-10                      | Learn-to-Ski, Canaan Valley, WV                      | Bert Finkelstein               |
| Jan 14-18 MLK Weekend         | Jackson, NH White Mts.                               | Rob Swennes                    |
| Jan 15-18 MLK Weekend         | Laurel Highlands, PA                                 | Brian O’Konski                 |
| Jan 15-17 MLK Weekend         | Learn-to-Ski, Laurel Highlands, PA                   | Greg Westernik                 |
| Jan 22-24                     | Laurel Highlands, PA                                 | Joe Bachman                    |
| Jan 23-26 (Sat-Tues)          | New Germany SP Cabin, MD                             | Ralph Heimlich                 |
| Jan 28-31                     | Canaan Valley Deluxe Cabin, WV                       | Doug Lesar                     |
| Jan 29-31                     | Laurel Highlands, PA                                 | Greg Westernik                 |
| Feb 5-7                       | Blackwater Falls Lodge, WV                           | Harvey Walden                  |
| Feb 4-7                       | Blackwater Falls Deluxe Cabin, WV                    | Kathy Brumberger               |
| Feb 9-12 (Tues-Fri)           | Nature Lodge, Bald Eagle State Park, PA              | Ralph Heimlich                 |
| Feb 8-15                      | Pagosa Springs, CO                                   | Rob Swennes                    |
| Feb 12-15 Presidents Week-end | Ski Dance, Laurel Highlands, PA Camp Sequanota       | Eliot Applestein<br>Bob Mathis |
| Feb 12-15 Pres Wkend          | Blackwater Falls Lodge, WV                           | Greg Rudl                      |
| Feb 19-21                     | Laurel Highlands, PA                                 | <b>Leader Needed</b>           |
| Feb 19-21                     | Canaan Valley Deluxe Cabin, WV                       | Ralph Heimlich                 |
| Feb 25-Mar 1                  | Upstate New York, (Lake Placid/Adirondacks/Tug Hill) | Greg Westernik                 |

**Schedule of Presentations at Ski Fair**

| Time         | Topic                                     | Presenter                       |
|--------------|---|---------------------------------|
| 1:30-2:00 PM | Pagosa Springs and Durango, CO            | Rob Swennes                     |
| 2:00-2:30 PM | Skiing at Laurel Highlands, PA            | Laurie Welch and Greg Westernik |
| 2:30-3:00 PM | Where and How to Buy Nordic Ski Equipment | Greg Rudl                       |
| 3:00-3:30 PM | Skiing at Bald Eagle State Park, PA       | Ralph Heimlich                  |
| 3:30-4:00 PM | Surprise Presentation                     | GUESS??                         |

## Banff (cont.)

*(Continued from page 5)*

At this point let me note that all the Canadians we met on this trip were remarkably outgoing and hospitable. They were happy to see Americans from the nation's capital traveling to their part of the continent to enjoy its recreational opportunities. It is not the reaction one might get in some parts of the United States. And the Canadians seemed happy to talk to us no matter what the age group. Quite remarkable!

The third day in the Canmore area we opted to ski in the Chester Lake area, which lies between the two areas where we skied on the previous two days. Since the weather was consistently above freezing each day, we did not want to return to the same place for a second day since it was certain that local conditions would be poorer each day. Fortunately the Chester Lake trail system had plenty of snow. Six of our group decided to snowshoe that day at Chester Lake rather than ski. The topographical maps we obtained were somewhat deceiving as to the elevation gains. Many of the contour lines represented a 25 meter change in elevation, whereas on the PATC maps we are used to each line represents (as I recall) only 10 feet in elevation change. Quite a difference! As those of us on snow shoes were approaching Chester Lake, we were surprised to encounter the majority of the STS skiers descending along the snowshoe route carrying their skis on their backs. They found large stretches of the ski route up more daunting to descend than they preferred. Jack Kangas, Rich Galloway and Joy Saari (and perhaps one or two more) were willing to ski back down. Chester Lake lies at the foot of some almost vertical peaks. The light snow clinging to some of them highlighted how severely plate tectonics had tilted ancient surfaces almost 90 degrees.



Ice is nice photo by Rob Swennes

The following day was a transition day when we shifted lodgings from Canmore to the town of Banff within the national park. Since we had not had much time to explore Canmore, most of us took time to walk the main part of town. A winter festival was underway, and we got to see various ice sculptures around the town center. All of them were melting in the above freezing temperatures. We saw ice carvers at work also. The town's architecture is very solid—very German in feel. The roofs were built to withstand a lot of snow piled on them—something that was sorely missing when we were there. We then drove to the town of Banff, and most of us spent the afternoon doing the same study of that town. We visited the Information Centre and got some solid recommendations about where to ski in the coming days. All of the recommended routes were surrounding Lake Louise, which is at a higher elevation about 40 miles to the west. Doug and Marcie Schubert joined the STS group on Saturday upon its arrival in Banff.

Sunday the skiers broke into two groups for recreation. All visited the modern information center in Lake Louise. Jack Kangas led a group to trails in the Pipestone Pond area across the Trans-Canada Highway from the town. The majority of the group skied the Great Divide Trail, which runs from the village of Lake

Louise westward to the British Columbia provincial boundary about 17 kilometers to the northwest. One of the most interesting aspects of this trail was the half-dozen rentable dog sled teams that make two round trips daily on a 10-foot wide snow-covered trail just to the west of the broad ski Nordic trail. When the dog teams reach the Alberta-British Columbia border, which is their turnaround point, barking bedlam ensues.

Though this STS trip to Banff National Park was advertised as a backcountry ski trip, in reality it was closer to skiing at a large number of ski touring centers, all but one of which is funded by the provincial governments. Both classic and skate ski track is groomed on the key trails heading into the park. The vast majority of the Canadians we met were on skate skis rather than touring or backcountry skis. Indeed, our broader skis at times had problems fitting into the racks set. The lifestyle in Canadian parks is more genteel than in national parks in the U.S. But given the fact that most of the snow available to us on the week we visited had a hard crust of ice on top, we appreciated the chance to ski on groomed trails in the park.

Monday many of us were back at Lake Louise. Some folks rented snowshoes and trekked on several snowshoe trails surrounding the town. Others of us skied on the Moraine Lake Trail, which is an unplowed but groomed roadway that ascends gently to a high mountain lake. The trail lay on the south side of a hillside, which meant that it was well protected from most direct sunlight. Thus the snow we skied through was far softer than what we had experienced the day before on the Great Divide Trail. For several kilometers the snow glistened with millions of frozen crystals far larger than a snowflake. I suspect that after a recent snowfall a cloud of moist air descended on the slope and allowed individual flakes to build out larger ice crystals. It was a beautiful landscape! We never saw Moraine Lake itself since the groomed trail ended when the roadway reached a point where avalanches were a risk. The ski back down the hillside was gentle but speedy after our several kilometer climb. Izabella Zandberg and I opted to ski an additional trail near the parking lot that climbed to near the Lake Louise Chateau—a massive grand hotel built in the early 1920's at the same time as many similar hotels constructed in the U.S. We promised ourselves

*(Continued on page 8)*



On the Great Divide photo by Rob Swennes

**Tug Hill (cont.)**

(Continued from page 7)

that we would return for a drink in the hotel's luxurious bar before our trip ended.

Tuesday was our final day of skiing and snowshoeing in Banff National Park. Most of the STSers opted to ski in Lake Louise on the Moraine Lake Trail, but four of us (Bert Finkelstein, Ashok Sharma, Mary Bielefeld, and I) opted to snowshoe for a second day on the trip. We parked at the Lake Louise Chateau and climbed a snowshoe trail to an overlook high above Lake Louise. From there we had a clear sight of the grand hotel with the Canadian Rockies rising behind it. A large ice skating rink had been cleared near the hotel on the frozen lake, and there were at least seven additional cleared areas on the lake. Each looked from our high perspective to be the size of an ice hockey rink. Youths were skating and perhaps playing hockey on the one closest to the hotel, but the purpose of the other half dozen rinks was unclear. Our foursome then enjoyed a second snowshoe trail that headed several kilometers away from the hotel. Upon our return, we stowed the snowshoes in our car and returned to the hotel to fulfill our promise to enjoy a drink in the bar at the Lake Louise Chateau, looking out upon the frozen lake. Ashok and I had Irish coffee, Bert had a beer, and Mary ordered a special coffee drink called a Princess Louise. A sublime way to end our week of winter recreation in the Canadian Rockies!



Le haute monde photo by Rob Swennes

**Info for YOU**



**Cross Country Skier** is the Journal of Nordic Skiing. Published during the height of the ski season with November/December and January/February issues, each includes feature articles, destinations, helpful information and perspectives from a variety of columnists, training and technique tips, ski club, personality, and event features; and high performance and racing for the more competitive members of the X-C audience.

You can also submit YOUR skiing articles to them

**Bed and Breakfast dot Com** offered their **Top 10 Ski Inns** from 2012. They range from BC to PA and include two European entries in Italy and Germany and were chosen on the basis of their winter sports offerings.

<http://www.bedandbreakfast.com/travelers/awards/2012/top-ski-inns>

If you are new to this whole Nordic ski thing, the friendly folks at **Sierra Trading Post**, a good source for ski gear at good prices, offer a **Nordic Skiing Guide** online at <http://www.sierratradingpost.com/lp2/nordic-skiing-guide/>

**The Cross-Country Ski Areas Association** has a **listing of specialty shops** to help outfit you for your ski and outdoor activities. Listed first are companies that sell nationwide via the internet or phone orders. The businesses are all CCSAA members. Browse the listing at <http://www.xcski.org/retail.php> Their site also has a New Skier podcast and links to tips for buying equipment, understanding the lingo, and dressing for the sport at [http://www.xcski.org/new\\_skier.php?SubPage=10](http://www.xcski.org/new_skier.php?SubPage=10)

**The Appalachian Telemark Association (ATA)** is a loose confederation of free-heel skiers whose purpose is to promote the sport through social gatherings, instructional workshops, and races. ATA events are usually held at Seven Springs Mountain Resort.

TELEPALOOZA 2016! ATA is the organizer of Telepalooza, their annual two-day telemark festival at Seven Springs, scheduled for January 30-31, 2016. The 2015/2016 season marks the 14th year for Telepalooza.

As a member of the Western PA Ski Council (WPSC), ATA members can participate in WPSC-sponsored events including races, gate training, social events and ski trips.



Telepalooza 2011

ATA is paying it forward by offering scholarships to assist aspiring telemark instructors with educational expenses related to attending PSIA Telemark events. Click [HERE](#) for an ATA Scholarship application form.

ATA's website has a gear swap, schedule, and other info at <http://www.telemarker.org/index.html>

Click [HERE](#) for a 2015/2016 application to join the Appalachian Telemark Association.



**A New Skiing Location**

By Ralph Heimlich

I'm trying a new location for a ski trip this year. The Nature Inn at Bald Eagle State Park (<http://natureinnatbaldeagle.com/>) is Gold LEED-rated from the U.S. Green Building Council and serves as a showcase the latest and greatest green technologies. It is cozy, with only 16 rooms and looks out over the lake at Pennsylvania's Bald Eagle State Park, about 20 miles north of State College.

As in most of the Northeast, skiing here depends on what snow we get, but it can be very good most winters. In addition to more than 13 miles of marked trails, skiers can use the frozen 1,730-acre lake and "bushwhack" in 5,900 acres of the park and adjacent State Game Lands.



Nature Inn at Bald Eagle State Park photo by Gina Cicotello

When you are tuckered out, relax in the hazy sunshine in the airy atrium with a good book. Room rates include a hearty breakfast, and box lunches can be arranged for on the trail. The suites have kitchenettes in which we can prepare simple meals, and restaurants are within easy driving distance. The suites are well-suited to couples with two bedrooms each with a queen bed.

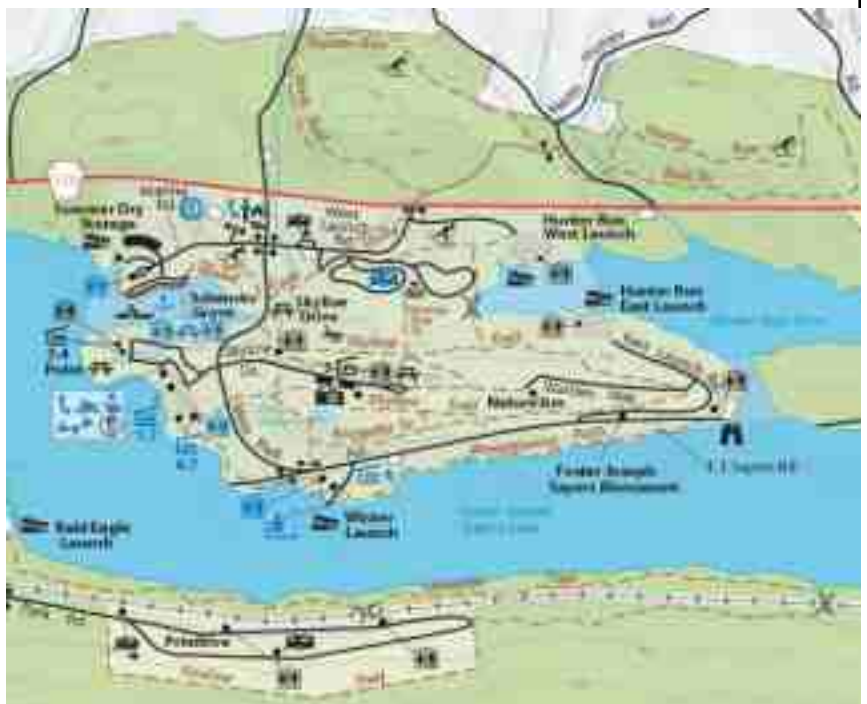


Airy passive solar atrium photo by Gina Cicotello

PATC has determined that this is an excursion trip, so a PATC membership will be required. Check out the details at my Ski Fair presentation. Come on an adventure with me to a new skiing area!



Varied ski terrain photo by Gina Cicotello



Marked trails in the park  
[http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr\\_005014.pdf](http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_005014.pdf)

**PATC-Ski Touring Section**  
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**Kensington, MD 20895**



White Grass Work Trip, 2008

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 |