



UPSLOPE

Newsletter of the NORDIC Ski Touring Section of PATC



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

October 2016

UpComing Attractions In Winter UPSLOPE

- The rest of the 2016-17 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 5, 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 2016 through March 2017. STS trips are a travel bargain, fun, friendly and led by members with years of experience. Bring your checkbook because you aren't "signed up" until you've paid.

Listen to presentations from experienced skiers and trip leaders (schedule on [page 6](#)). Buy or swap for used cross country ski equipment at the Fair ([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.

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 Stan Turk

(Continued on page 4)

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FROM THE SLOPES – Chair Notes

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The weather in the mid Atlantic area has not cooled very much yet, but we know that winter is coming, and with it, snow. So the leadership of the Ski Touring Section has been working hard to develop a list of prospective trips that will delight and meet the needs of the members of the Section. Trip details are in this issue of UPSLOPE.

Our annual Ski Fair is scheduled for Saturday afternoon, November 5th, this year, and that is the best time to sign up for trips. Be sure to examine the new Trip Schedule NOW -- well in advance of the upcoming Ski Fair. That will give you time to cogitate and figure out which ski locales you want to visit during the winter months. As always, we will have a wide range of “local” trips to Canaan Valley and Pennsylvania. We also have a cabin trip to New Germany State Park, but as of now, no trips planned to other Western MD locales. “What!?!”, you say. “What about Harrington Manor and Swallow Falls State Parks—two of several wonderful skiing locations in Garrett County, MD?” I agree. And are you willing to lead a trip there so that others as well as you can enjoy those locales? If so, then contact Jan or Ron Tucker, Trip Coordinators, right away at jandrucker@verizon.net.

The Ski Touring Section has four excursion ski trips planned for the coming winter. By “excursion trips” we mean those to locations outside of the mid-Atlantic area. All participants on these trips must be current members of the Potomac Appalachian Trail Club and not just the Ski Touring Section. At the end of December and the first few days of January, Peggy Alpert and Steve Brickel will be leading a trip to the Tug Hill plateau north of Syracuse, New York. I will be heading up a trip to the White Mountains area of upper New Hampshire over the Martin Luther King, Jr. holiday weekend in mid January. I will be leading a twelve-day trip out to Yellowstone National Park for backcountry skiing and snowshoeing where the deer and the antelope play (more accurately the bison and elk) in Montana and Wyoming. The impetus for this excursion trip arose spontaneously during last spring’s STS apres-ski social and annual meeting. Most spots on that 18-person trip have already been taken. If interested in taking part, be sure to email me right away before Ski Fair, since the trip may be fully booked by that date. And Greg Westernik will be rounding out our excursion offerings with a ski trip up to the Lake Placid/Adirondacks region of New York the first days of March. Not familiar with some of those spots? Google them and see what the winter sports opportunities are and see which will fit into your winter plans!

In Snow,
 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?

The 2017 *Farmers' Almanac*, which hits store shelves everywhere on August 15, 2016, forewarns that exceptionally cold, if not downright frigid weather will predominate over parts of the Northern Plains, Great Lakes, Midwest, Ohio Valley, the Middle Atlantic, Northeast, and New England this winter. The *Farmers' Almanac's* long-range weather predictions also suggest shots of very cold weather will periodically reach as far south as Florida and the Gulf Coast. In contrast, milder-than-normal temperatures will prevail over the Western States.

FARMERS' ALMANAC 2017 WINTER OUTLOOK

Find more weather at FarmersAlmanac.com

Follow the Hooster: #FA2016 @TheFarmAlmanac

While winter officially starts on December 21, 2016, *Farmers' Almanac* predictions point to some snow and cold conditions in mid-November in the Northeast, Great Lakes, and Midwest. However, the good news is that the frigidly cold temperatures really won't take hold until much later in the season.

The *Farmers' Almanac*, which breaks the country into 7 zones, and offers predictions for three-day intervals, forewarns of a mixed bag of wintry weather for both December and January. But it's really February when the frigid temperatures take hold (northern tier states could see ambient air temperatures as low as 40 degrees below zero!). This is the month you want to make sure your heat works, your long johns are washed, and your slippers are nearby.

WHAT ABOUT SNOW?

Get the snow blowers ready in the East and umbrellas in the West! An active storm track will deliver above-normal precipitation to the Southeast, Northeast and New England states throughout most of the winter, especially February (see above!). In addition, another active storm track from the Pacific will deliver a dose of above-normal precipitation across the Western States. Meanwhile, near or below-normal precipitation will cover the nation's midsection. ([Find out how much snow is forecast for your region in 2017 Farmers' Almanac.](#))

SKIERS REJOICE!

Farmers' Almanac is also **red-flagging February 16-19**, when a small, but intense storm develops near the Virginia Capes and delivers a heavy snowstorm with strong winds for parts of the Tennessee Valley, through western North Carolina, the Virginias, Maryland, and Delaware northeast into southern New England – some locations could receive 1 to 2 feet of accumulation! So sharpen those skis and boards, because the eastern slopes look like the ideal places to carve some turns.

What's in store for next summer's weather? Get 16 months of forecasts in one place. Order your 2017 [Farmers' Almanac](#) today!



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

STS Membership Renewals Due!!

Yet another membership renewal period is in effect for the Ski Touring Section of PATC. Memberships expiring in 2016 must be renewed before 1 January 2017 for membership to continue into the upcoming ski season. **The countdown is on!** Remember that your modest dues are used to stoke a revolving club account that finances advance payments for trip and excursion lodging. Think of it as an investment in future fun.

If you receive UPSLOPE electronically, look on the email subject line for your expiration date. For those receiving UPSLOPE by U.S. mail, examine the UPSLOPE mailing label. If you see 2014-12, your membership expires on the last day of 2014.

For a membership renewal form with my address and dues amounts, visit <http://www.patc.us/chapters/ski/> and press the MEMBERSHIP button on the upper right of the club's home page for a downloadable and edit-ready PDF file.

Happy Holidays to all of you and hope that the winter is wintry ...Doug Lesar, STS recordskeeper / duesmeister

Work Trip Scheduled



Playing bridge

See the trip schedule on page 7 for details. If you wish to stay in the cabin, please contract Bert as soon as possible.

A work trip has been scheduled to improve trails prior to the ski season. YOUR help is needed to make things better for EVERYONE.

November 11-13—Whitegrass— November is a long time off, but it is not too early to SAVE THE DATE for the **November** worktrip to Whitegrass WV. Bert Finklestein

(bertanamo@gmail.com) will be organizing the worktrip this year . We are working on plans of where to stay, etc. More details to follow.



Work crew 2013

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/>

New Germany Cabin Trip Reprise

Last year, a hardy group of 6 PATC-STSerS just beat winter storm Jonas into our cozy cabin at Maryland's New Germany SP when a colossal 28 inches of snow dumped on us overnight on Friday. Snow conditions were almost two bountiful, as we needed to go out on snowshoes the first day just to beat down the snow-clogged trails. But by the end of the week, trails had been groomed by snow mobile and were truly magnificent.

This year, I've reserved the largest cabin at New Germany SP (old original [cabin No. 11](#)) which sleeps 8-10 with 2 Queen size beds, 5 singles, and 2 futons in the living room. I'm taking my family for the first part of the week, but have scheduled the weekend of January 19-22 (Thursday-Sunday) for PATC-STS skiers.

Hopefully, we will have plenty of snow again (see forecast p. 3), but if not, there is plenty of good hiking in the park and the vicinity. This trip has no cancellation.



Lots of snow last year in New Germany photo by Ralph Heimlich



PATC-STS skiers at New Germany 2016 photo by Ralph Heimlich



Snow slumping a little on a groomed trail photo by Ralph Heimlich

Preliminary 2016-17 Ski Trips

Below is the 2016-17 STS schedule of trips. There are five trips that needs a leader thanks to those stalwart leaders who have already decided to lead a trip! Let us know if you would like to the trip that needs a leader. Jan and Ron Tucker (jandrtucker@verizon.net). Bring your checkbook because you aren't "signed up" until paid.

Date	Place	Leader
Nov 5	Ski Fair, VA. Trip Leader Workshop	NA
Nov 11-13	Work Trip, Whitegrass, WV	Bert Finkelstein
Dec 29 –Jan 2	Tug Hill, Rome, NY	Peggy Alpert
Jan 6-8	Pre-Season Brush-Up/Learn-to-ski, Canaan Valley Resorts	Bert Finkelstein
Jan 12-16 MLK	Jackson, NH White Mts.	Rob Swennes
Jan 13-16 MLK	Trip Leader choice	Brian O’Konski
Jan 20-22	Trip Leader choice	Need trip leader
Jan 19 -22 (Thu-Sun)	New Germany SP Cabin, MD	Ralph Heimlich
Jan 26-29	Canaan Valley Cabin Deluxe, WV	Doug Lesar
Jan 27-29	Laurel Highlands, PA	Greg Westernik
Feb 3-5	Blackwater Falls Lodge, WV 4 rooms have been reserved	Laurie Welch
Feb 2-5	Blackwater Falls Deluxe Cabin, WV Deluxe 8 cabin has been reserved. No cancellation	Ralph Heimlich
Feb 13-24	Yellowstone National Park	Rob Swennes
Feb 10-12	Laurel Highlands, PA	Joe Bachman
Feb 17-20 Pres Weekend	Ski Dance, Camp Sequanota, PA STS/Sierra Club event. STS members need to sign up on SC website	Eliot Applestein and Bob Mathis for more info
Feb 17-20 Pres Weekend	Blackwater Falls Lodge, WV 4 rooms have been reserved. Cancels if no snow	Julie Nash
Feb 17-20 Pres Weekend	Blackwater Falls Deluxe Cabin, WV Deluxe 8 Cabin has been reserved. No cancellation	Lee Greathouse
Feb 24-26	Trip Leader choice	Need Trip Leader
Mar 2-6	Lake Placid/Adirondacks, NY	Greg Westernik



Gear Swap

Got Gear? Got gear to get rid of? Got gear to get so you can ski? You need to hit the tables at our GEAR SWAP at the Ski Fair. If you have used gear in serviceable shape, or new gear that just wasn't your thing, put a tag on it with a price, your name, and any other relevant info (size, sex, etc.) and put it out on the table. If you are looking for gear, bring your wallet or check book and check out some bargains, especially if you are just getting started in XC skiing.

Schedule of Presentations at Ski Fair

There will be a variety of presentations at the Ski Fair on ski locations, upcoming trips, tips and techniques. See the schedule posted in the main room when you arrive.



Trip Descriptions (preliminary)

PATC/STS 2016-2017 trip schedule

People not STS members, add \$10 per trip.

Note: STS membership is only \$9 per year!

(*) indicates trips requiring PATC membership

Dates—Nov 12-14, 2017 (Friday and Saturday nights)

Trip—White Grass Trail Maintenance and Clean-up (near Davis, WV)

Lodging—Lovely house near Timberline, or in the White Grass lodge (floor space), camp on grounds at White Grass, or camp at the nearby State Park, with heated showers/bathrooms. There is limited space in the house, and the early birds will get those spaces, if they want them.

Description—Help Chip get the trails at Whitegrass ready for the 2016-2017 ski season. Great camaraderie and great cause.

Leader—Bert Finkelstein

Cost—Transportation and food (lunches provided).

Dates—Dec. 29, 2016 - Jan. 2, 2017 (4 nights, Thursday-Monday) Cancels if no snow

Trip *—Tug Hill Region, Rome, New York

Lodging—Wingate, Rome NY. Includes breakfast, micro wave and rerig in each rm., 11 miles from BREIA trails, 29 miles to Osceola

Description—Skiing and snowshoeing the BREIA Trails (free) in Booneville, at Osceola ski touring center, Winona State Forest and Barnes Corners in the Pulaski area. Enjoy a New Year's Eve pot luck party. Transportation by carpooling arranged by participants, based on roster info. Roster will be emailed to all participants once info is received.

Leader—Peggy Alpert, 301-946-4497, mountainmama15@verizon.net

Cost—\$300 –double occupancy. Assuming a minimum of 10 people. Queen for couples, 2 Queens for singles. Lodging and food as indicated above. Extra costs: other meals, trail fees, personal indulgences, etc

Dates—Jan 6-8, 2017 (Friday-Sunday, 2 nights) No cancellation

Trip—Canaan Valley Cabin, Pre-Season brushup/Learn-to-XC Ski

Lodging—Canaan Valley Cabin

Description—Newbies and beginners, learn how to ski and snowshoe early in the season at Whitegrass in Canaan Valley. We'll have a half-day of XC ski and snowshoe lessons at Whitegrass with their ski instructors on Saturday and a snowshoe trip on Sunday. We'll be practicing our skills and having a great time on the snow. Space is limited.

Leader—Bert Finkelstein, (703) 282-0170, bertanamo@gmail.com

Cost—\$95 (double occupancy) per person lodging only, assuming 6 participants. Ski/Snowshoe rental and Whitegrass entrance fee extra.

Dates—Jan 12-16, 2017 (Thursday- Monday, 4 nights) MLK Weekend No Cancellation

Trip *—White Mountains, New Hampshire

Lodging—Home on Attitash Loop, Bartlett NH

Description—Ski one of the most scenic venues on the East Coast—the White Mountains of N.H. at cross-country ski touring centers such as Jackson (<http://www.jacksonxc.org/>), Bretton Woods (<http://mtwashington.com/xcountryski/>) and Bear Notch (http://www.xcskinh.com/bear_notch.cfm) in Bartlett, NH. Many backcountry ski and snowshoe trails are in the area, such as near the AMC lodge at Pinkham Notch and the various ski centers. Our lodging will be at the large, modern home on Attitash Loop in Bartlett, NH that we have used several times since we first stayed there eight years ago during President Obama's first inauguration. It has plenty of room for socializing and an attractive decor.

Leader—Rob Swennes, 703-405-8232, robertswennes@hotmail.com

Cost—\$395, which covers four nights of lodging and all in-house meals. Skiers pay for any flights, ground transportation in NH, outside meals, ski center fees, and miscellaneous costs.

Dates—Jan 13-16, 2017 MLK Weekend (Friday–Monday, 3 nights) Cancels if no snow

Trip—Leader's choice or Laurel Highlands, PA

Lodging—Baymont Inn, Double occupancy with two beds per room. Continental breakfast included.

Description—Skiing at Laurel Mountain, Laurel Ridge State Park, North Woods, and other area parks. The Annual Fire & Ice Festival in Somerset are available that weekend!

Leader—Brian O'Konski, (202) 362-2982, brian1642@gmail.com

Cost—\$TBD for lodging, double occupancy. Transportation by carpool to be arranged. Bring or buy food for eating on the trail. Trail fees and dinners extra.

Dates—Jan. 20-22, 2017 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Leader's choice or Laurel Highlands Ski, Laurel Highlands, PA

Lodging—Comfort Inn, Somerset, PA (http://www.tripadvisor.com/Hotel_Review-g53711-d96836-Reviews-Comfort_Inn-Somerset_Pennsylvania.html)

Description—Lots of opportunities here for skiers and snowshoers. Groomed ski trails at Laurel Ridge State Park, Laurel Mountain State Park, and Kooser State Park. Rentals available at Laurel Ridge State Park. At least three backcountry areas with very well-marked trails in Forbes State Forest. And snowshoers looking for something a little more challenging can try the Laurel Highlands Hiking Trail covered with a foot or two of snow.

<http://www.dcnr.state.pa.us/forestry/stateforests/forbes/maps/index.htm>

http://www.paccsa.org/ski_area/Laurel%20Mountain%20State%20Park

http://www.paccsa.org/ski_area/Laurel%20Ridge%20State%20Park

Leader—NEED TRIP LEADER

Cost—\$TBD covers only lodging and a continental breakfast, double occupancy.

Dates—Jan 19-22, 2017 (Thursday-Sunday, 3 nights) No cancellation

Trip—New Germany State Park Cabin, Maryland

Lodging—Cabin #11 http://reservations.dnr.state.md.us/camping/New_Germany_State_Park/r/campsiteDetails.do?contractCode=MD&siteId=1888&parkId=380521

Description—Rustic cabin has room for 8-10 (2 Queens, 5 single beds, 2 futons in living room), electric heat and utilities, full kitchen and bath. Ski New Germany's trails right out the back door! No cancellation if no snow, so be prepared to hike.

Leader—Ralph Heimlich, 301-498-0722, heimlichfamily@comcast.net

Cost—\$50 per person (lodging only).

Dates—Jan 26-29, 2017 (Thursday–Sunday, 3 nights) No Cancellation

Trip—Canaan Valley State Park, WV

Lodging—Canaan Valley State Park Cabin w/complete kitchen for breakfast, pot luck and/ or individual dinner. We need 2 couples for this trip. 2 rooms have 1 queen bed in each room. 2 rooms with 2 double beds in each room.

Description—One of the most convenient lodging locations in Canaan Valley for skiing at White Grass, the downhill resorts, and points in between. Good trip for eclectic skiers open to a mixture of on-trail cross-country, off-trail backcountry, and perhaps even telemark skiing and/or lessons at the Timberline downhill area (contact leader for details).

Leader—Doug Lesar, 301-587-8041, dlesar@comcast.net

Cost—Cost \$145 (double occupancy) per person lodging only, assuming minimum of 8 participants. Note three-night stay and carpooling to be arranged.

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(Continued from page 7)

Dates—Jan 27-29, 2017 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands, PA

Lodging—EconoLodge, downtown Somerset PA

Description—Join fellow skiers gliding at usual favorites (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods) with more kms of trails than you will ever ski in a weekend, plus options of Fri nite skiing at the Lodge and teeing a defunct alpine slope at Laurel Mtn if seeking more.

Leader—Greg Westernik gmwester@gmail.com or phone 703-763-3833

Cost—\$80 covers only lodging, double occupancy with free continental breakfast.

Dates—Feb 2-5, 2017 (Thursday-Sunday, 3 nights) No Cancellation

Trip—Blackwater Falls, WV

Lodging—Blackwater Falls State Park Deluxe Cabin. The lvg rm has TV, phone, gas fireplace. There is a full kitchen. Two bathrooms. We will have a potluck dinner one night. After a long day of skiing we can use Lodge amenities: hot tub, and pool.

Description—Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the Lodge !

Leader—Ralph Heimlich 301-498-0722, heimlichfamily@comcast.net

Cost—\$130 Lodging only, double occupancy, assuming 8 participants. Transportation by car pool to be arranged.

Dates—Feb 3-5, 2017 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Blackwater Falls Lodge, WV

Lodging—Blackwater Falls Lodge. Rooms have private bath, phone, TV. Lodge amenities include game room, great room with fireplace, indoor pool, hot tub and fitness equipment. Hearty meals available at Lodge Restaurant.

Description—Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the Lodge to soothe those muscles after a long day of skiing!

Leader—Laurie Welch, (301) 565-4399 (home)/301928-1624 (cell) or laurawelch123@gmail.com

Cost—\$125 Lodging only, double occupancy, assuming 8 participants. Transportation by car pool to be arranged.

Dates—February 10-12, 2016 (Fri-sun) Cancels if no snow

Trip—Laurel Highlands, PA

Lodging—Quality Inn, Somerset, PA (<https://www.choicehotels.com/pennsylvania/somerset/quality-inn-hotels/pa497?source=gyxt>)

Description—Lots of opportunities here for skiers and snowshoers. Groomed ski trails at Laurel Ridge State Park, Laurel Mountain State Park, and Kooser State Park. Rentals available at Laurel Ridge State Park. At least three backcountry areas with very well-marked trails in Forbes State Forest. And Snowshoers looking for something a little more challenging can try the Laurel Highlands Hiking Trail covered with a foot or two of snow.

<http://www.dcnr.state.pa.us/forestry/stateforests/forbes/maps/index.htm>, http://www.paccca.org/ski_area/Laurel%20Mountain%20State%20Park, http://www.paccca.org/ski_area/Laurel%20Ridge%20State%20Park

Leader—Joe Bachman

Cost—\$125 covers only lodging, double occupancy with free continental breakfast.

Dates—February 13-24, 2017 (11 nights, includes Presidents Day. No cancellation

Trip *—Yellowstone National Park, WY

Lodging—Comfort Inn in Idaho Falls; Kelly Inn in West Yellowstone; Super 8 in Gardiner; Snow Lodge in the park; and Airport Inn Hotel in Salt Lake City

Description—A return trip by the Ski Touring Section to the nation's first national park, a mecca in the West for backcountry Nordic skiing and snowshoeing. The skiing will be in two areas of Yellowstone: the western edge of the park near the town of West Yellowstone and around the Snow Lodge in the middle of the park, within sight of Old Faithful. Travel to the Snow Lodge will be by snow coach from the north entrance to the park at Mammoth Hot Springs. Backcountry skis are strongly recommended for this trip, since we will be breaking trail on many days. Also bring along snow shoes if you have them to enlarge the range of outdoor trips available to the group. A wintertime skiing adventure in Yellowstone is a singular lifetime experience!

Leader—Rob Swennes, 703-405-8232, robertswennes@hotmail.com

Cost

\$2300, includes lodging (11 nights), breakfast each day, dinners at the Snow Lodge (not including alcohol), round trip snow coach transport in the park, and rental vehicle transportation out West from Salt Lake City. Skiers pay for flights, any local trail fees, other meals, and miscellaneous costs. In the event of adverse weather and/or unexpected schedule changes, other costs may be incurred. Several participants will need to serve as drivers for the group's rented vehicles.

Dates—Feb 17-20, 2017 (Friday-Monday, 3 nights) Presidents' Day Weekend; No Cancellation.

Trip—33rd Annual Ski-Dance Weekend sponsored by STS and Sierra Club

Lodging—Camp Sequanota, PA

Description—Cross-country ski in the Laurel Highlands during the day and contra dance at night to live music. At a new location at the foot of Laurel Mt. State Park in PA at Camp Sequanota. They offer both motel style rooms and cabins. Prices range from \$90 to \$285 depending on your accommodations and age. Trip begins on Friday evening with an informal potluck supper and dance and ends on Monday with breakfast; 7 meals included. Camp Sequanota has over 300 acres available for cross-country skiing, slopes for sledding and several different types of habitat. Laurel Ridge, Laurel Mts. and Forbes State Forest areas are nearby. Check website, <http://www.skidance.com> for more information and registration form.

Leader—Eliot Applestein, 301-984-6855, eliotapplestein@verizon.net or Bob Mathis, 301-589-7539, talibob@starpower.net

Cost—\$90 to \$285 depending on your accommodations and age. See www.skidance.com for more information.

Dates—Feb 17-20, 2017 (Friday-Monday, 3 nights) Presidents' Day Weekend. Cancels if no snow

Trip—Blackwater Falls, WV

Lodging—Blackwater Falls Lodge. Rooms have private bath, phone, TV. Lodge amenities include game room, great room with fireplace, indoor pool, hot tub and fitness equipment. Hearty meals available at Lodge Restaurant.

Description—For all skier levels. Ski Blackwater Falls State Park with twenty + miles of trails, Canaan Valley trails, and White Grass Ski Touring Center. Sledding hill is available when snow is sufficient. Skis, poles, boots and sleds can be rented at Sled Run & Cross Country Ski Center.

Leader—Julie Nash, 703) 481-0292, triadsnash@aol.com

Cost—\$205 (double occupancy) assuming a minimum of 8 participants. Transportation by car pool to be arranged. Bring food for eating on the trail. Trail fees and meals extra. To sign up for this trip go to: <https://www.eventbrite.com/e/presidents-day-weekend-at-blackwater-falls-wv-tickets-18983643589>

Dates—Feb 17-20, 2017 (Friday-Monday, 3 nights). No cancellation.

Trip—Blackwater Falls, WV

Lodging—Blackwater Falls State Park Deluxe Cabin. The lvg rm has TV, phone, gas fireplace. There is a full kitchen. Two bathrooms. We will have a potluck dinner one night. After a long day of skiing we can use Lodge amenities: hot tub, and pool.

Description—Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the Lodge to soothe those muscles after a long day of skiing!

Leader—Lee Greathouse, leegreathouse@verizon.net

Cost—\$140 Lodging only, double occupancy, assuming 8 participants.

(Continued on page 9)

Trip Descriptions (cont.)

(Continued from page 8)

Dates—Feb 24-26, 2017 (Friday-Sunday, 2 nights). Cancels if no snow.

Trip—Trip leader choice or Blackwater Falls, WV

Lodging—Blackwater Falls Lodge. Rooms have private bath, phone, TV. Lodge amenities include game room, great room with fireplace, indoor pool, hot tub and fitness equipment. Hearty meals available at Lodge Restaurant.

Description—Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the Lodge to soothe those muscles after a long day of skiing!

Leader—NEED TRIP LEADER

Cost—\$125 Lodging only, double occupancy, assuming 8 participants. Transportation by car pool to be arranged.

Dates—Mar 2 – 6, 2017, Cancels if no snow

Trip *—Adirondacks/Lake Placid NY area of Upstate New York

Lodging—Lodging will be at Best Western Mountain Lake Inn in nearby Saranac Lake NY. Each room includes 2 beds and will be double occupancy

Description—At this former Winter Olympics site, we will enjoy groomed ski areas (e.g., 50+ km of Mt Van Hoevenberg), ungroomed backcountry/ Northern Adirondack trails (e.g., Avalanche Pass, Ausable Lakes, [Jackrabbit](#)) and ambiance of former Olympic area while lodging adjacent to Saranac Lake. During this time period in past winters there has been both a XC ski race at Mt. Van Hoevenberg as well as Lake Placid Nordic Festival.

Leader—Greg Westernik, 703-763-3833, gmwester@gmail.com

Cost—\$290/person includes lodging at the Lake Placid area. All other expenses, including travel, ski equipment, food and expected ski travel use fees are the responsibility of trip participants. Travel to/from upstate NY most likely will be carpooling in privately owned cars. The trip leader will coordinate participants' interest in carpooling.

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

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.

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.



Telepalooza 2011

PATC-Ski Touring Section

c/o Doug Lesar

2507 Campbell Place

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 |