



UPSLOPE

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



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

December 2016

UpComing Attractions In Winter UPSLOPE

- The rest of the 2016-17 Schedule
- YOUR ski stories

Openings Available in PATC-ST\$ Ski Trips



The full listing of trips for this season starts on [page 6](#) (overview) and full descriptions as well as slots still available continues on the [following pages](#). These trips are some real bargains over what you can manage for yourself for several reasons. PATC-ST\$ books so many trips that we can get more favorable cancellation policies than individuals on some lodgings if there is no snow. Many of the lodgings are in such demand that if they are not reserved early, you can't get a space: Last minute trips may not be successful. Plus, its more fun to ski with a group than on your own!

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In order to sign up for one of the few slots available, go to the PATC-ST\$ website at <http://www.patc.us/chapters/ski/ardocs/STS%20Ski%20Trip%20Application%20And%20Liability%20Waive%20Form.pdf> and completely fill out both the application and waiver of liability. You can save the filled-out form as a .pdf file and email it to the trip leader. You also need to get their address and mail a check (made out to them) for the full amount of the trip. Without a check, you aren't signed up. For excursion trips (outside the Mid-Atlantic area), you also must be a PATC member and fill out the PATC waiver at <http://www.patc.us/chapters/ski/forms/PATC%20Trip%20Form.pdf>.

Writing for UPSLOPE

UPSLOPE is YOUR newsletter. Those of you who participate in cross-country skiing and PATC-ST\$ trips have a story to tell that other members would love to read. Just be a DEER and write it up. New to XC? We'd love to hear from you about your triumphs and frustrations, the wonder and the blunders. An old schusser? How about a story on technique or gear? Have you been skiing somewhere out of the Mid-Atlantic? Tell us all about it so we can think about going, too.



All it takes is a few paragraphs and some pictures, and I can edit both so you'll be proud of the result. Use the basics of Journalism 1: Who, What, When, Where and throw in a little local color. Tell us about the food and drink, about the lodgings, and the nightlife. Enthuse on the wildlife you saw or the scenery. We're interested in it all.

Have a story idea? Email me (see the masthead for contact info) and we'll work it out.

Ralph Heimlich
Editor

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FROM THE \$LOPES – Chair Notes

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The weather has been very kind to us this fall. As of early December there have been only light frosts in the metropolitan area. At our home in Arlington we still have some hardy geraniums and other summertime flowers hanging on. But a killer frost can't be many days away. And if you look at some of our favorite cross-country skiing locations, snow has already arrived.

White Grass Ski Touring Center (STC) in Canaan Valley, WV has had a total snowfall of 11.5 inches thus far. Eight inches fell on November 20th. While there is no skiable snow there today as I write this, WG got a dusting this morning. Keep track of the weather there in the weeks to come. When we get cold rain in the Washington metro area, White Grass is likely to get snow. Check out the White Grass scene at <http://www.whitegrass.com/> to see if there is good enough snow to justify a trip over.

When checking out the local weather each day in The Washington Post, I have noticed several days when snow storms have hit New York and New England. The snow on the ground hasn't been staying long, but conditions are ready for the first sustained snow accumulation of the season. In the White Mountains of New Hampshire the day and night temperatures for the past two days have remained below freezing at the Jackson STC in Jackson, NH. See <http://jacksonxc.org/>. The Bretton Woods STC about 15 miles west of Jackson reports a foot of snow thus far this season, with two inches recently. Again, there is not enough snow on the ground yet to permit skiing, but the wintertime snow storms could come any time. See http://brettonwoods.com/winter_sports/nordic/overview.

I just called the Kelly Inn in West Yellowstone, Montana to check on snow conditions there. "Oh, yes, we have snow." was the reply I received. The town held its first winter ski festival of the winter season last weekend, and at the moment they are in the middle of a new snow-storm. "I can't even see across the street due to the snowfall" I was told. So real winter is coming our way!

The main purpose of the current Upslope issue is to alert Ski Touring Section members to **the vacancies remaining on several of our scheduled Nordic ski trips for this winter**. There are not a lot of open spots, and they will go fast. Many people signed up at our annual Ski Fair event held at PATC headquarters on November 5th. Look on pages 7 – 9 of this issue to see which trips may still have space for you, and respond accordingly. I'd recommend you call the trip leader directly before doing anything else to make sure there is still an available spot for you. If there is, then act quickly and send in the required trip forms and the STS trip fee check so that you can secure your place on the trip.

In Snow,
 Rob Swennes, Chair



What To Carry When XC Skiing

By Ralph Heimlich

I've been somewhat appalled by the casualness with which most people approach a XC ski trip: As though they are taking a short stroll in their neighborhood. Most of the places PATC-STS members ski are not really WILDERNESS, but you can become plenty uncomfortable if you get stuck out on a "short" trip. I'm an Eagle Scout and have a tendency to "Boy Scout-itis" (How can you BE PREPARED if you don't HAVE the right stuff?). I used to climb winter peaks in the ADK with an Outward Bound graduate who insisted we have a tent, stove, and sleeping bag distributed amongst the group on any climb. However, most of what YOU would need will fit in small day-pack on any trip.

Of course, all of this stuff will be superfluous if nothing goes wrong on your ski, but the whole idea of being prepared is to imagine the worst that can happen and be ready for it. Suppose you break your leg coming down that cool, long slope and nobody else comes that way after you? What about that gushing stream you didn't think would be running that forced a 2-mile detour and NOW its 6 o'clock and dark as midnight? Facing a long, cold night with nothing but half a Power Bar, a cell-phone showing "NO SIGNAL" and some pocket lint isn't a very enticing prospect, and doesn't have to happen if you prepare in advance.

Recreational Equipment Incorporated (REI) is more than a retail store. They do a fair job of trying to educate their members on how to thrive in the outdoors. Their cut on this topic is the [ten essentials](#), which I've editorialized here for PATC-STS.



The Ten Essentials for safety, survival and basic comfort:

- 1. Navigation**—You really will be spending the night outdoors if you can't even find your way back to the lodge. Basic are a trail map or guide, hopefully with topographic (i.e., elevation) markings so you have an idea of the terrain you will be encountering. You can't really make any sense of a map unless you can orient it to the landscape, so a compass is also essential (and I don't mean the one in your Cracker Jacks box). It pays to get a little training in advance in how to use these two essentials together to chart your course. For those with larger budgets and more of a tech bent, a hand-held GPS receiver combines map and compass with the key info on where exactly YOU are. Again, it pays to train with it before you really need to know how to use it.
- 2. Sun protection**—We often don't think about sunburn when we ski, but the snow reflects back all the Sun's rays up into our faces and eyes. You can get burnt, and worse, can become sun blind, especially in high-altitude venues. Carry and use sunscreen, a lip balm with a high SPF (sun protection factor) and sunglasses or goggles. I'm especially vigilant about lip balm because I get painful sun sores on my lips (similar to fever sores) when the cold, dry air and sunlight attack my lips.
- 3. Insulation**—The rule for XC is to start out cold because the exertion will warm you quickly. You certainly don't want to wear too much clothing because you will quickly sop your clothing with sweat, which sets up a really dangerous situation in cold weather. Leave enough room in your pack for those extra layers. Start with wicking base layers (wool or synthetic) that will pull that sweat away from your skin, then have an insulating mid-layer fleece or sweater, topped by a breathable waterproof jacket or parka. These are most folks usual ski gear, and more than adequate for most conditions we encounter in the Mid-Atlantic. But, what happens if you stop skiing for more than a few minutes? You'll find yourself getting colder and colder unless you have extra insulating layers (a down parka or vest, warm hat, fleece overpants, etc.) to put on in addition to your "ski" clothes. Gloves and hats especially get wet and feel horrible if you're stopped for long. An extra set in your pack can really improve your comfort, even for just a lunch stop.
- 4. Illumination**—The whole reason we HAVE winter is because the Sun goes south for the season, so it gets dark early and stays dark a long time. If you aren't back to the lodge by the time the Sun goes down, you not only risk getting hopelessly lost, but blundering off trail into dangerously steep, rocky or inaccessible terrain. Pack a headlamp or strong flashlight and extra batteries to find your way back in the dark. Cold saps battery strength, so think about keeping the batteries close to your body.
- 5. First-aid supplies**—You can have all the first-aid training you like and it won't help if you don't have some first-aid supplies. Think about the kind of injuries you are likely to face while skiing: Brakes, sprains, wounds (from tree branches, etc.) and hypothermia. A [SAM Splint](#), muslin triangular bandages, ACE wraps, absorbent pads (sanitary napkins work well) and foot and hand warmers are some things in addition to a regular small first-aid kit. The size of your kit should be in relation to the amount of training you've had, but remember, you may have to be your OWN first responder.
- 6. Fire**—Primitive man started on the first step to civilization with fire and it should be your first resort on a night out alone. I used to be a big fan of matches (no moving parts) but lighters have gotten so much better that I'm a convert. I like a [torch lighter](#) that can be refilled. If you opt for matches, get the wooden kind and be aware that most of them need the striker strip to work anymore and you need a waterproof container to keep them usable. Matches or a lighter alone will not get a fire going in wet, snowy conditions: You need a couple of small fire starters (wood chips in a petroleum base) that will stay lit for 15-20 minutes and get the wood burning.

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What to Carry (cont.)

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7. Repair kit and tools—Even if disaster strikes and your ski gear disassembles itself on the trail, you may still make it back to the lodge by dark if you carry some tools and a repair kit. A pocket knife or, better yet, a multi-tool with screwdrivers and pliers, will help you put the repair kit to work on your busted skis, boots or bindings. The repair kit can include wire, nuts and bolts, cord or line, and, of course, duct tape. I keep 3 yards wrapped around one of my ski poles (renew it every so often as the adhesive hardens over time).

8. Nutrition—Your body is an engine and you have to keep it fueled, especially if you're just sitting around a fire trying not to shiver. This food is in addition to your regular skiing snacks and lunch and should be things that keep over the season so you don't have to think about it for every trip. Some good choices are jerky, nutrition bars (the ones that store well), and maybe some bouillon cubes or envelopes if you have a tin can or other metal container in which you can heat water over the fire. Forget your usual health-conscious diet for this stuff: You NEED fat, salt and calories for survival food.

9. Hydration—While we don't feel it as much as in summer, we perspire as much (or more) in winter, so hydration is just as important. You should carry a water bottle or bladder for your normal skiing hydration, but you may want to add a [water filter](#) or [UV system](#) to purify more from streams if you need it to survive.

10. Emergency shelter—The winter landscape is both wet and cold, so spending a night out will be a lot more comfortable if you have some kind of waterproof, windproof shelter. Reflective [space blankets](#) are light weight but if you've ever actually tried to sleep with one, you'll opt for the [bivy sack](#) style that is more like a sleeping bag. You can go cheap and just carry a couple of large plastic bags (heavy duty 42 gallon size). Any of these do better if stuffed with loose leaves to provide a little insulation.

Some other items you might want to have in your day pack include Tissue/toilet paper, Sanitation trowel and/or WAGbags, hand sanitizer, quick-dry towel, Vacuum bottle (for hot drinks), Insulated sitting pad, credit card/cash/photo ID (even if you're not "lost", it helps to be able to pay your way), Two-way radios, and a personal locator beacon (SPOT).

The 11th essential is a SKI BUDDY! It's always a good idea to have someone you can send out for the cavalry when you get into trouble. Best would be a threesome: one to stay with the "victim" and one to go. You shouldn't depend on anyone else to have YOUR safety gear, but NEVER ski alone.

This article is focused on the conditions we run into in the Mid-Atlantic. If you are out West in the deeper snow areas, other hazards and gear become desirable. Check out <https://www.mec.ca/en/article/what-to-pack-for-a-day-of-backcountry-skiing> , http://www.backcountryskitours.com/pages/general/ten_essentials.htm , and <http://www.backcountry.com/explore/gearhead-backcountry-kit-comparison> for more back country takes on gear you should carry.

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 2016-12, your membership expires on the last day of 2016.

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

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/>

Yellowstone 2014

By Rob Swennes



STS snow shoers (and Jack Kangas on skis) on the Sky Rim Trail high above Yellowstone by Rob Swennes

[Editor: This is a rerun of part of Rob's story from 2014, omitting the portion at Grand Teton and West Yellowstone]

I'm sitting here in the comfort of my room at the Snow Lodge enjoying an afternoon rest after days of travel and skiing in Montana, Idaho and Wyoming. Outside my window it is white. Not snow-on-the-ground white, but white-out white. We have had snow fall every day of our trip, but today the snow gods seem to be making an effort to set a record. One to three inches of snow were predicted. Ha! I'd guess we will get four to six inches at least before the steady winds and snow ease off. Many of our group are out skiing in these brutal weather conditions on trails radiating out from Old Faithful in Yellowstone National Park.

But to begin at the beginning . . . Fifteen members of the Ski Touring Section (STS) of PATC signed up for this lengthy trip out to two of the nation's premier national parks: Yellowstone and Grand Tetons. Most of the group flew from BWI to Salt Lake City on Saturday, February 8th. We are to return to BWI on Wednesday, February 19th. Thus, this was a 12-day trip for backcountry skiing and some snowshoeing in the northern Rockies.

We drove north from Salt Lake City to the town of West Yellowstone, appropriately located on the west side of the nation's first national park. Even before we reached Idaho Falls, the rain we encountered on landing had changed to snow. The snow continued steadily as we drove on to West Yellowstone (elev. 6,666 ft.), arriving at 11:30 p.m. The snow plows were out in large numbers, which was a comforting sight.

Friday the STS group traveled to the Snow Lodge adjacent to Old Faithful. The first leg of this trip involved driving from Jackson north through the Grand Tetons NP to Flagg Ranch at the north edge of the park. Though some snow fell during the drive, the roadway was clear enough for general travel. At Flagg Ranch the skiers transferred to new-generation bombardier vehicles that each winter carry guests to the Snow Lodge from several directions. These vehicles are tracked like tanks at the rear and have two skis at the front. The roads in Yellowstone are not plowed clean in the wintertime, and the bombardier vehicles and snowmobiles are the only motorized vehicles allowed in the park during the colder months.

The new bombardiers can take up to 10 passengers each, plus their luggage, which is stowed under a heavy tarp on top of the vehicle. The 40-mile trip takes about 3 hours. Several stops are made along the way to permit passengers to see and experience special aspects of the park. Driving a ski-and-tracked vehicle on these snow-covered roads is tricky, and our vehicle skidded off the roadway due to loose snow about 10 miles short of Old Faithful. Fortunately the bombardier vehicles travel in loose convoys, with each being about 10 minutes apart. Our situation was radioed to the bombardiers behind us, and soon a cluster of half a dozen yellow bombardiers was gathered around us. Ultimately three of the tracked vehicles using tow straps were able to pull our yellow bombardier from the loose snow. No injuries were suffered, and the vehicle drivers showed great skill and positive attitudes in resolving this transit problem.



Yellowstone Park support personnel planning the recovery of our stranded bombardier photo by Rob Swennes

The Snow Lodge is an anomaly in the cold and forbidding landscape that is Yellowstone in winter. This most recently built of the several lodges that surround Old Faithful geyser is the only lodge open deep in the park during the winter. In the summertime thousands of people visit Old Faithful each day by car and bus. In the winter this influx of people is reduced to a small trickle, and most of these are those who make a day trip into the park by snowmobile. The Snow Lodge can accommodate only 250 - 300 guests per night, but those who can overnight enjoy a first-class experience. Reservations to stay at the Snow Lodge must be made many months in advance. Due to its high elevation (7,362 ft.), the terrain surrounding Old Faithful enjoys excellent snow conditions throughout the winter, though winds and frigid temperatures can make skiing or snowshoeing challenging.

On Saturday our ski group undertook one of the most beautiful ski treks in the Old Faithful area. We purchased a one-way ride on a bombardier out to the Fairy Falls Trail turnoff. From there we began skiing westward. We crossed the Firehole River and saw in the distance on the right the many thermal features that characterize this area of the park, known as Fountain Flats. At the 1.3 mile point we turned left into the stands of lodgepole pine that are reforesting an area of the park denuded by the 1988 Yellowstone fire. Fairy Falls cannot be missed. It drops

(Continued on page 6)

2016-17 Ski Trips

Below is the 2016-17 STS schedule of trips. You must SEND YOUR CHECK because you aren't "signed up" until paid.
 Jan and Ron Tucker (jandrtucker@verizon.net).

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	Laurel Highlands	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 Westernnik
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. Sign up at www.skidance.com	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
Feb 23-27	Lake Placid/Adirondacks, NY	Greg Westernnik

Yellowstone (cont.)



Skiers enjoying the magical grandeur of Fairy Falls photo by Rob Swennes

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from a high abutment point to the left and in wintertime is an enchanting mix of ice and water. On the date of our visit the water cascading from the top was encased in an ice "pipe" that extended several feet over the abyss. From time to time small snowballs would spontaneously descend down an almost vertical wall of snow near the waterfall. In their descent many of them would gather enough snow to become wheels in shape before they reached a resting place. From Fairy Falls we skied further on to a series of smaller geysers, one of which was Imperial Geyser. These are well off the beaten path and thus seen at any time only by a miniscule percent of Yellowstone visitors.

The most challenging aspect of a trek to Fairy Falls is that you are responsible for getting yourself all the way back to the Snow Lodge. This makes the journey at least 11 miles overall. Rather than following the road the whole way back, one can divert onto the Biscuit Basin Trail, which passes several well known thermal pools and geysers in the area. It was snowing heavily and windy as well on this part of our return.

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Trip Descriptions

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—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

Available—One spot for a male.

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.

Available—Trip is FULL; Wait List for Lodge overflow rooms.

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.

Available—One spot for a male.

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—\$150 for lodging, double occupancy. Transportation by carpool to be arranged. Bring or buy food for eating on the trail. Trail fees and dinners extra.

Available—6 spots available.

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).

Available—1 spot for a female and 1 Room for a couple.

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.

Available—Trip is FULL.

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 teleging 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.

Available—9 spots open.

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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.

Available— 1 spot for a female.

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.

Available—2 spots one male and one female.

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

Leader—Joe Bachman

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

Available—1 spot open.

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.

Available—One spot for a male, One room for a couple, or two males or females.

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.

Available—Many spots open.

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>

Available—One spot open.

(Continued on page 9)



Trip Descriptions (cont.)

(Continued from page 8)

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.

Available—5 spots open.

Dates—Feb 23-27, 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.

Available—5 spots open.

Yellowstone (cont.)

(Continued from page 6)

Sunday the group broke into several smaller crews to explore various trails in the area. Some took the Black Sands Basin Trail to explore additional thermal geysers and pools in the area, though the steady winds and heavy snowfall made photography difficult. A few others trekked through the tempest to a small canyon to view Mystic Falls, another classic Yellowstone ski touring destination reached shortly before the storm abated. At times it proved difficult to find any trace of ski tracks you had set only half an hour before. Efforts to see a clear eruption of the Old Faithful Geyser proved equally frustrating since the weather would be clear on occasion and then be white-out conditions five minutes later.

On Monday the group again broke into separate crews to enjoy a variety of skiing options. Some of us did a several-mile trek to the Lone Star Geyser which stands by itself in the wilderness. It has built a large, thick cone over the centuries and fairly regularly spits out liquid and steam. Later that afternoon two of us opted to do some snowshoeing in the area. The route we chose had cross-country ski and snowshoe trails crisscrossing on the climb up the hillside and back down again. Since no one had been snowshoeing in the area for some time, that trail was faint to see. At one point I saw a hole in the deep snow about six feet to my right. Curious, I stepped over to explore it — and immediately sank into the snow up to hip depth even though wearing snow shoes! Nothing like stepping off the beaten path in Yellowstone to learn how deep the surrounding snow really is.

Many took a shuttle ride to the continental divide trailhead for a tour to that high point followed by a long and scenic return trip on Spring Creek trail/ The last STSer to traverse this route that day (Doug) had to extricate himself from a "sinkhole" that opened up beneath his skis at an exceptionally boulder spot hard by the steep creek bank. Never a dull moment in the activity of ski touring.

On the bombardier ride back out of Yellowstone the next morning, many in the group were pensive, thinking over the many wondrous sites seen on the trip. Yellowstone National Park has always been a world apart from the bustling complexity and artificiality of modern society. In wintertime, sense of place is greater. left these some n-parks in West with sense of been re-grounded



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PATC-Ski Touring Section

c/o Doug Lesar

2507 Campbell Place

Kensington, MD 20895



At White Grass, 2005

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 |