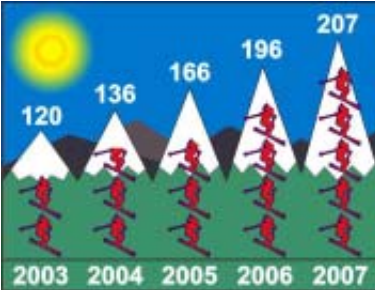




FWSA Tollakson Award for Outstanding Club
Mountain High Snowsport Club 2006-07

www.mthigh.org

Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208



Mountain High is the result of the merger, in 2000, of two clubs: **Plaza** and **Edgeset**, both of which were formed in Portland in the early 1970s.

Since the merger, our club, affectionately known as “**the club that really skis**”, continues to experience a slow but steady growth in membership for over 6 years now. In 2001-2002, there were only 99 members. The attached chart shows the gradual membership increase since then.

Non-Ski Activities (max. 30 points)



Club & Member Community Activities & Services.

Every year, Mountain High members participate in the **Oregon Cancer Ski Out**, a fund raiser for the Oregon Health & Science University’s Cancer Center and the Willamette Falls Hospice. This year, 2 teams of Mt. High members participated. The “Easy Gliders” team won 1st place in the race for the most consistency in two ski runs.

In the photo, Easy Gliders: Lynn Kovacs, Walt Stanton, Bill and Jean Avison, and Steve Sonderen.

Several Mountain High members (such as Linda McGavin, Debbi Kor-Lew, Linda & Steve Coxen, Jack Folliard, Gary Stevenson, Emilio Trampuz, Gordon Lusk.) are among the most active members in the **NW Ski Club Council** and/or the **PACRAT racing league**.

Our club always has a booth at the annual **Ski Fair**, organized every November by the **Northwest Ski Club Council**. Also, our members always help staff the NW Council’s booth at the larger **Portland Ski Show**, in October, at the Portland Expo Center.

Linda McGavin edits and produces the annual **Northwest Skiers' Directory**, 74 pages covering all local ski clubs and ski areas, the Council’s activities, and PACRAT racing. In the last couple of years, our member Emilio Trampuz has contributed many of the photos illustrating the Directory.

At least three of our members are active in the **Far West Ski Association** (Debbi Kor-Lew, Randy Lew, Steve Coxen), and a delegation of several of our members attends the **FWSA Convention** every year. When the Far West Convention was held in Portland, Oregon, several of our members helped organize it (Debbi Kor-Lew, Linda McGavin, Emilio Trampuz).



Emilio, Deirdre, Sue & Alan at the Ski Fair



Linda McGavin at the Ski Fair, Nov. 2006

Non-Ski Activities (continued)

Club Social Activities

Our **Summer Picnic & bike ride** was a lot of fun.

Quarterly **pizza parties** attract as many as 60 or 70 people at a time, where in addition to socializing and making announcements, we also often show slides and videos of recent ski trips.

We had a group **dinner and a movie outing** to see the latest Warren Miller movie. 65 members came to the movie. 45 of them participated in the dinner before the movie.

Our annual **Membership party** in November, was our biggest event of the year.

In February, our annual Valentine's Day **Chocolate Party** was the sweetest, with prizes for the most creative dessert, the most chocolaty and the most decadent!



Bike ride

Larry Bennet leads the bike ride to the picnic.

Membership Party



Randy Lew addresses our members.

Sports Awareness / Promotional Activities (20 pts.)

At our March meeting, our guest speaker was Diane Hicks, director of the **NW Snow Sports Foundation**, which sponsors local, young, talented ski racers. We presented her with a donation of two checks: \$500 from our own club, and \$150 from the FWSA (which we "earned" as a prize for having an Outstanding Newsletter and Web site last year).

Many members volunteer as **ski hosts**. At **Timberline**: Kurt Krueger. At **Mt. Hood Meadows**: Marsha Cosgrove, Dave Pesheck, Bill Mattarazzi, Barbara Bousum, Joe and Denny Pollock.

This year, Mt. High joined the NWSCC in promoting the **Ski Washington Challenge** - to encourage people to visit at least 10 of the 14 Washington ski areas in the same season.

Our club has been one of the most active clubs in Oregon in **disseminating information** about everything related to snow, skiing, and various club activities. The information is gathered through a variety of contacts at ski areas, other local clubs, other ski publications, ... and it is disseminated not only to our club members, but dozens of other people, both potential future members, and members of other local clubs. This is done via:

- Frequent **email** updates
- Monthly **newsletter** ("Lift Lines"), distributed both in print and via email (a PDF file), and posted on the club's web site.
- The club's web site, www.mthigh.org, which generates hundreds of visits per month. The web site not only contains up-to-date news of upcoming events, and photos of past events, but also offers a **Forum** where members can post their own messages, and a **Bulletin Board** for selling items of interest.

See more photos at www.mthigh.org/PhotosRecent.htm.

Diane Hicks & Gary Stevenson



Gary presents our donations to Diane Hicks

Mt. Baker



Mt. High members at Mt. Baker, WA.



Our web site.

Sports Development Activities (max. 20 points)

In a continuing effort to bridge the gap between **racers** and **non-racers**, we are encouraging non-racers to join us on the slopes on race days, and also encouraging racers to join us on trips.

Our **web site** has an expanded Safety page, drawing attention to the most important factors in safety, and also listing real-life experiences and lessons learned first hand by our members.

Also on the web site, there is a **Vision** page, devoted to promoting a vision for skiing in the 21st century, with increased emphasis on safety through the development of turning skills, and slowing skiers down by providing various obstacles and turning opportunities on the slopes. New ideas keep being added, including the thinning of trees, planting new trees, using orange traffic cones and/or **whisker-gates** for practicing turns.

Sports Activities (max. 30 points)

Almost half of our members participate in recreational **PACRAT racing**. We had 90 racers this year (up from 83 last year).

We organized 2 **ski improvement clinics** this year. Three were planned, but one was cancelled due to bad weather. These were free to all our members, both racers and non-racers.

Many of our racers participated in the **Far West Championships** hosted by the NWSCC at Mt. Bachelor in March/April 2007.

This year's annual **bus trip** went to **Leavenworth, WA**, visiting **Mission Ridge** and **Stevens Pass**. The bus was full, with 50 people.

For a longer trip, we offered a 4-day and a 7-day option to Eden, Utah, with skiing at **Powder Mountain** and **Snowbasin**.

In addition to ski trips, we also organize several other events throughout the year, including: a **golf tournament** or two, a **bowling night**, **bike rides**, several **hikes**, a **wine tour**, and a weekend **rafting trip** on the Deschutes River.



FWRA Championships

Our President, Gary Stevenson, slalom.



Whisker gates for training and fun



PACRAT Racers

Suzi Richards at Timberline



Utah trip

Linda McGavin at Powder Mt., Utah



Mission Ridge, WA



Rafting