

# MOUNTAIN HIGH SNOWSPORT CLUB



*"The club that really skis!"*

**Mountain High Snowsport Club**

PO Box 2182, Portland, OR 97208

4 April 2005

Elaine Cobos  
VP Communications  
Far West Ski Association  
Re.: Tollakson Outstanding Club of the Year competition

The Mountain High club is a relatively small but steadily growing club. Our membership has been steadily rising in the last few years, from 99 members in 2002 to 154 in April 2005. That is over 50% growth in just three years.

• **Sports Development Activities** (20 points maximum)

- o Sports/ski safety and instruction*
- o Equipment update and information*
- o Fitness, exercise, conditioning*

Our club has been making steady efforts to bridge the gap between **racers** and **non-racers**. Every time we organize a race, we send out a call to all non-racers to come join us on the mountain, to carpool and ski with the racers. Several non-racers have formed bonds of friendship with the racers in this way, became affectionately known as team "mascots", and some have eventually decided to try racing themselves.

The latest effort was a **free ski clinic** at Mt. Hood Meadows, paid for by the club, to which both racers and non-racers were invited. It proved a huge success, even enticing several new people to join the club, just so they could participate in the training.

On the flip side, we also encourage racers to join us on club trips and in social events.

At our **quarterly meetings** (also known as pizza parties), we have invited representatives of local **ski areas** (like Mt. Hood Meadows) and local **ski shops** (like the Mountain Shop and Ski Chalet) as well as the **Mt. Hood Ski Patrol** to give presentations on various subjects, such as keeping up with the latest in equipment, snow grooming, avalanche safety, mountain rescue, and more. These meetings are always well attended, and accompanied by free pizza!

Our **newsletter**, "Lift Lines" also regularly publishes articles on:

- Instruction (e.g. racing tips for beginner racers, etc.);
- Equipment (e.g. the new Bionic ski bindings from Atomic);
- Safety (e.g. a whole series of articles on safety by Jodie Dierickx, formerly Director of Safety, Northwest Ski Club Council).

• **Sports Activities** (30 points maximum)

- o Ski (Alpine/Nordic) Competitive Events (Club, League, Council, FWRA, Other)*
- o Non-Ski Competitive Events – tennis, volleyball, softball, skating, other*
- o Club, League, Council FWSA ski trips*

Mountain High, though a relatively small club, participates in the local PACRAT racing league with **six** 10-person teams. We have a total of **61 racers**. That is 40% of all club members. Since the PACRAT league consists of about 180 racers from different clubs, our club contributes about 33% of all racers.

Every year, at least some of our members also participate in the Far West Championships, the Far West Ski Week, and several Northwest Ski Club Council trips.

In addition, we have at least two or three ski trips of our own. This year, our club organized the following:

- a) A ski safari (carpooling) to 4 Canadian ski areas (Sun Peaks, Silver Star, Big White, Apex);
- b) A bus trip to Crystal Mountain, Washington.
- c) A train trip to Big Mountain, Montana.

Despite the relatively small size of our club, we organize year-round non-skiing activities. For the past several years, we have made several of these repeated annual events:

- Golf meets and tournaments throughout the summer. Also night golfing on a full moon!
- A bowling night;
- A bicycling outing (the “Portland Bridges ride”);
- A hike in the Columbia River Gorge;
- A wine tour (of Oregon vineyards);
- A weekend rafting trip on the Deschutes River (including one or two nights of camping).

• **Non-Ski Activities** (30 points maximum)

- o Club Social Activities (Parties, athletic events, dinner dances, banquets, etc.)*
- o Club & Member Community Activities and Services*

Several Mountain High members (such as Linda McGavin, Debbi Kor, Jack Folliard, Gary Stevenson, Emilio Trampuz, Gordon Lusk, etc.) are among the most active members in the **Northwest Ski Club Council** and 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 **Council booth** at the larger **Portland Ski Show** (usually in October), at the Portland Expo Center.

Our member, and one of the club founders, Linda McGavin, edits and produces the annual **Northwest Skiers’ Directory** booklet, 74 pages covering all the local ski clubs and ski areas, a description of the Council activities, as well as PACRAT racing. In the last couple of years, our member Emilio Trampuz has contributed many of the photos to illustrate the Directory.

At least three of our members are active in the **Far West Ski Association** (Debbi Kor, 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, Linda McGavin, Emilio Trampuz).

Locally, our club organizes several social events every year. Most of these are annual events:

- Four large **quarterly meetings/parties**, with free food and a guest speaker.
- Several more intimate **potluck parties** at people's homes (the "End of Season" party, the "End of Summer" party, a Chocolate party, a Superbowl party, etc.)
- **TGIF gatherings**, almost once a month, with the one in December involving the watching of the Christmas Ships parade on the Willamette River.

• **Sports Awareness / Promotion Activities** (20 points maximum)

- o Beginner/youth sports/ski programs*
- o Handicapped/disabled skier programs*
- o Ski area/community sports/ski programs*
- o National Forest/Park guides, volunteers, etc.*

Our club membership is confined to only those 21 or older. But we help **younger** skiers by contributing to the Northwest Snowsport Foundation, providing scholarships for young racers.

Our members regularly participate, with **several teams**, in the following annual events:

- Oregon Cancer Ski-Out (in March), a fund-raiser for Cancer research, education and awareness;
- Golden Rose Ski Classic at Timberline (in June) – the longest running ski race in the US, and a fund-raiser for the Northwest Snowsport Foundation and young racers;
- Hood to Coast team running race (from Mt. Hood to the Oregon coast).

Several of our members volunteer as **Ski Hosts** at various local ski areas (at Timberline: Kurt Krueger; and at Mt. Hood Meadows: Marsha Cosgrove, Dave Pesheck, Bill Mattarazzi, Barbara Bousum, Joe Pollock and Denny Pollock).

We have encouraged and helped at least one person, Ann Rawls, suffering from **Multiple Sclerosis**, to join the club and try some of the various forms of adaptive skiing. We helped her to find suitable adaptive programs at both Timberline and Meadows, we drove her to the mountain, and helped her try a mono-ski (the one with a bucket-seat), and later, when she was feeling better, she also tried skiing on her own legs with outriggers.

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. We do this through a variety of means:

- **Frequent emails** with the latest news to all our members (and these emails have often been forwarded far and wide beyond the confines of our club);
- **Monthly newsletter** ("Lift Lines"), which is distributed both in print and via email (a PDF file), and posted on the club's web site. Again, the newsletter has been reaching many non-members (or "potential" members) as well.
- **The club's web site**, [www.mthigh.org](http://www.mthigh.org), which was started less than a year ago, and has already experienced a jump in the number of visitors from 100 to over 600 visits per month (where a visit is counted only when someone opens more than one page on the web site within a 30 minute period). 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.
- **Occasionally**, we also resort to a good old-fashioned **phone tree**, to urge people to participate in a particular event.

We have also produced a **slide-show** about our club (a slide presentation on a CD disk) about our club, a **DVD video** about our latest club trips, and a **DVD video** about PACRAT racing.

#### NOTE ABOUT THIS DOCUMENT

- This account was written by Emilio Trampuz (the club's newsletter editor).
- It was submitted for review to the club's Board of Directors.
- Corrections, additions and improvements were added by Linda McGavin (one of the club's original founders) and by Debbi Kor (the club's representative at the Northwest Ski Club Council).

#### NOTE ABOUT THE CLUB'S NAME

The club has changed its name in recent years. Originally, there were 2 clubs: **Plaza ski club** and **Edgeset ski club**, both formed in the early 70s. In the Fall of 2000, the two clubs merged into "**Plaza/Edgeset**" ski club, and in November 2003, members voted to rename the club to "**Mountain High snowsport club**".

Emilio Trampuz  
Mountain High snowsport club  
Portland, Oregon  
[Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net)