



PORTLAND CHAPTER

AUGUST 2014



Around the campfire

Hanging out around the campfire at night was a

glorious way to end a day of biking on the islands. Fifteen ONC members made the trip to the San Juan Islands this year staying in a group camp about a five mile ride from the ferry. Besides San Juan Island there were rides on Lopez, devouring cinnamon rolls at our favorite place and checking out farmers market/art fair before riding to Sharks Reef (no sharks in sight) and Orcas with at least four riders (and one on a motorized vehicle)

making it to the top of Mt.

Constitution. I say lets do it again next year as I never get tired of going to the islands.

Pam Rigor, Trip Leader

Overnight trip program changes

We are in the process of organizing overnight trips for the ski season. We'll have

some of the favorite classics as well as a few new ones; a list of what we have so far is on page 9. Check out the dates and plan for them. Trip leaders are needed for a number of the trips, so please contact me (Ted Scheinman, tedskier@gmail.com) to select a trip to lead.

We have made some changes in the overnight trip policies this year to accommodate concerns that have been raised in the past. The policies are being updated and will be in the next newsletter, but I would like to point out a few significant changes:

Trip Sign-ups To give everyone an equal opportunity to sign up for a trip, no Sign-ups will be accepted prior to the evening of the Trip Extravaganza on October 7. If you want to be sure that you will be able to go on your favorite trip, come to this meeting. You may also choose someone as a proxy (but not the trip leader) to turn in your application. If there are spaces available after the meeting, they will be filled on a first-come, first-serve basis, based on receipt by the trip leader.

As an added benefit, overnight trip leaders will be able to sign up for trips at the trip extravaganza prior to general Sign-ups.

Roommates As people have indicated that they prefer to not share a bed with someone else, we are making an effort to ensure that everyone has their own bed (of course, participants may choose to share a bed). This will result in a number of trips being filled earlier, based on beds being filled, rather than planning on people sharing beds. For example, if there are five queen beds in a house and the first five people who sign up are singles, there will only be five on the trip, instead of (perhaps) seven or eight. This may result in some trips being more expensive.

Cancellation Policy and Insurance We remind participants that trips are non-refundable, unless a replacement is found. We recommend that you use trip insurance, through our membership in the Northwest Ski Club Council/National Ski Federation Council. The cost is usually 7% of the trip cost, with a minimum of \$10. This is less than commercial policies. Here is the link: http://www.travelguard.com/agentlink.asp?ta_arc=125858&pcode=

Where they ask you for tour operator, select "not listed" and indicate that the "ONC" is the tour operator. For agent's initials, use mine: "TPS." Read the coverage carefully and make your choice. Please contact me if you wish to lead an overnight trip this year.

Ted Scheinman, Overnight Trip Coordinator

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Comment by August 4

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BOARD MEMBERS

Ann Truax. President 503 756-8891 Kimberly Davis 503 282-1506 cancionnueva@yahoo.com Mary Hepokoski Treasurer 503 442-0620 Susan Watt susnaim@gmail.com Andrè Fortin 503 780-5843 afortin85@gmail.com Elke Schoen 503 239-9286 elkeschoen@msn.com William Yaeger 503 516-7794 w.yaeger@comcast.net

COORDINATORS AND
COMMITTEES:
Day Tours:
Denise Brem, Day Tours
Coordinator
oncdaytours@gmail.com
Recruiter(s)—vacant
Novice Ski Tours
Coordinator—vacant
Summer Coordinator
Bike/Hike—vacant
Membership:
Susan Kelly, chair
503 706-6463
membership@onc.org

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EDITORIAL NOTES The deadline for submissions is the 15th of the month (for the next month's publication). Send submissions to oncnewsletter@gmail.com as a Microsoft Word document (no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as a attachment (preferred); compatible text files as an attachment; and put text in an

e-mail with no formatting.

Corrections: e-mail

additions to the editor.

Portland Chapter of the

Oregon Nordic Club, Inc.

corrections and/or

published monthly by:

This newsletter is

P.O. Box 3906

Portland, OR 97208

UPCOMING EVENTS

August 5 > TUESDAY Intro to Bikepacking

6:30-7:30 p.m. Mt. Shop, 1510 NE 37th Free! RSVP and questions: lisa@MountainShop.net

Lightweight Backpacking Basics

REI Tualatin, 6:30 – 8:00 p.m. Free! Free! Info/sign-up: rei.com (store events)

August 6 → WEDNESDAY

Backpacking Basics II: What's Inside Your Pack REI Portland, 6:30–8:30 p.m.

Free! Info/sign-up: rei.com (store events)

August 9 → SATURDAY Annual Steiner Cabins Tour

Tour vintage log cabins built by Henry Steiner and sons in the 1930's. Travel, self-guided by auto or bicycle over a 12 mile route to visit five cabins on the tour, between Government Camp and Zigzag. Ride the Mountain Express bus with bike racks from Sandy to Government Camp. Tour ends at the bus stop in Welches. Tickets 503 272-3301. \$15 for museum members and \$20 for non-members.

August 19 → WEDNESDAY Lightweight Backpacking Basics

REI Hillsboro, 6:30-8:00 p.m. Free! Info/sign-up: rei.com (store events)

Bike Maintenance Basics

REI Tualatin, 6:30–8:00 p.m. Free! Info/sign-up: rei.com (store events)

August 28 > THURSDAY Backpacking Basics

REI Clackamas, 6:30 – 8:00 p.m. Free! Info/sign-up: rei.com (store events)

August 30 → SATURDAY
Music on the Mountain

Daniel Kirkpatrick and the Bayonets will play at the Johnston Ridge Observatory Amphitheater 6:30–8:30 p.m. Free! Info: mshinstitute.org

Clinics & Training

December 4–14 → THUR–SUN (no on-snow sessin on Tuesday, December 9)

2014 Oregon Fall Camp, Mt. Bachelor Start your ski season off with one of the best camps in the XC ski world! Features reliable early December skiing at Mt. Bachelor, top coaching, training lectures, and (optional) world-class physiology testing. Designed specifically for adult XC skiers and racers with skills anywhere from low intermediate to expert.

Registration/Info: xcoregon.org

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- Discounts at selected merchants (see page 8)
- Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day-use, overnight and meals
- ▶ Free Tilly Jane weekends during the ski season
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- ► Support of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot National Forests
- Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs. Discounts/benefits: www.nwskiers.org www.fwsa.org www.federationofwesternoutdoorclub.org

Memberships are renewed September 1st each year, \$27 for single, \$33 for family/ household. Info: oncmembership@gmail.com

Oregon Nordic Club Portland Chapter
Formed as a nonprofit volunteer organization in 1968
by Nordic ski enthusiasts interested in using public
lands for recreational cross-country skiing, the
Portland Chapter of the Oregon Nordic Club grew to
over 550 members. The Portland Chapter is one of
twelve chapters in the state. With activities year-round,
the Portland Chapter is dedicated to promoting greater
participation in and understanding of the value of
outdoor recreation with an emphasis on Nordic and
back- country skiing. In addition we hike, climb,
backpack and bicycle year round in the northwest forests,
mountains and in-town.

Renew your membership

The ONC-PDX membership renewal date is

September 1. Around the middle of the month, check your 'snail mail.' You'll be receiving a U.S. mail notice with a membership renewal form. Please renew your membership, support your club, enjoy your benefits and look forward to the ski season!

Membership

McNeil Point high country

"What a wonderful hike yesterday, and

such a joy to get back up to the spectacular high



country
again—
especially in
the company of
delightful
companions!"
Hikers: Ann
Truax (leader),
Ingrid Mehrle,
Amiel Alo and
Darvel Lloyd
Darvel Lloyd,
participant

August 2014 Oregon Nordic Club Portland Chapter

PRESIDENT'S SKI TRACKS

Here is the latest news from the ONC PDX board:

Overnight Trips The Overnight Trip Extravaganza will be at the general meeting on October 7. This year no sign-ups will take place prior to the meeting. We had a problem last year because a few trips had already filled up before the meeting. Participants may sign-up on a first-come, first-serve basis at the meeting. If you are not able to attend the meeting, you may send a proxy to sign up for you or take your chances and simply mail in an application plus a check for the trip. For your information, we are continuing the policy of no refunds unless a replacement is found. Insurance is still available to cover the price of the trip if you have to cancel. **Website** We are taking steps in the direction of setting up a new website that has the following capabilities: members can pay for membership online; members can pay for overnight trips on-line; a membership database will be available to members; leaders will be able to organize trips more effectively on-line; overnight trips and day tours will be listed; there will be public and private (members only) forums available; there will be links to the

and more. We are excited about the possibilities! Venue for General Meeting We are still looking for another place to hold our general meeting. So far, we haven't found the perfect location that's not too expensive, not too noisy or not too far off the beaten path. We're looking for a central location close to public transit that's inviting and comfortable. Any ideas? Let us know.

Membership Renewals Just a reminder that annual dues are due September 1. Renewal forms will be mailed to you via U.S. Post.

Leadership Training We will be setting up another leadership training session(s). More details to come in the fall.

State ONC Board Meeting We're looking for a member or members to attend the state ONC Board Meeting on September 6 at Diamond Lake Resort. This is an opportunity to meet members from other ONC Chapters around the state. Make an adventure out of the trip and visit Crater Lake, go fishing in Diamond Lake or climb Mt. Thielssen—to name a few possibilities in Southern Oregon.

Wherever you are this summer, may your canoe stay upright, may the stars shine down on your campfire, and may your bicycle tires stay full of air! Enjoy!

Ann Truax, President

NORDIC ISSUES/NEWS

state website, other Nordic skiing resources, maps

Volunteers are needed to help with Nordic

Issues—things that affect skiers! Have some time to do some reading on the web help track issues that affect skiers. Please contact Ann Truax to volunteer.

Proposed Travel Management Rule Change: Use by Over-Snow Vehicles (Snowmobiles)

Have your say on this issue and share with the Forest Service how this rule affects your experience on national forest lands. Comments due August 4.

The U.S. Forest Service (FS) was ordered by a Federal Court, on March 29, 2013, to amend the agency's travel management rule (TMR) to require designation of National Forest System roads, trails and areas where over-snow vehicles (OSV) use is allowed, restricted or prohibited. According to the amended subpart C, The responsible official could establish a system of routes and areas where OSV use is prohibited except where allowed or a system of routes and areas where OSV use is allowed unless prohibited. The proposed rule would continue to

exempt OSV use from subpart B of the TMR, which provides for designation of a system of routes and areas where motor vehicle use is allowed and prohibits motor vehicle use off the designated system. This ruling would require the FS to us the same guidelines for snowmobiles as they do for other off-road vehicles in other seasons.

However some issues of the rule are ambiguous:

- The draft rule would permit national forest units a choice of either an 'open unless designated closed' approach or the opposite 'closed unless designated open' approach, which is used by all other off-road vehicles in all other seasons. This part of the draft is not consistent and in use would be confusing. Designating OSV use as "closed unless designated open" would be more consistent.
- The rule seems to allow past decisions about OSV use to be grandfathered in, whether or not they were all-embracing, reduced conflict and resource damage or involved the public. Rules that do not bring all users to the table or apply

Continued on page 4

Membership Database Mark Fitzsimons

503 756-7534 oncmemberDB@gmail.com mfitzsimpica@gmail.com Nordic Issues:

— vacant

Overnight Tours: Ted Scheinman, chair 503 452-7432

tedskier@gmail.com

Programs:

Ron Bekey, chair 503 475-0084 rbekey@gmail.com

Publications:

Pam Rigor, newsletter editor

503 297-4284

oncnewsletter@gmail.com

Newsletter Distribution

Bill Yaeger

503 516-7794 w.yaeger@comcast.net

Publicity: Kim Davis

503-282-1506 cancionnueva@yahoo.com

Shelters:

Tilly Jane A-Frame Andrè Fortin

503 780-5843

afortin85@gmail.com **Trillium Yurt**

Volunteers needed

Pam Rigor

503 297-4284

oncnewsletter@gmail.com

Trail Maintenance: **Greg Wenneson**

503 460-7231

gregwenn@sonic.net

Recruiter vacant

Website:

Volunteer needed

Tony Ackerman, Webmaster 503 647-0068 tonyackerman1@comcast.net

DAY TOUR POLICIES

Tours depart promptly, arrive at least 10 minutes before the scheduled departure time to allow for necessary arrangements. Arrive fully prepared for the day's activities!

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions.

Bring the Tour Essentials (see list on the side bar, page 6), food, water, map, clothing, and equipment appropriate for the tour.

Tour leaders can forbid you from joining a tour, if you are not prepared. Read and heed the Oregon Nordic Club's Tour Ratings listed below.

Day tour participants are encouraged to car pool and share costs. The suggested contribution by each passenger is 15 cents per mile. For three or more passengers, the maximum total contribution by all passengers is limited to 45 cents per mile.

Dogs are only allowed on "Dog Tours." These trips are designated with: "See website for dog policy for ski tours.

Dogs must be on a leash in sno-parks. Please keep dogs off ski tracks and pack out dog waste.

TOUR RATINGS

These designations are a guide to the skill and commitment level required for each tour. A full trip rating always includes a terrain rating plus a

Nordic Issues continued from page 3

- only to part of the forest are lacking in appropriate planning.
- Another issue that is problematic concerns the change in the definition of an "area" to include landscapes wider than a Ranger District, with "snowmobile" groomed trails in that area not subject to scrutiny. Although these groomed trails consolidate use and travel by OSVs, which is desirous in some places, it does have impacts to the environment, wildlife and other users (cross-country skiers, snowshoers and climbers). These concerns warrant analysis given that they are inconsistent with how other ORVs are managed.

Public comments on this rule can be made and must be received by August 4, 2014. Electronically comments can be sent by using this website: http://www.regulations.gov/#!documentDetail:D=FS-2014-0004=0001

Mt. Hood National Forest/Gorge Hazardous Fuels Reduction The Polallie-

Cooper Spur Hazardous Fuels Reduction public process is wrapping up soon, and recommendations will be passed onto the Forest Service in August. We'll have more info on this next month.

Fire restrictions With fire season here restrictions on open fires in Central Oregon began in late July. Check the FS website to see where fires are allowed.

Volunteer to track extreme pikas U.S. Geological Survey researcher Erik

Beever has been conducting a study of Columbia Gorge pikas. They are the lowest-elevation pikas ('extreme pikas') in the U.S. His three-year study has surveyed 50 miles of the Gorge on both sides of the Columbia River—from Troutdale to Hood River in Oregon, and from Camas to White Salmon in Washington. He hopes to have some understanding of the pikas' resistance to climate change and how to conserve pikas in the Gorge.

Beever's team will gather up their sensing equipment in September, but citizen-science pika surveys will continue. People interested in joining the effort can sign up at www.oregonzoo.org/cascades-pikawatch.

"Pika Watch is an ideal opportunity for people who love hiking and the outdoors to take action for wildlife," said David Shepherdson, Oregon Zoo deputy conservation manager. "When communities collect data through citizen science, they're making an investment in the ecosystem."

Cloud Cap Road Closure The Cloud Cap Road remains closed into August (it was due to open July 14, but the hazard tree removal contractor not finished); tours of historic Cloud Cap Inn will happen on Sundays through August.

The Tilly Jane A-Frame work party (scheduled for July 19) was postponed due to Cloud Cap Road closure, but a few hearty souls (including myself) did some Tilly Jane Ski Trail maintenance, easing the boggy sections of the historically registered trail's lower part.

Gifford Pinchot National Forest Donate to help rebuild the Marble Mountain

Shelter The Marble Mountain shelter, constructed about twenty years ago, burned to the ground April 2011. According to a local recreation technician, it was one of the nicest winter shelters in the state. Donations to help rebuild the shelter can be made from a link on the Mt. St. Helens Institute website: mshinstitute.org/index.php/donate/index

Deschutes National ForestFire restrictions Check the FS website to see where fires are allowed.

Diana Hsieh and Kevin McGillivray (Gorge Chapter), *Nordic Issues*, Pam Rigor, *Editor*

Portland Sunday Parkways cycling events

Join other cyclist for family-friendly, car-free bicycling in Portland this summer! Portland's Department of Transportation is hosting Sunday Parkways: August 24 and September 28.

Southeast Portland Sunday Parkways August 24, 11 a.m. – 4 p.m. Free!

See day tours schedule for more info.

Southwest Portland Sunday Parkways September 28, 11 a.m. – 4 p.m. Free!

Take advantage of the last Sunday Parkways tour (six miles) by by rolling down Troy Street or checking out the SW Trails' rolling hills and scenic vistas. Remember to stop by Gabriel Park, Multnomah Village and Hillsdale Shopping Center for lunch, toons, activities and more. There will be an easy bike tour led by an ONC day tour leader for this Parkways Event.

www.portlandoregon.gov/transportation/58929

DAY TOURS

Check website and/or our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for more tours.

August 2, Sat, Easy Hike Triple Falls, Gorge, OR

"This delightful trail explores a cavern behind Ponytail Falls and then loops around Oneonta Gorge, a mossy chasm so narrow that Oneonta Creek fills it wall to wall. What's more, an optional 1.8-mile side trip leads to breathtaking Triple Falls, where three plumes of water plunge 120 feet at once." William Sullivan. The trail without the Triple Falls .9 mile (1.8 total out and back) sidetrip is 2.7 miles, 400 ft. elevation gain. With the trip to Triple Falls the total mileage is 4.5 miles with about 550 ft. elevation gain. For meeting place and time as well as more info contact the leader: Donna Matrazzo 503 621-3049 matrazzo@msn.com

August 3, Sun, Trail Tending Party Old Man Pass, Wind River, WA

Come help us brush out and sign Klindt's Trail (named for Klindt Vielbig a founding member of ONC-PDX). Klindt's Trail goes between Old Man Pass and McClellan Meadows Sno-Park. Meet at Gateway Transit Center parking structure Gateway Transit Center parking structure, NE 99th Ave. north of NE Pacific Ave., at 8:15 a.m. to leave at 8:30 a.m. For more info and to RSVP contact the leader: Ken Wenzel 503 297-2958 503 729-6571 cell skiwenzel@hotmail.com

August 6, Wed, Easy/Intermediate Hike Cape Lookout (Coast), OR

We'll hike 2.5 miles through a forest of gnarled old spruce and hemlock trees filled with ferns, salal, salmonberry and candyflowers to a cliff-top meadow of red Indian paintbrush, white yarrow and scarlet fireweed above the waves. Then hike down to the beach and back for a total of 8.5 miles and 1,200 ft. elevation gain. Plan on meeting at 8:30 a.m. to carpool from the West side of Portland. For meeting place and more info contact the leader: Pam Rigor 503 297-4284.

August 13, Wed, Easy to Intermediate Hike East Zigzag Mt., Mt. Hood, OR

We can expect wildflowers and maybe some huckleberries (if they are ripe) on trail to Burnt Lake. We'll make a stop at a falls along the way. If people want an easy hike they can hang out at the lake. The longer hike will go up another mile an a half to a view point on East Zigzag Mountain. Trip limited to 12 people. Plan to leave town at 8:30 a.m.

For meeting place and more info contact the leader: Pam Rigor 503 297-4284.

August 20, Wed, Trail Tending Party Pocket Creek Trail, Mt. Hood, OR Volunteer to lead this Party!

Help us finish brushing out the very popular trail along the Pocket Creek road. We have got a good start in June but need to finish removing small trees encroaching the trail from the sides. Plan to meet at 8:15 a.m. and leave at 8:30 a.m. from the East side of Portland. To RSVP and to volunteer to lead this trail tender contact: Ken Wenzel skiwenzel@hotmail.com

August 24, Sun, Easy Bike Southeast Portland Sunday Parkways

Spend a warm summer day walking and rolling around the Southeast Sunday Parkways. While you're at it, take a few moments to explore Laurelhurst, Colonel Summers, and Ivon Parks to grab a bite to eat, listen to tunes, and join some activities. 11am-4pm (7 miles). Need trip leader. Contact oncdaytours@gmail.com.

August 30, Sat, Advanced Hike Paradise Park Loop, Mt. Hood, OR

We'll have grand views of Mt. Hood on this classic hike of 12.5 miles with 2,300 ft. elevation gain to an alpine meadow. We'll travel through two canyons on our way and will have a river crossing. Please bring poles and ten essentials. Trip limited to 12 people. Plan to leave town at 8:00 a.m. For meeting place and more info contact the leader: Pam Rigor 503 297-4284.

Common meeting places: Gateway Transit Center parking structure, NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center, NE Sandy Blvd & NE 96th Ave. McMenamins Edgefield, 2126 SW Halsey, take I-84 to Exit 16 (Wood Village) turn right, go to Halsey (1st stop light) turn left, go 1/2-mile, it's on the right.

Lead a hike or bike tour

Pick your favorite trail/route (and date) and

volunteer to take some ONC friends along to enjoy the outdoors. Lead a day tour in September or the first weekend in October! A calandar and list of possible tours will be sent out to leaders the first of the month.

Are you new to leading tours? Send us an email (at the address below) and we'll get you up to speed.

Send tour descriptions (by August 14, 8 p.m.) to Day Tours Coordinator Denise at oncdaytours@gmail.com. Thanks.

mileage rating, to help you better select the right tour for your ability and inclination. Please consider your physical conditioning and your equipment when deciding to go on a tour. Match the tour level to your ability for your physical safety and comfort, and the safety and comfort of other participants on the tour. If you are in any doubt about the rating of a tour, please call the tour leader before the day of the tour.

Novice Ski Tour

These tours are for the inexperienced skiers. While this is not a lesson, the leader will help new skiers as much as possible. Tour length is 3 – 5 miles over nearly flat terrain.

Easy Tour

Ski: 4-6 miles over gentle terrain at a pace comfortable for all participants.

Bike: Mostly flat terrain, 8–10 m.p.h. pace, frequent regrouping.

Hike: < 8 miles; 200 ft. per mile elevation gain.

Backpack: < 5 miles/ day; 200 ft. per mile elevation gain.

Intermediate Tour

Ski: 6-12 miles. Terrain flat to long hills that are no steeper than found on a road (maximum 10 degrees). Moderate pace. Trail turning skills required, if there are hills. Consult tour description for specifics.

Bike: Moderate terrain with rolling hill (some short steep hills); 10–14 m.p.h. pace, regrouping when appropriate.

Hike: 8-10 miles; 200 to 400 ft. per mile elev. gain. **Backpack:** 5-7 miles per day; 200 to 400 ft. per mile elevation gain.

Advanced Tour

Ski: > 12 miles. Terrain flat to steep hills (> 10 degrees). Moderate to fast pace. Strong turning skills required on the tours with steeper slopes.

Bike: Difficult terrain with one or more major hills/ series of longer, steeper hills; 15–18 m.p.h. pace, regrouping when necessary.

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Hike: > 10 miles; 400 ft. per mile elevation gain. Steady pace and/or difficult terrain (a workout).

Backpack: > 7 miles/day; 400 – 600 ft./mile elevation gain.

TOUR ESSENTIALS

Pack these essentials on any ONC activity, "just in case." Remember that cotton offers no insulation when wet. Choose wool or synthetics like polypro or Capilene® for warmth and comfort.

Skiing & Hiking Essentials

- First aid kit
- Matches (in waterproof case) and fire starter
- Rain gear and extra clothes, including a warm sweater
- Extra food and water
- Plastic whistle
- Map and compass (know how to use)
- Flashlight, extra batteries and bulb
- Space blanket or bivy bag
- Pocket knife
- Toilet paper and trowel (ziplock bag to carry out toilet paper)
- Sunglasses, lip balm and sun screen
- Foam sit pad

Biking Essentials

- Helmet (required on all bike rides)
- Spare tube
- Patch kit
- Tire pump
- Water bottle (filled)
- Tire irons

OVERNIGHT TRIP POLICIES

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be publicized. A potential leader must follow the procedures for leading a trip as determined by the Overnight Trip Coordinator. Overnight trips are announced in the newsletter or on the website.

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be

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Join a Trail Tending Party this summer

Come out and enjoy a summer day and help us get some great ski trails ready for the Winter Season. All you need is a lunch and gloves and water. Tools are provided and carpooling is available. The club reimbursed carpool drivers for carpool expenses; participants do not have to contribute to carpool drivers.

To volunteer to lead a trail tender contact: Trail Tending Coordinator Ken Wenzel 503 297-2958 skiwenzel@hotmail.com. To go on a trail tending party contact the leader of the party.

What to bring: Most trail tending parties involve light brushing, tree limbing and the hanging of blue diamonds. Bring a comfortable pair of gloves to protect your hands, long pants and good shoes, preferably hiking boots. We provide the tools but quantities are limited. If you have tools that you don't mind sharing (pruning shears, long handled loppers, bow saws), feel free to bring them. Finally, bring a lunch, snacks and lots of water, as you are sure to work up an appetite.

Summer trail tending schedule:

August 3, Sunday, Trail Tending Party Klindt's Trail, Old Man Pass, Wind River, WA

See day tours schedule for details.

August 20, Wednesday, Trail Tending Party Pocket Creek Trail, Mt. Hood, OR Volunteer to lead this Party!

See day tours schedule for details.

Sept 7, Sun, Trail Tending Party Old Man Pass, Wind River, WA

Help us remove some brush and place some diamonds on the Hard Time Loop. It's a great ski trail that is groomed in the winter and wonderful fall hike with great fall colors. A mountain bike might be helpful on this trail. For more info and to RSVP contact the leader: Ken Wenzel 503 297-2958 503 729-6571 cell skiwenzel@hotmail.com

Sept 20, Sat, Trail Tending Party Marble Mt. Sno-Park, Mt. Saint Helens, WA Volunteer to lead this Party!

Join us to cut brush and place diamonds on some loops out of the Marble Mt. Sno-Park. It is a great trail to enjoy the view of Mt. St. Helens. Plan to meet to carpool from Portland, leaving at 8 a.m. To RSVP and to volunteer to lead this trail tender contact: Ken Wenzel skiwenzel@hotmail.com

Oct 1, Wed, Trail Tending Party Marble Mt. Sno-Park, Mt. Saint Helens, WA Volunteer to lead this Party!

Help out and brush a few of the trails in this great ski area. Mt. Bikes might be helpful. Plan to meet in Portland for a carpool departing at 8 a.m. To RSVP and to volunteer to lead this trail tender contact: Ken Wenzel skiwenzel@hotmail.com

Oct 4, Sat, Tilly Jane Wood Party Tilly Jane Cabin, Mt. Hood, OR

Lets move and stock firewood for the winter at the Tilly Jane Cabin. Its always is a fun and rewarding event. For more info and to RSVP contact the leader: Andre Fortin tillyjanecabin@gmail.com

November TBD, Volunteer Recognition Party

Discounts for ONC-PDX members/leaders!

Columbia Sportswear

911 SW Broadway (flagship store), 7000 NE Airport Drive, Suite T2572 (airport location)—15% discount on purchases. Special week (November 15 - 30) of 30% discounts. Current membership card required. columbia.com

Glenn's MountainTracks

in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. Current membership card required. On-line rentals. mtntracks.com

Mountain Hardware

722 SW Taylor Street—15% discount on purchases. Special week (November 15 - 30) of 30% discounts. Current membership card required. mountainhardware.com/Stores_Portland.html

Mountain Shop

1510 NE 37th Ave., 10% discount (15% discount for leaders) on purchases and 15% discount on rentals. mountainshop.net

Oregon Mountain Community

2975 NE Sandy, ONC members—subscribe to OMC enewsletter and received the following discounts: 15% discount on purchase price. omcgear.com

Otto's Ski & Bike Shop

38716 Pioneer Blvd. in Sandy, has cross-country ski package rental for the entire season. ottosskishop.com

Wy'East Nordic Ski School

offers ONC members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com

OVERNIGHT TRIPS

SIGN-UP TIPS

- Overnight trips are exclusively for members: join or renew your membership before signing up. Membership applications available on our website (mail to club P.O. Box not to the leaders).
- Contact the leader with questions. Do my skills fit the trip? Any special requirements or gear? Travel time?
- Read the overnight trip policies Note: newly revised policies will be in the nxet newsletter
- Sign up early so we'll have enough people to cover trip costs (sign-ups start October 7 at the general meeting): fill out an overnight trip application and mail it with your trip fee (check made out to ONC-PDX) to the trip leader.
- If the trip is full, join the waiting list by sending your overnight trip application and trip fee to the leader (your fee will be returned, if you do not go). Last minute opening do occur!
- Purchase trip insurance (you are responsible for finding someone to take your place if you cancel). A link to sign-up for travel insurance will be on the overnight trip application form on the web or contact the trip leader or Overnight Trip Coordinator.

Preview of next season overnight ski trips

Sign-ups start October 7 at the general meeting

Dec 30 – Jan 4, Tue – Sun, All Abilities Ski/Snowshoe Glacier National Park, MT

We listened when you asked us to bring this trip back! We'll take Amtrak to Essex, Montana, adjacent to Glacier National Park for a wonderful New Year's ski vacation! Leave Portland on Tuesday afternoon and arrive Wednesday morning to sparkling snow and the cozy Izaak Walton Inn in Essex, Montana, located on the boundary of the spectacular Glacier National Park. On Wednesday, ski or snowshoe on the 30 km of groomed trails, go ice-skating, or relax in the Finnish sauna. In the evening we will participate in the included fabulous New Year's Eve Extravaganza - Prime Rib dinner, late night appetizers, champagne toast, headlamp ski, live music, and www.onc.org/PDX-ONC

champagne brunch the next morning. On New Year's Day, we will work off the excesses of New Year's Eve on more of the groomed or un-groomed ski trails. On Friday, we will take a van up to Marias Pass on the Continental Divide for some true offtrail skiing, with magnificent views. On Saturday, we will ski either up to the magnificent Dickey Bowl or other ski trails in the area. We might also be able to travel to the Going to the Sun Highway, which is not plowed in the winter. Each night, we can enjoy a gourmet meal in the restaurant, read a good book by the fire, participate in exciting ONC board games, ice skate, or relax in the sauna. On Saturday night, we will board the westbound train back to Portland. As we pull back into the train station in Portland on Sun morning, you will wonder why you waited so long to take this trip.

Trip limit: 16 participants, includes leader.

Cost: \$580 per person for members; you must be a current ONC member before signing up for this trip. Includes: four days of skiing (trail passes included), all transportation, three nights lodging double occupancy at Izaak Walton Inn, meals at Izaak Walton Inn available for an additional cost. Sleeper accommodations may be available on Amtrak for about \$250 additional per person roundtrip (includes dinner and breakfast on train).

Feb 14–22, Sat – Sun, All Abilities Ski Yellowstone National Park Dream Trip, WY

You have been there in the summer with all the tourists. You have heard about it from others who have been there in the winter. Now it is YOUR opportunity to experience the dream:
YELLOWSTONE IN WINTER! Twenty lucky people will have the opportunity of a lifetime this ski season for this Presidents' Weekend ski trip.

We'll carpool from Portland on Saturday, February 14, arriving Sunday afternoon, at Mammoth Hot Springs near the north entrance to Yellowstone National Park and staying at the historic Mammoth Hot Springs Hotel, where we'll meet for dinner. Accommodations are in rooms with double beds and shared bath. On Monday morning, a snow-coach ride takes us to Old Faithful where we move into modern western cabins with two queen beds per room and private baths. For three days of skiing among the

- publicized. A potential leader must follow the procedures for leading a trip as determined by the overnight trip coordinator. Overnight trips are announced in the newsletter or on the website.
- 2. Overnight trips are limited to members; non-members are invited to join using the application in the monthly newsletter or on the website.
- 3. All spaces are filled on a first-come, firstserved basis. Participants can reserve a place on a trip by mailing or delivering the Overnight Trip Application, payment and self-addressed stamped envelope to the trip leader. Space is not reserved until receipt of required deposit or payment. The date of receipt is the earlier of the postmark date or the date of physical delivery to the trip leader.
- 4. Participants must provide an email address or a self-addressed, stamped envelope with payment so the leader can easily provide trip information.
- 5. Other ONC Chapter members are considered members and can go on Portland Chapter trips.

WAITING LIST: If a trip is full, participants can be placed on the waiting list by sending the trip leader an application and trip fee. The application and fee will be held by the leader until a space becomes available; at that time, the participant will be asked if s/he wishes to join the trip. Those not offered a place on the trip receive a full refund.

Trip Cancellation Policy

Notify the trip leader

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ASAP if you must cancel, even if it is a shared-cost trip and no deposit has been paid. Trip fees are nonrefundable unless a replacement is found. The following applies: 1. If the participant desires a refund, they are responsible for finding their own replacement. Check with the trip leader to get a copy of the waiting list; this list can be used to locate a replacement. The participant should cooperate with the trip leader to draw on the waiting list for a replacement member Once a replacement has been secured, a written or e-mail request for refund must be sent to the Overnight Trip Coordinator. Once it has been confirmed that a replacement participant has paid for the tour, a refund will be issued within 30 days, less \$10.

- 2. If a replacement is not secured, the participant is accountable for the full cost, and no refund will be issued.
- 3. If the participant has paid a deposit only, and withdraws from the trip without finding a replacement, the full amount of the deposit is forfeited and no refund will be issued.

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magnificent geysers, including those in the Old Faithful basin and Lone Star Geyser, up to the Continental Divide, the Mallard Lake Trail, all while viewing elk and bison (and perhaps wolves), catching the Yellowstone that most tourists miss. We expect dry snow and clear days. On Thursday afternoon, we will return to Mammoth Hot Springs for two more nights. On Friday and Saturday, we will ski in areas accessible from the Mammoth Basin Area - either Tower or Indian Creek areas or you can book (individually) a trip to the Grand Canyon of the Yellowstone. Sunday morning after breakfast, we take off for home, relaxed and full of stories of our adventures and wild animal sightings. There is a wide selection of trails available, from beginning to advanced, something for every desire.

For those who wish, there is an option for beginning the trip a few days early or extending the trip for one or more days at the end. It is also possible to fly to Bozeman to avoid the drive. Please contact the tour leader for info. This trip fills up quickly so sign up early.

Trip limit: 20 participants, including the leader. Cost: \$825 per person for members; you must be a current ONC member before signing up for this trip. Includes seven-nights lodging and breakfasts (four at Mammoth and three at Old Faithful) and snow-coach to Old Faithful and return to Mammoth. We'll have reservations for dinners (costs not included) at the Mammoth dining room and Old Faithful Snow Lodge dining room. Costs for carpooling and lodging en-route are not included. Special rates are available for children under 12 sharing a room with parents.

Mar 9 – 13. Mon – Fri, All Abilities Ski Manning Park and ski area, BC Canada

E.C. Manning Park is located on Highway 3 in B.C. just north of the North Cascades National Park. It is about a seven hour drive from Portland by taking I-5 to Bellingham and crossing the border at Sumas then driving east. There is skiing for all levels and types of skiers. But the best offerings are longer distance tours with very low danger from snow slides. My favorite is Fat Dog Creek Trail a 14 miles round-trip with excellent glades and steep road touring, requires BC ski and skins. Another good trail for all levels is Blackwall Peak Trail, 10 miles round-trip to a view

point or 20 miles round-trip to the summit an easy road tour. The resort also offers 27 km of groomed track skiing and three chairs at the lift area or snowshoe trails. Free shuttle to get to the lift area or access the high point of the groomed trails, to ski back down directly to the house passing Lightning Lake is 10 km each way. Several other trail options available.

There are options to ski on of the eastside of Washington Ski areas on the return home by driving back on Highway 97, which adds two to three hours to the drive.

The lodge has a large indoor Pool with two large Hot Tubes to soak in after skiing—included at no additional cost. The houses have three bedrooms each with a great room, kitchen and fireplace for visiting. Two of the bedrooms have double beds and the other bedroom has two bunk beds. Meals will be planned and cooked at each house. The lodge does have a Bar and Dining Room available.

Trip limit: 10-12 participants, including the leader, depending on number of singles vs. couples.

Cost: \$295 per person for members; you must be a current ONC member before signing up for this trip. Includes four nights lodging. Not included: costs for carpooling and Crosscountry trail fee of \$20 or downhill lift tickets of \$50 per day.

March 19-29, Hut to Hut Ski Rondane Wilderness, Norway

We will be going to the Rondane Wilderness on a tour guided by the Norwegian Mountain Climbing Association guides.



The Canadian Rockies

Overnight trip program 2014-2015 (tentative)

November 26-30, Wed-Sun, Thanksgiving in Sunriver

December 26-31, Fri-Wed, Methow Valley I

December 30-Jan 4, Tue-Sun, Glacier National Park

December 31-Jan 4, Wed-Sun, Black Butte over New Years

January 16-19 (MLK weekend), Fri-Mon, Sunriver

January 16-19 (MLK weekend), Fri-Mon, Lake Creek Lodge, Camp Sherman

January 24-26, Fri-Sun, Ochoco Mountains

January 26-29, Mon-Thur, Summit Meadows

January 30-Feb 1, Fri-Sun, Mt. Adams Lodge at the Flying L Ranch

February 1-5, Sun-Thur, Scottish Lakes Backcountry

February 8–13, Sun-Fri, Methow Valley II

February 13-17 (President's weekend), Fri-Tue, Sunriver

February 14-22, Sat-Sun, Yellowstone National Park

February 27-Mar 1, Fri-Sun, Crater Lake National Park

March 6-9, Thur-Mon, Odell Lake

March 9-13, Mon-Fri, Manning Park, BC, Canada

March 12–15, Thur–Sun, Wallowas

March 19-29, Thur-Sun, Norway

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Travel Insurance

ONC has made arrangement with TravelGuard for a special travel insurance program for trips, which covers death of a family member, major illness, or injury. It is recommended that members sign up with them at the following site, make their own arrangements for travel insurance, or take personal responsibility for lost funds. www.travelguard.com/ agentlinkasp?ta arc=125858&pccd (this link on our website)

Ted Scheinman, Overnight Trip Coordinator

Welcome New Members!

Geoff Guillory 858 231-0527

ONC provides these names and phone numbers for the personal use of its members. Reproduction as a phone list is prohibited.

July membership report: 266 total memberships (179 single and 87 family) includes 1 new. Last year at this time there were 268 memberships.

BOARD MEETING MINUTES

The Minutes of the ONC-PDX Board Meeting, Tuesday, July 22, 2014 were not received in time for the newsletter and will be published next month.

CLASSIFIED ADS

FOUND: ▶ **Poles and rain chaps** on the Crater Lake bus (sometime in the last few years) Poles and rain chaps. **Contact Ted to claim 503 452-7432**

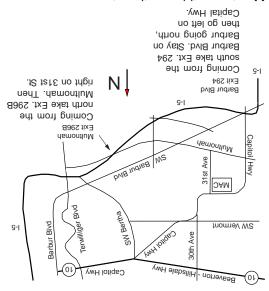
FOR SALE: ► Fischer RCS Carbonlite Classic cross-country boot size 41 (women's size 9, men's size 8). High performance boot. Likenew, used only 3 times before realizing I need smaller size. Paid \$270, asking \$175. Amy or Chris 503 241-2768.

WANTED: ► Used women's road bike to buy and use this summer. Standover height of the frame wanted is 29 inches. Willing to pay no more than \$500. If you are selling a bike, or hear of someone doing so let me know. Christine sisu1956@gmail.com.

FOR SALE: ► Fischer BCX BC 3-pin Ski Boots, like new. \$50. Mike 503 695-5385

Deadline: 15th of the month (for next month's publication). Free ads are for members only, placed on a first come basis and may be edited depending on space availability. Send to: oncnewsletter@gmail.com as a MS Word document attachment --preferred--(with no formatting i.e. no bold text or tabs), in Times Roman, compatible text file, or send text in an email. Ads will be published for 3 months. Please notify editor to run ads longer or be remove earlier.

Oregon Nordic Club, Inc., Portland Chapter P.O. Box 3906 Portland, OR 97208-3906



Map to monthly meeting at: Multnomah Arts Center (MAC) 7688 SW Capitol Hwy.