

Oregon Nordic Club PORTLAND CHAPTER

SEPTEMBER

2015



ONC-PDX 2015–2016 ski trips

Plan your ski vacation now. The 2015-2016 overnight ski

trips are listed below. (There are some open weekends so more may be scheduled, and a leader is needed for the Sunriver trip.) The October newsletter will have all of the trip descriptions (some are listed in the overnight trip schedule inside—see page 6). ONC-PDX overnight trips are exclusively for members; renew your membership on the website so you will be ready to sign up at, or after, the October 13 Overnight Trip Extravaganza.

November 25–29, Wednesday–Sunday, Thanksgiving Sunriver

December 28–January 1, Monday–Friday, Methow Valley New Years

December 31–January 3, Thursday–Sunday, Black Butte New Years

January 8–10, Friday–Sunday, Ochoco I

January 15–18 (Martin Luther King Weekend), Friday–Monday, Sunriver

January 20–25, Wednesday–Monday, Anthony Lakes

January 29–31, Friday–Sunday, Ochoco II

January 31–February 4, Sunday–Thursday, Scottish Lakes

February 5–7, Friday–Sunday, Mt. Adams at the Flying L Lodge

February 12–15 (Presidents' Weekend), Friday–Monday, Lake Creek Lodge

February 13–21, Saturday–Sunday, Yellowstone

February 26–28, Friday–Sunday, Crater Lake

March 5–19, Saturday–Saturday, Innsbrook and Dolomites

March 10–14, Thursday–Monday, Wallowa Lake

March 18–27, Friday–Sunday, Canadian Rockies–Canmore

March 25–27, Friday–Sunday, Three Sisters Backcountry

If you are interested in leading the Sunriver trip or another trip, please contact Overnight Tour Coordinator Ted Scheinman at 503.452.7432 or tedskier@gmail.com. ♦

October Overnight Trip Extravaganza

ONC-PDX members will have the first

shot at signing up for our ski trips on Tuesday, October 13, at the Overnight Trip Extravaganza held at the Lucky Lab, 1945 NW Quimby Street. Come at 6:30 p.m. for socializing and catch up with members' summer adventures. Trip sign-up will begin at 7:30 p.m. for current ONC-PDX members; membership renewals can be made at the event along with joining for the first time. (What a bargain at \$27 per year for a single and \$33 a year for a family membership.) If you're unable to attend, you may send a proxy to sign up for you. Sign-ups for overnight trips will be open on the website (onc-pdx.org) shortly after the October Extravaganza. The website allows members to pay for trips through Paypal. ♦

Ann Truax, Overnight Trip Steering Committee

Cooper Spur land swap issue heats up

Ongoing for several years, the issue of a

land exchange between the USFS and the ownership of Mt. Hood Meadows has recently heated up, especially for interests closely monitoring this development. In the last couple of months, a Hood River land use watchdog group, the Hood River Valley Residents Committee, has sued the U.S. Forest Service for its alleged slow progress on a congressionally mandated land swap, which was supposed to be completed five years ago, as part of the addition of 127,000 acres into the Mt. Hood National Forest wilderness system

By way of background, the Omnibus Public Land Management Act of 2009, signed by President Obama, called for a doubling of the Mt. Hood continued on page 3

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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 oncnnewsletters@gmail.com as a Microsoft Word document (no formatting i.e., no bold text, all caps text, tabs or other settings) in Times Roman as an attachment (preferred); compatible text files as an attachment; and put text in an e-mail with no formatting. **Corrections:** e-mail corrections and/or additions to the editor.

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P.O. Box 3906
Portland, OR 97208

U P C O M I N G E V E N T S

Sept 1–30 ▶ TUESDAY–WEDNESDAY Swift Watch 2015

One hour before sunset, each night in September
Chapman Elementary School in northwest Portland
Info: <http://audubonportland.org/local-birding/swiftwatch>

Sept 6 ▶ SUNDAY

Cloud Cap Inn Tours

11:00 a.m. and 1:00 p.m. Cloud Cap Road, Mt. Hood.
Mt. Hood National Forest hosts 45 minute interpretive
tours of the historic Inn. Limited to 12 people. Free
(registration required). Info: 541.352.6002

Mountain Shop Bike Ride

8:00 a.m.–7:00 p.m. Sandy Ridge.
Info: mountainship.net (Community/Event Calendar)
Sponsored by Mountain Shop

Sept 8 ▶ TUESDAY

Members Forum

ONC-PDX monthly program 6:30 p.m.–9:00 p.m.
Lucky Lab, 1945 NW Quimby St.

Sept 11 ▶ SATURDAY

Radical Reels Adventure

6:00 p.m.–9:30 p.m., doors open at 6:00 p.m., film at
7:00 p.m., \$13 REI members, \$15 non-REI members.
Tickets sold at REI Hillsboro only. Jaw-dropping bike
jumps, nail-biting kayak drops, and mind-blowing
powder. The Radical Reels Tour, presented by The
Banff Centre, continues with the best action sports
films from the annual Banff Mountain Film Festival.
Info: www.banffcentre.ca/mountainfestival
Proceeds benefit nonprofit Adventures Without Limits.

Sept 19 ▶ SATURDAY

SOLV Beach and Riverside Cleanup

10:00 a.m.–1:00 p.m. All along the Oregon Coast &
Southwest Washington.
Info: solveoregon.org

Sept 23 ▶ WEDNESDAY

Best Local Fall Hikes

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

Sept 26 ▶ SATURDAY

National Public Lands Day

9:00 a.m.–1:00 p.m. Silver Falls State Park
The Catamount Trail at Silver Falls State Park is
almost completely brushed out and we are ready to get
to work on the trail bed.
Registration and Info: saletrails.org

Clinics & Training

Oct and Nov ▶ SATURDAYS 2015 Fall XC Training Series Portland, OR

Tentative dates and locations:

Saturday, October 17, 9:30 a.m. Hoyt Arboretum
Saturday, October 24, 9:30 a.m. Mt. Tabor Park
Saturday, October 31, 9:30 a.m. Hoyt Arboretum
Saturday, November 7, 9:30 a.m. Mt. Tabor Park
Check the websites for updates for this year's
conditioning sessions for XC skiers of all abilities.
Info: www.xcoregon.org teacupnordic.org
Sponsored by: Oregon Nordic Club Teacup Chapter
and XC Oregon Race Team

December 3–13 ▶ THUR–SUNDAY 2015 Oregon Fall Camp Mt. Bachelor, OR

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.
Training lectures, wax clinics, and video review
socials will be held twice over the camp period.
Campers can attend any of those programs
regardless of whether or not you ski that morning.
Designed specifically for adult XC skiers and
racers with skills anywhere from low intermediate
to expert.

Registration and Info: xcoregon.org

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 backcountry skiing. In addition we hike,
climb, backpack and bicycle year round in the northwest
forests, mountains, and in town.

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ **Discounts at selected merchants (see sidebar on page 10)**
- ▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day use, overnight and meals
- ▶ Free Tilly Jane A-Frame 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 1 each year:
\$27 for single, \$33 for family/household. Join on the
website. Info: oncmembership@gmail.com

ONC-PDX BOARD SKI TRACKS

Summer 2015, will undoubtedly, go down as

one of the warmest on records, at least in the Pacific Northwest. Autumn is now on the horizon, as the light slowly shifts and temperatures begin to change. During the summer months, however, the Overnight Trip and Day Tours Committees met on a regular basis. Their goal is to add and develop overnight and day tour offerings. A special thanks goes to Scott Diamond for his work on the day tour survey and the members who responded. Kudos, also, to Ted Scheinman for his work on overnight tours and his commitment to maintaining affordable ski trips for our membership.

This transitional season does not mean Nordic skiers are dormant. There are exciting activities in the next few weeks that everyone can look forward to. The ONC-PDX September meeting will be hosted by Tim Kral and is designed to be a members' forum. Due to scheduling constraints, we will be meeting on the second Tuesday of the month this season.

September is also time to renew your membership; paper renewal is still an option, but for instant gratification just go to <http://onc-pdx.org/>. The overnight trip extravaganza is a month away; remember if you want to go on any overnight trips, you must be a current member of the chapter. Trip options include Austria and Italy (this trip filled, but you can join the waiting list for any last minute openings), Yellowstone, as well as, other familiar favorites, so don't miss out—RENEW now.

Autumn is also an important time for trail tending and maintenance. We are the only ones who maintain the trails that we ski on in the winter. The September 19 trail tending party will be at Wind River organized by Trail Tending Coordinator Ken Wenzel. Tilly Jane A-Frame is having a wood hauling and stacking party scheduled for October 3. Contact André Fortin and join him so there will be wood to keep us warm in the winter.

The cooler days ahead are wonderful for hiking and cycling. Some local car-free cycling favorites are Banks/Vernonia and portions of the Historic Columbia River State Trail which are resplendent with color in late September and early October. Why not lead a tour to one of your favorite cycling or hiking destinations soon? Tours can be listed in the newsletter, our on webpage and on Meetup. There are contradictory forecasts for the upcoming winter. But let's all hope it is a cold and snowy one. ♦

Kim Davis, Vice President

Cooper Spur land swap issue heats up continued from page 1

National Forest's acreage of protected wilderness. This act also came with a legal requirement that the Forest Service complete a land swap negotiated with Mt. Hood Meadows, which has sought to develop a ski resort in the Cooper Spur on the mountain's north side. Specifically, 770 acres of Mt. Hood Meadows owned land near Cooper Spur were to be traded for 120 acres of USFS land located at Government Camp. This legislation gave the Forest Service 16 months to complete the trade, but the deal was not completed.

Now, some six years later this deal has yet to be completed. A number of deal proponents are claiming the Forest Service is foot dragging or worse, in its completion of the land exchange. Some assert that USFS leaders are deliberately stalling while imposing onerous environmental restrictions that put the entire swap in jeopardy.

The Portland-based Crag Law Center, representing the Hood River Valley Residents Committee, recently filed against the U.S. Forest Service for "its failure to complete the Cooper Spur/Government Camp land exchange mandated by the Omnibus Public Lands Act of 2009."

The Forest Service has argued that given the complexity of this type of land swap, and especially the appraisal request, that this process takes a long time. It also forecasts appraisals of the two areas by fall 2015. By then it claims, "three-quarters of the heavy lifting will be done."

At the same time, other factors may be in play, including the question of proper valuation of land owned by Mt. Hood Meadows, and pressure on the Forest Service to carry out a land trade that is equitable to Mt. Hood Meadows, U.S. taxpayers and the Government Camp community. Many are also wondering about the future fate of the public right of ways for a bike trail near Government Camp, as well as ongoing efforts to reestablish a tram/gondola from Government Camp to Timberline Lodge. Were this public easement to disappear, many of the area's long-term plans and investments in these areas could be turned upside down.

And finally, but certainly not least, Oregon's congressional delegation has jumped in, conveying their "concerns and annoyance" with the slowness of this process. In letters to the Forest Service and at public hearings, they have been stepping up the pressure on Forest Service officials. In June Senators Wyden and Merkley, joined by Representative Blumenauer, sent a letter to Forest Service Chief Tom Tidwell expressing their dissatisfaction with the progress that has been made on this land exchange. Stay tuned... ♦

Mitch Auerbach, Nordic Issues

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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

continued on sidebar page 5

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic issues. Have some time to track issues that affect skiers (on websites in the comfort of your own home)? To volunteer contact Pam oncnnewsletter@gmail.com.

Mt. Hood National Forest

Cooper Spur Land Swap See front page article.

Gifford Pinchot National Forest

Trails, Climb Route, and Roads Closed Due to Fire The whole of the Mt. Adams Wilderness is closed due to the Cougar Creek Fire. This closure includes the South Climb Route and the summit along with the Pacific Crest Trail, and Forest Roads 80 and 82. On August 28 a notice was posted that the trails near Coldwater Lake on the north side of Mt. St. Helens were closed: Coldwater Trail #230 and South Coldwater Trail #230A.

Deschutes National Forest

Proposed Improvements to Trails at Mt.

Bachelor Nordic Center The plan is to grade and reduce the grade of the east side of the common corridor that runs through the Nordic area to improve early season grooming. A new professional (homologated) sprint course is proposed in the area of the Nordic, Oval Beginner's and First Time Trails. It requires an average nine meter trail width. This project is listed under the title of Mt. Bachelor Small Projects on the Deschutes Forest Service website: fs.usda.gov/main/deschutes/landmanagement/projects (click on the Deschutes National Forest SOPA for a link to the project). For more info on this project contact Rick Wesseler, Special Uses Administrator, at 541.383.4722.

Shelter Cove Permit Renewed The Shelter Cove Resort Special Use Permit was renewed for 30 years for the new owners. The permit did not include any new activities or improvements.

Mitch Auerbach, Kevin McGillivray
(Gorge Chapter), *Nordic Issues*, Pam Rigor, Editor

Snow? What snow?

Although a fire was burning around Mt.

Adams on Sunday, August 30, the weather system brought snow to the top of the mountain. It most likely will warm up, but perhaps it is

a sign of things to come for the winter season. Let's be hopeful and do our snow dance for the coming ski season.



Darryl Lloyd

Pam Rigor, Editor

DAY TOURS

Note: if weather or road conditions are dangerous, please confirm tour with the leader.

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

September 3, Thur, Easy Bike/Free Concert Sauvie Island, OR

Summer is not complete without a late afternoon leisurely bike ride and evening concert at Kruger's Farm on Sauvie Island. This was a tradition of the ONC-PDX for many years. We might still be able to pick blackberries along the way. Jack Straw, a bluegrass mountain music band is playing at Kruger's. Bring your own food (or purchase from vendors at the farm) and blanket. After the concert, we'll ride back the short distance to our cars at the parking lot. Thursday's weather is looking good. **Meet at the parking lot at the east end of the Sauvie Island Bridge (near Tri-Met stop) at 5:00 p.m. For more info and to RSVP contact the leader: Ted Scheinman 503.452.7432 tedskier@gmail.com.**

September 9, Wed, Easy Hike Tualatin Hills Parks, Aloha, OR

Join Onyx (my new two-year-old puppy) and I for a hike to several local parks. We will enjoy views of the surrounding hills and a nice shady trail under tall trees. Have your dog on a leash and poop scoop as needed. There will be an opportunity to let the dogs run off leash at Powerline Parks, though the area is not fenced. Total distance is about 5 miles, and we will visit Tualatin Hills Park and Recreation District parks including part of the Powerline Trail and Lily K. Johnson Park. Plan on meeting to start at 9:00 a.m. and finish by noon. **For more info, meeting location, and to RSVP, contact the leader: Tere Enburg 503.642.2886 before 9:00 p.m. on Monday, September 7 (Labor Day).**

September 10, Thur, Easy Hike Footbridge Trailhead, Coast Range, OR

Have you ever driven past a trailhead because you are going somewhere else and don't have time to stop? I have done this dozens of times, passing the Footbridge Trailhead in the Tillamook Forest. Join my dog Onyx and I for an investigative hike on this trail. This dog-friendly hike will be about 5-6 miles, partly along the Wilson River. Bring your sense of adventure, a leash for your dog, the usual ten essentials, lunch, and water. There will be an option to continue on to the coast after the hike if the group wants to, adding about 50 miles of driving. Meet at the Target parking lot west side of parking lot on 185th off Hwy. 26 for a 9:00 a.m. departure. Driving distance is 100 miles. **For more info and to RSVP, contact the leader: Tere Enburg, 503.642.2886 before 9:00 p.m. on Monday, September 7 (Labor Day).**

September 19, Sat, Trail Tending Party Old Man Pass, Wind River, WA

Join us at Wind River where we'll be working on the Old Man Pass trail, which needs some brushing. This trail is groomed in the winter. Lend a hand and help us get it ready for the ski winter season. **For more info, and meeting place and time contact the leader: Ken Wenzel 503.297.2958.**

September 27, Sat, Trail Tending Party West Leg/Crosstown Trails, Mt. Hood, OR

Come with us to Mt. Hood and work on the Nordic Bypass West Leg Trail, then the short Crosstown Connector. If we have any extra time, we'll do some maintenance on the Alpine trail. This trail is groomed in the winter. Lend a hand and help us get the trails ready for the ski winter season. **For more info, and meeting place and time contact the leader: Ken Wenzel 503.297.2958.** ♦

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.

Red Top trail work

Saturday August 8 was a successful work-

day on the Red Top Meadow Trail at Trillium Lake. Seven people completed brushing and clearing logs across the trail from the Trillium Road up to the

Patrice Frommiller



Sno-Park. The trail reaches the Sno-Park at a different location than the maps showed; it comes out at the very bottom. This looks like an ideal snowshoe and ski trail, giving people the option of doing a loop from the parking lot. Most of the trail is a very gradual

slope—a big plus compared to the road. A couple of blue diamonds were added to show the beginning of the trail at the Sno-Park. There is a bit of water that may be in the meadow during the snow season.

Ken Wenzel, Trail Tending Coordinator

Let's work on the trails and the Tilly Jane A-Frame

Set aside a day to work on the ski trails and the Tilly Jane A-Frame.

It's up to YOU to make a difference! Let's get the trails and Tilly Jane A-Frame ready for ski season.

Info: Trail Tending Coordinator Ken Wenzel 503.297.2958 skiwenzel@hotmail.com.

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. Bring a lunch, snacks and lots of water—you'll work up an appetite.

Trail tending schedule:

September 19, Saturday, Trail Tending Party Old Man Pass, Wind River, WA

See day tours schedule for details.

September 27, Saturday, Trail Tending Party West Leg/Crosstown Trails, Mt. Hood, OR

See day tours schedule for details.

October 3, Saturday, Tilly Jane A-Frame Work Party Tilly Jane, east side of Mt. Hood, OR

Join us in preparing the Tilly Jane A-Frame cabin for winter use. We'll be hauling and stacking the annual firewood supply and performing general cabin maintenance! Bring your family and friends and do your part to maintain the cabin. You've rented it...now it's time to "pay it forward."

Earn a free weekend stay during one of the ONC-PDX club weekends (January through April—see the overnight trip schedule page 6). We'll have a potluck; lunch main dishes (stew and chili) provided. Bring a side dish to share for lunch. Consider bringing your own lunch, if you have special dietary requirements. Beverages

supplied by our friends at Base Camp Brewing Co.

Stay Saturday night; the cabin and campground will be available to extend your weekend (bring all necessary food and camping gear). For the work party bring sturdy boots, work gloves, water and any other personal items you may need. **Meet at the Tilly Jane A-Frame (we'll start at 10:00 a.m.) or carpool from Portland—meet at 7:45 a.m., Portland Gateway Transit parking structure first floor in the NE corner. Drive up option: The Tilly Jane/Cooper Spur road is open. If your party has multiple vehicles, please park at the bottom of the hill (the winter sno-park) as there is limited parking at the campground. For more info and to RSVP contact André tillyjanecabin@gmail.com.**

November 10, Volunteer Recognition Party Portland, OR

After all that hard work, you need a pie—a pizza pie! Plan on joining us at our Volunteer Recognition Party to get recognized for your efforts. ♦

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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,

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regrouping when necessary.

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. Overnight tour descriptions must be submitted to the overnight tour coordinator to be approved. Once approved, the overnight tour coordinator submits them to the newsletter editor.

2. Only Oregon Nordic Club members are allowed on Portland ONC overnight tours, even if it is a trip for

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OVERNIGHT TRIPS

SIGN-UP TIPS

- ◆ Overnight trips are exclusively for members; join or renew your membership before signing up. Memberships can be renewed on the website or by paper application available on our website Membership under Member Resources/Forms (mail to club P.O. Box, not to leader).
- ◆ Contact the leader with any questions you have. Do my skills fit the trip? Any special requirements or gear? Travel time?
- ◆ Read the overnight trip policies (see sidebars)!
- ◆ Sign up early so we'll have enough people cover trip costs: sign-ups can be made on the website (onc-pdx.org/acitivies/overnight-trips) or fill out an overnight trip application and mail it with your trip fee to the trip leader (make checks payable to Oregon Nordic Club Portland Chapter).
- ◆ 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 openings do occur!
- ◆ Purchase trip insurance. You are responsible for finding someone to take your place if you cancel. A web link for travel insurance is on the overnight trip application form on the web, or contact the trip leader or overnight trip coordinator.

January 8–10, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame, Mt. Hood, OR

We'll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the east side of Mt. Hood, a three-mile ski with a 1,900-foot elevation gain up the Tilly Jane Ski Trail to the A-Frame at 5,700 feet elevation. Participants



Andrew Black

carry their own gear, including sleeping bag, pad and food for all meals. We have a wood stove for heating water; bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing skins are mandatory.

Trip is open to all ONC-PDX members and Tilly Jane A-Frame work party volunteers

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

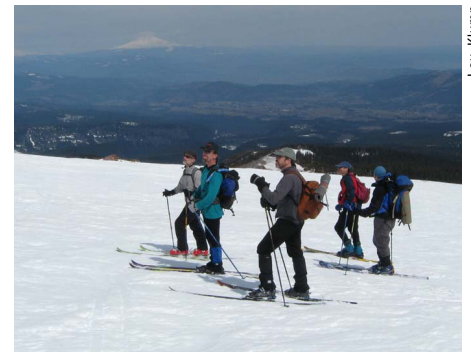
Feb 12–14, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame, Mt. Hood, OR

We'll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the east side of Mt. Hood, a three-mile ski with a 1,900-foot elevation gain up the Tilly Jane Ski Trail to the A-Frame at 5,700 feet elevation. Participants



Mary Hepokoski

carry their own gear, including sleeping bag, pad and food for all meals. We have a wood stove for heating water; bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing



Lou Klump

skins are mandatory. Trip is open to all ONC-PDX members and Tilly Jane A-Frame work party volunteers

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com.
Your info will be passed on to the trip leader.

February 13–21, 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:



Pam Rigor

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 13, 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. We'll ski three days among the 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)—



Pam Rigor

catching the Yellowstone that most tourists miss. We expect dry snow and clear days. On Thursday afternoon, we'll 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.



Bob Breivogel

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

cont. from sidebar page 6
which no money is collected. Non-members may join the club at the same time they sign up for an overnight tour (and pay the membership fee at that time). The only exceptions are overnight trail tending parties which are open to anyone, and Tilly Jane Club weekends which are open to ONC members and non-member volunteers.
3. The first overnight trip sign-up opportunity is at the October meeting at the designated time. The member must submit their application and payment at that time, in person, or through a representative in person. The trip leader cannot be a representative. Following the trip sign-up date, remaining tour spots will be filled on a first-come, first-serve basis, based on time/date the application is received by the tripler. Overnight tour leaders have the privilege of signing up for any Portland ONC overnight trip, prior to the October meeting.

WAITING LIST

4. If a tour is full, participants can be placed on the waiting list if they submit an application and pay the tour fee. If space becomes available, participants on the waiting list will be notified and if they choose not to go on the tour, they will receive a full refund.

Trip Cancellation Policy

5. If canceling, participants must contact the tour leader immediately to determine if there is a waiting list.

6. Participants are responsible for finding their own replacements, including contacting

continued on sidebar page 8



Ted Scheinman



Ted Scheinman

Bob Breivogel

cont. from sidebar page 7

people on the waiting list.

7. Tour fees and deposits are non-refundable, unless a replacement is found. Commercial trip insurance is highly recommended for members who fear hardship because of these policies. (see below for link to trip insurance)

8. Once a replacement has been found, participant must send a written or e-mail request for a refund to the overnight tour coordinator. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10.

9. Additional restrictions on participation may apply to some trips based on participant's ability and experience needed to safely execute the trip. The trip leader has the authority to determine this, for the safety of all the trip participants. The trip leader may also limit participation based on accommodations.

10. If the club cancels the trip, then the club will refund the cost of the trip. All trip cancellations will be decided by Overnight Trip Steering Committee.

Travel 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

continued on sidebar page 9

to fly to Bozeman to avoid the drive. Please contact the tour leader for information. There will be a pre-trip meeting scheduled to go over the details and carpooling.

Trip limit: 20 participants, including the leader.

Cost: \$850 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.

Sign up at the Overnight Trip Extravaganza on October 13; afterwards you may sign-up on the ONC-PDX website or send your an ONC-PDX overnight tour application and \$500 deposit check payable to ONC-Portland Chapter to the trip leader by January 15: Ted Scheinman. For more info contact Ted 503.452.7432 tedskier@gmail.com.

**Feb 26–28, Fri–Sun, Most Abilities Ski and Snowshoe Crater Lake National Park, OR
Experience one of the Seven Wonders of Oregon on skis or snowshoes—without crowds!
Sign up by February 1**

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join ONC-PDX for the “big trip” to Crater Lake National Park. Last year we had



fresh snow and sunny days—some of the best skiing of the winter.

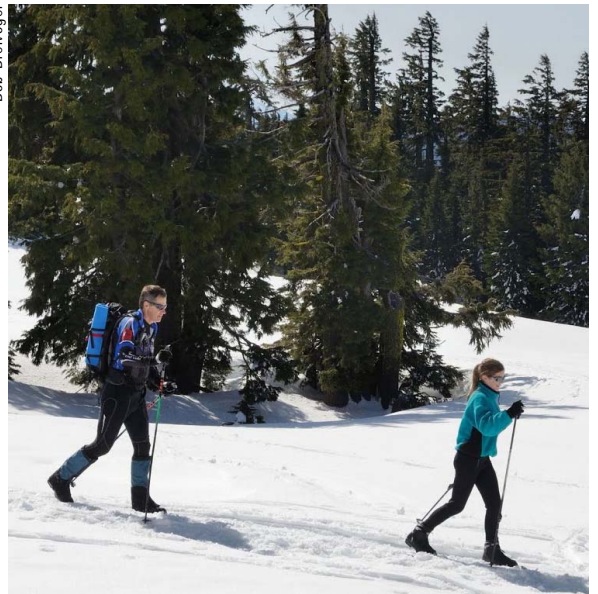
We'll board the deluxe coach at noon in Portland

Bob Brelvogel



on Friday and proceed down I-5 while sharing in an appetizer-based “Rolling Pot-Luck.” We will arrive in Prospect at around 6:00 p.m., giving you time to enjoy your room and a spaghetti dinner in the historic Prospect Hotel. The next morning, after a hearty gourmet breakfast at the hotel, we'll take a

Bob Brelvogel



quick ride to the rim and spend the day enjoying the spectacular snow formations and views of the lake and surrounding mountains while skiing as far as our legs can carry us. Sunday will be another day of different trails, different tours, and more exploring. If you want, you can take a ranger-led interpretive snowshoe tour. Later in the afternoon, we will board our coach and head toward home (hopefully arriving by 9:00 p.m.).

Trip limit: 35 participants, including the leader.

Cost: Final arrangement are being made for the trip, but it is expected that the per person cost will be similar to the 2015 costs, around \$310–\$330 per person depending upon whether

Steve Planchon

you are staying in the Inn or adjacent motel. You must be a current ONC club member before signing up for this trip.

Sign up at the Overnight Trip Extravaganza on October 13; afterwards you may sign-up on the ONC-PDX website or send your an ONC-PDX overnight tour application

For more info contact the leaders: Steve and Shannon Planchon 503.467.8599
oncskiplanchon@gmail.com.

March 5–19, Sat–Sat, All Abilities Ski Innsbruck, Austria and Dolomites, Italy Trip full, one on waiting list

Skate and classic cross-country ski in the Austrian Alps and the Dolomites of Italy in March 2016! We'll fly from Portland or Seattle on Saturday, March 5 to Munich and take the train to Seefeld, Austria (near Innsbruck). We'll have hotel rooms and an apartment for group meals and food preparation. For the first week of the trip, we can take a ski bus to different local villages, or ski from the hotel. Tourist activities are also an option (costs vary). On Sunday, March 13, we go to Plan de Gralba, Italy, where we will ski the Dolomites of Val Gardena through Plan de Gralba until Friday, March 18, when we will travel to Munich, have dinner at the world famous Hofbrauhaus and stay overnight, preparing to return back to Portland on Saturday, March 19.

Our hotel rooms are modern with private bathrooms, in room. Breakfasts are included. Lunch is typically eaten on the trail, or ski up to a chalet and dine as you desire. Dinner will be in the apartment or at the many choices of restaurants. Lunches and dinners are not included.

There are no in-city tourist activities planned; however, if the group desires, we can set aside a day to tour museums and cathedrals—with time for taking photos.

Trip limit: 12 participants.

Cost: estimated at \$2,900 (but the recommended budget is \$3,500), includes round trip airfare to Munich from Portland or Seattle, train to Seefeld and Plan de Gralba, and then back to Munich, bus passes near Seefeld, skiing in Plan de Gralba, all lodging (double occupancy), breakfasts and final dinner in Munich. Deposit \$500 with the full balance due by September 1, 2015. ONC-PDX TravelGuard or equivalent travel insurance required. This is a special arrangement the ONC-PDX has with TravelGuard for 7% of trip cost. Contact the leader for a link to TravelGuard. (There are

some tricks to using the TravelGuard website and getting the ONC-PDX rate. Please contact the leader to work through them.)

For more info contact trip leader: Sam Digard sam.digard@gmail.com call/text 360.910.1714 (voice calls are often difficult to answer, so please be ready to leave a message) for more details and a larger PowerPoint overview of the trip.

March 11–13, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame, Mt. Hood, OR

We'll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the east side of Mt. Hood, a three-mile ski with a 1,900-foot elevation

Kevin McGillivray



gain up the Tilly Jane Ski Trail to the A-Frame at 5,700 feet elevation. Participants

carry their own gear, including sleeping bag, pad and food for all meals. We have a wood stove for heating water; bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing skins are mandatory.

Trip is open to all ONC-PDX members and Tilly Jane A-Frame work party volunteers

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

March 19–27, Sat–Sun, All Abilities Ski Canadian Rockies Spring Break Sign up by February 1, unless filled before

This is the big one! Don't miss out! Join us for a ski expedition to the magnificent Canadian Rockies: the Canmore, Banff, and Kananaskis region. We



cont. from sidebar page 8

commercial policies. A link is on the ONC-PDX overnight trip application on the website at the bottom.

Where they ask for tour operator, select "not listed" and indicate that the "ONC" is the tour operator. For agent's initials, use: "TPS." Read the coverage carefully and make your choice.

For more info contact the Overnight Trip Coordinator Ted Scheinman

tedskier@gmail.com ♦

Discounts for ONC-PDX members and leaders!

Columbia Sportswear, 911 SW Broadway (flagship store) and 7000 NE Airport Drive, Suite T2572 (airport location)—15% discount on purchases. Special week (November 1–11) of 30% discounts. Current membership card required. columbia.com

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

Mountain Hardware, 722 SW Taylor Street—15% discount on purchases. Special week (November 1–11) of 30% discounts. Current membership card required. mountainhardware.com/Stores_Portland.html

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



have planned six days of glorious backcountry intermediate level ski touring and groomed cross-country trails of that area. The group will travel by car leaving from Portland Saturday, March 19, and arriving in Canmore, Alberta Sunday, March 20 with one overnight stay on the road (not included in cost). We will start our venture by spending a day skiing at the Canmore Nordic Center, the site of the '88 Winter Olympics. Trails selected for ensuing



day tours are well known in that area and include Burstall Pass, Canmore to Banff via Goat Creek, Dead Mans Flat to Skogan Pass and Ribbon Creek, and Smith Dorrien trails starting from Chester Lake. These trails can be skied to whatever your level of choice. One day will be left open for sightseeing or yes, more skiing! Downhill skiing is also an option. Accommodations entail luxury house arrangements with kitchen facilities and entertainment areas for dinners and socializing. Canmore is a delightfully entertaining community and worthy of at least one night "on the town." The return trip will begin early Sunday, March 27, returning to Portland that day. Travel distance to Canmore is approximately 900 miles. A pre-trip meeting will be scheduled to go over the details. A valid passport will be required to

travel to Canada.

Trip Limit: 8 participants.

Trip Cost: \$450 for members; you must be a current ONC member before signing up for this trip. This cost includes seven nights' accommodations in a luxury house in Canmore. Additional costs to be incurred are one or two nights of accommodation on the road, meals, shared costs for transportation, trail fees for one day at Nordic Center and shared costs for groceries to prepare meals and trail lunches in Canmore. The total cost should be less than \$750.

Sign up at the Overnight Trip Extravaganza on October 13; afterwards you may sign-up on the ONC-PDX website or send your an ONC-PDX overnight tour application and \$450 check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman. For more info contact Ted a 503.452.7432 tedskier@gmail.com

April 15–17, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame, Mt. Hood, OR

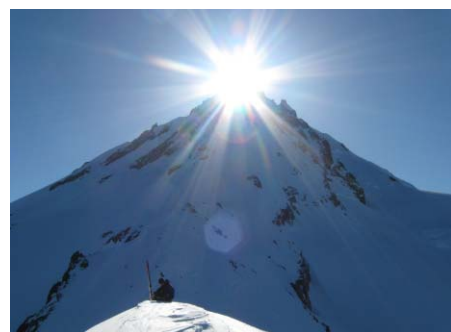
We'll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the east side of Mt. Hood, a three-mile ski with a 1,900-foot elevation gain up the Tilly Jane Ski Trail to the A-Frame at 5,700 feet elevation. Participants carry their own gear, including sleeping bag, pad and food for all meals. We have a wood stove for

heating water; bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing skins are mandatory.

Open to all ONC-PDX members and Tilly Jane A-Frame work party volunteers

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader. ♦



Lou Klump

Oregon Nordic Club–Portland Chapter Overnight Trip Application

TOUR NAME:

DATE:

FEE / DEPOSIT:

One application per person

Mail your check payable to ONC-Portland Chapter and this application to the tour leader at their address listed in the tour description in the newsletter. Contact them for their address if it is not available.

NAME:

ONC-PDX MEMBER: ☐ yes ☐ no* ☐ other ONC Chapter

*You must be a current ONC member before signing up for ONC-PDX overnight trips

PHONE: (home)

(work)

(cell)

ADDRESS:

CITY:

STATE:

ZIP:

E-MAIL **:

** If you do not have an e-mail address, please include a stamped, self-addressed envelope with your check and this form.

Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in the Oregon Nordic Club Portland Chapter (ONC-PDX) outings may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the trailhead or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a ONC-PDX activity is responsible for his or her decisions.

To the best of my knowledge, I feel physically and mentally able to assume full participation in the outings of activities in which I will participate. I understand that the ONC-PDX is a volunteer organization. In consideration of voluntarily participating in these outings, trips, or activities, I have and do hereby assume all the risks inherent in these activities and hold harmless the ONC-PDX and its agents, tour leaders, officers, and instructors, from and against any and all claims, liability, and demands of any nature, for the acts or omissions of the ONC-PDX or its agents, tour leaders, officers, or instructors.

Please read ONC-PDX's overnight trip policies located on the side bar starting on page 6 before signing for for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip. Purchase trip insurance in case of hardship: http://www.travelguard.com/agentlink.asp?ta_arc=163395&pcode= (this link is on our website)

I have read and understand the above statements concerning ONC-PDX's programs.

SIGNATURE:

DATE:

(Parent or Guardian must sign if the trip participant is under 18 years of age)

Oregon Mountain Community, 2975 NE Sandy, ONC-PDX members—subscribe to OMC e-newsletter and received the following discounts: 15% discount on purchase price. omcgear.com

Otto's Ski & Bike Shop, 38716 Pioneer Blvd. in Sandy, offers a 15% discount on purchases of ski equipment and apparel. They also have cross-country ski package rentals for the entire season. ottoskishop.com

Wy'East Nordic Ski School offers ONC-PDX members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com ♦

Welcome new members! No new members last month.

August membership report: 278 total memberships (184 single and 94 family) includes 63 renewals. Last year at this time there were 269 memberships.

BOARD MEETING MINUTES

There was no board meeting in August 2015

Next Board Meeting: September 14 at 7 p.m. @ Mazamas Mountaineering Center, 527 SE 43rd, Portland, OR ♦

CLASSIFIED ADS

FOR SALE: ► Mt. Adams View Property. 3.3 acre building site adjacent to the Flying L Ranch in Glenwood, WA with a spectacular view of the mountain. Private road, power and water to the site, perk tested for septic. Guaranteed view corridor. \$130k cash-out or \$145k with owner-carried contract. See Craigslist ad for photo and more info:

<https://portland.craigslist.org/mlt/reo/5041657424.html>

Jacquie 503.730.5571

9/15

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 removed earlier.

Members Forum Members Forum Members Forum

- ask questions
- provide input
- make recommendations
- volunteer to help
- compliment volunteers
- just say hello

The September 8 general meeting at the Lucky Lab will be a little different this year. Tim Kral is taking the lead as the Board reaches out to members in a forum format to gather input on club activities and any other suggestions. A report on the recently completed survey will be presented. There was a good response rate.

The Board seeks recommendations for recruiting leaders for day and overnight trips (leader incentives), policies relating to both day and overnight trips, and other items. Additionally, the current (good) state of our finances, updates and progress on Tilly Jane A-Frame will be reviewed. There will be time for topics from the audience.

ONC-PDX has a long history, and our goal is to keep it vibrant and growing into the future. Join us on Tuesday, September 8 for the members' forum.



Tim Kral, Board Member

**Lucky Labrador
Brewing Company**
1945 NW Quimby St.
Tuesday, September 8
6:30 p.m. Members Forum
Pizza provide by the club
and drinks are available \$

Upcoming programs

Oct 13-Overnight Trip Extravaganza

Nov 10-Leader presentation and Volunteer Recognition



Oregon Nordic Club
P O R T L A N D
C H A P T E R



Monthly meeting:
Lucky Labrador Brewing Company (1945 NW Quimby St.)
located between NW 20th Ave. and NW 19 Ave. in
Northwest Portland.

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