

Oregon Nordic Club PORTLAND CHAPTER

JULY

2017

Crosstown Trail going two lane

Ken Wenzel



We started our trail tending with blue skies and mild conditions, a lot better than the day before (hard rain). But I must say we did find one six-inch circle of snow on the side of trail on Saturday morning. We had the pleasure of having Rachel Drake from the Forest Service join us for a few hours. She gave us the eight-page dangers of trail maintenance lecture and then a hands-on of how the Forest Service wants the Crosstown Trail groomed as a multiuse trail. It is designed with mountain biking as its main goal, but it serves well for hiking and as a winter ski trail when cleared of limbs up to 12–14 feet overhead. If you have not walked it, you should, it has wonderful old growth forest with a few views.

Our goal of working with the Forest Service is to make the Crosstown Trail a winter ski trail that will be a two lane trail, side-by-side, one side for skiers, the other for snowshoes and walkers. It is an experiment to see if it

will solve some of the user conflicts that have occurred in the past. In talking with Rachel, I think we could also do some good by improving some of the other lesser used trails to help draw some of first time snowshoers and walkers into easy loops such as Kurt's Connector and Enid Lake loop.

The Crosstown trail was hard on the back, working to remove low vegetation, but giving it a blended look on the trails edge. Because it is never a sure thing on how much snow the Government Camp Area will have, our goal was to keep the vegetation low so the trail can be skied with a thin snowpack.

Our first trail maintenance day was a success, and I can't wait to make more progress on our second outing. Our hard working crew consisted of Bill Neuman, Richard Crimi, Debby Wenzel and Ken Wenzel, David Rogers, Bill Newman and Barbara Hyman. Thanks for the hard work!

Ken Wenzel, *Trail Tending*

Member spotlight: Bill and Nancy Neuman

Although Bill and Nancy Neuman have been in Oregon for eight years, it took them until about two years ago to finally learn about the Oregon Nordic Club Portland Chapter (ONC-

Ted Scheinman



PDX), through a presentation at REI. They were so enthusiastic about the potential activities that they became involved and joined the ONC-PDX. They ski about the same casual level, but enjoy meeting the great people in the Club.

Bill and Nancy are originally from Green Bay, Wisconsin. Yes, big-time Packer fans. Nancy worked as a visual merchandising manager in Wisconsin, and later at Macy's in Tanasbourne after moving to Oregon. Bill worked as an accountant in Wisconsin. Bill still does tax work during tax season for a Portland CPA firm. They used to downhill ski and cross-country ski in Wisconsin, but focus now on cross-country skiing. They spend their off-ski season time playing golf.

Since they joined, they have gone on several ONC-PDX overnight trips—Black Butte, Crater Lake, and Willamette Pass. They

continued on page 3

Inside

- 2 Upcoming Events**
- 3 Volunteer Opportunities**
- 4 Day Tours**
Nordic/News Issues
Deschutes NF
Central Cascades
Wilderness Strategies
comment deadline July 3
- 5 Overnight Trips**
Mt. Rainier backpack
- 6 Club Discounts**
Overnight Trip Application
- 7 Classified Ads**



Join us for a trail tending party

See schedule page 5

Board Members

Ken Wenzel,
President
503.297.2958
skiwenzel@hotmail.com
oncpdxpresident@gmail.com
Mary Bourret,
Vice-President
503.201.3940
marylbouret@gmail.com
Tim Kral, Treasurer
timfkral@gmail.com
Scott Diamond,
Secretary
scott.diamond.mail@gmail.com
André Fortin
afortin85@gmail.com
Ted Scheinman
503.452.7432
tedskier@gmail.com
Tom Clarke
360.690.5634
mountainclimber1239@hotmail.com
Laurel Dickie
503.287.6290
laureldickie@hotmail.com

Committees

Day Tours:
oncdays@outlook.com
Laurel Dickie
503.287.6290
laureldickie@hotmail.com
Barbara Hayman
bh13@att.net

continued on sidebar page 3

EDITORIAL NOTES

The deadline for submissions is the 15th of the month (for the next month's publication). Send submissions to oncnnewsletter@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.

This newsletter is published monthly by: **Portland Chapter of the Oregon Nordic Club, Inc.**
P.O. Box 3906
Portland, OR 97208

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

July 5 ▶ WEDNESDAY

Camp Cooking Basics for Backpackers

6:30 p.m. – 8:30 p.m. Tualatin REI.
Free! Info/sign-up: rei.com/learn.html

Preparing for the Unexpected – Outdoor Emergency Basics

6:30 p.m. – 8:30 p.m. Portland REI.
Free! Info/sign-up: rei.com/learn.html

July 11 ▶ TUESDAY

ONC-PDX Annual Picnic

Laurelhurst Park, 3900 S.E. Ankeny St.
Portland, Picnic Area E,
6:00 p.m. – 9:00 p.m.

Come join your fellow club members for a nice evening in the park with friends and good food! Families welcome; bring your kids and grandkids. Bring a food dish and beverage (beer and wine ok) to share, and your own plate, utensils and cup (please bring non-disposable as we have to carry out our garbage).



July 13 ▶ THURSDAY

Tahoe Sierra Backpacking Basics

6:30 p.m. – 8:30 p.m. Clackamas REI.
Free! Info/sign-up: rei.com/learn.html

July 19 ▶ WEDNESDAY

Backpacking Basics

6:30 p.m. – 8:30 p.m. Portland REI.
Free! Info/sign-up: rei.com/learn.html

July 20 ▶ THURSDAY

Preparing for the Unexpected – Outdoor Emergency Basics

6:30 p.m. – 8:30 p.m. Clackamas REI.
Free! Info/sign-up: rei.com/learn.html

July 26 ▶ WEDNESDAY

Prepare for the Unexpected: Urban Emergency Preparedness

6:30 p.m. – 8:30 p.m. Tualatin REI.
Free! Info/sign-up: rei.com/learn.html

July 29 ▶ SATURDAY

Social History Happy Hour – History of Mount Hood's Steiner Cabins

6:30 p.m. – 9:00 p.m. Doors open 6:30, Lecture 7:00
Mt. Hood Museum, Government Camp, OR
\$5 cash at door, Beer & Wine \$
Tickets for the Steiner Cabin Tour (August 12) go on sale on July 1.
Info: 503.272.3301
mthoodmuseum.org

Clinics & Training

Oct and Nov ▶ SATURDAYS 2017 Fall XC Training Series Portland, OR

The schedule will be posted in September for this year's conditioning sessions for XC skiers of all abilities.

Info: www.xcoregon.org teacupnordic.org
Sponsor by: Teacup Lake Nordic Club and XC Oregon race team

December 1 – 10 ▶ FRI – SUN 2017 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 you ski that particular morning. Designed specifically for adult XC skiers and racers with skills anywhere from low intermediate to expert.

Registration opens in mid-July.

Info: xcoregon.org/oregon-fall-camp

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 page 4)**
- ▶ 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: nwskiers.org fwsa.org federationofwesternoutdoorclub.org

Memberships are renewed September 1 each year: \$29 for single, \$35 for family/household. Join on the website. Info: oncmembership@gmail.com

ONC-PDX BOARD SKI TRACKS

No board article this month. ♦

Skier, “Snow’s Too Deep”

The comment “snow’s too deep” was overheard from skiers (in Norwegian accent, it was reported) on 2017 New Years Day as they were passing by the Tilly Jane Guard Station way up on Mount Hood. Now, saying that any snow is “too deep” may sound ironic or illogical to a skier, but I found that truly to be the case that alpine weekend on Mount Hood.

December storms had rushed the Cascade Range without interlude of warm or wet weather to thaw then stiffen up the freshly laid snow pack. We anticipated deeper than normal pack and great conditions. Plus, the near tree-line elevation of the Tilly Jane area often hosts the



best of snow conditions in Oregon’s northern Cascades. Our energized group included two split-board snowboarders, two AT (all terrain) skiers and me on my telemark skis and boots.

However, launching off into the fresh, untracked snowpack was “weird.”

Skis sunk nearly two-foot below the crystalline white surface and ski tips remained hidden from view. Moving across or up terrain on skis was more like plodding as if on invisible snowshoes: no glide or tracking. After so much extra work ascending in the morning light and “earning our turns,” we were eagerly pointing our skis down to enjoy the day’s first glide through the trees in nearly knee-deep “powder.”

To our amazement—and disappointment—each of us struggled to gain momentum down every slope. Pushing off into a descent was followed by snow piling deep atop our boots, then packing so much that a dense wall of snow formed on our skis before and between our legs, thereby stopping our descent.

We were stuck! The day’s downhill excursion was foiled by snow that was “too deep.” Our ski party gave up, as we learned the amount of work it took simply to go down hill by stepping—versus skiing—back to the cabin and then to our cars. Chances for gliding improved once we

were lucky to find and align on other skier’s tracks.

Lesson learned? That a packed base of hardened snow (post thaw-freeze cycle, or even wind pack or ice) is better for backcountry skiing, and for maneuvering skis for direction and control than a very deep, “base-less” powdery snow profile. A few inches of fresh snow atop a packed base provides a skier perhaps the best conditions for hilly terrain in the backcountry.

This lesson was reinforced on a second trip to the same area of Tilly Jane. During the early March ONC-PDX weekend at the cabin, we had a good six

continued on page 4

VOLUNTEER OPPORTUNITIES

Tour leaders There is an ongoing need for individuals to all levels of day tours.

Nordic Issues Track issues relevant to Nordic skiing in the state. Examples: Cooper Spur land swap, Forest Service proposed changes, etc.

Tilly Jane A-Frame There is a need in a number of areas. Info: tillyjanecabin@gmail.com

Public Relations Provide outreach for the club. Give presentations on the club and skiing in Oregon.

Membership Process membership applications. Maintain membership database. Analyze membership (demographics, where new members are coming from, other trends) and report to board. Identify recruitment opportunities.

Volunteer Tracking Help track volunteers from all areas of the club (overnight, day tour, trail maintenance, committees, etc.). Manage volunteer recognition. Arrange volunteer recognition gift and track distribution to volunteers. Assist with recruitment.

Summer Trip/Tour Leaders expand the club’s activities during the non-snow months.

For more info and to volunteer contact
Mary Bourett marylbourett@gmail.com ♦

Bill and Nancy Neuman continued from page 1

speak very highly of the potluck dinners and the good organization. They are excited about all the activities the club does and look forward to day trips, especially mid-week ski tours.

The Neuman family has already been involved in trail-tending. In addition, Bill is interested in helping with the Membership Committee and Nancy is interested in helping market the club.

When you see them, please introduce yourself. They are among the nicest people you will ever meet!

Ted Scheinman, Board Member ♦

Scott Diamond

scott.diamond.mail@gmail.com

Terry Owen, Wednesday
ski tours

terryowen1@gmail.com

Membership:

Ted Scheinman

503.452.7432

tedskier@gmail.com

Susan Kelly

503.706.6463

susankilduffkelly@gmail.com

Bill Yaeger, Database

w.yaeger@comcast.net

Barbara Sack

503.978.9475

barbara3820@earthlink.net

Pam Rigor

oncmembership@gmail.com

Nordic Issues:

Mitch Auerbach

503.281.4809

mauerbachfso@yahoo.com

Pam Rigor,

oncnewsletter@gmail.com

Overnight Trips:

oncpdx.ontrip@gmail.com

Susan Watt, Chair

503.201.3977

susniam@gmail.com

Sam Digard

360.910.1714

sam.digard@gmail.com

Ann Truax

503.756.8891

Programs:

Ron Bekey

503.475.0084

rbekey@gmail.com

Publications:

Pam Rigor,

Newsletter Editor

oncnewsletter@gmail.com

Bill Yaeger,

Newsletter Distribution

503.888.8543

w.yaeger@comcast.net

Publicity:

vacant

Tilly Jane A-Frame:

Andr  Fortin

tillyjanecabin@gmail.com

Trail Maintenance:

Ken Wenzel

503.297.2958

skiwenzel@hotmail.com

Website:

Bill Yaeger, Webmaster

503.888.8543

w.yaeger@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!

Tours 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 sidebar, 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. ONC-PDX policy is for a contribution by each passenger of 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 (Forest Service regulation). 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

continued on sidebar page 5

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic Issues. Do you have some time to track issues that affect skiers? Contact board members (see sidebar page 2) to volunteer.

Deschutes National Forest Central Cascades Wilderness Strategies

The Deschutes and Willamette National Forests released their proposed action for the Central Cascades Wilderness Strategies Project in late May. (This project was mentioned in the January Nordic Issues column.) Visitor use in five Central Cascades Wilderness areas—Three Sisters, Mount Jefferson, Mount Washington, Diamond Peak, and Waldo Lake—has increased greatly since the 1990s resulting in adverse impacts. Examples of the consequences include human-built structures, damaged trees, garbage and unburied human and dog waste, increased user-created trails, vegetation and/or soil erosion that is obvious and significant, etc. These effects are significant and are not in keeping with the Wilderness designation. The Forest Service (FS) is proposing a strategy for dealing with these issues. Initially the FS is proposing to reduce the levels of visitors in some of the areas, educating visitors before going into the wilderness and increasing rangers, all the while allowing visitors' freedom within the wilderness.

The FS is asking for input on their proposal. Info is posted on this website: http://a123.g.akamai.net/7/123/11558/abc123/forestservic.download.akamai.com/11558/www/nepa/105465_FSPLT3_3992851.pdf

Submit your comments, by July 3, 2017 to: comments-pacificnorthwest-deschutes@fs.fed.us.

For more info contact: Beth Peer at 541.383.4761 or email bpeer@fs.fed.us

Mitch Auerbach, *Nordic Issues*, Pam Rigor, *Editor*

Skier, "Snow's Too Deep" continued from page 3

inches of fresh snow on a firm base. Backcountry skiers descending the slopes were grinning ear to ear. "I can make no wrong moves in this stuff!" cheered one skier.

But that night and all of the next day brought a blizzard. By the time I headed down another 24-inch of fresh snow had accumulated. I encountered, once again, snow that was "too deep." Exerting so much energy to simply head down the trail to my snow-buried car, I became exhausted then extremely relieved to get on the road and away from where the "snow's too deep."

Kevin McGillivray, *Columbia Gorge Chapter*

DAY TOURS

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

More tours will be listed on these two sites: onc-pdx.org/activities/day-tours meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter

Note: dogs are only allowed on tours designated as "dog tours"

July 8, Sat, Trail Tending Party Hardtime Loop, Wind River, WA

Help us in the Oldman Pass area, removing down trees and brushing on the Hardtime Loop, and installing diamonds. **For more info and to volunteer or lead this trail tender contact: Ken Wenzel 503.729.6571 cell skiwenzel@hotmail.com**

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.

Lets hike or bike

Join the ONC-PDX leadership team...

Pick your favorite hiking or biking trail/route and take some of your ONC-PDX friends along to enjoy the outdoors.

To submit your tour use the Day Tour Input Form (on our website click on "Activities and Events" then click on "Day Tours") or just send an email with the tour description (by July 14, 8 p.m. for the August newsletter) to day tours at oncdaytours@gmail.com. Tour descriptions sent after the deadline will be posted on the website and, if you wish on meetup. Last minute tours can be added too.

New to leading tours and need more info on how to get started? Send us an email and we'll get you up to speed.

Laurel Dickie, Scott Diamond, Barbara Hayman, *Day Tours' Committee*

Trail tending schedule

It's time to set aside a day to work on

the ski trails. Volunteer to lead or assist with one of these trail tending parties or just come and help. **To volunteer contact: Trail Tending Coordinator Ken Wenzel 503.297.2958 skiwenzel@hotmail.com**

continued on page 5

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 (gardening gloves work well). Wear long pants, a long sleeved shirt and 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:

July 8, Sat, Trail Tending Party
Hardtime Loop, Wind River, WA

See day tours schedule for info.

August 9, Wed, Trail Tending Party
Pocket Creek and Meadows Creek Trail, Mt. Hood, OR

For more info and to volunteer contact: Ken Wenzel 503.729.6571 cell
skiwenzel@hotmail.com

September 13, Sat, Trail Tending Party
Pocket Creek Tie Trail, Mt. Hood, OR

We'll be working on the Pocket Creek Tie Trail connector that connects to Teacup Lake, brushing and putting up blue diamonds. For more info and to volunteer or lead this trail tender contact: Ken Wenzel 503.729.6571 cell
skiwenzel@hotmail.com

October TBD, Trail Tending Party (installing signs)
Crosstown Trail, Mt. Hood, OR

Help us install signs on the Crosstown Trail to dividing the trail into a two lanes, a snowshoe and dog lane and a skier only lane. ♦

Portland Sunday Parkways

Northeast Portland Sunday Parkways (8 miles)
July 23, 11:00 a.m. – 4:00 p.m. Free!

While you make your way around the Northeast Portland route, stop by Woodlawn, Alberta, and Fernhill Parks where a collection of fun activities, festive music, and delicious food that awaits you.

Outer Northeast Portland Sunday Parkways
August 20, 11:00 a.m. – 4:00 p.m. Free!

This 6.4 miles route will take you to Knott, Thompson, East Holladay and Hazelwood Hydro Parks. These new parks will be overflowing with music, food, and fun finds.

Sellwood Portland Sunday Parkways (8 miles)
September 24, 11:00 a.m. – 4:00 p.m. Free!

This year is the last year of the City of Milwaukie and Portland partnership for the Sellwaukie route. Come out and join this 8 mile scenic route and end the Sunday Parkways season with a bang! ♦

Info/maps: portlandoregon.gov/transportation/46103

OVERNIGHT TRIPS

SIGN-UP TIPS

- ♦ Overnight trips are exclusively for members; join or renew your membership before signing up.
- ♦ 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 side-bar p. 7)!
- ♦ Sign up early so we'll have enough people to cover trip costs: sign-ups can be made on the website (onc-pdx.org/acitivities/overnight-trips) or fill out an overnight trip application and mail it with your trip fee to the trip leader (make checks payable to ONC-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.

August 18–20, Fri–Sun, Advanced Backpack Sunrise Trail, Mt. Rainier National Park, WA Six spaces available*

The trip starts at the Sunrise Trailhead, on the Northeast side of Mt. Rainier, and we'll go through Berkeley Park, on to Grand Park, then to Lake Eleanor, where we'll spend the night. We'll return to the trailhead on the same route for a total distance of 9.2 miles.

Friday night we'll camp at the White River Campground and head out on the trail to Lake Eleanor on Saturday morning at 9:00 a.m. The plan is to make it to Lake Eleanor by 3:00 p.m. On Sunday we'll leave camp sometime between 9:00 a.m. and 10:00 a.m., arriving back at the Sunrise Trailhead around 3:00 p.m.

Highlights of the area include Grand Park, which is a wide-open area with a great view of Mt Rainier with wildflowers, one the memorable sites of the Northern Loop.

This is an advanced trip; please be prepared to hike long distance with a full pack. Participants need to have the required gear (tent, pack, stove, water purification method etc...).

Trip Limit: 9 participants (includes leader)

Cost \$20/member, per person. Includes permit for backpacking. Not included: carpooling and White River camping sites, which cost \$20 per night.

Send an ONC-PDX overnight trip application and check (made out to ONC-Portland Chapter) to the trip leader Tom Clarke (contact Tom for mailing address). Or members can sign-up on-line via the club's website (under Activities and Events click on Overnight Trips). For more info contact Tom: mountainclimber1239@hotmail.com. A pre-meeting will be held before the trip to arrange carpooling and meal sharing/planning, if so desired. Time and place of pre-meeting is TBD. ♦

cont. from sidebar page 4

includes a terrain rating plus a 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

continued on sidebar page 6

cont. from sidebar page 5
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.

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.

OVERNIGHT TRIP POLICIES

1. Only Oregon Nordic Club members may participate on ONC-PDX overnight trips, even if it is a trip for which no money is collected. Non-members may join the club when signing up for an overnight trip. The membership fee can be paid at this time. The only exceptions are overnight trail tending work parties and Tilly Jane Club weekends, which are open to volunteers on those projects.

2. The first overnight trip application opportunity is at the October ONC-PDX meeting and at the designated time. The member must submit this 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, openings are filled on a first-come, first-serve basis, based on the time/date the application is received by the trip leader. Overnight trip leaders have the privilege of signing up for any ONC-PDX overnight trip prior to

continued on sidebar page 7

Discounts for ONC-PDX members

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

Mountain Hardwear, 722 SW Taylor Street—15% discount on purchases. Special week (November 1–11) of 30% discounts. Current membership card required. mountainhardwear.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

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 10% 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

Oregon Nordic Club Portland Chapter Overnight Trip Application

TRIP NAME:

DATES:

YOUR NAME:

One application per person

Most trips are double occupancy. ☐ Share room with _____, or ☐ have leader arrange.

TRIP COST: \$

DEPOSIT ENCLOSED:\$

I AM A MEMBER OF ONC CHAPTER*:

*You must be a current ONC member to participate in overnight trips. Signing up with membership pending is allowed.

Membership sign-up on-line at onc-pdx.org/membership-account/membership-levels or use this paper application.

Mail a check made out to **ONC-Portland Chapter** to the trip leader with this **completed application**, or e-mail this signed application to the trip leader and pay on-line from onc-pd.org/activities/overnight-trips

ADDRESS:

CITY:

STATE:

ZIP:

E-MAIL**:

PHONE**:

☐ Cell
☐ Home
☐ Cell
☐ Home

EMERGENCY CONTACT:

PHONE:

** If you do not have an e-mail and cell phone, contact the leader to arrange communication.

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 up for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip.

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

SIGNATURE:

DATE:

CHECK #

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

TRAVEL INSURANCE Commercial travel insurance is available from a variety of providers. A list of insurance options are available on our website (onc-pdx.org/resources/trip-insurance/). ONC-PDX does not endorse any of these agents or providers.

TRIP NAME:

DATES:

TRIP COST: \$

DEPOSIT: \$

☐ Participation confirmed

☐ Wait list

Welcome new members!

Johanna Lovell

June membership report: 300 total memberships (200 single and 100 family) includes 1 new. Last year at this time there were 320 memberships.

BOARD MEETING MINUTES

Minutes of ONC-PDX Board Meeting May 23, 2017

Board Members Present: Mary Bourret, Laurel Dickie, Scott Diamond, Ted Scheinman, Ken Wenzel, and Tom Clark. **Board Members Absent:** Tim Kral and André Fortin

Minutes from last meeting are approved.

Treasurer's Report: No report

President's Report: No report

Website: No report

Day Tours: No report. Some discussion on feedback for lack of clarity on how to lead day tours

Overnight Trips: Reviewed ONTC minutes. ONTC requested input on: "Committee will review with board a policy to limit the number of trips any leader leads in a season to three with two recommended." Board suggestion is that in any given season individuals can lead up to two established trip and an unlimited number of new trips if the leader is willing to do the research. Of course, any new trip needs to be approved by ONTC.

Tilly Jane: No report.

Membership: Some discussion of data Scott pulled on membership data. Ted – to discuss with membership committee to see if they would like to take the lead on developing new initiatives or if they would welcome participation by other members.

Publicity: No reports

Nordic Issue: No reports

Trail Tending: No report

New Business

Overnight Signup Mary B reviewed signup options from a number of commercial firms. All options had fees associated with them and could not directly support our requirements (couples sign up and waiting list). We agreed that if we went to outside signup it would probably make sense to transfer all our signup there instead of transferring data between external and our current system. Ken had discussion on using current system for signup. The belief is that it can handle the load but that we'd need to plan on some testing. Board agreed that this was the best path possible if it would work. Ken to continue discussion with Clint on using our current signup method.

Leadership Training Board agreed we should hold leadership training before Thanksgiving in November. Based on input from ONTC and board this training would not focus solely on safety but would also cover mechanics and general advice for organizing/leading. Tom – Will draft proposed agenda for leadership training.

Next board meeting: Tuesday, July 27 from 7:00–9:00 p.m. at the Mazamas Mountaineering Center

Scott Diamond, Secretary

cont. from sidebar page 6
the October meeting.
3. Restrictions on participation may apply to some trips based on the participant's ability and experience needed to safely execute the trip. The trip leader has the authority to make this determination for the safety of all trip participants. The trip leader may also limit participation based on accommodations.

WAITING LIST

4. If a trip is full, participants may choose to be placed on the wait list, if an application is submitted with the trip fee. If space becomes available, wait list participants may then choose to fill the space or decline. If participation is declined the full payment is refunded.

Trip Cancellation Policy

5. If canceling, contact the trip leader immediately. There may be a wait list.

6. Participants are responsible for finding a replacement which may include contacting people on the wait list.

7. Trip fees and deposits are non-refundable, unless a replacement is found. Commercial travel insurance is highly recommended.

8. Once a replacement is found, the participant must send written/email refund request to the overnight trip committee. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10 administration fee.

9. If the club cancels the trip, the full amount paid will be refunded. Trip cancellations are decided by the Overnight Trip Committee.

Travel Insurance
onc-pdx.org/resources/trip-insurance

ONC-PDX does not endorse any of these agents or providers.

CLASSIFIED ADS

FOR SALE: ► **Skis**, Atomic Telepathic telemark skis 170cm with Voile Tele bindings and heel lifts. **\$75** **FOR SALE:** ► **Bindings** Riva Super Loop ultralight telemark / backcountry touring bindings, new **\$60** OBO. **\$75.** **FOR SALE:** ► **Skis** Karhu XCD back country skis 190cm, 3-pin bindings **\$65** OBO. **FOR SALE:** ► **Boot liners** Scarpa Intuition ski boot thermo form liners. Used one season in T4s. Good for Alpine, AT, Telemark Size 30.5 (used in a 30 Scarpa Boot) Can be reformed several times. Should fit 29.5 to 30.5 shells. **\$65** OBO. **FOR SALE:** ► **Ski Boots** AirTex NNN-BC Ski Boots, Thinsulate insulated, very warm, excellent condition. Size 47 **\$40** OBO. **FOR SALE:** ► **Ski Helmet** Romer full coverage ski helmet, adjustable vents, size Large. **\$40** OBO. **FOR SALE:** ► **Ski Helmet** GIRO ski helmet size Small fits child/adolescent **\$25** OBO. See photos here, open to all offers: <http://portland.craigslist.org/clk/spo/5906927755.html>
Russ russ.bec@gmail.com 7/17

FOR SALE: ► **Jacket** SWIX Delda Light Softshell Jacket, Women's size. L, Byzantium–light purple with reflective trim, new

with tags on, engineered in Norway, extremely functional (breathable, etc.) and specifically designed for nordic skiing. Photos available. **\$100** (retail \$150; very limited U.S. supply).

FOR SALE: ► **Boots** Mammot Mt. Vista LTH Backpacking/Hiking Boots (made by Raichle of Switzerland). Women's EU size 41 (US 8.5 - 9), worn once—too small. Brand new condition. Versatile boots for backpacking and hiking in all weather. Vibram rubber outsole provides optimal grip on varying types of terrain. Features include Rolling Concept Technology, board-lasted, rubber toe-cap, women's specific fit. **\$125**

Amy ablumenberg@comcast.net 503.241.2768 7/17

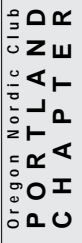
Deadline: 15th of the month (for next month's publication). Free ads are for members only, placed on a first come basis and may be edited depending on space availability. Send to: oncnewsletter@gmail.com as a MS Word document attachment preferred—(with no formatting i.e., no bold ext or tabs), in Times 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.

Ken Wenzel



Tuesday, July 11
6:00–9:00 p.m.

Upcoming Programs



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

