

Oregon Nordic Club RTL Α Ρ F R

APRIL

Women's Weekend in Bend

For our first, and hopefully annual, Women's Weekend in Bend,

we had a great time. Everything turned out perfect: great weather-all four days, great snow, and three days of terrific skiing conditions. A wonderful variety of both groomed and non-groomed skiing at Ray Benson, Virginia Meissner, Swampy Lakes, and Mount Bachelor.

Sunday night Chocolate Fest capped off a COVID safe social weekend with a great group of wonderful women who knew how to enjoy good times and great skiing.

We're looking forward to making this weekend an annual ONC-PDX event.

Nancy Neuman, Trip Leader



March tours: Gunsight Ridge and Mt. Adams

Scott Diamond 3.13.21 A couple of months ago David Bath posted about his long standing desire to reach Badger Lake. I think most of us have tours we've wanted to do for years. In my case it is Gunsight Ridge (above Pocket Creek). I've wanted to do that for probably five years but couldn't figure out a route that wasn't 20 miles long. Well, after staring at the map for a while I came up with a 14 mile route that heads out of Pocket Creek, bushwacks up to the ridge and then follows the road to Camp Windy and then drops back down to Pocket Creek.

Susan Watt, Ken Wenzel and Mark Kruskopf joined me at 9:00 a.m. today at Pocket Creek and we headed out. As is often the case with spring skiing we saw the full range of snow. Boilerplate ice at the start, a little bit of powder in the trees, corn snow in the sun, and some miserable slow snow that seemed to just grab your skis like brakes on some of the downhills.

It turned out to be as nice of a tour as I had hoped. I was worried about the bushwack section. We had skins and it was somewhat steep (no way I'd want to ski straight down) but was pretty safe in the trees. Once on the Gunsight road it was scenic skiing. As you might expect there were some giant snow drifts and at times you couldn't tell there was a road at all. We had a great view of David's Badger Lake (but little desire to drop 1,000 feet to check it out in person), nice views of all the mountains (really clear view of Rainier today), and I always enjoy seeing Eastern Oregon in the distance. (Somehow it seems weird to be on snow and see fields in eastern Oregon in the distance.) continued on page 3

What do you mean you haven't voted yet?

The polls are still open! Yes, you can and should still vote in the annual

election of new and returning Board members. Voting online is easy and quick. At the club website, onc-pdx.org, go to 'Vote for ONC-PDX Board Members' under the 'Members Only' menu tab. There you can read the candidate statements. Make your choices and click the vote button. Per the bylaws there is one vote per membership, whether family or single. Online voting will remain open until 7:30 p.m. April 5. The results will be announced and ratified by you, on April 6 at the virtual ONC-PDX Annual Membership Meeting via Zoom.

Questions about the election? Email Linda and Steve of the Elections Committee: wilsonln@msn.com and mccabe.steve@gmail.com. Need help with login or the website? Email oncpdxwebsite@gmail.com.

NSIDE

- Volunteer **Opportunities**
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 - Wilderness permit system
- 4 Day Tours
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- 7 **Member Benefits Classified Ads**

Scott D.'s March 13 tour



2021

Steve McCabe, Elections Committee

Board Members

Ken Wenzel, President 503.297.2958 skiwenzel@hotmail.com oncpdxpresident@gmail.com

Mary Bourret,

Vice-President 503.201.3940 marylbourret@gmail.com Don Erickson, Treasurer dnssn@comcast.net Laurel Dickie, Secretary laureldickie@hotmail.com Tere Enburg Tereskier@gmail.com

Mary Hepokoski, Bookeeper 503.245.1618

EDITORIAL NOTES

The newsletter is published the first of every month. The deadline for submissions is the 15th day of the prior month.

Send submissions to oncnewsletter@gmail.com as a Microsoft Word document, or compatable program (no formatting i.e., no bold text, all caps text, tabs or other settings) as a attachment (preferred); compatible text files as an attachment; and put text in an email with no formatting. Photos: send as jpg attachment. Corrections: email 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

UPCOMING EVENTS

April 6 → TUESDAY Oregon's "lost" ski areas

7:00 p.m. ONC-PDX Annual Membership Meeting 7:30 p.m. Program Online, via Zoom.



April 7 → WEDESDAY Backcountry Essentials Awareness Class 7:00 p.m. 90 minute Zoom class by NWAC. Calendar: nwac.us/events

April 8 → THURSDAY

Backpacking 101 with Cassi Knight We have our shop expert Cassi Knight breaking down the basics for us—like, what is this base weight thing that everyone gets so excited about? It will be a fun evening full of gear, advice on how to plan your first (or tenth!) backpacking trip, and a sneak peak of what's in Cassi's pack for this hiking season.

Info: mountainshop.net/community/calendar/2021-04-08/backpacking-101-with-cassi-knight.html

April 13 → TUESDAY SheJumps Avalanche Awareness Class 7:00 p.m. 90 minute Zoom class by NWAC. Learn

how to access avalanche and mountain weather forecasts and recognize basic signs of avalanche danger. Calendar: nwac.us/events

April 17→TUESDAY Central Eastside Industrial Council (CEIC) Cleanup Event!

10:00 a.m. – 12:30 p.m. Check in between 9:45 a.m. – 10:30 a.m. Preregistration required. Info and sign up: solveoregon.org/opportunity/ a0C1I00000QFOOCUA5 See website for more events: solveoregon.org

Clinics and Training

April 15–18 → THUR–SUN 2021 Oregon Spring Camp Mt. Bachelor/Bend, OR

Created for adult skiers and racers (Juniors welcome with adult chaperone) Mornings: 8:45 a.m.–11:45 a.m. each day Afternoons — (pending demand) 1-2 Dryland clinics looking at rollerski technique, specific foot drills, and/or XC strength routines. Afternoon events in Bend.

Info: xcoregon.org/oregon-spring-camp

VOLUNTEER OPPORTUNITIES

ONC-PDX Historian This person would manage photo and video sharing from trips and activities, and manage and arrange storage of past and future ONC-PDX photo files. Contact Ken.

Leadership Training Help organize and put on a leader training clinic, so we can have more day tours. Contact Ken skiwenzel@hotmail.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 crosscountry 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.

Day Tours Leaders

Day tour leaders contact ONC-PDX Day Tours Committee to volunteer to lead day tours: oncdaytours@gmail.com

Publications/Articles

Are you a writer, have other skills to help with the newsletter? Contact oncnewsletter@gmail.com

Member Benefits

- Free day tours; overnight trips, for members only.
- ► Free travel programs at monthly member meetings
- Discounts at selected merchants (see p. 11)
- Member rates on Mazama activities (excludes classes) and reduced rates on 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 construction and maintenance of winter trails in 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: \$30 for single, \$40 for family/household. \$10 for paper newsletter. Info: **oncmembership@gmail.com**

BOARD SKI TRACKS

Just a short update on what ONC-PDX

Board is doing off the snow this spring.

We are currently working with the Mt. Hood Forest Service to obtain a new operating permit for the Tilly Jane A-Frame and the Tilly Jane Guard Station. Our current permit expires this year and we are working on a new permit that will last for 10-15 years. Which will be a lot less effort than the current three-year permit cycle we have been on.

The Mt. Hood Forest Service has submitted their next to final report on the Copper Spur land exchange with Mt. Hood Meadows for land in the Government Camp area. We had signed on as a partner with Cooper Spur Wild and Free with earlier objections. This has not gone in the direction the group had planned and we are working to submit new objections to the Forest Service to reduce the amount of land retained by Mt. Hood Meadows in the exchange and preserve the ski trails that could be effected by future development at Government Camp. So all we can say is we are trying our best at preserving forest land in the Cooper Spur area and lessen the impact for cross-country skiers at Government Camp. It may result in a lawsuit going forward by the Thrive Hood River group (a member of Cooper Spur Wild & Free), if the Forest Service ruling does not change. We will keep you informed as this goes forward. This has been a long and draining process to follow on this land exchange! A history of the land exchange can be found at: cooperspur.org/mt-hoodland-exchange and cooperspurdev.ambiguousscales.com/mthoodlandexchange.

Ken Wenzel, ONC-PDX President

Columbia store open to ONC-PDX Columbia Sportswear employee store is

open to current ONC-PDX members until April 18 and the store hours are 11:00 a.m. to 7:00 p.m., Monday– Sunday. Prices are 40-50% off regular retail prices. Bring the invite that was linked with your e-newsletter (also available on our website under "Membership" then under "Membership Benefits" at the bottom of the page) or show it on your mobile devises, your membership card, and photo ID. You welcome to bring four guests with you.

All employees will be wearing face coverings. Shoppers are encouraged to bring their own face coverings to wear while shopping. Contactless payment options like Apple Pay.

Offer good in store only. Their employee store is located at 14100 NW Science Park Dr.

NORDIC ISSUES/NEWS

NWAC The Northwest Avalanche Center will discontinue the avalanche forecasts for the year; the last day will be Sun. April 18 (issued Sat. evening).

Columbia Gorge

Dog Mountain Permits are required for each hiker on weekends and Memorial day during peak spring wildflower season April 24 to June 13. Hikers must carry their permit with them. A hiking permit is included automatically with the Skamania County Transit–Dog Mt. Shuttle at Skamania County Fairground gravel parking lot at 518 Rock Creek Drive, Stevenson. Anyone using the parking lot at the Dog Mountain trailhead also needs to pay a \$5 day use fee per car. Info about the hiking permits: fs.usda.gov/goto/crgnsa/hikedogmountain

Gifford Pinchot National Forest Marble Mountain Sno-Park Forest Road 83 to the Sno-Park was clear and there were five feet of snow on the ground at the beginning of the month. **Siouxon and Trapper Creek areas' trail closures** Trail closures due to last year's Big Hollow Fire are listed on the Forest Service website: fs.usda.gov/alerts/giffordpinchot/alerts-notices/ ?aid=62542

Mt. St. Helens climbing permit change

Permits will be released monthly through Recreation.gov, rather than being releasing on one continued on page 4

March tours: continued from page 1

The drop down to Pocket Creek was as wonderful and we needed the downhill after climbing 2,300 feet. It may seem like summer today but there is still some skiing to be had. Think Snow!

Tom Kline 3.17.21 Friend and I skied from Atkisson Snow Park, Trout Lake Saturday (3/13). Did a late morning start to allow snow to soften. Nice sunny, warm day. Toured up towards Peterson Ridge Trail and went off into woods near Lost Meadow to check ice in caves. This was the best ice on the tour. Wish I could post pictures. I kind of figured it would be due to late season for this, plus the warm spell.

Then more navigating in the woods that brought us out onto FS 24 and a steep, fun downhill towards Peterson Prairie. Then off into the woods again to another cave. Merged onto the Ice Caves Loop back onto the road that goes to the Sno-Park, another shorter side detour to the last cave, and back to the Sno-Park. 11.5 miles total.

Day Tours: oncdaytours@gmail.com Scott Diamond scott.diamond.mail@gmail.com Laurel Dickie 503.287.6290 laureldickie@hotmail.com Barbara Hayman bh13@att.net Membership: oncmembership@gmail.com Patrice Fromwiller, Membership Database Susan Kelly 503.706.6463 susankilduffkelly@gmail.com **Ted Scheinman** tedskier@gmail.com **Barbara Sack** Pam Rigor Nordic Issues: Susan Watt susniam@gmail.com Pam Rigor **Overnight Trips:** oncpdx.ontrip@gmail.com Sam Digard, Chair sam.digard@gmail.com **Richard Crimi** Steve McCabe Programs: **Ron Bekey Publications:** Pam Rigor, Newsletter Editor oncnewsletter@gmail.com **Publicity: vacant** Tilly Jane: Andrè Fortin reservations@tillyjanecabins.org **Trail Maintenance:** Ken Wenzel 503.297.2958 skiwenzel@hotmail.com Website: Nick Appelmans oncpdxwebsite@gmail.com **Richard Crimi**

Committees



Oregon Nordic Club Portland Chapter (ONC-PDX) is one of 11 Chapters of the ONC state organization, Oregon Nordic Club (ONC). ONC-PDX: onc-pdx.org ONC: onc.org

DAY TOURS OVERVIEW

RSVP: It's important that our organizer's time and effort in planning events is respected and appreciated. Respecting your **RSVP** also ensures that all of our members have access to our tours that may otherwise fill up. We document no shows for events and this will impact your acceptance for future events

Tour Difficulty: It is always difficult to communicate the difficulty of a tour. (See page 5 sidebar for ratings.) These rating are a starting point. If you are uncertain then we strongly encourage you to contact the tour lead (it is much easier to sort this out before the trip than on the trail). What to Bring: Let's start with the 10 Essentials. This is list of items which we recommend every participant carry (not just the tour leader). For clothing please look at: onc-pdx.org/ resources/wear For the vast majority of our tours you need to have skis beforehand (we don't have time to stop and rent skis on the way). If you need to rent equipment please see Rentals and Retailers. Carpooling:

ONC-PDX encourages carpooling as a means to reducing environmental impact, sharing costs, and socializing during travel. The cost share and liability is between you and the driver. Below are suggested donations, but it is your responsibility to set the donation amount and any other expectations for the trip with the driver before cont. on sidebar page 5

Nordic Issues continued from page 3

day for the whole season. Starting at 7:00 a.m. on March 1, all climbing permits for the month of April will be available for purchase. Additional permits will be made available on the first of each month for the subsequent month, throughout the permit quota season, ending October 31.

Info: fs.usda.gov/detail/giffordpinchot/news-events/ ?cid=FSEPRD880000

Deschutes/Willamette NF Central Cascades Wilderness Permit

System The Deschutes and Willamette National Forests are implementing the Central Cascades Wilderness Permit System this year. It was delayed last year because of the COVID-19 pandemic.

The permits will be required starting Friday, May 28 and ending on Friday, September 24, 2021. The day use permits (\$1 per person) will be required for 19 out of 79 trails in the Mt. Jefferson, Mt. Washington, and Three Sisters wilderness areas. During the same period, overnight-use permits (\$6 per trip) will be required for all trails in Info: fs.usda.gov/detail/ willamette/specialplaces/?cid=fseprd688355 Reservations for the permits will open at 7:00 a.m. PDT on April 6 at Recreation.gov. Reservations can be made by phone at: 1.877.444.6777 and possibly in the offices if they are open.

Pam Rigor, Editor

February's winter wonderland Although Portland normally has little or

no snow in the city, six inches of snow turned the neighborhood into a winter wonderland! George skied up to Council Crest Park, the highest point in Portland. It's about 1,000 feet above the Willamette River. Skiing home was much easier. After walking

about half a mile on Fairmont which had been plowed, the mile long descent on Mitchell and Westwood to Chart House felt great! Several people sledding and snowboarding on Bancroft were enjoying the winter



wonderland too. George finished with a long gradual ski down the snow-covered sidewalk on Terwilliger Blvd. finishing at Duniway Park.

Yvonne Ammerman

DAY TOURS

Note: if weather or road conditions are dangerous, please contact the tour leader. More tours may be listed here:

- onc-pdx.org/activities/day-tours
- onc-pdx.org/forums
- meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter

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



Join the tour leader team Pick your favorite trail/route and take

some of your ONC-PDX friends on a day tour ski/ snowshoe (if there is still snow), hike, or bike. Leading a tour is not too difficult and it is always nice to meet new people and share a day in the outdoors. We will not be carpooling due to COVID. Submit tour descriptions with the Day Tour Input Form (on our website click on "Activities and Events" then click on "Day Tours") or send an email with the tour description (by April 14, 8 p.m. for the May newsletter) to oncdaytours@gmail.com and oncnewsletter@gmail.com. Tour descriptions sent after the newsletter deadline will be posted on the website, can be sent out on the forum, and, if you wish on posted on MeetUp. Last minute tours can be added. Leaders can cancel tours, if the snow condition or roads are not safe.

New to leading, need more info on what you need to know? Check the website for Leader Information (onc-pdx.org/day-tour-info-leaders) and contact us for more info?

Laurel Dickie, Day Tours Committee

Trail Tending

Below is our list of our summer trail

tending parties. If you have skied on any trails that need blue diamond markers and/or brush cleaned from them to make them easier to ski, let me know and we can add them to our list. We hope you will plan to come out and help with to improve our winter trails. If you would like to lead a trail tending party—it is fairly easy—let me know and we can work out a day and trail for you to take charge of. For more info contact: Ken Wenzel 503.297.2958 (h) 503.729.6571 (cell) skiwenzel@hotmail.com

June 16, Wed, Trail Tending Party Kalama Trail, Mt. St. Helens, WA

We will be working on the trail in the trail between the Climbers Road and Red Rock Pass.

For more info contact the leader: Ken Wenzel 503.729.6571 (cell) skiwenzel@hotmail.com

June 26–27, Sat-Sun, Trail Tending Party Weekend Sasquatch Trail, Mt. St. Helens, WA

We will be removing small trees that are growing in the trail.

For more info contact the leader: Ken Wenzel 503.729.6571 (cell) skiwenzel@hotmail.com

Dates not yet finalized for the following:

Teacup Tie Trail, Mt. Hood, OR We will be limbing, brushing, and putting up

blue diamond trail markers on the trail.

Pocket Creek Tie Trail, Mt. Hood, OR We will be limbing and brushing the trail.

Pipeline Trail, Mt. Adams, WA

in this area the they have been reviving.

We will be limbing, brushing, and putting up blue diamond trail markers on the trail.

High Divide Trail, Ochoco Mt., OR

Diamonds and Limbing on High Divide Trail Horseshoe Prairie, Oregon We will be assisting Blues Crew with the trails



OVERNIGHT TRIPS

SIGN-UP TIPS

- Overnight trips are exclusively for members; join or renew your membership (online under "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 on sidebar page 7 or on website: onc-pdx.org/activities/ trip-policies/overnight-trip-policies
- Sign up online; paper applications are available
- Sign up early so we'll have enough people to cover trip costs.
- If the trip is full online, join the wait list. Last minute openings do occur!
- Purchase trip insurance (some trips include it). Please note the cancellation policy should you need to cancel for any reason. Info: oncpdx.org/resources/trip-insurance

April 16–18, Fri–Sun, Intermediate Backcountry Ski **Tilly Jane Guard Station** Mt. Hood, OR **Spaces available***

We'll backcountry ski to the ONC-PDX managed cabin on the Northeast side of Mt. Hood, a three mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bags, pad, and food for all



meals. We have a stove for cooking meals and heating water. Participants can carry their own cooking pots although there are some at the cabin. Experienced intermediate skiing skills with turning ability, good physical condition and navigation/route finding skills using map, compass or GPS are required. Climbing skins are required, too.

Trip limit: 4 participants (max.), Open to ONC-PDX members preference for TJ volunteers.

Cost: Free (another club benefit). You must be an ONC-PDX member, or TJ volunteer to sign up for this trip.

Info contact: reservations@tillyjanecabins.org We'll forward your request to the appropriate trip leader. Leaders TBD.

We'll forward your request to the appropriate trip leader. Leaders TBD.

*Check the website or contact the leader

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cont. from sidebar p. 4 departing.

ONC-PDX suggests a donation amount on overnight trips of 10 to 15 cents per mile per person, depending on length of trip and anticipated road conditions. Again the rate set by the driver should reflect the number of passengers being transported. For local day tours a recommended donation amount to the driver is as follows: for a large capacity vehicle, rate determined by driver. Otherwise for normal cars, our suggested donation per person round trip from Portland is: Westside of Mt. Hood (Government Camp area) \$8/ person, Barlow Pass or Timberline Lodge, White River \$10/ person, Teacup or Pocket Creek or Mt. Saint Helens \$12/ person, Mt. Adams \$15 per person. onc-pdx.org/ carpooling Dogs: Dogs are only allowed on a few ONC-PDX trips. If you don't see dogs allowed on the trip write-up then please don't bring your dog (you will not be allowed to ski with the group). FS Dog Policy: Dogs must be on a leash in all snoparks (Forest Service regulation). Please keep dogs off ski tracks and pack out dog waste. TOUR/TRIP

TOUR/TRIP Ratings

All ONC-PDX tours/ trips are rated as either Novice, Easy, Intermediate, or Advanced. These terms are an approximate guide to the skill and commitment required for the tour/trip. Use the rating guide to select the right tour/ trip for your ability and inclination.

cont. on sidebar page 6

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cont. from sidebar p. 5 Please do not attempt a tour/trip that is beyond your ability; you could endanger yourself or others in your party.

Novice Ski

2-5 miles slowpaced day tours over gentle terrain. These tours are for beginning crosscountry skiers with a little prior skiing experience (the ability to do a reasonable shuffle on skis). Leaders will not teach skiers how to ski, but will help them as much as possible.

Easy

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 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/trip 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

Ski: > 12 miles; terrain flat to steep hills (> 10 degrees); moderate to fast pace.; strong turning skills required on the tours with steeper slopes.

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May 26–June 8, 2022 Thur–Wed, Inter. Bike Rhone Valley and Paris, France Spaces available*

We'll be biking, on moderate terrain, about 15 to 35 miles a day with an English-speaking guide in flat to moderate terrain. Every day you have the option to ride with the group or your own discretional itinerary. Bikes, locks, helmets, panier, etc. are all included. E-bikes are available if you like.

We start by flying from Portland to Paris, with a short stop in Iceland. From Paris, we catch the train to Aigues-Mortes on the Mediterranean coast. We'll spend our first night here which allows a day to adjust and tour the ancient Roman infrastructure in this medieval city. This also allows a buffer day in case of travel mishaps . The bike leg begins as we board the Caprice to sail up the Rhone river, biking the countryside every day. The trip begins in the Camargue region which inspired Van Gough. Six days biking (yes, with an English-speaking guide) through red wine country where the last day is a bike ride through Chateauneuf-du-Pape. And of course, we'll have time there to stop and visit the shops. After breakfast on the eighty day, we disembark the bike/boat tour and will explore Avignon for a while. After this, we travel to the historical castle region in central France for a couple of days. From there we make our way back to Paris and stay for two nights. Our hotel is just a couple blocks from the Louvre. Trip includes roundtrip airfare to Paris from Portland and all ground transportation, river transport, bike rental, all lodging, some partial laundry service, and a few other amenities. All meals while on the boat, and a sack lunch are also included. You might want to bring your own helmet but they are provided.

Cost is expected to be \$3850 and will include trip insurance. Details will be confirmed by October trip sign up.

Trip limit: 8-10 participants including trip leader. Cost: \$3850/member, per person. Includes airfare, trip insurance, ground and river transport, double occupancy lodging and a lot of meals. Trip deposit of \$900 on signup, balance due later in April.

Trip Leader: Sam Digard sam.digard@gmail.com

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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;

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/TRIP ESSENTIALS

Pack these essentials on any ONC-PDX activity, "just in case." Remember that cotton offers no insulation when wet.; choose wool or synthetics for warmth and comfort.

Skiing and Hiking

■ 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

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

OVERNIGHT TRIP POLICIES

Trip Participation

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. Nonmembers may join the club when signing up for an overnight trip. The membership fee can be paid at that time. The only exceptions are overnight trail tending work parties and Tilly Jane Club project weekends, which are open to nonmember volunteers.

2. Overnight trip sign-ups are done online at the club website (onc-pdx.org/activities/overnight-trips). The website will begin accepting applications on a day and at a time specified by the ONC-PDX Board of Directors, with registration usually occurring during the week following the October general meeting. Once accepted, the trip applicants will receive a confirmation email. To complete the sign-up process, the member must email a completed Overnight Trip Application to the trip leader, including their signed waiver and release of liability as required by the club.

*Check the website or contact the leader

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3. If a trip appears to be full during the registration process, applicants should contact the trip leader directly to: (i) confirm that the trip is actually full; and (ii) if full, to be placed on the trip wait list as cancellations are relatively common. 4. Trip leaders have the authority to not accept a trip participant application if the applicant does not appear to have the appropriate level of skiing ability for the trip; or (ii) bed availability does not match the a participant's circumstances, e.g., the applicant will be traveling alone, does not want to share a bed, and only one double bed remains available, which is better suited for another couple that has applied for the trip.

5. Trip leaders, after consulting with the ONC-PDX Board and Overnight Trip Committee (OTC), may also deny a trip application based on an applicant's behavior on previous ONC trips. Wait List Procedures

1. To be placed on a trip wait list, applicants must submit a completed trip application to the designated trip leader, along with a check for the full amount of the trip fee. If space becomes available, wait list participants may then choose to fill the space or decline.

2. Wait list checks will not be cashed until the wait list applicant has been moved from the wait list to the active trip roster. The check will be destroyed when the trip leader determines that a cancellation is unlikely or upon the request of the wait list applicant. Wait list applicants will be notified when the check is destroyed.

Trip Cancellation Policy

1. Trip fees and deposits are non-refundable, unless the trip leader is able to make a reasonable substitution for the canceling participants. 2. Participants needing to cancel a trip should contact the trip leader immediately so that waitlisted applicants can be considered for placement on the trip roster.

3. If a wait list exists, the trip leader will determine whether wait-listed applicants can be reasonably substituted for the canceling participant(s). If a wait list does not exist, and sufficient time is available, the trip leader will advertise the trip availability through reasonable means available to the trip leader, typically through the web forum and club newsletter.

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4. If the leader is able to make a reasonable substitution for the cancelling participant, the cancelling participant will receive a refund of amounts paid, minus \$10 for each participant associated with the cancellation plus any fees associated with the booking. All communications regarding trip cancellations and associated refund requests are to be directed to the trip leader, who will coordinate with other club members, as needed, to ensure the proper handling of the cancellation notice and refund request.

5. If the club cancels the trip, the full amount paid

Welcome new members! Benjamin Scandella

March membership report: 285 total memberships (198 single and 87 family), includes 1 new. Last year at this time there were 342 memberships.

by the OTC.

the club to do so.

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BOARD MEETING MINUTES

The March Minutes of ONC-PDX Board Meeting will be in next month's newsletter

CLASSIFIED ADS

FREE: > Skis Fischer BC Crown skis 200 cm ,SNS bindings Salomon backcountry 6 boots, men's, size EU 42. Free. Steve steve.acker.pnw@gmail.com 6/21

FOR SALE: > Skate Skis like-new Salomon RS7 skate skis. 191cm, Salomon Prolink procombi bindings. Skis were poorly fitted to me by a retailer in Kelowna, BC, used twice. Will need to be tuned for Oregon conditions. Retail \$247. \$150 ▶ Ski poles like-new Rossignol XT-600 poles, 160cm. Retail for \$55. \$30 Mace dmv4@cornell.edu 4/21

FOR SALE: > Telemark Skis K2 Helestinx 169mm telemark skis. Good condition. Excellent on ice/hardpack. Cable bindings alone worth the asking price of \$50. 4/21

Steve 503.244.4262

FOR SALE: > Cross-country Ski Boots Nearly new, perfect condition, Alpina, fits NNN-BC bindings, size 43, \$25 **OBO Cross-country Ski Boots** Good condition, Alpina, fits NNC-BC bindings, Model 50, size 43, \$15 OBO ▶ Crosscountry Ski Boots Former rental, Rossignol, fits NNC-BC binding. Ted 503.914.9584 tedskier@gmail.com 3/21

FOR SALE: > 2010 Audi A2.OT Quattro Premium sport package, Alloy wheels, all leather interior, extra set of snow tires, Thule cross bars with ski rack. Low mileage, one owner, great condition. Best cornering and handling car in snow I've had. Only selling bc had to get a SUV. Contact me for photos. 3/21

Phil pdvpdx@gmail.com

FOR SALE: ▶ Tire chains Les Schwab chains 1540-S, used, good condition. **\$10 WANTED:** > Snowshoes Want a pair of snowshoes for 170 lb person. Tim 503.931.0273 3/21

FOR SALE: > Tire chains Quality Cobra cable chains 1034, brand new, never taken out of the box. \$30 3/21

Ann ann.truax@gmail.com

FOR SALE: > Ski Boots Alpina NNN BC Size 48 crosscountry ski boots, like new condition, very warm. \$45 Snowboard and Ski Helmet GIRO, medium. \$25

Boot liners New Scarpa therma fit liners (never used). Mondo size 30.5 fits shell 29.5 to 30.5 plastic boots any manufacturer \$75 OBO ▶ Boots Karhu XCD Traverse Boots 3 pin good backcountry performance, off trail or on. Women size 7 \$20 ▶ Binding Rottefella ultralight backcountry, telemark, tele or XC 3-pin. \$35 Binding Karhu 3-pin bindings \$20 OBO Snow Tires Hakkapeliita good condition, 7/32" tread depth left. On 16 rims with dual bolt patterns, fits many make/models. Smaller bolt circle is 5 x 100mm larger approx. 5 x 117-120mm (rims were \$75 each) \$299/set > Tire Chains 2 pairs of Les Schwab Quick Fit Diamond Fit 530-S Like new . Second pair 1545-S (used on 215/60 R16"tires) \$35 OBO Russ russ.bec@gmail.com 2/21 FOR SALE: > Backcountry ski boots Rossignol BC H6 W boots, size 39, black with subtle purple trim, used 5 seasons,

will be refunded. Trip cancellations are decided

Travel Insurance. To avoid the loss of trip fees or

deposits, the club strongly recommends that trip

participants purchase travel insurance, which is

available from a variety of providers. Please see

policy or procedure when in the best interest of

onc-pdx.org/resources/trip-insurance for the

current listing of some trip insurance compa-

Policy and Procedure Waivers. The Board re-

serves the right to waive any overnight trip

good condition original lacing system replaced with traditional, sturdy boot laces. \$25 OBO Christine 971.325.2874 (call or text) sisu1956@gmail.com 3/21

FOR SALE: > Cycling Rain Shell This Bontrager Commuter Stormshell is a stylish, high performance women's specific rain shell in excellent, size medium, almost new condition with original tags.100% waterproof with cycling-specific cut designed for commuting by bike in cold/wet weather. Multiple secure storage pockets; pit zips; reflectivity Fabulous color and graphic/pattern. Perfect for cycling in the Pacific NW! Photo: portland.craigslist.org/mlt/clo/d/portland-bontrager-commuterstormshell/7172700452.html Retail \$115 \$45 (\$50 on craigslist mention ONC-PDX for \$5 off) Amy 503.891.3689 2/21

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

MEMBER BENEFITS

Columbia Sportswear 911 SW Broadway-15% discount on purchases. Access to Columbia Sportswear Employee store, 4100 NW Science Park Drive, several times a year, store has large discounts. Current membership card and Columbia flier required. columbia.com

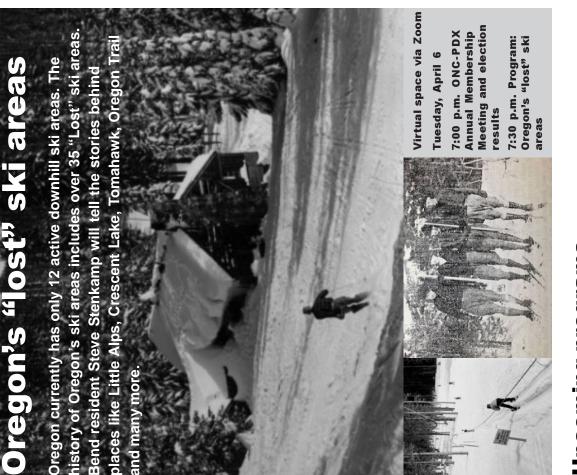
The Mountain Shop 2975 NE Sandy Blvd, 10% discount for members and 15% discount for leaders on purchases and 15% discount on rentals. mountainshop.net

Next Adventure 426 SE Grand Ave., 15% discount, current club membership card required.

nextadventure.net Oregon Mountain **Community** Online store. Subscribe to OMC e-newsletter and receive: 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. Cross-country ski package rentals for the entire season. ottosskishop.com Wy'East Nordic

10% discount on cross-country ski and telemark lessons. wyeastnordic.com



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May 4-Oregon hiking by William Sullivan **Upcoming programs**

Oregon Nordic Club PORTLAND CHAPTER

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