



UPSLOPE



Newsletter of the NORDIC Ski Touring Section of PATC

Visit Us On the WEB at <http://www.patc.net/chapters/ski/> !!

October 2004

UpComing Attractions In Winter UPSLOPE

- Complete Winter trip listing
- Report from the Ski Fair
- Snow forecast
- More destinations...near and far

COME TO THE STS SKI FAIR 2004

SATURDAY — NOVEMBER 6 12:00-5:00 PM
PATC HQ — 118 Park Street, Vienna, VA

The Potomac Appalachian Trail Club's Ski Touring Section, the largest Nordic ski club in the entire DELMARVA region hosts the biggest get-together for cross-country skiers. The Ski Fair features more than three dozen trips for the 2004-05 Winter season, including some adventurous and far-flung STS excursions.

Be among the first to apply for trips scheduled from December 2004 thru March 2005. STS Trips are inexpensive, fun, friendly, and led by members with years of experience! Chat with members and leaders who have decades of skiing experience. Bring your checkbook to sign up for trips, used cross country ski equipment for the sale, and of course, your skiing stories. Bring healthy snacks to share—STS will provide coffee, tea and sodas.

(Continued on page 5)

Inside this issue: (blue links are live)

<i>Your STS Officer Contacts</i>	2
<i>Memorial to Howard Cohen</i>	2
<i>Trip Descriptions</i>	3
<i>Trip listing</i>	4
<i>Electronic UPSLOPE is here (mail back your response)</i>	5

Ski Touring Section Dues are DUE!!

Once again, it is time to renew your obligations to STS. The STS season is October to September of each year. If you are uncertain about your status, review the mailing label on this issue of UPSLOPE. If you see "0512", "0612" or even "0712" on the mailing label after your name, you are current with your dues and are in good standing. If the string "0412" is, your membership expired at the end of September 2004. STS gives you until the end of calendar year 2004 to renew before you lose access to UPSLOPE and become a "former" member. Expirees pay non-member trip surcharges when they sign up for 2004-05 trips.

Renew in person when you attend the November 6 Ski Fair. Checks are preferred at the Fair, but we do take cash (no credit cards). Or, send your dues in the mail NOW, payable to PATC-STS (not me), along with the completed Membership Form on the last page of UPSLOPE to my address, shown on the form. There is a multi-year membership class with associated discount incentives. The [Membership Form](#) details all the combinations to help you decide your total membership fee. Renew today and continue to be an STSer in good standing! *Doug Lesar, Membership Coordinator*

STS Officers

Chair

Bert Finkelstein
H: 703/715-8534
bertf@erols.com

Vice-Chair

Steve Bergstrom
H: 301-564-9696
skifisc1@yahoo.com

Secretary

Barbara Mandula
H: 202/887-0388
mandula.barbara@epa.gov

Treasurer

Robert Swennes
H: 703/532-6101
robertswennes@hotmail.com

Trip Coordinator

Susie Etcheverry
H: 202/244-2562
setchever@aol.com

Webmaster

Steve Brickel
H: 301-946-2520
sbrickel2003@yahoo.com

UPSLOPE Editor

Ralph Heimlich
H: 301-498-0198
heimlichfamily@comcast.net

Membership Coordinator

Douglas Lesar
H: 301-587-8041
dlesar@comcast.net

UPSLOPE Mailing & Publicity Coordinator

Dave Holton
H: 202-364-7055
dbdcholton@mymailstation.com

Farewell to Howard Cohn

Howard Cohn was an avid hiker and skier who had an incurable zest for the outdoors. His passion for the outdoors began when he visited a friend, Amber Jones, who had moved to the Washington, DC, metro area. She introduced him to hiking in Virginia and he immediately fell in love with hiking. Coming from a state that is not known for its mountains, Michigan, he decided to move with his wife to Washington, DC, so that he could take advantage of the mountains.

I first met Howard and his wife Debbie on a Center Hiking club hike to Shenandoah Park around 1986. The group had decided to have dinner at the Chinese restaurant in Warrenton, Virginia, and I remember Howard's excitement about going on a hut-to-hut trip in the White Mountains of New Hampshire. In fact, just after two years, he had organized two trips to the White Mountains as a volunteer leader. The second trip to New Hampshire was my first trip with him, after which we traveled together on a number of hiking and ski trips. Howard led numerous hike trips as a leader in the Center hiking club and led a trip to Craftsbury, Vermont, for the STS.

Peggy Alpert, Howard, his wife Debbie and I usually got together on both club and private skiing and hiking trips nearly each year for nearly 10 years. It will be very difficult for Peggy and myself to not have another trip out west with Howard.

When I was with Howard, he loved to talk politics. He also was a prolific reader and had a great deal of knowledge and interest in rock and roll. Although on the reserved side, it did not take much to bring out his warm and engaging side. He was quite tolerant and forgiving of the faults of his friends and outdoor buddies. Howard was also a highly competent auditor who was highly regarded in his job at the Drug Enforcement Agency for designing and managing a database accounting tracking system. He worked and played hard.



This year, Howard decided to plan a trip to Glacier National Park, where he had previously hiked in 1990. Howard and his wife organized a trip for the end of July. On the fateful date of July 27, 2004, Howard Cohn did his last hike, to Grinnell Glacier. When we got to the base of the Glacier, Howard decided that he had to climb to the top and walk down the glacier to get the full experience. Not having technical equipment, he walked for about 100 feet on the glacier and fell into a crevasse. The fall was 40 feet. A rescue committee of 10 people with two helicopters flying in tried to save him. He was reached 4.5 hours after he had fallen in, definitely too late as the temperature in a crevasse is 32 degrees.

His death may not have been as much a tragedy for him as it was to his family and friends. Howard dreaded mediocrity and boredom more than the challenges and fulfillment of participating in the outdoors. One thing we can all say about Howard is that he lived his life to the fullest in his own way.—Stephen Brickel

Debbie Cohn indicated the following information for memorial contributions in Howard's name, Make checks payable to :

- Glacier National Park —Indicate: Emergency Rescue Fund in "memo" section OR
- The Glacier Fund — Indicate Tree of Remembrance, or Education (ie: hiker safety info, etc), or Backcountry Trail Work or Revegetation, or Wildlife Research in "Memo" section OR
- Shenandoah Fund

Mail checks to: Debbie Cohn, 6732 Quiet Hours, Columbia, MD 21045.

Trip Descriptions

Check http://www.patc.net/chapters/ski/STS_2005_Calendar_files/Page460.htm for updates
(see listing on page 4)

Laurel Mountain Trail Maintenance *Waitlisted!*

October 22-24: Contact Dave Holton—Be a part of the Laurel Mountain work crew and have a great time maintaining the trails that you'll be skiing on later in the year. Get to know the ski patrollers out there and get the satisfaction of knowing that you've accomplished something worth while... and had a great time, too. We'll be staying in Somerset, courtesy of the STS.

STS Ski Fair *Open*

November 6: Contact Steve Bergstrom—Stop over at the PATC headquarters on Park Ave in Vienna between 1:00 and 4:30 to kick off the ski season right. You'll get a chance to meet the trip leaders, sign up for trips, swap ski stories, listen to presentations and trip reports and have a great time. Are you willing to help out for a few hours? If so, contact Steve.

Whitegrass Work Trips *Open*

November 12-14: Contact Bert Finkelstein; November 19-21: Contact Steve Bergstrom—Help Chip maintain your favorite trails at Whitegrass. Always a great time. Rustic accommodations: we may be sleeping in tents or in the Whitegrass Café.

Jack Frost Celebration at Whitegrass

Dec 3-5: Needs Leader—Start off the ski season as only Chip and friends know how. Don't worry if there's no snow, you'll have so much fun that you won't care.

First Snow at Whitegrass

Dec 17-19: Needs Leader—Not snowing here? Whitegrass often has snow early in December. Check it out and start your ski season early. Plenty to do if it doesn't snow.

Tug Hill Upstate NY Ski Mini Week

Dec 29, 2004 - Jan 2, 2005: Contact Steve Brickel or Peggy Alpert—Celebrate the holidays staying at the historic 1880 House in Pulaski, NY facing the Salmon River (close to Lake Ontario) Enjoy the expected heavy lake effect snowfall prevalent in this area as we ski some of our favorites at nearby Winona State Forest and Osceola STCs. Estimated cost \$190/person includes semi private lodging, breakfasts, soup and New Years Wine and Cheese Party.

Ulla's Local Ski Trips

Commitment problems? Couldn't commit to a trip and now it's snowing everywhere? Don't despair. If there's enough snow, we're going skiing. All you need is a 24-hour notice and the trip leader will let you know when and where we'll meet. Carpool to our favorite close-in destinations: New Germany, Rock Creek, Catocin Mtn, C&O Canal — anywhere that we can ski and return home in a day. No more excuses to stay home! See listing on [page 4](#) for dates and leaders.

Laurel Highlands

We stay at Somerset, PA in the heart of the Laurel Highlands. While we're there, we have a choice of many ski areas: Laurel Mountain, Laurel Ridge, Kooser State Park, Hidden Valley (XC and downhill), Roaring Run and others. Plenty of skiing for all levels including skate skiing. Guaranteed fun. Ski on the trails we improved in October and discover new ski trails. Check out the Laurel Ridge skicam to see how much snow they have there when we don't have any here. Contact trip leader for specific details. See listing on [page 4](#) for dates and leaders.

Trip Leaders Needed for Some Dates—Jan 2, 8, 23, 29: Feb 6, 26: These trips are easy to lead. How about leading one?

Blackwater Falls

Stay at the rim of the Blackwater Gorge at the Blackwater Falls State Park Lodge, complete with restaurant, fitness center, indoor pool and hot tub. Each room has two double beds. Ski out the door on over 20 miles of trails nestled among towering pines, from beginner to advanced. Enjoy hot chocolate on the trail or at the warming hut on Sled Hill, complete with its tow rope to add to your telemarking fun. Try other trails nearby at Canaan Valley State Park, Whitegrass Ski Touring Center and Dolly Sods. Evening folk music and entertainment options also just a few miles away with breakfasts at the lodge. Contact trip leader for specific trip details. See listing on [page 4](#) for dates and leaders. **More descriptions to come...**

Preview of STS Ski Trips —Winter 2004-05

At the August business meeting and in subsequent discussions, STS officers and volunteers developed the following roster of trips. "Ulla's" are short-notice local area trips (see page 3). Note that several trip opportunities do not have a leader indicated. This is YOUR opportunity to step forward and volunteer to lead an STS trip. Please call Trip Coordinator Suzie Etcheverry, Vice-chair Steve Bergstrom, or Chair Bert Finklestein to discuss leading one of these trips.



Event	Ski Location	State	Start	Return	Notes	Leader
1	Laurel Highlands (WCT)	PA	22-Oct	24-Oct	Work Crew	Dave Holton
2	***Ski Fair***	PATC- HQ	6-Nov	6-Nov	Ski Fair	Steve Bergstrom
3	White Grass (WCT)	WV	12-Nov	14-Nov	Work Crew	Bert Finkelstein
4	White Grass (WCT)	WV	17-Nov	19-Nov	Work Crew	Steve Bergstrom
5	White Grass	WV	3-Dec	5-Dec	Season Opener	Open
6	White Grass	WV	17-Dec	19-Dec	Pre Holiday Escape	Open
7	Tug Hill	NY	29-Dec	2-Jan	New Year Trip	Steve Brickel
8	Ulla Trip	snow	2-Jan	2-Jan	Anywhere Local	Open
9	Blackwater Falls	WV	7-Jan	9-Jan	Intermediates	Jim Tomlin
10	Elk River	WV	7-Jan	10-Jan	Long Weekend	Steve Bergstrom
11	Ulla Trip	snow	8-Jan	8-Jan	Anywhere local	Open
12	Tug Hill	NY	14-Jan	17-Jan	Holiday included	Rob Swennes
13	New Germany	MD	14-Jan	17-Jan	Holiday included	Jack Wise
14	Laurel Highlands	PA	14-Jan	17-Jan	Holiday included	Bert Finkelstein
15	Mt. Rainier	WA	19-Jan	23-Jan	Holiday included	Steve Bergstrom
16	Canaan Valley	WV	20-Jan	23-Jan	Long Weekend	Doug Lesar
17	Camp Sequanota	PA	21-Jan	23-Jan		Julie Nash
18	Ulla Trip	snow	23-Jan	23-Jan	Anywhere local	Open
19	Blackwater Falls	WV	28-Jan	30-Jan		Mary Vogel
20	Laurel Highlands	PA	28-Jan	30-Jan		Larry Doff
21	Ulla Trip	snow	29-Feb	29-Jan	Anywhere Local	Open
22	Blackwater Falls	WV	4-Feb	6-Feb		Jim Tomlin
23	Crystal Lake	PA	4-Feb	6-Feb		Open
24	Ulla Trip	snow	6-Feb	6-Feb	Anywhere local	Open
25	Blackwater Falls	WV	11-Feb	13-Feb		Mary Vogel
26	Elk River	WV	11-Feb	14-Feb	Long Weekend	Steve Bergstrom
27	Laurel Highlands	PA	11-Feb	13-Feb		Elliot Brumberger
28	White Mountain	NH	17-Feb	21-Feb	Holiday Included	Rob Swenes
29	Ski Dance	PA	18-Feb	21-Feb	Holiday included	Eliot Applestein
30	Cannan Valley Trip	NH	18-Feb	21-Feb	Holiday Included	Open
31	Blackwater Falls	WV	25-Feb	27-Feb		Bob Leaf
32	Far Hills - CANADA	QU	26-Feb	6-Mar	Quebec, Baby!	Susie Etcheverry
33	Ulla Trip	snow	26-Feb	26-Feb	Anywhere local	Open
34	New Germany	MD	4-Mar	6-Mar		Open
35	Tug Hill	NY	11-Mar	14-Mar	Long Weekend	Open
36	Craftsbury	VT	17-Mar	21-Mar	Long Weekend	Open
37	St. Mortiz - SWITZERLAND	EU	24-Mar	28-Mar	Long Weekend	Steve Bergstrom

Check online at http://www.patc.net/chapters/ski/STS_2005_Calendar.htm for calendar updates to the schedule and trip descriptions.

Is Electronic UPSLOPE for YOU?

In the interests of saving STS money, time, and labor, the environment, paper, ink and energy, and taking advantage of the latest communication technology, we are now posting [Acrobat](#) (.pdf or portable document file) versions of the UPSLOPE on the STS website (<http://www.patc.net/chapters/ski/upslope/newsletter.htm>). This will better serve members in several ways: UPSLOPE will be there to refer to long after you've trashed your paper copy; photos and illustrations will be in **COLOR**; links to our website and others and internal navigation will be clickable; additional material not printed in the paper version can be added; we can entice new members with selected articles and features while still keeping most editions for the membership.

However, the most important benefit will only accrue if, as we anticipate, many members choose to forego paper copies altogether. Please indicate whether you would be willing to "go electronic", and give us your views on the change. Just clip the top half of this page and put it into an envelope (address below) Or, email me (see [p. 2](#)). If you have previously done this, no need to repeat. You have another chance each time you renew your membership (see membership form on last page).

Mail to:

Ralph Heimlich
Editor, UPSLOPE
7914 Belgaro Road
Laurel, MD 20723-1109

How electronic UPSLOPE works: Those indicating "electronic only" receive an email with a link to the new edition each time it is posted. An archive of past editions is maintained. You can choose to continue receiving UPSLOPE in the mail. Those choosing electronic UPSLOPE might receive a "thank you" premium, perhaps a patch or bumper sticker.



YES!! I'm ready for electronic ONLY distribution of UPSLOPE. Send me a URL to read the latest edition each time, and mail no hard copy.



NO!! I want my copy of UPSLOPE mailed. Continue mailing the hard copy.

Name: _____ current email: _____

Comments:

Featured attractions at the Ski Fair include:

More on the Ski Fair...

- * Destinations and dates for ski weekends in nearby Virginia, Maryland, West Virginia, and Pennsylvania
- * Info on excursions to Washington's Mt. Rainier, Canada's Far Hills, Vermont's Craftsbury, New York's Tug Hill Region, and St. Moritz, Switzerland
- * Meet STS trip leaders and get details on all the trips—sign up so you don't miss out
- * Learn how to start XC skiing—gear, safety, lessons
- * Swap gear, tales, and tall stories
- * Presentations by guest speakers—slides and how-to

WHERE: The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [directly behind the Southern States which itself is on corner of Park & Maple Sts.(VA Rt.123) in Vienna]

Getting to the fair is easy, but depends upon your starting point! Once you find the intersection of Interstate 66 and Interstate 495 (alias the Washington Beltway) , take the Nutley Street North (VA Rt. 243) exit just outside the Beltway. Go north just over 1 mile passing two traffic lights. When you get to the third light, turn right onto Route 123 (alias Maple Avenue). Continue in the right-hand lane for about ¾ mile or count traffic lights. When you reach the fourth light, turn right onto Park Street. The PATC headquarters is the second building on the left, a red brick two-story structure with parking in front. There is ample parking in the area. It is convenient to shop at the nearby SAFEWAY, then visit the Fair.



- * Contact: Steve Bergstrom (see [page 2](#) for phone/email).

PATC-Ski Touring Section
 c/o Doug Lesar
 2507 Campbell Place
 Kensington, MD 20895



To:

PATC Ski Touring Section Membership Form

The PATC/STS provides quality services and benefits to its cross-country skiing members while promoting and supporting the PATC and cross country skiing in general. Whether a novice, recreational, citizen racer or telemark skier, STS has something for every XC skier. Imagine yourself floating on the snow, climbing across hill and dale in the quiet of winter, stopping for lunch in brilliant sunshine on a vista with a view of snow-covered ridges and valleys stretching to the horizon, and then making a descent back to home. Our membership enjoys ski touring in the hills with the comradeship and safety of a group. When you become a member, you receive all issues of the club's newsletter UPSLOPE and other useful information. UPSLOPE is published six times a year by PATC/Ski Touring Section, a non-profit, educational and recreational group of cross-country skiing enthusiasts based in the Maryland, DC, Virginia, PA and West Virginia areas. UPSLOPE provides information about STS trips and events (e.g., Learn-To-XC-Ski weekends, Telemark instructional clinics, and mini-week ski trips). One year membership runs from October 1st through September 30th of the next year. If you join in April or later, your one year membership will run through September of the next year. To insure uninterrupted membership for more than one year, you may provide advance dues for up to three years. To join, select your desired membership category and term from the table below, complete this Form legibly, and send it with a check appropriate to your membership choice (**payable to PATC Ski Touring Section**) to:

PATC-Ski Touring Section, c/o Doug Lesar, 2507 Campbell Place, Kensington, MD 20895

Membership Classes

<u>Membership Categories</u>	<u>1 Year Only</u>	<u>2 Years</u>	<u>3 Years</u>
Individual	\$ 9	\$17	\$25
Family	\$13	\$24	\$35

PLEASE PRINT or TYPE THE INFORMATION BELOW !!!

Name(s): _____ Request is for: - NEW Membership: _____

Address: _____ Today's Date: _____ - New Address: _____

City: _____ State: _____ Zip: _____ - Renewal: _____

Home Phone: _____ Work Phone: _____ Email Address: _____

- Add me to Annual member directory but do not list my: Home Ph.: __ ; Work Ph: __ ; Email: __; Postal Address: __
 - If checked, add me to STS LISTServ so I can get infrequent, adhoc announcements of local XC Ski activities: __
 - If checked, add me to STS Bulk Email list so I get official club announcements important to all STS members: __
 - **NEW:** If checked, send my UPSLOPE only electronically (no paper copy) to save the club copying and postage: __
- STS is an all-volunteer organization. We cannot function without the assistance of our members. If you are interested in volunteering to help STS in any of the following areas, please check the box and you will be contacted:

- | | | |
|--|--|---|
| <input type="checkbox"/> STS Officer | <input type="checkbox"/> Publicity | <input type="checkbox"/> XC Ski Instructor |
| <input type="checkbox"/> Web Content Assistant | <input type="checkbox"/> Ski Trip Leader | <input type="checkbox"/> Special Events Coordinator |