

The Nordic News

The Newsletter of the Central Oregon Nordic Club

October - November 2009

An online version of **The Nordic News** is available at <http://conc.freehosting.net>

Club News

Fall is progressing rapidly toward the holidays. This time of year, the Club's weekly hikes can morph into ski or snowshoe trips. No specific hikes have been scheduled for the Fall - just come to DiLusso's Coffee Shop with hiking gear and, if there is snow around, ski or snowshoe gear.

CONC Holiday Potluck. The next club meeting will be the club's annual holiday potluck and gift exchange scheduled for Friday, **December 11th**. Details to follow in the December issue of the *Nordic News*.

CONC Membership Renewal. The Club's annual membership enrollment period is in the Fall. You might want to submit your membership form, included at the end of this newsletter, now before you forget. See page 2 for details.

Overnight Trips. Several overnight trips are planned for 2010. Some are repeats of last year's trips; some are new for this year.

The trip descriptions begin on page 3; a trip-application form can be found on page 12. See page 5 for information on a X-C ski trip to the Tirol of Austria and Italy.

Where Are You Quiz. The fall edition of the *Nordic News* usually contains a quiz showing photos taken on various CONC hikes during the year. This year's quiz can be found on page 12.

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Next CONC Meeting

The Club's next meeting will be on Friday, December 11th, 6:30pm at the Central Oregon Environmental Center in Bend.

This meeting will be a holiday potluck with a gift and white- elephant exchange.

Hikes for October and November

The Club has several hikes planned for the Sundays in October and November.

Hikes leave from **DiLusso's Coffee Shop** at **Bond and Franklin**. We gather between 9 and 9:30, decide on destinations and drivers, and leave at 9:30. Bring lots of water, lunch, sunscreen, good footwear, and layered clothing.

Because the group keeps growing, there is a good chance that there will be two destinations, the planned one and a shorter outing.

A group meets at 9:30 on **Wednesdays** at Jackson's Corner in Bend for shorter hikes.

The hikes are subject to change without notice. Please contact Linda Frost for more information at 382-8023, OQTRS@bendcable.com.

October - November Hikes

As we go into the Fall, the weather plays an important part in the choice of hikes. There's always the chance that hikes could become ski or snowshoe trips. Come prepared for whatever the weather seems to suggest.

Late Fall hikes will generally be easier ones with eastside locations like: the Deschutes River Trail, Horse Butte, Lava Butte, Dry Canyon, Badlands, Smith Rocks.

Of course, there's the likely possibility that you can talk some folks into going on longer outings.

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High School Programs

Looking for a volunteer

Memberships

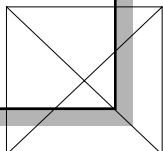
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Micheale Giesler,



Club News (Continued)

New Groomer for the Meissner Area. See the article on page 3 for details about the new groomer that will be grooming the ski trails at the Meissner area this winter.

New Meissner Ski Trail. A new ski trail at the Meissner area is being constructed and should be ready for use this ski season. This 1.2 mile trail extension will be located in the Meissner/Swampy system just north of the north side of Tangent Loop

There was an informal naming contest for the new trail. The winner was "**Gentian**", which is a sensitive and protected plant with a pretty flower that is found in the drainage where the trail is located. According to the Forest Service, the name chosen is in keeping with the Meissner trail-naming theme of using local plant names as trail names. Virginia would be pleased.

State ONC Website Changes. The state Oregon Nordic Club (ONC), of which the CONC is a chapter, is planning changes to its website and how it links to the websites of the various chapters. These changes have been in the planning stage for a year. A key item in the plan is to allow chapter websites to be hosted by the same Internet provider as the ONC itself. This would, in effect, provide the chapters with free website hosting.

The ONC assures us that our website would not have to change unless we decided to opt-in to the ONC changes.

Our club could potentially save money on the fees it pays our current website hosting service. On the other hand, reference to our website on a people's favorites list would have to change to reflect the different Internet address of the new hosting service.

Presentation on Hiking and Traveling in Europe

Club member Hilloah Rohr is giving a presentation on the splendors of the "Tour of the Jungfrau" in Switzerland; "Wildlife Tour de la Vanoise" and "The Chamonix Mt. Guides Festival" in France; and "Langa Wine Country" in Italy.

Join Hilloah, an Alpine Hiking and Cultural Tour guide and photographer, for this presentation of awe inspiring vistas and deep barolos to make

your soul sing and your adventurous spirit soar! You can visit Hilloah's website at www.hilloah.com or call Hilloah at (541) 330-6621 for more information on upcoming tours.

The presentations will be given at the Redmond Library on Thursday, October 29 at 6pm; and at the Bend Library on Wednesday, November 4 at 6pm. Admission is free.

Time to Renew Your CONC Membership

'Tis the season - to renew your CONC membership. Unless you are a new or renewing member who paid a full membership fee (\$25) in September or later, it 's time to renew your CONC membership. A **2010** membership form is included at the end of this newsletter.

All Club memberships are calendar-year memberships. This means that all memberships end on December 31st.

People joining mid-year or later pay a reduced, prorated membership fee based on the month of the year they joined. These members must also renew by the end of the year. The prorated fee

schedule can be found on the application form at the end of this newsletter. Please sign and include the **Liability Release** form on the last page of this newsletter.

*CONC memberships lapse
on December 31st.*



So, memberships which have not been renewed by the end of the year will lapse at the stroke of midnight on December 31st. Please renew your CONC membership now.

If you have questions about your membership, please call Ron Hoyt at 382-7084, or send an email to ronho@bendcable.com.

New Groomer For The Meissner Area

There will be a new machine grooming the ski trails at the Meissner ski area this winter.

In August, the **Tumalo Langlauf Club** (TLC) purchased a groomer in to replace the aging PistenBully that has been used for the past few years. The new groomer is a three-year old Bombardier purchased from the Elk Lake Resort. In sort of a groomer swap, the Elk Lake Resort purchased the TLC's PistenBully for such things as clearing parking lots, etc.

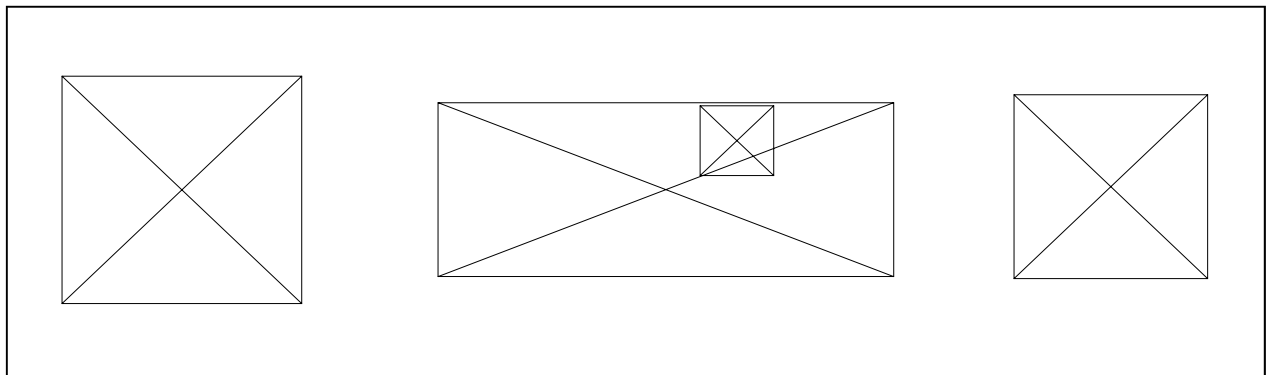
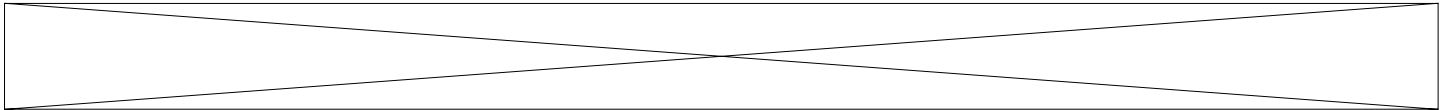
According to Russ Barkman, a member of TLC's grooming committee, the new groomer has logged less hours, is bigger, and has more power than the PistenBully it replaces. Because of its increased size and power, the Bombardier should be able to groom the trails at Meissner in a single pass. And, because it is newer and has seen less usage than the its predecessor, the new groomer should be more dependable and provide more reliable grooming at Meissner.

The new Bombardier groomer is similar to those used at Mt. Bachelor. Because of this, the maintenance of the new machine should be easier since the same company that services the groomers for Mt. Bachelor can also service the new Meissner groomer.

At a width of 14 feet, the Bombardier is wider than the PistenBully . The shed at Meissner where the groomer is stored had to be widened to accommodate the wider groomer. Some trails will also be widened for the new groomer. The Wild Strawberry trail, for instance, will be widened to allow it to be groomed by the new machine. This trail has not been groomed for the past few years.

The TLC is hoping to groom four days per week: Tuesday, Thursday, Saturday, and Sunday.

- Ron Hoyt -



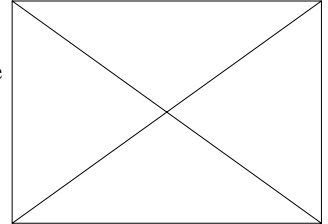
Overnight Trips for 2010

The CONC is pleased to announce the following overnight trips for 2010. The trips listed below are organized by individual Club members and presented by the CONC as a service to our members. We thank these members for their work in organizing the trips. The trips are listed chronologically.

A signed CONC Overnight Trip Application/Waiver form must be submitted when signing up for any of the trips listed below. The form can be found on page 12 of this newsletter.

January 24 – January 29. Methow Valley Trip

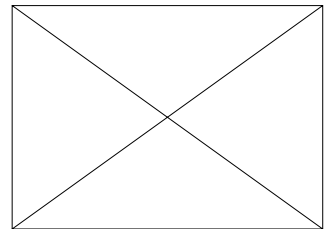
The “Valley” is Mecca to Nordic skiers and this will be our eighth year at Mazama Country Inn located in Mazama, Washington. The trip is five nights including all meals. We will have four full days to enjoy the vast trail system of 200 kilometers of expertly groomed trails for classic and skate skiing. You’ll enjoy the ease of skiing at a lower elevation than we are accustomed to in Central Oregon. Transportation to Mazama, WA and trail passes are not included. Generally, people car pool to/from the Methow Valley with an overnight stay in Wenatchee, WA on the trip up. Please visit www.mazamacountryinn.com for room descriptions.



Trip costs depends on the type of room. Call for costs, amount of deposit, and date of final payment. Contact Joanne Dalsass for details: joanned@bendbroadband.com, 541-388-0345. Between October 7th and October 23rd, call Barbara at 382-4849 for information. A CONC Overnight Trip Application/Waiver form must be submitted when signing up for this trip.

February 19 – 20. Spectacular Crater Lake

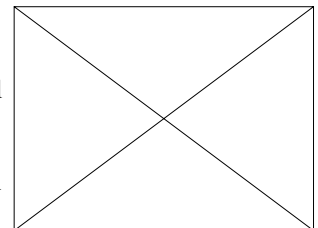
This is a trip for all levels, from expert to beginner, plus snowshoeing and just hanging out playing Scrabble. We’ll stay in the historic Prospect Hotel bed and breakfast on Fri. night Feb. 27 and Sat. Feb. 28. Dinner Friday and Saturday will be provided in the Prospect Hotel dining room, as well as breakfasts on Saturday and Sunday. We’ll pack a lunch Saturday and Sunday before driving up to the unbelievably beautiful Crater Lake for a day of fun in the snow. Visit <http://www.prospecthotel.com/> for more information on the Prospect Hotel.



Cost is just \$145 for two nights in the Prospect motel and substantial meals. A room in the historic Prospect Hotel itself and meals is \$170 for the two nights. The trip has room for 35 people, so sign up soon by sending your CONC Overnight Trip Application/Waiver and \$25 deposit to Linda Frost, 1457 NW 4th, Bend OR 97701. For more information, contact Linda: OQTRS@bendcable.com, 382-8023.

March 7 – March 14. Mt. Assiniboine, British Columbia

Five nights at the historic Lodge including all meals and two nights in Canmore. Mt. Assiniboine Lodge is featured in Great Lodges of the Canadian Rockies and has operated for over 75 years. Their meals are legendary, the scenery is spectacular. The skiing is best suited for intermediate level ski touring and/or telemark skiers. Snowshoers and photographers are also welcome. Cost includes round-trip helicopter flights to and from the Lodge and all ground transfers. Transportation to Calgary and meals in Canmore are not included. Visit www.assiniboinelodge.com for more information about Assiniboine Lodge.



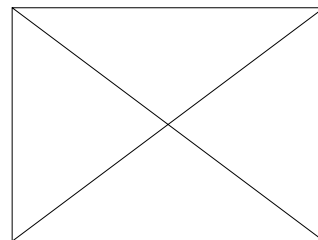
Cost: \$1800 Canadian per person. Visit <http://www.xe.com/> for the current exchange rate to US dollars. Space is limited. Call for details on amount of deposit and date of final payment. Contact Joanne Dalsass for details: 541-388-0345, joanned@bendbroadband.com. Between October 30th and November 16th, call Barbara at 382-4849. A CONC Overnight Trip Application/Waiver form must be submitted when signing up for this trip.

Overnight Trips for 2010 (continued)

Early May. Columbia River Gorge Excursion

The Gorge is a vision in green at this time of year, and welcome eye candy to those of us longing to see some color after our slow start to spring in Central Oregon. We'll hike for four days on both the Oregon and Washington side of the river.

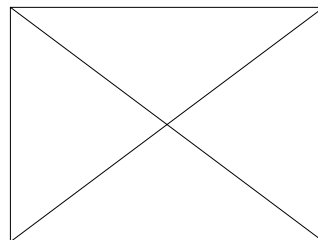
Accommodations are at the Hood River Hotel, located in Hood River. The cost is \$70 per person per day for a shared room, and \$100 per day for a private room. Meals will be at local restaurants. Price quotes are approximate at this time; exact dates to be decided by the group interested in this trip. Please respond to Eileen Woodward at ikey@bendcable.com by December 31 so the trip planning process can be started. A CONC Overnight Trip Application/Waiver form must be submitted when signing up for this trip.



June/July. Cold Springs Cabin; Ochocos, Central Oregon

The 2010 version of this annual hiking trip will offer two nights at the Cold Springs Forest Service cabin in the Ochocos. The cabin is located at the east end of Big Summit Prairie 30 miles east of Prineville. The hikes include a visit to Lookout Mt. Dates to be decided in January - watch for more information on this trip in upcoming issues of the *Nordic News*.

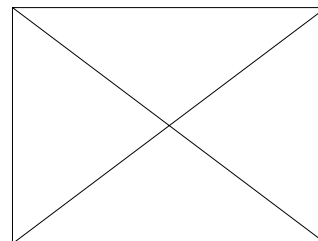
For more information, contact Linda Frost at OQTRS@bendcable.com, 382-8023.



Early June. Oregon Coast Excursion

This four day excursion to the North Oregon Coast will begin with a hike up Saddle Mountain in the Coast Range. The group will share a rental house in Seaside for three nights, and day hike at Tillamook Head and Neahkahnie Mountain. Before heading back to Bend, the group will hike the "Fort to Sea" trail near Astoria.

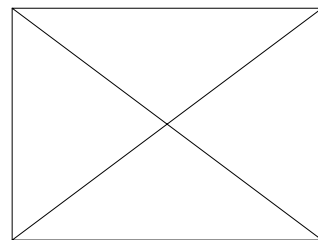
Accommodations will be at a shared house in Seaside. The cost is \$50 per person per day. Shared meals at the house or dining out at local restaurants. Price quotes are approximate at this time; the exact dates to be decided by the group interested in this trip. Please respond to Eileen Woodward at ikey@bendcable.com by December 31 so the trip planning process can be started. A CONC Overnight Trip Application/Waiver form must be submitted when signing up for this trip.



Late July. Mt Hood Trip

Three days and two nights will give us a chance to get a little taste of the wonderful hiking Mt. Hood has to offer. We'll sample three sides of the mountain, getting our fill of wildflowers, icy streams and incredible mountain views. We'll lodge dormitory style at the Mazama Lodge near Government Camp and share in the community meals provided by the lodge.

The cost is \$55 per person per day for food and lodging. The exact dates to be decided by the group interested in this trip. Please respond to Eileen Woodward at email address ikey@bendcable.com by December 31 so the trip planning process can be started. A CONC Overnight Trip Application/Waiver form must be submitted when signing up for this trip.



Mid August. Eagle Cap Base Camp

The group will follow along as horses and mules pack camping gear to a beautiful high-mountain lake where base camp will be set up for three nights. A climb up Eagle Cap will "cap" off the first day in camp. Relaxing and exploring nearby lakes will take

Overnight Trips for 2010 (continued)

up another day. The pack train will return to carry out our gear while we walk out to the trailhead. Allow 8 hours driving time each way to the trailhead.

Accommodations at a horse-packed camp. The group will split the approximate cost of \$850 for gear transport. Food cost for 3 nights will be about \$75 per person. Additional meals in town and motel accommodations at the start and end of the hike can also be anticipated. Price quotes are approximate at this time; the exact dates to be decided by the group interested in this trip. Please respond to Eileen Woodward at ikey@bendcable.com by December 31 so the trip planning process can be started. A CONC Overnight Trip Application/Waiver form must be submitted when signing up for this trip.

Early September (Labor Day). Washington Cascades

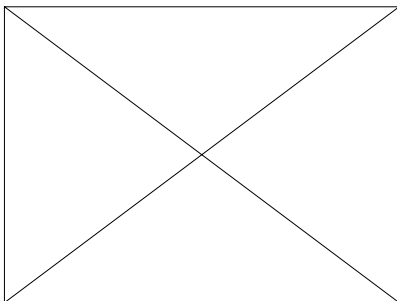
The group will explore our northern Cascade neighborhood before snows close the mountain passes. Exact location is under deliberation at this time, but we'll find a good place to base, perhaps a rental house or mountain lodge and explore by day hiking in the nearby area. We are planning on 3-4 days of hiking, in addition to travel time to and from. Please email suggestions to Eileen Woodward at ikey@bendcable.com.

The cost is unknown at this time; the exact dates to be decided by the group interested in this trip. Please respond to Eileen Woodward at ikey@bendcable.com by December 31 so the trip planning process can be started. A CONC Overnight Trip Application/Waiver form must be submitted when signing up for this trip.

X-C Skiing in the Tirol of Austria and Italy in 2010

Club members **Shari Hogshead** and **Paul Gauthier** will be leading a cross-country ski trip in the Tirol of Italy and Austria next year. The dates for the trip are **January 21, 2010, through February 7, 2010**. Shari and Paul have led x-c ski trips in Europe for the past several years; this trip will be their 13th winter XC ski holiday in the European Alps

The trip is being offered by the **Mountaineers**, a Washington State based alpine club. The Mountaineers is a non-profit organization instrumental in many conservation issues, such as the preservation of the North Cascades as a national park and the creation of the Alpine Lakes Wilderness.

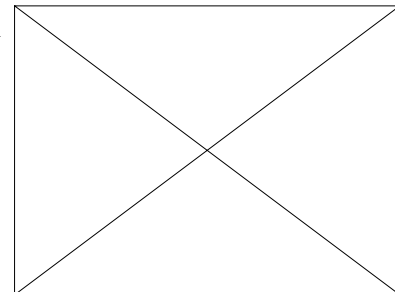


The Trip. The Tirol in Austria and the Sud Tirol in Italy are two of the most charming and beautiful areas of the European Alps. Once all included in Austria's Tirol region until the south Tirol was ceded to Italy after World War I, this area of sharp, high mountains and narrow, winding valleys provides much of the best of European Nordic skiing.

Both areas are well known as a walking paradise in summer. Europeans also know the Tirol as a winter wonderland – a place of sparkling snow and abundant sun, where you find hundreds of kilometers of ski tracks under towering rock walls, and where

European cultural amenities and magnificent views make for an unforgettable experience.

Our journey begins by flying in to Munich's airport, with a night spent near the city center. From here, we are transported by our private bus to the Italian SudTirolean village of Castelrotto, where much of our ski days are spent on the Seiser Alm, the largest alm (open alpine) area in Europe. We are surrounded by the serrated peaks of the Italian Dolomites as we try to accumulate kilometers on skis while we juggle our camera for continuous photo opportunities. We have options to ski one day in the Vallunga, a high valley off the Val Gardena, as well as an option (at extra cost) for a day trip to Venice and/or a day trip to Bozen/Bolzano (included in trip cost), to visit Oetzi, the 5,000 year old ice man at the Archeological Museum. Our family owned/operated hotel in Castelrotto is situated near the center of the village and boasts a wellness center with sauna for after-ski relaxation



[continued on next page]

X-C Skiing in the Tirol of Austria and Italy in 2010 (Continued)

Our second week is spent in the festive Austrian town of Seefeld in Tirol, home of the Nordic events for 2 Olympic Games. The Seefeld/Leutasch areas are perfectly appointed for Nordic skiing, with hundreds of kilometers of interesting ski track winding through woods and open alpine pastures, over forested hills and through pastoral valleys. Our family owned/operated hotel on a quiet street boasts a large new wellness center, with swim pool, saunas, aroma therapy, solarium, etc. One day's outing might be a short train journey to the delightful city of Innsbruck, 2,000 feet lower in the Inn Valley, or we can ski across the German border to the old violin-making center of Mittenwald.

We return to Munich for our final night before returning to Seattle, or you may continue your European adventure on your own from here.

Our trip includes buffet breakfasts at our hotels and multi-course dinners with salad bars (except for 2 dinners in Munich). Travel to Italy and back to Austria is accomplished in a private bus. We return to Munich from Seefeld by direct train. Maps, bus passes, and ski passes are all provided. Ski tracks lead you, on classic or skate skis, past villages in magnificent settings, to alpine club huts and refugios, and to mountain alms serving simple midday meals. You are surrounded by rugged mountains. Horse-drawn sleighs, bells jingling, and walkers strolling on the winterwanderwegs, cross your ski trail; church bells ring in the villages, and there is music and singing in the gasthof. You mingle with people who, like you, love snow and relish their mountains and their natural environment. It is truly a celebration of winter.

Trip Price. Price, which includes lodging in 2-person rooms (with buffet breakfasts & multi-course dinners), ground transportation, ski passes, maps, Mountaineer Outing fee, and leader fee, is projected at \$2,750 for over two all-inclusive weeks,

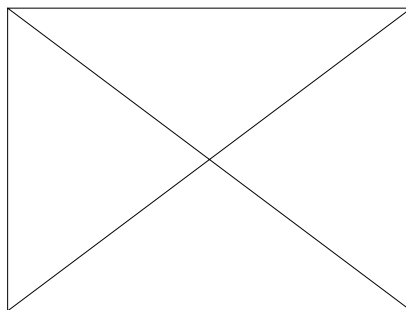
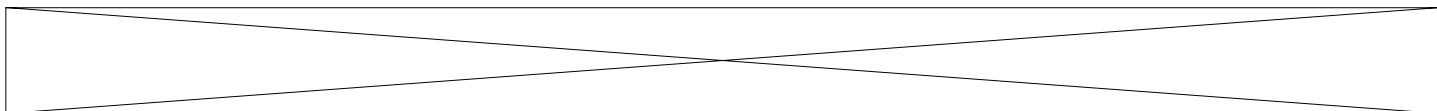
depending on currency exchange rate (Euro 1.0 to US\$ 1.4). Items not included in trip price are lunches, beverages, 2 evening meals in Munich, basic travel/medical insurance (required and projected at \$50), plus airfare (projected at \$700-\$800). An optional extra would be the day trip to Venice.

There is the possibility of an additional week or partial week in the mountains of Bavaria and in another region of Austria if interest warrants. This would be at additional expense and limited to a small group only.

Reservation and Deposit. With leader's approval, a deposit of \$1,750 is necessary to reserve a space. The balance of \$1,000 is due on or before December 1, 2009. Cancellation policy: For cancellation notices received prior to November 1, 2009, a full refund, less a \$100 Foreign Outing administration fee deposit, plus any non-recoverable expenses, will be made. For cancellation notice received after November 1, 2009, canceling party will be responsible for any non-recoverable expenses. Cancellation must be in writing and sent to trip leader via e-mail or post. Non-recoverable group expenses incurred due to cancellations will be borne by all participants.

For additional information on skiing the mountains of Italy and Austria in January/February 2010, please contact Shari or Paul by e-mail at skimntr@aol.com or by phone at 425-957-4548 or 541-389-9110. I hope you can join our Mountaineer group for a wonderful winter experience.

For additional info on skiing the mountains of Italy and Austria in January/February 2010, please contact Shari or Paul by e-mail at skimntr@aol.com or by phone at **425-957-4548** or **541-389-9110**.



Todd Lake to Three Creek Lake Hike

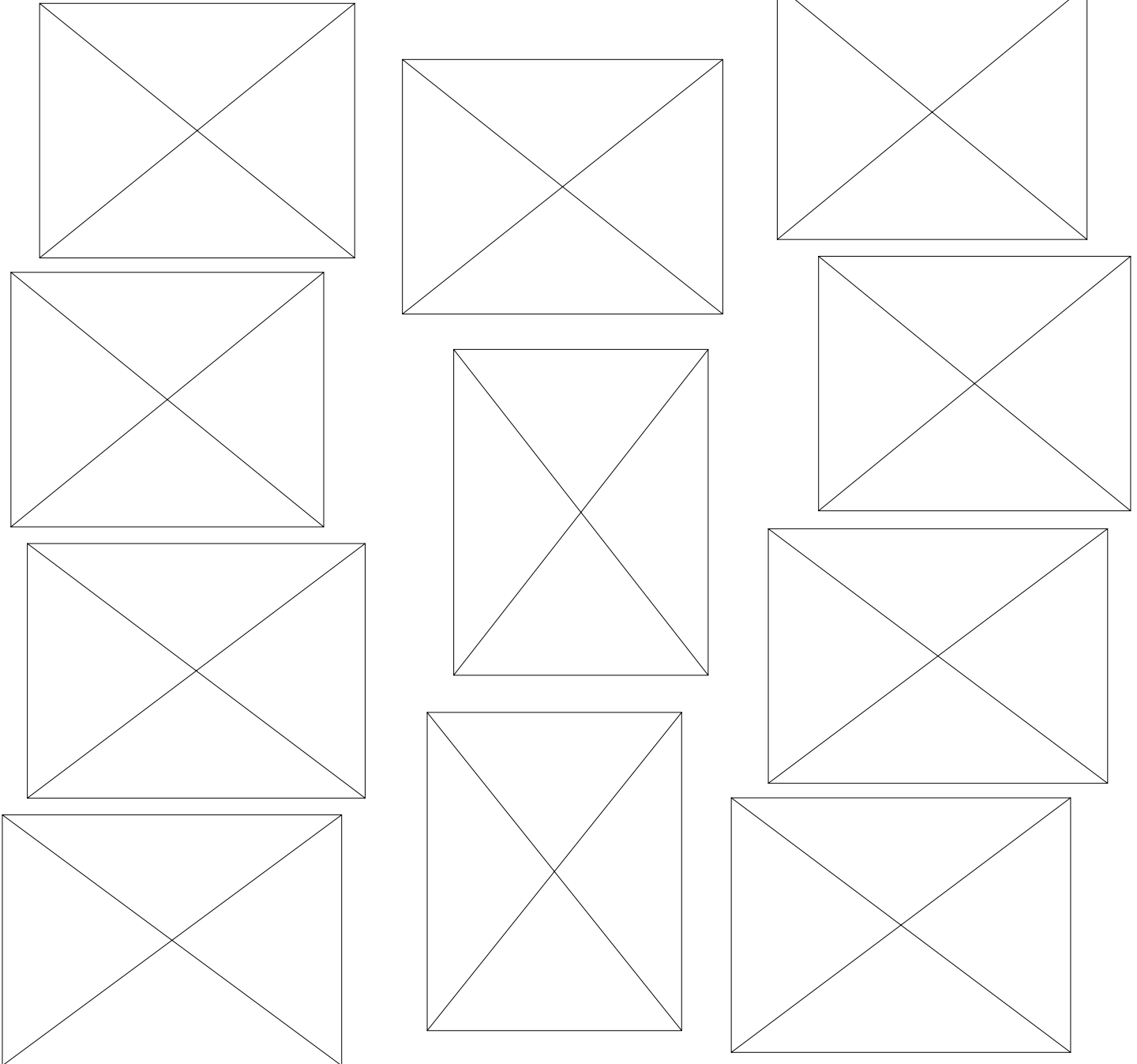
In some sense, the hike from Todd Lake to Three Creek Lake was an exercise in connecting the dots.

This hike, one of the July long hikes organized by Eileen Woodward, connected three of the Club's favorite hiking areas: Todd Lake, Broken Top, and Tam McArthur Rim. While most of the hike was on established trails, the section between Broken Top Lake (aka No-name Lake) and Tam McArthur Rim required about a half a mile of cross-country hiking at the base of Broken Hand on its north side. This cross-country section was relatively

easy even with a snow field on the Tam McArthur Rim end.

Two groups of hikers did the hike with one group starting at Todd Lake and the other starting at Three Creek Lake. Although the two groups did not quite meet for lunch as planned, the Todd Lake hikers did meet the Sunday Nordic Club hikers on their hike to Tam McArthur Rim.

- Ron Hoyt -



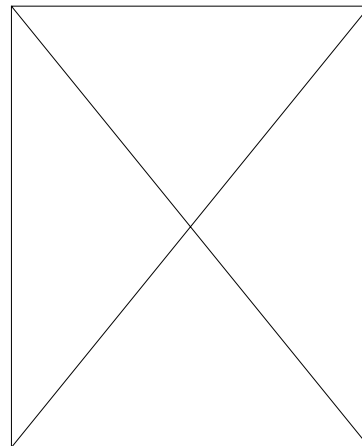
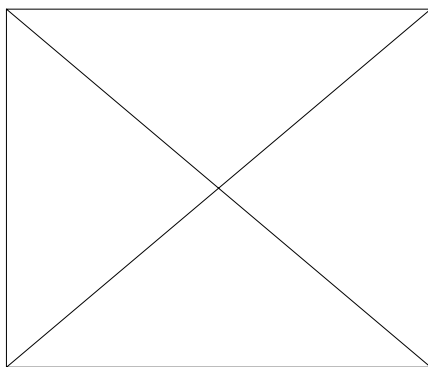
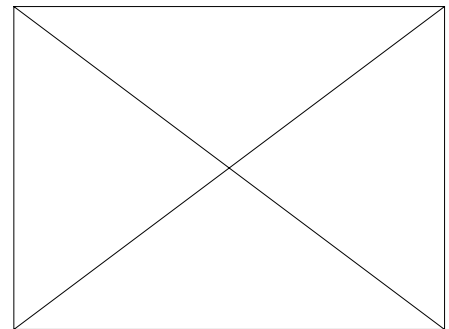
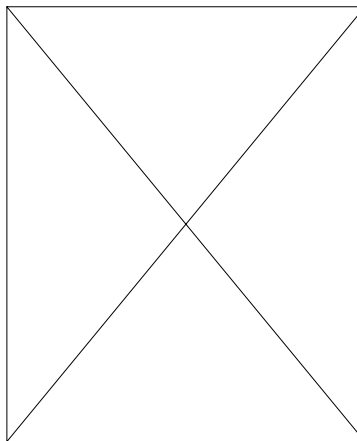
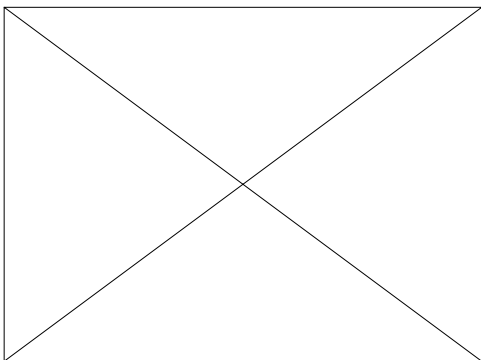
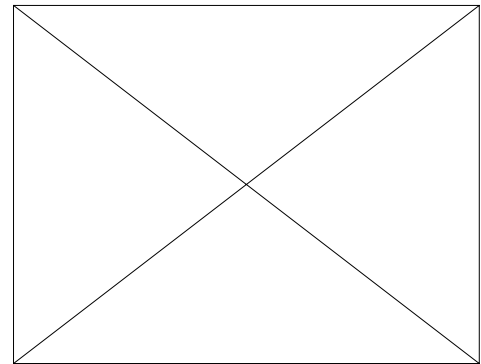
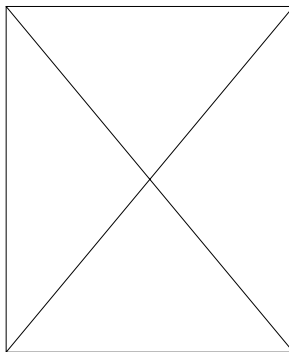
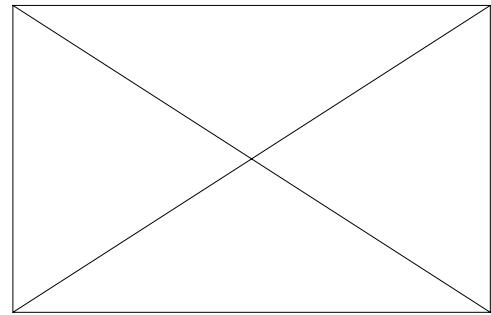
Mt Theilsen - Tipsoo Peak Hike

Except for the annual Crater Lake x-c ski weekend, the mid-August Mt Theilsen - Tipsoo Peak hike is about as far south as the Club goes on its outings. Two CONC groups did the 14-mile hike that day. With car keys exchanged in advance, one group hiked to Tipsoo Peak first and then along the base of Mt Theilsen; the other group did the reverse. The groups met up on the trail at a viewpoint between Tipsoo and Theilsen for lunch.

Tipsoo Peak is more of a ridge that resembles parts of Tam McArthur Rim rather than a sharp peak like Theilsen. Like Tam McArthur Rim, Tipsoo is composed primarily of red andesite whereas Theilsen is mainly basaltic.

The portion of the hike along the base of Mt. Theilsen is part of the Pacific Crest Trail (PCT). We encountered a few PCT through hikers on our trek. Through hikers often give themselves trail names. One hiker we met called herself "Sugar Mama" because she liked sweets. By the time they reached Oregon, the through hikers were averaging about 30 miles a day.

- Ron Hoyt -



Broken Top and Todd Lake Rim Hikes

Broken Top was well covered by CONC hikers on Sunday, August 30th. Two CONC hiking groups were out and looking at the mountain that day.

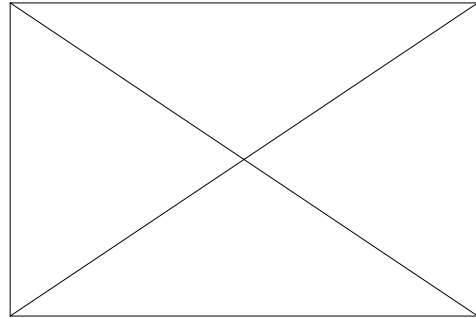
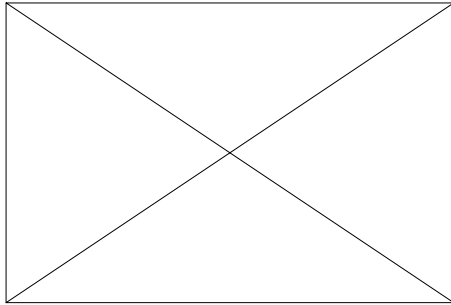
One group was hiking around the mountain and observing it from a close vantage point; the other group was looking at Broken Top from the rim of Todd Lake a few miles to the south.

During their lunch stop on the rim, the Todd Lake group tried to spot the Broken Top hikers. Didn't happen ... maybe because there was a mountain in the way. While the Todd Lake hikers were having lunch on Todd Lake rim, the Broken Top hikers were themselves having lunch at Golden Lake on the other side of Broken Top.

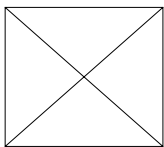
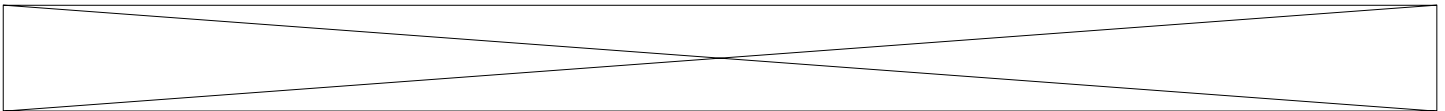
The 2009 version of the Club's annual circumnavigation hike of Broken Top offered the hikers a superb day for a walk around a mountain. Clear skies and comfortable temperatures the entire

day. In the decade or so that the Club has been doing this hike, there was only once when the hike was cancelled - at the trailhead - because of weather. Even then, the hike was only delayed until the gorgeous Sunday the following week.

- Ron Hoyt -



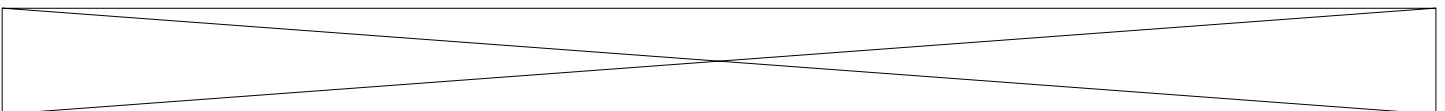
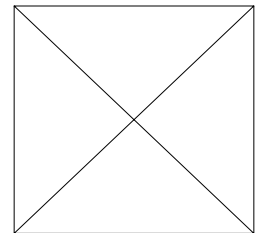
[The photos taken on the Todd Lake rim hike were contributed by Dorothy Eberhardt. The photos of the Broken Top hike, shown on the next page, were contributed by Tom Dean and Ron Hoyt]



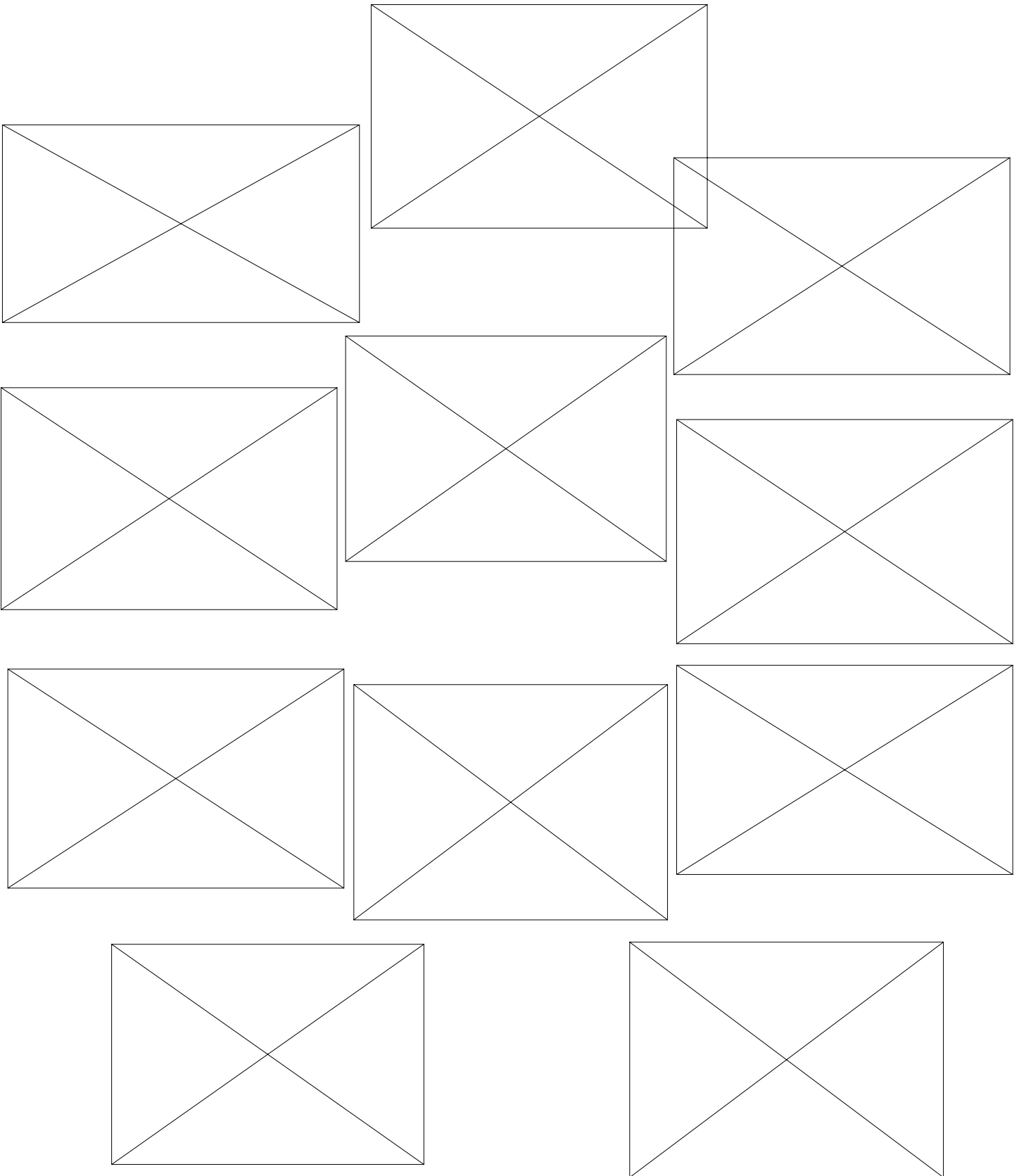
Answers to the Where Are You Quiz on page 12

- Green Ridge
- McKenzie River
- Fort Rock
- Lookout Mountain
- Jefferson Park
- Snow Creek
- Yapoah Crater
- Lake Billy Chinook
- Clear Lake
- Iron Mountain

Left to right, top to bottom

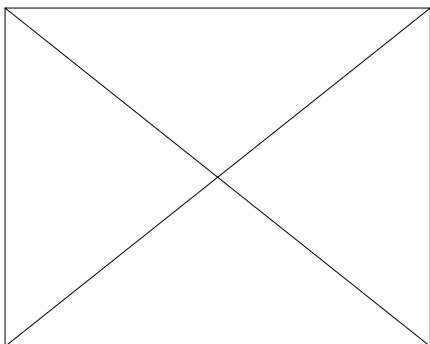
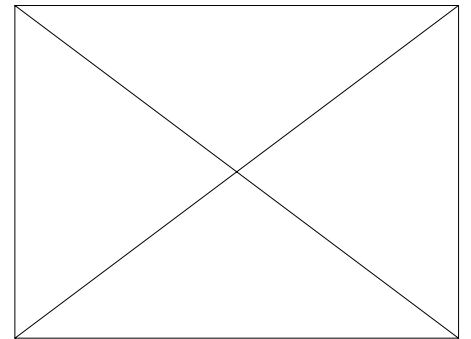
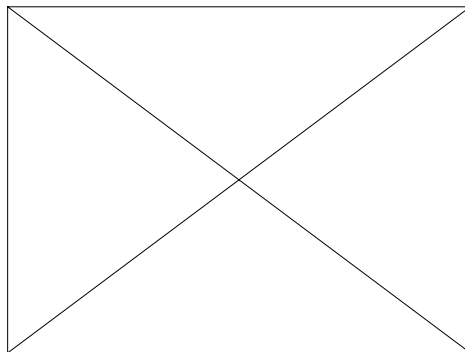
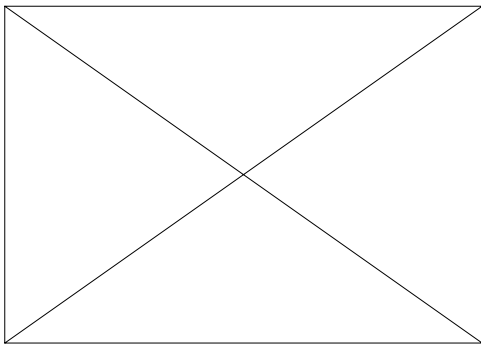
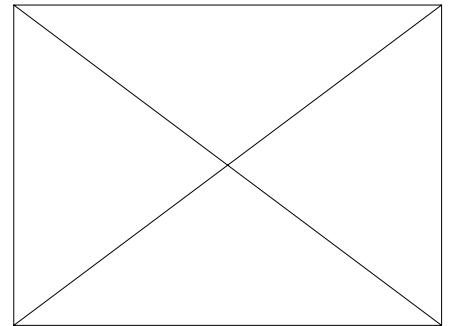
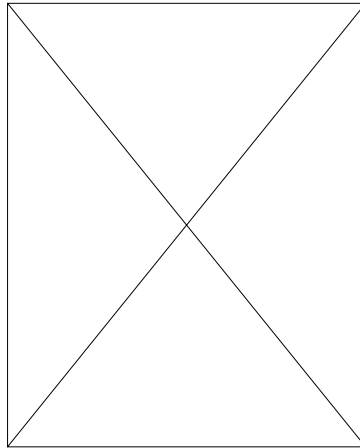
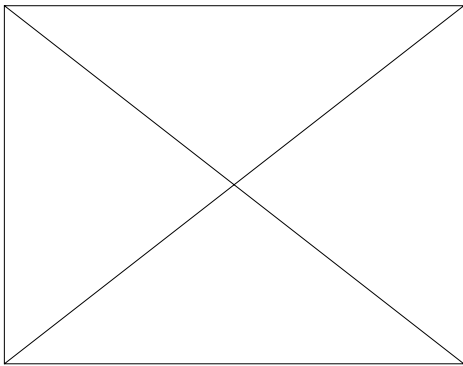
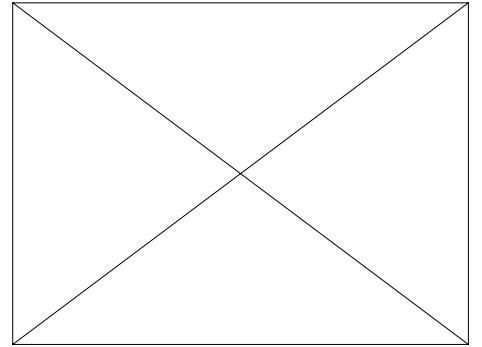
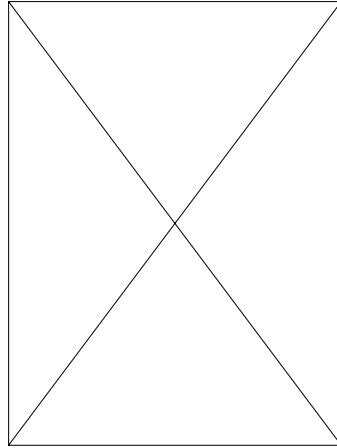
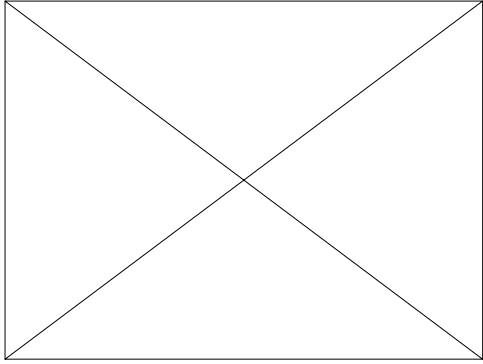


Broken Top and Todd Lake Rim Hikes (Continued)



Quiz - Where are You?

You were the photographer on these varied 2009 CONC hikes ... what hike were you on when you took the photo? You can find the answers on page 10.



CONC Overnight Trip Application

Central Oregon Nordic Club Overnight Trip Application

Trip Name: _____ Trip Date: _____

Trip Fee (Must be a CONC Member): _____

Mail checks, made payable to the trip leader, along with this application to the trip leader unless otherwise indicated in the trip description.

Non CONC members: Complete a Central Oregon Nordic Club Membership Application and send it to the address listed on the membership form. A membership form can be found in the back of any Nordic Club newsletter; newsletters can be found on the club's website at <http://conc.freehosting.net>.

Name: _____

Phone: (Home) _____ (Work) _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

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 Central Oregon Nordic Club's outings may expose me to certain risks and dangers including, but not limited to 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 the potential hazards of outdoor activities. Each participant in a CONC event is responsible for his or her own 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 Central Oregon Nordic Club 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 Central Oregon Nordic Club and its agents, trip leaders, officers, and instructors, from and against any and all claims, liability, and demands of any nature, for the acts or omissions of the Central Oregon Nordic Club or its agents, trip leaders, officers, and instructors.

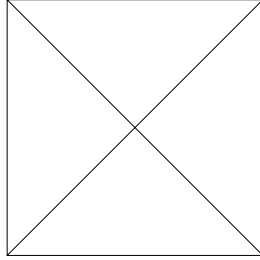
I have Read and Understand the Above Statements Concerning the Central Oregon Nordic Club Programs and Trips.

Signature: _____ Date: _____

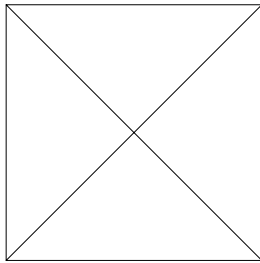
(Parent or Guardian if under 18 years of age)

Please read the trip descriptions carefully before submitting a trip application. Trip payments are non-refundable unless a replacement is found before the trip. The CONC may consider exceptions via written letter (PO Box 744, Bend, OR 97709) on a case-by-case basis.

Please submit a separate trip application for each overnight trip.



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CENTRAL OREGON CHAPTER OF THE OREGON NORDIC CLUB

Membership Application 2010

The Central Oregon Nordic Club:

- Provides opportunities to meet other cross-country skiers, snowshoers, and hikers; and to make new friends.
- Has informative monthly meetings at the Central Oregon Environmental Center from 7 to 9 pm on the second Friday, November - October. The Environmental Center is located at 16 NW Kansas in Bend.
- Organizes cross-country skiing, snow shoeing, and hiking trips.
- Sponsors a Nordic Ski Swap in November as a community service.
- Supports youth ski programs in Bend (High School and Bend Parks and Recreation).
- Stocks local ski shelters with firewood and maintains these shelters.
- Maintains cross-country ski trails in Central Oregon.
- Belongs to a state-wide organization with chapters in Bend, Prineville, Salem, La Grande, Ashland, Grants Pass, Portland, Teacup (Mt. Hood), Klamath Falls, and The Dalles.

Dues Schedule

Memberships are renewable on October 1st of each year. Dues are \$25 per year. For new members joining before October 1st, the dues are \$25 for the year. For new members joining in October and November, the dues are prorated to \$15. All un-renewed memberships lapse on December 31st.

To Join:

Please fill out this form and send to: **Central Oregon Nordic Club, PO Box 744, Bend, OR 97709.**

Make checks payable to **CONC**. For more information, call 1-541-382-8023.

CENTRAL OREGON NORDIC CLUB

PO Box 744, Bend, OR 97709

Membership dues are **\$25.00** per year

Name _____ Phone _____

Address _____ City/State/Zip _____

Email Address _____ Date _____

I would like to receive the Club's newsletter via: Regular Mail Email/Web Site (Saves CONC money)

I am interested in the following club activities (Please check as many as you would like):

X-Country skiing Snow shoeing Hiking Backpacking

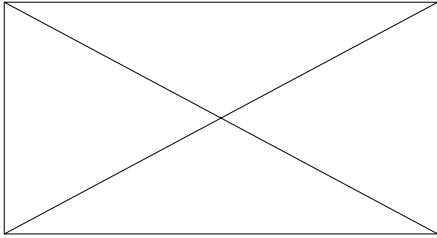
I am interested in volunteering for (Please check as many as you would like):

Leading trips Trail/shelter maintenance Ski Swap
 John Craig Race Helping with youth programs Forest Service Liaison
 Meeting preparation Other _____

Privacy Policy The club will not give any information about you to anyone other than club members. Information is shared to help members find people with similar interests.

BE SURE TO SIGN THE WAIVER ON REVERSE SIDE

**CENTRAL OREGON NORDIC CLUB
PO BOX 744
BEND, OREGON 97709-0744**



Name of Participant:	
Name of Event/s: Any Oregon Nordic Club Activity in 2010	
THIS IS A LIABILITY RELEASE. PLEASE READ CAREFULLY BEFORE SIGNING.	
<p>I acknowledge that ORS §30.975 provides that an individual who engages in the sport of skiing, alpine or Nordic, accepts and assumes the inherent risks of skiing insofar as they are reasonably obvious, expected, or necessary. Inherent risks of skiing include, but are not limited to, those dangers or conditions which are an integral part of the sport, such as changing weather conditions, variations or steepness in terrain, snow or ice conditions, surface or subsurface conditions, bare spots, creeks and gullies, forest growth, rocks, stumps, lift towers and other structures and their components, collisions with other skiers, and a skier's failure to ski with the skier's own ability, I am aware that hiking, skiing, and related activities are potentially hazardous activities that include certain risks and dangers, and I have made a voluntary choice to participate in these activities despite the risks that they represent. In consideration of my being permitted to participate in the club activities named above, I agree to ASSUME ANY AND ALL RISKS OF INJURY OR DEATH, which might be associated with or result from my participation in these events.</p>	
Initial Here:	
<p>I further agree to RELEASE FROM LIABILITY and to INDEMNIFY AND HOLD HARMLESS the organizers and sponsors of the hiking and skiing event/s, the Oregon Nordic Club, and their owners, agents, landowners, affiliated companies and employees for any damage, injury, or death to myself or to any person or property from any activities connected with my participation or practice for or my participation in these events.</p>	
Initial Here:	
<p>I, the undersigned, have carefully read and understood this agreement and all of its terms. I understand that this is a RELEASE OF LIABILITY which will LEGALLY PREVENT me or any other person from filing suit or making any other legal claim (including any claim based on negligence) for damages in the event of my death or any injury to me. I nevertheless enter this agreement freely and voluntarily and agree that it is binding upon me, my heirs, assigns, and legal representatives.</p>	
Initial Here:	
<p>If I am SIGNING ON BEHALF OF A MINOR (18 and under) I accept full responsibility for all medical expenses incurred as a result of the minor's participation in Oregon Nordic Club sponsored events. I also agree to Release, Hold Harmless and Indemnify the Oregon Nordic Club for any claims brought by the minor.</p>	
Participant Signature: _____	Date: _____
Guardian Initial Here:	
Guardian Signature (if minor): _____	Date: _____