

TRACK



Newsletter of the Ski Touring
Section Loma Prieta Chapter,
Sierra Club

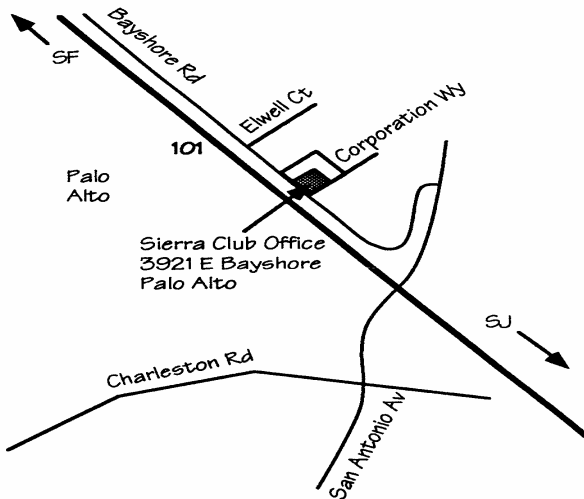
<http://lomaprieta.sierraclub.org/sts>

March 2006



March Meeting

Wednesday, March 29th 7:30-9:30 pm
Peninsula Conservation Center
3921 East Bayshore Road, Palo Alto



Tonight's Topics

Annual STS Business Meeting and Officer Elections

We will hold STS Officer elections and decide if the section leaders choose to participate in the Harvard / Sierra Club Leadership Development Project discussed at last month's meeting.

At the February STS meeting the following people were nominated to be officers for the 2006 / 2007 ski season:

Chair	Lowell Moulton
Vice Chair	Eric Valentino
Treasurer	John Langbin
Secretary/TRACK Editor	Kevin Flynn

We will continue revising the STS Standing Rules. We have made considerable changes in these rules, especially in the Outings section of the Standing Rules which we will be discussing at this meeting.

The proposed revision of the Standing Rules is published in this edition of TRACK. Proposed changes to the STS Standing Rules include:

- Adding a definitions section
- Integrating first aid training requirements
- Adding Sierra Club Outings Leader Training requirements
- Adding Medical Form usage recommendations
- Adding Standing Rules amendment and publication guidelines

Deadline for next TRACK Submissions
April 10th

Trips List

The list below shows trips tentatively scheduled for this season. To sign up for a trip, look for the write-up in the Future Trips section of TRACK. Private trips are not included in this schedule. Events in the early season tend to be relatively easy, at mid-season more trips are intermediate level, and more advanced trips tend to be later in the season.

All trip participants must sign the official Sierra Club liability waiver form. The Sierra Club does not assume any liability for carpools to the "trailhead".

March

Mar 25-26 Late Season Snow Camping - Steve Sergeant (Int)
Mar 29 STS meeting

April

Apr 1 - 2 Pyramid Peak Snow Camp (Adv)
Brenda & Dave Giese
Apr 1 – 2 Snow Shoeing in Pinecrest (Joe Schmidt)
Apr 8 - 15 Trans Sierra Tour (Adv)
Andy Hudson
Apr 26 STS meeting Annual Potluck
Apr 28 - 30 Lake Tahoe Cabin Trip (Krumm & Hsieh)

Ski Trips

Trips are cooperative ventures organized and lead by volunteers. Trips range from leisurely single-day tours to strenuous multi-day expeditions. Each trip has a classification, which indicates the level of skiing ability and experience that the leader feels is the minimum required. The trip leader has the final say in whom may join a trip and may refuse anyone at any time that they feel has not demonstrated the required level of ability. Trip classifications:

Beginner: Includes first time cross-country skiers. Leaders frequently provide some type of beginner instruction. 1-2 miles on gentle terrain.

Advanced Beginner: Skiers in good condition who have learned the basics of the diagonal stride on the flats and on easy hills. 2-5 miles over rolling terrain.

Intermediate: Uphill and downhill skiing on slopes that can be traversed if too steep. An intermediate has had a lesson and has skied several times, having developed skill and confidence to snowplow, step turn, and control downhill speeds. Overnight hut trips with a moderate pack load. 3-10 miles average.

Advanced Intermediate: Same as Intermediate plus poor snow and weather skills, winter navigation, greater endurance, and snow camping. 10-15 miles.

Advanced: These tours are for the hardy skiers who can ski 10 to 30 miles in one day, are able to climb high mountains using skins, and descend with Telemark turns. The advanced skier must be in good shape, acclimatized to high altitudes, and have a working knowledge of map reading, compass, avalanche hazards, and winter survival.

Future Sierra Club Ski Trips

All trip participants must sign an official Sierra Club waiver form to participate in any Sierra Club trip

Late Season Snow Camp

March 25 - 26, 2006 Intermediate

Late-Season Snow Camp

March 25 - 26, 2006 Intermediate

An easy ski/snowshoe backpacking trip on mild terrain, to one of two possible locations, depending on snow conditions: Lake Aloha in the Desolation Wilderness, or as a fallback somewhere off of Yosemite's Glacier Point Road. We'll go about 5 miles by cross country skis or snowshoes into our

campsite. Given time after setting-up camp, we'll explore the area a bit more. This is a good trip for someone ready to graduate from Advanced

Beginner to Intermediate. Prior snow camping experience (such as car-camping) is strongly advised. The leader can advise you on appropriate gear and preparation. Skiers should have experience

sking with a full pack (on a hut trip, for example). The trip is individual commissary, but participants will be encouraged to team-up for shelter and cooking. Limited to seven participants. Co-listed with the Backpack Section. To register, contact the trip leader:

Leader: Steve Sergeant at xxx-xxx-xxxx

email: xxxxxxxx@xxxxxxx.xxx

Sat-Sun April 1-2

Pyramid Peak Snow Camp

Advanced

We will approach via Echo Lakes and snow camp near Lake Aloha, with a climb of Pyramid Peak on Sunday.

Leaders: David Giese, Benedikt Binz, and

Brenda Giese, xxxxxxxxxx@xxxxx.xxx

Weekend of March - April 1st & 2nd

Snow-shoeing in the Pinecrest Area

You've may have wanted to go to the back country and see nature's beautiful snow, streams but could not since you don't ski. Well, this is an opportunity to enjoy the outdoors and snow shoe! They say that if you can hike, you can snow-shoe.

We will start at 6,000 feet elevation and snow shoe to a wonderful area called the Punch Bowl. It is surrounded by volcanic cliffs with aspen trees in the vast meadow. We will have to hike to get to the snow since by the end of March the snow starts to melt. The gushing streams are really beautiful so bring your camera.

Upon returning to the cabin, we can soak tired bones in the hot tub.

On Sunday, we'll take Frasier Flat route down the north side of the ridge through the woods down to the bottom. Returning, we will follow the South Fork of the Stanislaus up to Strawberry. No shoe-shoeing equipment? It can be rented at any outdoor store like REI. If Dodge Ridge is still open, it can be rented there. See www.dodgeridge.com Ninety dollars (\$90.) covers two nights accommodations; two breakfasts and two lunch fix'ins and one dinner.

Every Participant will get their own bed and rooms will be shared by same sex. The trip is limited to twelve participants. Well behaved dogs may come on the trip with the advance permission of the Leader.

This event may be co-listed with other groups such as the Loma Prieta Sierra Singles Section and Bay Chapter.

Rain is welcome and doesn't cancel ... think snow! Event covers 10 miles, with 1,000 feet of elevation.

Limited to twelve participants with an attempted NOAH.

Please send your check made out to Sierra Singles to Joe Schmidt xxxxxxxxxxxx, xxxxxxx, CA xxxxx-xxxx . I would be happy to answer any questions.

April 28-30

Tahoe cabin adventure

Intermediate or better

Want to try a late season tour up in Tahoe(if there s still snow at the end of April)?? How about the Tahoe Meadows to Brockway Summit tour. We will stay at a cabin in Truckee. Saturday we ll car shuttle to Tahoe Meadows (off Highway 431 near Mt. Rose Summit)ski to Brockway Summit (about 10 miles) and car shuttle back. If you want you can come up Thursday night and day tour Friday so you don t have to fight the traffic before the big day. After skiing we return to our cabin for a home cooked meal. Use the hot tub if you want. Limit 12. Cost 3 nights \$80 includes 3 breakfasts and 2 dinners. Two nights \$55.00 includes 2 breakfasts 1 dinner. Let us know if your interested with the plan, we ll cancel if there ll be too much hiking not enough skiing.

Leaders: Larry Krumm xxx-xxx-xxxx & Paul Hsieh

Trip Reports (None)

Minutes Feb 22nd STS meeting

Jay Michlin (National Sierra Club organizational effectiveness committee) explained and invited the STS to participate in the new leadership development program (LDP) the Sierra Club is developing. Only 4 chapters were selected to pilot

the training, including Loma Prieta. Loma Prieta Excom, Conscom and some groups are participating. No decision reached. Agreed to hold off deciding until new officers are elected at the March meeting.

Charles Shafer spoke to the section about the Lake Alpine Nordic Ski Patrol. It is volunteer org which patrols Nordic trails around Lake Alpine near Bear Valley/ Mt. Reba. He is looking for new volunteers. Volunteers get medical training, avalanche training, and a place to stay while working on patrol weekends. Volunteers need to commit to 8 patrol days per season and \$60 in membership dues.

The proposed standing rules changes were reviewed. There were many inputs to simplify them and make them more flexible. Officers agreed to update their responsibility section. The next draft of the standing rules will be published in the next Track newsletter for member approval.

There was a discussion about officers for next season. Because there were volunteers for all the positions, a nominating committee was not appointed.

DRAFT OF PROPOSED

Standing Rules of the Ski Touring Section Loma Prieta Chapter Sierra Club

The following have been enacted by the membership as general polices of the Loma Prieta Chapter (Sierra Club) Ski Touring Section (the Section, or STS). As such they constitute the Standing Rules of the Section (Article IX of the By Laws).

Meetings

Monthly meetings should be held the first Monday of each month, November through May. In addition, there will be a meeting on the first Monday of October to plan the following season's activities and to review leadership training and requirements. The STS Chair may change these regular meeting dates as necessary.

Section Dues

Membership dues are \$15 per year if a printed copy of the TRACK newsletter is desired and \$5 per year for an electronic copy. Dues are payable to the Treasurer at any time.

Membership

Sierra Club members interested in joining STS can do so by sending a check for annual Section Dues (payable to "Ski Touring Section") to the Section Treasurer. Name, address, telephone number, and proof of Sierra Club membership must be included.

Proof of Sierra Club membership may be one of the following:

1. A copy of your current Sierra Club membership card
2. A copy of both sides of the canceled check you sent to join Sierra Club
3. The page of the current Loma Prietan with your mailing label
4. A recent mailing label and cover from Sierra Magazine

Duties of Officers

Nothing here precludes delegation of authority by an officer to other members who will carry out the work (in fact such delegation is encouraged); but the officer remains responsible for ensuring the work is accomplished within the time frame allowed.

Chair:

1. Receive and process requests for information about the STS.
2. Attend (or appoint a substitute to attend) meetings required by the Chapter Executive Committee.
3. Appoint members of the Outings Committee including the Outings Committee Chair (upon election), the Nominating Committee (by the February meeting), and other committees such as the Conservation Committee (when necessary).
4. Call and conduct meetings.
5. Arrange for meeting rooms and programs.
6. Send meeting announcements to TRACK editor and STS Webmaster.
7. Act as Section representative when necessary.
8. Forward information on meeting program and other matters needing publication to the Secretary (newsletter editor) by the 20th of the month prior to each meeting.
9. Enforce Section By Laws and Standing Rules.

Vice Chair:

1. Vice Chair should obtain a copy of the Outings Leaders Spreadsheet, Update the spreadsheet the leaders and trips completed during the season. For historical purposes, obtain a copy of the past season's Outings listing spreadsheet.

2. Maintain outings schedule.

a. Contact leaders no later than mid-September to get preliminary input on planned outings for the upcoming ski season, and to remind them of the STS outings planning meeting scheduled in early October.

b. Chair the October outings planning meeting and prepare preliminary outings schedule by early October.

c. Verify that leaders who propose outings to back country ski huts have made plans to submit appropriate reservation requests.

d. After the preliminary outings proposals have been acquired and consolidated, review the outings proposals and leader qualifications with the full outings committee.

e. Prior to each month's TRACK publication, send a notice to all outings leaders to confirm their outings and verify details such as contact information. The TRACK editor should be copied on these communications so that any replies and updates can be included in the upcoming edition of TRACK. Send updated outings announcements to the TRACK editor for publication.

3. Publicity

a. Submit current activities schedule to TRACK editor approximately one week prior to each Track input deadline.

b. Submit articles or other materials as needed to Loma Prieta, SCREE, or other publications.

4. General.

a. Substitute for the Chair when necessary.

b. Review next two months of outings schedule at each Section meeting.

c. Review recently completed outings at each Section meeting.

Secretary and TRACK newsletter editor:

1. Receive and process requests for information about the STS.

2. TRACK Newsletter.

a. Gather material

1) Program for next meeting from the Chair.

2) Current activities schedule from the Vice-Chair.

3) Outing reports from leaders.

4) Committee reports from committee leaders.

b. Type and edit.

c. Duplicate or otherwise reproduce.

d. Secure mailing labels from the Treasurer.

e. Mail TRACK approximately one week before meetings.

f. Submit an expense invoice to Treasurer for reimbursable expenses.

g. Post an electronic version of TRACK to those members who requested it.

3. Conduct correspondence with:

a. Sierra Club and its various components

b. Program speakers.

c. Members.

d. Local ski shops.

4. Take minutes of all decisions made at meetings; transcribe and summarize in newsletter.

5. Maintain current versions of By Laws and Standing Rules; duplicate and distribute to new officers upon their election.

6. Notify Chapter office after election of new officers.

7. Publish or otherwise distribute information to members as needed.

8. Maintain STS web site or name a STS Webmaster and delegate the maintenance of the STS web site to the STS Webmaster.

Treasurer:

1. Receive and record dues and subscriptions for newsletter as appropriate.

2. Maintain section membership roster.

3. Manage all financial matters of the Section and submit financial reports as required.

4. Reimburse officers and leaders for allowable expenses.

5. Receive and record donations to the Section.

6. Provide the Secretary with address labels for each issue of TRACK

7. Collect and archive rosters, sign-in/waiver forms, and financial reports from outing leaders.

Committee Functions

Outings Committee:

1. Oversee outings program.

2. Ensure that outing leaders are matched to their outings in experience and judgment, and are qualified to lead STS outings by verifying the outings leader qualifications as specified elsewhere in this document.

3. Encourage seminars, programs, and individual study to promote growth of outings leadership skills.

4. Identify and encourage potential new outings leaders.

5. Authorize reimbursement for allowable leader training.

6. Coordinate all of the above with Vice-Chair.

Nominating Committee:

1. Search out the best-qualified candidates for Section Chair, Vice-Chair, Secretary, and Treasurer.

2. Report on that search by nominating those candidates willing to serve at the March annual meeting.

3. Notify TRACK editor of the names of the candidates in time for publication in the March edition of TRACK.

Conservation Committee:

1. Investigate and report on conservation issues assigned by the Section.

2. Investigate and report on other conservation issues of potential interest to Section members.

3. Recommend positions on conservation issues for adoption by the Section.

Outings

A. Definitions

STS sponsors outings at several different skill levels. The skill level rating of a specific outing is determined jointly by the Outing Leader and the Outings Committee according to the following criteria:

Beginner

Aimed at cross-country skiers developing basic skills. The leader frequently provides some kind of instruction. Distances are typically 1 to 2 miles on gentle terrain.

Advanced Beginner

Aimed at skiers in good condition who have learned the basics of diagonal stride on the flats and easy hills. Distances are typically 2 to 5 miles over rolling terrain.

Intermediate

Aimed at skiers comfortable with uphill and downhill skiing, including traverses of steep sections. An intermediate skier has had instruction, has skied several times, and has developed enough skill and confidence to snowplow and step turn to control downhill speed. Intermediate trips include overnight visits to some backcountry ski huts, where carrying a moderate pack is required. 3 to 10 miles.

Advanced Intermediate

Aimed at skiers with intermediate skills but with greater endurance and who have developed skills for coping with poor weather or snow conditions, winter navigation, and snow-camping. 10-15 miles per day.

Advanced

Aimed at skiers who can cover 10-30 miles in one day, ascend high mountains using climbing skins, and descend with linked telemark or parallel turns. The advanced skier must be in good physical condition, be able to acclimatize to altitude readily, and have a working knowledge of map and compass, avalanche hazards, and winter survival.

Provisional Leadership

The term "Provisionally Lead" means to lead the trip (be listed as leader in the trip write-up, screen participants, and in all other respects from the participants' point of view be the leader with a fully qualified leader (the Mentor Outings Leader) to observe, evaluate, mentor as necessary or useful, and, if the Provisional Leader proves not to be able to carry out the duties of leading the trip, take over leading the trip. The STS Outings Committee will determine when someone is qualified to Provisionally Lead.

B. Leadership

1. STS outings leaders are volunteers, not professional guides or ski instructors. In addition to organizing trip logistics, outings leaders share their enthusiasm and knowledge of cross-country skiing with trip participants. STS members interested in becoming leaders should contact the STS Outings Committee Chair.

2. The leader of a Beginning or Advanced Beginning skill level STS outing must fulfill the following requirements:

- a. Be a paid-up member of the Sierra Club.
- b. Be a paid-up member of the Loma Prieta Chapter Ski Touring Section.
- c. Be at least 18 years of age.
- d. Have successfully completed the Basic Outings Leader Training (OLT 101) or comparable training. Training must be repeated at least every four years. This requirement is effective June 1, 2006.
- e. Have successfully completed American Red Cross Standard First Aid, 8 hour Wilderness First Aid (WFA 8 hr), or Medic First Aid training or a higher level of first aid training.
- f. Have outing participant skills appropriate for the activities of the outing towards the advanced end of the scale.

g. Possess the leadership qualities, experience and good judgment required to lead STS outings as determined by the Outings Committee.

h. Have been a Provisional Leader on at least one outing at the skill level the applicant wishes to lead outings and have received a positive evaluation by the Mentor Outings Leader.

j. Meet any special requirements below for "overnight" outings.

3. Leaders of Intermediate and Advanced Intermediate, or any outing that includes an overnight stay away from cars, shall fulfill the following requirements in addition to the requirements listed above for Beginning and Advanced Beginning outings:

a. Have successfully completed 16 hour Wilderness First Aid (WFA) training or higher, such as Wilderness First Responder training.

b. Have successfully completed the Outings Leader Training 201 (OLT 201) Workshop or comparable training. Training must be repeated at least every four years. This requirement is effective one year after the Sierra Club Outdoor Activities Governance Committee has posted the relevant materials and teaching plans on the web.

c. Have been a Provisional Leader on at least one outing at the Intermediate or Advanced Intermediate skill level that included an overnight stay away from cars and have received a positive evaluation by the Mentor Outings Leader.

d. Have received approval to lead outings at the Intermediate or Advanced Intermediate skill level from the Outings Committee.

4. Leaders of Advanced outings shall fulfill the following requirements in addition to the requirements listed above for Beginning, Advanced Beginning, Intermediate and Advanced Intermediate outings:

a. Have completed Avalanche training and maintained proficiency as determined by the Outings Committee.

b. Have been a Provisional Leader on at least one outing at the Advanced skill level that included an overnight stay away from cars and have received a positive evaluation by the Mentor Outings Leader.

c. Have received approval to lead outings at the Advanced skill level from the Outings Committee.

5. Each leader is responsible for appropriate screening of outing applicants, including review of the applicant's physical and medical condition, and skiing ability, experience and equipment.

It is recommended that outing participants fill out and sign a Sierra Club Outings Medical Form (henceforth, the Medical Form). Outings leaders may require a Medical Form for some trips. It is up to the outing leader to specify whether a physician signature or other information on the Medical Form is required.

If an outings leader requires medical information from an outing participant then that information must be kept confidential. Information such as that included in the Medical Form must only be seen by the outing leaders and medical personnel. If an outings leader requires the Medical Form from an outing participant, then the Medical Form will be retained by the outing leader in a secure location for thirty days following the outing, after which the Medical Form will be destroyed by the outings leader. If an outings leader requires the Medical Form from an outing participant and the participant chooses not to go on an outing, then the Medical Form will be destroyed immediately.

Participants are encouraged to carry a copy of the Medical Form on their person during outings whether required or not.

6. Each outings leader must deliver the following items to the Treasurer within one month of the end of the outing:

- a) A list of the names of all participants of the outing.
- b) A signed and dated original liability waiver form for each outing participant (the version of the form is specified by the Sierra Club).
- c) The summary income/expense described under "Finances."

C. Leader Training:

1. At the discretion of the Outings Committee, persons considered to be currently qualified outing leaders may be initially exempted from the requirement to take OLT101, OLT 201, avalanche, or comparable training. However, such persons must meet all the other requirements of the STS Standing Rules, including the first aid training requirements. Further, such persons must take appropriate training within four years and maintain proficiency every four years thereafter.

2. The course cost for first aid, OLT101, OLT 201, avalanche, or comparable training will be reimbursed to outings leaders who have led a minimum of three outings over the past three years. Proof of successful completion of the training is required for reimbursement. Reimbursement is available only for the class fee (not travel, lodging, or food expenses) and is limited to \$75 for first aid classes. Reimbursement for avalanche training must be pre-approved by the Outings Committee.

3. Training requirements for leaders will be reviewed annually at the October trip planning meeting.

D. Finances

1. Per Sierra Club rules, outing leaders are not allowed to receive compensation or collect more than the cost of their outings, unless the outing is specifically listed as a 'fund raising' outing. Any funds collected above the costs should be returned to the participants or, by their consensus, to another branch of the Club or another organization.

2. Per Sierra Club rules, all outing deposits and reimbursements are supposed to be handled by the section treasurer. The STS has chosen to allow the outing leaders to handle the finances for their outings.

3. Either during or after an outing, the leader shall give a short income/expense report to those on the outing to show how the money was spent and that there was no profit made or compensation to the outing leader. The leader shall also send a copy or email a copy of this short income/expense report to the section Treasurer.

4. Section dues will be waived for outing leaders provided that the leader leads one outing per year for the section. The outing must be listed in TRACK as an official STS outing.

STS Financial Guidelines

1. Annual guidelines for income and expenditures include:

a. Income will be derived primarily from STS dues and hard copy newsletter subscriptions.

b. \$100 expense per regular meeting for a room and program (coordinated by the Chair)

c. \$10 expense per year per subscriber for hard copy mailings of TRACK (Secretary)

2. The Treasurer will prepare an annual budget for member approval at the Annual Meeting. The budget will be based on the guidelines above and will include specific amounts for expected income and expenses for the following 12 months April through March. A small contingency (or reserve) allocation in the budget would be appropriate to cover supplies or minor expenses that are not itemized.

3. The Treasurer is automatically authorized to reimburse expenditures that are consistent with the budget.

4. Expenses outside the budget require approval by the STS membership.

Amendment and Publication

The recommended process for amending the STS Standing Rules is as follows:

1) Discuss proposed changes in a variety of ways such as at a general meeting, by writing articles for TRACK, via email, or during an officers and/or leaders meeting.

2) Publish a draft of the proposed changes in TRACK at least a month before the expected vote.

Once the STS Standing Rules have been amended, corresponding information on the STS web site and in TRACK should be updated as quickly as possible. If STS policy statements published elsewhere conflict with these Standing Rules, then the Standing Rules take precedence.

Lastest update March 2006.
Prior updates - May 2001

Private Announcements

Note: The announcements below are listed on a space- available basis as a courtesy to STS members.

Veggie - diesel Skiing anyone?

All that petroleum burned, just for the sake of skiing. What if we could use restaurant waste to propel our skiing adventures?! My current obsession is biodiesel, the processing of restaurant waste into usable fuel.

Many of you may know my wife Terri, a hard-core STSer. Terri tells me on a regular basis about the dearth of available drivers in the Section, so I have a solution. Several of us buy a used Diesel Chevy Suburban, and run it on vegetable power (biodiesel).

Here's a recent listing from Craigslist:
1988 CHEVY SUBURBAN DIESEL RUNS GREAT \$1600 (san jose downtown)

OK, so maybe we go a little further upscale, but a Suburban capable of carrying large numbers of skis/skiers. Homebrew biodiesel can be produced for about \$1/gal, and SVO (straight-vegetable-oil) is an even cheaper fuel (though the latter requires a ~\$2K modification to the vehicle).

It seems a really good opportunity to combine environmentalism with recreation, and I'd welcome any of you who would be interested to contact me.

Bill Michel
xxxxxxx@xxx.xxxxxx.xxx

Looking For Nordic Ski Patrol Candidates

Lake Alpine Nordic Ski Patrol (located in Bear Valley) is looking for cross country skiers to join us patrolling the beautiful backcountry around Lake Alpine. We are affiliated with the National Ski Patrol, and we maintain our first aid skills at the same level as alpine patrollers, but our emphasis is more on other aspects of traveling safely in the backcountry in a winter environment.

Patrolling provides the chance to regularly get out and enjoy the backcountry with others of a like mind, while providing the opportunity to do something beneficial for others, and who knows, maybe save a life. There are other benefits as well, such as the great educational programs that are administered by the NSP.

You don't have to be a great skier to join us, but you should have basic skill at traveling cross country, and be in reasonably good shape with the stamina to put in a full day of fairly strenuous exercise. And to get a feel for patrolling please join us for a weekend of skiing, no commitment required. To find out more, please contact Charles Schafer at (xxx) xxx-xxxx or message me at xxxxxxxxxxxx@xxxxx.xxx

SKI TOURING SECTION

Purpose: The Ski Touring Section leads cross-country ski trips to the Sierra Nevada and elsewhere.

Meetings: The Section holds open meetings monthly from November thru May. Date, time, and location of the next mtg are announced in TRACK. Newcomers of any experience level are welcome. A special program is featured at most meetings.

Membership: To be a member of the section requires membership in the Sierra Club and additional dues of \$5/yr paid to the section Treasurer. This entitles members to all the rights outlined in the bylaws and standing rules.

E-mail list: To join the STS e-mail list, send an e-mail to the list server at: <listserv@lists.sierraclub.org>. Include the following one line in the body of the message (not Subject line): <SUBSCRIBE LOMAP-SkiTour yourfirstname yourlastname>. Be sure to send the email from the address at which you wish to receive postings and the newsletter, TRACK. You must be a member to be on the STS e-mail list.

Newsletter: TRACK is published monthly from October through May. To subscribe, send a check for \$15 (\$10 for paper newsletter and \$5 for annual section dues) payable to Ski Touring Section with your name, address, telephone number, and proof of Sierra Club membership to Treasurer Cindy Tracey (see address below). Proof of membership is one of the following: a mailing label from your Chapter newsletter (Loma Prieta) or Sierra

magazine, a photocopy of your Sierra Club membership card, or your canceled check for membership dues.

To join the Sierra Club, enclose a separate check for \$35 payable to Sierra Club with your STS payment.

To submit meeting announcements, trip announcements, and trip reports for publication in TRACK, email them to TRACK editor John Cordes to xxxxxxxxxx@xxxxx.xxx, (attached Microsoft Word documents preferred) or submit them as text files. Advertisements will be carried for members free of charge on a space-permitting basis. Ads will run for one month unless resubmitted and will be limited to 6 lines or one inch. Notices from commercial enterprises will be carried at the editor's discretion on the same basis.

Trips: Trips are scheduled by VC/Scheduler Eric Valentino. Potential trip leaders should contact him (see address below) and new leaders should contact Chair of the Outings Committee Terri Michel for leader qualification. Potential trip participants should contact the trip leader listed for each trip. The trips are classified according to the minimum ability required of participants. The categories are listed inside under Ski Trips. The Sierra Club does not assume any liability for carpools to the "trailhead".

Chair	Lowell Moulton
VC/Scheduler	Eric Valentino
Secty/Editor	John Cordes
Treasurer	Cindy Tracey
Conservation	Dick Simpson
Leadership	Janet Hoffmann
Webmaster	Brenda Giese

SKI TOURING SECTION

Loma Prieta Chapter
Sierra Club
3921 East Bayshore Road Ste 204
Palo Alto, Ca. 94303

First Class Mail