

LIST AREA SKIED:**UNITED STATES, NORTH AMERICA>**

- o California Mammoth Mtn, Bear Mtn, Snow Summit, Waterman, Alpine Meadows, Heavenly Valley, Northstar, Sugar Bowl, Badger Pass, Squaw Valley, Kirkwood
- o Alaska Alyeska
- o Oregon Mt Bachelor
- o Idaho Sun Valley, Schweitzer, Silver Mtn., Tamarack
- o Colorado Aspen Mtn, Snowmass, Highlands, Vail, Beaver Creek, Breckenridge, Steamboat, Copper Mtn, Telluride, Purgatory, Wolf Creek Pass, Keystone
- o Utah Deer Valley, Park City, Canyons, Solitude, Brighton, Alta, Snowbird, Brianhead, Snowbasin, Powder Mtn.
- o Montana Big Sky, Moonlight Basin
- o New Mexico Taos
- o Wyoming Jackson Hole, Grand Targhee
- o Canada Whistler, Blackcomb, Lake Louise, Sunshine Village, Norquay, Marmot Basin, Big White, Silver Star, Sun Peaks, Fernie, Kimberely, Kicking Horse

OTHER THAN NORTH AMERICA>

- o Chile Portillo, Valle Nevado, El Colorado, Termas de Chillian
- o New Zealand Tasman Glacier, Cadrona, The Remarkables, Cornet Peak, Mt. Hutt, Treble Cone, Harris Mtns.
- o Italy Courmayeur, Cortina, Sella Ronda, Arabba, Lusia, San Pellegrino, Ski Center Latemar, Kronplatz, Madonna di Campiglio, Pila, Cervina, Sestriere, Bormio, Santa Caterina, Livigno
- o France Méribel, Courchevel, Val Thorens, Les Menuires, Mottaret, Chamonix, Vallée Blanc, Mégève, Grands-Montets, Le Brevént, L'Alpe d'Huez, Val I'sère, Tignes, Les Deux Alpes, Serra Chevalier, Montegenvre
- o Switzerland Davos, St. Moritz, Klosters, Engleberg, Zermatt, Verbier

SAFETY ACTIVITIES:

The issue of safety is very important to Pacific Rim. We do what we can to promote safety on our trips and excursions. The person behind our safety consciousness is **Catherine Ohl**. She aims to keep us informed, interested, and on the right safety track. Our goal is to have fun but not to get hurt while doing so.

She reaches out beyond our club trips through newsletter articles, email blasts and the Pacific Rim website. Thanks to her, the club has a beautiful safety banner, some great safety wallpaper for computers, and a growing library of safety related articles. Most all of her safety works have been captured on the Pacific Rim web site.

Catherine's safety advocacy extends beyond the snow and winter months. As president of the Radar River Rats, another Far West ski club that runs joint water ski trips with Pacific Rim, she had put in place water sports safety tips and boat driver safety guidelines. She is one of our safest and most able boat drivers and makes sure everyone is made aware of any new regulations regarding boating and water sports.

The Pacific Rim Alliance safety web pages, authored by Catherine, can be found at

<http://www.pacificrimalliance.org/F.PublicAffairs/Safety/index.htm>

CLUB SAFETY ACTIVITIES FOR 2004-06, Catherine

- o Continues to be a strong proponent of safe skiing by example, what she says, and what she prints.
- o Uses her position as newsletter editor for both Pacific Rim and the Rats to solicit, author, and excerpt articles on health, fitness, and safety for inclusion in each issue of the newsletter.
 - PacRim's quarterly newsletter can be found at
<http://www.pacificrimalliance.org/F.Alliance/Newsletter/0Newsletter.htm>.
 - Rat's summer newsletter can be found at **<http://www.radarriverrats.org/0Newsletter.htm>**.
- o Created and maintains the safety pages on Pac Rim's Web Site (totally redesigned in 2005).
- o Includes safety & travel tips in the Pac Rim "Survival Guides" which she authored for our 2005 trips to Steamboat, Snowmass, Bormio, Chile, Peru, Big Sky, Val Thorens.
- o Created two new wallpapers for download from the Pac Rim web site (available in various sizes for Mac or PC).
- o Designed a great-looking safety banner for the club for display at club events.
- o Coordinated an introduction to helmets (and has written numerous articles) with a helmet fitting at a local ski shop for interested club members. Publicized NSCF's Bolle Helmet deal.
- o Wrote a "Welcome/Introduction about Snowsport Safety" for Pac Rim members.
- o Authored a new "Water Safety Tips" package for safe summer fun.
- o Authored Rat's Boat Driver Guidelines including a safety section.
- o Holds pre-ski/board stretching exercises on trips (after skiing/boarding, it's Jacuzzi time).
- o Preaches the benefits of travel insurance especially for our out-of-the-country trips.

COUNCIL (CLUB INFLUENCE)

- o As LAC Liaison to FWSA for Public Affairs for 7 years (although there has not been much interaction with Far West in recent years), Catherine continues to
 - Puts together a monthly collection of articles on Public Affairs that includes 2-3 pages on health, safety and fitness. These articles are topical and typically a paragraph or two so that they can be easily be used as fillers when space permits.
 - Emails pdf copy of this collection to all LAC and San Diego newsletter editors .
 - Passes out paper copies at LAC General meetings to attendees.
- o As VP of Communications for LA Council for the past four years, Catherine
 - writes at least one safety and one fitness article for each newsletter (bi-monthly) which is sent to all LAC club officers and the snowsport industry. LAC newsletter collection can be found at
<http://acatmeowz.com/LAC/SnowScene.htm>.
 - when good safety articles appear in other club newsletters, she passes them on to the club editors.

RACE LEAGUE:

While Pacific Rim does not belong to any of the FWRA leagues, we do enjoy a good NASTAR race.

Normally our trips are out of the country so racing in not an option. This year we ran two domestic trips and it was exciting to see new members jump on the race band wagon.

- o In both Snowmass and Steamboat, Catherine gave a presentation at the welcome party as to why everyone should race. She fielded questions and convinced five new racers in Snowmass and three in Steamboat to join her on the race course. She took them to the course, explained about racing, and then hung out with them until they raced. Collectively we won gold, silver, and bronze.
 - Catherine participated in all three races at Snowmass earning a Gold and two Bronzes.
 - She raced on San Diego's "Bite Me" Team for the Council Challenge in Snowmass.

RACE LEAGUE: (continued)

- Catherine, along with three other members, qualified to race at LAC Ski Week in Steamboat. She won Gold and Silver.
- o Raced in Jimmie Heuga Vertical Express for MS in 2005 in Steamboat and in 2006 in Big Sky.
- o Raced NASTAR. Telluride in 2005 and won Gold. Moonlight Basin in 2006 and won Silver. Qualified for Nationals both years.

REGIONAL (FWSA/FWRA): Catherine

- o Distributed articles sent to her from FWSA Safety Chairman, Richard Lubin to LAC club newsletter editors.
- o Brought FWSA posters to Steamboat for posting. Was able to get a poster in lobby of Thunderhead Lodge where we were staying. Couldn't find where (or if) Steamboat posted the poster.

NATIONAL:

- o Some of her safety articles written for Clubs and Council have been published in the National Ski Club Newsletter.

ON-SNOW ACTIVITIES:

- o On Pac Rim trips, she take the responsibility of helping new people rent the appropriate equipment and get them into ski school (with English speaking instructors). Checks that everyone has the appropriate ski for their ability and that the DINs are set correctly.
- o Unfortunately, on more than one occasion, she's had to help with arranging for off mountain rescue and facilitate dialog between hospital and insurance policy holder.

OTHER (INSTRUCTING, PATROL, HANDICAP PROGRAM, ETC.):

- o Has always been an advocate of packing light for so many reasons. But principally, it decreases the chance of getting injured by lifting bags that are too heavy. There's not always a bellman around.
- o Does safety demos on the beach for new water skiers (10-12 trips a year). Makes sure that everyone in her boat acts in a safe manner. She is our safest driver.
- o Always wears a helmet and protective gear when biking and roller blading and carries extras in her vehicle for those who forget.
- o Recently took a boating safety refresher class and shared what she learned with other club boat drivers. Also makes sure the club gets a copy of the newest boating and skiing regulations each year.
- o Researched insurance options to protect our board and boat drivers for our water ski trips when the Far West insurance dropped water ski coverage.

HOBBIES:

- o Art & Photography.
- o Collecting great bottles of wine and sharing with friends before its time.
- o Model Railroading – prefers HO scale and the CSX line.
- o Skiing, both water and snow, roller blading, traveling.

SPECIAL INTERESTS:

- o Snow and Water Skiing are her passion and not getting hurt her priority.
- o Raises funds for Jimmie Heuga Center for MS by hosting an annual Wine Maker Dinner.
- o Walks to raise money for Breast Cancer.
- o Supports the Unrecables, a Disabled Sports USA club, since we are so lucky to be able-bodied.