

# New Mexico Cross Country Ski Club

October 2016



Photo by Dave Saylor

[www.nmccskiclub.org](http://www.nmccskiclub.org)

## October's Program:

Conditioning for Cross Country Skiing

### Presenter:

Laura Cobb, Fitness Director at YMCA

### When:

Thursday, 10/13 at 7 p.m.

Join us at our first program of the season, learn about activities for the winter, socialize with good friends and meet new ski buddies.

The program will focus on conditioning exercises for cross country skiing. Laura Cobb will lead the program with a demonstration and lecture.

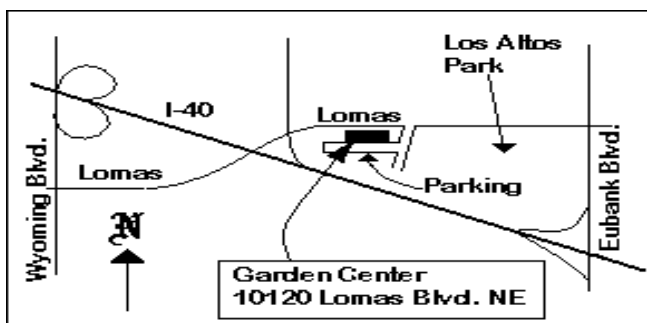


Ginger Larkin, Yolanda Ploor and Thea Berg catch up and renew their friendship.

In November Kerry Jones from NOAA will update us on projected weather trends for the coming ski season. ■

Bring ski equipment you want to sell or give away to the meeting.

## Meeting location:



## Signup Now for the Bus Trips

There are two bus trips scheduled for the coming winter. The trips are to Pagosa Springs and Leadville in Colorado. The application and deposit are



Carl Smith, Marilyn Harper, Jean Hanson, Marcia Congdon, Phyllis Pryor and Cynthia Adams join others on the bus.

Photo by Bob Potter

required prior to the trip. In the event there is more applicants than available bus seats a lottery is held to allocate the available seats. When the seats have been allocated the remainder of the trip cost is due. Deposits is refunded to applicants that did not draw out in the lottery.

## Leadville is scheduled from January 13-16, 2017.

Skiing is available at Cooper Mountain, Tennessee Pass, Turquoise Lake and around the town of Leadville. Lodging will be at the Columbine Inn. There are several eating options within easy distance to replenish yourself for the next day. Class 1 through class 3 skiing at several nearby areas, and lift served downhill skiing can be found at Cooper Mountain. The total cost is \$285/member.

## Pagosa Springs is scheduled from February 17-20, 2017 (President's Day weekend).

Highlights of the area include cross country skiing of all levels, Wolf Creek Ski area (lift downhill service and Nordic Center) and hot springs. Lodging will be at the Quality Inn, with numerous restaurants and bars within walking distance. Projected total cost is \$275/member.

Contact Bus Trip Chair: Debbie Pierson or Randy Johnson at [bustrips@nmccskiclub.org](mailto:bustrips@nmccskiclub.org) for questions. ■

## Hut Trips for 2017

Hut trips involve driving personal vehicles to the trailhead, followed by skiing into the hut with backpacks. The number of participants is dependent upon the hut. Visit the NMCCS's web page for detailed description of each trip. Some quick information on each trip:



Guy Miller, Hut Trip Chair

The first hut trip is to the **Tenth Mountain Hut from January 28-February 2** (includes travel time). The nearest town to this hut is Leadville. Extensive skiing right out the front door! Cost of the hut is \$148/member, plus additional costs for travel, food and motels enroute.

The second hut trip is to the **Polar Star Hut from February 27 to March 4**. This is considered to be an advanced trip, with 2100 feet of elevation gain. Avalanche gear is required for the trip. Cost of the hut is \$159/member, plus additional costs for travel, food and motels enroute.

To find out more about the hut trips, contact me at [xcskiboy@aol.com](mailto:xcskiboy@aol.com) or call 505 306-2628. ■



Skiers join Guy Miller, Hut Trip Chair, on a hut trip.

Tramway Library community room (*Tentative schedule since the 2017 Library schedule not available until end of October, 2016*). The **on snow instruction** will be held on **Saturday, January 21<sup>st</sup>** in the Sandia Mountains (*Sat, February 4<sup>th</sup> will be the back-up date if better snow is needed*).

There will be a **Chama** weekend for beginners to practice and the rest of the Club members to enjoy on **February 11-12<sup>th</sup>** – watch for details. ■

## Ski Swap

Although this event is not organized by the Club, it is a good place for buying and selling ski gear. For details see their webpage [www.nmskiwap.org](http://www.nmskiwap.org). The event runs from Friday-Sunday, October 21-23, at the New Mexico State Fairgrounds.

## Join us for a great season of skiing!



## Ski Instruction

### Snowshoe

**Class instruction** will be held on **Tuesday, December 6<sup>th</sup> from 6:30-7:30 p.m.**, at the Lomas & Tramway Library community room. The **on snow instruction** will be **Saturday, December 17<sup>th</sup>** in the Sandia Mountains – location to be announced.



Ruth Bargman Romero, Instruction Chair



### Beginning Cross Country Skiing

**Classroom instruction** will be held on **Tuesday, January 10<sup>th</sup> from 6-7:45 p.m.** at the Lomas &

## 2016-17 Calendar of Events

Thursday	October 13 7:00 – 9:00 PM	General Meeting at Garden Club Program: Conditioning exercises for cross country skiing
Thursday	November 10 7:00 – 9:00 PM	General Meeting at Garden Club Program: NOAA projected weather trend for the upcoming 2016-2017 ski season
Tuesday	December 6 6:30-7:30 PM	Class room Instruction – Snowshoeing Lomas & Tramway Library community room
Thursday	December 8 7:00 – 9:00 PM	General Meeting at Garden Club
Saturday	December 17	Field Instruction - Snowshoeing Sandia Mountain
Tuesday	January 10 6:30-7:45 PM <i>(Tentative time and date)</i>	Class room Instruction – Beginning Cross Country Skiing Lomas & Tramway Library community room
Thursday	January 12 7:00 – 9:00 PM	General Meeting at Garden Club
Friday-Monday	January 13 – January 16	Bus Trip Leadville, Colorado
Saturday <i>Saturday</i>	January 21 <i>(backup date for February 4)</i>	Field Instruction - Beginning Cross Country Skiing Sandia Mountain
Saturday-Thursday	January 28 – February 2	Hut Trip Tenth Mountain Hut
Thursday	February 9 7:00 – 9:00 PM	General Meeting at Garden Club
Saturday-Sunday	February 11 – February 12	Overnight Car trip – Terrain for all ski level ability & skills Chama, New Mexico
Friday-Monday	February 17 – February 20	Bus Trip Pagosa Springs, Colorado
Monday-Saturday	February 27 – March 4	Hut Trip Polar Star Hut
Thursday	March 9 7:00 – 9:00 PM	General Meeting at Garden Club
	June <i>(date to be announced)</i>	Ski Club Summer Picnic

**NM CROSS-COUNTRY SKI CLUB****Actual 2015-2016****Proposed 2016-2017****INCOME**

Membership fees	\$4,815.01	\$4,500.00
Hut Trip (includes surcharge)	3,832.87	4,159.38
Bus Trip (includes surcharge)	38,334.10	28,550.00
Car Trip Lodging fees		1,000.00
Newsletter Mailing Fee	165.00	165.00
Donations	0.00	0.00
Interest Income	16.62	10.00

**TOTAL REVENUE****47,163.60****38,384.38****COST OF GOODS SOLD**

Hut Trip Expenses	3,372.87	3,984.69
Bus Trips Expenses	37,387.50	28,281.83

**TOTAL COGS****40,760.37****32,266.52****GROSS PROFIT****6,403.23****6,117.86****OPERATING EXPENSES**

Car Trip Lodging Advances		1,000.00
Advertising	155.69	200.00
President's expenses	0.00	1.00
Treasurer's Expenses	0.00	25.00
Secretary's Expenses	0.00	25.00
Vice President's Expenses	0.00	1.00
Bank Fees	28.50	25.00
Southwest Cybersport	128.62	128.76
Corporate Report	10.00	10.36
Chama Valley Outdoor Club	50.00	50.00
10th Mtn. Division. Hut Assn.	35.00	35.00
Instruction	108.00	200.00
Insurance	977.00	985.00
Meeting Room	1275.00	1,325.00
Membership & Social Media	217.60	240.00
Newsletter:		
Postage	185.24	200.00
Printing	430.96	400.00
Supplies	4.03	10.00
P.O. Box	128.00	128.00
Programs	0.00	50.00
Refreshments	372.32	450.00
Summer Party	558.17	500.00
Trip Leader's Party	0.00	100.00
Scholarships	150.00	600.00
Trails	107.81	100.00
Website	360.00	1,000.00

**Total Expenses****5,283.94****7,789.12****NET INCOME****1,119.29****(1,671.26)**

# New Mexico Cross Country Ski Club

## Membership Form, Year 2016 – 2017

Print clearly.

\*Asterisk\* anything you DO NOT want listed in the Member Directory.

Send membership form and dues to:  
**New Mexico Cross Country Ski Club**  
**P.O. Box 51563**  
**Albuquerque, NM 87181-1563**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip + 4 (please) \_\_\_\_\_

Preferred Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Additional ADULT name: First & Last Name \_\_\_\_\_

Preferred Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Additional family members (up to college age and ages): \_\_\_\_\_

Check all that apply:  New Member  Under 40, 1<sup>st</sup> Year  Renewing Member  Address/phone Changes

New? How did you hear about us? Current member \_\_\_ Meetup \_\_\_ Website \_\_\_ Flyers \_\_\_ Business Card \_\_\_ Newspaper \_\_\_

Amount

Single Membership (\$20 per year), Adult Member Under 40 (Free 1 <sup>st</sup>	
Family Membership (\$25 per year)	
Paper Newsletter US Mail Subscription Fee (\$5 per year)	
Total submitted*	

\*Payments submitted through the new Square Charge Card System will have 2.75% service charge added.

Dues are due October of current year, must be paid by the December meeting to receive access to website and participate in club trips. The **Membership Directory** will appear in the members-only (password protected) section of the Web site. Newsletter subscription fee of \$5 per year must be paid prior to receiving the Paper Newsletter by US Mail.

**APPLICANT and SPOUSE (or CO-APPLICANT) and ALL HOUSEHOLD MEMBERS MUST READ RELEASE of LIABILITY and SIGN IT.**

### RELEASE OF LIABILITY:

I know and expressly assume the risk that a cross country skiing activity scheduled by the New Mexico Cross Country Ski Club, a New Mexico nonprofit corporation, may be dangerous or hazardous, and may result in loss or damage of property, physical injury, or even my death. I understand that neither the trip leader nor any trip participants are required to have any training or to have any experience or expertise with respect to any activity or in any aspect of safety or first aid. With full knowledge of these dangers, I RELEASE the New Mexico Cross Country Ski Club and its officers, directors, members, vehicle drivers, leaders, trip participants, guides, representatives, employees, or agents (collectively, The "NMCC Ski Club") from liability, claims, or demands and agree NOT TO SUE OR OTHERWISE MAKE ANY CLAIM against the NMCC Ski Club that may arise during my participation in any activity.

This RELEASE OF LIABILITY will be effective whether or not any loss, damage, injury, or death RESULTS FROM THE NEGLIGENCE of the NMCC Ski Club. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances, to protect himself, herself, or others from injury or death. I expressly assume the risk of loss, injury, or death suffered by me as a result of participating in any activity. I am voluntarily participating in the activity. I am solely responsible for my own equipment, safety, first aid needs, and medical needs. I will take every precaution to provide for my own safety and well-being while participating in any activity.

This release is binding on me, my heirs, and my personal representatives. I HAVE READ THIS RELEASE BEFORE SIGNING IT. (If you need more space, please use the reverse side for additional signatures and dates.)

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

### FOR FAMILY MEMBERS UNDER 18 YEARS OF AGE, PARENT OR GUARDIAN MUST READ AND SIGN BELOW:

I am the legal guardian of the above minor and have read the above RELEASE. I hereby consent to the terms of the RELEASE on behalf of the named minor(s) and give my consent to their participation in all activities of the NMCC Ski Club on the terms stated.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or Legal Guardian)

### The NMCC Ski Club operates by the volunteer efforts. Please indicate the activities in which you may be willing to participate:

Day Trip Leader \_\_\_\_\_ Refreshments \_\_\_\_\_ Trail Maintenance & Development \_\_\_\_\_ Club Officer/Board Member \_\_\_\_\_

Instruction \_\_\_\_\_ Program Presentation/Topic \_\_\_\_\_ Other \_\_\_\_\_

Date Dues Received \_\_\_\_\_ Paid in Cash/Amt \_\_\_\_\_ Paid CC \_\_\_\_\_ Paid by Check \_\_\_\_\_ Check Number \_\_\_\_\_

## 2016-17 Officers and Board

<b>President</b>	<b>Mike Martin</b>	<b>505-286-8762</b>	President@nmccskiclub.org
<b>Vice President</b>	<b>Bet Gendron</b>	<b>505-228-8025</b>	VicePresident@nmccskiclub.org
<b>Secretary</b>	<b>Nancy Jenkins</b>	<b>505-269-0855</b>	Secretary@nmccskiclub.org
<b>Treasurer</b>	<b>Max Shepherd</b>	<b>505-270-5258</b>	Treasurer@nmccskiclub.org
<b>Hut Trips</b>	<b>Guy Miller</b>	<b>505-306-2628</b>	HutTrips@nmccskiclub.org
<b>Long Bus Trips</b>	<b>Debbie Pierson &amp; Randy Johnson</b>	<b>505-450-8646 505-270-2832</b>	BusTrips@nmccskiclub.org
<b>Car Trips</b>	<b>Rob Suminsby</b>	<b>505-366-7513</b>	CarTrips@nmccskiclub.org
<b>Day Trips</b>	<b>Guy Miller</b>	<b>505-306-2628</b>	DayTrips@nmccskiclub.org
<b>Newsletter</b>	<b>Dean Athow</b>	<b>505-275-1097</b>	Newsletter@nmccskiclub.org
<b>Instruction</b>	<b>Ruth Bargman Romero</b>	<b>505-842-9735</b>	Instruction@nmccskiclub.org
<b>Membership</b>	<b>Thea Berg</b>	<b>505-366-8105</b>	Membership@nmccskiclub.org
<b>Programs</b>	<b>Peter Marks</b>	<b>505-856-8237</b>	Programs@nmccskiclub.org
<b>Refreshments</b>	<b>Kathy Trujilo</b>	<b>505-299-9663</b>	Refreshments@nmccskiclub.org
<b>Trails</b>	<b>Sam Beard</b>	<b>505-828-0673</b>	Trails@nmccskiclub.org
<b>Website</b>	<b>Ray Berg</b>	<b>505-366-8104</b>	Website@nmccskiclub.org
<b>Social Media</b>	<b>Dave Gabel</b>	<b>505-401-5723</b>	SocialMedia@nmccskiclub.org
<b>Email Group/Mailing</b>	<b>Marilynn Szydowski</b>	<b>505-332-8018</b>	eGroup@nmccskiclub.org

### New Mexico Cross Country Ski Club

P.O. Box 51563  
Albuquerque, NM 87181-1563



Ray & Thea Berg, on top of Kilimanjaro,  
Africa