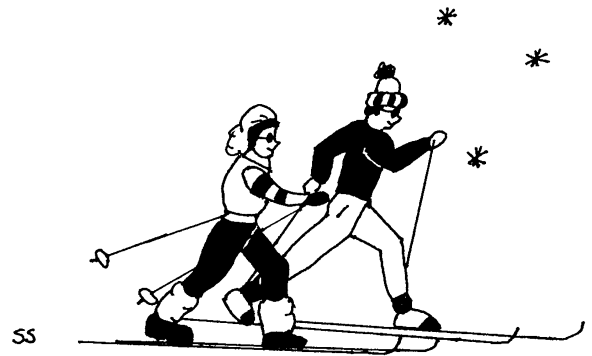
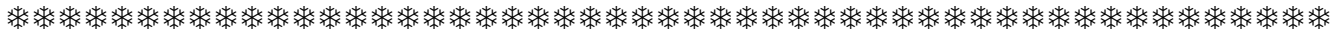


New Mexico Cross Country Ski Club Newsletter



November 2002



Meeting Schedule for 2002-2003

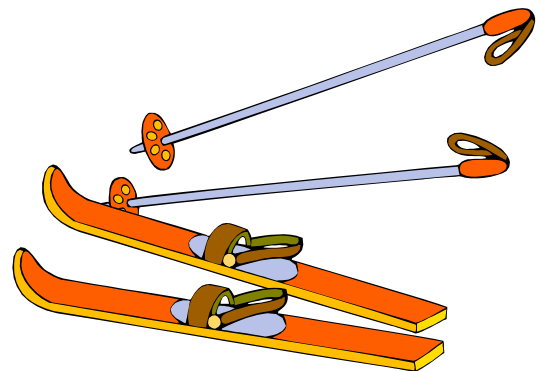
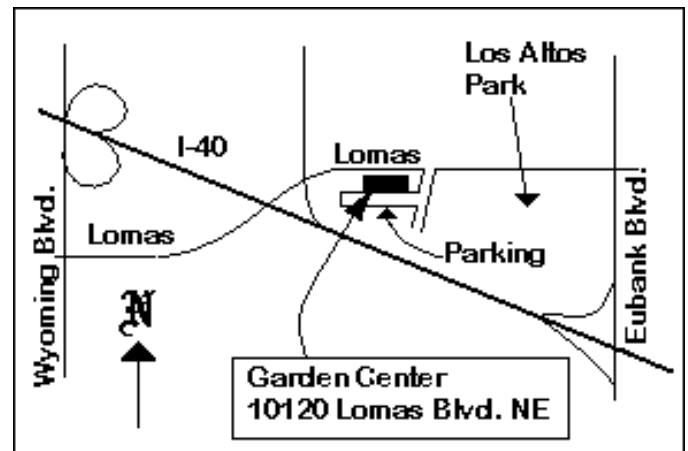
Next meeting: Thursday November 21, 7:30pm

- **Program:** We will view a fascinating video called "Beyond the Groomed". It runs 34 minutes and uses over 40 skiers in a variety of conditions to illustrate the building blocks which lie behind successful skiing on varying snow conditions in the backcountry.

Monthly General Meetings

October 17	January 16
November 21	February 20
December 19	March 20

Meetings are held at 7:30pm on the third Thursday of each month, October through March, at the Albuquerque Garden Club Center, 10120 Lomas NE. Look for the sign on Lomas at the entrance to the Center. Please park on the east side of the building and enter through the east entrance.



Have you renewed ???

All memberships expire at the end of November. The October newsletter contained a membership renewal form. You may also get the form from the Web site, from the Membership chairs (see back page), at the next meeting, or copy the one on Page 4 of this newsletter.

If you have renewed, the top line of your mailing label will read "02-03" (for those who get a mailed copy).

If you fail to renew you will be shunned by your friends, denied future newsletter issues, and banned from Club trips. Heavy snow will stick to your skis!

Visit the NMCCSC Web site at
www.naturediscovery.org/nmccskiclub
 newsletters, updated trip info, and more!

**Get your newsletter from our Web site!
 Save money for your Club!**

If you would be willing to skip the mailed copy and just download the newsletter from our Web site, just check the appropriate box on your renewal form. If you have already renewed but failed to check the box, **please contact Jean Hanson, Our Lady of the Mailing Labels.** You'll feel good, you'll get your newsletter several days earlier, and your Club will thank you!

If you've signed up for the Yahoo Groups email system (check with Debbie O'Callaghan for this), you'll get a reminder email each time a new newsletter is posted.



Further Word on the Long Bus Trips

by Susan Swan

294-1720; SSSwan515@aol.com
821 Rio Arriba SE, Albuquerque NM 87123

The Breckenridge trip is full, and has a short waiting list. *The Pagosa Springs and Durango trips still have space!* The current roster for each trip appears below. A summary description of each trip appears on the next page. Decide which trip(s) you want, and sent me your deposit. This promises to be a good snow year, so these should be excellent trips! (The previous newsletter had reservation slips for each trip. Basically, I just need your name, address, home and work phones, and a check.)

A word about the waiting list: If you are high on the waiting list and patient you will probably get to go on that trip. Things do happen and people need sell their spots. It costs nothing to be on the waiting list. You can just call me for that or email me.

Breckenridge

Note: Remaining balance (\$150. for most people) is due by the Nov 21 meeting.

- Mike Martin
- Betty Spafford
- Lester & Sharon Byington
- Janie Gilmore
- Mike Daniels
- Guy Miller & Ginger Larkin
- Patricia & John Sanders
- David & Yolanda Ploor
- Sam Beard
- John McCorkell
- Diane Cress
- Holly & David Noland
- Don Mullen & Karen Griffith
- Phyllis Pryor
- Carol Mochel & Jim Deal
- Jill & Bruce Miller
- Eddie Segears
- Mickey & Carla Chirigos
- Hank Botts
- Nancy Hemry
- Carolyn Tisone
- Michon Johnson
- Marilyn Harper
- Bob Long
- Sherry Fitzmaurice
- Tom & Louise Broadbent
- Ross Trueax
- Thomas & Lynda Katonak
- Sandra Garcia
- Bob & Susan Swan

Pagosa Springs

Note: Remaining balance (\$65. for most people) is due by the Dec 19 meeting.

- Lester & Sharon Byington
- Guy Miller
- David & Yolanda Ploor
- Sam Beard
- Holly Noland
- Don Mullen & Karen Griffith
- Susan Williams
- Michon Johnson
- Sherry Fitzmaurice
- Dave Saylor
- Bill Heitz
- Carolyn Tisone
- Walt & Donna Klinge
- David & Lucy Miller
- Marcia Congdon
- Alan Burns
- Eddie Segears
- Tom & Louise Broadbent
- Judy Post
- Carol Sobolewski
- Sandra Garcia
- Monika Ghattas
- Mona Ghattas
- Marion Ball
- Noel Barstow
- Bob & Susan Swan

Durango

Note: Remaining balance (\$110. for most people) is due by the Jan 16 meeting.

- Mike Martin
- Betty Spafford
- Lester & Sharon Byington
- Gene & Donna Lisotto
- Guy Miller
- David & Yolanda Ploor
- Sam Beard
- Holly Noland
- Phyllis Pryor
- Sherry Gitzmaurice
- Susan Rogowski
- Marilyn Harper
- Susan Williams
- Alma Bratun
- Walt & Donna Klinge
- David & Lucy Miller
- Marcia Congdon
- Roland & Justine Scott
- Marilyn Wilson
- George Krug
- Alan Burns
- Barbara & Sidney Coon
- Eddie Segears
- Ross Trueax
- Monkia Ghattas
- Mona Ghattas
- Ann Hickman
- Bill & Ruth Stamm
- Bob & Susan Swan





Bus Trip Descriptions

- Breckenridge CO** Jan 17-20, 2003
\$250.00 (*waiting list only*)
- Pagosa Springs CO** Jan 31-Feb 2, 2003
\$165.00 (\$100.00 deposit)
- Durango CO** Feb 14-17, 2003
\$210.00 (\$100.00 deposit)

Breckenridge: This will be a new adventure for us. We have never been here as a club so it should be a lot of fun. We are staying in timeshares. They have two bedrooms, two baths, full kitchen and some have fireplaces in the living room. They also have indoor hot tubs. The condos are near one of the prepared track areas. There are restaurants, shuttle busses to and from town (less than a mile away), other cross-country and downhill areas near, and many places for the bus to take us. It will be a long bus ride Friday night, and coming back, but we will have goodies and drinks on board and all your old and new friends you haven't seen since last year!

Pagosa Springs has been one of our favorites for years. The hotel is a regular 2 person and 1 bath hotel room. The best part is that you may use the natural hot springs (right on the hotel grounds) as often as you like. There are several great restaurants and places to eat. This is close to Wolf Creek and always has a lot of snow. It is a fun filled trip and ski.

Durango is one of our wonderful trips. We stay at the Strater Hotel in downtown Durango. This hotel is in the Historical Registry. The rooms are regular hotel rooms. The restaurants are varied and good. The shopping is marvelous. There is a prepared track area and several places for the bus to take us. The hotel gives us a lovely cocktail party on Saturday night with lots of goodies. This trip is one you shouldn't miss.



Cross-Country Ski Equipment Clinic

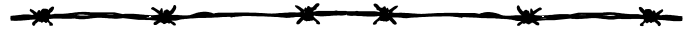
by John Thomas

➤ 7:00pm Wednesday 04 December 2002 at Mountains & Rivers

This clinic is sponsored by Mountains and Rivers and the NM Cross Country Ski Club and is aimed at those skiers who would like to upgrade their ski equipment and their skills. It is being offered in conjunction with the NMCCSC's intermediate ski lessons.

All skiers are welcome and there is no cost or obligation.

For more information, talk to Bob Greenwalt or call John Thomas (NMCC Ski Club) at 298-5234.

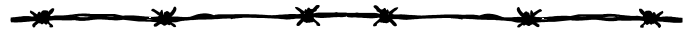


REI Winter Carnival

by Mike Martin

The NM Cross Country Ski Club has been invited to participate in REI's Winter Carnival. We will have a presentation on ski touring in NM on Friday 06 December, 6:30-8:00pm. Guy Miller and I will talk about equipment and where to ski. Sam Beard will discuss the Valle Calderas National Preserve (Valle Grande) and his efforts to involve the NMCCSC there. Come and support our club by rubbing elbows with potential new members and pester Guy with lots of questions!

The carnival is December 4th-8th and features avalanche safety and waxing clinics, films, equipment demos, ice sculptures, a petting zoo and more. The events will be at REI on Mercantile Ave. Visit or call them at 247-1191 for more details.



Ski Swap

by Mike Martin

We will have an informal ski swap at each of our general club meetings. Bring your winter sports equipment that you would like to sell and place it on the counter at the east end of our meeting room for the membership to peruse. Your name and the price on the equipment will help your sale.

You can also advertise your equipment in the newsletter. Give a phone call or email to Lester Byington (see back page).



Classifieds

For sale: Elite Nordic Track cross-country ski machine; one owner; excellent condition; beautiful wood finish. Comes with video user's manual and workout computer. Was \$1200. new; asking \$600. or best offer. Call 821-2259.

New Mexico Cross Country Ski Club

Membership Form

Dues are \$15.00 per year effective from October through November of the following year, covering all members living at the same address. For renewal, dues must be paid by the November meeting to receive the newsletter continuously.

Send membership form and dues to:
 New Mexico Cross Country Ski Club
 P.O. Box 8425
 Albuquerque, NM 87198-8425

Year 20____-20____ If new, how did you hear about the club?
 Renewal ____ New ____ Web site ____ Current member ____
 Change of address: No ____ Yes ____ Yellow pages ____ Newspaper ____
 Other _____

First Name _____ Last Name _____ Phone: _____

Address _____ City _____ State ____ Zip + 4 (please) _____

E-mail address (needed for E-Group access) _____

Additional ADULT names (include children 18 & older):

First & Last Name _____ First & Last Name _____

Additional family member names under 18 and ages: _____

The membership list will be printed in a newsletter during the year. Please indicate if you want to be included in this:

Yes ____ No ____ Yes, but omit my address ____ Yes, but omit my phone number ____ Yes, but omit my email address ____

★ I will download my newsletter from the Web site rather than having it mailed. ____ *(This saves the Club money.)*

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.

Signature _____ Date _____ Signature _____ Date _____

Signature _____ Date _____ Signature _____ Date _____

IF 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 the participation of the above named minor(s) 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 of all of its members, so we appreciate and need help with programs, committees and outings. Please indicate the activities in which you may be willing to participate. This is an indication of interest, not a commitment!

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

Program Presentation & Subject _____ Other _____

 _____ Date Dues Received ____ Paid in Cash ____ Paid by Check ____ Check Number _____



Ski Instruction

Beginning Cross-Country Ski Lessons

by *Guy Miller*

The New Mexico Cross Country Ski Club will offer a class for beginning skiers. Although the class is primarily geared toward the absolute beginner, it can also be beneficial for those with some experience.

The class will consist of a single two-hour classroom session and one all-day on-the-snow session. Participants must be at least 18 years of age unless approved in advance by instructor, and must be members of the club. The cost of the class is \$10.00.

Participants will learn the basics of skiing, and how to be confident and comfortable on the snow. Students must be reasonably fit and have a positive attitude!

The classroom session will be Saturday December 21. The on-the-snow session will tentatively be a Saturday in early-mid January. Further details will be announced at the meetings and published in the newsletter.

Often new skiers don't get started until the season is half over, so if you know of someone who might be interested, have them call me NOW !!!

For more information, call me at 294-7940, before 9:00pm please.



Intermediate Cross-Country Ski Lessons

by *John Thomas 298-5234*

I have planned the dates and subject matter for the intermediate XC ski lessons for the 2002-2003 ski season.

If you are interested in signing up for the classes, mail a \$20 check to me, at 3025 Palo Alto Dr NE, Albq, 87111, made out to NMCCSC. I am limiting the class to 10 people.

For most lessons, we will have a Sunday class and a Wednesday class. This is to accommodate people who are on hut, yurt and bus trips and also to get a little more practice. If there is no interest or snow conditions are bad, I may cancel either the Sunday or Wednesday session and will give warning by email.

One topic I will emphasize is developing skills to do safe, controlled falls. You normally won't break anything but you may experience some minor bruises.

I also encourage some physical conditioning, partly for becoming a better skier but also for minimizing injuries during falls. Most of us are hikers so our legs are probably in good shape. However, please work at improving upper body strength through swimming, weight lifting or using machines.

Improving our skiing skills usually involves upgrading our equipment. It will be difficult to improve your skills if you are still using your 1975 skis, boots and bindings. If you take these lessons, it is MANDATORY to have climbing skins. You MUST carry these on all outings.

SCHEDULE:

Dec 1 **Conditioning.** Meet at my house, near Tramway & Candelaria, at 9 am for a hike in the Foothills, probably on La Luz trail. BRING ski poles or trekking poles, water, lunch, etc.

Dec 4 **XC Ski equipment clinic.** Meet at Mountains & Rivers at 7 pm. We will discuss skis, boots, bindings and climbing skins for the aspiring intermediate skier.

Dec 8/Dec 11 **Conditioning or possible ski.** Probably in the Mt Taylor region. If we ski, you **MUST** bring climbing skins for safety and ease of climbing. Details will be sent out on email.

Dec 15/Dec 18 **Ski Lesson:** Review of Basics, Power Poling, Safe Falling, Panic stops, Telemark drills. Meet at Smiths (Tramway & Central) at 9am for carpooling to the Sandias.

Jan 12/Jan 15 **Ski Lesson:** Uphill techniques (including use of climbing skins), safe falling, parallel turns, and Telemark practice. Meet at Smiths at 9am for a trip to the Sandias.

Jan 26/Jan 29 **Ski Lesson:** Parallel turns and Telemark practice. Meet at 9am at Smiths for a trip to the Sandias.

Feb 9/Feb 12 **Telemark Lesson at Sandia Ski Area.** Meet at Smiths at about 1130 am & carpool to the ski area for a Telemark Lesson. We will purchase Half Day tickets. You must have safety straps to hold your skis to your boots. The ski area employees will not let you ski without the safety straps. If you have never been on a ski lift, tell me **well ahead** of time.



Information for Skiers

FOOD, WATER and EQUIPMENT: Each skier brings all of his/her own equipment; skis, boots, poles, wax, warm clothes, food, water, etc. At least one quart of water per person and extra food for delays or emergencies should be carried.

TRANSPORTATION: Skiers should try to car pool from the meeting point to the ski trailhead. Drivers should be reimbursed 7.5 cents per mile by each passenger in a car pool. Approximate car mileage will be listed in the trip description.

TOUR LEADERS: Tour leaders are volunteers who plan and lead ski tours for NMCCSC members. A tour leader has the prerogative of rejecting any person as a tour member because of equipment, ability, or any other reason. Call the leader if you have questions about the tour.

LIABILITY: The NMCCSC is a non-profit organization in which all activities are carried out by volunteers. The Club, Club officers, trip leaders and drivers assume no liability in connection with any Club activity. If you are concerned about accidents, either while skiing or traveling, you should obtain your own insurance policy.

TOUR CLASSIFICATIONS: The tour classification is an indication of the degree of difficulty of the trail and the corresponding skiing ability required to safely and enjoyably ski. Note that the length of the skiing portion of the trip is given in the trip description. The types of

trails that each class of skier may be expected to navigate are given below:

CLASS I: A tour with less than 1000 feet of elevation gain and less than 5 miles in length, and can be skied by novice skiers with minimal cross country experience. **Persons with no cross country skiing experience MUST take beginning lessons or must obtain the leader's permission PRIOR to joining a Class I tour.**

CLASS II: A tour with 1000 to 2000 feet of elevation gain and less than 10 miles in length. The trail will have gentle to moderate slopes which require the ability to stop and turn on the slopes. A Class II+ tour will have 2000 to 3000 feet of elevation gain.

CLASS III: A tour with greater than 3000 feet of elevation gain and greater than 10 miles in length. The trail may be steep or narrow and requires at least intermediate to advanced skiing ability.

Carpooling/Meeting Places

These abbreviations are used in some trip descriptions:

- BOA** Bank of America
Corner of San Mateo and Academy NE
- WF** Wells Fargo Bank
Franklin Plaza
Central & Juan Tabo NE
Use the parking area away from the money machine.



Day Trips & Overnight Trips

Mike Martin – Day Trips

Jon McCorkell – Overnight Car Trips

Please contact either Mike (day trips) or Jon (overnight trips) if you are interested in leading a trip, even if it will be farther into the season. If you have never led a trip but would like to, these gentlemen can assist in selecting an area or providing how-to's on trip leadership. Remember, each time you lead a trip your name is added to the hat for the drawing for a free bus trip. Trips must be submitted by the first Thursday of the month for the next month's newsletter.

Keep reading the newsletter for upcoming trips and think snow! All trips are dependent on snow conditions, so please contact the trip leader to check for changes/cancellations.

Trips can be sent as follows:

Mike Martin
3920 Lafayette Dr NE
Albuquerque, NM 87107
michael.martin@
kirtland.af.mil
872-9268 (H)
846-2273 (W)

Jon McCorkell
9709 Euclid NE
Albuquerque, NM 87112
peakbag@nmia.com
260-0706



Practice Sessions

Tues, Thurs, Sat, Sun; as soon as it snows Santa Fe and Sandias

Class: N/A

Leader: Roe Maier, 869-2928, roemaier@earthlink.net

Practice sessions starting at the Santa Fe ski area as soon as snow is available, then migrating to the Sandia ski area.

Winter Park – 4-5 day trip

Thurs-Mon Feb 27-Mar 3, 2003 Winter Park, CO Class II and III

Leader: Lester Byington, 286-9100, lester@byington.org

This trip will give priority to long ski-intensive days, with provisions for those who prefer shorter days. The main ski group will be on the road by 8:00am each day, returning late afternoon. Other groups (actually the majority of the sign-ups!) will do shorter days.

This trip was discussed in the last two newsletters last season, and by email over the Summer. We have 21 sign-ups so far, but still have space for a few more! We will be traveling by carpool, and staying in condos. The nominal plan is to leave Thursday evening, stay the night in Buena Vista, drive to Winter Park on Friday, ski a half day Friday, ski two full days Sat and Sun, ski (or hang around) a half day Monday, and drive back Monday noon.

Cost will be about \$300.-\$325., including all lodging and a contribution for the drivers. Many people are opting to leave Albuquerque on Thursday morning and be in Winter Park that night, at an additional cost of around \$40.

Winter Park is at 9000' in northern Colorado, west of the Continental Divide. It has generally dependable early snow, and generally better (sometimes much better) snow conditions than southern Colorado. There are two large prepared-track areas, Devil's Thumb and Snow Mountain, each with 100 km of trails. In addition, the Fraser Experimental Forest (no snowmobiles!) and two Wilderness areas are just outside town. Somewhat to the north are the Arapaho National Forest, Rocky Mountain National Park, and the Indian Peaks Wilderness.

Race information: The Snow Mountain Stampede, a major regional ski race, will be held March 1, the Saturday we're there! There will be 10 km, 21 km, and 42 km events. Snow Mountain is trying to make the race accessible and friendly to "citizen skiers" (like us), as well as to the Lycra crowd. We will try to accommodate those who wish to enter one of these events.



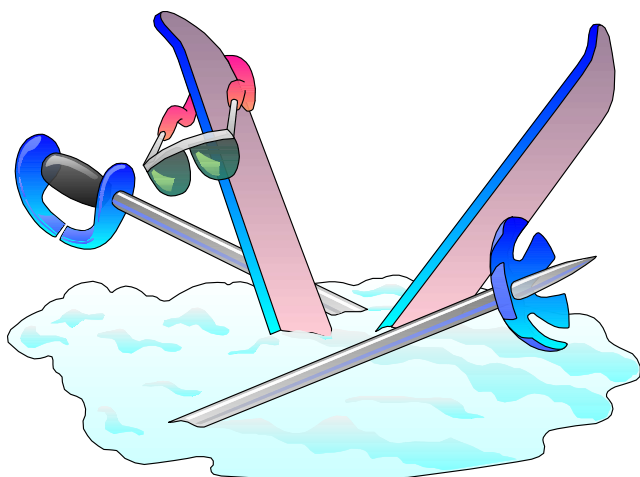
Hut Trips

Mon-Tues Jan 6-7 Francie's Hut
Mon-Tues Feb 24-25 MacNamara Hut
Sat-Sun March 15-16 Lake City yurts

Leader: Guy Miller, 294-7940
(Please call before 9:00pm.)

The dates given are the actual ski days; travel days will bracket those.

See article in October newsletter. These trips are full, but a waiting list is being established. Talk with the leader directly about these trips; the experience and ability requirements for the hut trips are somewhat more stringent than for other Club trips. Also, talk with Guy about next year's trips!



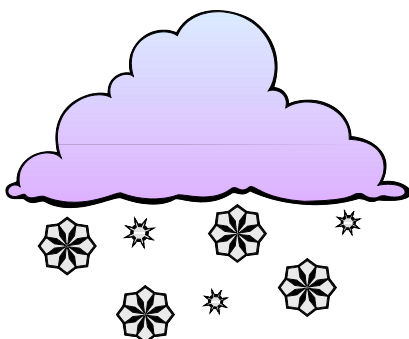
this space reserved for
Your Trip !!
Snow will be falling soon! Plan a trip and submit it to the newsletter editor by the first Thursday of the month. Each time you lead a trip your name is added to the hat for the drawing for a free bus trip!

New Mexico Cross Country Ski Club
 PO Box 8425
 Albuquerque, NM 87198-8425

Return Service Requested

November 2002

Meeting Schedule	1
Bus Trips	2-3
Equipment Clinic; Winter Carnival	3
Ski Swap; Classifieds	3
Membership Form.....	4
Ski Instruction	5
Day Trips/Overnight Trips	6-7



**NEW MEXICO CROSS COUNTRY SKI CLUB
 2002-2003 OFFICERS AND COMMITTEE CHAIRS**

Officer Position	Name	Phone	Email Address
President	David Ploor	822-8650	DPloor620@aol.com
Vice-President	Janie Gilmore	259-0502	janiegil@aol.com
Secretary	Patricia Kerr-Sanders	256-0361	pkerrsande@aol.com
Treasurer	Don Mullen	294-1202	mullendl@aol.com
Committee Chairs			
Membership	Gene & Donna Lisotto Jean Hanson	884-7331 298-5234	Gene_Lisotto@msn.com jh87111@worldnet.att.net
Publications	Lester & Sharon Byington Dianne Cress	286-9100 298-0085	lester@byington.org dcress@sld.state.nm.us
Programs	Wayne Kirkby	898-1654	ski1071607@aol.com
Refreshments	Holly Noland Phyllis Pryor	292-3025 255-7972	hollsn@aol.com on_the_go@earthlink.net
Day Trips	Mike Martin	872-9268	michael.martin@kirtland.af.mil
Overnight Trips	Jon McCorkell	260-0706	peakbag@nmia.com
Long Bus Trips	Susan Swan	294-1720	SSSwan515@aol.com
Instruction	Guy Miller	294-7940	Xcskiboy@aol.com
Trails	Sam Beard	828-0673	Edwina42@aol.com
Web site; email group	Lester Byington Debbie O'Callaghan	286-9100 266-0713	lester@byington.org docalla@hotmail.com