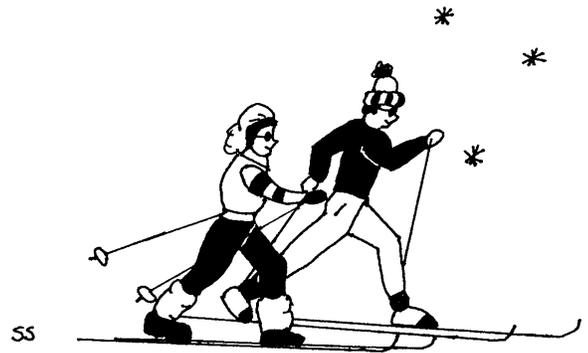


New Mexico Cross Country Ski Club *Newsletter*



January 2004



Meeting Schedule for 2003-2004

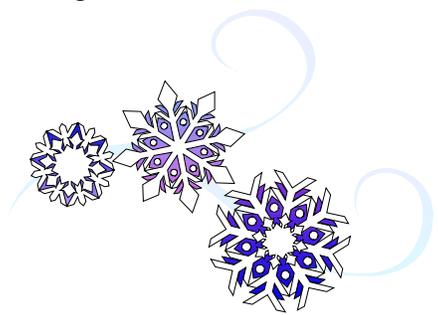
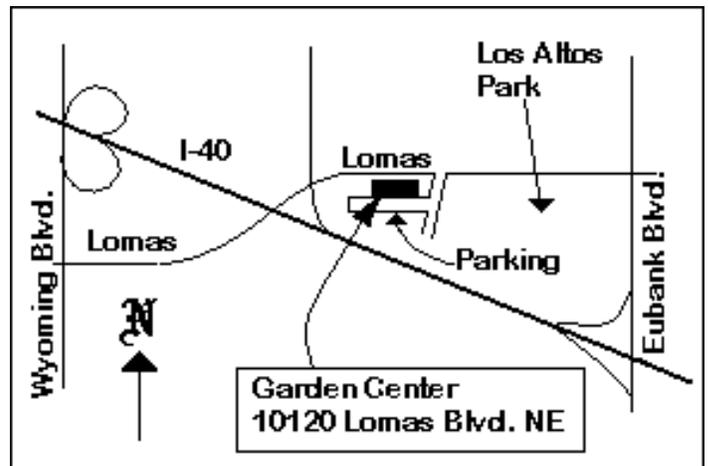
Next meeting: Thursday January 15, 7:30pm

- **Program:** Dr. Anderson will discuss ski pre-conditioning and how to deal with minor illnesses and injuries while on the trail.

Monthly General Meetings

October 14	January 15
November 20	February 19
December 18	March 18

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.



**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 Database.** 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.



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



Letters to the Editor ...

I have been a member of the New Mexico Cross Country Ski Club since about 1992. I have enjoyed my association with the club and all of its members. I'm happy to say that I've taken advantage of many, many day trips and lots of the long bus trips, and believe that we are blessed to have such wonderful trip leaders and organizers in our organization.

In recent years, I've watched with interest and excitement as new avenues for cross country skiing have begun to appear in our little club, and see this as a natural progression if we are going to keep the New Mexico Cross Country Ski Club alive and growing. I'd like to talk specifically here about the hut trips that Guy Miller (and I believe, Mike Martin) have organized for the last three years. I was lucky enough to go on the trip to Francie's Hut last year. This was my first trip of this kind, and I was somewhat apprehensive about being able to keep up with the group. I managed to do ok with my heavy pack and thoroughly enjoyed the wonderful snow and the great company. It was quite an experience, bringing in snow to melt for cooking and washing dishes, and helping with other chores, listening to trip members as they sat around the wood fire telling tall tales. The evening meals, cooked by teams of two, were outstanding; and many pitched in to help wash dishes and clean the kitchen. I also understand the hot tub experience topped off the evening for several in the group! All in all, it was a successful trip for me. I learned that one need not be an extreme skier to have a great hut trip experience.

I'll be on the Janet's trip this year, and hopefully another one the following year. These hut trips have, I believe, provided a much-needed, inexpensive, additional dimension/layer to the club. I would like to see them continued and supported by our club leadership for many years to come.

Phyllis Pryor
03 January 2004

Another Membership List Update

We have done another monthly update to the membership list on the Web site, to add several recent members and correct a few omissions. This includes both the Membership page and the downloadable rosters on that page.

You should double-check your information in the list. Let us know if your record needs updating.

after ski season ...

Barbara Coon has information about a 10-day trek in Peru that she'd be happy to share with members who'd enjoy walking around the Huayhuash massif. The trek goes from 10,000 to 15,000 feet and offers daily views of glaciers and peaks in the 20,000 ft. range. It will leave early in June 2004. Call Barbara Coon at 703-660-1035 or email barbaracoon@yahoo.com.

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Long Bus Trips

by Susan Swan

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

skiing descriptions by Mike Martin

I hope all of you had a wonderful Holiday season with all your favorite family and friends. But now it's time to ski! There is even a lot of snow to ski in!

Frisco/Breckenridge: We still have a few seats available on this trip. We leave at 6:00pm on Friday January 16. There are three prepared track areas, back country for each class of skier, and down hill available. We are staying in large, privately owned condos. With hot tubs! We will be home on Monday January 19 about 8:00pm. Cost: \$220.00; must be a member and over 18.

Possible Skiing Routes

Class I

- Keystone Nordic Center
- Frisco Nordic Center – accessible by shuttle
- Breckenridge Nordic Center – accessible by shuttle
- Shrine Mountain – Vail pass to Shrine Mountain cabin, 5 miles round trip with great views.

Class II

- Peru Creek – a gentle 7 mile round trip to the old Pennsylvania mine.
- Peaks Trail – starts in Breckenridge and descends 800 vertical feet to Frisco, 9 miles, fun!
- McCullough Gulch – 6 miles, a neat ski past lots of old mines and then up into a narrow canyon.

Class III

- Meadow Creek – 9 miles, 2700’ elevation gain to wind-swept Eccles pass.

Red River: I have 3 openings left. This trip is Friday January 30 - Sunday February 1. There is the wonderful Enchanted Forest to look forward to. It is the largest prepared track in New Mexico. We will be staying at the Sportsmen Lodge – two to a cottage and a group hot tub! For those interested; Guy Miller will be offering free lessons for novice/beginner/unsteady/haven't-skied-in-a-while/warm-up categories. Cost: \$140.00.

Possible Skiing Routes

Class I

- Enchanted Forest Nordic Center
- Ditch Cabin – an easy 4 mile roundtrip past ponds and old cabins.

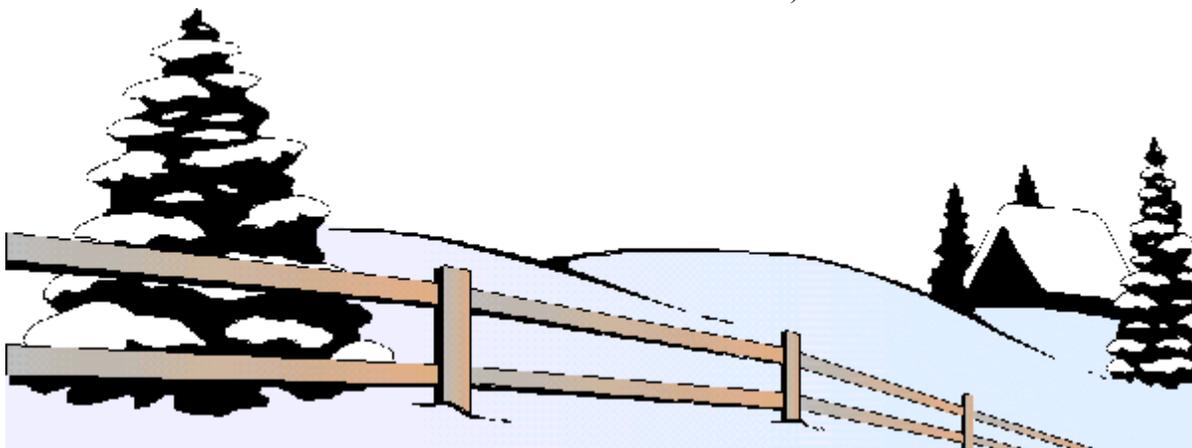
Class II

- Sawmill Park – a nice ski through some big parks, 8 miles roundtrip; can be extended an additional 3 miles to an 11,000 foot ridge.

Class III

- Middle Fork Lake – short but steep, 6 mile roundtrip with 1500’ elevation gain ending at Middle Fork Lake. Beautiful views!

How to sign up: Decide which trip(s) you want, and send me your deposit. (The October newsletter had reservation slips for each trip. Basically, I just need your name, address, home and work phones, and a check.)





Articles

Betty Bear Hut Trip Report

by *Guy Miller*

Fourteen members of our Club celebrated the advent of the New Year in the grandest style at the magical Betty Bear Hut located near Aspen. Betty Bear is noted for its extra cozy living arrangements, with the common area upstairs, but accessible from ground level. It features a comforting breakfast nook with an east facing turret window perfect for that first cup of coffee while watching the sunrise over a nearby snow-covered peak. The sleeping area is downstairs, and is heated by its own separate wood burning stove which keeps the lower portion of the hut at a warm enough temperature for comfortable slumber.

There are two sections to the trail in to the hut: green, and double black. The first 4½ miles is on a gently climbing road. After that, skiers encounter an uncharacteristically steep uphill section that was put in to avoid avalanche danger further down the road. We all knew that this uphill section would be steep, but all except two who had been there before were unprepared for the challenge presented at that juncture. Nevertheless, all skiers got in to the hut by late afternoon. All, that is, except for the Pig Boys.

Bill Heitz and I were towing sleds known as pulks, or pigs, on this trip. Both of us are plagued by back problems and decided on the sled option as a way to avoid having to carry a heavy pack on our backs. For different reasons, which need not be detailed here, we both found it impossible to ski up the steep, switch-backy hill with sleds, so we were forced to walk the remaining 2+ miles to the hut. Luckily for us, the snow on the trail was packed sufficiently to facilitate ambulation. We got in about 6:45pm, well after dark. Although we were in radio contact at all times with the persons in the hut, there was considerable anxiety amongst them as they waited for us, while sitting around the stove in splendid comfort drinking their cocoa and tea, chatting and snacking. We periodically heard radioed requests for progress reports from them, and we would answer that we were somewhere on the hill, still continuing upward, each step a concerted effort, and that we would eventually arrive there.

John Thomas, accompanied by Amy Hoeptner and Sandy Ballard, embarked on a “rescue mission.” It was John’s headlamp that I first saw flashing through the trees after the last moments of twilight had faded. Greatly cheered because I thought it was someone standing on the porch of the hut, I let out a yell that John could hear in the distance. Our joy at spotting a skier was considerably tempered when we learned that he had skied out quite a way from the hut by the time we saw him, which meant that we still had quite a ways to go.

Nevertheless, it was a great help when we finally skied up to our nocturnal guides and they took much of our weight off our backs and sleds and helped guide us to the hut and assisted us in transitioning from skiing to actually getting inside the hut. There we were met with further succor as our other hut mates helped us out of our skies and harnesses, assisted with the removal of wet clothing, and plied us with hot beverages as they gave up their spots by the stove for us. We agreed that we would have made it in on our own, as we were equipped with lights, GPS and compass, but it would have been infinitely more difficult without the help that was extended to us. We also determined that we had learned some valuable, albeit hard-won, lessons about the proper manner in which to ski tour with sleds (these devices will still figure in future hut trips, as we now know better how to make use of them).

The Pig Boys’ experiences, and the group dynamics revolving around them, once again clearly illustrate the crucial importance of having a group of people who work well together. The great value of radio communication on a ski tour was also demonstrated, and will be used in future efforts to persuade more Club members to obtain these communication devices.

It didn’t take long for the latecomers to recover from the cold and fatigue, and we rejoiced in being able to join in a simple but fabulously tasty communal pasta dinner prepared by Head Chef (and the lone hut cherry) Alan Burns, who was capably assisted by Chief Culinary Coordinator Marilyn Harper. Along with the afore-mentioned hut skiers, we dined with Jean Hanson, Jim Mikkelson, Bill Davey, Regina

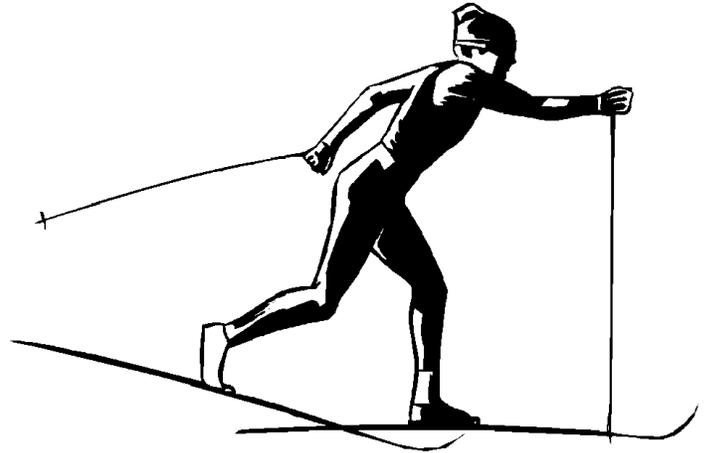


Michaelis, John Stephens, Dave Saylor, and Don Tailby. Bedtime came by 10:00pm for the tired yet sated skiers.

The next day, after a leisurely breakfast, our group split up for day skiing. Bill Davey led a group along the railway bed toward Ivanhoe Lake and surrounding area for a traditional Club-style tour. Sandy Ballard led a smaller group up nearly to the Continental Divide so as to provide us with a rousing downhill glissade through some of the sweetest deep powder we had seen in quite a while. Back in the hut by late afternoon, we enjoyed hot beverages with cheese and crackers while we awaited an even better dinner than we had had the night before. After clean up chores we celebrated New Year's Eve at 9:00pm, which Bill Davey assured us was New Year's in Halifax. That was the closest we could come after our day's strenuous activities.

On New Year's Day, after another relaxed morning commune, we set out for our vehicles, leaving a clean and tidy Betty Bear for the next group.

Our most special thanks go out to Alan and Marilyn, who volunteered to prepare group dinners while the rest of us sat around socializing. The group also acknowledges Sandy and Amy who provided dehydrated secret ingredients to enhance our meals. Bill Davey and John Thomas were prepared to substitute as trip leaders in the event that I was unable to make the trip. Finally, I join Bill Heitz in once again thanking the entire group (and I DO mean EVERYONE) for pulling together and helping us when we needed it. That's a big part of what these trips are all about.



Hut Trip Update

by Guy Miller

There may still be spaces available for the late-February trip to Janet's Cabin.

For further information, contact Guy Miller at 294-7940 (please do not call after 9:00pm) or email at Xcskiboy@aol.com. The October and November newsletters have longer articles about these trips.



Pre-Planning for a Beginner Ski Trip

by Dianne Cress

If you consider yourself a beginner skier, Dianne Cress would like you to call or email her with your name and phone number. When we do have snow, she will try to put together a beginner trip. This trip will include brush-up instruction as needed along the way.

To get your name on this list, please call 294-2928 or email dianne.cress@state.nm.us.





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

David Ploor – Day Trips

Jon McCorkell – Overnight Car Trips

Please contact either David (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 to be included in that 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:

David Ploor
2888 Tramway Place NE
Albuquerque, NM 87122
dpl505@att.net
822-8650

Jon McCorkell
9709 Euclid NE
Albuquerque, NM 87112
peakbag@nmia.com
294-2928





Sandia Beginners' Ski

Sat Jan 17 Sandias
Class I mild
Leader: John Thomas, 298-5234

This is for those skiers who have taken Guy Miller's class. This will be a Class I trip. We will spend some time reviewing basics and skiing around the gentle trails of the Sandias. This trip will be postponed if the snow is not adequate so be sure to call leader. Meet at Smith's at Tramway & Central, SW corner of their parking lot, 9:00am.



10K Ski Loop

Sat Jan 24 10K Trail, Sandias
Class II 6 miles
Leader: Chuck Slade, 262-1103

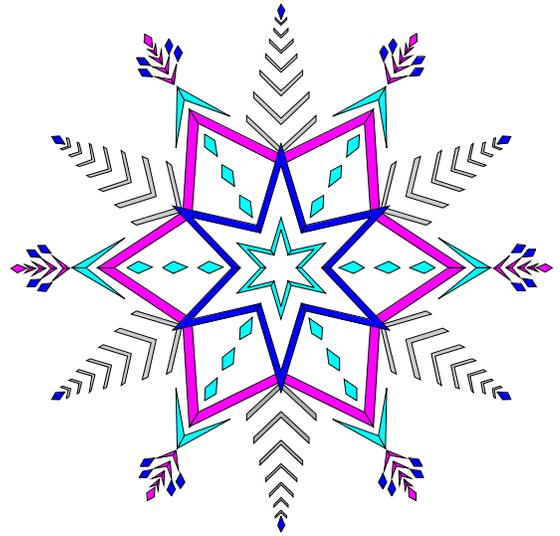
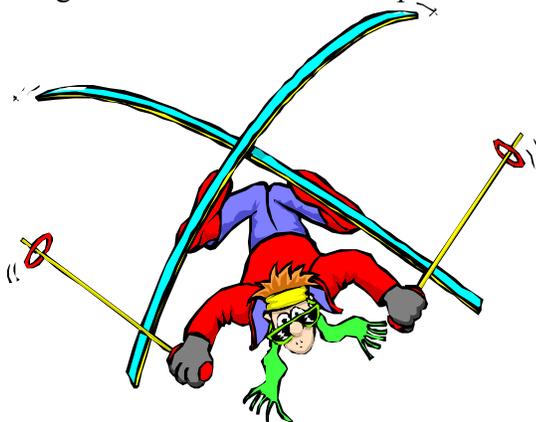
We will ski from the 10K parking lot to the overlook at the Crest Trail. Then we'll get a workout climbing up the Crest Trail (going south) to the Crest parking lot. After that, it's mostly downhill via the Switchback trail to the service road, then down through the meadows below and back to the 10K parking lot. Please call ahead regarding snow conditions if they are in doubt.



Hut Trips 2003-04

late February (last hut trip this year)
Leader: Guy Miller, 294-7940
(Please call before 9:00pm.)

See the article earlier in this newsletter. 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.



Winter Park

Wed-Sun Feb 25-29, 2004 Winter Park, CO
Class I, II, & III ski miles: mild to massive
Leaders: Lester & Sharon Byington,
286-9100, lester@byington.org

See the article in the October newsletter.

This trip will give priority to long ski-intensive days, with provisions for those (the majority!) who prefer shorter days.

We will be traveling by carpool (driving Wed Feb 25), and staying in an 8-bedroom deluxe cabin next to the groomed track at Snow Mountain Ranch. Cost for food and lodging at SMR will be about \$270. per person. Driving expense and lodging on the way there will be additional.

Winter Park is at 9000' in northern Colorado, west of the Continental Divide. It usually has better (last year *much* better) snow conditions than southern Colorado. 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. There are two large groomed areas, Snow Mountain Ranch and Devil's Thumb, each with 100 km of trails, plus some smaller groomed facilities.



**NEW MEXICO CROSS COUNTRY SKI CLUB
2003-2004 OFFICERS AND COMMITTEE CHAIRS**

Officers	Name	Phone	Email Address
President	Mike Martin	836-6520	Pahasapapapa@aol.com
Vice-President	Janie Gilmore-Daniels	259-0502	janiegil@aol.com
Secretary	Patricia Kerr-Sanders	256-0361	pkerrsan@aol.com
Treasurer	Bob Swan	294-1720	bobswanabq@aol.com
Committee Chairs			
Membership	Gene & Donna Lisotto	884-7331	Gene_Lisotto@msn.com
	Jean Hanson	298-5234	jh87111@comcast.net
Publications	Lester & Sharon Byington	286-9100	lester@byington.org
	Dianne Cress	294-2928	dianne.cress@state.nm.us
Programs	Wayne Kirkby	898-1654	ski1071607@aol.com
Refreshments	Holly Noland	292-3025	dave5th@aol.com
	Lucy Miller	293-5673	millerabq@yahoo.com
Day Trips	David Ploor	822-8650	dpl505@att.net
Overnight & Hut Trips	Jon McCorkell	294-2928	peakbag@nmia.com
	Guy Miller	294-7940	Xcskiboy@aol.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	286-9100	lester@byington.org
	Debbie O'Callaghan	266-0713	docalla@hotmail.com

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

January 2004

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HAPPY NEW YEAR!