

New Mexico Cross Country Ski Club

December 2009



Photo by Dave Saylor

www.nmccskiclub.org

December 10th Meeting & Holiday Party

Join your Ski Club friends at our **December 10th, 7 p.m.** Ski Club meeting and annual holiday social. The business meeting will be *very short* so we have time to party! Please bring a friend and your favorite treat/dessert to share.



Our members showed they are "on the ball" as they practiced their balance with a trainer from NM Sports and Wellness at the November meeting. From top: Jim Devlin, E.J. Fenoglio, Terri Elisberg, Ross Trueax and Thea Berg, below: Chris Standish and member.

Photos by Dave Saylor



Is this your last newsletter?

If you have not renewed your 2009-2010 Ski Club membership, this is your last newsletter. Please check the date on your mailing label (*last page*).



Grab a seat on the bus

Just a few seats remain on the **Silverton 1/15-18** bus trip. Print the registration form from the website and mail it today along with your deposit to Thea Berg, 13501 Osage Orange Rd NE, ABQ NM 87111.



Get a free membership

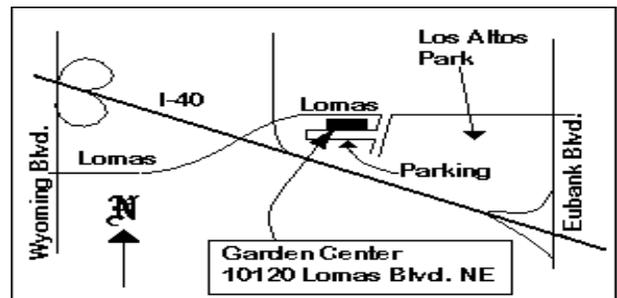
We are now offering a one year first time *free* membership for anyone who is 40 years or younger (*for the entire household to be eligible the person must be head of household*). Tell a friend and help us to recruit new members. Get the membership form off our website.



Go on a day ski tour

Watch your e-groups messages or our website for day ski tours lead by members. Day tours are usually scheduled on the spur of the moment so be prepared to grab your skis and go (*see page 5*)!

NM Cross Country Ski Club Meets Thursday, December 10, 7 p.m.



From the President

Now that local skiing opportunities are becoming available, I am requesting that all Club members review the Club's **Guidelines for Tour Participants** and if you aspire to lead any ski tours, also the **Guidelines for Tour Leaders**, which are available



on the Club website at www.nmccskiclub.org. Go to the members area, click on Documents, and you will find the guidelines as the 2nd and 3rd listed under Ski Club Policies and Procedures. If you do not have internet access, hard copies will be available at

the membership desk at our December general meeting/holiday party, and if you will not be there, I will mail a copy to any requesting member.

I wish to call your attention to one particular provision on page 3 of the **Guidelines for Tour Participants**, which states, "Select a buddy to ski with." This means that the two of you ski together and keep each other in sight throughout the tour.

Most of you probably recall the sad news from last summer of the young couple and UNM graduate students who lost sight of each other while hiking near Santa Fe Baldy, during adverse weather just before dark. The lost hiker was rescued only to be killed in a helicopter crash along with the pilot. According to news accounts, the faster of the two hikers routinely went ahead, sometimes out of sight of the slower hiker, and would periodically stop and wait for the slower hiker. When the latter made a wrong turn, they became irreparably separated. I have been on two Club ski tours away from our home area when two "buddies" simply lost track of each other, and several other skiers spent over an hour helping to look for them; fortunately, the absent skier mysteriously returned. It takes some concentration to avoid these potentially serious happenings. If you need to leave the trail for any reason, advise your buddy before departing of your intended plans.

We are all excited about the upcoming ski season and reviewing our written Guidelines each year is a first step in preparing for a successful and fun season.

Wayne Kirkby

Discover New Ski Trails

Get a copy of *Ski Touring in Northern New Mexico* by Sam Beard, \$9.00. The book is only available at our monthly Ski Club meetings or by contacting Sam Beard at 505-828-0673.

Attend Avalanche Training

Learn how to recognize avalanche hazards, determine snow stability, organize and carry out rescue operations and handle avalanche emergencies by attending one of the following:

Silverton Avalanche School

Level I Refresher (new): 12/18-19, \$185

Level I: 1/22-24, \$260

Level I: 1/29-31, \$260

Level II: 2/4-7, \$385

Level I Babes in the Backcountry (new): 2/19-21, \$290

Silverton is surrounded by numerous avalanche paths -- a natural avalanche laboratory -- providing students with an active and accessible classroom. Their curriculum is taught by nationally recognized members of the American Avalanche Association and a host of mountain rescue specialists. To register go to their website at www.silvertonavalancheschool.com.



Mike Martin demonstrates how to use an avalanche beacon to Rob Richards and Pam Reynolds.

Wolf Creek Avalanche School

Level I: Pagosa Springs/Wolf Creek Pass, CO, 1/9-11, 2/26-28 (women only), or 3/13-15, \$339

Level I: South Fork/Wolf Creek Pass, CO, 1/23-25, \$339

Level II: Pagosa Springs/Wolf Creek Pass, CO 2/5-8 or 3/20-23 (women only), \$499

Develop solid grounding in how to prepare for and carry out a tour in avalanche terrain. Classes are small with individualized instruction. Snowshoe, ski or snowboard travel is appropriate. To register/more information contact Sandy at 970-731-2486 or visit their website www.wolfcreekbackcountry.com.

Training Scholarships Available

Scholarship application forms are available on the Club's website www.nmccskiclub.org or by contacting Guy Miller at xcskiboy@aol.com or 294-7940. ■

Leave No Trace

By Angela Welford

Leave no trace is a phrase many of you have probably heard before, along with "*take only pictures, leave only footprints.*" Often this is as much as some people think about when venturing into the wilderness, though unfortunately not enough people do, as evidenced by trees hacked on by hatchet-happy-hoodlums and various other signatures left by "fools in public places."

As the number of people enjoying our wilderness areas increases, so does the need to educate folks on proper outdoor ethics and behavior. *Leave no trace* (LNT) is a code of ethics that if practiced by all who enjoy the outdoors will help reduce the human impact on (or in many cases destruction of) our wilderness areas.

LNT consists of 7 principles:

1. Plan ahead and prepare
2. Camp and travel on durable surfaces
3. Dispose of waste properly
4. Leave what you find (except trash)
5. Minimize campfire impacts
6. Respect wildlife
7. Be considerate to other visitors

As applied to cross-country skiers, and our activities in particular, we should think, "*take only pictures, leave only ski tracks (and pole holes)!*" The following are ways the LNT principles can be applied to cross country ski outings. We must be mindful of these principles in our pursuit of outdoor pleasure in the winter time:

1. **Plan ahead and prepare**

On our ski tours it is essential to sign a participation sheet when you start off, but in addition be sure to tell someone at home where it is you are going and when you intend to return. Be sure you have essential gear to cope with emergencies in cold weather, including basic survival gear (*space blanket, extra clothes, food and water, a heat source, mirror and whistle, shovel*), *good maps and a compass or a GPS (but*

don't depend on it), a light source, and ski repair tools (*duct tape!!*).

2. **Camp and travel on durable surfaces**

Our outings hopefully do not involve camping (*but best to be prepared for that emergency*). Generally speaking we ski on designated trails that, if all stay on the trail, are a durable surface. If off trail, try to ski in other's tracks to minimize the number of tracks.

3. **Dispose of waste properly**

Always carry out any energy bar wrappers or other food waste, including apple cores and fruit peel (*yes, they may biodegrade, but they are not good for the wildlife*). Be prepared to carry out your poop rather than try to bury it in the snow if you can't dig a cat hole (*8" deep*). Burying poop in the snow is ineffective as it will stay frozen until spring, then reappear in full form (*ugh!*). Urinate off the trail and cover the evidence with snow so others don't have to look at it. Also be prepared to carry out all toilet paper. Carry a small bottle of hand sanitizer (*or "wash" your hands in the snow*).

4. **Leave what you find**

In the winter it is less enticing to carry "souvenirs" home from a trip (*icicles tend to melt*), but in general pretty stones, flowers and other elements of the natural world should be left just where you find them for the next person to appreciate and enjoy. Keep a photo or a memory, not the dust-collecting thing itself. But, feel free to collect any trash someone else has carelessly left behind!

5. **Minimize campfire impacts**

Hopefully this is not an issue on our outings, but if you find yourself in an emergency situation requiring that you build a fire for warmth, you will need to erase as well as possible all trace of the fire, and of course be sure the ashes are dead cold before leaving it. Snow helps a lot with this.

6. **Respect wildlife**

Observe wildlife from a distance and do not attempt to intrude in their space. Also do not feed wildlife.

7. **Be considerate to others**

The general rule of the trail is that large groups give right of way to individuals or smaller groups of people you meet on the trail. Those going uphill have to step aside for those coming downhill. Share the trail, even with snowshoers walking along your ski tracks. Respectfully request that they please refrain from walking right in the ski tracks rather than get angry at them.

Do your part to practice the LNT principles and help spread the word to others so we all can continue to enjoy the great outdoors as unspoiled as possible. ■



Angela Welford on her way to the 10th Mountain Hut 2/2009.

Photo by Ruth Bargman-Romero

A Perfect Day for Skiing

By Susan Harris

On Saturday, March 7, Louise Broadbent led a group of 19 skiers on a trip up Fall Creek Road, which is in the Wolf Creek Pass area. This road begins at 9,600 feet and climbs over 1,200 feet over a 6.5 mile trail, although due to time (*the ski time available was about four hours*) the group did not go the entire distance. According to the map, Louise said it looks like we climbed 800 feet over about 3 miles until we got to the other side of the ridge which would begin a decline.



Susan Harris on Fall Creek tour near Wolf Creek Pass.

Fortunately there was 6-8 inches of new snow on the road, and more fell during the day. The powder was so inviting, some of the group had to try out their telemark and downhill techniques by cutting the switchbacks on the way down. It is hard to imagine more beautiful conditions for viewing the scenery or for skiing. During the ski, the weather was variable – sometimes snowing, sometimes blowing, and sometimes just overcast with no wind.

Since this was an in-and-out ski, not all the group stayed together. About half of the group (*including a new member and new cross-country skier, Bet Gendron*) skied in to the ridge, had lunch, and turned around. The other half had turned around earlier and skied back, ready to meet the bus at about 1:45 p.m. It was a fabulous day of skiing! ■

Hut Trips Update

By Guy Miller

Our first hut trip of the season is our beginner trip, scheduled for **January 10-13**. We will be going to one of the newer 10th Mountain facilities, Sangree M. Froelicher Hut (*formerly known as Belvedere Hut*). This hut is located just outside of Leadville, Colorado, and involves a 3.5 mile ski in, with about 1,500 feet of elevation gain. Even though there is a significantly steep stretch in the middle, solid Class II skiers should be able to do this. Cost of the trip is \$124, exclusive of transportation, lodging, and meals on the way up and on the way back.

The trip is full, with a very short waiting list.

There will be additional information about our other hut trips in the January newsletter.

Contact me at 294-7940 or xcskiboy@aol.com to find out more about this, as well as other hut trips. As always, constructive input, especially concerning preferences for future trips, is welcome. ■

2010 Bus Trips

Just a few seats remain – join us:

Silverton, CO: Fri-Mon, January 15-18, 2010
Martin Luther King weekend
Leaves at 3:30 p.m.

Leadville, CO: Fri-Mon, February 12-15, 2010
President's weekend
Leaves at 1:00 p.m.

Both of these trips have skiing for all levels of skiers. Silverton has some of the most reliable snow in Colorado, along with ski trails that start from the hotel.

Leadville has many great ski routes, including numerous trails in and around Cooper Mountain downhill area. The Piney Creek Nordic area has miles of set track and groomed trails that are excellent for Class I and II skiers. The Nordic area also has a warming hut and a yurt you can visit for lunch.

Please print the registration forms off our website www.nmccskiclub.org and mail today!

Beginner Cross Country Ski Class

By Guy Miller

Our beginner class is held but once a year, and the time is rapidly approaching! This class is geared toward the absolute beginner, but could possibly also be helpful for those who may have skied a few times but feel that they could use some instruction. The program consists of a two-hour classroom session as well as an all-day on-the-snow outing. The format is informal, with ample time for questions and discussion. This is a low-pressure learning environment, with emphasis on fun and sharing. And the classes are taught for **FREE!**

The **classroom session** will be held in the clinic room of REI, located at 1550 Mercantile NE. This will take place on **Saturday, January 16, 2010 at 3:00 p.m.** This event is open to the general public, and will be announced in REI's event calendar for

January. This means that there could be quite a crowd, as happened last year. Club members are strongly advised to arrive about 15 minutes early to get a seat. We were forced to turn away people last year.

The **on-the-snow session**, provided there is ample snow, will be held two weeks later, on **Saturday, January 30, 2010**. This is for Club members only, and is NOT connected in any way with REI. Details including meeting place and time will be announced at the classroom session.

It appears that REI may be the only place where rental equipment is available. Anyone with information about other sources is urged to contact me or post an e-group announcement to share that information.

Contact me without delay to sign up for the class at 294-7940 or xcski-boy@aol.com. ■

Ski Tour Ratings

CLASS I: Tour with less than 1,000 feet of elevation gain and less than 5 miles in total length. Skiers should be able to execute stops and turns. Some, *but not all*, tours are appropriate for novice skiers with minimal cross country experience. The pace will be slow (*1 to 1.5 miles per hour*). Persons with no cross country skiing experience **MUST** take the beginning lessons offered by the Club or must obtain the leader's permission **PRIOR** to joining a CLASS I tour.

CLASS II: Tour with less than 2,000 feet of elevation gain and less than 10 miles in total length. A tour requires intermediate skills and ability to maintain control on moderate slopes with techniques such as snowplowing, turning and traversing. Skiers should have enough stamina for sustained kick and glide touring on near level ground at a pace of 2 miles per hour for several miles and should also be experienced at using climbing skins to climb trails with moderate slopes.

CLASS III: Tour with greater than 2,000 feet of elevation gain and/or greater than 10 miles in total length, or otherwise characterized by technical challenges, or potential for same. A tour usually requires advanced skills and ability to competently and confidently climb and descend steep, narrow trails. The skier should be experienced with using climbing skins for both climbing and safely descending steep slopes. Skiers should have the endurance for skiing ten miles or more within the time constraints of the tour.

Trail slopes are categorized as follows:

- 1) Gentle slopes have less than 5% grades.

- 2) Moderate slopes have grades greater than 5%, but less than 15% grades.
- 3) Steep slopes have grades greater than 15% grades.

Exploratory designation:

In addition to the CLASS rating, a tour may be designated exploratory (Exp). This means the leader has not skied on this route recently (*or ever*) or is unsure about some aspect of the proposed route. Participants should be experienced in backcountry skiing. They should be prepared for any possible situation and should have emergency gear with them. ■

Day Tours

By Bill Heitz

The following day tours are planned at this writing:

Tour: Aspen Vista

Leader: Dave Saylor, 298-7377

Date: Saturday, December 19

Meeting Info:

Meet at 8:00 a.m., west side of Target, SE of I-25 and Paseo del Norte

Ski Rating:

Class II

Trail Length:

12 miles roundtrip

Elevation:

10,000' – 12,000'

Driving

distance: 140 miles, round trip

Ski Tour Description: Aspen Vista is an old road just south of the Santa Fe Ski Basin from the highway up to the communication towers on the ridge. It's an out-and-back route so one can turn back anywhere. It faces southwest and is a very popular route, so do a little dance for some new snow during the week before.

John Thomas will begin leading day ski tours on **Wednesdays**, when snow conditions improve. Watch for details in your e-groups announcements.

Mark your calendars for **Saturday, January 16, 2010** when Steve Verchinski will lead a Class II day tour. Details will be announced in the next newsletter and in e-groups. ■



Day ski tour lead by Sam Beard in the Jemez 12/08.

Photo by Carl Smith

Who's on the Bus Trips!

Silverton 1/15-18/2010

Marion Ball
 Ruth Bargman-Romero
 Noel Barstow
 Thea & Ra Berg
 Hank Botts
 Nancy Botts-Hemry
 Louise & Tom Broadbent
 Marcia Congdon
 Nancy Costea
 Diane Cress
 Dennis Crowther
 Bill Davey
 Terri Elisberg
 E. J. Fenoglio
 Sandra Garcia
 Bet Gendron
 Monika & Mona Ghattas
 Jackie Hertel
 Jim Iden
 Wayne Kirkby
 Chris Kramar
 Karen Leach
 Robert Long
 Fran Lorin
 Jon McCorkell
 Lucy Miller
 Holly Noland
 Phyllis Pryor
 Frances Robertson
 Susan Rogowski
 John Samuli
 Dave Saylor
 Ann & David Schultz
 Eddie Segears
 Kent Shoemaker
 Randy & Richard Simons
 Ross Trueax
 Margaret Weinrod
 Angela Welford
 Susan Williams
 Susan Wyatt

Leadville 2/12-15/2010

Marion Ball
 Ruth Bargman-Romero
 Thea & Ray Berg
 Rich Besser
 I-Ching & Erik Boman
 Louise & Tom Broadbent
 Sharon & Lester Byington
 Jack Caraneslo
 Pat Cargill
 Carla & Mickey Chirigos
 Marcia Congdon
 Barbara & Sidney Coon
 Susan Corban
 Terri Elisberg
 Dave Gabel
 Bet Gendron
 Monika & Myra Ghattas
 Bill Heitz
 Jackie Hertel
 Ann Hickman
 Lori Hillis
 Lynda & Tom Katonak
 Joanne Kimmey
 Chris Kramar
 Karen & Chet Leach
 Karen Link
 Carol Marion
 Lucy Miller
 Guy Miller
 Emma O'Connell
 Tom Russo
 John Samuli
 Dave Saylor
 Ann & Dave Schultz
 Eddie Segears
 Eric Smith
 David Wegner
 Margaret Weinrod
 Susan Williams
 Bronwyn Willis
 Maya, Rita & Kerri Wormwood

Snow Mt. Ranch Car Trip 2/24-28/2010

One spot for a women remains with a very short waiting list so chances are excellent that you can get on this spectacular car trip. Contact Sharon and Lester Byington at 275-5777 or sharon@byington.org.



Dave Saylor and Sherry Fiitzmaurice in Silverton 2008.

Photo by I-Ching Boman

Bus Trip Balances Due

December 11th is the deadline for the **\$100 balance due/trip**. Please send your check **NOW** (*made out to NNCCSC*) to Thea Berg, 1350 Osage Orange Road NE, Albuquerque, NM 87111 or bring it to the December 10th Ski Club meeting.



= Monthly deadline for newsletter inclusion

December 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Holiday Party	11 Final Bus \$\$ Due	12
13	14	15	16	17	18	19 Day Tour
20 	21	22	23	24	25	26
27	28	29 Board Meets	30	31		
January 2010						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9 Hut
10	11	12	13	14 Club Meets	15	16 Day Tour
Sangree M. Forelicher Hut					Class REI	
					Silverton	
17	18	19	20 	21	22	23 Class snow
24	25	26	27	28 Board Meets	29	30 Class snow
31						
February 2010						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
		Jackal Hut				
7	8	9	10	11 Club Meets	12	13 Leadville
14	15	16	17	18	19	20
Leadville						
21	22 Board Meets	23	24	25	26	27 Hut
28						

March 2010						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
Margy's to McNamara Hut						
7	8	9	10	11 Club Meets	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Welcome New Members

Linda Atteridg
 Terry & Aleta Baker
 Sharon Coe
 Jim Devlin
 Martha Heard
 Alice & James Knapp
 Kim Lerohl
 Robert & Wanda Mason
 Karla Meadows
 Bronwyn Willis
 Yvonne Yannoni

January 14th Program –

Plan to attend the **January 14th, 7 p.m.** Ski Club meeting and program on recognizing avalanche conditions, weather conditions that contribute to avalanche danger and how to travel safely in the backcountry.

Watch for the January newsletter for more information.

See you at our holiday party on **December 10th!** ■

2009/10 Officers and Board

President	Wayne Kirkby	898-1654	ski1071607@aol.com
Vice President	Chris Kramar	903-4071	ckkramar@yahoo.com
Secretary	Angela Welford	281-1198	jndaughter2@earthlink.net
Treasurer	Jim Iden	265-5021	jiden@unm.edu
Day Tours	Bill Heitz	259-8745	bill_heitz@hotmail.com
Long Bus Tours	Ray & Thea Berg	294-4112	rsberg01@comcast.net
Overnight Car/Hut Tours	Guy Miller	294-7940	xcskiboy@aol.com
Newsletter	Karen Leach	281-9836	karenleach7@msn.com
Instruction	Guy Miller	294-7940	xcskiboy@aol.com
Membership	Gene Lisotto	884-7331	gene_lisotto@msn.com
Programs	Sherry Fitzmaurice	798-4818	sherry.fitzmaurice@xilinx.com
Mailing	Lucy Miller	293-5673	millerabq@yahoo.com
Refreshments	Terri Elisberg Phyllis Pryor	281-9192 255-7972	telisberg@islclinic.net on_the_go@earthlink.net
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	Lester Byington	275-5777	lester@byington.org
Email Group	David Wegner	344-8554	dave@naturesgrandeur.com

New Mexico Cross Country Ski Club

P.O. Box 8425

Albuquerque, NM 87198-8425



Bill Heitz skiing to Section
House hut trip 2/09.

Photo by Cynthia Adams