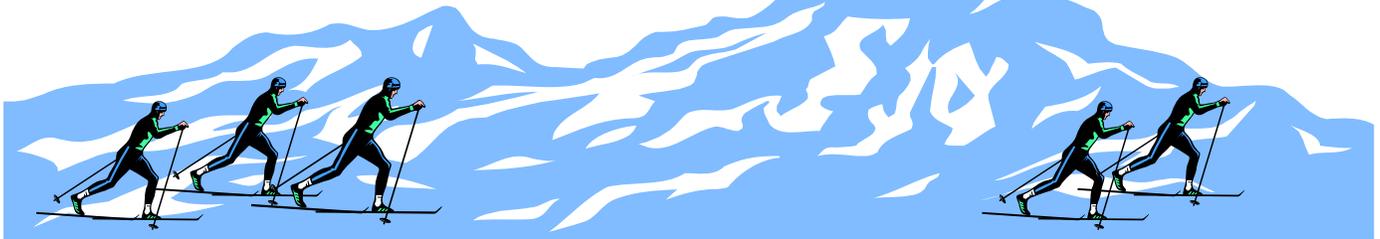


New Mexico Cross Country Ski Club

January 2009



www.naturediscovery.org/nmccskiclub

January's Program — Wilderness Medicine in New Mexico

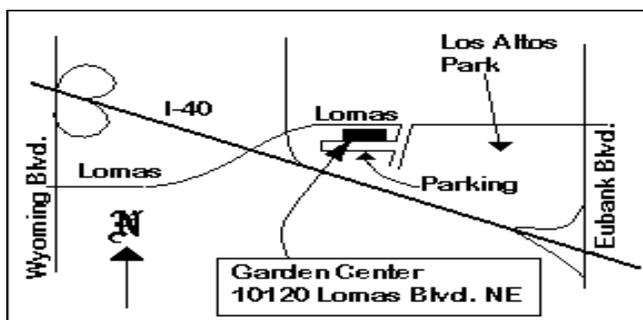
At our **Thursday, January 8th at 7 p.m.** Club meeting, Dr. Joe Alcock will discuss winter wilderness medicine. His presentation will include common winter environmental injuries and how to put together a wilderness medical kit. Learn how to protect yourself and your companions when exploring the outdoors.

Joe Alcock MD MS is an emergency physician and the acting chief of the emergency department at the VA in Albuquerque. Dr. Alcock received his Master's degree in Neurobiology and Behavior from Cornell University and his MD from UCLA in 1997. He finished residency in Emergency Medicine at the University of New Mexico in 2000.

Dr. Alcock is an assistant clinical professor of emergency medicine at the UNM Department of Emergency Medicine and co-director of the UNM School of Medicine's Wilderness Medicine Program. He has taught wilderness medicine and travel medicine since 2001. He is co-director of Mountain and Marine Medicine, an educational company that has sponsored wilderness medicine courses in New Mexico, Ecuador, Bonaire, France, Washington State and Hawaii. ■

Ski Club Meets

Thursday, 1/8/09, 7 p.m.



Join Tom Broadbent, Marlene Brown, Bob Moore, Barbara Coon, Louise Broadbent, Frances Robertson, Phyllis Pryor and others on our fun bus trips!

Photo by Angela Welford

Red River Overnight Car Trip

When: Friday, 2/6 – Sunday, 2/8/09

Leaders: Lucy Miller: 293-5673

millerabq@yahoo.com

Karen Kvam: 856-7320

nmkvam2@comcast.net

Lucy and Karen will lead a trip to Red River, NM, to ski the wonderful Enchanted Forest Nordic area, a long time Club favorite. A day of skiing the 33 kilometers of groomed ski trails and 15 kilometers of snowshoe trails costs just \$14 or \$10 for seniors. A group rate will be available if 10 or more sign up.

The group departs Albuquerque after work on Friday (*contact leaders for details*). Economical motel arrangements in Red River are being made for the group, and group dinners can also be arranged. Leaders need to know who can drive and how many passengers they can take. Drivers will be paid per Club mileage reimbursement policy.

The folks at Enchanted Forest report that 100% of their trails are open. Come join us for a weekend of glorious traditional Nordic skiing, the way it was meant to be! Hot chocolate, anyone? ■

From the President

At the December general meeting, those in attendance unanimously voted to adopt the revised Club by-laws exactly as proposed in the December newsletter. Therefore, you might want to save your December newsletter as your source of the by-laws. Otherwise, you should be able to obtain a copy from the Club website under the "documents" section.



Another interesting read while we wait for snow is "Inner Skiing" by Timothy Gallwey and Bob Kriegel. I'm not sure if it's still readily available, but used copies are probably available from Page One in their used book section, amazon.com or alibris.com on the internet.

Although written from the perspective of the downhill skier, the practical psychology included can easily be applied to cross country, particularly the downhill aspects. This is not heavy on technique, but instead focuses on the mental side of skiing that is so critical. For example, one chapter is entitled, "Fear of Falling, Failing and Flying." Since the paperback fits in a pocket and is only 190 pages, it can easily be read on a bus trip.

Wayne Kirkby

Gourmet Cooking on the Trail

By Bob Potter

I have become a *foodie* after falling in love with cooking for my Mother as I, second of six, was her *sous chef* for a number of years. With this background I told Guy Miller I'd cook a meal for the beginner's hut trip. He liked that!

I made chicken soup with brown rice, meatballs in a red marinara sauce, angel hair pasta with parmesan cheese, garlic bread, zucchinis in a tomato/onion sauce, green salad with tomatoes and marinated artichoke hearts in a vinaigrette sauce, and cookies for dessert.

Here's how I prepared the meal:

SOUP

I normally keep a small supply of chicken bones frozen for making stock. I used about 4 pounds this time . . . well maybe more than a small supply!! I made a normal stock and boiled it, from 8 pounds

down to 3 pounds. I put it in a 1 gallon plastic bag and froze it flat and skinny. The brown rice was cooked separately and also frozen in a 1 gallon bag weighing about 1 pound.

SAUCE

It was made in a normal manner and I cooked out most of the water and froze it. It weighed about 1 ½ pounds.

MEATBALLS

I used a recipe I put together a few years ago, cooked meatballs in olive oil, and had enough to freeze in two 1 gallon plastic bags that weighed 1 ½ pounds.

GARLIC BREAD

This was not frozen, just pre-cooked and wrapped well.

ZUCCHINIS

I bought these fresh and put 2 each in 5 small bags for people to carry. I also boiled down the tomato/onion sauce and just added some water.

SALAD

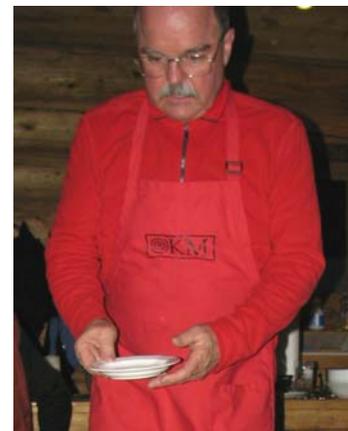
One head of red leaf lettuce, cleaned, cut, and dried and put in a 1 gallon bag. The scallions, tomatoes and marinated artichoke hearts were carried in small bags. I added the vinaigrette sauce just before serving.

COOKIES

After such a heavy meal, I thought cookies would be best, so I made oatmeal cookies with raisins and walnuts.

I used a blanket to wrap all the flat, frozen food and packed it in the car until we distributed the food to each skier in Leadville. The food that needed to be cooled was put in a small cooler, and the rest was put in a small bag.

I really enjoyed cooking and serving it to the 8 hungry skiers! ■



Bob Potter serves up his delicious meal at the Continental Divide Hut.
Photo by Vicki Moore

Lead a day ski tour —

Post it via e-groups. Obtain the *Release of Liability* form off our website and have participants sign the form. Then send it to Bill Heitz, Day Tour Chair, at 53 Valle Vista Road, Corrales, NM 87048.
Happy skiing!

Leadership is a *Privilege* and a *Responsibility*

By Angela Welford

Leadership: “the ability to lead” is the unhelpful dictionary definition. The subject is so complex and multifaceted that there are books as well as many schools devoted to leadership training and skills. I have been the leader of a Cultural Arts organization and a leader in the Hike for Discovery program. Two common traits I found necessary for both are:



- 1) The ability to respect others and to consider everyone’s opinion and ability when setting an agenda (*policy or outing plan*).
- 2) The ability to impart on all participants a sense of contributing and of being successful. Leadership is a privilege and a responsibility.

A simplified list of important leader traits as applied to leading ski tours follows:

- A leader cannot be self-centered; decisions are made for the good of the group, not the leader.
- A genuine interest in every participant will be mirrored in how they care about each other; it will also strengthen the group.
- Do not pretend and don’t show off; be honest about your limitations. If you do not know something, admit it, and get the group to help you figure it out.
- Have a sense of humor and a positive, encouraging and supportive demeanor.
- Do be fair, listen, be decisive, be flexible, establish communication.
- Don’t swear, shout, be rigid or aloof.

A good ski tour leader needs to focus on:

- Thorough planning
- Prioritizing safety over objective
- Being sensitive to and aware of individual needs or problems
- Have knowledge and skills or recognize same (or complimentary) in participants.
- Be able to make firm decisions (listen to and consider others, but have confidence in your decisions).
- Stay collected and in control in an emergency.

I have found pacing to be critical to a participant’s comfort and enjoyment. It is best to start off at a moderate pace, resisting the temptation of natural

excitement and adrenaline that may cause the group to move too fast. If some fall behind, slow the pace to bring the group together. If there is a large discrepancy in skier abilities and pace, appoint a sweep or, depending on the number of people on the tour, a third leader to stay in the middle of the group. Asking skiers to use the “buddy system” ensures that no one is left behind and everyone has a friend to ski with for the day.

Check in regularly with everyone to be sure everything is okay. The one gauge of whether your tour is a success is whether people are having fun. Keep your eye out for anyone who appears to not be having fun and assess any problems and try to solve them.

The Club has produced guidelines for ski tour leaders and participants, which can be accessed through the website. If you are interested in leading a ski tour, please download and study these guidelines, then simply notify the Day Tour chair (Bill Heitz) or Bus Trip Chairs (Ray and Thea Berg) of your proposed tour. The Club needs willing and able leaders, so thanks in advance for volunteering! ■



Photo by Louise Broadbent



Get on the Bus –

A few seats remain on the bus trips:

Telluride, 1/16 - 19, \$340

Lake City, 2/13 - 16, \$330

Salida, 2/26 – 3/1, \$215

Pagosa Springs, 3/6-8, \$185

Contact Thea Berg at 294-4112 or thea.berg@comcast.net.



Attend Ski Lesson –

For beginners on Saturday, 1/10 from 3-5 p.m. (arrive by 2:45) at REI, 1550 Renaissance NE, ABQ. On-snow session is tentatively set for **Saturday, 1/17**. Contact Guy Miller for details at or 294-7940 or xcskiboy@aol.com or just show-up!

Update for 2009 Bus Trips

By Ray and Thea Berg

The bus trips are designed to provide a wide range of opportunities for cross country skiers of all levels as well as snow shoers and downhill skiers. In many areas there are Nordic areas that include mainly Class I and some Class II trails. All of them include numerous back country Class II and Class III routes that can challenge the most adventurous skiers.

On trips with ski resorts, there are downhill areas for the skiers who prefer speed to solitude. We designed the program so that the bus takes skiers to trailheads early in the day and retrieves them in the afternoon. In many areas there are shuttles that can take skiers to the more popular areas, often including some of the cross country trailheads.



Skiers investigate animal tracks in the snow at Yellowstone.
Photo by Don Mullen

Groups of novice skiers can safely go into Nordic and prepared track areas. In all of the areas we go to ski we strive to identify interesting, fun routes and leaders who can safely take groups onto the best back country ski trails that are available. Many of our leaders have extensive experience leading groups on interesting back country trails, and often have had training in first aid and avalanche safety. The club offers scholarships to avalanche safety and mountain and winter first aid classes so we have a safer back country experience.

Leadership development is a key area for a program like the NMCCSC bus trips. So at the end of this ski year as an incentive for Club members to take leadership roles on ski trips we will be holding **two drawings for free bus trips** to those who are leaders or co-leaders on ski routes.

The four bus trips this year are:

Telluride Jan 16-19, Cost: \$340
Lake City Feb 13-16, Cost: \$330
Salida Feb 26-Mar 1, Cost: \$215
Pagosa Springs Mar 6-8, Cost \$185

There are still a few openings on all of these trips. If you are interested, contact Thea Berg at (505) 294-4112 or thea.berg@comcast.net. ■

Ski Tour Ratings As Adopted by the Board

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 is 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 is 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. ■

Learn to turn

By Tom Krajci

If you look around at snow covered terrain in New Mexico, you'll see that much of it is not flat. How do you negotiate it on skis after you climb? Turn. Turn is a four-letter word . . . that's why I love to do it! Snowplow has too many letters. It's not fun, and it's tiring because you hold your legs bent in a static position for a long time.



Where did I learn to turn? On the groomed piste.

Where did I advance my turning skills? Off piste, but only after I had solid skills on piste.

We all want to back country ski, not resort ski. Where should you learn to turn? At a resort, on piste.

Why? Resort lifts allow you to ski tens of thousands of vertical feet in one day. Lots of learning can happen that way. How many vertical feet can you climb in one day in the back country? Perhaps a few thousand?



Diane Simmons and a friend show off their telemark technique down a slope at Wolf Creek.

Photo by Diane Simmons

Many ski resorts offer telemark clinics for beginners. On one such day you learn some useful techniques from a teacher that you couldn't learn in one long season in the back country.

If you're a locked-heel skier at a resort, you can quickly develop a strong stem turn . . . and that will let you handle most terrain, except the really steep stuff. You won't look like an expert, because (gasp!) you won't be skiing parallel all the time, but that will come with time and experience. If conditions are difficult, or I'm tired at the end of a long day . . . I ain't too proud to stem. It gets me back to the trailhead so I can ski another day.

What kind of gear do you need if you want to learn to turn? Instead of telling you the best gear for turning (*because there's so much variety*), I'll tell you what's probably a bad rig for turning: soft boots, and skinny skis that lack a steel edge. Once you get away from that rig, you'll find it easier to turn in various snow conditions, especially if you only have a few weekends a year to devote to this sport.

Yes, you can turn in soft boots and skinny, plastic-edge skis . . . but you need really, really good technique.

You can get that skill if you ski 100+ days a year for many years. I'll never get to that level. Randonee skiers can find plenty of books on locked-heel ski technique.



Eric Russell demonstrates his parallel turns to negotiate the narrow Power Line trail in Silverton.

Photo by Tom Krajci

Want some good pinhead (*telemark*) reference materials? A more technical book is *Free-Heel Skiing: Telemark and Parallel Techniques for All Conditions (Mountaineers Outdoor Expert Series)* by Paul Parker. If you want cartoons with your learning, get: *Allen & Mike's Really Cool Telemark Tips* by Allen O'Bannon and Mike Clelland.

Guy Miller has the latter book, so if you're nice to him you may be able to borrow it.

Did'ja notice above . . . telemark skiers can ski parallel too! ■

Join us at Snow Mountain Ranch 2010

By Lester Byington

Sharon and I will lead a Snow Mountain Ranch (SMR) trip again in 2010 (*next winter, not this winter!*). We will leave on Wednesday, 2/24, spend one night on the road and three nights at SMR, and return on Sunday, 2/28. This provides 3 full days of skiing. SMR has been an immensely popular trip, and we'll try to make it just as good this time!

Lodging; Meals & Logistics

We will stay at Snow Mountain Ranch located between Winter Park and Granby. Our lodging will be a beautiful 8-bedroom 8½-bath cabin located right on one trail of their 100-km groomed track network. We will assign only one couple per bedroom (*or 2 singles*). The cabin is designed to accommodate 32

people, and the kitchen, dining, and living room areas are designed for that number!

Breakfasts and dinners will be prepared by volunteer gourmet cooks selected from the trip participants, with serving and clean-up assistance from the SMR staff. Menus will be planned in consultation with trip participants. Meals are included in the trip cost.

Cost; Payment & Deadlines

The cost of the food and lodging at SMR will be approximately \$350/person. Expect about \$70 for carpooling expense (*unless you're the driver!*), and about \$70 for a motel room Wednesday night. Trail passes at either SMR or Devil's Thumb will be additional.



Skiers on St Louis Creek loop in 2003. Photo by Sharon Byington

The deposit and deadline are more severe than usual Club trips since the cabin comes as a single unit – we can't cancel just one room! The **deposit to secure your space will be \$300/person, due at the March meeting or by 3/12/09, and will be non-refundable!** If we get enough participants to overflow into the nearby Indian Peaks hotel-room-style lodging, we will be able to take deposits with some degree of refundability. Contact me for details at 275-5777 or lester@byington.org. ■



1. **Request a training scholarship –**
A few scholarships remain. Take advantage of this great training opportunity – contact Guy Miller at xcskiboy@aol.com or 294-7940.
2. **Report fallen trees –**
Help keep our trails in good condition in the Sandia and Jemez Mountains by reporting fallen trees to Sam Beard at 828-0673 or samgbeard@msn.com.
3. **Get published –**
E-mail your photos, stories and/or ideas to the newsletter editor karenleach7@msn.com.



= Monthly deadline for newsletter inclusion

January 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8 Club Meets	9	10 Beginner ski lesson
11	12	13	14	15	16 Telluride	17
18 Telluride	19	20 	21	22	23	24
25	26	27	28	29 Board Meets	30	31 Hut

February 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7 Red River
Uncle Bud's Hut						8
9	10	11	12 Club Meets	13	14 Lake City	
15 Lake City	16	17	18	19	20 	21
22	23	24	25 Board Meets	26	27 Salida	28

March 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7 Pagosa Spr
Section House Hut				8	9	10
11	12 Club Meets	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Update for 2009 Hut Trips

By Guy Miller

There are two hut trips scheduled for the coming season. On **1/31 to 2/6**, is our much-vaunted five-nighter (*a Club first*) to Uncle Bud's Cabin for three nights, then crossing over to 10th Mountain Hut for two nights. This trip is restricted to hut veterans only, due to the strenuous nature of this particular event. This trip is full; however, I have had two recent cancellations.



Guy Miller prepares his sled.

Our second trip is **2/28 to 3/4**. We will be taking a mellow route to Section House, located just outside Breckenridge. Section House is a Colorado Historic Landmark, and is unlike any of the other we have visited. It is a restored home that was used by the railroad section chief and his family, and contains many historic artifacts and ghosts, so we're told. This trip could be suitable for advanced beginners, although leader approval is required. The trip is full, with no one on the waiting list.

So mark your calendars and contact me to get on the waiting lists. For further information contact me at 294-7940 xcskiboy@aol.com. ■

Hut Trip Outlook for 2010

By Guy Miller

Is it just me, or are the hut lotteries coming earlier and earlier each year? I just received our 10th Mountain Division Hut Association lottery form for 2010! At the December general meeting, I mentioned that I was starting to think about hut trips for the 2010 season; now it looks like I'm going to have to do more than just think! The deadline for our lottery entry is February 13th. Last year I submitted 75 date combinations, and we got selected for somewhere in the middle of our preference list.

In mid-December I sent out an e-group message soliciting input for next year's activities. Thanks to all who responded. There was consensus that there is ongoing interest in multi-night, hut-to-hut trips (*as opposed to going to one hut and doing day skis out of the hut*). There was also interest in re-visiting some of our old favorites. Where opinions diverged,

however, was in the type of skiing that our participants like to do at the huts. Some like the Nordic touring experience of going from one hut to another. Others like mellow, Class II type day tours. Still others seek mainly steep terrain for "doing turns." There is usually something for just about everyone, and I'll continue to try to please as many as I can.

If our upcoming 5-nighter from Uncle Bud's Hut to 10th Mountain Hut is a smashing success, I may want to try for another similar tour for 2010. I'm thinking specifically of Margy's to McNamara, or the reverse. Other possibilities include huts that we've not yet done as official Club trips. I have personally been to all of the 10th Mountain and Summit huts, but as a Club, we have yet to go to Polar Star (*not so interesting now that the sauna has been removed*), Margy's, Vance's (*possibly the suckiest hut in the system, especially since they removed the sauna*), and Jackal. Jackal was the first 10th Mountain System hut that I visited, and I'd love a return to that one.



Chet Leach skis to Harry Gates Hut.

Photo by Don Mullen

Other past favorites are Eisemann, where undoubtedly the best tele skiing is found, in addition to nice touring terrain (*could we do FOUR nights at that one?*), Peter Estin (*another major turn magnet*), Sangree M. Froelicher (*formerly Belvedere Hut, our first official hut trip*), and Janet's (*holds 20 people, has a sauna, and you can ride a chair lift for free for 800 vertical feet*).

As for beginner trips . . . last year I solicited input for another beginner trip to the new Continental Divide Hut, which is super easy to get to, and the day skiing is phenomenal. I got ZERO response, until after it was too late. I won't use the lottery for this hut, due to the limited number of people it can serve. I can try to reserve it later, when Association members get to call in reservations in March. Let me know if you are a beginner and would like to try this trip. But don't wait until it's too late!!!

I solicit your input, and I invite inquiries from new members or guests who want to learn more about our hut trip program. It's what's happening at the NM Cross Country Ski Club! ■

Mexico Cross Country Ski Club

P.O. Box 8425

Albuquerque, NM 87198-8425



Bob Moore, Tom and Louise Broadbent, and Marlene Brown take a lunch break in Silverton.

Photo by Angela Welford

2008/09 Officers and Board

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Vice President	Mike Martin	286-8762	mike_martin_csp@q.com
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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
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