

# New Mexico Cross Country Ski Club

November 2009



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

## November's Program — Get Your Mojo Going!

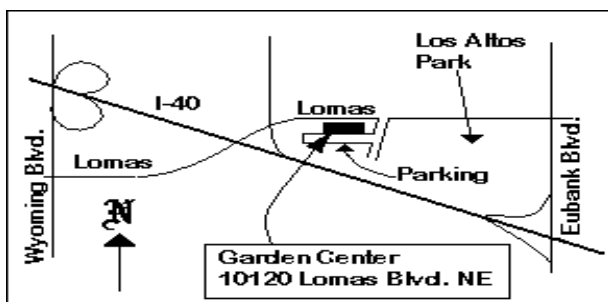
Steve Bliss and a personal trainer from New Mexico Sports and Wellness will join us on **Thursday, November 12th** to not just talk about training for cross-country skiing, but also to lead us through some group exercises. Please come in easy-moving clothes, relaxed and ready.

And to really condition your body, Steve will also be handing out passes to the Sports and Wellness club to push yourself into your best shape.

Remember to bring a friend and invite them to join!



**NM Cross Country Ski Club Meets**  
Thursday, November 12, 7 p.m.



### Renew your membership

Dues must be received by **11/14** to receive the newsletter and to sign up for bus trips.



### Sign up for bus trips

Ray and Thea Berg must receive your forms and payment by **11/14**.



### Request a scholarship

You can apply for a training scholarship by contacting Guy Miller at [xcskiboy@aol.com](mailto:xcskiboy@aol.com) or 294-7940. This year \$800 is budgeted for avalanche or other training. **Deadline is 12/1**.



### Snow Mountain Ranch

Lester and Sharon Byington have one spot for a woman in the Reunion Cabin and a short waiting list. See the article about this **2/24-28** spectacular car trip in the October newsletter [www.nmccskiclub.org](http://www.nmccskiclub.org).



Noel Barstow, Carol Meineke and Erik Boman in Silverton. We return to this ski wonderland this season. Sign up today — see enclosed form.

Photo by I-Ching Boman

## From the President

Now that the first snowfall has arrived on upper Sandia, and my first issue of the Cross Country Skier magazine has arrived, I feel definitely motivated to think about and prepare for skiing. This year's Cross Country Skier shows real promise of being more



oriented to the non-competitive skier, as the October issue has a 10-page fall training section. It offers material on Pilates (to develop core-centered skiing), use of kettlebell exercise specifically oriented to skiing, various dry-land drills, and exercises

specifically tailored to improve one's balance.

Unfortunately, I know of no Albuquerque newsstand that carries this magazine. However, you can still subscribe for \$14.95 by calling 800-827-0607 or visiting [www.crosscountryskier.com](http://www.crosscountryskier.com). There is a \$2 surcharge for each of the October and November issues since special processing is required.

I also wish to remind all members of the opportunity to apply for a Club scholarship of up to \$200 for successfully completing a recognized course in avalanche training or other disciplines that instill enhanced ski tour leadership skills. Applications must be submitted to Ray Berg, Guy Miller or Bill Heitz by December 1 of this year. The specific information required in applications can be found in the members-only section of the Club website under Ski Club Policies and Procedures. Current Club policy is to give preference to applications requesting scholarships for a recognized avalanche school; several Club members are alumni of the one offered in Silverton.

Remember to bring a friend or acquaintance to our November 12 meeting who may be interested in becoming a Club member.

*Wayne Kirkby*

## My First Bus Trip Experience

By Bet Gendron

For my first bus trip with the NMCCSC, I went to Pagosa Springs/Wolf Creek. The trip included time in the hot springs, a dinner in Pagosa, and some exciting time on the pass working with chains for the bus. After spending my first day on the Fall Creek Road, I chose on Sunday to go with a group climbing from the top of Wolf Creek Pass to 11,700 foot Lobo Lookout, a mountain with radio towers on top.

On the day trip were Tom and Louise Broadbent, Alan Burns, Lester Byington, Susan Harris, Wayne

Kirkby, Karen Leach, Bob Long, Guy Miller and myself.

At the very beginning, the group had to climb about 10 feet straight up from the parking lot to the snow level and then we proceeded up a forest service road. There was a lot of fresh powder from a storm the day before, so even on the road we broke trail — there were no tracks underneath.

I was very impressed with the equipment and the strength of the group members. They took turns breaking trail, with the first one waiting to join the end of the line after spending time and untold calories in front. I was glad to take a couple of turns in front, then realized I should preserve my energy.



**Bet Gendron on top of Colorado's highest peak, Mt. Elbert at 14,433 feet.**

We took a rest at an open saddle halfway up. There were other skiers starting to come up, some with snowboards tied to their packs.

The climb at the very top became steeper; I think everyone put all their energy into it. At the top, I was looking forward to a little time for breathing and peanut butter. But, lo, half of the group, Guy, Wayne, Karen, Alan, and Tom never stopped, not even for a snack. They just went right across the top and down over into an abyss, the goal being to follow power lines down. I saw them later, so it must have been successful.

After my precious, quick snack, Louise, Susan, Lester, Bob, and myself started down in an unbroken area. This opened up a new level of fun for me. I took off my sunglasses just to enjoy the snowflakes around me. When we came to the forest road, I enjoyed a fast trip down.

On the way, I was amazed to see where other skiers/snowboarders had come down, or had gone off the trail to their own abyss. We had to climb down "off" the snow to wait in the sun for the bus.

I learned a lot on this trip: this club has very nice, knowledgeable members who want even the new folks to have a safe and enjoyable time; Ray and Thea Berg are wonderful trip leaders; there are many strong, healthy people in the back country in the winter; and, as I was nicely assured, everyone gets *hat hair*. ■

## Salida Ski/Hike Tour

By Dave Gabel

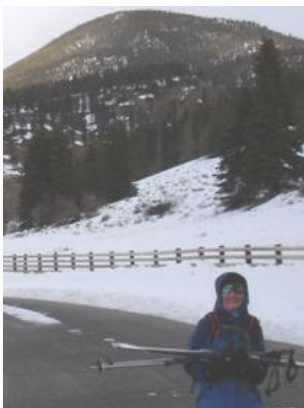
Cross country skiing was not totally foreign to me when I joined the club this last season, but skiing with a larger group was. Prior to this year my experience had been limited to a dozen outings or less with rented skis — in singular company.



Life got in the way of skiing for a few years and when I was encouraged by friends to join the NMCCSC it seemed like a good transition back into the sport. With a little trepidation I signed up for a bus trip in the fall, before having any idea if my skill level would be acceptable and skiing with a larger group intimidating. I figured I had the whole season ahead of me to get out on some smaller group outings and let others tell me just how timidly I should begin . . . . But then, I was expecting a winter with SNOW.

With only one club trip to the icy Valles Caldera under my belt I boarded the bus to Salida. What a warm and friendly group! It helped to have a few friends around — especially to translate the incoherent announcements; incoherent from my 'newbie' spot at the back of the bus. I was pleased to learn that there would be outings of various levels and even happier when I discovered that the Class II outing I had signed up for the first day would be broken into a 'faster' and 'slower' Class II; not likely I would get completely left behind!

It was a very rewarding feeling to be back on skis again and to find myself able to keep up with the faster of the two Class II groups. This is fun! A fairly icy snowmobile track on the bottom section of the Old Monarch Pass route gave me a chance to test my abilities and push my luck. My mentor's instructions came back to me, luck held and I was elated to be one of the earliest to arrive at the bottom of the track.



Betty Martin joins the trek to the bus!

Photo by Dave Gabel

As the adventure has probably been told, this only meant that I was among those who had a longer time

to stand by the side of the road waiting for the 'lost' bus. Aside from anxiety that there was more wrong than just a missed schedule, even the wait was pleasant. There was the beautiful Colorado valley that surrounded us and an unhurried walk down a pretty road to finish the day . . . and for me, to finish a good beginning. ■

## Sign up for Beginner Ski Class

By Guy Miller

The Club sponsors a beginner class ONCE per season, and the time is rapidly approaching. The idea is to learn to ski at the beginning of the season, so that the beginner can use the rest of the season to practice, to improve technique, and to go on some Club ski outings. Don't wait for deep mid-winter snow to start thinking about learning to ski; it'll be too late. This class is primarily for the absolute beginner, although those who have had some minimal experience might also benefit.

Our beginner class consists of one classroom session and one on-the-snow session. The classroom session is a prerequisite for the on-the-snow day. The two-hour class focuses on what the beginner skier needs to know, including gear needed to have a successful on-the-snow experience. The format is informal, with questions and discussion. This is a no-pressure learning environment, with emphasis on fun, sharing, and learning.

The **classroom session** will be held at REI in the clinic room on **Saturday, January 16** from **3 - 5 p.m.** It is open to the general public. Last year we had to turn away people so **Club members are advised to arrive 15 minutes early.**

The **on-the-snow session** is tentatively set for **Saturday January 23 or 30.** This is for Club members only and is NOT REI-affiliated. If snow is not in the cards for us by that date, our Plan B and C dates are January 30 or February 20, and Plan D TBA.

**NOTE:** Regrettably, I am not an effective teacher for young children. Please contact me prior to enrolling minors.

For further information or details, contact me at 294-7940 or [xcskiboy@aol.com](mailto:xcskiboy@aol.com). ■

*Pay your membership dues today and sign up for the bus trips by Saturday, November 14th.*

## Hut Trip Update & Forecast

By Guy Miller

The following trip dates include travel time and the cost covers hut and dinners at the hut. Other costs are additional.

**Sangree M. Froelicher Hut** (formerly *Belvedere*), **January 10 – 13, 2010**. This is our beginner hut trip. Trip is full with a short waiting list. Hut is located near Leadville, and involves a 3.5 mile ski in with a 1,500 foot elevation gain. To be considered for a beginner hut trip, one must be a solid Class II skier, with ability to ski with a full pack, and be able to ascend and descend, turn and stop, regardless of how sloppily these maneuvers can be executed. If you can spend more time on your skis than you do rolling around in the snow, you can probably do this trip. Cost is \$124.

### Jackal Hut, February 2 – 6 or 7.

Trip is full with a waiting list. However, there has been recent movement on the list. This trip will be done in a loop, going in via Cataract Creek

(6 miles and 2,500 feet elevation gain) and going out via Pearl Creek (6.5 miles and 2,400 feet elevation loss). Please don't ask me what we're going to do with the unaccounted for 100 feet!!

### Margy's to McNamara, February 27 – March 6.

Two vacancies remain. This hut-to-hut adventure is for experienced hut skiers only. Huts are located near Aspen, and the round trip drive will be close to 1,000 miles. Cost is \$200.

### Future Hut Trips

It's never too early to start thinking about future hut trips. I spend much of my time doing just that, year round. I'm thinking I might like an encore tele-journey to Eisemann Hut in 2011, and I'd also like to revisit the idea of New Year's trips. I have some ideas for linked yurt trips, including a return to the Haute Hinsdale on the Continental Divide, as well as some huts in far northern Colorado that we've never visited.

I'd also like feedback about continued beginner trips.

A hut skier recently suggested the idea of group breakfasts to go along with the group dinners that

we've been doing for several years. Could be really cool. Any ideas about preferred hut destinations, whether new, or favorite oldies is always welcome. Constructive suggestions for procedural matters are solicited. I want to keep doing hut trips for as long as I can (*my doctor recently gently told me that I might have not much more than 30 seasons left in me*), so I want them to be attractive and engaging events for as many people as possible. Talk to me at 294-7940 or [xcskiboy@aol.com](mailto:xcskiboy@aol.com). ■

## 2010 Bus Trips

By Thea & Ray Berg

This year's bus trips are filling up! We are going to:

**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. In addition, the Leadville trip includes opportunities for you to bring your skiing children (*ages 12 and older*) on a ski trip and the opportunity to try some downhill skiing at Ski Cooper. Both Silverton and Ski Cooper have lots of groomed areas and Cooper has an extensive Nordic Area with a warming hut and a yurt you can visit for lunch (*by prior arrangement*).

Costs for the trips are \$250 for Silverton and \$230 for Leadville. You will need to get your reservation forms in by **Saturday, November 14**. Shortly after that

date we have to start releasing any unreserved rooms to avoid being charged for them. In the event that we have more reservations than seats, we will have a lottery drawing on Sunday, November 15. If you don't get chosen for the



Guy Miller and Darrell Simmons on the bus!

Photo by I-Ching Boman

lottery, you can still get a seat when some of those who were selected decide to cancel. In all of our trips there have been late opportunities from cancellations, so be sure to **save the date on your calendar!**

Forms for signing up were distributed with last month's newsletter and are available on the Club website at [www.nmccskiclub.org](http://www.nmccskiclub.org). Go to the "Members Only" page (*username; skier and password: blizzard*) and scroll down to the Newsletter section. If you have questions you can call us at 294-

4112. You must also send in your membership dues of \$15 to be eligible to go on the bus trips.

This year we are providing an opportunity for members to bring their children who ski on the Leadville trip. They must be skiers, at least 12 years old, and be accompanied by their parents or guardians. The Nordic area at Ski Cooper has lots of maintained trail that is ideal for youth and a warming hut that has suitable food and beverages.

### **How to Sign up for the Bus Trips**

Before registering please read the complete club policy on long trips that is posted on the website ([www.nmccskiclub.org](http://www.nmccskiclub.org)), as well as the following summary.

Enclosed with this newsletter you will find registration forms. Please send a separate check for each trip for which you register. ***If you want to room with a certain person you must register together on one slip and send checks together.*** The mailing address is on the registration form. **Please DO NOT send checks to the Club's PO Box.**



Louise Broadbent, Frances Robertson, Phyllis Pryor and Regina Michaelis on the Alpine Tour loop in Silverton.

*Photo by Angela Welford*

Please be sure to include all contact information requested on your sign-up form, e.g., cell phone, email address and emergency contact.

Typically, single members who are drawn will be paired with other same-gender singles. Since many names are used for both genders, always indicate Ms. or Mr. on the form.

As long as the demand for bus trip seats exceeds our supply, we will hold a **lottery drawing on November 15<sup>th</sup>, 2009** to determine who is on the trips. Board members have first priority to sign up for trips as an incentive to serve this organization. There will be at least 3 board members present at the drawing. After all seats for a trip are filled, we will place the remaining registrations in a "Reserve Pool" and the

original checks will be destroyed. It costs nothing to remain in "Reserve" status. We will keep your registration unless you notify us that you are no longer interested in that trip. For those drawn to be on the trip, your cancelled check will be your receipt. Most often when members cancel, they sell their seat to someone in the "Reserve Pool". However, it is their seat and they may sell it to anyone who is qualified (*same sex and a member of the Club.*) The bus trip chairs (*Ray and Thea Berg*) **must** also be informed of any changes.

The roster of attendees for all trips will be posted on the website and mailed in the November newsletter immediately after the drawing for places. Complete details of each trip will be emailed to participants four weeks prior to the trip. If we don't have email addresses the information will be snail-mailed. If you do not receive notifications in a timely manner, **it is your responsibility** to contact us for the information at (505) 294-4112 or [rsberg01@comcast.net](mailto:rsberg01@comcast.net). ■

### **Find a Ski Partner via E-Groups By David Wegner**

As the NMCCSC group email chair I thought I would do a refresher regarding how to send group email.

#### **Instructions**

To send an **email to the entire group** simply send the email to the address:

[NMCCSC@yahoogroups.com](mailto:NMCCSC@yahoogroups.com)

Our group email is unmoderated, so your email will be sent to the entire group with no human intervention.

When **replying to a group email** you can reply to the individual that sent the group email or you can reply to the entire group. Please check to make sure you are replying to the desired recipient(s). On my computer using Outlook and Outlook Express, the reply button causes the sender's email address (*not the group email address*) to appear in the reply email.

#### **Policy**

Group email should be limited to topics of general interest to the Club such as:

- Ski trip announcements
- Equipment
- Reports on snow conditions is highly encouraged
- Wilderness safety
- Club activities
- Limited email regarding other outdoor sports and news regarding club members

Our group email should **not be used to promote political or commercial interests.**

Ski and snowshoe outings announced or organized using the group email need to follow the Guidelines available in the "Member's Area" of the club website. This includes posting the trip difficulty rating, special equipment required, and using the *Release of Liability* form. The leader is entered in the drawing for a **free bus trip** when the form is turned in to the Day Tour Chair.

If you want to use the group email to **find ski partners** for non-club ski tours:

- State that you are looking for ski partners for a **non-club outing**.
- Say where and when you want to go.
- **Do NOT include the meeting time and place in the group email.**
- Request anyone interested to reply off-list (*make sure reply is not sent to [NMCCSC@yahoogroups.com](mailto:NMCCSC@yahoogroups.com)*). ■



= Monthly deadline for newsletter inclusion

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 Class/REI
					Silverton	
17	18	19	20 	21	22	23 Class snow
24	25	26	27	28 Board Meets	29	30 Class snow
31						

November 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12 Club Meets	13	14 Bus Forms Due
15 Bus Lottery	16	17	18	19 Board Meets	20 	21
22	23	24	25	26	27	28
29	30					

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 
21	22 Board Meets	23	24	25	26	27 Hut
28						

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
20 	21	22	23	24	25	26
27	28	29 Board Meets	30	31		

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			



## 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



Susan Williams at Snow Mountain Ranch.

*Photo by Katie Crawford*