

New Mexico Cross Country Ski Club

November 2010



www.nmccskiclub.org

November's Program: **Learning & Exploring**

Presenters:

Chris Kramar, NMCCSC President &
Sandy Kobrock, Owner of Wolf Creek
Avalanche School, Pagosa, CO

When: Thursday, November 11th, 7 p.m.

Where: Garden Center, 10120 Lomas Blvd. NE

Chris Kramar, NMCCSC President, took advantage of the \$200 tuition reimbursement last year by going to the Wolf Creek Avalanche School. He will have a slide show and present information he learned from the course.

Sandy Kobrock, who owns and operates Wolf Creek Avalanche School, will also be available to discuss the avalanche courses and their yurts. For those who wish to gain ski skill tips via a guided tour, bring your calendar. Sandy will be ready to book your date!

To learn more about the avalanche courses, ski classes and schedules see their website at www.wolfcreekbackcountry.com/avalanche.html.

This year, why don't you take advantage of the NMCCSC training scholarship program to increase your skill level! ■



Chris Kramar examines the layers of snow in a block of snow that was cut from a potential avalanche slope.



Renew Your Membership

Dues must be received by **11/30** to receive the newsletter and to sign-up for bus trips.



Sign Up Now for Beginner Ski Class

Training will be held mid-January. Contact Guy Miller at xcskiboy@aol.com or 294-7940 for details.



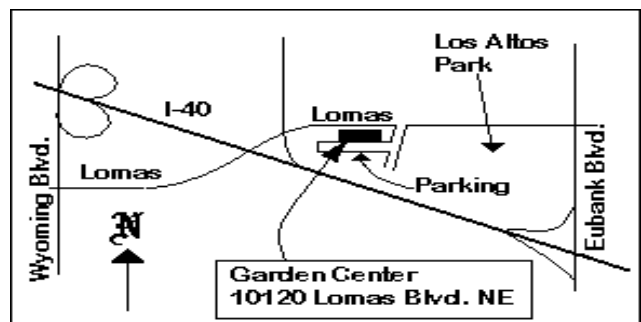
Request a Training Scholarship

Members can request an avalanche or other training scholarship by completing the application that is on the Club website or by contacting Guy Miller at xcskiboy@aol.com or 294-7940.



Erik and I-Ching Bowman, bus trip Lake City, 1/14/09.

Photo by Bill Heitz



From the President

During the last week of October I began to note a chill in the air in the mornings, which indicates to me that we are fully into the transition from summer/fall to winter. Soon the first snow will fall in the Sandia Mountains and the white mantle of snow will be visible.



Last year we were skiing on Halloween, so this could happen sooner than you think. If you have not already started getting in shape for the ski season, I advise you to begin now.

I want to make "safety" a theme in my first year as President. Safety for Nordic skiing means avalanche avoidance and first aid knowledge. I urge all Club members to consider taking a

Wilderness First Aid class and/or an approved avalanche safety class.

Club scholarships are available to all members who successfully complete a recognized course in avalanche training or other disciplines that instill enhanced ski tour safety and leadership skills.

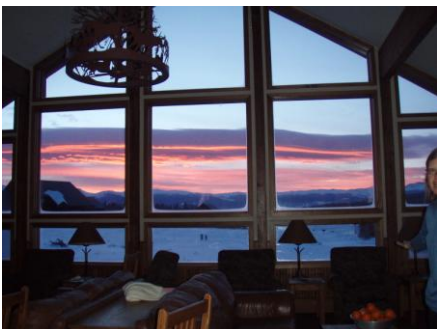
Scholarship applications can be accessed on the Club website and submitted to Guy Miller at xcski-boy@aol.com. The information required is found in the members-only section under Ski Club Policies and Procedures.

In the past few years we have had little use of these scholarships and I would like to see all of them used this season. Last season only one was used – that was me taking an L1 Avalanche class!

It so happens that Sandy Kobrock, owner and operator of Wolf Creek Avalanche School, will speak about her avalanche safety classes at the November meeting. I will also speak and show images I took during the class. If you are curious about what goes on in an avalanche class, please attend.

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

Chris Kramar



View from the Reunion Cabin at Snow Mountain Ranch.

Photo by Sharon Byington

Spectacular Snow Mountain Ranch

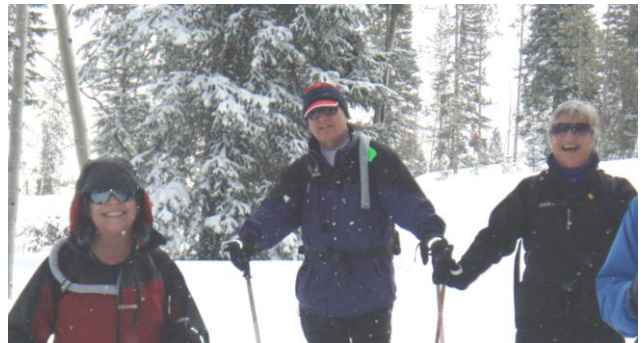
By Sharon Byington

The incredibly unique Snow Mountain Ranch is located between Winter Park and Rocky Mountain National Park. It was the perfect setting for a Club visit on a car trip last February.



The huge spacious Reunion Cabin had 8 bedrooms with 8 baths, and as many as 40 people could sit at the tables for dinner. We only had 24!

The logistics were a bit complex and the distance far, but the skiing was perfect and the weather was phenomenal. The location was magical with great mountain views, and it's surrounded by a gigantic prepared ski track system.



Yolanda and David Ploor and Katie Crawford at Snow Mt. Ranch
Photo by Sharon Byington

The Fraser Experimental Forest offers miles of trails with no snowmobiles . . . yea! It is truly a beautiful and terrific white wonderland. Several skied there the second day as well as at Snow Mountain Ranch.

On the third day almost everyone skied the majestic Rocky Mountain National Park. One class 2+ group skied a fantastic back country trail that was deep in the forest. The other groups skied Trail Ridge Road (the main road through the park). Someone had skied a short way before us, but soon no one except us made the first tracks as the full grandeur of the park became evident. We skied a few miles of switchbacks and enjoyed the spectacular views. It was truly an amazing experience. Then we sailed back down.

None of this really captures the essence of this marvelous trip. The congenial interaction of our group was the best. This group had the kindest, most helpful and most considerate people ever. They were funny, crazy and interesting. Happy hour and dinner each evening was filled with laughter and fun. It was indeed a warm, special and wonderful time. ■

Hut Trips 2011

By Guy Miller

Polar Star Inn: February 1-6

Location: The trailhead is near the town of Eagle, Colorado. The trip in to the hut is about 6 miles with 2,000 feet of elevation gain; however, it becomes surprisingly steep at the end. The work load at this hut is reduced because melting snow for cooking and drinking is not necessary; there is an outdoor pump that produces potable water.

Cost: \$145.00



Eric Russell melts snow at Francie's Hut.

Photo by Bill Heitz

Janet's Cabin: March 7-12

Location: This beautiful hut is located near the Copper Mountain ski resort and the first 800 feet are climbed via a free chairlift at the resort. Total distance is about 4 miles, with about 1300 feet of elevation gain. The most challenging part of the trip is

negotiating our way from the massive Copper Mountain parking lot to the trailhead. The best part is that Janet's hut has indoor self-composting toilets and an outdoor sauna.

Although this is not considered a beginner trip, it is, nevertheless, one of the easier hut destinations. Interested hut trip wannabees should contact me. Cost: \$140.



Marlene Brown, Al Putzig, Dave Saylor, Phyllis Pryor, Angela Welford and Larry Larkin at Francis's Hut.

Photo by Bill Heitz

Ben Eiseman Hut: March 28 – April 2

Location: Located near Vail, this is the only hut in the system that is north of I-70. The terrain around the Eiseman hut is considered to be THE premier tele destination in the 10th Mountain system. There are also Nordic touring opportunities available. The route we will take climbs nearly 3,000 feet over 7 miles. Good news — our route out will be on a different and much more mellow trail.

Cost: \$129.

For further information about hut trips, contact Guy Miller at xcskiboy@aol.com or 294-7940. ■

Member Questionnaire Summary

By Ray Berg

In February 2010, NMCCSC members were asked to give their opinion on all aspects of the Club's activities. The results will enable the Board to evaluate how to focus its efforts to support the Club's goals, including membership growth and retention, activities and trips, publicity, and future planning opportunities.



There were 50 responses, which was ~ 20% return. Approximately 2/3 returned the survey on their own initiative and are referred to as "sent". The remaining 1/3 were solicited on one of the bus trips and are referred to as "bus" group. There were some significant differences between the two groups so they were considered separately on some questions.

The **size of family** for the *sent* group is close to the Club's membership this year and historically — most have only 1 or 2 skiers in their family. The *bus* group had more couples than the *sent* group. This may provide opportunity to market to children and other family members.

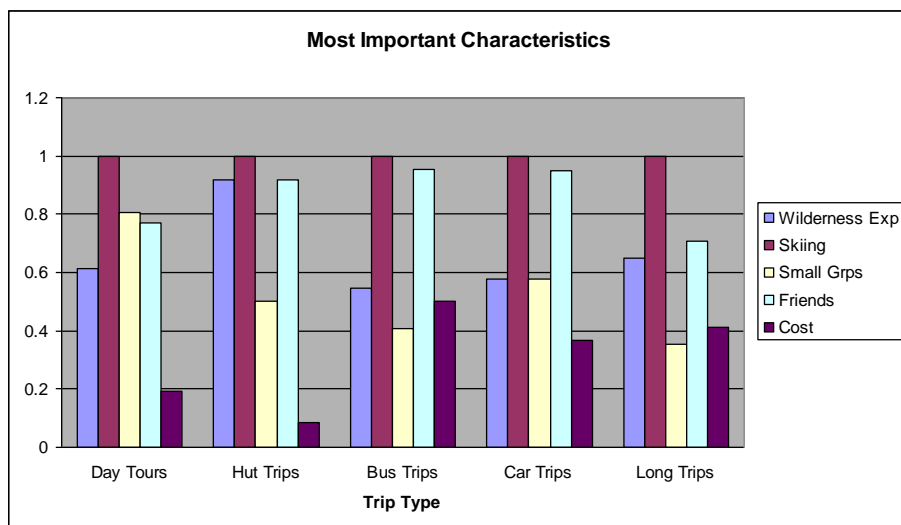
When asked **what attracts** members **day tours** was the first, **bus trips** second and **route information** third. **Members participated** in **socials** (1st choice), **day tours** (2nd) and **newsletter** and **bus trips** (3rd). Even though a smaller number participated in snowshoe, and hut, car and long trips, they are a dedicated group within the Club. Use of this information may present an opportunity to enhance membership growth by expanding the repertoire of trip options and our cadre of leaders for the various trips.

Again, **day trips** were reported as **most important activities**, along with areas that focus on communication about skiing, such as **route information, newsletter, bus trips, contacts** and

socials. Generally responses indicate broad support for all Club activities even when a member does not appear to participate. This may reflect satisfaction with Club operation, activities, and investments of the time and energy of the leaders.

Members were asked to rate the most **important aspect of trips**. Not surprisingly **skiing** was the most important in each kind of trip with **being with friends** as second. **Cost** was more important for **bus trips** than any of the other types of trips, and respondents reported that cost was less important for hut trips. Similarly, **small groups** was more important for **day trip** participants, and **wilderness experience** was relatively more important for **hut trip** participants. Awareness of characteristics of trips will help in the design and promotion of future trips.

Members' rating of **importance of day tours, and hut, bus, car and long trips** were charted against the amount of **time** they had been members or that they had been **skiing** to understand how their ratings changed with time. In general, members indicated a decreasing importance to these activities with time.



One exception was **trail maintenance** – since this trend increased there may be something about the presentation of this activity that causes it to grow. This may present an opportunity for programs or other educational activities to explain what is involved in activities and how it benefits the wider skiing community, as well as our members.

Finally members were asked about their interest in serving in a leadership position. Several indicated an interest, which provides opportunity to broaden Club leadership.

A special thank you to the other committee members: Jackie Hertel, Karen Leach, Bob Moore and Angela Welford. ■

Wilderness First Aid Tips

By Ella Joan Fenoglio



Talking about Wilderness First Aid to NMCCSC members may be likened to preaching to the choir! With that acknowledgment, I will commence to preach just a little here to remind us all of what it takes to maintain the Club's pristine record of safe skiing.

One of the reasons that we skiers have spent hours and days in the wilderness - all safely - is that we practice prevention. Even though we may be distant from trained medical treatment and resources, we are prepared. The use of layered clothing, sun screen, goggles or glasses, strong poles and skis, water, food and skiing with at least one other person and a functioning cell phone all contribute to successful trips.

Another big part of wilderness first aid is to have among the group of skiers at least one personal first aid kit. It should contain moleskin, six adhesive bandages, two 3x3-inch sterile gauze pads, adhesive tape, antibiotic ointment, soap or alcohol-based hand sanitizing gel, scissors, tweezers and a CPR breathing barrier.

A larger group first aid kit would also include aspirin, ibuprofen, two 3-inch rolls of gauze bandage, 12 alcohol pads, two 3-inch ace bandages, 12 4x4 sterile gauze pads, gel pads for blisters/burns, hydrocortisone cream 1 percent, four triangular bandages and 12

safety pins. Optional items include a space blanket (*light-weight, but keeps a downed skier warm*) and a folding splint.

Those in the group with allergies, diabetes and other medical conditions should carry their own required first aid supplies.

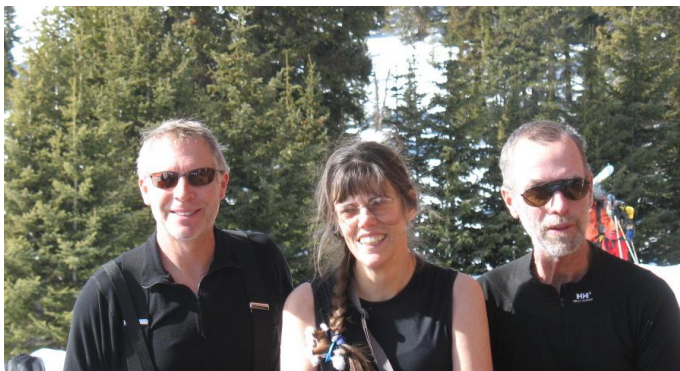
For next month's newsletter, let's hear some real-life stories from you that we can share. **Please email to EllaJoan@highfiber.com those cross-country ski situations that required first aid, what was successful and what you might have done differently.** ■

Editor's note: Ella Joan is a July 2010 graduate of the American Red Cross 2-day Wilderness First Aid course.

Fowler-Hilliard Hut Reconstruction

By Guy Miller

In late Spring, I got word that one of the 10th Mountain Division Hut Association's flagship huts, the much-beloved Fowler-Hilliard, had been destroyed by fire. I learned that the Association, after receiving an insurance payout, was still \$125,000 short of what it needed to rebuild the hut. This was primarily due to changes in building code, and the need to make upgrades.

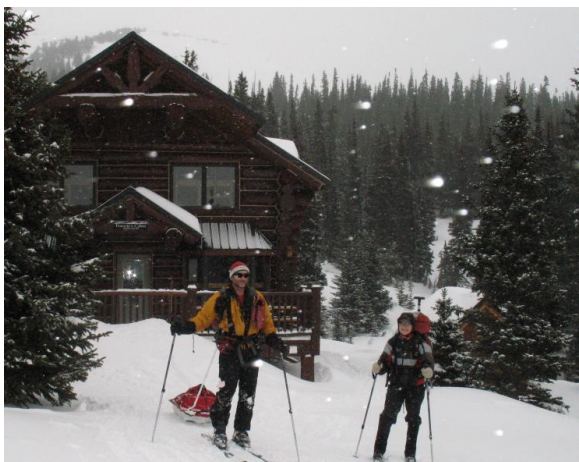


Bill Heitz, Sherry Fitzmaurice and Rich Besser relax on the front deck at McNamara Hut, 3/4/10.

As I sat down to write my check, it occurred to me that it might be possible to do a lot more than my individual effort by enlisting the aid of the Club. I sent out a message to the membership explaining the situation. I had an expectation that I might be able to help raise a few hundred dollars.

Four months later, we had collected \$1200. That's pretty darn impressive for a little ski club from New Mexico!

I wish to acknowledge our generous contributors, which includes people who have never done hut trips, or who are no longer able to do so (*a special thanks to those folks !!*): Ruth Bargman-Romero, Rich Besser, Marcia Congdon, Susan Corban and Tom Russo, Dianne Cress and Jon McCorkell, Sherry Fitzmaurice, Dave Gabel, Bet Gendron, Marilyn Harper, Chet and Karen Leach, Jim and Joan Mansfield, Mike and Betty Martin, Guy Miller, Don Mullen and Karen Griffith, Dana Price, Phyllis Pryor, Don Samuli, Dave Saylor, Chris and Linda Standish, Carl Smith and Angela Welford.



Guy Miller and Phyllis Pryor leave Francie's Hut.
Photo by Bill Heitz

Eric Russell made an independent contribution prior to learning of the Club's efforts, and also the Board of Directors made a contribution to make the Club's gift an even, round number.

We received a nice letter of appreciation from the Association, reporting that re-construction is well under way, and completion is expected in time for the 2011-12 ski season.

Hut skiers can expect that I will be trying for a spot at the new hut in next season's lottery. Thanks to all for contributing! ■

SIGN UP NOW FOR BUS TRIPS

By Angela Welford

Members are quickly signing-up for this year's two bus trips:

Pagosa Springs, Friday-Monday, January 14-17

38 registrations, 16 seats remaining

New this year — hotel is near to the hot springs!

Crested Butte, Thursday-Sunday, February 10-13

59 registrations

New this year — we will leave for this trip at 10 a.m.

Since the seating capacity on the bus is 54, we will definitely have a lottery for the Crested Butte trip and possibly for Pagosa.

However, don't let that discourage you from registering for the trip/s. People's plans can change and in past years, despite long waiting lists, everyone in the reserve pool was able to go on the trips. It doesn't cost anything to remain on the reserve list, so keep your calendars clear and the funds at hand for those last minute cancellations.



Remember, the **deadline** for registering for either trip is **Saturday, November 13**, and the lottery will be held on the 14th. Please find the registration forms with this newsletter or at www.nmccskiclub.org.

You can either mail your form and deposit to:
Angela Welford, P. O. Box 682
Sandia Park, NM 87047-0682

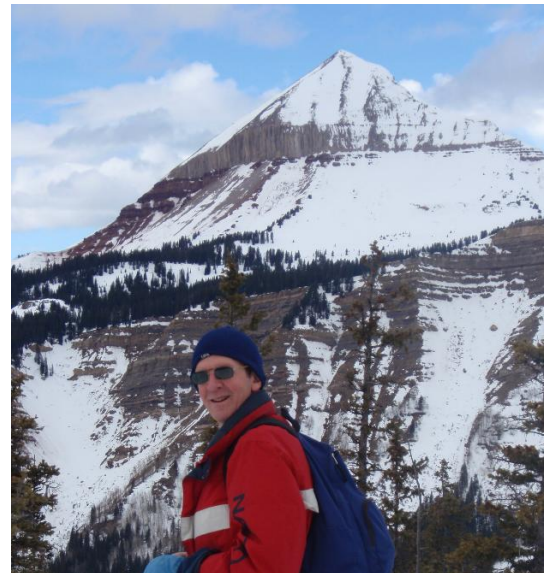
Or bring your registration to the November 11th Club general meeting. ■

2010-11 Cross Country Ski Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					October 1	2
3	4	5	6	7	8	9
10	11	12	13	14 Club Meets	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Board Meets	29	30
31	November 1	2	3	4	5	6
7	8	9	10	11 Club Meets	12	13
14	15	16	17	18	19	20
21	22	23 Board Meets	24	25 Thanksgiving	26	27
28	29	30	December 1	2	3	4
5	6	7	8	9 Club Meets	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Board Meets	31	January 1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13 Club Meets	14	15 Bus Trip ---->
16	17 MLK Holiday	18	19	20	21	22
<-- Pagosa Springs						
23	24	25	26	27 Board Meets	28	29
30	31	February 1	2 Polar Star Inn Hut	3	4	5
6 Hut	7	8	9	10	11	12 Bus Trip - Crested Butte ---->
				Club Meets		
13 <- Bus Trip	14	15	16	17	18	19
20	21	22	23	24 Board Meets	25	26
27	28	March 1	2	3	4	5
6	7	8	9	10	11	12
Hut Trip - Janets Cabin				Club Meets		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	April 1	2
Hut Trip - Ben Eiseman Hut						

Dues Increase

At the October Club general meeting members approved the 2010-11 budget, including a increase in membership dues. Effective December 1st, memberships will be \$20 for individuals and \$25 for families.



Randy Simons skis near Engineer Peak in Silverton, 1/16/10

Photo by Ruth Bargman-Romero



Sam Beard, Bill Savage, Dave Saylor, Chris Kramar and Bet Gendron ski up Corral Canyon on Sam's Peralta-Paliza crossover day tour in the Jemez Mountains last March.

Photo by Carl Smith

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 30th to receive the newsletter continuously. ***Rate will change after 11/30/2010.**

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

Year 2010-2011 If new, how did you hear about the club?
Renewal _____ New _____ Web site _____ Current member _____
Any changes (email, phone, address, ...)?? No _____ Yes _____
Ski shop _____ Newspaper _____
Other _____

Cell/other Phone: _____
Work Phone: _____
Home Phone: _____

First Name _____ Last Name _____
Address _____ City _____ State _____ Zip + 4 (please) _____

Check to exclude email address from membership list
Check to exclude email address from group email list (for trip announcements, last-minute changes, other general-interest info)

E-mail addresses (up to 3) _____

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 and will appear in the members-only (password protected) section of the Web site. Please indicate if you want to be included in this (email addresses will be handled as you've indicated above):

Yes _____ No (not even my name) _____ Yes, but omit my address _____ Yes, but omit my phone number _____

★ 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 _____

2010-11 Officers and Board

President	Chris Kramar	903-4071	ckkramar@yahoo.com
Vice President	Wayne Kirkby	898-1654	ski1071607@aol.com
Secretary	Lucy Miller	401-2440	lucycecelia@gmail.com
Treasurer	Chris Standish	400-7089	standish.chris@gmail.com
Day Tours	Bill Heitz	259-8745	bill_heitz@hotmail.com
Long Bus Trips	Angela Welford Randy Simons	281-1198 294-0192	awelford1017@gmail.com randy_simons@msn.com
Overnight Car/Hut Trips	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	Ruth Bargman-Romero	842-9735	rebrome@sandia.gov
Refreshments	Terri Elisberg Bet Gendron	281-9192 299-6542	telisberg@islclinic.net bettygendron@gmail.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	David Wegner	344-8554	dave@naturesgrandeur.com
Email Group	Nathan Cost	217-5052	nathaniel.cost@kirtland.af.mil

New Mexico Cross Country Ski Club

P.O. Box 8425

Albuquerque, NM 87198-8425



Thea Berg and Ruth Bargman-Romero on a day ski tour in the Sandia Mountains.