

# New Mexico Cross Country Ski Club

October 2011



Photo by Dave Saylor

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

## October's Program: Conditioning for Winter

### Presenter:

**Chris Brewington**  
Brewington Fitness & Performance

**When:** Thursday, October 13th, 7 p.m.

Chris Brewington will present pre-season conditioning for winter sports with an emphasis on cross country skiing and recovery strategies for after a day of skiing.

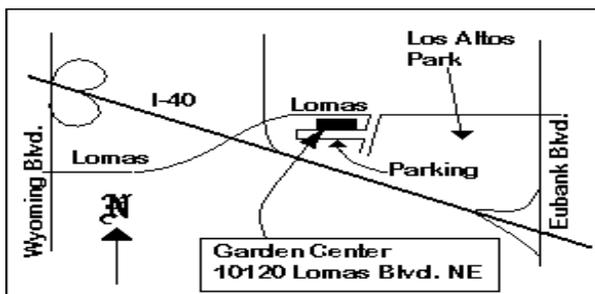


Chris holds a Bachelors Degree in Kinesiology from NMSU, is a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association, and has been a certified fitness professional since 1996. For the past 5 years he has owned his own fitness studio, Brewington Fitness & Performance where he trains clients of all ages, backgrounds and abilities. Previous to this he worked as a sports and strength coach, and a fitness director for a large health club.



Chris Brewington

Remember to bring a friend and join us for our first Club meeting of the season! ■



## 2012 Bus Trips

By Angela Welford

I am excited to announce the bus trips for 2012: **January 13-16** (Friday-Monday, *Martin Luther King weekend*) to **Ouray, CO**, \$260. We will stay at Box Canyon Lodge in Ouray with hot spring pools right behind the Lodge.

**February 23-26** (Thursday-Sunday) to **Frisco, CO**, \$300. NOTE: 5 lucky people will win **A FREE PASS** to whichever downhill area we select in the Frisco area. We will stay at the Cross Creek Condos where we have stayed in past years.

We are within walking distance of great restaurants in both towns, as well as opportunities for those "Class III" shopping expeditions.



Robert Richards, Pam Reynolds and Gordon Eatman enjoy Crested Butte, 2/12/11.

Photo by Rich Besser

Registration forms are included in this newsletter or available at the October 13th meeting. Both trips are open to children over 12 years when accompanied by a parent, grandparent or legal guardian.

If you have never been on a bus trip, please consider trying one or both this year. Both of these locations have been very popular in the past, so I anticipate the spots will fill fast. Please see the *Bus Trip Policy* on the Club website and page 5 for more information. ■

## From the President

In much of nature, winter is the time when things come to a conclusion. Plants go to sleep or die, some animals go into hibernation, many people retreat into their homes to spend the long winter nights in contemplation or catch up on family affairs. But not cross-country skiers! No!



Skiers put everything else to bed, stretch out the hamstrings, and wait for the biggest, baddest storms to come along. Then they go outside and live. It's an article of faith that you put on your best winter cocoon and go out into the raging storm secure in the knowledge that these are the best of times. Understanding your ability

and limitations, knowing what you can accomplish, and learning complete self-reliance in the moment are things real cross-country skiers revel in.

So it shouldn't be surprising that to pass these treasures on to our children, grandchildren, and friends is one of the greatest contributions we can give to them: self-understanding, self-reliance, and the confidence that comes from learning to safely go out and enjoy weather conditions that most people shun. We can reasonably expect that many of the next couple of generations will get as much pleasure and fun from these activities as we do. If they only know how to do it.

Which brings me to the purpose of this message: we need to introduce members of the next couple of generations to our activity and expose them to the exhilaration we feel when we go out and enjoy the next big storm.

The NMCCSC has activities that have been staples of our Club for many year — bus and hut trips — which provide that exposure. But those trips also have the disadvantage that only a certain number of people can go because of the limitations of the buses and huts. We also have other activities that have been a little on-again off-again, frequently due to the weather (e.g., it's either too good or too bad, depending on how you look at it), sometimes due to other factors.

So we, as a Board, will be redoubling our efforts to make activities available so more members can participate. John Thomas, Instruction Chair, is putting together ski instruction so members can learn and develop necessary skills. Guy Miller, Day/Car and Hut Trip Chair, will schedule more trips, from

close-by to further afield. Dave Wegner, Website Chair, is working on a better way to get trip information out to members quickly so they have time to arrange their ski activities. Sherry Fitzmaurice, Membership Chair, is looking at how we can use social networking to contact new and younger skiers. Not that any of us are old, of course . . .

To make all of this work, we need your participation. We need more trip and group leaders, helpers on these activities, and your ideas and feedback.

It's a new year for us. Let's see just what we can make of it.

*Ray Berg*



We have a new (very new!) member in the NMCCSC —Magnus with his parents Erik & I-Ching Bowman.



Newly elected board members from left to right: Guy Miller, John Thomas, Sam Beard, Ruth Bargman-Romero, Wayne Kirkby, Angela Welford, David Wegner, Lucy Miller, Sherry Fitzmaurice, Chris Kramar (who recently moved to CA — Ray Berg was elected President), Chris Standish, Ray Berg, Terri Elisberg and Karen Leach. Not pictured: Marcia Congdon, Bet Gendron, Bob Potter and Randy Simons.

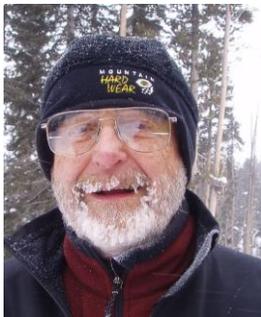
## Beginner Ski Class

Watch for details about this year's training for beginner skiers or those who want to refresh their skills. It will involve classroom and on the snow instruction. To sign-up, contact John Thomas at 298-5234 or jf87111@comcast.net.

## Yellowstone on Skis

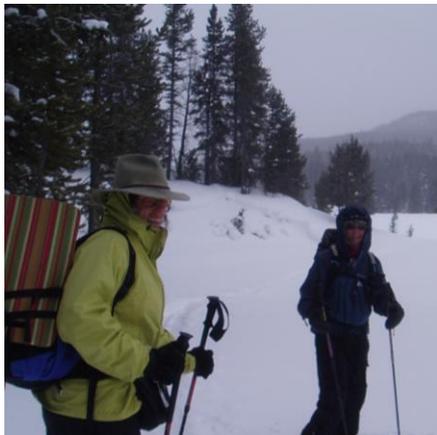
By Ray Berg

Yellowstone National Park is one of the world's great wonders. It combines the geological fascination of one of the world's largest calderas, the biodiversity of one of the largest wolf populations in the lower 48, and numerous other interesting features. We will get a chance to see and explore this marvelous park in January when a group of 20 cross country skiers gets to tour the park on skis.



Because we will be on skis, we will get the opportunity to see areas of the park that few others can experience because of their remoteness and accessibility in winter.

Our trip will be from **Saturday, January 28 to Sunday, February 4, 2012**. At this writing there is still one opening for either a man or a woman on the



Sherry Fitzmaurice and Julianne Baker, Yellowstone leader, explore Yellowstone in 2008. Sherry is returning to Yellowstone again this winter.

*Photo by Ray Berg*

trip, which is limited to 20 skiers. Cost is conservatively estimated to run \$3,000, including airfare, room and board, and the guided trips around the park.

Days typically start with transportation to a ski trailhead and a tour around

some of the interesting landscape, including areas populated by buffalo and other wildlife. After the skiing we will visit one of the attractions in the park, like the areas where the wolf packs gather, the buffalo herds live, or the hot springs. Each day ends with a great meal in their lodge followed by a lecture on topics of interest about some aspect of the park, and then a comfortable bed.

We will start with a couple of days at Mammoth Hot Springs, then go to Old Faithful Lodge, before we return to Mammoth for the last day of skiing. If you are interested, contact me at [rsberg01@comcast.net](mailto:rsberg01@comcast.net) or 366-8104 for more information. ■

## Hut Trips 2012

By Guy Miller

### Continental Divide Hut January 23 - 27

This trip is **for beginner hut skiers**. This relatively new hut is located off of Tennessee Pass, near Leadville, CO. It holds 8 skiers, so our group will be manageable, and everyone will have a chance to get to know each other.

Skiers of unproven capability will not be turned away as long as they can ski at a Class II level, and are able to carry a full pack. They must possess appropriate backcountry skis, boots and bindings.

We did this beginner trip a few years ago with good results. The ski in from Tennessee Pass is less than half a mile, with very little elevation gain. One could crawl back to the cars if necessary!



Frank Perniciaro approaches Ben Eiseman Hut, 3/29/11.

*Photo by Carl Smith*

Cost is \$108. Two vacancies remain. Call to discuss the trip and gear. It is intended as a FUN learning experience. No pressure; no worries; just do it!

### Fowler-Hilliard Hut March 3 - 7

Fowler-Hilliard is the hut that was destroyed by fire a couple of years ago. It was recently rebuilt with contributions from hut skiers, including many in our Club. There is Class II and III skiing around the hut.

New for our hut trips is staying at the hostel the first night in Leadville. Cost is \$147, including dinners at the hut. Three vacancies remain at this time.

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

## Chama for Beginners

By Guy Miller

John Thomas, our new Instruction Chair, will lead a three day trip to Chama on **February 10 – 12**. This trip is intended primarily as a benefit for those who completed the beginner class scheduled for January. However, any and all class I skiers are welcome to join this group.



John Thomas

Additionally, between now and mid-winter, should a Class II leader emerge, Class II skiers will also be welcome.

This is a challenge to those who have wanted to lead ski trips, to consider taking on the Class II trip responsibilities. John will handle the logistical arrangements.

Exact details are not yet available. Contact John Thomas at [jt87111@comcast.net](mailto:jt87111@comcast.net) or 505 298-5234 for details. ■

## Cumbres Pass Ski Trail Scout Trip By John Thomas

The tiny, toy train crawled up the Chama Valley hidden by trees, but its location was betrayed by its cloud of smoke. Eventually it emerged to our delight at the highway crossing about a mile south of Cumbres Station. We hikers from the NMCCSC watched from the Continental Divide Trail (CDT), high above the valley. The hikers were El Gordito (*aka Gordon Eatman*), Terri Elisberg, Sherry Fitzmaurice, Karen Leach, Regina Michaelis, Marty Perez and myself as the leader. We enjoyed a leisurely hike going south along the CDT, but were chased off the mountain by lightning after lunch.

The group campout was in the Rio Grande National Forest, 13 miles northeast of Chama, on July 22-24, 2011. We stayed at Trujillo Meadows campground, where Regina and I managed to snag two adjacent campsites for our intrepid campers. In addition to the hikers mentioned above, Lynn Asbury and John Wronosky camped and hiked with us on Saturday.

On Saturday, we scouted for the trail that leads to the Grouse Creek Yurt, which is one of four in the Cumbres-La Manga area. We then climbed up to Red Lake. The trail starts at about 11,000' and passes through magnificent stands of wildflowers and alpine forests. It was so nice to see greenery, flowers and running brooks. As we climbed, the trail emerged onto a high plateau near timberline. We could see over to the Continental Divide to the west and to the Sangres Mountains in the east. We stopped for lunch just short of the lake and then, because thunderstorms were moving in, headed back to the trailhead.

As we returned, a flock of killer sheep, led by a gigantic, feral Great Pyrenees dog, tried to surround us. We realized that their tactic could put us at great risk so we fled. However, they followed us, pretending to be only interested in the succulent grass that grows at high altitude. Fortunately, a

lightning bolt struck the ground between the sheep and us and this stunned and dispersed the sheep so we were able to make our getaway.

Just as we left the parking lot, torrential rains struck us and, before we knew it, my Jeep was enveloped by a wall of water. Totally helpless, all we could do is go with the flow. As the torrent approached Highway 17, it fanned out and drained off into Grouse Creek and left my Jeep on solid ground.

Well, after an adventure like this, we headed back to our campsite and had a glass of wine to settle our nerves. Then we had a delicious potluck supper and

a fun time. In addition to the great food, Marty Perez prepared a spectacular peach cobbler that left us all drooling.

*(Editor's note: The homemade oatmeal cookies made by John Thomas were the best I've eaten!!)*



Sherry Fitzmaurice and her dog Kidge, Karen Leach, Gordon Eatman and his dog Corky, Marty Perez, Regina Michaelis and John Thomas.

Photo by Terri Elisberg

Cathy Baer, a volunteer from

the **Chama Valley Outdoor Club**, drove up from Chama and told us about their plans to lobby for non-motorized trails in the winter. Since we enjoy cross country skiing throughout this area, her information and incredible work to preserve the trail system was of great interest to the group. After her talk, Gordy lit up a fire and we sat around the campfire and told stories well into the night, even past 9:30 pm.!



Terri Elisberg and Sherry Fitzmaurice hike the Continental Divide Trail to the NM border.

Photo by Sherry Fitzmaurice

On Sunday morn, we greeted El Senor Sol at our campsite and washed down Gordy's homemade yummy burritos with some exquisitely brewed Starbucks coffee as we lounged in the sunrays. Oh, the pleasures of roughing it! Then we packed up and headed to the Continental Divide Trail parking lot for our Sunday hike described in the first paragraph. ■

## How to Sign-up for Bus Trips

By Angela Welford

### Instructions

- ▶ 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 Bus Trip Guidelines below.
- ▶ Enclosed with this newsletter you will find registration forms.
- ▶ Registration form/deposit must be received by **Saturday, November 12, 2010**. You can:
  - **Mail** to: Angela Welford  
P.O. Box 682, Sandia Park, NM 87047
  - **Bring** to the October or November meeting.
- ▶ Please submit separate registration forms and separate deposit checks for each trip.
- ▶ If you want a specific roommate, you must both register on one form and submit checks together.
- ▶ Since many names could be either gender, always indicate Ms. or Mr. on the form.
- ▶ As long as the registration for bus trip seats exceeds availability, we will hold a lottery drawing for seats on November 13<sup>th</sup>, 2011, (*Sunday following the November Club meeting*). Board members are given first priority for seats as an incentive to serve this organization. After all seats for a trip are filled, we will place the remaining registrations in a "reserve pool" and their original checks will be destroyed. We will keep registrations for those in the reserve pool unless notified they are no longer interested in that trip.

Once your registration has been accepted, you own the seat and owe the balance for the trip (*please note the balance due date on the registration form*). The roster of attendees for all trips will be posted on the website and listed in the November newsletter immediately after the drawing.

Complete details of each trip will be e-mailed to participants (*if they have e-mail*) four weeks prior to the trip, otherwise it will be snail-mailed.

**If you do not receive notifications in a timely manner, it is your responsibility to contact me for the information** at (505) 281-1198 or [awelford1017@gmail.com](mailto:awelford1017@gmail.com).

### Bus Trip Guidelines

**Who may go:** Paid-up Club members (*dues paid by the November meeting*), at least 18 years old or at least 12 if accompanied by a paying parent/guardian/grandparent.

**Departure:** Times will depend on the trip so check the individual trip descriptions. The bus departs from the parking lot on the west side of the Target at I-25 and Paseo Del Norte. The Bus Trip chair will be in the parking lot one hour before departure to load the

bus and pass out boarding passes in the order of your arrival. You may reserve one seat per pass. The bus will board ½ hour before the scheduled departure time. If everyone is on the bus ahead of departure time, we could leave early!

**Bus Ride:** The Club supplies cold sodas, water, wine, beer and light snacks on the bus. There is a restroom on the bus, the use of which is up to the discretion of the driver.

**Luggage:** Pack your skis in a ski bag. You are allowed one large or two small suitcases per person. Cargo area is at a premium so please pack minimally and be considerate of others. You may bring a six-pack type cooler (*no larger than 8-1/2"W x 12"L x 9-1/2"H*) that must fit under your seat.

**Clothes:** "*Casual, warm and layered*" are the key words. We often walk to dinner so bring warm clothing for evenings. Slip-on crampons (*Yak Traks*) are very useful.

**Meals:** Meals are provided as outlined in each trip description. All other meals are your responsibility. Cooking generally is not allowed in hotel rooms. You may bring breakfast and lunch foods in your cooler. You must bring your own food and water when going out to ski. On ski days, the bus normally leaves the hotel at about 8:00 or 9:00 a.m. and returns to the hotel in the late afternoon.

**Skiing:** We attempt to go to a variety of areas to accommodate skiers of all abilities. There will be set-track areas and/or downhill skiing available in both locations, but our main pursuit is cross-country skiing.

**Cost:** The cost of the trip is derived from the estimated cost of the bus, hotel, drinks, snacks, included meals, club surcharge, and bus driver's tip divided by the number of people on the trip. Once you have paid your deposit you are on the trip. The balance is due by the dates given on the trip registration form. **Payments are not refundable.** If you cancel you must find a substitute (*a same sex member of the Club*) and settle the payment with that person. You will be given names of people in the "reserve pool".

**Reserve:** The "reserve pool" will be started once a trip is full. It costs nothing to be on "reserve" status and you have an excellent chance of getting on a trip if you are interested. There are often last minute cancellations for a variety of reasons, so keep the trip weekends open on your calendar!

### Club Cancellation Policy:

In the event that a bus trip cannot be completed due to events beyond Club control, such as weather, road conditions, mechanical failure, etc. any money that is not already committed will be equally divided and distributed among trip participants. ■

## Ski Members Stay in Shape!



Bet and Steve Gendron summit 4 Colorado 14,000' peaks in one day – Lincoln, Cameron, Bross & Democrat.



Sondre Stangeland, student from Norway, Dana Price and her son, Liam Hurburt, on top of 14,017' Wilson Peak, CO



Mickey Chirigos fly fishing in Steamboat Springs, CO

Tom and Louise Broadbent in Monument Valley.



Dave Gabel hikes through 15" of snow in the Pecos, 9/15/11; Gordon Eatman wind surfs in Mexico; and Chet Leach and Ray and Thea Berg hike in Capitol Reef, UT.



## Vote on Proposed Budget

At the Club meeting on **Thursday, October 13<sup>th</sup>** members will be asked to vote on the proposed 2011-12 Budget below:

### 2010-11 Proposed Budget

<b>Income:</b>	
Membership	\$3,000
Trip Surcharges	1,000
Hut Trips	3,000
Overnight Trips	
Ouray Bus Trip	13,000
Frisco Butte Trip	15,000
Contributions	50
Interest	30
<b>Total</b>	<b>\$35,080</b>
<b>Expenses:</b>	
President	175
Vice President	50
Treasurer	75
Secretary	25
Programs	50
Membership/Labels	40
Newsletter	1,200
Refreshments	450
Trails	750
Instruction	100
Day Trips	25
Overnight Trips	
Ouray Bus Trip	12,350
Frisco Bus Trip	14,250
Hut Trips	3,000
Scholarships	1,000
Meeting Facility	1,125
Insurance	1,050
Corporate Report	10
Summer Party	500
Club P.O. Box	176
Website	60
Contributions	200
<b>Total</b>	<b>\$36,661</b>
<b>Surplus/Deficit</b>	<b>(\$1,581)</b>



## 2010-11 Officers and Board

President	Ray Berg	366-8104	rsberg01@comcast.net
Vice President	Wayne Kirkby	898-1654	ski1071607@aol.com
Secretary	Lucy Miller	401-2440	lucycecilia@gmail.com
Treasurer	Chris Standish	400-7089	standish.chris@gmail.com
Day Tours	Guy Miller	294-7940	xcskiboy@aol.com
Long Bus Trips	Angela Welford Randy Simons	281-1198 294-0192	jndaughter2@earthlink.net randy_simons@msn.com
Overnight Car/Hut Trips	Guy Miller	294-7940	xcskiboy@aol.com
Newsletter	Karen Leach	281-9836	karenleach7@msn.com
Instruction	John Thomas	298-5234	jt87111@comcast.net
Membership	Sherry Fitzmaurice	205-7155	happygoluckee@comcast.net
Programs	Terri Elisberg	281-9192	terri.elisberg@gmail.com
Mailing	Ruth Bargman-Romero	842-9735	rebrome@sandia.gov
Refreshments	Bet Gendron Marcia Congdon	299-6542 265-4199	gendrons@msn.com mecongdon@juno.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	David Wegner	344-8554	dave@naturesgrandeur.com
Email Group	Bob Potter	831-9779	hvac87108356@yahoo.com

### New Mexico Cross Country Ski Club

P.O. Box 8425  
Albuquerque, NM 87198-8425



Mike & Frances Meier in Yellowstone  
2/2008.

*Photo by Ray Berg*