

New Mexico

Cross Country Ski Club

November 2012

Photo by Dave Saylor

www.nmccskiclub.org

November's Program: Avalanche Awareness

Presenter: Justin Spain, Beverly Mountain Guide

When: Thursday, November 8th, 7 p.m.

Where: Garden Center, 10120 Lomas Blvd NE

Avalanches occur on most angled terrain and the question we all ask is, when is it safe to ski the taunting, immaculate, 35-degree, backcountry, black diamond powder run? Did you know you are the most common avalanche trigger?



The safety net in the backcountry is you and your friends, because it will take approximately 35 minutes while buried to diminish your survivability to 25%. The first snows are already falling up north reminding us to start or refresh our avalanche training.

The Avalanche Awareness course provides recognition of where avalanches occur and the importance of a good decision process and rescue skills.



Instructor Marc Beverly checks layers in a snow pit dug by class members.

Photo by Rich Besser

Justin is an AMGA (American Mountain Guides Association), guide working for Beverly Mountain Guides since 2008.

While there he became an avalanche instructor and competitive ice climber, and spends many days skiing, guiding or ice

climbing all winter. He is at home in the winter and high alpine environment. His passion is also in wilderness/remote or austere rescue work. He is a paramedic with UNM School of Medicine EMS (Emergency Medical Service) Academy, teaching and guiding medical professionals in the backcountry.

Justin suggests you create your own luck by being prepared. Several of our members took the Avalanche Awareness Training last winter from the Beverly Mountain Guides. For more information and to register see www.beverlymountainguides.com.

See you there — Terri Elisberg, Program Chair. ■



Renew Your Membership

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



Sign up NOW for Bus & Hut Trips

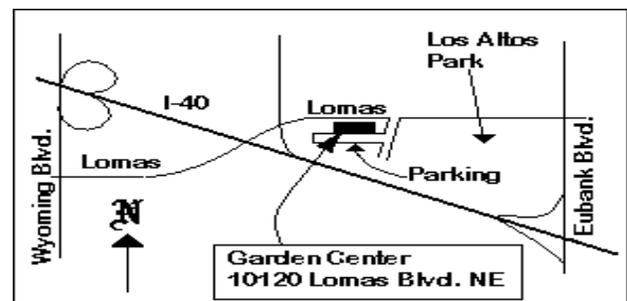
The bus trip registration forms are attached and details are on page 3.



Request a Training Scholarship

Take a class that will make you a safer skier and/or a better leader. Request a scholarship by completing the form on

our website at www.nmccskiclub.org.



From the President

Over the past couple of weeks the weather has turned cooler, the mornings have a crispness, the days are shorter, the leaves are turning bright yellow and red, and we are all starting to think about winter. That means snow and . . . skiing!



We have everything in place, the bus, hut and car trips, the instruction program, the winter safety programs, and the publicity and notification programs. All we need now is the snow. At the moment, the National Weather Bureau doesn't seem to be cooperating very well. But with an election coming up, maybe that can be corrected.

There is something a little wistful about sitting around hoping the weather will finally cooperate. Or maybe its nostalgia. Kind of like, "when I was a kid, we had to walk to school in snow up to our thighs." Some of that was probably true, but a lot of it may only have been a matter of the perspective of age.

Still, we can ponder who, among us, might be interested in an experience suitable for such a nostalgic thought when they get older. That's the young people who would love to go out with family, friends, or Club members, and learn (at least in retrospect) a set of skills involving self reliance and an appreciation of nature in the winter snows.

Think of it as creating the memories you have and can give somebody who will grow up thinking wistfully about how great the winter was, and how wonderful it was to learn how to safely go out into the winter storms and live a fuller life. A life worth living. Think about it!

Ray Berg

New Member's Perspective

By Norma Perez

I joined the Club two years ago, but did not participate in any of the day or bus trips until last season. At that time, I felt I was not experienced enough . . . I now realize this Club is for folks at any cross country ski level!



I remember my first Club meeting: presentation of telemark equipment. I thought, "wow, that is just too advanced for me" and maybe most members are advanced cross country skiers. What kept me coming back

was the friendliness of the members and I was told by many on that day that not all are telemark skiers! I now have participated in day tours and the bus trip to Ouray and felt the need to tell new members: **this is a great sport, great Club and great area to do cross country skiing at any level!**

This is a well organized Club with a great newsletter and website. Many have been members for years and have developed wonderful friendships. These are truly friendly, fun loving and lovers of cross country skiing folks! I have received encouragement, advice and tricks of the sport. And as a result my cross country skills have advanced in a short period of time.

So, new members, take advantage of this season's early snowfall in our area with the day or overnight car trips. The bus trips are a must at any cross country ski level and I know will be memorable!!! For a real adventure, I want to go on a hut trip! Take advantage of the beginners' lessons (*they're free for Club members!*) and get to know us at our monthly meetings! ■



The 2012-13 Officers & Board are: John Thomas, Terri Elisberg, Guy Miller, Ray Berg, Angela Welford, Bet Gendron, Sam Beard, Peggy Roberts, Ruth Bargman-Romero, Bill Savage, Lucy Miller, Wayne Kirkby, Marcia Congdon and Karen Leach. Not pictured: Randy Simons and Bob Potter.



Ready, set, go – these skiers are signing up for this year's ski trips!

Chet Leach, Ruth Bargman-Romero, Noel Barstow, Ray Berg, Karen Leach, Bill Savage and Angela Welford enjoy a day of skiing in Yellowstone, 2/3/12.

Hut Trips Update

By Guy Miller

The first of the coming season's two hut trips is little more than two months away. The **Peter Estin Hut** is a fabled telemark destination, but there are also ample Nordic touring opportunities for those more inclined to cruise.

The hut's unusual floor plan is especially conducive to convivial socializing during "inside time." It perches above 11,000' near Eagle, CO. The 7.5 mile route in

starts at Yeoman Park and climbs 2,200', most of which is on a road. Although there is nothing technical about the approach, skiers should plan on spending the better part of the day getting to the hut. Any participants wishing to take the lung crushing route up Ironedge Ridge may do so with leader consent.

Departure from Albuquerque will be on **Tuesday, January 22**. We will ski in the next day, and after three days of skiing, ski out on Saturday. Because of the driving distance, everyone should plan an extra day to get home (**Sunday, January 27**). The cost of this trip is \$140. Contact me to sign up – better get moving, only 5 vacancies remain.

NOTE: This trip starts the very day after the Leadville bus trip. There is a contingent of skiers who plan to do both trips by driving themselves and staying in Leadville (*details to come*).

Our second hut offering will be to **Harry Gates** and will span **Sunday, February 24 – Friday, March 1**,

including travel. Situated at 9,700', this is the lowest in elevation of the 10th Mountain huts, but getting there is no cakewalk. Skiing around the hut is primarily of the Nordic touring variety, although there are some areas suitable for mellow downhill cruising.

Our plan is to travel to Basalt, CO and then to the Diamond J Ranch to spend the night. The Diamond J offers reasonable rates and outrageously good dinner and breakfast. It is located near the trailhead.

We will ski Montgomery Flats trail 6.5 miles to the hut, gaining a little over 1,900' along the way. We will enjoy two days of day skiing around the hut before skiing out on February 28. As with the Peter Estin trip, because of the long driving distance, skiers should allow until March 1 to return home. ■

Bus Trips Update

By Angela Welford

The three bus trips are each about half subscribed to date, so there are plenty of seats available. If you haven't sent in your registrations, please do so now or bring them to the Club meeting on Thursday, November 8. The deadline for the trips is **Thursday, November 15**. If it is necessary to hold a lottery drawing for the trips, it will be done on Friday, November 16. All three trips (**Silverton on December 29 - January 1, Leadville on January 18-21 and Georgetown on February 7-10**) will be loads of fun, skiing in the beautiful backcountry and sharing good times with new friends and old.



We encourage you to sign up for one or all of the trips, especially if you have never been on a bus trip before. Leave the driving to our competent driver and enjoy a beer or wine or other refreshment as the miles roll by in conversation with others, or use this time to read (*which you never seem to find time to do*).

Enjoy the skiing opportunities of your choice from tours led by fellow Club members each day and the dining opportunities at local restaurants in the evenings following the happy hour. If you have any questions about any of the trips or details, please contact me at awelford1017@gmail.com or Randy Simons at randy_simons@msn.com. See you on the bus! And . . . think snow!! ■



Broken Aspen

By Carl Smith

A Survey Trail landmark is gone! About 100' north of the War of the Roses Tree there has been an aspen with a dramatic break about 12' above the trail. The broken 30-40' part has been supported by a live pine about 20' above the ground. For numerous years we have skied under the upper portion and been impressed with the dramatic break. Those of us concerned with such trees realized that we needed to cut it down before it rots and a skier leans against it.



The problem was "how" could one stand under it to cut either the supporting pine tree or the 13" diameter vertical portion. At our ages we can't run fast enough for a YouTube style cut and run stunt.

Last June, Sam Beard, Trails Chair, organized 5 of us to tackle the tree. We set off with crosscut saw,



rope, pole saw, wedges and an axe. We all viewed the tree and expressed various schemes to fell it. Pooling these ideas we came up with a plan. Cut the supporting pine

with the pole saw to get the upper part of the aspen on the ground. Make a traditional face and back cut on the vertical portion. Then pull the aspen over with a long rope when the back cut was sufficiently deep.

Most of the plan worked. The supporting 5" diameter pine tree "stood" on its stump when fully cut. It took a bit of battering with a 10' log to knock it off the stump. Then the pine tree fell dramatically and dropped the upper part of the aspen. We slung a long rope over the broken area and made the usual front and back cuts about 3' above the ground on the aspen's vertical portion. We alternated between pulling and cutting more of the holding wood until it was weak enough to let go.

It was fun to see Survey Trail in the summer, as we now think about skiing it in the upcoming season. ■

Please report downed trees on trails to Sam Beard, Trails Chair, sambeard@msn.com or better yet contact him to volunteer to help!

Thank You Sam Beard & Volunteers



Tom Broadbent, Bet Gendron and Sam Beard

Ski Instruction

By John Thomas

This season we will offer several levels of instruction: beginners, intermediates, and a Telemark Clinic. There is no charge for the classes if you are a member. Our schedule:



January 12, 2 p.m., Beginner classroom session, Library, 908 Eastridge Drive NE, (Lomas & Tramway) ABQ. We will discuss appropriate clothing, skis, poles, boots, etc. Please plan to attend the class before buying your skis/boots since I have seen new skiers buy equipment at ski swaps and garage sales that is not appropriate for them., i.e. skis too long or too narrow or boots that don't fit right. I encourage you to rent skis/boots before purchasing to be sure it's right for your ability. A ski that is wider with metal edges may help you learn easier. You can rent equipment from: REI, Sports Systems, and, if you are eligible, UNM and Military services at Kirtland AFB.

January 26, morning to early afternoon, Beginner on snow, Sandia Mountains

February 2, morning, Intermediate on snow, Sandia Mountains. This will be aimed at improving your speed and balance by using your upper body strength and executing turns. We may use climbing skins, so I encourage students to have a pair. We may also have a follow-up class if conditions are good and there is interest.

February 15-17, Red River weekend ski trip, suitable for those who have taken the beginner class.

February 23, Telemark clinic, Sandia Downhill Ski area. You will need to buy a lift ticket. ■

Lots of our members stayed in shape this summer



1st row: Barry Ritchey bikes to 13,000' along the Colorado Trail near Lake City, Pam Reynolds biked to Tennessee Pass near Leadville, CO, Randy Simons hiked Stevens Canyon in Southern Utah, Alan Shapiro hiked to Lobo Peak above Taos Ski Valley. **2nd row:** Bill White and Frances Robertson hiked Bobcat ridge in Red River, Bob Potter did trail maintenance with Volunteers for Colorado near Leadville, Dana Price, her Dad and son, Liam, hiked to 14,150' on Mt. Sneffels near Ouray, CO. **3rd row:** Bet and Steve Gendron hiked to 14,153'on Oxford near Buena Vista, CO, Mickey Chirigos completed his 19th Iron Horse bike tour from Durango to Silverton, Mike and Betty Martin hiked to Lake Peak above Santa Fe Ski basin. **4th row:** Terri Elisberg and Lester Byington hiked the Middle Fork in Red River and Gordon Eatman surfs in Baja, Mexico.



= Monthly deadline for newsletter inclusion

November 2012						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7 Trail project	8 Club Meets	9	10 Bus Forms Due
11	12 Bus Lottery	13	14 Trail project	15 Board Meets	16	17
18	19	20 	25 Trail project	26	27	28
29	30					

December 2012						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
2	3	4	5 Trail project	6	7	8
9	10	11	12 Trail project	13 Holiday Party	14	15 Final Bus \$\$ Due
16	17	18	19 Trail project	20 	21	22
23	24	25	26 Trail project	27 Board Meets	28	29
30	31					

January 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1 Silverton	2 Trail project	3	4	5
6	7	8	9 Trail project	10 Club Meets	11	12 Beginner Class
13	14	15	16 Trail project	17	18	19 Leadville
20 	21	22	23	24	25	26
Leadville	Peter Estin Hut					Beginner
27	28	29	30 Trail project	31 Board Meets		

February 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2 Ski Class
3	4	5	6 Trail project	7	8	9 Georgetown Bus
10 Bus	11	12	13 Trail project	14 Club Meets	15	16 Red River
17 Red River	18	19	20 	21 Board Meets	22	23 Tele Clinic
24	25	26	27	28		

March 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2
3	4	5	6 Trail project	7	8 Hut	9
10	11	12	13 Trail project	14 Club Meets	15	16
17	18	19	20 Trail project	21	22	23
24	25	26	27 Trail project	28	29	30



Carol Richmond, Jean Hanson, John Thomas (leader), Bob Edgar, Bronwyn Willis and Sharon Byington hike potential ski trail in Red River, 9/29/12. John Thomas will lead winter trip to the same trails on February 15-17 – watch for details!

Photo by Marcia Congdon

2012-13 Officers and Board

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Kevin Sheldahl, Frisco Bus trip,
2/24/12.

Photo by Teri Sheldahl