

# New Mexico Cross Country Ski Club

February 2014



Photo by Dave Saylor

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

## Valles Caldera Expands Skiing in Valles Caldera

**Presenter:** Hans Hanson

**When:** Thursday, February 13th at 7 p.m.

**Where:** Garden Center, 10120 Lomas Blvd NE  
Albuquerque

Nordic Ski Coordinator Hans Hanson, a former NCAA Division I racer and junior racing coach, will present on the Valles Caldera National Preserve's 2014 winter sport opportunities.



Hans will talk about the master plan to groom new trails to accommodate both classic and skating techniques, as well as a practice area. Canine-powered skijoring and snowshoeing will also be available on various trails.

The resulting trail system will offer options for all levels and types of Nordic skiers, from serious racers to traditionalists who wish to explore untracked meadows and forests. The new trail system will also allow for other possibilities, such as lessons, weekly workouts, and races.

Bring a friend and join us for this informative program about new places to ski!

**Terri Elisberg, Program Chair**

### Did you miss the program last month?

Tom Mayer gave lots of great information about local trails – check out his website:

[www.abundantadventures.com](http://www.abundantadventures.com)



Bill White prepares to lead a group tour on the Crested Butte bus trip, 1/19/14.

Photo by Cathy Eichel

## Last Bus Trip!

**Steamboat Springs, CO, February 21-24!**

There is still time to register for this bus trip. Join the fun and have a great time at this new destination for the Ski Club. Get the registration form on the website and/or email Celeste with questions at [celestet86@gmail.com](mailto:celestet86@gmail.com). ■



Bet Gendron, Chris Kramar (Past President and now lives in San Diego), Barbara Coon, Randy Simons, Leader, and Linda Riddle ski up Oh-Be-Joyful Creek on a beautiful day during the Crested Butte trip, 1/18/14.

Photo by Karen Leach

## From the President

*I'm traveling on the bus back from the Ski Club trip to Crested Butte, CO. It's kind of quiet on the bus because most of the people are pretty tired from 3*



*days of skiing, but there is a hum on the bus from conversations and laughter. It's the kind of hum that comes from all of the conversations about what everybody did and how they enjoyed it and what they are going to do next, the next trip, the next book, or another activity. It is an upbeat hum, a hum that says people are happy with who they are, what they have been doing, with what they have accomplished.*

*So it occurs to me that I'm one of the luckiest people on earth. Lou Gehrig said something about that once, as he was retiring from the NY Yankees with the disease so tragically named after him. I don't have problems even remotely like those Gehrig suffered from, but I sure do admire his focus on the positive things that mattered to him. I have been able to do some of the things I always dreamed of. So along with Lou Gehrig, I am one of the luckiest people on earth!*

*I have just finished an incredible skiing adventure in the mountains of Colorado with some great friends. It's the kind of trip that can challenges the body and mind, that teaches something that helps us grow and feel alive. I was able to ski a route that was as physically challenging as I wanted. I took another step towards learning to Telemark. And I was able to share some fun (and funny) stories of our current, past, and future skiing activities. That's makes me one of the luckiest people on earth.*

*The Club runs a bunch of different kinds of trips for our members, some easier, some a lot more challenging. It seems to me that you can make trips like these as interesting and challenging as you want. It is one of the best ways to stay alive: to challenge yourself in mind and body. Take some lessons; try a different kind of ski trip, like a hut trip; try a different kind of skiing, like Telemark. You do some research on a trip, investigate the risks, then prepare yourself both physically and emotionally for the challenges. In the words of the Nike ad: just do it!*

*Your Club officers have been working on developing an accepting culture, a culture that is not afraid to try some new ideas. So if you have some ideas, bring them up to one of the officers. What do you have to lose, other than some fears of the unknown?*

*Ray Berg*

## Back Where I Belong Debbie Pierson

It's been great fun being back in the arms of the NMCCSC. I remember the mid-1970's, when my late husband, Grant, and I first joined the Club. We'd trade babysitting time with Ray and Thea Berg for precious ski time on the mountain. Reconnecting with old ski buddies from, dare I say, "way back then", as well as making new snow-loving friends, has been gratifying. The bus trip to Crested Butte made these connections possible. There were several familiar faces in the group; people I'd seen at the monthly meetings and those I'm sure I spent time with during a 90's trip to Ouray.



My time in the winter wonderland of Crested Butte lived up to every expectation and beyond. I was



**Jim McVicar and Daddie Pierson ski to the yurt located along one of the Nordic trails on the Crested Butte bus trip.**

awed by the multitude of Nordic ski trails just around town, passing by snow-covered lakes and over bridges sheltering icy streams. I chose to spend my time on these trails for my first adventure at Crested Butte and they were challenging and picturesque. It was fun to watch the local skiers, with their skinny skis, skating past me with such skill and grace. I've skied for the past 30

years, but hadn't experienced a "yurt stop" until this trip. How great it is to have a place to warm up and enjoy a snack. I was totally amazed at its full kitchen!

This quaint little ski town has definitely not seen the last of me. If nothing else, I must complete my goal of sampling the food from each and every restaurant lining Elk Street.

What else can I say, but that the scenery was spectacular, the company full of life, and the snow, in my humble opinion, perfect. I look forward to spending time with my fellow skiers in the months and years ahead. All of you inspire me to keep "gliding my way through life"! ■

## New Year's in Silverton By Marcy Dorchester

We arrived about 3pm Dec. 28 to ring in the New Year in Silverton, CO. I'd never been to this tiny mountain town. I was struck by its beautiful setting, ringed by high, jagged, snowy peaks. By 3:30, the sun was down. The temperature plummeted. Already at 9,300', multiple trips to our third floor room at the Grand Imperial Hotel, built in 1882, had us winded. Kent Zook found us the perfect place to unwind at the Montanya rum distillery. We settled into a cozy corner by the wood stove, enjoying delicious drinks and appetizers for dinner, the standout being elk empanadas.



gradual grade making a good but gentle workout. Almost 3 miles in, we saw moose napping in the bushes, outlined by the snow. We ate our lunch in the glorious sunshine, skied a bit more, but the moose were still napping when we turned back, legs tiring, and noting the long blue shadows of trees zigzagged across a gold-white hill. Good thing we turned back, as we were entirely in shadow by the last mile or so.

New Year's Eve day, some of us snowshoed to use different muscles, following the snow-covered railroad tracks out of town, alongside the Animas River. Kent thought to get us dinner reservations (yay!). In the evening, the Club provided a nice spread of nibbles, cups, party hats and



noisemakers. (a special thanks to Marilyn Szydlowski, Bronwyn Willis and Sybil Keyser) for our own little third floor party. Downstairs in the bar, "Too Little O2" played a variety of danceable music. Some of us made it past midnight! I loved this Silverton trip, and would happily go again. Thank you so much to Rob Suminsby, who organized this car trip! ■



Tom & Louise Broadbent join Sybil Keyser in the New Year's Eve celebration in Silverton. Above: Gordon Eatman, Marcy Dorchester and Karen Kemeys sing along.

My roommate, Paula Ness, and I teach for APS, so we were reluctant to set an alarm. This made us later to hit the trails than most, but it was easy to find our way around. We parked near the town ski hill and ice rink, and skied along the river, looking for ski tracks as the trail crossed the frozen river, followed the edge of the road, then puzzled us, until we spotted skiers at the end of a side road. From there, the trail was by the river, a combination of frozen slabs and wild rushing water. When we stopped for lunch below an old mill, a huge grooming vehicle came past us. Going back was so much easier, the crust broken up and much softer underfoot.

At our 5:30 nightly meeting in the Grand Imperial lobby, I brought PB & J bars to share with the group, plus snack bags (*recipe follows*). High fat ski food!

South Mineral Creek sounded great for the next day, and we added Karen Kemeys and Steve Dank to our pokey ranks. This trail was in a pretty canyon, a

### P.B. & J. BARS

- ½ c. unsalted peanut butter at room temperature
- ½ c. raspberry jam
- ½ c. fresh raspberries, mashed
- 1 ¾ c. all-purpose flour, spooned & leveled
- ½ tsp. baking powder
- ¾ c. sugar
- 1 large egg
- 1 tsp. pure vanilla extract
- ½ cup chopped salted roasted peanuts

Heat oven to 350°F. Butter an 8" square baking dish. Line with parchment paper. Combine the jam and raspberries in small bowl. In a separate bowl, whisk together the flour, salt and baking powder. Beat butter and sugar with electric mixer on medium-high until light and fluffy, 2-3 min. Add egg and vanilla and beat until combined. Add peanut butter and beat until combined. Gradually add the flour mixture, mixing on low until just combined. Press half the dough into the prepared dish. Top with the raspberry mixture. Fold the peanuts into the remaining half of the dough and drop in clumps over the jam. Bake until the top is golden brown, 35-40 min. Cool in the dish 30 min., then transfer to wire rack to cool completely. Cut into 16 squares.

## Instruction Schedule

### Beginner & Intermediate Ski

Cumbres Pass

Friday – Sunday, February 14-16

Trainers: John Thomas & Susan Corban  
[tele4fun@gmail.com](mailto:tele4fun@gmail.com)

Telemark Clinic at Santa Fe Ski Resort

Saturday, February 1

10 a.m. – noon Beginner Tele

1-3 p.m. Intermediate Tele

Instructor: Barry Ritchey

[barryxwind@msn.com](mailto:barryxwind@msn.com)



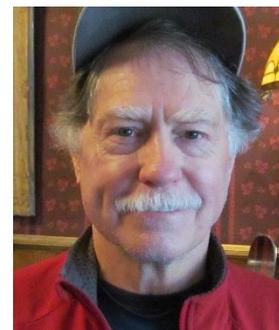
Oops! Last month I incorrectly identified Ramon Parcels above who skied to the Harry Gates Hut, 2/28/13. Below is the “real” Bernard Rubenstein with his wife Ann.



### Get Involved!

Would you like to have a voice in helping to shape the activities of our Club, plus not have to go through the lottery system for the bus trips? Volunteer to serve on the Board – contact Wayne Kirkby, Vice President, at [ski1071607@aol.com](mailto:ski1071607@aol.com)

## Moose Ski By Kent Zook



I've had a long-running love affair with the San Juan Mountains of Colorado. I first became aware of them on a family vacation with my parents when we visited an uncle who lived in Durango in the 1950's. Over the years, I've stayed in yurts and skied in the area north of Chama several times and lived in Salida, CO. for 3 years in the 90's. So the bus trip to Silverton in 2012, with the Ski Club, was the deepening of the relationship. That was my first trip with the Club and this was my “aha” moment. I was hooked by the members' acceptance, the natural beauty of the area and the quaint town.

The New Year's 4-day car trip this season to Silverton was my second trip with the Club. This is an incredibly beautiful place surrounded by the San Juan Mountains with 13,000+ foot, snowcapped peaks, nestled in the narrow Animas River valley that offers a variety of skiing opportunities.

A group of us skied up Mineral Creek on Monday, December 30. We had heard from the previous days skiers that they had spotted 3 moose back in the canyon a few miles, so we had high hopes. The trail was rutted and a little crusty from the balmy days and freezing nights. Just as we were going up, a short distance from the trail head, a snowmobile pulling two skiers flew by us.



As we got about 2 ½ miles up the canyon, we noticed a couple had paused on the trail and were looking to the south. We didn't know what they were viewing. As we got closer the moment arrived – 2 healthy looking moose were feeding on willow shoots between the trail and creek about 40 yards away at the Golden Horn camping area. It was an inspiring moment, what every skier hopes for – seldom seen wildlife. The moose watched us curiously for a few minutes trying to decide, I'm sure, if we meant them harm, and then they went back to feeding. We decided to take our lunch break on the trail and do our munching along with the moose! We stayed for about 45 minutes, then headed back to the trailhead with another San Juan story to share with the rest of the Club over a drink. ■

## Molas Pass Hut By Marcia Congdon

Early Friday morning, January 10, seven of us caravanned in 3 vehicles to Molas Pass. Rob Suminsby, leader of the trip, Jeff Harris, Rich Besser and Dave Gable got there first and dug out a parking area. Dave volunteered to help carry Lucy Miller's, Terri Elisberg's and my gear about 1/4 mile up the hill to the hut.



When we arrived the hut was cold, but soon a fire in the wood stove heated it up, and snow was melted for water. Rob cooked a specular meal with help



Rob Suminsby cooks up a delicious hut meal!  
Photo by Rich Besser

from Rich, and Lucy made a delicious pie. The rest of us contributed with great snacks, wine and clean-up.

The location of the hut provided picture-perfect views all around, and the snow was fresh like whipped cream . . . delicious! As the wine flowed, so did the stories, and my romance novel sat unopened. Plus an

indoor toilet! During the night, from the second floor sleeping area, I saw stars I had never seen! What a good life!

On Saturday, Rob, Jeff and Rich skied in Minihaha Basin just North of the Silverton Mountain Ski Area, which was about 1,400 vertical feet topping out just above tree line and dropping back into the trees on a north-facing slope. They reported having a foot of beautiful powder and spectacular views.



The four of us skied the northwest side of Molas Pass around Little Molas Lake.

There were a few hot dogging snowmobilers, but most were very courteous. The snow conditions were great and very forgiving!

On Sunday we cleaned and packed up the cars. Again, chivalry was alive and well. It was snowing when we all set out. While Dave led another great trip

off the southeast side of Highway 550 around Andrews Lake, Rich Besser ski skated at a Nordic center near Durango. Rob and Jeff returned to the same area as before, where they skinned up on the County road and skied down through the trees, which reduced the chance of an avalanche.

A great time was had by all. This was my first time in a hut, and it was convenient because we had easy access to our cars. I would definitely recommend this beginner hut trip to anyone! ■

## NM Ski Touring Book By Sam Beard

My book, *Ski Touring in Northern New Mexico*, describes many popular trails in the northern part of the State, as well as southern Colorado.



The book has pictures of the trails (most taken by Club member, Carl Smith) and trail maps.

It is no longer available in stores, but I have an adequate supply available. I sell my book at the Club meeting for \$9. I can also mail copies or you can call me to pick up a copy at my home at 505-828-0673 or [samgbeard@msn.com](mailto:samgbeard@msn.com). ■

### Important Websites

- ◀ Ski day tours – see our website: [www.nmccskiclub.org](http://www.nmccskiclub.org)
- ◀ Current snow reports for NM & CO: [www.OnTheSnow.com](http://www.OnTheSnow.com)
- ◀ Avalanche conditions: <http://avalanche.state.co.us>
- ◀ Snowpack – check the SNOTEL sites: [www.wcc.nrcs.usda.gov/snow](http://www.wcc.nrcs.usda.gov/snow)

### Important Phone #'s

- ◀ Road & Weather conditions for CO:  
877-315-7623 or 511  
If you are in the Denver area:  
303-639-1111 or 511

## For What Goes Up—Climbing Skins

(Part II from last month)

By Barry Ritchey

### Care & Maintenance —

Keep the skins clean, dry and warm. Easier said than done. Skin adhesive has an uncanny ability to seek out anything loose: spruce needles, fleece fibers, critter fur/hair, dirt and even [as I've experienced myself] the 10-language skin instruction flyer. Dry the skins out between runs as much as possible. Keeping the skins inside your jacket is both convenient for short laps and helps warm the adhesive on very cold days. However, too much heat is also a bad thing, like hanging them over the hut/yurt stove or baking in your car. Once the skins are dry, fold them onto the adhesive side and store them in their bag. I'd refrain from leaving them attached to your skis overnight, because small amounts of adhesive transfer to the base. If you never wax the bases of your skis, even more adhesive transfers to the base. Another reason to wax your skis regularly. Don't use a paste/liquid wax on the bases right before sticking on your skins, without having done a run, because the wax will transfer onto the adhesive. Liners/cheat-sheets should be used for long-term storage in the off season. Unless I'm using brand new skins, which have an incredible amount [too much?] of stuck-to-itself stick, I usually leave the cheat sheets at home. One less thing to blow away in a blizzard.

### Use —

The most important part of the skin to keep warm/clean/dry is the final few inches at the tail. Once the tail end of the skin comes loose from the base, the entire skin usually works its way loose from the base. Spend a little extra time to make sure the tail end of the skin is adhering to the ski base. As much as possible, remove any water/snow/ice off the skin and base before installing. When laying the skin across the base of the ski, you want some tension, but not so much that the skin is like a bowstring trying to lift off the camber of the base. To prevent skin icing, carry some skin wax, directionally rubbed on the skin fur from tip to tail. Carry some and you won't need it, right? There are specific skin waxes available, but any temperature appropriate [solid/paste/liquid] glide wax, *not* kicker/grip wax, will also work. If your skis and skins have warmed to above freezing, because they have been in the car/cabin/sun, try to cool them off before they touch the snow, to help prevent icing. Route selection can also minimize icing, by avoiding sun-shade transitions.



**Kicker Skins** — Although they don't have near the grip of full-length skins, kickers still provide much more grip than kick wax or klister. Kickers are a very lightweight backup and have great glide, compared to full length skins, which is nice for those long, low-angle hut trip approaches.

**Technique** — Most people new to skinning are probably guilty of over-striding and setting a skin track too steep. It's easy to take too long of a step, while you're giddy with amazement as to what you can walk straight up. Use the appropriate amount of heel lift to match the slope steepness—the steeper the slope, the more heel lift you need. Your calves and Achilles will thank you at the end of the day if you use heel lifts and don't get overzealous in your ascent angle. Your bindings have at least one heel lift wire, maybe two, right? Also, heels which are too low usually cause a forward lean of the upper body, resulting in the skin not sticking to its full potential. If the steepness of the slope is causing you to slip, think of trying to put weight thru the heel of the boot that's slipping, not the ball/toe. The head, shoulders, hips should be stacked vertically over the skis. Adjusting your poles 10-15 cm longer, compared to your preferred descent setting, can also help keep



Skiers skin up in Crested Butte.

Photo by Bet Gendron

your body vertical. And only weight one ski at a time to really get that skin to stick. The steeper the slope, the shorter the stride, perhaps at a higher cadence [like downshifting a car transmission], while trying to keep the upper body vertical. Optimal stride length seems to lengthen and step

frequency seems to decrease as gear [ski-binding-boot] weight increases. Flip-side: Shorter and more frequent steps seem to work better for lightweight gear.

**The Path** — Although not quite as beautiful as descent tracks made by a good skier [or boarder], a good skin track can be an art form. Pick a path which is safe, perhaps allows you to observe and plan your descent, doesn't destroy the blank canvas you're going to descend and would be enjoyable to track by those behind you. Taking a path which is too direct and steep, much over 15-degrees, will also create a track with too many energy-burning kick turns. If you are on point and first to set the track, even out any left to right height difference. Also, try to keep the width consistent and not too narrow. I've come to really enjoy skinning up slopes. What other form of exercise is so joint-friendly, scenic and fun producing? Because what goes up, must come down! ■

# Welcome New Members!

Danielle Aronson  
 Marguerite Baca  
 Paul Basile  
 Trudy Bergen  
 MK Biesel  
 Patrick Blaney  
 Suzanne Couvrette  
 Rhonda Cox  
 Steven Dank  
 Mary Donato  
 Eva Fain  
 Jan & Daniel Feaster  
 Jason, Trish, Emily & Adrian Follingstad  
 Mack Follingstad  
 Deidre Grinenko  
 Kris Hardy  
 Tim Harris  
 Vicki Hunt,  
 Linda Lucero Hughes  
 Dusty Humes  
 Cathy Intemann  
 Kathy Jaroneski  
 Robert Jones  
 Karen Kemeys  
 Yeonjoo Lee-Jones  
 Zoe Lees  
 Sybil Keyser  
 James Markham  
 Peter Marks  
 Patrick McDaniel  
 Jim McVicar  
 Peter Mottaz  
 Mary Murname  
 Ray Nicasio  
 Barbara Overman  
 Debbie Pierson  
 Tim Prythero  
 Ken & Diane Reese  
 Stephen Reuter  
 Mike Skelton  
 India Steel  
 James Thrasher  
 Connie Tibbetts  
 Stephanie Tiger  
 Ethan Watson  
 Wendy Wells  
 David Wiederholt



Above: Lucy Miller skis Molas Pass, 1/11/14.  
 Dave Calhoun, Janet Heindel and Bill Savage ski into US Basin in Silverton, 12/29/2013.



Ray Berg, Bronwyn Willis, Phyllis Pryor, Marcia Congdon and Noel Barstow enjoy Crested Butte, 1/19/14.

Photo by Tom Katonak

| February 2014 |     |      |                     |                   |                 |                         |
|---------------|-----|------|---------------------|-------------------|-----------------|-------------------------|
| Sun           | Mon | Tues | Wed                 | Thur              | Fri             | Sat                     |
|               |     |      |                     |                   |                 | 1                       |
| 2             | 3   | 4    | 5<br>Trail project  | 6                 | 7               | 8<br>Hut                |
| 9             | 10  | 11   | 12                  | 13<br>Club Meets  | 14              | 15<br>Tele Santa Fe     |
| Broome Hut    |     |      |                     |                   |                 |                         |
| 16            | 17  | 18   | 19                  | 20                | 21<br>Steamboat | 22                      |
| 23            | 24  | 25   | 26                  | 27<br>Board Meets | 28              |                         |
| Steamboat     |     |      |                     |                   |                 |                         |
| March 2014    |     |      |                     |                   |                 |                         |
| Sun           | Mon | Tues | Wed                 | Thur              | Fri             | Sat                     |
|               |     |      |                     |                   |                 | 1<br>Leadville car trip |
| 2             | 3   | 4    | 5<br>Trail project  | 6                 | 7               | 8                       |
| 9             | 10  | 11   | 12<br>Trail project | 13<br>Club Meets  | 14              | 15                      |
| 16            | 17  | 18   | 19<br>Trail project | 20                | 21              | 22                      |
| 23            | 24  | 25   | 26<br>Trail         | 27                | 28              | 29                      |
| 30            |     |      |                     |                   |                 |                         |

**Last Hut Trip**  
**Broome Hut** near Berthoud Pass, CO  
 Saturday – Thursday, 2/8 – 13  
 Cost: \$146  
 Contact: Guy Miller, [xcskiboy@aol.com](mailto:xcskiboy@aol.com)  
 or 505-306-2628

## 2013-14 Officers and Board

|                       |                                    |                      |  |
|-----------------------|------------------------------------|----------------------|--|
| President             | Ray Berg                           | 366-8104             | rsberg01@comcast.net                             |
| Vice President        | Wayne Kirkby                       | 898-1654             | ski1071607@aol.com                               |
| Secretary             | Marcia Congdon                     | 265-4199             | mecongdon@juno.com                               |
| Treasurer             | Peggy Roberts                      | 238-0726             | peggyroberts@msn.com                             |
| Hut Trips & Day Tours | Guy Miller                         | 306-2628             | xcskiboy@aol.com                                 |
| Long Bus Trips        | Celeste Taylor-Ryman<br>Bill White | 366-4959<br>306-3120 | celestet86@gmail.com<br>whitebillygoat@gmail.com |
| Overnight Car         | Rob Suminsby                       | 369-5943             | robert.suminsby@gmail.com                        |
| Newsletter            | Karen Leach                        | 281-9836             | karenleach7@msn.com                              |
| Instruction           | John Thomas                        | 298-5234             | jt87111@comcast.net                              |
| Membership            | Bet Gendron                        | 228-8025             | bettygendron@gmail.com                           |
| Programs              | Terri Elisberg                     | 450-9961             | tpelisberg@gmail.com                             |
| Refreshments          | Marilynn Szydlowski                | 332-8018             | mjmazgaj52@aol.com                               |
| Trails                | Sam Beard                          | 828-0673             | samgbeard@msn.com                                |
| Web Site              | Bill Savage                        | 353-1089             | bsavage@aol.com                                  |
| Email Group/Mailing   | Bob Potter                         | 831-9779             | hvac87108356@yahoo.com                           |

**New Mexico Cross Country Ski Club**  
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Chris Kramar, past President, joined us in Crested Butte, 1/19/14.