

# New Mexico Cross Country Ski Club

## NEWS

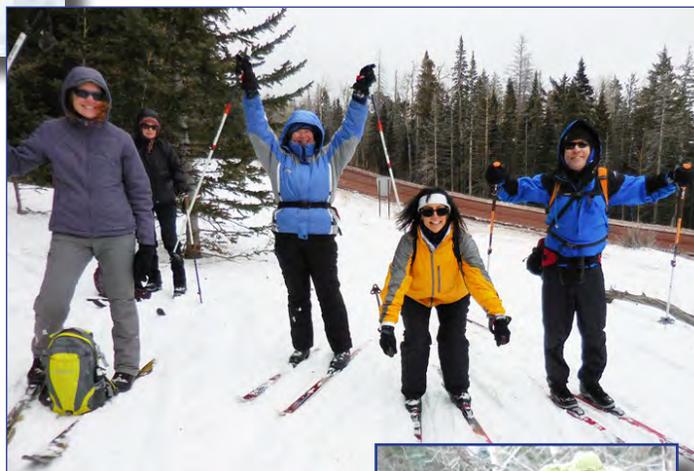
Photo: Carl Smith

February 2015

### Ski School



Left - right David Williams, Dave Gabel, Lori Melkey, Kim Kinlow, Robin Kalinch, Marguerite Baca doing a snow dance. Looks like it worked. We had plenty of lovely soft snow. The group did a loop through ponderosa & pinon forest. The group photo was taken at the end of the tour and they're still smiling. David and David are not beginners, but Robin, Lori, Marguerite and Kim just got started. Great job, beginners! Hope we see all of you out there again.



Two dozen student and instructors braved the wind and cold for Beginner Instruction. There were a lot of kick turns and some powerful kick and glide going on. Look out for this group, they're going to burn up the trails as soon as we get some new snow! Everyone gave it their all and we hope to see new faces on club ski tours in the future. A big thanks to all the instructors: John Thomas, Dave Gabel, Ray Berg, Wayne Kirkby, Gordon Eatman, Dan Roberts, Marlene Brown, Rich Besser. Thanks to Bet Gendron, Ruth Bargman-Romero and Dave Gabel for their help at the classroom session. (Story and photos: Susan Russo).

—Susan Russo

# Equipment Rental and Used Gear in the Albuquerque Area

Gordon Eatman



In Albuquerque touring gear can be rented through REI or Sports Systems. Neither of the stores rent out Telemark or Alpine Touring gear. Here are several suggestions when renting.

First, make sure you reserve the gear as soon as you can as some busy weekends all may be rented out.

If you can spend a few minutes extra walking around the shop in the boots, as a quick fitting that feels good can turn on you sometimes out on the trail. Most of the shop employees are knowledgeable and will try to get you the best fit and make sure the skis/ boots and bindings fit together. Still

check before leaving towards the mountains.

**SKI FITTING TIPS:** If the skis are double cambered for touring they should match your weight well enough that when you stand on the skis with equal weight on both skis there is a pocket under the skis in the middle where the ski is slightly lifted off the floor ( try it on a flat, smooth, level floor) so when gliding your fishscales/ kick wax area are not engaged . When you put all your weight on one ski the pocket under the foot should disappear , so when striding on one ski forward on the snow the fishscales engage and help propelling you forward. A picture worth a thousand words , so ask the tech about the pocket if in question.

Air Force and Sandia folks can rent Black Diamond Telemark gear at the rental at the Kirkland AFB Outdoor rec. shop . I understand they have some Alpine Touring rentals also . I have heard if you can get on base to the shop ( maybe a friend) you can rent the gear. Call 846-1499 to check.

UNM students and employees may be able to rent x-c gear from their rental shop in Johnson Gym.



Look for equipment demonstrations and information at Mrs. Russo's excellent FREE Ski Club classes

Used gear can be found at times in several stores. REI has a scratch and dent sale for members only once a month where various used x-c gear may be found at a decent discount . There is " Play It Again " used sport shop in the heights and on the west side. Also a new shop that sells used gear : OutdoorREGear at 4201 Yale NE, Suite D. They are in the building complex where the Stone Age Rock Gym use to be. And just north of American Furniture's warehouse on Comanche thus on the west side of I25. Phone is 344-1336. Hours are: M-F 12-8, Sat. 12-7, and Sun 12-5. ( thx Carl) .

As with used gear make sure it all matches with each other ( ski to boots to bindings) as there are many types of bindings and boots and they have to be matched to fit together properly. If you are trying to find boots bring your skis to make sure you have a good match or vice verse. It is easy to see a boot or ski w binding that looks like it should match up only when you get home find it is not compatible.

It is a good idea to know specifically what you are getting if you buy on line . A good return policy can keep you from spending on gear that does not suit you. Craigs list can be a local exchange that you can actually see before buying.

Last but not least the meeting of our nice club has in the past been a good source for gear exchange. I hope we can promote this as it is great to exchange and see/ try on the gear before deciding . An email to the group may also help you buy/ sell what you need or want to sell/ give away.

**Next Month:  
NEW GEAR**

# New Year's Eve in Silverton



Steve skis back into town



Photo: Steve Verchinski

Tiny people on South Mineral Creek just up the road from town

## December 31, 2014 Wigged Out People...



Photo: Barry Ritchie

*This is what happens when you mix silliness and cameras.*

*Kathi Ritchey and Sandra Chavez (left) and Gordon Eatman make the most of the props at hand.*

*(Thanks to Gordon for organizing a wonderful NYE Bash)*



## Nordic Skiing:

### Brutal if You Like, Cooler than You Think.

The Washington Post has discovered the lure of Nordic skiing in a recent article which was picked up by the Albuquerque Journal: No freezing chairlifts. No hideous crowd scenes. You don't even have to kill yourself with a

brutal training regime. Just you and friends skating through the woods filled with snow, white light and a chipmunk or two. And, there is Tantalizing Caloric Uptake Information: Now that you are tantalized, here is a link to the article:

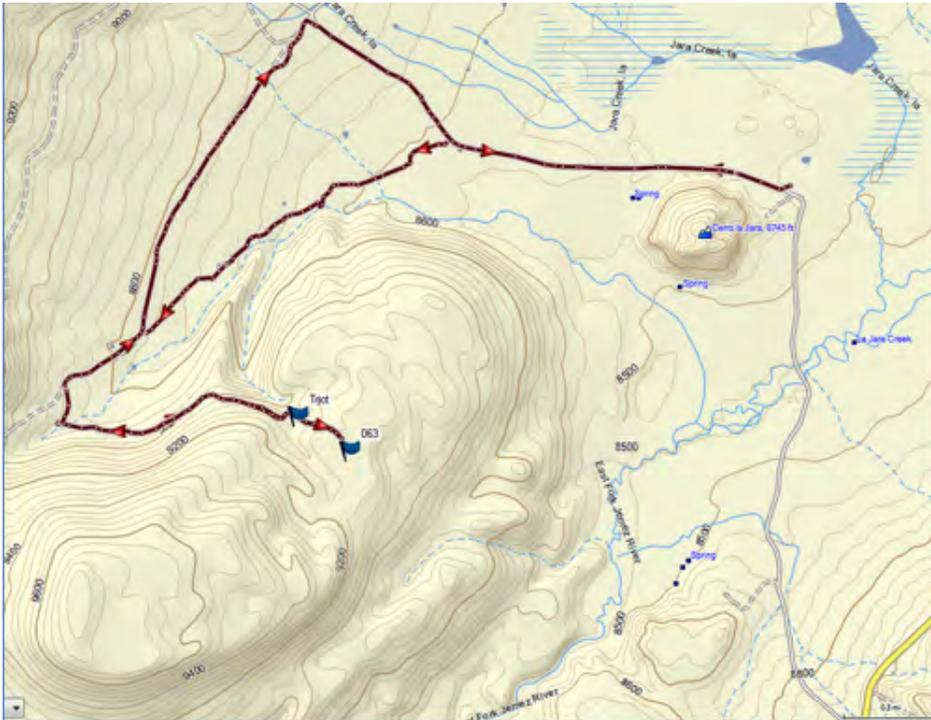
[http://www.washingtonpost.com/lifestyle/wellness/cross-country-skiing-is-a-lot-cooler-than-you-think/2015/01/12/b64026b2-9573-11e4-8005-1924ede3e54a\\_story.html](http://www.washingtonpost.com/lifestyle/wellness/cross-country-skiing-is-a-lot-cooler-than-you-think/2015/01/12/b64026b2-9573-11e4-8005-1924ede3e54a_story.html)



*Ray is taking a break to complete work on our new website. His column will return next month.*

## President's Message The Website Kidnapped Our President

# Trails Report



## Map:

**South Mountain and the western part of Valle Grande.**

NM-4 is located in the lower corner of the map, and the white road leads to the visitor center at La Jara Mountain. The red line shows the GPS track skied by the group. It goes west from the visitor center, southwest around the north side of South Mountain, and turns to the south to meet the road up South Mountain.

The return route follows the VC-02 to the NE to the Bunk House where the road turns to the SE and leads to the visitor center. Map and GPS data by Eric Russell.

## Website links New Mexico Skiing

Susan Russo

Beginning XC Skiers, Now that the ski club has had beginner lessons, here are links to a few local trails and Nordic areas for you to explore. - Susan

- Norski Trails, Santa Fe  
<http://www.fs.usda.gov/recarea/santafe/recreation/ohv/recarea/?recid=75662&actid=50>  
<http://trailsallianceofsantafe.org/local-trails>
- Valles Caldera, Jemez Mtns  
<http://www.vallescaldera.gov/comevisit/skisnow>
- Angel Fire nordic area:  
<http://www.angelfireresort.com/activities/nordic-skiing>
- Enchanted Forest XC Ski Area, Red River, NM  
[www.enchantedforestxc.com](http://www.enchantedforestxc.com)
- Pajarito - Los Alamos, NM Nordic Site  
<http://www.swnordicski.org>



*Into the woods at South Mountain, Valle Grande*

# NM Ski Event Calendar At a Glance

February	
Thurs. 12	<b>Club Meeting 7-9pm: Instructional Program: Carl Smith's Tips and Tricks for Snow Photography.</b>
14-15	Chama Weekend trip, Dave Gabel coordinator. MARK YOUR CALENDARS Check the MEETUP site for up to date details at <a href="http://www.meetup.com/New-Mexico-Cross-Country-Ski-Meetup-Group/">http://www.meetup.com/New-Mexico-Cross-Country-Ski-Meetup-Group/</a> See article on page 7 for more information.
20-23	<b>Frisco Bus Trip Weekend: The trip is full, but check the website for cancellations if you are interested.</b> Ready for another bus trip!? Let's go, Frisco! THE town site elevation is 9000 feet. The bus will be taking us to select locations scattered around the Frisco, Keystone and Breckenridge town sites (elevation at the top of Breckenridge is 12,998 feet). The area operates a free shuttle which allows anyone wanting to do lift skiing or groomed Nordic to come and go on their own. For those of us wanting to backcountry ski, our bus will take us there! Keep an eye on the SNOTEL sites (October newsletter) which will tell us which direction we point the bus out of the parking lot! The lodging in Frisco will be the Wilderrest Condos (we have stayed there before).
27-Feb-- Mar 1	<b>Red River Beginner Practice Weekend</b> This is a great weekend for beginners and moderate cross-country skiing. If you are interested or have questions, please email Susan Russo at <a href="mailto:tele4fun@gmail.com">tele4fun@gmail.com</a>
28	<b>Enchanted Forest Just Desserts Eat &amp; Ski</b> FEBRUARY 28, 2015 - Just Desserts" Eat & Ski Enchanted Forest Cross Country Ski Area's most popular event: Enchanted Forest puts homemade desserts out on a five kilometer course and skiers ski out to the different sites and indulge in desserts. Contact the Enchanted Forest Cross Country Ski Area for information Telephone: 575-754-6112 Email: <a href="mailto:info@enchantedforestxc.com">info@enchantedforestxc.com</a>
March	
Thurs. 12	<b>Club Meeting 7-9pm</b> As Carl Smith will be giving us pointers at the February meeting on shooting better photos in snow conditions, the March meeting will be your chance to show off what you've learned! Please email your photos you'd like to share (please limit to 6-12) to <a href="mailto:saradell@comcast.net">saradell@comcast.net</a> .
17-22	<b>Sangree Froelicher Hut Trip: The trip is full, but check the website for cancellations if you are interested.</b> Intermediate trip to Sangree M. Froelicher (formerly known as Belvedere): This gorgeous hut, located at 11,630 feet, features terrain for Nordic touring as well as tele skiing. Check out the hut at: <a href="http://www.huts.org/The_Huts/sangrees.php">http://www.huts.org/The_Huts/sangrees.php</a> . We have been to this hut twice before, and it remains one of our favorites.



*Carl Smith, with CAMERA in hand, will be giving us tips on improving our snow photography at the February 12th club meeting. Don't miss it!*



## Bus Trip Hero!

*Thanks to Martin, our intrepid bus driver, who tirelessly and safely takes us up to the trailheads and back many times a day.*

# The Fun Report: January Pagosa Bus Trip

## The Day of the Cursed Bindings

Angela Welford



The outing I chose on the first day of the Pagosa Springs Bus Trip was to the Lobo Overlook, a straightforward three mile ski up a gradual incline along a road

to the overlook above Wolf Creek Ski Area. Dave Saylor volunteered to lead our group of three that included Carolyn Johnson and me.

As we were putting our skis on Dave muttered, "oh this is bad". He discovered he had brought boots that were incompatible with the bindings on his skis (or vice versa)! With great disappointment he passed the leader form and map onto Carolyn and me and reboarded the bus for what ultimately turned into a snow-shoe outing on the Fall Creek trail.

Fifteen to 20 minutes after Carolyn and I started up the road, she exclaimed, "Oh no! My binding broke!" The break was rather spectacular and in a manner not even duct tape could repair, as metal fatigue had caused the toe portion of the three-pin binding to snap off leaving the portion with the two screws under the foot on the ski.

Walking up was not an option so Carolyn turned back, ultimately borrowing skis from rental outfit at the ski area. This allowed her to ski on the groomed trail system around Lake Andrews, so all was not lost.

I forged on as leader of me, myself and I (*just so you know I was not skiing alone*) up to the overlook and ran into the five skiers who had skinned up to the top for some turns down along the powerline (see picture and related story). I opted not to join them and enjoyed a pleasant kick and glide back down the road after taking in the beautiful views from the top. Moral of the story: check your gear for compatibility and for signs of wear or possible failure. Perhaps even carry a spare binding and the tools to put it on?? (*Editor's Note: The ski shop warns that a new binding has to set for 24 hours before using*).

## Pagosa Powder

Karen Leach



Photo: Carl Smith

Karen Leach, Ray Berg, Chris Kramar, Lester Byington and John Stephens, Wolf Creek Lobo Overlook.

Over the hills and through the woods our group of five skiers went on a beautiful sunshiny day with perfect snow conditions. We skinned up and skied to the top of Lobo Overlook on a Pagosa Springs day tour lead by Chris Kramar. I always know it will be a fun adventure when Chris, who now lives in San Diego, returns to join us on a bus trip. Chris is pictured here modeling sun ear protectors he made from plastic cheese wrap which he plans to patent upon return to CA – a story in itself!



Photo: Karen Leach

Once on top of Lobo Peak we had a panoramic view of the South San Juan Mountains that surround Wolf Creek ski basin and beyond. Expert tele skiers, Chris and John Stephens, lead the way off the top down the slope while Ray Berg, Lester Byington and I took a deep breath and followed. Luckily we were able to take advantage of the recent snow fall finding enough powder to glide down the slope to the Power Line trail. This trail heads north down a different drainage than the one we came up.

Our plan was to ski down the Power Line trail to John's car, which he had marked on his GPS and then drive to the ski resort to be picked up by the bus.

The snow conditions were incredible as we made turns in deep powder seeing only a few other ski tracks along the way. As we descended we realized that the "power line" we were following had disappeared. No worries, several of us including me had skied this trail before. It all looked familiar until we popped out on a road with no broken tracks. For some of us, a road down rather than skiing a steep ravine seemed like a better way so off we went!

After breaking trail for about a mile we realized we were making little progress toward our planned destination because the road was traversing the mountain rather than going in the direction we wanted. Time was running out on what we thought would be a quick descent. Since we were supposed to meet the bus at 2:45 p.m. we knew we had to make a decision soon. As we peeked over the road to the steep terrain below, some of us thought the trees were way too close together to safely descend. Therefore we kept skiing along the road that was descending and then finally swung back in the right direction – *saved* or so we thought!

As we continued skiing along the road, we came across a number of ski tracks that went straight down, crossing our road and continued on. Of course Chris and John had the ability to follow this vertical route to the highway, which was by now within sight, so off they went right over the edge! Well, the rest of us had no choice but to take the leap down the slope hoping to avoid the trees and rocks as we skied. We all made it to the highway safely, and we were in luck to find other skiers who had also just skied our route. They had a car so John hitched a ride with them to his car and returned us all to the waiting bus!

***A special thank you to Bill White and Celeste Taylor-Ryman, Bus Trip Chairs, for a wonderful 3-day ski trip that included great skiing, renewed friendships, delicious food and hot springs soaking – a perfect holiday weekend!***

# A Not-Quite-Midnight Ski

Barry Ritchie



**Photo: Working-Class Sandia Skin-up Ski-down crew on a January Thursday evening ~8:30 pm.**

*A successful mission to seek out and track out all powder. All smiles! Cold but pretty much zero wind. 8.5 of us - Doug, Vit, Dan, Matt, David, Sandra, Ralph, myself and Sid the dawg. First ever skinning trip for one in our group and they did awesome. Diablo, over fallen trees to Dew-Drop, up a ramp to Short Swing and down, up a ramp to JC's, High T to Burn, yada, yada. A busy night on the Weak Peak. When we got to the bottom, ran into three other groups just heading up. Pints and food at the Lazy Lizard afterwards.*

## Chama Trip February 14-15

Dave Gabel

I am going skiing above Chama the weekend of February 14th/15th and invite other ski club members to join me. I'll be spending Friday and Saturday night, the 13th and 14th, at Cumbres Suites - 1-877-756-9139. ...Maybe Sunday night also, but that is still questionable right now. Note that Saturday is Valentine's day, Monday is President's Day and the following weekend is the Frisco Bus trip.

You will need to make your own reservations and travel arrangements. I am willing to compile a list of who is coming and who is looking for a ride and/or a roommate and will send an occasional e-mail update to those who have expressed interest, but if that info is relevant to you, it will be up to you to contact people on the list and find that other person looking to share room and/or car and to work out payment arrangements.

In the past I have also enjoyed my stays at the Chama Trails Inn (1-575-756-2156 - just down the road), but am opting for the Cumbres Suites this time. It was recommended to me after last year's successful trip and I understand it has a fairly large breakfast area where we can gather to make some plans. I have reserved the kitchen suite (3 Queen beds - sleeps up to 6) but will happily trade that for a single room if a group of several friends wish to coordinate taking that larger room over. I thought it might be nice to have the extra kitchen facilities if we end up with a potluck one night.

If you wish to partake in this outing please reply to me soon, answering the following questions:

- 1) Name(s)
- 2) Are you looking for a roommate to share expenses?
- 3) Are you looking to carpool and if so, can you drive?
- 4) Are you interested in staying Sunday night as well?
- 5) Can you ski at a class 2 level?
- 5) Would you be possibly interested in leading an outing and if so, what level (it could even be a lower level in-and-out on the same trail I go on).

Even if you are not looking for room/travel buddies, let me know where you are staying (when you know) and how can we reach you.

If staying at Cumbres Suites be sure to let the owners, Kip and Terri, know you are reserving as part of the New Mexico Cross Country Ski Club group.

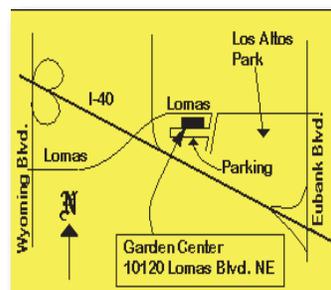
Details will follow when I have an idea of the group size. If others commit to leading a different class level of outing I will expand the trip to reflect that.

## 2014-15 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	Max Shepherd	270-5258	max.shepherd@comcast.net
Day Tours	Guy Miller	306-2628	xcskiboy@aol.com
Long Bus Trips	Celeste Taylor-Ryman Bill White	366-4959 306-3120	celestet86@gmail.com whitebillygoat@gmail.com
Hut Trips	Guy Miller	306-2628	xcskiboy@aol.com
Overnight Trips	Rob Suminsby	366-7513	robert.suminsby@gmail.com
Newsletter	Carolyn Johnson	345-0734	carolynjohnson@gmail.com
Instruction	Susan Corban Russo	286-0989	tele4fun@gmail.com
Membership	Bet Gendron	228-8025	bettygendron@gmail.com
Meetup & Social Media	Dave Gabel	401-5723	pecos_hiker@yahoo.com
Programs	Sara Friederich	266-2651	saradell@comcast.net
Mailing/Egroup	Bob Potter	831-9779	hvac87108356@yahoo.com
Refreshments	Marilynn Szydowski	332-8018	mjmazgaj52@aol.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	Bill Savage	353-1089	BSavagen5fld@me.com

## Getting to the Albuquerque Garden Center

Club Meetings are usually the 2nd Thursday of each month, 7:00 pm at the Albuquerque Garden Center, 10120 Lomas Blvd NE.



**Mailing list:** [NMCCSCEgroup@mailman.swcp.com](mailto:NMCCSCEgroup@mailman.swcp.com) **Website:** [www.nmccskiclub.org](http://www.nmccskiclub.org)  
**FaceBook:** <https://www.facebook.com/nmccskiclub>  
**Meetup:** <http://www.meetup.com/New-Mexico-Cross-Country-Ski-Meetup-Group/>

Photo: Carl Smith



*Lobo Point Overlook above Wolf Creek Pass*  
 New Mexico Cross Country Ski Club  
 P.O. Box 51563  
 Albuquerque, NM 87181