

New Mexico Cross Country Ski Club

NEWS

JANUARY, 2016

Photo: Carl Smith

December and January in NM and Colorado



Near Silverton Mountain New Years Eve Trip (photo Rob Suminsby)



Photo Susan Russo

Above: Carl Smith, Bill Savage, Ruth Bargman-Romero, and Terri Ellisberg on Coyote Call Trail, Jemez Mtns

Kathi Ritchey Nailing it



El Niño Delivers

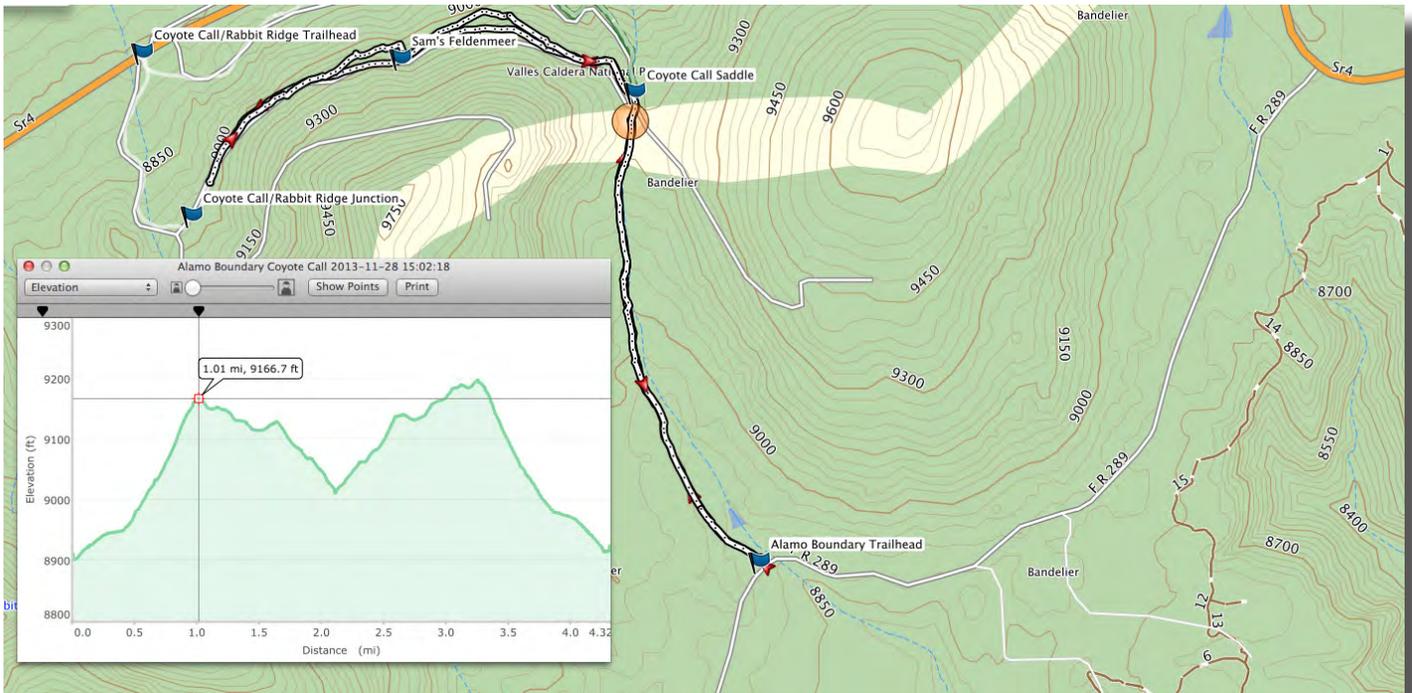
Photo Rob Suminsby

Ralph Wrons, Helene Minot, Marlene Brown, Gordan Eatman, Sandra Chavez and Barry Ritchey at Minnehaha Basin near Silverton during the Club's New Year's Day SkiFest



Photo Barry Ritchey

TRAILS REPORT



Alamo Boundary Trail Good Choice for Novices

by Mike Meier

Fellow snowgoers,

There were a few flakes in the air and I wanted a short, late afternoon outing, so I set out for a quick out-and-back on the Alamo Boundary Trail. When I got to the trailhead ~345PM, snow was falling steadily, and it was windy. [Editor's note: you should start early if you aren't familiar with the area and you are making this an exploratory tour.]

This trail is up a broad drainage, and there are not many trees to break the wind near the trailhead. I broke trail through 3-8" of new, medium-heavy snow. The underlying track was firm and I encountered no rocks or roots.

The trail is not marked, nor is it maintained by the club, but it gets a lot of hiking in the summer, and is pretty well defined, even under snow cover. There were a few sections blocked by blown-down trees. Those sections required enough bushwhacking to add a little adventure to the outing. This is a very mellow, shallow-grade trail, and would be a good choice for first time

This is a very mellow, shallow-grade trail, and would be a good choice for first time skiers and novices.

skiers and novices.

I turned back ~425pm so I could get back to the car with some daylight. At that time, I was far enough along to see (believe in?) a gap on my horizon that I think was the Coyote Call saddle. The downhill trip back was delightful with a lot of kick/gliding in the newly fallen snow. My outgoing tracks were filled in with the new snow by the time that I got back to the trailhead. Light was fading fast at 5pm.

Above is a track that shows today's trip up Alamo Boundary trail plus an extension into Coyote Call trail. It's from a past trip taken when I've had more time. After getting to the saddle, one can go west to the Coyote Call/Rabbit Ridge intersection, and then return. Another nice option is a shuttle tour, leaving a car at the Coyote Call

trailhead, and touring from AB trailhead to CC trailhead. The map also shows some of the Upper Frijoles trails in Bandelier. A more ambitious shuttle tour would be from the Upper Frijoles trailhead on NM4 over to FR289 with some bushwhacking; up FR289 to the AB trailhead; then up Alamo Boundary to Coyote Call; and, finally, down to its trailhead.

The Alamo Boundary trailhead is on FR289, about 1.5mi south of the NM4 intersection. It's on the right as you drive away from NM4, and its parking area is surrounded with a split-rail fence. FR289 is now open to traffic, but is locked later in the season. Today FR289 was snow packed and had ~2" of new snow ~5pm, but I had no driving problems with a Subaru Forester. NM4 was snow packed and icy, and there had been no recent work with plows. The road back to Los Alamos was icy and the going was slow.

Happy trails,

Ski Club Services Abound

By Ray Berg, Club President

Now that we are getting into the heart of the ski season I would like to remind everybody about how to take advantage of some of our club activities. You will want to keep in mind our communication outlets as well as who is doing what throughout the season.



First, there are several club members who are organizing activities for the club, including

- Instruction Chair Susan Russo
- Day Trip Chair and Hut Trip Chair Guy Miller
- Car Trip Chair Rob Suminsby
- Bus Trip Chairs Celeste Taylor-Ryman and Bill White

If you are looking at organizing some kind of an outing, one of these people can help. They have information about how to set things up as well as checking conditions, making travel arrangements, obtaining maps, and more.

If you are looking for some kind of outing, you can check the club calendar on the website, look at the feed on Facebook and Meetup, and keep monitoring club email. If you are looking for the status of a particular outing, contact the Committee Chair of the corresponding outing. You can look up contact information either in the “Officers” link in the footer of each web page or you can go to the membership list under the “Membership” menu item.

That also means keeping in mind that our email reflector is there to be used. Keep in mind two things: First, its use should be limited to things that are reasonably connected to our winter sports activities (skiing, snow shoeing, winter safety, etc.) And second, we ask that you use judgement about addresses. You should target the people you really want to talk with. So if you want to communicate with the whole club, send out a note that goes to everybody. But if you only want to communicate with one or a few people, pick out their addresses rather than sending to the whole club. You can get most addresses from the Membership list on the website; you just have to log in to see them.

And if you are having problems accessing things, send me a note describing the problem. Most problems can be fixed pretty easily, and we wouldn't want any trivia to interfere with your winter activities. Enjoy!

Call for Ski Club Board Members for 2016-17 Season

We have multiple Board positions open for next year's ski season. Please consider serving your club.

Our open positions are President, Refreshments, Membership, Newsletter Editor and Educational Programs. Board members are assured of a seat on Bus Trips, a nice perk. Please contact Mike Martin (mike_martin_csp@q.com 286-8762) for details, deadline for application is 22 February, elections are at the March club meeting.

Steve Gendron
at Del Agua
Overlook Sandia
Mountains in
December



Avalanche Awareness Training



Photo by Dave Gabel



Dave Gabel

Photos from the Avalanche Awareness Training outdoor session held in Taos Valley - presented by Marc Beverly of Beverly Mountain Guides.

Practicing digging snow condition test pits



Randy Simons in Santa Fe Wonderland
(Photo by Susan Russo)

Good-to-Know Interweb Links

- **Utah Avalanche Center**
Interesting website for all things Avalanche Prevention
<http://utahavalanchecenter.org/advisory/provo/01/4/2016>
- **Telemark Binding Selection Guide**
Confused about bindings? Maybe the folks at Earn Your Turns can help
<http://www.earnyourturns.com/25971/telemark-binding-selection-guide-2014/>

- **Ski Club Discussion of XC Ski injuries and Ski Bindings**
<http://nmccskiclub.org/x-c-ski-injuries-and-ski-bindings/>

- **National Weather Service Website**

<http://forecast.weather.gov/MapClick.php?lon=-106.45051208496093&lat=35.21729049981167#.VpMp27Torbp>

If you can't make the ski club classes, here are other nordic ski lessons:

- **Enchanted Forest Cross-country Ski Area, Red River: lessons and rentals.**

<http://enchantedforestxc.com/prices/lessons>

- **UNM Continuing Education, Albuquerque**

<http://ce.unm.edu/enrichment/outdoor-recreation.php>

- **UNM Los Alamos offers Nordic ski lessons at Valles Caldera Preserve.**

<http://losalamos.unm.edu/community-education/index.html>



Photo by Rob Suminsby

Heading up onto the lower flanks of McMillan Peak near Silverton .

Calling Trip Organizers

Guy Miller

Hello, skiers ! With all of the fresh snow here in the Sandias and Manzanos, over in the Jemez, and out at Mt. Taylor, opportunities for getting out, even on short notice, abound. If you've been out either this year or in previous years, then you know of places to ski. Don't wait for someone to organize an outing----step up and be a trip leader ! You can announce a day trip on the e-group. List a meeting place and time, then go meet your group and head out---simple as that !! Take some folks out to places you've been and enjoyed, or explore a route that you've heard of and researched a bit.

Trip leaders are required to have participants read and sign the Waiver of Liability, which is found on the website at <http://nmccskiclub.org/wp-content/uploads/2014/11/TripSigninForm.pdf>. It's simple and quick: name, address, phone, are you a member (yes or no). These completed forms are sent to the day trip chair, Guy Miller, after your trip. At the end of the sea-

son, everyone who led a bona fide ski trip is put in a lottery to win a free bus trip for the following season. Leaders, please ensure that the forms are completed fully and accurately. Include a brief description of the trip, ie: location, class of outing (I, II, or III). That's all we ask.

But there's more to being a leader than just getting a shot at a bus trip. Leaders are genuinely appreciated, and you'll be taking part in a most worthwhile endeavor--getting others out to enjoy our favorite winter recreation. It's a feel good kinda thing.

So give it a try. Got questions, or need a little help? Contact Guy via this e-group. He's already led 4 trips this season, but is anxious for others to jump in and make this a great year for all cross country skiers.

**It's snowing right now!
Come on, let's GO !!!**

Hut Update: Francie's Cabin February 20-25, 2016 2 Spots Open

Francie's Cabin is located near Breckenridge, Colorado at an elevation of 11,360. This "stretch" hut holds 20, and features indoor toilets and an outdoor wood-fired sauna. We have been to Francie's before, and have always found a variety of exciting day skiing opportunities. The area immediately around the hut is world class Alpine terrain, featuring lots of turning opportunities, but venturing out away from the cabin, one can find moderate Nordic touring terrain.

Check out the hut: http://www.huts.org/The_Huts/francies.php

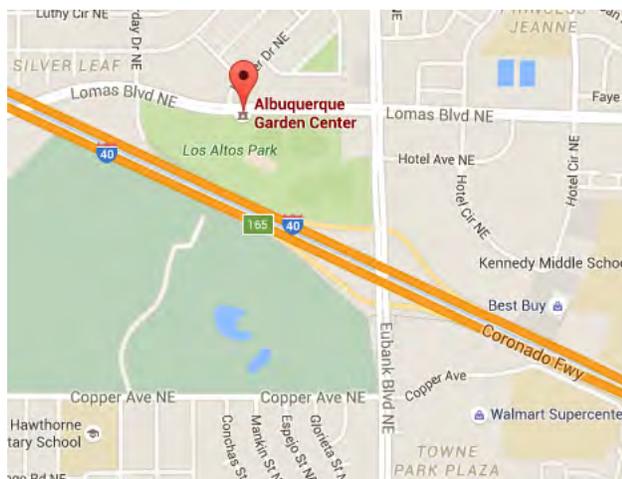
Cost is \$160, which includes dinners at the hut. Travel expenses on both ends of the trip are additional. Due to some recent cancellations, we have two spots available. Contact Guy Miller for further information.

NM 2015-16 Ski Event Calendar

JANUARY 2016	
Tues 12	Beginner Classroom Instruction Program
Thurs 14	Club Meeting 7-9pm: Skiing in the Valles Caldera National Park
15-18	(Fri-Mon) Crested Butte Bus Trip, MLK Weekend
16-18	(Sat-Mon) Chama Chile Classic Race Weekend in Chama, NM Run by the Rotary Club, this race weekend is packed with activities. For more information, visit http://www.skichama.com
Sat 23	Beginner Ski Instruction Snow Session
Sat 23	The 14th Annual Sandia Mountain Snowshoe Race Registration begins December 1, 2015 at REI or by mail (on-line form: www.sandiasnowshoe.com) and ends January 20, 2016 (or at 150 entrant limit) Start Time: 10 am/ Distance: 5K/3.2 miles/ Start Location: lower parking area of Sandia Crest
28-1	(Thu-Mon) Lost Wonder Hut Trip
29--31	(Fri-Sun) Aladdin's Lamp Hut Trip, Molas Pass, Colorado
FEBRUARY 2016	
5-7	(Fri-Sun) Chama Weekend Car Trip for beginners and others
Thurs. 11	Club Meeting 7-9pm
20-25	(Sat-Thu) Francie's Hut Trip
March 2016	
3-7	(Thu-Mon) Steamboat Springs Bus Trip
Thurs 14	Club Meeting 7-9pm

Getting There:

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



Angela, Bill and Celeste's Excellent BUS TRIP Packing List

Use this as a basic guide and augment as needed. A good rule:
plan for the best, prepare for the worst!



Clothes	<input type="checkbox"/> Slippers <input type="checkbox"/> Night wear <input type="checkbox"/> Swim suit (for hot tub) <input type="checkbox"/> Undergarments (change of dry for each day) <input type="checkbox"/> Socks (2 pr/day + 1 for pack) <input type="checkbox"/> Long underwear (2 sets)	<input type="checkbox"/> Fleece tops (2) <input type="checkbox"/> Ski pants <input type="checkbox"/> Wind/rain pants <input type="checkbox"/> Vest (fleece or down) <input type="checkbox"/> Light wind jacket <input type="checkbox"/> Parka or anorak (waterproof) <input type="checkbox"/> Hat	<input type="checkbox"/> Ear band <input type="checkbox"/> Gloves (2 pr) <input type="checkbox"/> Liner gloves <input type="checkbox"/> Overmitts <input type="checkbox"/> Turtle neckband or scarf <input type="checkbox"/> Face mask/balaclava <input type="checkbox"/> _____
Personal	<input type="checkbox"/> Ear plugs <input type="checkbox"/> Clock <input type="checkbox"/> Tote kit <input type="checkbox"/> Book <input type="checkbox"/> Sunglasses/goggles	<input type="checkbox"/> Phone charger <input type="checkbox"/> Extra batteries for whatever you have <input type="checkbox"/> Snacks (nutrition bars, etc) <input type="checkbox"/> Lunch supplies of choice	<input type="checkbox"/> Drink supplement powders <input type="checkbox"/> Money: Bring enough cash (or checks) to cover your meals and incidentals. <input type="checkbox"/> _____ <input type="checkbox"/> _____
Equipment	<input type="checkbox"/> Skis + poles in bag <input type="checkbox"/> Ski boots <input type="checkbox"/> Gaiters <input type="checkbox"/> Daypack <input type="checkbox"/> Water bottles (2x1 liter + sipper, or water bladder system) <input type="checkbox"/> Sunscreen <input type="checkbox"/> Lip balm <input type="checkbox"/> TP (+baggie for waste) <input type="checkbox"/> Duct tape <input type="checkbox"/> MaxxWaxx/Glide	<input type="checkbox"/> Yak Trax or similar (for in-town walking on ice) <input type="checkbox"/> Scraper <input type="checkbox"/> Skins <input type="checkbox"/> Space blanket <input type="checkbox"/> Hand/foot warmer packs <input type="checkbox"/> Swiss army knife <input type="checkbox"/> First Aid kit <input type="checkbox"/> Head lamp/extra batteries <input type="checkbox"/> Foam Butt pad (for sitting on) <input type="checkbox"/> Handkerchief/Kleenex	<input type="checkbox"/> Bandana <input type="checkbox"/> Camera <input type="checkbox"/> Down sweater (or other extra warm layer) <input type="checkbox"/> _____ Optional: <input type="checkbox"/> Radio <input type="checkbox"/> GPS <input type="checkbox"/> Shovel <input type="checkbox"/> Beacon <input type="checkbox"/> Avalanche probe

2015-16 Officers and Board

President	Ray Berg	366-8104	rsberg01@comcast.net
Vice President	Mike Martin	286-8762	mike_martin_csp@q.com
Secretary	Nancy Jenkins	269-0855	njenkins12@comcast.net
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	celestet06@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	carolynejohnson@gmail.com
Instruction	Susan 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	Robin Reynolds	259-5217	robinmrey@gmail.com
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

The Norski Trail Trip



The Norski Trail (photo by James Bucklew)



Phot by kathy Kubarski

Mailing list: NMCCSCEgroup@mailman.swcp.com **Website:** www.nmccskiclub.org
FaceBook: <https://www.facebook.com/groups/1663936723893594/?fref=nf>
Meetup: <http://www.meetup.com/New-Mexico-Cross-Country-Ski-Meetup-Group/>

New Mexico Cross Country Ski Club
P.O. Box 51563
Albuquerque, NM 87181