



Photo: Carl Smith

Bus Trips

Higher altitudes and latitudes, are friendly to snow and snowsking. This can be found in Colorado, and it's easy to reach by hopping a ride on a chartered bus. There will be beer wine, soft drinks, juice, water and snacks provided on the bus throughout the trip, including on the bus after skiing each day. Happy hour provided each evening as well. Best of all -- is the skiing opportunities each day for all levels of skiers to various trails. Funds paid to the club cover the bus fare, lodging, refreshments & snacks on the bus, and happy hour. All other costs are covered by the individual participants. Typical 'other cost' would be lunch while skiing, dinner, hot springs, downhill lift tickets, Nordic track tickets.

The first trip to Leadville, Colorado is scheduled from January 13 through January 16, 2017. Leadville is a National Historic Landmark District, with historic areas, museums, legends & ghost towns. Trail options maybe Railroad Run, Turquoise Lake, Powder Hound Loop, Tree Line Loop, Cooper Loop, 10th Mountain Division Hut & Chicago Ridge. Tennessee Pass Nordic Center offers 25K of groomed trails. Lift served downhill skiing available at 'Ski Cooper'.

The second bus trip to Pagosa Springs is set for February 17 to February 20. Restaurants and hot springs within walking distance to our hotel in Pagosa Springs. Trail options on the Pagosa Springs trip may be Fall Creek Road, Treasure Mountain, West Fork Rd., Radio Tower & Power Line, Summit to Wolf Creek Rd., and East Fork Rd. The Alberta Lake Loop provides groomed trails from Wolf Creek Ski area down to the lake and back up. Lift served downhill skiing available at 'Wolf Creek Ski Area', which typically has the deepest snowpack of all the lift served mountains in Colorado.



Several folks have already submitted an application and deposit for the bus trips, which are occurring on the two, three day weekends after New Year's. Applications are included in this newsletter, and as separate attachments in the emailing distribution of this newsletter. We kindly ask a separate application for each trip. One item needed to participate is a ski bag that can hold your skis and poles. If you don't have a bag, they should be available at REI, ski swaps, and other places that sell skis. Cross country skis tend to be longer than their wider cousins – downhill, telemark, AT. If you're getting your first bag, double check it's long enough for your skis.

The club has posted Bus Trip Procedures, Bus Trip Policy, and Bus Trip Lottery Process to the web page for newcomers and veterans alike to bus trips. The link to the documents are found at <http://nmccskiclub.org/ski-outings/bus-trips/>. These documents cover the most frequent questions that arise regarding the bus trips.

Bus Trip Organizers: Randy Johnson and Debbie Pierson

Don't miss out on the great fun & friends these trips provide . . . sign up today!!!"

New Year's Trip - Silverton

The old standby lodging at the Grand Imperial has changed. The Grand Imperial completed a capital improvement project, the motel has upgraded the rooms, and the cost. Additionally the rooms are blocked out for holiday traffic to the Silverton Ski area. Several people have made arrangements to lodge at a VRBO (Vacation Rental By Owner), which is now booked out. If your interested in skiing that weekend, you are encouraged to obtain lodging and plan to join in for day trips.

Hut Trips



Photo: Susan Russo

Plenty of new snowflakes at Betty Bear Hut

Hut trips involve driving personal vehicles to the trailhead, followed by skiing into the hut using backpacks with to bring your sleeping bag, food, climbing skins, some extra clothing items such as down booties. Visit the NMCCSC web page for detailed description of each trip. Additional information can be found by googling the name of the hut. The drive time to the trail head typically necessitates overnight lodging near the trailhead. The trip cost does not include costs for travel, food and motels enroute. Contact Guy Miller if you would like to participate.

The first hut trip is to the Tenth Mountain Hut from January 28-February 2 (includes travel time). The nearest town to this hut is Leadville. Extensive skiing right out the front door! Cost of the hut is \$148.

The second hut trip is to the Polar Star Hut from February 27 to March 4. This is considered to be an advanced trip, with 2100 feet of elevation gain. Avalanche gear is required for the trip. Cost of the hut is \$159.

New Years – Aladdin’s Lamp Hut

This trip was inadvertently left out of the October newsletter. If you missed the email from Mary Kaye Gallagher the evening of October 13, or the posting on the NMCCSC website under Breaking Stories. Contact Mary know if you have any questions. Some insight about this charming hut:

Aladdin's Lamp Hut is only two hundred yards from the parking area! As such, it is a great location to experience the hut environment with short no struggle approach ski, and the often nice snow conditions near Molas Pass (the area offers nice hiking in the summer too. There are a few choice spots available on the trip (three spots on the evening of the October meeting). The details of Mary Kaye's trip are:

Where: Aladdin's Lamp Hut located at Molas Pass

When: December 30, 31 and January 1st

Occupancy: 8 people; no pets allowed

Plan: Cross Country Ski into the New Year

Cost: \$70.00 per person for 3 nights based on 8 person occupancy

Hut Description and location: For information on the hut, go to www.huts.org

Go to hyperlink Menu: drop down, scroll down to **CO Hut & Yurt Alliance** for information on this privately owned cabin

Meals: Dinners: Group effort to be discussed at a planning meeting later in the Fall. Breakfast and lunch on your own.

Contact: Mary K. Gallagher mkg2404@hotmail.com or call: 505-503-6659

Please enter Aladdin Hut in the subject line

Reserve a Spot: Please send a check for \$70.00 to reserve a spot

Signup Status: As of October 25, there are two people on the waiting list.

Day Trips

Day trips are typically announced via email, to take advantage of snowstorms when they pass through.

Sam Beard has been leading trail maintenance trips to the Jemez this last month (October 3, 7, 14, 21, 28). Some of the trails are within the burn scar from fires that have burned in recent years. In these areas, trees that have burned are falling over and blocking the trails, and aspen shoots are quickly establishing. Over 150 fallen trees have been cut and removed in the recent burn areas. Areas that have not recently burned saw some fallen tree removal, pruning, and trail marking.

Mike Meir and Bill White on the Caldeza Trail.

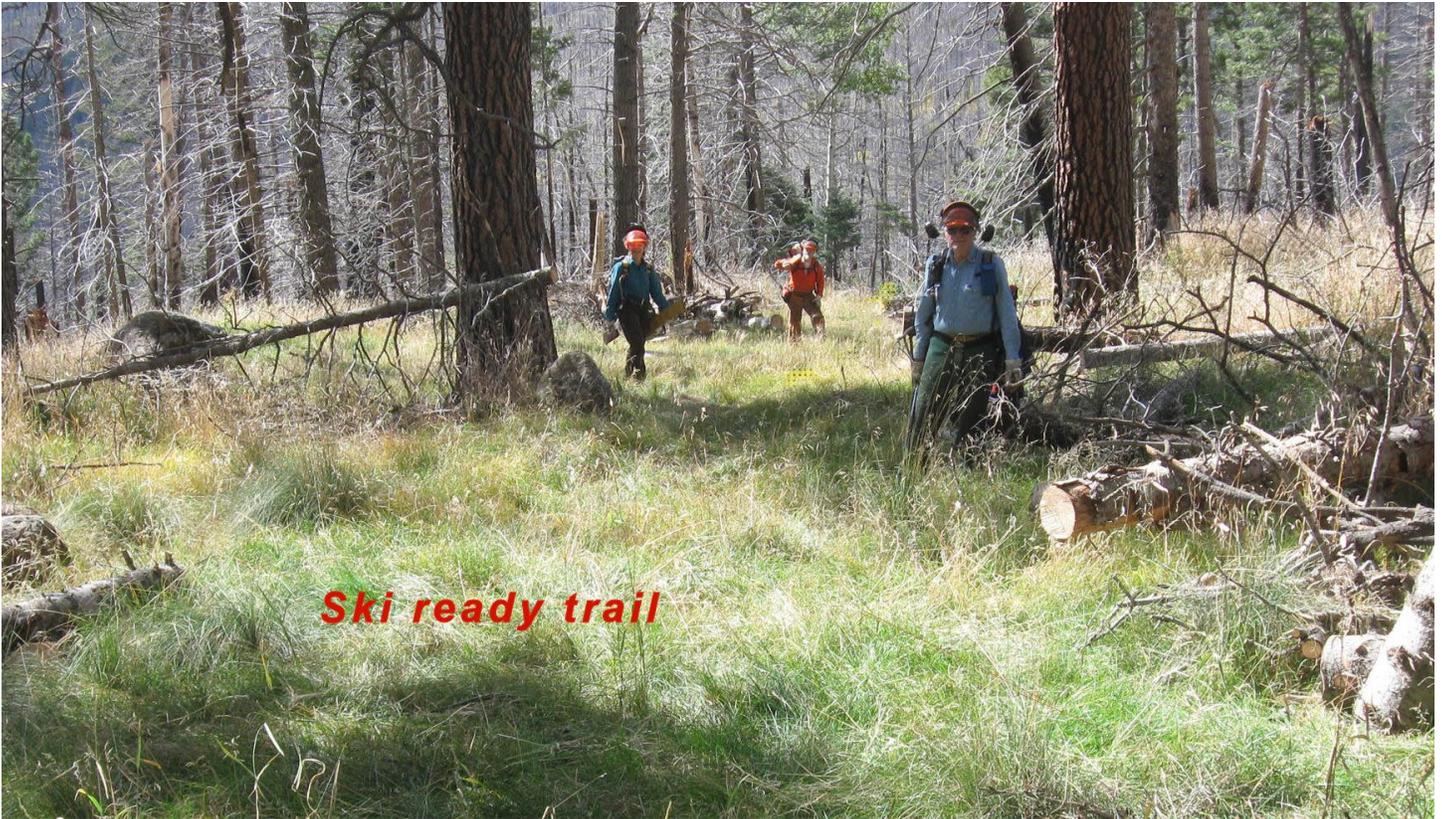
Lunch time / rest time on the Corral Canyon trail. Byron, Betsy, Jerry, Bill, Sam, Mike, Ken, Karen, Tom, and Cleve

Photos: Carl Smith



Trail Maintenance Trips





Bet Gendron, Bill White, Eric Russel

Get Well Soon

Ray Berg who has supported the club in several ways over the years, had the misfortune of suffering some injuries late this summer, and is now rehabilitating. Yes, Ray is bound and determined to get back out there on the snow, and all friends are wishing him a fast recovery. Eric Russel and Stacey Kittner have stepped forward to help out with contributions Ray and Thea were making to the club.

Instruction

Snowshoeing, Beginning Cross Country Skiing, Telemark turning are in the offering this year. Instruction events begin with classroom instruction for snowshoeing on Tuesday December 6th from 6:30-7:30PM, at the Lomas & Tramway Library Community Room. The classroom environment is followed with on snow instruction on Saturday December 17th on Sandia Mountain.

Ski Swap & Ski Expo

A three day event at the State Fairgrounds. Representing the club and entertaining questions from ski swap shoppers were Mike Martin, Stacey Kittner, Betsy Conover, Bet Gendron, Bob Potter, Rod Getting, Peter Marks, Steve Roholt, Rich Besser, Cleve Sharp and Marilynn Szydowski. Thank you to these members. At the KAFB Ski Expo was Susan Russo, Ruth Bargman-Romero, Mike Martin, Karen Kvam, Bet Gendron, and Dan Roberts.

Membership

Just a quick reminder note to renew your membership before holiday season sneaks up on us and life gets to busy. Please use the form enclosed in the newsletter, (or the one on the webpage). Thank You for your support.

Ratings

Skiing guidebooks and clubs will typically provide a rating system for the excursion under consideration. New Mexico Cross Country Ski Club ratings are 1 through 4. A tabular format of the ratings is in the newsletter, complete descriptions available on the webpage.

Programs

The year kicked off with a program last month focused on conditioning exercises for cross country skiing. Laura Cobb, the fitness director at YMCA lead the program with demonstrations and lecture. A key word from Laura's program was 'Balance'. Add balance to you exercises to strengthen your core, maintain balance on your skis, balanced strength in the muscle groups supporting your joints (to minimize chance of injury to the ACL and shoulder). Topics covered included Cardio Respiratory Conditioning, Lower Body Conditioning, Upper Body Conditioning, Core Conditioning, Flexibility Conditioning, and Muscle Balance. With some practice, you can even stand on ski pole ☺. Plagiarizing an old movie line 'May the Balance be with you'.

In November Kerry Jones from NOAA will update us on projected weather trends for the coming ski season in northern New Mexico and southern Colorado. Kerry, a highly qualified and experienced weather forecaster will entertain your questions.

December is the annual holiday social, where we indulge ourselves on holiday snacks and treats that members bring in from there kitchen. You can bring in your creative handiwork for display (& sale) too. Items could include books, cards, art, and jewelry, whatever your talents may be.



| <i>Calendar of Events 2016-2017</i> | | |
|-------------------------------------|--|---|
| Thursday | November 10 7:00 – 9:00 PM | General Meeting at Garden club Program: NOAA projected weather trend for the upcoming 2016/2017 ski season |
| Tuesday | December 6 6:30-7:30 PM | Class room Instruction – Snowshoeing Lomas & Tramway Library community room |
| Thursday | December 8 7:00 – 9:00 PM | General Meeting at Garden club Program: Holiday Social |
| Saturday | December 17 | Field Instruction - Snowshoeing Sandia Mountain |
| Tuesday | January 10 6:30-7:45 PM (Tentative time and date) | Class room Instruction – Beginning Cross Country Skiing Lomas & Tramway Library community room |
| Thursday | January 12 7:00 – 9:00 PM | General Meeting at Garden club |
| Friday-Monday | January 13 – January 16 | Bus Trip Leadville, Colorado |
| Saturday <i>Saturday</i> | January 21 <i>(backup date of February 4)</i> | Field Instruction - Beginning Cross Country Skiing Sandia Mountain |
| Saturday-Thursday | January 28 – February 2 | Hut Trip Tenth Mountain Hut |
| Thursday | February 9 7:00 – 9:00 PM | General Meeting at Garden club |
| Saturday-Sunday | February 11 – February 12 | Overnight Car trip – Terrain for all ski level ability & skills Chama, New Mexico |
| Friday-Monday | February 17 – February 20 | Bus Trip |

| | | | |
|-----------------|------------------------|-----------------------------|--|
| | | Pagosa Springs, Colorado | Send membership form and dues to: New Mexico Cross Country Ski |
| Monday-Saturday | February 27 – March 4 | Hut Trip Polar Star Hut | |
| Thursday | March 9 7:00 – 9:00 PM | General Meeting at Garden c | |

New Mexico Cross Country Ski Club Membership Form, Year 2016 – 2017

Print clearly.

***Asterisk* anything you DO NOT want listed in the Member Directory.**

First Name _____ Last Name _____

Address: _____ City _____ State _____ Zip + 4 (please) _____

Preferred Phone: _____ Email: _____

Additional ADULT name: First & Last Name _____

Preferred Phone: _____ Email: _____

Additional family members (up to college age and ages): _____

Check all that apply: New Member Under 40, 1st Year Renewing Member Address/phone Changes

New? How did you hear about us? Current member ___ Meetup ___ Website ___ Flyers ___ Business Card ___ Newspaper ___

| | Amount |
|--|--------|
| Single Membership (\$20 per year), Adult Member Under 40 (Free 1 st year) | |
| Family Membership (\$25 per year) | |
| Paper Newsletter US Mail Subscription Fee (\$5 per year) | |
| Total submitted* | |

*Payments

submitted

through the new Square Charge Card System will have 2.75% service charge added.

Dues are due October of current year, must be paid by the December meeting to receive access to website and participate in club trips. The **Membership Directory** will appear in the members-only (password protected) section of the Web site. Newsletter subscription fee of \$5 per year must be paid prior to receiving the Paper Newsletter by US Mail.

APPLICANT and SPOUSE (or CO-APPLICANT) and ALL HOUSEHOLD MEMBERS MUST READ RELEASE of LIABILITY and SIGN IT.

RELEASE OF LIABILITY:

I know and expressly assume the risk that a cross country skiing activity scheduled by the New Mexico Cross Country Ski Club, a New Mexico nonprofit corporation, may be dangerous or hazardous, and may result in loss or damage of property, physical injury, or even my death. I understand that neither the trip leader nor any trip participants are required to have any training or to have any experience or expertise with respect to any activity or in any aspect of safety or first aid. With full knowledge of these dangers, I RELEASE the New Mexico Cross Country Ski Club and its officers, directors, members, vehicle drivers, leaders, trip participants, guides, representatives, employees, or agents (collectively, The "NMCC Ski Club") from liability, claims, or demands and agree NOT TO SUE OR OTHERWISE MAKE ANY CLAIM against the NMCC Ski Club that may arise during my participation in any activity.

This RELEASE OF LIABILITY will be effective whether or not any loss, damage, injury, or death RESULTS FROM THE NEGLIGENCE of the NMCC Ski Club. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances, to protect himself, herself, or others from injury or death. I expressly assume the risk of loss, injury, or death suffered by me as a result of participating in any activity. I am voluntarily participating in the activity. I am solely responsible for my own equipment, safety, first aid needs, and medical needs. I will take every precaution to provide for my own safety and well-being while participating in any activity.

This release is binding on me, my heirs, and my personal representatives. I HAVE READ THIS RELEASE BEFORE SIGNING IT. (If you need more space, please use the reverse side for additional signatures and dates.)

Signature _____ Date _____ Signature _____ Date _____

FOR FAMILY MEMBERS UNDER 18 YEARS OF AGE, PARENT OR GUARDIAN MUST READ AND SIGN BELOW:

I am the legal guardian of the above minor and have read the above RELEASE. I hereby consent to the terms of the RELEASE on behalf of the named minor(s) and give my consent to their participation in all activities of the NMCC Ski Club on the terms stated.

Signature _____ Date _____
(Parent or Legal Guardian)

The NMCC Ski Club operates by the volunteer efforts. Please indicate the activities in which you may be willing to participate:

Day Trip Leader _____ Refreshments _____ Trail Maintenance & Development _____ Club Officer/Board Member _____
Instruction _____ Program Presentation/Topic _____ Other _____
Date Dues Received _____ Paid in Cash/Amt _____ Paid CC _____ Paid by Check _____ Check Number _____

**Leadville, Colorado --- Bus Trip
Friday, January 13, returning Monday January 16, 2017, Cost \$282**

Leadville, "Cloud City", offers something for everyone! We'll enjoy 27 kilometers of set track & wider skate lanes at Tennessee Pass Nordic Center (rentals, lessons, coffee shop, food, woodstove, sunny deck), Ski Cooper (overlooking the stunning Sawatch Mtns.) the Colorado Mtn. College Nordic Track, and a multitude of backcountry skiing options. We will stay in town, at the Columbine Inn, providing a daily breakfast of eggs, oatmeal, milk, cereal, toast, & coffee. It has plenty of rooms to serve the needs of our club and is within walking distance to a variety of restaurants, brew pubs, and historic sites. The club will provide drinks and snacks at a social hour each evening around 5:30 pm. A list of dining options & ski trails will be provided. Please let me know if you have a roommate preference. Otherwise roommates will be assigned.

Deposit \$150 due with this application. Balance \$132 due December 8, 2016
(Registration, including deposit, must be received by Debbie Pierson no later than November 10, 2016. Balance due December 8, 2016. Mailing Address: Debbie Pierson, 8339 Hawk Eye Rd. NW, Albuquerque, NM 87120) Cell Phone (505) 450-8646; Email: dldpierson@comcast.net

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.

(cut along line and submit forms for each trip separately)

Leadville, Colorado, January 13, 14, 15, 16, 2017

Your trip price includes refreshments on the bus, transportation and three nights lodging (including breakfast). Not included in the trip price are dinners for Friday, Saturday and Sunday.

Deposit \$150 due with this application. Balance \$132 due December 8, 2016

Name _____ Home Ph# _____ CellPh# _____

Email address _____ Emergency contact and ph# _____

Ski ability: Beginner _____, Class I _____, Class II _____, Class III _____

Would you be willing to lead a trip in the Leadville area? Yes _____, No _____ Maybe _____

If two people are signing up together, please fill out the following:

Roommate Name _____ Home Ph# _____ Cell ph# _____

Email address _____ Emergency contact and ph# _____

Roommate ski ability: Beginner _____, Class I _____, Class II _____, Class III _____

Would you be willing to lead a ski trip in the Leadville area? Yes _____, No _____, Maybe _____

Registration form/deposit must be received by November 10, 2016. Mail to: Debbie Pierson, 8339 Hawk Eye Rd. NW, Albuquerque, NM 87120. Questions? Email me at dldpierson@comcast.net. My cell phone # is (505) 450-8646. You may also bring the form and deposit to the October or November Club meeting.

Pagosa Springs, Colorado --- Bus Trip

Friday February 17, 2017, 1pm, returning Monday evening February 20, 2017

(Presidents Day)

Cost \$273.00

Let's do some awesome skiing on our favorite trails around the Pagosa Springs area! We will be staying across from the hot springs, at Quality Inn, so we can walk across the street to soak up those soothing minerals at our own convenience. We'll be within walking distance of restaurants and shopping in town as well. Scrambled eggs, sausage, waffles, O.J., toast, bagels and coffee are included in the hotel's daily continental breakfast. Skiing at Wolf Creek ski area will be available as will organized Class 1-3 outings. The club will provide drinks & snacks at a social hour each evening around 5:30 pm. A list of dining options and ski trails will be provided. Please let me know if you have a roommate preference. Otherwise, roommates will be assigned.

Registration form/deposit must be received by Saturday, December 3, 2016. Mail to: Debbie Pierson, 8339 Hawk Eye Rd. NW, Albuquerque, NM 87120. If you have any questions, please email me at dldpierson@comcast.net, or call me on my cell, (505) 450-8646. You may also bring the form and deposit to the October, November, or December NMCCSC meeting.

Deposit \$150 due with this application. Balance \$123 due January 10, 2017.

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

and submit forms for each trip separately)

Pagosa Springs, February 17 – 20, 2017

Your trip price includes refreshments on the bus, snacks/drinks for evening social hours, transportation, and three nights lodging (including breakfast). Not included in the trip price are dinners for Friday, Saturday and Sunday, or entry to the hot springs. Please bring your own snacks/beverage for snacks/lunch during ski outings.

Deposit \$150 due with this application Dec. 3, 2016. Balance \$123 is due January 10, 2017.

Mail to: Debbie Pierson, 8339 Hawk Eye Rd. NW, Albuquerque, NM 87120, or bring this form & deposit to the Oct., Nov., or Dec. NMCCSC meeting.

Name _____ Home Ph# _____ CellPh# _____

Email address _____ Emergency contact and ph# _____

Ski ability: Beginner _____, Class I _____, Class II _____, Class III _____

Would you be willing to lead a trip in Pagosa Springs? Yes _____, No _____ Maybe _____

If two people are signing up together, please fill out the following:

Roommate Name _____ Home Ph# _____ Cell ph# _____

Email address _____ Emergency contact and ph# _____

Roommate ski ability: Beginner _____, Class I _____, Class II _____, Class III _____

| Board Members 2016-2017 | | | |
|-------------------------|---------------------------------|----------------------|--|
| President | Mike Martin | 273-1876 | President@nmccskiclub.org |
| Vice President | Bet Gendron | 228-8025 | VicePresident@nmccskiclub.org |
| Secretary | Nancy Jenkins | 269-0855 | Secretary@nmccskiclub.org |
| Treasurer | Max Shepherd | 270-5258 | Treasurer@nmccskiclub.org |
| Day Trips | Guy Miller | 306-2628 | DayTrips@nmccskiclub.org |
| Long Bus Trips | Debbie Pierson Randy Johnson | 450-8646 270-2832 | BusTrips@nmccskiclub.org |
| Hut Trips | Guy Miller | 306-2628 | HutTrips@nmccskiclub.org |
| Car Trips | Rob Suminsby | 366-7513 | CarTrips@nmccskiclub.org |
| Newsletter | Dean Athow | 275-1097 | Newsletter@nmccskiclub.org |
| Instruction | Ruth Bargman-Romero | 842-9735 | Instruction@nmccskiclub.org |
| Membership | Stacey Kittner | 712-5638 | Membership@nmccskiclub.org |
| Meetup & Social Media | Dave Gabel | 401-5723 | SocialMedia@nmccskiclub.org |
| Programs | Peter Marks | 856-8237 | Programs@nmccskiclub.org |
| Mailing/Egroup | Marilynn Szydowski | 332-8018 | egroup@nmccskiclub.org |
| Refreshments | Kathy Trujillo | 299-9663 | Refreshments@nmccskiclub.org |
| Trails | Sam Beard | 828-0673 | Trails@nmccskiclub.org |
| Web Site | Eric Russell | 281-1289 | Website@nmccskiclub.org |

| Ratings | | |
|---|--|------------------|
| Class | Vertical Climb (ft) | Distance (miles) |
| One | Less than 1000 | Less than 5 |
| Two | Less than 2000 | Less than 5 |
| Three | Greater than 2000 | Greater than 10 |
| Four | Unpatrolled, mountainous terrain, with the purpose of downhill skiing. Slopes can be greater than 25 degrees. Knowledge of use of climbing skins, avalanche gear needed. | |
| Steepness of slopes, skill level, and stamina can also dictate the ski tour rating. Please see the webpage for more information. http://nmccskiclub.org/ski-outings/ | | |
| Finding Us | | |
| Web Page | http://nmccskiclub.org | |
| FaceBook | https://www.facebook.com/nmccskiclub | |
| Mail | New Mexico Cross Country Ski Club PO Box 51563 Albuquerque, NM 87181 | |

New Mexico Cross Country Ski club
PO Box 51563
Albuquerque, NM 87181