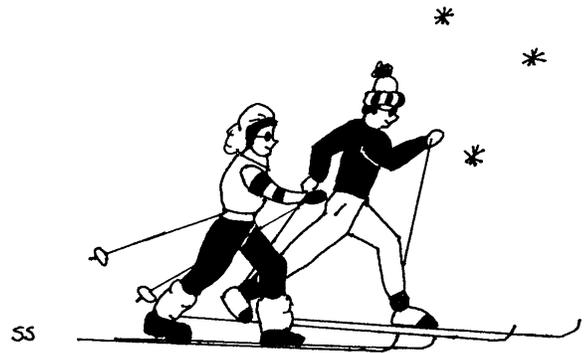


New Mexico Cross Country Ski Club Newsletter



February 2004



Meeting Schedule for 2003-2004

Next meeting: Thursday February 19, 7:30pm

- **Program:** Mark George, a fitness trainer, will discuss pre-season conditioning and continuing conditioning for the fit cross-country skier.

Monthly General Meetings

October 14	January 15
November 20	February 19
December 18	March 18

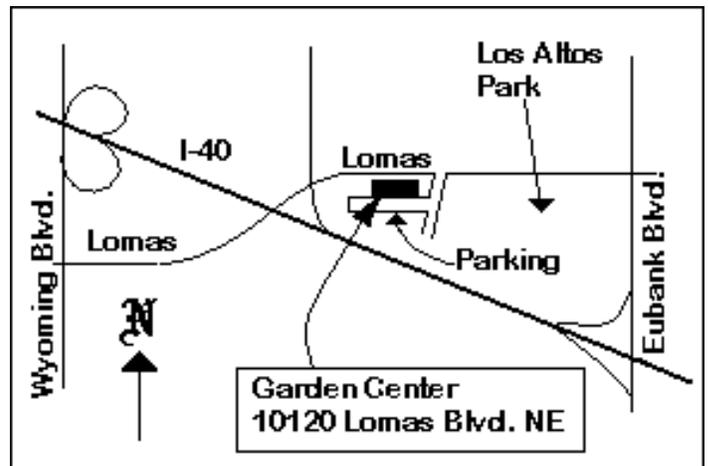
Meetings are held at 7:30pm on the third Thursday of each month, October through March, at the Albuquerque Garden Club Center, 10120 Lomas NE. Look for the sign on Lomas at the entrance to the Center. Please park on the east side of the building and enter through the east entrance.



**Get your newsletter from our Web site!
Save money for your Club!**

If you would be willing to skip the mailed copy and just download the newsletter from our Web site, just check the appropriate box on your renewal form. If you have already renewed but failed to check the box, **please contact Jean Hanson, Our Lady of the Database.** You'll feel good, you'll get your newsletter several days earlier, and your Club will thank you!

If you've signed up for the Yahoo Groups email system (check with Debbie O'Callaghan for this), you'll get a reminder email each time a new newsletter is posted.



Seeking fame, power, and the respect of your peers?

The Club is seeking volunteers, or expressions of interest, for many officers and committee chairs for next year. If you have interest in any of the Club offices, or questions about the duties of any position, please contact Most Honored Vice-President Janie Gilmore-Daniels at 259-0502 (janiegil@aol.com). This is your chance to influence and improve the operation of your Club!

Candidates will be listed in the March newsletter. Elections will be held at the March 20 meeting.

**Visit the NMCCSC Web site at
www.naturediscovery.org/nmccskiclub
newsletters, updated trip info, and more!**



The Prez Sez ...

by Mike Martin

Our search for the fluffy stuff has again led us north this year; the club has done a bus trip to northern NM and one bus trip and one hut trip to Colorado. Skiing on all of the trips was primo! We still have one bus trip, two hut trips and a multi-nighter in Colorado to go, the season has barely begun. There may still be some spots available on these trips, contact any club officer for details. We have had some good local trips also as snow has permitted; I encourage you to use the egroup messaging service as trips materialize with new snow and get broadcast on short notice. The Sandias were white with fresh snow this morning as I drove to work, I could almost feel our club die-hards plotting trips.

Membership is down this year, partly a function of the low snow fall. I make regular rounds of the local ski stores and the retailers are suffering too. It's another reminder that water in the southwest is a precious resource regardless of who we are or what we do. Entreat mother nature to smile on us and I'll see you on the trail...



Another Membership List Update

by Lester Byington

We will soon do another update to the membership list on the Web site, to add several recent members. (Check for the February date.) This includes both the Membership page and the downloadable rosters on that page.

You may wish to double-check your information again this month. I'm not sure how to balance the desire for frequent updates with the annoyance of checking that the existing entries are not corrupted. The combination of human frailty (which applies even to me, in a diminished form) and malevolent software places the whole list at risk during every update.

End of Year Bus-Trips Wrap-Up!

by Susan Swan

Well, we really lucked out and had snow at all 3 ski areas this year. Frisco was a very pleasant surprise! The condos were very nice and I think everyone was happy. The town itself was more than we had expected – so all and all a place we will add to our regular spots to return to.

Our return trip to Red River, after 8 years, ended up being a big seller. After a slow start we ended up with a waiting list. It also worked well for new club members. We had 11 new skiers along for the ride. Guy Miller taught 2 days of lessons and had 16 people show up. We may need to get him to do that again for us.

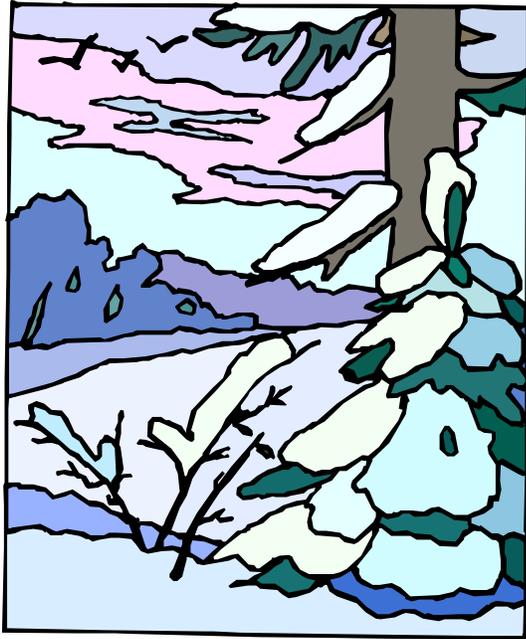
As I write this, we haven't gone to Crested Butte yet. But I hear they have tons of snow and we are staying at a nice hotel. What more could you ask for except to go FREE. And in fact, Amy Hoepfner *is* going FREE. She led a ski day last year (only one) and had her name drawn for a FREE bus trip of her choosing. That could be you next year! Think about it.

I think we will be looking at Leadville and Pagosa Springs next year. But I would love some feedback from you. Where would you like to go for 3 days next year? Let me know. We are also thinking about leaving early on the longest bus trip next year. 3:00pm time keeps coming up as a leaving time. This way we could be somewhere at say 9:00pm instead of midnight. But this would require 40 people able to be at the bus area by 2:30pm. Also if we set that time and couldn't get 40 people able to go at that time, but needed to go at our normal time, I would have to change the time back to 6:00pm. Think about it and let me know.





Articles



Red River Bus Trip – Woo Hoo!

by Yolanda Ploor

What was different about this trip was the number of new faces on board eager to hone their new skills at Enchanted Forest with Instruction Chairperson Guy Miller's help. It was good to mingle with new and not-so-new members again. Saturday night the snow came and we woke to 6-12" of new snow. Over the two days, several members led Class I, II, and III trips to East Fork/Sawmill Creek Trail, Goose Lake Trail, West Fork Trail, and a few folks practiced their downhill skiing.

The Sportsman's Lodge was rustic with kitchen/living areas in most units. The meeting room had a large fire pit that made for a good gathering place after dinner. There was even a rumor that a sing-along broke out one evening. Oh, the versatility among our members!

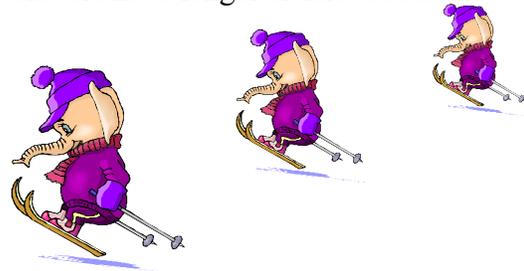
I didn't see a long face on the bus ride home – some exhaustion and taxed muscles, yes. The only sore spot was that there was one key person who was not on the bus. Our Long Bus Trips Chairperson, Susan Swan, was unable to accompany us for the first time in her long tenure. Susan, you can be sure that you trained your husband and partner well – he took good care of us all – but that doesn't mean that you can forego future trips! See you next time.

Hut Trip Update

by Guy Miller

There may still be a space available for the late-February trip to Janet's Cabin.

For further information, contact Guy Miller at 294-7940 (please do not call after 9:00pm) or email at Xcskiboy@aol.com. The October and November newsletters have longer articles about these trips.



New Opening on Winter Park Trip

by Lester Byington

There is an opening for a single woman on the Winter Park trip (Feb 25-29) due to a cancellation. For details on the trip, see the posting in the Trips section (page 5) and the article in the October newsletter. If you would like this slot, contact me *very soon*. We may be doing some juggling to cancel a room and accommodate an odd number of people.

Your Changing Season Headquarters.



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WINTER TIRE SALE STORM!



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With your 4-tire Blizzak purchase, get a coupon for a Free Summer Tire Changeover good thru April 30th, 2004!

The Ultimate Winter Performers Built With Ultimate Tire Technology.

Why Hibernates?



N.M. Cross Country Ski Club Members

15% off Snow Tires
with this ad/Steve Scheer

New Mexico Firestone Stores



Information for Skiers

FOOD, WATER and EQUIPMENT: Each skier brings all of his/her own equipment; skis, boots, poles, wax, warm clothes, food, water, etc. At least one quart of water per person and extra food for delays or emergencies should be carried.

TRANSPORTATION: Skiers should try to car pool from the meeting point to the ski trailhead. Drivers should be reimbursed 7.5 cents per mile by each passenger in a car pool. Approximate car mileage will be listed in the trip description.

TOUR LEADERS: Tour leaders are volunteers who plan and lead ski tours for NMCCSC members. A tour leader has the prerogative of rejecting any person as a tour member because of equipment, ability, or any other reason. Call the leader if you have questions about the tour.

LIABILITY: The NMCCSC is a non-profit organization in which all activities are carried out by volunteers. The Club, Club officers, trip leaders and drivers assume no liability in connection with any Club activity. If you are concerned about accidents, either while skiing or traveling, you should obtain your own insurance policy.

TOUR CLASSIFICATIONS: The tour classification is an indication of the degree of difficulty of the trail and the corresponding skiing ability required to safely and enjoyably ski. Note that the length of the skiing portion of the trip is given in the trip description. The types of trails

that each class of skier may be expected to navigate are given below:

CLASS I: A tour with less than 1000 feet of elevation gain and less than 5 miles in length, and can be skied by novice skiers with minimal cross country experience. **Persons with no cross country skiing experience MUST take beginning lessons or must obtain the leader's permission PRIOR to joining a Class I tour.**

CLASS II: A tour with 1000 to 2000 feet of elevation gain and less than 10 miles in length. The trail will have gentle to moderate slopes which require the ability to stop and turn on the slopes. A Class II+ tour will have 2000 to 3000 feet of elevation gain.

CLASS III: A tour with greater than 3000 feet of elevation gain and greater than 10 miles in length. The trail may be steep or narrow and requires at least intermediate to advanced skiing ability.

Carpooling/Meeting Places

These abbreviations are used in some trip descriptions:

- BOA** Bank of America
Corner of San Mateo and Academy NE
- WF** Wells Fargo Bank
Franklin Plaza
Central & Juan Tabo NE
Use the parking area away from the money machine.



Day Trips & Overnight Trips

David Ploor – Day Trips

Jon McCorkell – Overnight Car Trips

Please contact either David (day trips) or Jon (overnight trips) if you are interested in leading a trip, even if it will be farther into the season. If you have never led a trip but would like to, these gentlemen can assist in selecting an area or providing how-to's on trip leadership. Remember, each time you lead a trip your name is added to the hat for the drawing for a free bus trip. Trips must be submitted by the first Thursday of the month to be included in that month's newsletter.

Keep reading the newsletter for upcoming trips and think snow! All trips are dependent on snow conditions, so please contact the trip leader to check for changes/cancellations.

Trips can be sent as follows:

David Ploor
2888 Tramway Place NE
Albuquerque, NM 87122
dp1505@att.net
822-8650

Jon McCorkell
9709 Euclid NE
Albuquerque, NM 87112
peakbag@nmia.com
294-2928





Hut Trips 2003-04

late February (last hut trip this year)
Leader: Guy Miller, 294-7940
(Please call before 9:00pm.)

See the article earlier in this newsletter. Talk with the leader directly about these trips. The experience and ability requirements for the hut trips are somewhat more stringent than for other Club trips.



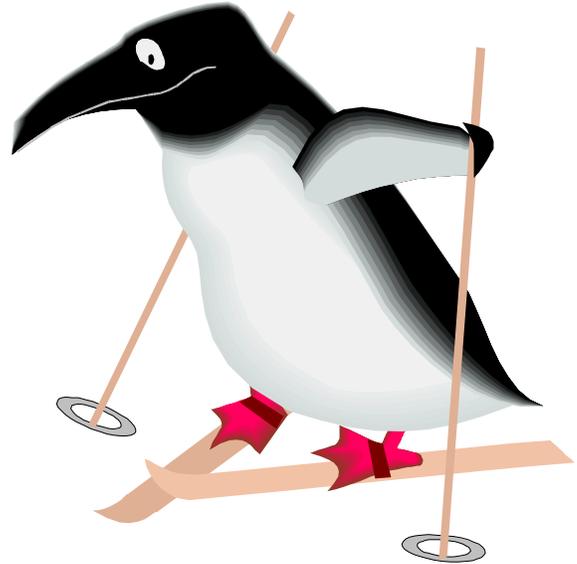
Winter Park

Wed-Sun Feb 25-29 Winter Park, CO
Class I, II, & III ski miles: mild to massive
Leaders: Lester & Sharon Byington,
286-9100, lester@byington.org

See the article in the October newsletter.
This trip is essentially closed, *except that we have an opening for a single woman.* One of our participants just recently cancelled due to a knee injury. *If you would like this slot, contact the leader very soon. We may be doing some juggling to cancel a room and accommodate an odd number of people.*

We will be traveling by carpool (driving Wed Feb 25), and staying in an 8-bedroom deluxe cabin next to the groomed track at Snow Mountain Ranch, augmented by some very nice 2-person rooms in a nearby lodge. Cost for food and lodging at SMR will be about \$270. per person. Driving expense and lodging on the way there will be additional.

Winter Park is at 9000' in northern Colorado, west of the Continental Divide. It usually has better (last year *much* better) snow conditions than southern Colorado. The Fraser Experimental Forest (no snowmobiles!) and two Wilderness areas are just outside town. There are two large groomed areas, Snow Mountain Ranch and Devil's Thumb, each with 100 km of trails, plus some smaller groomed facilities.

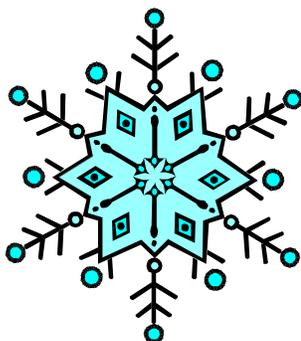


Avalanche Beacon Practice

Sun Mar 14 Sandias
Class I 3 miles (round trip), probably less
Leader: Mike Martin, 836-6520

We will practice beacon use and search techniques. If time and snow conditions permit we may dig snow pits to study the snow pack and practice probing techniques. Please bring your beacon (fresh batteries), back country shovel and probes if you have them. Bring your skis or snowshoes but we'll try to remain close to the road to minimize travel time. Wear lots of warm clothes as we will not be moving much.

This session is open to anyone who wants to learn more about skiing in avalanche terrain. You are welcome to attend even if you don't have a beacon, shovel or probe. If there's no snow, we'll practice in the dirt. Please call leader if you have any questions. Meet at Smith's at Tramway & Central, in the SW corner of their parking lot, 9:00 am.



**NEW MEXICO CROSS COUNTRY SKI CLUB
2003-2004 OFFICERS AND COMMITTEE CHAIRS**

Officers	Name	Phone	Email Address
President	Mike Martin	836-6520	Pahasapapapa@aol.com
Vice-President	Janie Gilmore-Daniels	259-0502	janiegil@aol.com
Secretary	Patricia Kerr-Sanders	256-0361	pkerrsan@aol.com
Treasurer	Bob Swan	294-1720	bobswanabq@aol.com
Committee Chairs			
Membership	Gene & Donna Lisotto	884-7331	Gene_Lisotto@msn.com
	Jean Hanson	298-5234	jh87111@comcast.net
Publications	Lester & Sharon Byington	286-9100	lester@byington.org
	Dianne Cress	294-2928	dianne.cress@state.nm.us
Programs	Wayne Kirkby	898-1654	ski1071607@aol.com
Refreshments	Holly Noland	292-3025	dave5th@aol.com
	Lucy Miller	293-5673	millerabq@yahoo.com
Day Trips	David Ploor	822-8650	dpl505@att.net
Overnight & Hut Trips	Jon McCorkell	294-2928	peakbag@nmia.com
	Guy Miller	294-7940	Xcskiboy@aol.com
Long Bus Trips	Susan Swan	294-1720	SSSwan515@aol.com
Instruction	Guy Miller	294-7940	Xcskiboy@aol.com
Trails	Sam Beard	828-0673	Edwina42@aol.com
Web site; email group	Lester Byington	286-9100	lester@byington.org
	Debbie O'Callaghan	266-0713	docalla@hotmail.com

New Mexico Cross Country Ski Club
PO Box 8425
Albuquerque, NM 87198-8425

February 2004

Meeting Schedule	1
President's Message; Bus Trips	2
Trip Articles	3
Information for Skiers	4
Day Trips/Overnight Trips	4-5

