

*New Mexico
Cross Country
Ski Club*

*December
2007*



www.naturediscovery.org/nmccskiclub

HOLIDAY SOCIAL

Tuesday, December 11, 7:00 pm

Please remember to bring a holiday treat -- sweet or savory -- to share for the refreshments during our holiday social time after the business portion of the meeting. Drinks will be provided, as usual.

Angela & Sara
Refreshment Committee

**BUS TRIP BALANCES ARE DUE
DECEMBER 11**

\$100/Trip/Person. Bring to Meeting or Mail so check is received prior to December 11.

Mail to:
Ray & Thea Berg
13501 Osage Orange Rd NE
Albuquerque, NM 87111-8218

**WELCOME NEW MEMEBERS
See You at the Social!!!**



Jeff & Jane Burns

Shirley Kennedy

Patricia Collins

Tom Krajci

Nancy Costea

Ben & Ellen Levy

Tom & Kathie Dieterle

Steven Mack &
Cortney Wands

Richard & Linda Fox

Emily & Joshua Martin

Andrea Hambuchen

Kirk & Sara Mazzie

Susan Harris &
Mark Percival

Bonnie & Albert Putzig

Rebecca Helianthus

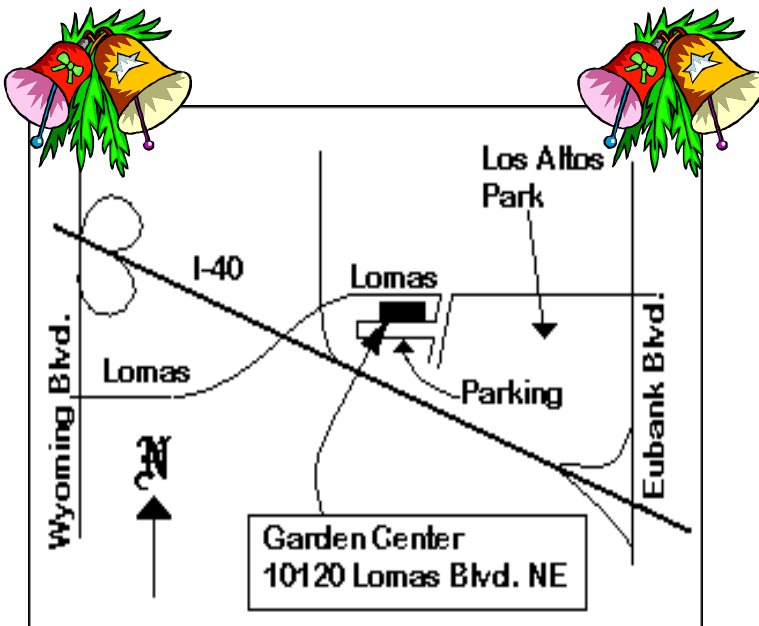
Eric Schultz & Phyllis
Simone

B & Elizabeth Janecka

Eric Smith

Georgia Jannuzzi &
Phillip Dooley

Brad Whorton & James Orr



From the President

Since nature is not cooperating by sending sufficient early snow, I thought I'd pass on some suggestions for skiing-related reading. Some might also serve as ideas for Christmas presents.



REI stocks Cross Country Skiing - Building Skills for Fun and Fitness by Steve Hindman. In my opinion, this is about the best guide on XC technique which has come out recently. My all time favorite, Cross Country Skiing by Ned Gillette (1979) is probably out-of-print, but may be available from used booksellers on the internet.

Another worthy selection is Backcountry Skiing by Jean Vives (1999), which covers equipment, technique, mountain weather, avoiding avalanches, nutrition, hut skiing and emergency survival. Two safety-related inexpensive books which are small enough to be tucked in a pocket are Snow Sense - A Guide to Evaluating Avalanche Hazard, by Jill Fredston and Doug Fesler, and First Aid - A Pocket Guide, by Christopher Van Tilburg, MD. Both are available at REI. In addition, REI stocks a free guide to first aid kits which includes a matrix of available choices, depending on group size, trip length, and risk level. Selling prices vary from \$5.95 to \$175.

Happy reading, and see you on the trail ASAP.

Wayne

MEMBER ROSTER & WEB PAGE ACCESS



This newsletter is only going to members who have paid 2008 dues. The Web Page Username and Password will also change in December. They will be published via eGroups and announced at the meeting. Both Username and Password are case sensitive. Please remember that membership lists are for club business only, and that we intentionally secure parts of our Web site to protect our members & trip leaders.

TO THE TOP WITH SKINS

By Karen Leach & Guy Miller

As a beginner skier 25+ years ago in Utah, I skied with a group of experts. No one used climbing skins. We just traversed our way to the top.

On my first NM bus trip 3 years ago, I realized many skiers used skins and I wouldn't be able to keep up unless I had a pair. Luckily, Susan Williams kindly loaned me hers. I couldn't believe that I could now ski directly uphill on even the steepest slope. Skins save time and energy. No more slipping back or taking the long traverse route!

Skins are not a new invention. What we use today are modern versions of seal skins used by Scandinavian skiers many years ago. According to www.telemarkski.com, skins are composed of thousands of synthetic nylon hairs all laying down in one direction angled towards the back of your ski. When you move with the nap of the skin, gliding is easy. Against the nap, and movement is difficult. There are 3 things to consider when selecting skins: type of attachment, bulk/weight and size.

There are 3 types of **attachment** (adhesive, strap-on, and tip and tail). **Adhesive** is the most common. The skins stay on your skis better, no bulky straps or tape and they don't require precise adjustments. **Strap-on** skins have straps that fasten on to the ski. They are easier to clean, but harder to adjust and tend to shift on steep or side hills. **Tip and tail kits** works in conjunction with adhesive skins and helps to keep the skin attached to the ski.

An important factor to consider is the **bulk** and **weight** of things you put into your pack. I usually only take my kicker skins that cover just the wax pocket of my skis (approx 30" in length). They are much lighter in weight, provide more glide and get me up most slopes without too much effort. I take my full skins for hut trips when I'm carrying a heavier pack and need full grip. Some people keep both pairs in their pack so they are better prepared for the conditions. To reduce weight some manufactures (i.e. GlideLite) make a thinner plush. However, this may reduce the long-term durability of the skin.

With the many different lengths and shapes of skis, it's best to reference one of the **sizing** charts available on the internet. The website above lists sizes needed for different ski models, and dimensions for shaped or straight skis. If you have skis with a side-cut (shaped), you can cut the skin to fit with the tool provided. Buy a pair that is slightly smaller than the widest part of your ski. Leave the edges exposed for better control and side hill grip. The ski should clear the inside edge by 2mm, or if you have metal edges, they should be inside the metal edge by 2mm. Black Diamond now has a "pre-cut" skin.

Of course, it's a little more expensive, but it will save time and a possible mistake in cutting!

A word of caution. If you are going to borrow skins, make sure they fit your skis before you get to the trailhead. And of course, the person you borrowed them from will not appreciate your altering them to fit your gear!!!



Skins are fairly low **maintenance**, but like everything, if you take proper care of them they will last longer. Be sure to remove extra wax from your skis and scrape the snow off before attaching the skins to your skis. When you take them off, try not to get them dirty, i.e. pine needles, dirt, lint, dog hair, etc. Then carefully fold the glue side on to a synthetic mesh material (most come with this or purchase it at a fabric store). Cut the material to half the length of each skin and fold the skin over both sides, glue side down.

At the end of your skiing day, hang the skins to dry. Be careful not to place them too close to heaters or fireplaces. Once dry, refold your skins on the mesh and store them in the bag they came with in a cool and dry place. After a lot of use your skins may need to be **re-glued**. You can buy the glue and do it yourself or have them professionally glued for approximately \$50.

There's lots of additional information on the internet. Enjoy your skiing and get to the top the easy way – with skins!

HUTS

Beginner Hut Trip March 2 – 6. Full with short wait list.

Francie's Hut January 24 – 28th. Full with one person on wait list.

For further information & to get on wait lists, contact Guy Miller.

BUS TRIPS

The rosters of members on each trip are in this newsletter. More people wanted to go on the trips than we had seats on the bus. Names were drawn to fill those trips, and a reserve pool established for names that were not drawn.

It costs nothing to remain in "Reserve" status and checks that accompanied those registrations were destroyed. We will keep your registration unless you notify us that you are no longer interested in that trip. Most often when members cancel, they sell their seat to someone in the "Reserve Pool". However, it is their seat and they may sell it to anyone who is over 18, same sex, and a member of the club. If you want to go on a trip, remain in the reserve pool as you have a good chance of going. Often someone needs to cancel at the last minute so keep that weekend open on your calendar!

For those drawn to be on the trip – your cancelled check will be your receipt. You own the seat and owe the balance for the trip. If you change your mind, you may only sell or give your seat to an eligible NMCCSC Member.

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Mail to:

Ray & Thea Berg
13501 Osage Orange Rd NE
Albuquerque, NM 87111-8218



A package of information will be sent to those on the rosters in advance of each trip.

NMCC Ski Club Bus Trip Rosters 2008

Frisco, Jan 11-14, 2008		
1	Berg	Ray
2	Berg	Thea
3	Broadbent	Tom
4	Broadbent	Louise
5	Ploor	Dave
6	Ploor	Yolanda
7	Miller	Guy
8	Burns	Alan
9	Welford	Angela
10	Elisberg	Terri
11	Williams	Susan
12	Link	Karen
13	Simons	Randy
14	Von Huene	Chris
15	Noland	Holly
16	Bargman-Romero	Ruth
17	Rogowski	Susan
18	Tisone	Carolyn
19	Trueax	Ross
20	Klinge	Donna
21	Klinge	Walter
22	Leach	Karen
23	Leach	Chet
24	Meier	Mike
25	Meier	Frances
26	Bailey	D.
27	Heitz	Bill
28	Dooley	Philip
29	Januzzi	Georgia
30	Brown	Marlene
31	Iden	Jim
32	Samora	Vangie
33	Katonak	Tom
34	Katonak	Lynda
35	Helianthus	Rebecca
36	Thomas	John
37	Hansen	Jean
38	Kirby	Wayne
39	Kirby	Sue Ann
40	Harper	Marilyn
41	Hioki	Lowell
42	Shaw-Hioki	Jean
43	Brown	Susan
44	Brown	Mike
45	Beard	Sam
46	Potter	Bob
47	White	Bill
48	White	Ann
49	Collins	Pat
50	Kennedy	Shirley
51	Kimmey	Joanne
52	Hickman	Anne
53	McCorkell	Jon
54	Cress	Diane

Reserve Pool : 2

Crested Butte, Jan 31- Feb. 3, 2008		
1	Berg	Ray
2	Berg	Thea
3	Broadbent	Tom
4	Broadbent	Louise
5	Miller	Guy
6	Larkin	Ginger
7	Lisotto	Gene
8	Lisotto	Donna
9	Leach	Karen
10	Leach	Chet
11	Bargman-Romero	Ruth
12	Weinrod	Margaret
13	Gugliotta	Terry
14	Simons	Randy
15	Boman	Erik
16	Boman	I-Ching
17	Ball	Marion
18	Nolan	Holly
19	Miller	Lucy
20	Miller	Brian
21	Tisone	Carolyn
22	Rogowski	Susan
23	Byington	Sharon
24	Byington	Lester
25	Simons	Diane
26	Dimmick	Darrell
27	Iden	Jim
28	Samora	Vangie
29	Friederich	Sara
30	Friederich	Ron
31	Beard	Sam
32	Segears	Eddie
33	Kirkby	Sue Ann
34	Kirkby	Wayne
35	Hioki	Lowell
36	Shaw-Hioki	Jean
37	Besser	Richard
38	Simons	Richard
39	Haller	Carolyn
40	Garner	Byron
41	Ploor	Yolanda
42	Ploor	Dave
43	Hemry- Botts	Nancy
44	Botts	Hank
45	Carter	Trever
46	Daly	Tom
47	Chirigos	Carla
48	Chirigos	Mickey
49	Von Huene	Chris
50	Burns	Alan
51	Crowther	Diane
52	Crowther	Dennis
53	Cress	Diane
54	McCorkell	Jon

Reserve Pool: 16

Silverton, Feb 15-18, 2008		
1	Berg	Ray
2	Berg	Thea
3	Broadbent	Tom
4	Broadbent	Louise
5	Miller	Guy
6	Burns	Alan
7	Lisotto	Gene
8	Lisotto	Donna
9	Leach	Karen
10	Leach	Chet
11	Saylors	Dave
12	Bargman-Romero	Ruth
13	Crawford	Katie
14	Moore	Bob
15	Moore	Phyllis
16	Welford	Angela
17	Costea	Nancy
18	Wyatt	Susan
19	Fenoglio	E.J.
20	Simons	Richard
21	Simons	Randy
22	Robertson	Fran
23	Pryor	Phyllis
24	Elisberg	Terry
25	Klinge	Walt
26	Klinge	Donna
27	Fitzmaurice	Sherry
28	Barstow	Noel
29	Mazzie	Kirk
30	Krajci II	Tom
31	Boman	Erik
32	Boman	I-Ching
33	Weinrod	Margaret
34	Ball	Marion
35	Coon	Sidney
36	Coon	Barbara
37	Marion	Carol
38	Smith	Eric
39	Nolan	Holly
40	Miller	Lucy
41	Bailey	Delois
42	Segears	Eddie
43	Michaelis	Regina
44	Cargill	Pat
45	Hertel	Jackie
46	Samuli	John
47	Link	Karen
48	Williams	Susan
49	Tisone	Carolyn
50	Johnson	Larry
51	Potter	Bob
52	Brown	Marlene
53	Sanders	John
54	Beard	Sam

Reserve Pool: 6

NEW MEXICO SEARCH & RESCUE

Summary By Louise Broadbent

The November ski club program was presented by James Newberry, the Search and Rescue Resource Officer for the New Mexico State Police. Mr. Newberry gave us an informative and entertaining presentation on Search and Rescue operations in the state of New Mexico. All states have their own methods for Search and Rescue operations. Very few are coordinated state-wide like New Mexico. In some states Search and Rescue is done county by county, or region by region. These methods can create problems when a Search and Rescue team is called out to an area to conduct a search and realize the lost or injured person is in another jurisdiction. The Search and Rescue team may have to call off an active search and wait for another team to resume the mission. We are fortunate these jurisdictional problems do not occur in our state.

Mr. Newberry assured us the best way to mobilize Search and Rescue teams if someone is lost or hurt in the wilderness in New Mexico is to call 911. That is assuming someone in your party has a cell phone and a signal on that cell phone. You will be connected to the local dispatcher. You should tell the dispatcher you are in need of the State Police Search and Rescue.



James coordinates over 1700 Search and Rescue volunteers within the state. He is always looking for new volunteers. The average Search and Rescue volunteer stays active about three years. If you are interested in becoming a volunteer or you have any questions, you may call Jim at 505-827-9228.



BEGINNER CROSS-COUNTRY SKI CLASS

Each year, our Club offers a class for beginning cross-country skiers. This once-a-year event is geared toward the absolute beginner, although those skiers with minimal experience could also benefit. The class consists of a two hour classroom session, which will be held on Saturday, December 15, 2007. There is also an all day on-the-snow session which is tentatively set for Saturday, January 7, 2008.

The idea is for beginners to learn the fundamentals of skiing at the beginning of the season, so they can have the rest of the winter to practice their new skills. So, don't wait until mid-winter to start thinking about signing up, it'll be too late by then!!!

NOTE: As of press time, a snowy winter has yet to give hint of its presence. The on-the-snow session may have to be postponed if there is insufficient snow cover by early January. The Club cannot guarantee, in the event of rescheduling, that a rescheduled date will be to the satisfaction of all class members. We do the best we can. Refunds can be allowed for those participants who request them, in the event a rescheduled date is unworkable (no refunds for those who fail to show at the classroom session).

Sign up has already begun, and the class may fill soon. If you are interested, contact Guy Miller.

2007/08 Officers and Board

President	Wayne Kirkby	898-1654	ski1071607@aol.com
Vice President	Mike Martin	286-8762	Pahasapapapa@aol.com
Secretary	Karen Leach	281-9836	KarenLeach7@msn.com
Treasurer	Jim Iden	265-5021	jiden@unm.edu
Day Trips	Bill Heitz	898-3573	bill.heitz@att.net
Long Bus Trips	Ray & Thea Berg	294-4112	rsberg01@comcast.net
Overnight Car/Hut Trips	Guy Miller	294-7940	xcskiboy@aol.com
Newsletter	Diane Simmons	480-4919	diane@skykomishsoftware.com
Instruction	Guy Miller	294-7940	xcskiboy@aolcom
Membership	Gene Lisotto	884-7331	Gene_Lisotto@msn.com
Programs	Louise Broadbent	505-829-3840	louise@valornet.com
Mailing	Dawn Brummel	821-9187	dawnsbulldog@msn.com
Refreshments	Sara Friedrich Angela Welford	269-0870 281-1198	saradell@q.com jndaughter2@earthlink.net
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	Lester Byington	286-9100	lester@byington.org
Email Group	John Thomas	298-5234	jt87111@comcast.net

New Mexico Cross Country Ski Club

PO Box 8425

Albuquerque, NM 87198-8425



Come Ski With Us!