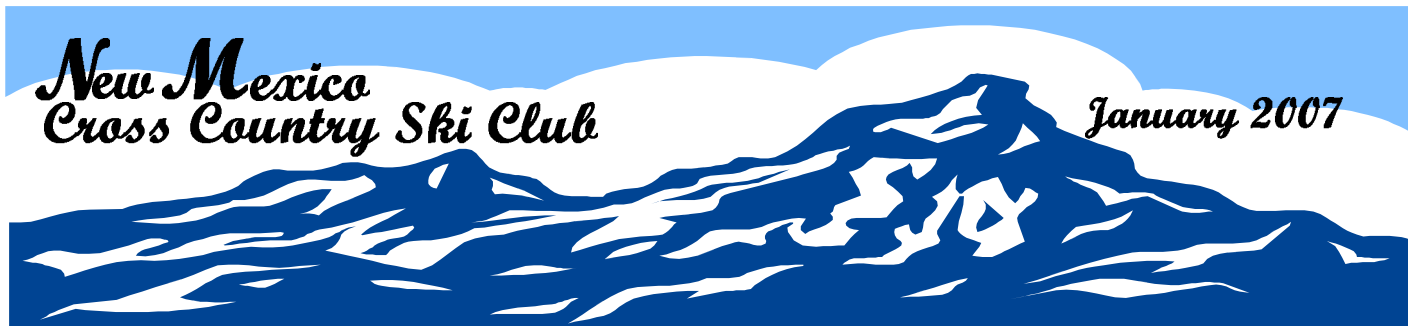


New Mexico Cross Country Ski Club

January 2007



www.naturediscovery.org/nmccskiclub

From the President

Hope you all got to the Sandias or Jemez to enjoy El Nino's taste of winter. I got a little moisture under my boards; I taught an avalanche beacon class, and went snowshoeing with my kids. Guy says he may never forgive me for the snowshoe thing. I'll be teaching another beacon class later in the season, date TBD.

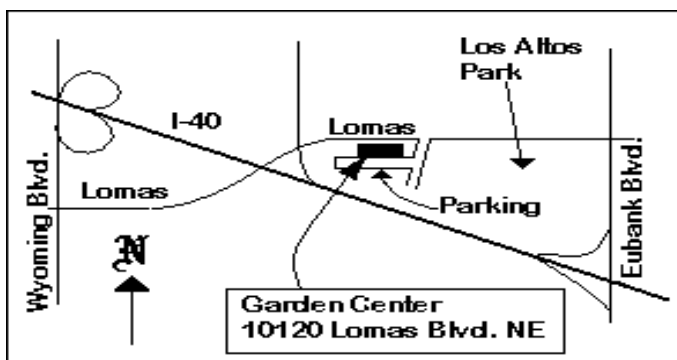
Gary Johnson will be giving a presentation on his Everest trip at the January meeting, come early to get a seat. Many thanks to Janie Gilmore-Daniels for arranging this excellent program!

Colorado has been getting some good snow, I think our bus trips will be beyond primo this year. Stay tuned to the egroup for local trips to take advantage of new fluff here. If you are a new member and need advice on where to go for good skiing, give me a ring, see the last page in the newsletter for contact info. See you on the trail...

Mike

Next Meeting:

Thursday January 11 at 7:30 pm



Bus Trip Schedule

January 4th to January 7th – Telluride
January 12th to January 15th – Silverton
February 8th to February 11th – Leadville
February 28th to March 4th – Winter Park

Trip balance payment amounts and due dates are as follows:

Leadville balance due January 1st - \$100

Winter Park balance due January 15th - \$230

At least one week before the trip, participants will receive detailed trip information via email. Please mark your calendars and make timely payments for the Balances Due.

We have several people who need to sell bus seats, so please contact Louise. After the trip lottery, we place the remaining registrations in a "Reserve Pool". **It costs nothing to remain in "Reserve" status.** In the past, we have been quite successful making trips available to many members in the "Reserve". In case someone cancels at the last minute, keep that weekend open on your calendar!! Most often when members cancel, they sell their seat to someone in "Reserve". However, it is their seat and they may sell it to anyone who is over 18, same sex, and a member of the club.

Due to a medical problem, we have **a space for a single woman on the Yellowstone Trip.**

The trip is from Jan 29 - Feb 4, and includes 5 days of skiing around Mammoth Hot Springs and Old Faithful. Total cost is about \$1,800. If you are interested, contact Thea or Ray Berg.

A Message from Your Bus Trip Committee Chair – Louise Broadbent

This is my last year operating the club bus trips. As you may be aware, Ray and Thea Berg will be taking over the bus trip job next year. The following table will give you some perspective on the current bus trip activity to the offerings three years ago when I took this position.

| <u>Year</u> | <u># of Bus Trips</u> | <u># of seats</u> | <u># of nights</u> | <u>Total skier days (# of skiers X #days on snow)</u> |
|-------------|-----------------------|-------------------|--------------------|---|
| 2004 | 3 | 126 | 8 | 1008 |
| 2007 | 4 | 204 | 13 | 2448 |

Over the three year period we have increased the number of bus trips, the number of seats on the bus, and the length of the bus trips. The total number of members going on bus trips this year is 111, which is a very high level of participation considering we had 139 memberships in November, representing approximately 211 members. Of those 211 members, some are children who cannot take a bus trip and spouses who do not ski.

In addition to the bus trips the Club is also offering a Yellowstone trip and two hut trips this year. It seems your Club has done a very good job providing opportunities for the membership to get out and ski and our Club Members are participating in those opportunities more than ever.

I hope you have enjoyed participating in the bus trips as much as I have enjoyed operating them. I hope to see you all on a bus trip next year when Ray and Thea take the helm.



Avalanche Rescue Practice



Photo by Karen Leach
Mike, Martin, Rob Richards & Pam Reynolds



The Board would like to ask the Membership to act in a socially responsible manner when illness strikes prior to a club sponsored trip. Please stay home if you think

you may be contagious or have a health condition that could worsen due to a change in altitude. In addition to the possibility of infecting others, there is a real concern that we stay in areas with limited or no medical care available.

Mike

Valles Caldera Free Ski Days

Three public appreciation days will be offered this season: January 1st, January 15th and February 19th. Free skiing will be offered from 9am-3pm.

Sam Beard is planning to lead a trip February 19; details TBD. Please mark your calendars & enjoy this beautiful national preserve. If you are familiar with the terrain, lead a trip to help others become familiar with the area. Contact Bill Heitz to publish a group activity.

Trail Maintenance Still Hard at Work!!



Photo by Dan Benton

Bob Moore and Sam Beard cutting a log on Rabbit Ridge Road on December 13, 2006..

Hey, Just What Is It That You Put In That Pack, Anyway, Huh?

By Guy Miller

In preparing one's pack for a ski trip, a number of factors must be taken into consideration, not the least of which is just what kind of ski outing one is in for. The skier should have a solid idea of how long, in terms of time and distance, the ski day will be, as well as what weather and snow conditions might reasonably be expected. If I'm running up for a quick hour or two in the Sandias when weather conditions are expected to be reasonably mild, I might just take a small pack with not much more than water, a snack or two, and my pocket knife (ALWAYS carry your Swiss Army knife). If I'm going further from home and expect to be out all day, I may go prepared for overnight bivouac and harsh, changing conditions. Most of us fall somewhere in between. Here, then, are some suggestions for how to start thinking about what to throw into your pack.

I always start with water and build the rest of my load around that. Some people prefer water bottles, however I use a Camelback bladder with an insulated tube and mouthpiece. It is easy to keep your water from getting frozen if you follow a few simple steps. Two quarts of water is usually enough for a day outing. In case the weather is foul and you might not want stop long for lunch, try to keep food simple. And remember to always carry emergency rations.

Although proper hydration and energy are crucial, I probably put more thought and effort into my clothing. I start the day dressed in my long johns, with my nylon ski bib and maybe a light shirt or vest. For gloves, I use a forearm-covering gauntlet with a removable liner. I generally take light, medium, and heavy liners with me for the day. As for covering my head, the same principle applies: I'll take a light weight skull cap liner, a medium weight pullover cap, and a heavy balaclava. My ski parka completes the clothing allotment for the day. I'll wear what I think I'll need at the trailhead, and the rest goes into my pack in color coded stuff sacks for easy retrieval. Depending on weather conditions at the trailhead, I may elect to do some final swapping or leave some items behind. I prefer to start skiing a little cold rather than stopping to strip down after a few minutes.

Unless I am skiing a prepared track area, I always take climbing skins with me. I have three sets: one is a $\frac{3}{4}$ length, which I'll take on any long trip. For most trips, however, my "kicker" skins will do just fine. I also have a set of kickers that I have cut down to about 10 inch length. I'll carry those on days when I'm pretty sure I won't need skins, just in case I'm wrong. I also use them on days when I just can't get my wax set correctly. They convert my waxable skis into no-wax skis for the day.

The decision to carry optional items depends on the conditions mentioned in the opening paragraph, as well as some other variables. The skier should evaluate ski companions and

their level of experience, as well as one's level of responsibility to others in the group.

There are a few other items that I like to have with me. One is my emergency kit, which fits in a stuff sack the size of a small loaf of bread. My magic bag has two emergency space blankets, that pack down to about 2" X 4." These are one-time use items. When opened, they'll measure about 6 feet square. Steel wool, binding screws, and a "Binding Buddy" tool. This is to repair loose bindings. If a binding screw gets ripped out, steel wool can be stuffed into the hole, and a replacement screw will be able to be snugged into place. The Binding Buddy is a ratchet tool with a bit that fits binding screws. A Phillips screwdriver generally will NOT suffice for this function. There is also a mini roll of duct tape and a bit of bailing wire. There is no end to the list of repairs that can be done with these two low tech wonders. I carry a spare ski basket, a ski tip, and ferrels for my adjustable poles. Possibly the most important item in my magic bag is a spare cable for my cable binding, AND a cable wrench. If you use cable bindings, you should not leave home without this item. A workable substitute for a spare cable is a nylon wire tie of sufficient length to go through the binding and around the boot.

A first aid kit is an optional item I usually have with me. For most trips, I take a minimal kit with a few bandaids, including knuckle and fingertip bandages, some tape, a gauze wrap and extra bandages, and some antibiotic ointment. For longer trips, particularly if I am leading a group, I bring a kit appropriate for a group. That is another subject for a future tirade.

I use waxable skis, so I take a selection of grip waxes with me. Users of no-wax skis should bring maxi glide or other such product, as well as an application rag. In a pinch, PAM spray will work.

For skiing in potentially hazardous terrain, a metal shovel, avalanche probes, and beacons are essential. This gear is not much good

unless you know how to use it. So for all of our safety, please educate yourself and take one of the classes offered by the club. Remember, if I know that you are not carrying a shovel, I may be disinclined to dig you out if you are the one who gets buried. And, most important, remember this: the life you save could be mine.

Since the editor has undoubtedly hacked a lot of good stuff from my article, just ask if you would like additional information on any of these subjects!!

BEGINNER SKI CLASS WHITEOUT

The irony of it all is so painful! Whereas we had previously wrung our hands and pulled our hair, anxious over what was appearing to be a dry December, come class day we had to cancel because there was TOO much snow! We even tried to relocate our class to a city park, but even that proved too daunting to attempt. We will try again on Saturday, January 20. All class members have received instructions for this alternate date.

SKI TOUR LEVELS OF DIFFICULTY

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.

an area that you'd like to explore for a few days, give Guy a call to talk it over.

HUT TRIP VACANCY

A vacancy for a qualified skier has opened up on the Harry Gates Hut trip set for Feb 1 through Feb 6, 2007 (including driving days). At 9700 feet, this is the lowest elevation hut in the 10th Mountain Hut system. It is located near Aspen. The day skiing around the hut is suitable for extended touring across moderate terrain, although there is one promising tele area at nearby Burnt Mountain. The cost of the hut trip is \$111, which includes dinners at the hut. There are additional costs for lodging and food on the way up, and on the return trip.

Contact Guy Miller for further details.

OVERNIGHT TRIP LEADERS NEEDED

When we talk about "overnight" trips, we refer to something in between a day trip and a bus trip. Typically, someone who has skied in a particular area and wants to return, or just someone who has looked at a map or guidebook and wondered, "why not?," will want to get a group together and go ski for a few days, usually moteling it and eating in inexpensive restaurants. In past years we've had overnight trips to Chama, Rico, Salida, and Pagosa Springs, to name a few.

It is not a complicated matter to arrange one of these outings; all it takes is for one person to make it happen. The first thing to do is determine what accommodations are available, which requires a few phone calls or e-mails. Then contact our overnight trip chairperson, Guy Miller, to coordinate dates and to arrange for trip advertising, as well as announcing it at the general meeting. After that, the phone should start ringing.

We'd like to have some overnight trips arranged, especially for those who were unable to get selected for bus trips. So, if you know of

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, whether while skiing or traveling, you should obtain your own insurance policy.

**Complete Calendar of Events is
Posted on the Web**

2006/07 Officers and Board

| | | | |
|-----------------------------------|---|----------------------------------|---|
| President | Mike Martin | 286-8762 | Pahasapapapa@aol.com |
| Vice President | Wayne Kirkby | 898-1654 | ski1071607@aol.com |
| Secretary | Karen Leach | 281-9836 | KarenLeach7@msn.com |
| Treasurer | David Floor | 822-8650 | dpl505@comcast.net |
| Day Trips | Bill Heitz | 898-3573 | bill.heitz@att.net |
| Long Bus Trips | Louise Broadbent Ray & Thea Berg | 505-829-3840 294-4112 | louise@valornet.com 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@aol.com |
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| Mailing | Diane Owens | 797-6982 | saintsmastiff@yahoo.com |
| Refreshments | Carolyn Tisone Dawn Brummel | 856-7126 821-9187 | CarolynTisone@msn.com dawnsbulldog@msn.com |
| Trails | Sam Beard | 828-0673 | samgbeard@msn.com |
| Web Site & Email Group | Lester Byington John Thomas | 286-9100 298-5234 | lester@byington.org jt87111@comcast.net |

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Come Ski With Us!

www.naturediscovery.org/nmccskiclub