

# New Mexico Cross Country Ski Club

November 2008



[www.naturediscovery.org/nmccskiclub](http://www.naturediscovery.org/nmccskiclub)

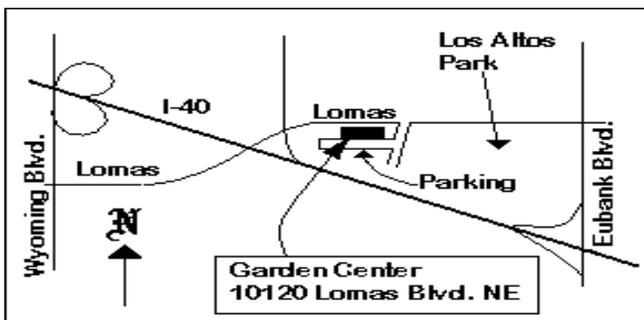
## November's Program — Glaciers and Adventure Travel in Alaska

Chuck Newman will present a slide show at the **Thursday, November 13<sup>th</sup>** general club meeting. His presentation will be on Alaska in general, with a focus on glacier travel from back country skis. Chuck spent 13 years in Alaska as a military serviceman and as a journalist after retirement. His photographs show the varied landscape of Alaska and document some of his adventures.



Left: Chuck Newman, November's program presenter.

**Ski Club Meets**  
Thursday, 11/13  
7 p.m.



### Renew your membership NOW

Dues must be received by **11/14** to receive the newsletter and to sign-up for bus trips.



### Sign-up for bus trips

Ray and Thea Berg must receive your forms and payment by **11/14**.



### Learn how to use your avalanche beacon. On snow training 12/20.

Contact Mike Martin at 286-8762 or [mike\\_martin\\_csp@q.com](mailto:mike_martin_csp@q.com).



### Request a training scholarship

\$1,000 is budgeted for avalanche or other training. The scholarship application can be obtain on the Club website or by contacting Guy Miller at [xcskiboy@aol.com](mailto:xcskiboy@aol.com) or 294-7940.



Ray Berg and Regina Michaelis enjoy a perfect day on the snow.

Photo by Dave Saylor

## From the President

Please pay special attention to the material in this newsletter on bus trips and make sure that your trip requests (including a separate check for each) are received by Ray and Thea Berg on or before **Friday, November 14**.



I am pleased to report that Chet Leach has already procured and tested a digital video projector and laptop for the Club within the amount approved in the adopted annual budget. Maintaining this equipment falls within the duties of the Program Chairperson, Louise Broadbent. She is recruiting volunteers to

serve with her on the committee. The main qualifications are a good understanding of how this equipment operates and a residence in or close to Albuquerque. Please contact her if you can help at [louise@valornet.com](mailto:louise@valornet.com).

At our October general meeting, Mike Martin was elected to serve this year as Vice President, and David Wegner was elected to serve as Email Group Chairperson.

Again I wish to stress the importance of commencing an active body conditioning program far in advance of likely first snow dates. This is your best insurance against not being able to keep up with your companions or having a disappointing bus trip. A well-rounded program should include the following activities: 1. Warm-up and stretch; 2. Aerobic training; 3. Weight training; and 4. Flexibility training. Having a friend or loved one to train with and support you in your goals is a big plus factor. Also keep in mind that aerobic and anaerobic training can work against each other if combined into the same day. If you do not have convenient access to a personal trainer to develop such a program, I suggest referring to Chapter 3 of *Backcountry Skier*, by Jean Vives, published by Human Kinetics in 1999, which includes various illustrated exercise for weight and flexibility training.

*Wayne Kirkby*

## Aspen Town Loop - Class II+

By Bob Moore

Last January, I led a trip of 10 skiers on the Aspen Town Loop trail in Silverton. A sunny blue-sky day greeted us as we walked and skied to the start of the loop at the small downhill ski area on the edge of town.

We skied along the edge of the downhill area in fresh powder and then onto an unplowed road. We started a steady climb, with most skiers using



Marlene Brown peaks through the old mine shaft.

*Photo by Thea Berg*

climbing skins, for about 2½ miles and an elevation gain of 1400' (seemed more) through the forest with several great views of the valley below and surrounding mountain peaks along the way.

At the high point of the loop, we took off our climbing skins, had lunch, and started down where the trail exited the road and entered the forest. Initially the trail down included rolling sections with gradual down-slopes as we broke trail through the recently fallen powder. Then we skied down a long series of challenging, fast, steep sections in narrow chutes through the forest. All 10 of us made it down through these sections with at least a few falls or sit downs to control speed and maintain control.

The downhill then moderated in steepness, but the snow became crustier in spots with a few snowshoe tracks. This section was very scenic and included several old mining ruins along the trail.

The downhill portions ended with a narrow snow bridge across a creek and then down a short section of an unplowed road to the Animas River trail.



At this point about half of the group continued on up the Animas River trail to Howardsville, and the remainder skied down the River trail back to Silverton. This part of the Animas River trail was very scenic with great photo opportunities along the way.

All in all, this was very scenic trail with several challenging sections.

## Whatintheheckis Randonee Skiing?

By Tom Krajci

It's funny how things turn out – you come to forks in the road and casually choose. Only later do you realize the significance of your choices.



Back in the late 80's I was a lieutenant on my first assignment. I was lucky enough to be stationed at Zweibruecken Air Base, Germany. The Soviets and East Germans had beaucoup troops and equipment near the Fulda Gap. It was the twilight of the Cold War. We were leaning forward at the pointy tip of the spear. We had a Mission, therefore life was good.

But in 1989 that all changed. The Berlin Wall came down, and suddenly our Mission didn't look quite so urgent. I no longer felt compelled to work six and a half days a week. It was time to get a hobby, preferably one suitable to life in Germany.

I joined a local ski club, and with my first view of Austria's Stubai Gletscher through amber goggles . . . I was hooked!

After that life was a frenzy of learning ski technique, and acquiring proper clothing and equipment for alpine skiing – stiff boots locked into long, skinny skis.

I also learned the joys, and hazards, of skiing off-piste. In the US, if you look longingly at a rope and “closed” sign, the ski patrol has your number and is watching you like a hawk. In the Alps, such barriers were merely recommendations. Being younger, I often threw caution to the wind and adventured beyond the ropes.

Once I got beyond the ropes, I started seeing new things. Not just vast glaciated terrain above tree line, but one or two zig zag ski tracks leading up a slope, and beautiful “S” turns down.

I was slowly learning to make my own “S” turns in powder, but those zig zags had me puzzled. How and why were they there?

The answer came to me soon enough. People were traveling up the hill on skis, and made kick turns to zig zag up the steeper pitches.

Their equipment was different than mine. Their heels were free, like Nordic gear. But the boots were still pretty stiff, and the skis had steel edges to carve and

turn. Oh, I thought, this is modern telemark gear with climbing skins.

Then I looked closer. After climbing, the skiers would lock their heels back in place and ski down using the same technique I was learning.

The same technique?! Hey, I can do that! I just gotta learn how to walk horizontally up hill and make kick turns. But where do I find the gear, and what's this kind of skiing called?

It's called randonee, or alpine touring – AT for short. The key point is that AT gear has bindings that unlock the heel for climbing, and lock it for downhill skiing.

There is quite a wide variation in randonee gear to suit your preferences. Perhaps a decade ago telemark skiers would complain that rando gear is too bulky, but today you can get lighter gear. And some telemark gear has gotten heavier and beefier in recent time, so differences between the two camps are getting smaller and smaller.

Where can you get randonee gear? It's hard to find a sports store that carries much of it in Albuquerque. This place <http://www.telemarkski.com/> is based in Crested Butte, and the sales staff strikes me as knowledgeable. They also carry telemark and Nordic gear. They even have Nordic touring skis with steel edges and stiffer boots.

Even if you don't randonee, you can still pump some turns on the way down to the trailhead!



Gordon Eatman makes some nice telemark turns on the Powerline trail Silverton.

Photo by Tom Krajci

## Update on the 2009 Bus Trips

By Thea & Ray Berg

This year's bus trips are:

**Telluride** – Fri-Mon, Jan 16-19, leaves 1 p.m.  
**Lake City** – Fri-Mon, Feb 13-16, leaves 1 p.m.  
**Salida** – Thurs-Sun, Feb 26-Mar 1, leaves 2 p.m.  
**Pagosa Springs** – Fri-Sun, Mar 6-8, leaves 4 p.m.

### Highlights of the Trips

**Telluride** is one of the most popular ski towns in Colorado. It has some of the most accessible ski areas for cross-country, with many located right off the roads and downhill area only a block from the hotel. We will also be skiing routes in the Lizard Head Pass area only a few miles south of town and other tours. Downhill skiing is also available. This should be one of our best trips.

**Lake City** is one of the fun tiny towns Colorado has for visiting. It is one of the best areas in the state for back country skiing, with numerous cross-country and snow shoe trails. There are many routes in the Slumgullion Pass area as well as several closer to town. This trip will also give us some opportunities to explore the area on skis.

**Salida** was the location for Ski Club trips several years ago but we have not returned for a while. The main ski routes are in and around the Monarch Pass area, with several leaving the main highway on both sides of the pass. We are still researching routes in this area since several have changes since we were there last.

**Pagosa Springs** has been one of our most popular trips. Since it is closer we can keep the cost lower by going for only two nights. It also has the attraction of the Hot Springs. Skiing is along roads leaving the highway to Wolf Creek Pass. Downhill skiing is also available.

### How to Sign Up for the Bus Trips

Before registering, please read the club policy on long trips (on website) and the following summary.

Please send a separate check for each trip for which you register. **If you want to room with a certain person you must register together on one slip and send checks together. Please do not send checks to the Club's PO Box.**

Please be sure to include all contact information requested on your sign-up form, e.g., cell phone, email address and emergency contact.

Typically, single members who are drawn will be paired with other same gender singles. Since many names are used for both genders, always indicate Ms. or Mr. on the form.



Susan Rogowski in Crested Butte.

Photo by Sharon Byington

As long as the demand for bus trip seats exceeds our supply, we will hold a lottery drawing on November 15<sup>th</sup>, 2008, to determine who is on the trips. Board members have first priority to sign up for trips as an incentive to serve. There will be at least 3 board members present at the drawing.

After all seats for a trip are filled, we will place the remaining registrations in a "Reserve Pool" and their checks will be destroyed. It costs nothing to remain in "Reserve" status. We will keep your registration unless you notify us that you are no longer interested in that trip.

For those drawn to be on the trip, your cancelled check will be your receipt. 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. **The bus trip chairs must also be informed of any changes.**

The roster of attendees for all trips will be posted on the website and in the November newsletter immediately after the drawing. Complete details of each trip will be emailed to participants if we have email addresses four weeks prior to the trip, otherwise it will be snail-mailed. **If you do not receive notifications in a timely manner, it is your responsibility to contact us** for the information at (505) 294-4112 or [rsberg01@comcast.net](mailto:rsberg01@comcast.net).

### Bus Trip Guidelines

**Who may go:** Paid-up Club members, at least 18 years old.

**Departure:** Times will depend on the trip. **Check the individual trip descriptions. Buses depart from the west side of the Target parking lot at I-25 on Paseo Del Norte.** We will be in the parking lot one hour before departure to load the bus and pass out boarding passes in the order of your arrival. You will only be able to reserve one seat per pass. The bus will board ½ hour before the departure time.

**Bus Ride:** The club supplies cold sodas, water, wine and beer on the bus. **There is a restroom on the bus except for Lake City trip.** We will pick up a "to go" dinner in Durango on the way to Telluride. The bus will make a dinner stop on the way to Lake City and Salida at Taqueria Calvillo. You should bring your own food or eat in advance of departure on the Pagosa Springs trip.

**Luggage:** Pack your skis in a ski bag. You are allowed one large or two small suitcases per person. Cargo area is at a premium so please be considerate of others. You may bring a six-pack type cooler if it fits under your seat (~ 8-1/2"W x 12"L x 9-1/2"H).

**Hotel:** If you need a roommate, we will find one of the same gender for you.

**Meals:** Meals are provided as outlined in each trip description. All other meals are your responsibility. Cooking generally is not allowed in hotel rooms. You may bring breakfast and lunch foods in your cooler. You must bring your own food and water when going out to ski. On ski days, the bus normally leaves the hotel about at 8:00 or 9:00 a.m. and returns to the hotel in the late afternoon.

**Skiing:** We attempt to go to a variety of areas to accommodate skiers of all abilities. There may be set-track areas or downhill skiing available, but our main pursuit is cross-country skiing.



Sharon Byington is dwarfed by the snow in Crested Butte.

*Photo by Lester Byington*

**NEVER SKI ALONE.** You may ski by yourself if you are at a Nordic Center as long as you let somebody else know.

**Clothes:** "Casual, warm and layered" are the key words. We often walk to dinner so bring warm clothing for evenings. Slip-on crampons (Yak Traks) are very useful.

**Cost:** The cost of the trip is derived from the estimated cost of the bus, hotel, drinks, snacks, included meals, club surcharge, and bus driver's tip divided by the number of people on the trip. Once you have paid your deposit you are on the trip. The balance is due by the dates given on the trip registration form. **Payments are not refundable:** If you cancel you must find a substitute and settle the payment with that person. You will be given names in the "Reserve Pool".

**Reserve:** The "Reserve Pool" will be started once a trip is full. It costs nothing to be on it and you have an excellent chance of getting on a trip. There are often last minute cancellations for a variety of reasons, so keep the trip weekends open on your calendar!

### Club Cancellation Policy:

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.

### General Instructions for Signing-up:

Forms must be received by November 15<sup>th</sup>.

- **Please send the completed form/deposit:**
  - Thea Berg, 13501 Osage Orange Rd NE, ABQ, NM 87111-8218.
  - You may bring the form/deposit to the November Club meeting.
- If you would like to room with a particular person, you must submit applications for both roommates together.
- Submit separate forms for each trip.
- Deposit for each trip must be on separate checks.
- You must be a Club member and have paid your dues by 11/14 to be eligible for Bus Trip drawings.
- Once your application has been accepted, you own the seat and owe the balance for the trip. If you cancel, you may only sell your seat to an eligible Club member.
- Note the meal arrangements for each trip.
- **Contact us if you do not receive information in a timely manner.**

### Hut Trips Update

By Guy Miller

Two hut trips are scheduled for the coming season. The first, set for early February, is our much-vaunted five-nighter to Uncle Bud's Cabin for three nights, then crossing over to 10<sup>th</sup> Mountain Hut for two nights. This trip is full, with several people on the waiting list. This trip is restricted to hut veterans due to the strenuous nature of this tour.



Bill Heitz, Dave Saylor, Phyllis Pryor and Frances Robertson at Francie's Hut on 1/25/08.

*Photo by Angela Welford*

Our second trip is set for early March. We will be taking a mellow route to Section House, located just outside of Breckenridge. Section House is a Colorado Historic Landmark building, and is unlike any of the other huts we have visited. It is a restored home that was used by the railroad section chief and his family, and contains many historic artifacts, as

## Hut Update/continued

well as ghosts . . . so we're told. This trip could be suitable for advanced beginners, although leader approval is required. The trip is full, although not all have paid, so this means we could have openings.

For further information contact me at 294-7940 or [xcskiboy@aol.com](mailto:xcskiboy@aol.com).

## Lead A Group . . . *swell up with pride!* By Sherry Fitzmaurice

It started a couple of years ago. Well I have been bossier longer than that, but a couple of years ago, we were in Leadville

with scanty snow. We had come in from a day of skiing the Turquoise Lake area. It didn't look too promising for the next day, and I knew that there was snow around the lake. Hearing the options for the next day, I was inspired not to let decent conditions waste.



Sherry Fitzmaurice

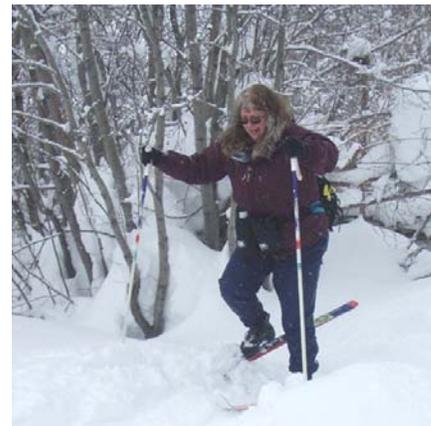
Despite the stomach butterflies I nosed up to Louise Broadbent, the bus trip chair that year, during the cocktail hour and offered to take a group back around this pretty area. Now suffice it say, it really doesn't take much liquor for me to stick my neck out, butterflies or not.

A small group, my favorite kind, joined me. And frankly even in the bus, I knew it would be two different groups. I spied Lucy Miller as a promising leader of the small "who enjoy the views and has no fear of incurring testosterone induced injuries" group, which included Marion Ball and Margaret Weinrod. Lucy, as mentioned in last month's newsletter, with a little encouragement has also stepped up to the plate leading the Ditch Creek Road tour in Crested Butte last February.

One side benefit of leading is your name is thrown into a hat and the winner gets a free bus trip. Not too shabby! Ask Dave Saylor who won a free trip for this season, and well deserved. And for those of you who wish to test the waters: the last day is usually a short day . . . hey another great reason to lead a trip!

Anyway, I digress, the five of us went via the north side of the lake, Susan Dunleavy and I peeled ahead of Lucy, Marion and Margaret. During the ensuing

conversations Susan informs me that she had more than one marathon under her belt and Tibet is one of her favorite haunts, so I knew that altitude was her thing. I am tickled pink . . . capable of hard endurance and high altitude!



Lucy Miller also takes the leadership challenge.

Photo by Sharon Byington

Cross country skis are new to her, but I observed that she hadn't fallen down on her REI rental boards yet. Oh, this promises to be a great day.

We were blessed with peek a boo sun, mostly calm air, and a couple of snow dusting caresses. I recognize that the day isn't going to get any finer until we turn around. I look at Susan. I look at my watch. I spring the directive. We had been out over three hours, inclusive of a dawdling lunch at the dam. I look deep into Susan's eyes and levelly state: "We have 45 minutes to get back".

It was fun to see her fly! And fly we did. Despite that Susan said she didn't know much about cross country skiing, she could pretty much keep up with me going up and down hill. With her background in endurance and altitude, I knew I had a winner, and my she proved me right. Susan beat me outta there.

The warm glow was redoubled in meeting with Lucy's little group. We all rejoined red cheeked and happy, and me with a heart swelling with pride for my "first" group's adventurism, fortitude, flexibility, and the good graciousness to laugh at the surprises placed before us.

So what does it take to lead? Oh, a little gumption, recognition of conditions, capitalizing on your group's abilities, observing possibilities, stretching capabilities, and it is worth repeating for everybody enjoying the snow fun: a big dollop of adventurism, fortitude, flexibility, and the good graciousness to laugh at the surprises placed before us.

**Editor's note:** *The Club thanks and appreciates all of our new leaders. We provide training and guidance through our newly developed Leadership and Participant Guidelines. Pick up a copy at a Club meeting or obtain a copy on our website at [www.naturediscovery.org/nmccskiclub](http://www.naturediscovery.org/nmccskiclub). Please consider **taking the challenge** for upcoming tours!*



= Monthly deadline for newsletter inclusion

November 2008						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13 Club Meets	14 Bus Forms Due	15 Bus Lottery
16	17	18	19	20 	21	22
23	24	25	26	27	28	29
30						

December 2008						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 Holiday Party	12	13
14	15 Final \$	16	17	18	19	20 
21	22	23	24	25	25	27
28	29	30	31			

January 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8 Club Meets	9	10 Beginner ski lesson
11	12	13	14	15	16 Telluride	17
18 Telluride	19	20 	21	22	23	24
25	26	27	28	29 Board Meets	30	31 Hut

February 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
Uncle Bud's Hut						
8	9	10	11	12 Club Meets	13	14 Lake City
15 Lake City	16	17	18	19	20 	21
22	23	24	25 Board Meets	26	27	28
Salida						

March 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
Section House Hut						
8	9	10	11	12 Club Meets	13	14 Pagosa
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### Sign-up for Beginner Ski Lesson By Guy Miller

This year the classroom session will be held at REI, 1550 Renaissance NE, clinic room, on **Saturday, January 10, 2009**, from **3-5 p.m.** Please arrive at 2:45 p.m. Those wishing to peruse the store in search of ski gear will be provided with assistance.

The snow session is tentatively set for a week later, **Saturday January 17**, but contingent on snow conditions.

Because of REI requirements, the classroom session is open to the public. However, non-Club members will be encouraged to join so they can participate in the on-the-snow session, which is restricted to Club members.

Limited space — sign-up NOW by contacting me at 294-7940 or [xcskiboy@aol.com](mailto:xcskiboy@aol.com).

## 2008/09 Officers and Board

President	Wayne Kirkby	898-1654	ski1071607@aol.com
Vice President	Mike Martin	286-8762	mike_martin_csp@q.com
Secretary	Angela Welford	281-1198	jndaughter2@earthlink.net
Treasurer	Jim Iden	265-5021	jiden@unm.edu
Day Tours	Bill Heitz	828-5860	bill_heitz@hotmail.com
Long Bus Tours	Ray & Thea Berg	294-4112	rsberg01@comcast.net
Overnight Car/Hut Tours	Guy Miller	294-7940	xcskiboy@aol.com
Newsletter	Karen Leach	281-9836	karenleach7@msn.com
Instruction	Guy Miller	294-7940	xcskiboy@aol.com
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	Terri Elisberg Phyllis Pryor	281-9192 255-7972	telisberg@islclinic.net on_the_go@earthlink.net
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	Lester Byington	275-5777	lester@byington.org
Email Group	David Wegner	344-8554	dave@naturesgrandeur.com

### New Mexico Cross Country Ski Club

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Ginger Larkin and Jim Iden at  
Crested Butte.  
*Photo by Sharon Byington*