

New Mexico Cross Country Ski Club

December 2010



www.nmccskiclub.org

December 9th Program & Holiday Party

December's Program:

Improve Your Ski Technique

Presenter:

Paul Chandler, Nordic Ski Instructor
University of NM

When: Thursday, December 9th, 7 p.m.

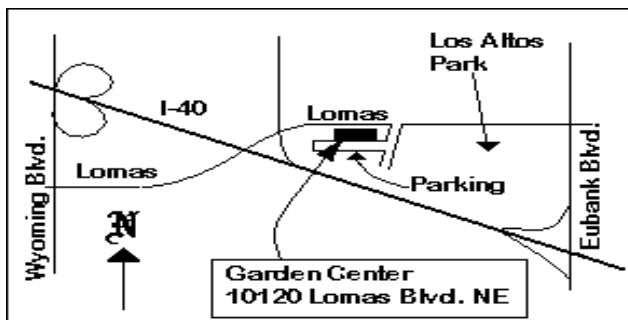
Where: Garden Center, 10120 Lomas Blvd. NE

Do you want to learn more about cross country ski technique? Come to our December general meeting to hear Paul Chandler, a local Nordic ski instructor, give tips and information about training offered through the University of New Mexico Continuing Education program.

Paul Chandler is affiliated with the Sandia Ski Patrol, Ski Swap and is an instructor for the UNM Continuing Education program. This is a great opportunity to hear more about local training options and these organizations. Please come with questions!!

Pot luck Social

Following a short business meeting and program, we will have our annual **pot luck** holiday social. Please bring a friend and a your favorite holiday treat or dessert to share. For a special treat members who are artists or have a creative talent, i.e. author of a book, are invited sell their work at the social. ■



Marcia Congdon, Noel Barstow and Terri Elisberg in
Silverton, 1/17/10.

Photo by Angela Welford

FREE SKI BOOTS

REI RECENTLY DONATED A PILE OF
CROSS COUNTRY NNN & NNN-BC SKI
BOOTS FOR CLUB MEMBERS. BRING
YOUR SKI SOCKS TO TRY THEM ON. IF A
PAIR FITS - IT'S YOURS!

THANKS REI AND GUY MILLER, AN
EMPLOYEE OF REI WHO MADE IT
HAPPEN!



Alan Burns and Frances Robertson at Coal Bank Pass,
Silverton, 1/17/10

Photo by Ruth Bargman-Romero

From the President

It is already December and (as of this writing) we have not had any measurable snow in the Albuquerque area. However, some of the ski resorts have opened. This means the snow has been piling up in the mountains and soon there will be enough



snow for cross-country skiing. It is a good idea to go through your equipment now, looking for anything that needs repairing, adjusting or replacing. Do this before we get a big snow and you find that you cannot enjoy it due to an equipment problem.

I get a lot of people asking me about how to obtain

skiing lessons. If you would like lessons, the newsletter contains information on lessons offered by Guy Miller, our hut trip chair. You should also attend the December meeting because we will have Paul Chandler from UNM talking about the beginner lessons offered by the University.

If you have not already renewed your membership, please do so now! This will allow you to continue to receive the newsletter as well as to continue to participate in club activities. Remember, you must be a member this season to participate in our bus trips, hut trips, and the outdoor portion of our ski lessons.

Lastly, if you know a member who has forgotten to renew this year, please contact them and remind them to renew their membership so they will have uninterrupted access to the club activities. And, as always, bring a friend or acquaintance to our December meeting who may be interested in becoming a member.

Chris Kramar



John Samuli and Margaret Weinrod, Silverton, 1/16/10.
Photo by Jackie Hertel

Bus Trip Update By Angela Welford

On Sunday, November 14, Ruth Bargman-Romero, Randy Simons and I did a blind random drawing of the names submitted for both the bus trips. Pagosa Springs only had six names that ended in the Reserve Pool, but Crested Butte had 26.



I am pleased the trip destinations are so popular, but it was very difficult to send out the notice to those who are in the Reserve Pool. The trip dates are still some time off (January 14-17, 2011 for Pagosa Springs and February 10-13 for Crested Butte), so it is quite possible there will be some cancellations that will allow some in the Reserve Pool to get seats after all.

If you are on the trip roster (posted on the website and in this newsletter, but subject to change), please remember to send your **final payment of \$100** to me by the **December 10th deadline**.

An email has been sent to all the names on the trip



Linda Standish, Continental Divide, Salida, 2/27/09.

Photo by Chris Standish

roster as well as to those on the Reserve list. Those without email have been contacted by telephone. If you signed up for either trip and have not been

contacted, please let me know at 281-1198 or awelford1017@gmail.com.

Randy Simons, Bus Trip co-chair, is now hard at work organizing the information for our daily ski tours at each destination. If you have any information he could use for this, please let him know at randy_simons@msn.com.

Now everyone, THINK SNOW!. ■

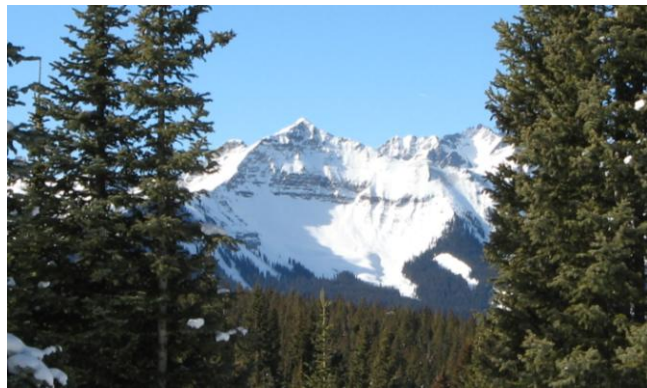
Chicago Ridge Adventure By Pat Cargill

Five of us, Tom Broadbent, Jack Carangelo, Chet and Karen Leach, and myself set off from Tennessee Pass, 10 miles north of Leadville, with the goal of skiing to Chicago Ridge at an elevation of 12,600'. The February 14th day tour was 12 miles, 2200 feet of elevation gain, and lead by Karen Leach.



A light snow was falling and the sky was heavy with prospects for more to come. The first section of the trip was pretty flat until a small stream is crossed and a huge open bowl is confronted tickling the anticipation of the downhill possibilities on the return. Skins were donned by most, but it was still a lung-bursting climb to the top. This is what we ski for – yes?

Once in the trees, the trail lessened its incline, but still relentlessly headed uphill. After about another 3 miles, we skied across another bowl in which Vance's Hut (*part of the 10th Mountain Hut System*) beckoned. Ridges in mind we persevered.



This was an exploratory trip and, fortunately for us, Karen had done her homework as to plotting waypoints, elevations etc. to guide us in the right direction. Soon after passing Vance's Hut, we were breaking trail sinking into 2 feet of soft snow.

Conversation was minimal, as all lung capacity was needed for the assault. After an hour or so of steady traversing across the mountain, we found a trail that had been carved by previous skiers. We followed this trail to arrive at a more open treeless area. By this time the wind had picked up and the snow was becoming thicker and less benign. Visibility had deteriorated to a mere few yards. Karen told us that the ridge still lay ahead and another climb would have to be undertaken to get us there. It was cold and the snow was starting to stick to faces. This is enough of a ridge for me I thought and was grateful when it was decided to begin our descent.

With several inches of new snow on top of the existing several feet of powder, we shimmied our way down, some with more grace than others, but all reveling in the forgiving snow conditions and marveling at our downhill abilities.

Another exploratory section ensued with more trail breaking to arrive at the Vance Cabin bowl. Discussions took place as to the possibility of being allowed into Vance's to eat lunch. Propriety weighed in over desperation, (*I at this time would have mightily appreciated wrapping myself around a pot-bellied stove*) so we took some shelter in the trees, and I discovered just how hard and frozen a power bar can get and still be edible.

Soon we arrived at the big bowl again. To be appreciated, one has to understand that this bowl opens up at the end of a very long downhill descent through the trees and if one is not fully prepared for this reality, one can merrily hurtle at a sound breaking speed to the bottom or come to a screeching faceplant, thus prolonging the inevitable.

I distinctly remember catching a glimpse of Alan Burns, on a previous trip, as he exited the trees and I swear I could almost see the g-force registered on his taut face as he screamed by.

We all got down the bowl with varying degrees of grace and the only part left was the flat slog to the parking lot. This, however, was not without its challenge as by this time the snow was remorseless and blowing stinging needles into my face. Visibility was almost nil. It was only when, after feeling a slight rise in the snow level and immediately landing in a heap on the asphalt that I realized that I had run out of trail. Dusting myself off, I ambled over to the warming

hut, which is much more luxurious than the name implies. Pushing open the door was like stepping into another world, where fires raged, clothes steamed and conversations regaled the feats of the day.

But for me, the high point of the trip was bracing myself into the wind at the top of our climb, with the snow driving into my face and with the satisfaction of having prevailed. It was a great time! ■



Pamela Crain telemarks down the slope above the 10th Mountain Hut, 2/4/09.

Photo by Rich Besser

Beginner Cross Country Ski Class

By Guy Miller

Our beginner class is held but once a year, and the time is rapidly approaching! This class is geared toward the absolute beginner, but could be helpful for those who have skied a few times but feel that they need more instruction.



The program consists of a two-hour classroom session and an all-day on-the-snow outing. There is no charge and the format is informal, with ample time for questions. This is a low-pressure learning environment, with emphasis on fun and sharing.

The **classroom session** will be held in the clinic room at REI, 1550 Mercantile NE in Albuquerque, on **Saturday, January 22 at 3:00 p.m.** The training is open to the general public, and will be announced in REI's event calendar. This means that there could be a crowd. Club members are advised to arrive 15 minutes early to get a seat.

Given the vagaries of an El Nino year, we have a Plan B for our **on-the-snow session**. If there is sufficient snow, we will ski a week after the classroom session, on **Sunday January 30**. Our fall-back position is Sunday, February 20. Details will be made available as the season progresses.

REI may be the only place where rental equipment is available. Anyone with information about other sources is urged to contact me or send an e-groups message with the information.

Contact me without delay to sign up for the class at 294-7940 or xcskiboy@aol.com. ■

Hut Trip Update

By Guy Miller

All of our hut trips this season are 3-nighters, each at a single hut. All dates include an extra day to drive home after skiing out of the hut, if this becomes necessary. This is likely on each of the trips, due to the time required to ski out, and also to the distance required to drive home.

All participants must be Club members in good standing. Leader approval is required on all hut trips. Interested skiers should read the hut trip policy, available on the website. Not a yet member, but interested? Contact Guy for details.

Polar Star Inn, February 1-6, 2011

The Yeoman Park trailhead is near Eagle, CO. The trip in to the hut is a little over 6 miles, with a bit over 2000' of elevation gain. This sounds like a mellow cruise, but the reality is, it's relatively easy for a good long while, then it becomes surprisingly steep. Polar Star's much vaunted sauna has, regrettably, been destroyed by fire and will not be replaced. However, on the bright side, the outhouses are close by, and there is a covered walkway. Melting snow is not necessary, as there is an outdoor pump that produces potable water. **Cost:** \$145.00. ONE vacancy.

Janet's Cabin, March 7-12, 2011

This beautiful hut is operated by the Summit Hut Association and is located near the Copper Mountain ski resort. In fact, the first 800' are climbed via a free chairlift at the resort. Total distance, after the ski lift, is about 4 miles, with about 1300' of elevation gain. The most challenging part of the trip is negotiating our way from the massive Copper Mountain parking lot to the trailhead. Janet's has indoor self-composting toilets and an outdoor sauna.



Richard Roberts, 10th Mountain Hut, 2/5/09.

Photo by Bill Heitz

Although this is not considered a beginner trip, it is one of the easier hut destinations. Interested hut trip wannabees should contact me. **Cost:** \$140. Trip is full, with NO waiting list.

Ben Eiseman Hut, March 28–April 2, 2011

We need to hope for really good late season snow, and this may just be the year for it. Eiseman is considered to be THE premier tele destination in the 10th Mountain system, although it is noted that there are also Nordic touring opportunities available. Located near Vail, this is the only hut in the system that is north of I-70. Hopefully we'll all be in peak skiing condition by the end of season, as the route climbs nearly 3,000' over less than 7 miles. Our route out will be on a different, much more mellow trail. **Cost:** \$129. Three vacancies.

For further information or discussion about hut trips, contact me at xcskiboy@aol.com or 294-7940 — I'm always interested in talking about one of my favorite subjects. ■

Survey Trail Reroute Completed

By Sam Beard, Trails Chair

About two years ago the New Mexico Department of Transportation installed a 36-inch high guard rail



where Survey Trail crosses the Crest Highway. This guard rail is difficult for most skiers and hikers to cross; therefore, members of the Ski Club and Friends of

the Sandia Mountains proposed a 950-foot long reroute of this trail to avoid the guard rail. Recently the Sandia Ranger District gave final approval for the reroute, and down trees were removed and branches were pruned by volunteers.

The reroute begins about one hundred feet south of the 10,400-foot sign on the left side of the Crest Highway about one-quarter mile up from Ellis Trailhead. The route crosses the highway at the sign and turns left in a small clearing. It continues with a gentle grade through the forest to the north about 150 feet below the highway.

The reroute intersects the original trail a short distance north of the former highway crossing. The reroute will be marked with blue diamonds soon.

The DOT plans to install Pedestrian Crossing signs on the highway above and below the trail crossing point. Watch for traffic when crossing here because it may be difficult for vehicles to slow down, especially if the road is covered with ice and snow. ■

Member Questionnaire Summary

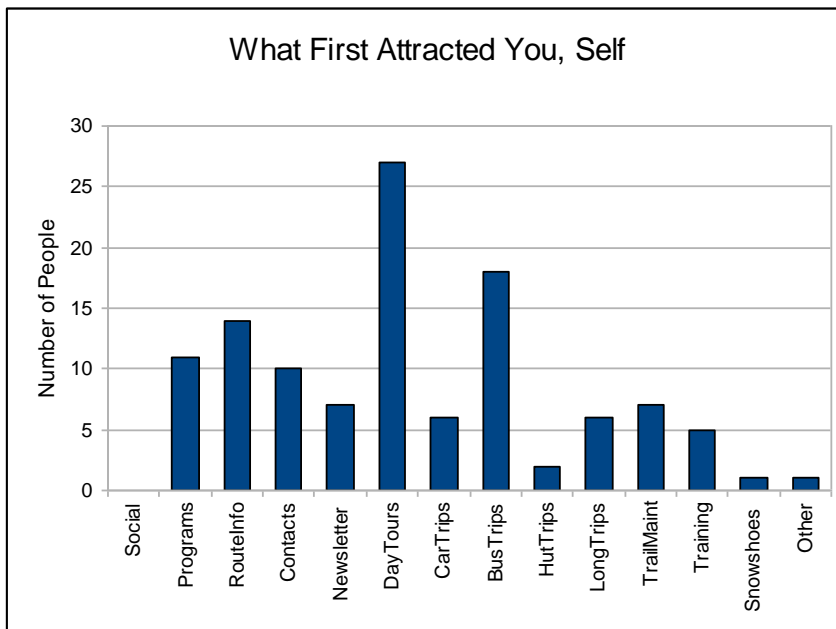
By Ray Berg

This is a continuation of last month's article on our membership survey.

What Attracts and Keeps Members in the Club? Members were asked what first attracted them to the Club. The responses are shown in the chart below "What First Attracted You, Self." Member responses indicate the first choice is predominantly "Day



Tours." However, several other topics are significant "attractors" for people who join the Club. Most of these topics are information sources and exchanges for information about cross country skiing. ■



E-Groups Policy

As a reminder on use of e-groups, it can be used for:

- 1) Political issues if it relates to cross country skiing.
- 2) One email per membership/month that promotes cross country skiing.

Group email should be limited to topics of general interest to the club such as:

- ski trip announcements
- equipment
- reports on snow conditions highly encouraged
- wilderness safety
- club activities

Ski and snowshoe outings announced or organized using the group email need to follow the Guidelines available in the "member's area" of the club website. This includes posting the trip difficulty rating, special equipment required, and using the Release of Liability form.

To send an email to the entire group simply send the email to the address:

NMCCSC@yahoo.com

Who's on the Bus Trips!

Pagosa Springs, 1/14-17/11

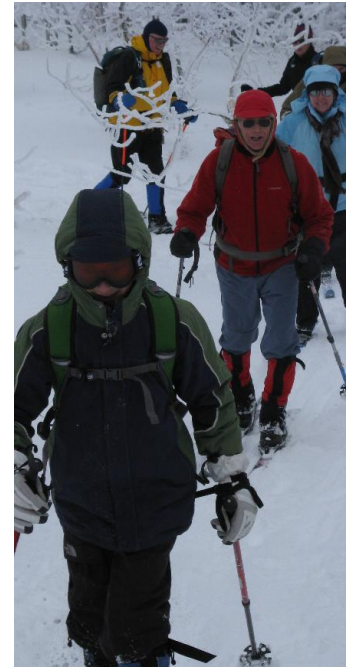
Marion Ball
Margaret Weinrod
Ruth Bargman-Romero
Angela Welford
Ray & Thea Berg
Erik & I-Ching Boman
Marlene Brown
Pat Cargill
Jack Carangelo
Mickey & Carla
Chirigos
Nancy Costea
Terri Elisberg
Bet Gendron
Marcia Congdon
Sherry Fitzmaurice
Erich Grotheer
Susan Harris
Susan Williams
Chris Kramar
Alice & James Knapp
Karen & Chet Leach
Betty & Mike Martin
Jon McCorkell
Dianne Cress
Lucy Miller
Guy Miller
Ginger Larkin
Don Mullen
Karen Griffith
John Peterson
Kelly Acton
Richard & Kaaren Rougeux
Laura Scholfeld
Ann & Dave Schultz
Eddie Segears
Teri & Kevin Sheldahl
Randy Simons
Linda & Chris Standish
Marilynn Szydowski
Richard Simons
Dominic Martinez
Karen Wallace
Bronwyn Wills
Rita Wormwood



Louise Broadbent and Janie
Gilmore Daniels, Snow Mountain
Ranch, 2/26/10.

Photo by Peggy Roberts

Gordon Eatman
Rich Besser
Terri Elisberg
Sherry Fitzmaurice
Noel Barstow
Bet & Steve Gendron
Monika & Mona
Ghattas
Mona Grigsby-
Suarez
Luis Suarez
Karen Kvam
Anne Hickman
Karen & Chet
Leach
Robert Long
Jon McCorkell
Dianne Cress
Don Mullen
Karen Griffith
Lucy Miller
Holly Noland
Guy Miller
Alan Burns
Marty Perez
Yolanda & David
Floor
Phyllis Pryor
Pamela Reynolds
Robert Richards
Richard & Kaaren
Rougeux
Don Schmaltz
Diane Owens
Eddie Segears
Randy Simons
Carl Smith
Dave Saylor
Linda & Chris Standish
Marilynn Szydowski
John Thomas
Wayne Kirkby
David Wegner
Karri Wormwood



12 year old Liam Hurburt, John
Thomas and others ski in the
Sandia Mts., on a day tour,
1/24/10.

Photo by Dana Price

Crested Butte, 2/10-13/11

Ruth Bargman-Romero
Angela Welford
Hank Bolts
Nancy Henry
Carlene & Scott Brown
Ann Marie Caffery
Bill Wiley
Marcia Congdon

BUS TRIP DEPOSITS DUE

Bus trip deposits of \$100/person/trip are due by
Friday, December 10th. Make check to
NMCCSC and mail to:

Angela Welford
P. O. Box 682, Sandia Park, NM 87047



= Monthly deadline for newsletter inclusion

December 2010						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9 Holiday Party	10 Final Bus \$\$ Due	11
12	13	14	15	16	17	18
19	20 	21	22	23	24	25
26	27	28	29	30 Board Meets		

January 2011						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13 Club Meets	14 Class/REI	15
16	17	18	19	20 	21 Pagosa Bus	22
23	24	25	26	27 Board Meets	28	29
30 Class snow	31					

February 2011						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Club Meets	11 Crested B	12
13 Crested B	14	15	16	17	18	19
20 	21 Board Meets	22	23	24	25	26
27	28					

March 2011						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Club Meets	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Apr 1	2

38TH ANNUAL CHAMA CHILE SKI CLASSIC

January 15-17 at Windy Point, CO, just below Cumres Pass on Hwy 17, 12 miles north of Chama, at mile marker 2.

Saturday's event includes both 7.5 & 15K skate skiing races. Sunday's events includes 5 & 10K classic. 5K snowshoe race & combined races.

Details at www.chamaski.com.

Welcome New Members

- William & Terrye Bullers
- Mary Ann DeBoer
- Marcy Dorchester
- Sherrie Dugas
- Paul & Cathy Eichel
- Deana & Everett Evans
- Kelly Kellstedt
- James & Alice Knapp
- Anthony & Anne Parker
- Michael Reddy
- Kaaren & Richard Rougeux
- Bernard & Ann Rubenstein
- Laura Scholfield
- Alan Shapiro
- Paul Stepenaskie
- Karen Wallace

2010-11 Officers and Board

President	Chris Kramar	903-4071	ckkramar@yahoo.com
Vice President	Wayne Kirkby	898-1654	ski1071607@aol.com
Secretary	Lucy Miller	401-2440	lucycecelia@gmail.com
Treasurer	Chris Standish	400-7089	standish.chris@gmail.com
Day Tours	Bill Heitz	259-8745	bill_heitz@hotmail.com
Long Bus Trips	Angela Welford Randy Simons	281-1198 294-0192	awelford1017@gmail.com randy_simons@msn.com
Overnight Car/Hut Trips	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	Sherry Fitzmaurice	798-4818	sherry.fitzmaurice@xilinx.com
Mailing	Ruth Bargman-Romero	842-9735	rebrome@sandia.gov
Refreshments	Terri Elisberg Bet Gendron	281-9192 299-6542	terri.elisberg@gmail.com bettygendron@gmail.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	David Wegner	344-8554	dave@naturesgrandeur.com
Email Group	Open		

New Mexico Cross Country Ski Club

P.O. Box 8425

Albuquerque, NM 87198-8425



Don Mullen in Rocky Mountain National Park on the Snow Mountain Ranch car trip.

Photo by Sharon Byington