

New Mexico Cross Country Ski Club

Photo by Dave Saylor

www.nmccskiclub.org

March 11th Program – Hut Skiing Adventures

For the final general meeting of the season, Guy Miller will present on the hut trip program that he helped found about 10 years ago (*NOTE: If anyone can find documentation on when the first hut trip took place, that would be useful!!.*)

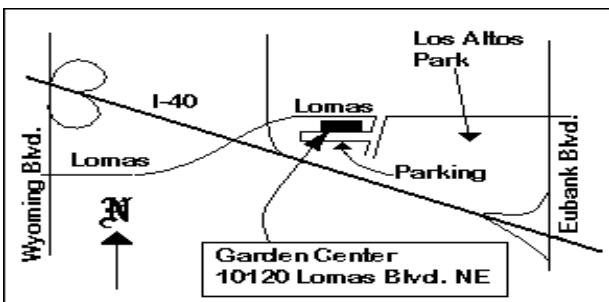
Photo/techno wizards Dave Saylor and Bill Heitz will show a photo montage illustrating the overall hut trip experience. Guy will discuss the history and development of the Club's program. He will also review topics such as becoming a hut skier, packing for a hut trip, and how to fake being a hut trip icon when you're really just a mediocre skier.

It would be great if everyone who has ever gone on a Club hut trip would be at this meeting! ■



Guy Miller at Section House hut, 3/2/09.
Photo by Cynthia Adams

NM Cross Country Ski Club Meets Thursday, March 11, 7 p.m.



Kids Join the Leadville Bus Trip By Kerri Wormwood

Over President's weekend, our daughter Maya Wormwood and her friend Emma O'Connell went with a bus load of adults to Leadville. It was the first time kids have been allowed to join a bus trip.



The girls were welcomed by the adults on the trip and were complimented on their skiing ability. Both have been on skis since they were young children and are avid soccer players. They often were ahead of the adults! These seventh graders are very good buddies and entertained themselves with a variety of electronic entertainment and books.

On the first ski day, we skied by Turquoise Lake in beautiful powder. This Class I was a piece of cake for these athletic girls! The second day, we chose to ski at the Nordic area, exploring a variety of trails throughout the day. On the last day, we skied into town for breakfast and explored the Mineral Belt trail, which is a bike path that doubles as a skiing trail and extends for 11 miles around Leadville.



Maya Wormwood and Emma O'Connell

I asked Maya and Emma which part of the skiing they enjoyed the most, and both replied the Nordic trail called "Griz," (rated black diamond) was their favorite! Emma reported that she admits it was "a little intimidating at first" and Maya agreed, but added "It turned

out to be really fun!" Hopefully, youth will be allowed on future bus trips. The adults seemed to enjoy sharing the ski experience with them. ■

From the President

In our last newsletter a year ago, I challenged the Club to increase its membership by at least 10% on a sustained basis. While loss of members from last year has apparently prevented our reaching this level, I find it very encouraging that this year we gained 51 new members, which represents 18% of last year's total. What is also encouraging is that many of the members gained in the last two years have shown a desire to serve the Club in leadership roles.



I believe that we need to be clearly focused on both recruitment and retention of members. A significant number of our new members are of an age below the Club's average. This lays a foundation for the future so that the Club will still be active 10-20 years down the road.

Retention of our older members is also important, but perhaps more difficult. I recently read a short article about an 80-year-old woman named Bev Biggar living in the California Sierras who still enjoys attending ski clinics and participating in citizens' races. She won a 15-mile race against those in their 70's (organizers anticipated no one over 80). While no one can guarantee they will be able to ski at 80, we have the ability to increase the odds of doing so significantly by maintaining a high activity level and holding a mental outlook like that of Bev Biggar.

If you have not yet returned your completed questionnaire, you can still send it to Bob Moore within a short time of receiving this newsletter.

I look forward to seeing you at our summer picnic in June!

Wayne Kirkby

Update on Day/OVERNIGHT Tours

Watch your e-groups messages for details and updates on day tours. Tours scheduled are:

East Fork, Jemez Mountains, Class I+ & II

Date: Saturday, March 6

Leader: Diane Owens

917-0556, saintsmastiff@yahoo.com

Meet: 7:30 a.m. Target parking lot west of building at Paseo del Norte and I- 25.

Tour: Ski gradual uphill and do a Class II loop at the top. Class I skiers desiring to go slower can ascend and descend at their own pace and can turn around on this in-and-out tour (they will need to identify a ski

partner at the start of our tour and stay in pairs). Or we may ski in the Valle Caldera, Coyote Call/Rabbit Ridge or Bandelier Class I ski trails depending on snow conditions.

Trail length: 10+ miles

Elevation gain: ~ 500'

Overnight Ski Trip to Chama, Class II

Date: Friday, March 12 - 14

Leader: John Thomas

298-5234, it87111@comcast.net

Logistics & co-Leaders: Diane Owens & Don Schmaltz, 917-0556, dowens@uspsoig.gov

Meet: In Chama (contact Diane for car pools)

Tour: Sometimes referred to as the Telluride of the South San Juans, Chama is a charming little village in northern NM. We will drive up on Friday night and ski two days in the Cumbres Pass area. Snow conditions may be fresh powder, sticky warm snow or corn snow. Bring appropriate skis, climbing skins advised, maxiglide, etc. Bring lunches, water, gear and layered clothing for a two-day ski tour. Evenings will be devoted to gourmet dining, companionship and merriment.

Trail Length: Up to 12 miles

Elevation gain: ~ 1,200'

Proposed 2010-11 Slate of Officers & Board

Executive Board

President	Chris Kramar
Vice President	Wayne Kirkby
Secretary	Lucy Miller
Treasurer	Chris Standish

Board Chairs

Long Bus Trips	Angela Welford & Randy Simons
Day Tours	Bill Heitz
Overnight & Hut Trips	Guy Miller
Newsletter	Karen Leach
Instruction	Guy Miller
Membership	Gene Lisotto
Programs	Sherry Fitzmaurice
Mailing	Ruth Bargman-Romero
Refreshments	Terri Elisberg & Bet Gendron
Trails	Sam Beard
Website	David Wegner
E-groups	Nathan Cost

Club members will be asked to vote on the above slate of officers and board chairs at the **March 11th** meeting.

Confessions of a Bus Trip Newbie

By Erich Grotheer

I came to my first Ski Club meeting in December. I wanted to see if this strange sport might fill the winter with something that resembled hiking in the summer.



A month later I spent a Saturday on the snow with Guy Miller in a beginning ski class. And I do mean "on" the snow, because I spent more time picking myself up off the snow than on my skis. Everyone tried to be positive, but the best they could manage was "*I've never seen anyone get up after a fall better than you*", and "*I've never seen anyone fall that much and not complain*". So you can imagine what was running through my mind when two weeks later I found myself climbing on a bus headed to Leadville, CO, with 50+ strangers that from all appearances lived most of the winter with long pieces of fiberglass attached to their feet.



Sharon Byington, Louise Broadbent and Susan Williams on the Mineral Belt Loop, 2/15/10.

Photo by Erich Grotheer

I was blessed to get seated next to Susan Williams and she soon made me feel a part of the group, and by the time we arrived in Leadville I was confident that they wouldn't leave me in the snow if I fell behind.

Saturday morning came early and cold, and it was snowing!!! The bus dropped a group of us at Turquoise Lake where we quickly got our skis and set out along the south side of the lake. It was perfect with 3-4" of fresh powder and more falling. They even gave me the "*opportunity*" to break trail. In fact they seemed willing to let me do that as often and long as I wanted.

After about three miles part of the group turned back, and I spent the rest of the day following Dave Saylor, Rita Wormwood and Terri Elisberg. They were fun to watch. Even with my meager knowledge of cross country skiing, I quickly recognized that Dave could lay down the most consistent tracks imaginable. I still had a lot to learn. And Rita and Terri put the energizer bunny to shame, and left me exhausted by the time we got back to the bus. A great first day!

Day two was even better. Once I started up the Mitchell Creek loop trail I knew this was what I was looking for when I walked into the first meeting. The pine trees were heavy with snow, and the powder was up to our knees if we ventured off the trail (*well, my knees, but I'm 6'5"*). Diane Owens and Don Schmaltz guided us around the loop and made sure that I made it through the tough spots with encouragement and advice.

Sometime during the day I heard "*skier on your left*" and Gordon Eatman zipped past me. I'm still not sure how he ended up on our trail because he didn't start there, and I'm even more puzzled how he got back to the hotel that night.

On Monday we woke to blue skies and I spent the morning skiing on the Mineral Belt trail with three lovely ladies (*Susan Williams, Sharon Byington, and Louise Broadbent*), and enjoying the views of the snow covered peaks surrounding Leadville.

And then the skiing was over and we were on the bus headed for home. Thanks to all of you for making my first bus trip so much fun, and a special thanks to Ray and Thea Berg for taking care of everything on the trip. This newbie is hooked. *I'll be back!* ■



Rita Wormwood, Monika Ghattas, Marcia Congdon, Eddie Segears, Thea Berg and Louise Broadbent had a beautiful tour on the Lilly Lake loop in Leadville.

Photo by Carl Smith

Louise's Bishops Bread

1 cup butter	2 cups sugar
4 eggs	4 cups flour
1 t. salt	2 t. baking powder
1 cup buttermilk	1 t. baking soda
1 ½ t. vanilla	2 cups chopped pecans
1 cup flaked coconut	24 oz. chocolate chips
16 oz. chopped dates	
10 oz. maraschino cherries + liquid from cherries	



Louise Broadbent breaks through two feet of fresh powder on the Lilly Lake tour in Leadville.

Photo by John Samuli

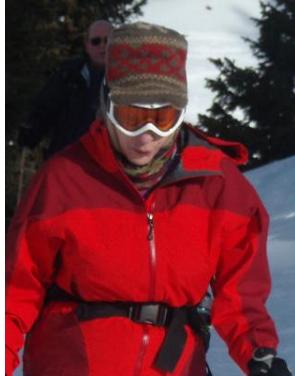
mixture a little at a time into the original butter, sugar and egg mixture. Fold in cherries, chocolate chips, dates, coconut, and pecans. Bake for 75 minutes.

Preheat oven to 325°. Grease three bread pans. In a large bowl, cream together the butter and sugar. Stir in eggs one at a time. In a separate bowl, sift together flour, salt, baking powder. In a third bowl combine buttermilk, baking soda, vanilla extract and juice from the cherries. Add the milk mixture alternating with the flour

I ❤️ Leadville
By Jackie Hertel

Chocolate and fresh powder were both plentiful on the Valentine weekend bus trip to Leadville. This winning combination produced a memorable cross country ski holiday. We enjoyed a three-day Rocky Mountain "high," with soft new snow that seemed to never cease falling and the "dark gold" that never stopped flowing from everyone's Valentine caches.

Falling snow first attracted our attention as we roared up the mountain Friday night on our final leg of the journey to Leadville. Unpacking the bus in the night sparkle of whirling white created an excitement, which lasted the entire weekend.



Leadville offers a great variety of trails, scenery and altitudes. If this trip had one drawback, it was the "stress" of having to choose from so many appealing trails. The town even maintains a 12-mile track winding around the outskirts that provided additional fun and diversion at a convenient distance from our lodging.

A few miles west of town those who skied the Turquoise Lake region reported fabulous rolling skiing through the woods and open meadows. Skiers higher up the mountain at Tennessee Pass raved about the A-1 powder conditions on the marvelous winding trails of the Mitchell Creek and Lily Lake Loops. Others on trips to the 10th Mountain Division Hut or to Chicago Ridge relished breaking trail through soft light snow. One group was challenged by trails at the Cooper Mountain Nordic Area while some "bus trippers" had thrills on the Alpine Ski Mountain. They came off the slopes with big frosty grins. Everyone was delighted with the ideal conditions and the magic of the mountain weather.

Of course the trip was embellished with the usual mouthwatering dinners and festive happy hours and did I mention "CHOCOLATE?"

On the way home, amidst more rounds of chocolate treats, Ray and Thea Berg were enthusiastically applauded for three years of planning highly successful bus trips. **Thank you, Thea and Ray.** Also thanks to an amiable and appreciative group who helped make this an outstanding trip. ■



I-Ching Boman with Diane Owens and Terri Elisberg enjoy powder skiing.

Photo by Dave Saylor



Tom Katonak soaks up the sunshine as he braves single digit temperatures.

Photo by Gordon Eatman

Random Musings About Jackal Hut

By Frank Pernicaro

Weather, although cold, cloudy and windy, cooperated with no snow.

Chris Kramar and John Stephens spent many hours searching for the elusive Lost Glades of Powder on the north slopes above the hut.

I now hold the record for yo-yoing the slope behind the hut: fifteen times.

Hilarity ensued with the game of "*Who has the Melba Toast?*"

Kudos to Guy Miller for impeccable planning, his willingness to herd cats both up and down slopes and his courageous man-hauling of "Rosebud."



John Stephens telemarks down the slope just below Jackal hut.

Photo by Chris Kramar

through the talent of Karen Leach and Bill Heitz.

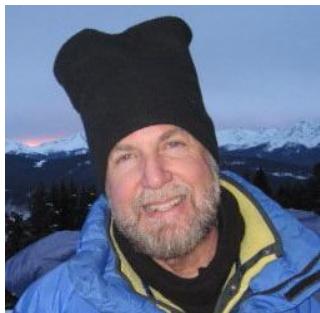
Pearl Peak, alas, held no pearls at its summit, but was a BLAST! We thought Eric Russell, Randy Simons, Bill White and Mike Martin had blown away into Aspen.

Bill Heitz bested us at the Late-Night Science Flash Card Challenge.

Pamela Crane made sure no excess alcohol remained to attract vermin.

A fast descent brought us back to Camp Hale. Passing snowmobilers remarked, "*That is too much work!*" and we were standing still at the time!

While everyone else was concerned about getting their fleece soiled, Chet Leach jumped in and figured out how to lower the spare tire on Guy's truck. Fueled by Rocky Mountain Oysters, Mike Martin



procured a unique tool to free the recalcitrant spare from its snare! ■

Backcountry Equipment

By Pamela Crane

Even if you plan only to tour while staying at a Colorado hut, usually the ski in and out is difficult enough to warrant using a beefier kit than for a day tour. A full pack, steep slopes and conditions that can range from ice to crust to powder will make you wish you had the right equipment. Here is what I recommend:

Minimum Equipment

- ▶ 2-buckle plastic boots (e.g. Garmont Excursion, Scarpa T3)
- ▶ 75 mm bindings with cables or wires (e.g. Voile 3-pin Cable, Voile Hardwire, G3 Targa, Rottefella Cobra)
- ▶ 65 mm+ waist skis with full metal edges
- ▶ Full-length skins
- ▶ Ski goggles
- ▶ Insulated, waterproof gloves
- ▶ Waterproof, windproof shell and ski pants

Very Nice Upgrades

- ▶ Mid-fat (80-90 mm waist) telemark skis
- ▶ Adjustable poles with powder baskets (e.g. Black Diamond Flick-Locks)
- ▶ Touring telemark bindings, (e.g. Voile Switchback, G3 Targa Ascent), or my personal favorite because it is also releasable — Garmont 7tm Tour
- ▶ Climbing wires to rest calf muscles
- ▶ 3 or 4 buckle boots for increased control
- ▶ Ski helmet

Alpine Touring equipment has become much lighter in recent years and is also an excellent choice for hut skiing in Colorado.

Dynafit makes a light binding and many boots are now Dynafit-compatible.



Bill White, Chris Kramar and Eric Russell ski up to Pearl Peak on the Jackal hut trip.

Websites for gear and information:

- www.telemarktips.com, www.backcountry.com
- www.sierratradingpost.com, www.gearx.com
- www.tramdock.com, or www.telemark-pyrenees.com

Hut Trip Update

By Guy Miller

As this issue goes to press, our third hut-to-hut trip is underway. Our group of 16 has been whittled down to 11. We'll have lots of elbow room in the huts. We will ski to the two oldest huts in the 10th Mountain Division system, located near Aspen. We will have three nights at Margy's Hut, followed by two nights at McNamara Hut.

Come to the March general meeting to learn more about our hut skiing program and to hear a first-hand trip report.

Additionally, I will announce the hut selection for 2011. I submitted 20 date combinations for each of the following huts: Ben Eisemann, Polar Star, Peter Estin and Janet's Cabin. Let's keep our fingers crossed. ■



Inside Jackal Hut — well worth the tough climb to the hut!

Photo by Chris Kramar

The Best “Twin Birthdays” Adventure

By Cheryl Handel and Carol Richmond

Best friends Carol Richmond and Cheryl Handel were looking for a special way to celebrate their “twin” February 22 birthdays. Cheryl (who grew up in Massachusetts



Carol Richmond and Cheryl Handel

and now lives in Los Angeles) was eager to go cross-country skiing, an activity that is hard to find in “sunny Southern California.” After a little Internet research, Carol (who also grew up in Massachusetts and now lives in Albuquerque) found a bus trip to Leadville, CO, sponsored by the NMCCSC.

The prospect of skiing at 10,000 feet in the Colorado Rockies in plenty of new soft snow – and not having to worry about chains and poor driving conditions – was irresistible.

After picking up Cheryl’s rental skis at REI, we boarded the Club’s bus, where they were warmly

greeted by Thea and Ray Berg. The next seven hours sped by quickly as they talked to their neighbors, heard Ray Berg describe the trails around Leadville, stopped for supper, and enjoyed drinks and snacks dispensed by Hospitality Meister Eddie Segears from the “party room” at the back of the bus. When the tour bus pulled in to the Columbine Inn, they were amazed at how quickly everyone moved luggage, skis and food into the hotel.

For the next three days, they were treated to hearty breakfasts supplemented by Thea’s hard-boiled eggs, quiches and salmon. On Saturday, we joined the Class I ski at Turquoise Lake – expertly led by Lucy Miller and sheer magic with snow gently falling all day against a backdrop of fir trees – followed by “Class III shopping” in historic downtown Leadville.

Emboldened on Sunday, they joined a group of skiers for trails at the Nordic Center, where it is impossible to get to some of the Class I trails without going on a Class II trail. They swallowed their fear of downhill skiing and braved the Coopers Creek Trail, rediscovering forgotten muscles and techniques, as well as their courage.

On Monday, we tried out snow shoeing at the nearby Mineral Trail with Lucy Miller, Lori Hillis, and Anne Hickman – a fun trail with interpretive signs along the way pointing out historical spots from the heyday of silver mining.

Each afternoon, exhilarated and a bit exhausted, we joined Club members at the social hour, heard about ski tours planned for the following day, and (on Sunday) were surprised by a birthday cake. Then Fermin, our amazing tour bus driver, whisked the group off to restaurants in downtown Leadville, which looks a bit like a living museum, with an Irish saloon, old-fashioned hotels and a museum devoted to silver mines.



As the bus pulled back into the Target parking lot, we thought back on the weekend. What could have been a challenging experience – being brand-new in a group of 50, braving sub-zero temperatures at significant altitude in an unfamiliar place – turned into an amazing adventure, with fond memories of the many friendly and knowledgeable Ski Club members who extended warm and helping hands (*in addition to loaner snow shoes and thermals*) at every turn. This is a birthday we will never forget! ■

Welcome New Members

Russ Adams
Cindy Archer
Cheryl Handel
Candice Hewitt
Laura Milligan
Barbara Mills
Greg Scudder
Shelly Smith



Thank you Volunteers!!

Ski Club Summer Picnic

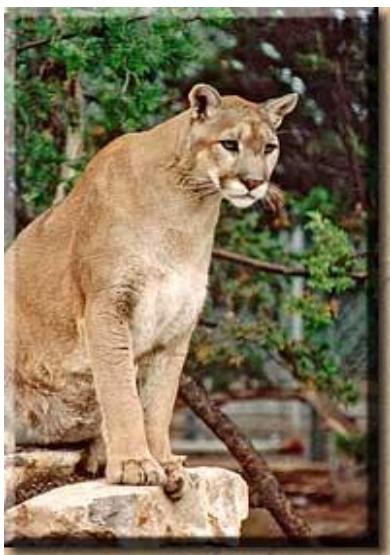
Mark your calendar!!!

Our annual Ski Club BBQ and pot luck will be held on **Saturday, June 5 from 4 - 7 p.m.** at Wildlife West Nature Park in Edgewood. We all had a great time last year at the wildlife park so we are returning!



Last December Wildlife West got three more endangered Mexican wolves from the National Zoo in Washington, D.C. This nonprofit organization does a fabulous job of educating the public about our native wildlife.

Please watch your e-group and your mail for the May flyer with more details. Plan to join us! ■



Thanks to Wayne Kirkby for 3 years as President (he will stay on the Board as VP).

Thanks to Ray & Thea Berg for their dedicated service as our Bus Trips Chairs for 3 years!!! All of our trips were so well organized and absolutely fantastic!!

Thanks to Lester Byington for his 9 years as Website Chair and Jim Iden for 3 years as Treasurer.

A special thank you to all of our newsletter story tellers and photographers — you all are so creative.

Thank you to Lucy Miller for her excellent eye in proofing the newsletters.

March 2010						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
Margy's to McNamara Hut						Day Tour
7	8	8	10	11 Club Meets	12	13
						Chama Overnight
14	15	16	17	18	19	20
	Chama					
21	22	23	24	25	26	27
28	29	30	31			

2009/10 Officers and Board

President	Wayne Kirkby	898-1654	ski1071607@aol.com
Vice President	Chris Kramar	903-4071	ckkramar@yahoo.com
Secretary	Angela Welford	281-1198	jndaughter2@earthlink.net
Treasurer	Jim Iden	265-5021	jiden@unm.edu
Day Tours	Bill Heitz	259-8745	bill_heitz@hotmail.com
Long Bus Trips	Ray & Thea Berg	294-4112	rsberg01@comcast.net
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	Lucy Miller	293-5673	millerabq@yahoo.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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Bet Gendron with Mount Holly Cross in the background on the Sangree Froelicher Hut trip
 1/11/10.

Photo by Carl Smith