

# New Mexico Cross Country Ski Club

October 2010



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

## Thank You Sam & Volunteers

A special thank you to Sam Beard and his incredible group of volunteers for their tremendous work on the ski trails in the Sandia Ranger District, Jemez Ranger District and Valles Caldera National Preserve. Ski Club members who helped this summer were: Sam Beard, Rich Besser, Dennis Crowther, Dave Gabel, Wayne Kirkby, Cynthia McConnell, Mike Meier, Bill Savage, Dave Saylor, Carl Smith and John Thomas. The Friends of the Sandia Mountains also have done lots of trail maintenance on our ski trails in the Sandia Mountains. Other members have done maintenance on the hiking trails.

If you see trees down, let Sam know at 828-0673 ■



Sam Beard and Mike Meier

Photo by Carl Smith

## October's Program:

Improve Your Ski Technique

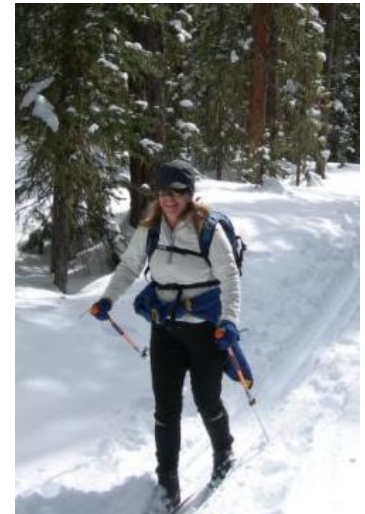
### Presenter:

Paul Chandler, Nordic Ski Instructor

When: Thursday, October 14th, 7 p.m.

Do you want to learn more about cross country ski technique?

Come hear Paul Chandler, a local Nordic ski instructor, give tips and information about training offered through the University of New Mexico Continuing Education program.



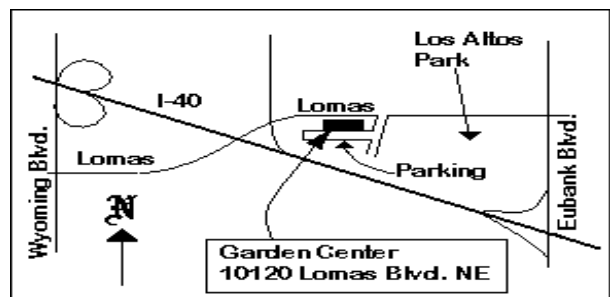
Peggy Roberts skiing at Snow Mountain Ranch, 2/24/10.

Photo by Randy Simons

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!! ■

## New Website

Visit our new website: [www.nmccskiclub.org](http://www.nmccskiclub.org). David Wegner, Website Chair, has spent many long hours working to enhance our site and adding many new pictures. Please let David know if you have other ideas for the site. Thanks David!!!



## From the President

I am very excited to be your new president this year. But first, I wish to thank Wayne Kirkby for doing a great job serving as our president for the past three years. But do not worry, Wayne will stay on as Vice President and will be providing needed advice until I learn the details of this position.



Our first general members' meeting will be on **Thursday, October 14 at 7:00 p.m.** at the Albuquerque Garden Center. The main business item will be to adopt a budget for the upcoming year.

Last winter was a near-record snow year for much of the Mountain West. If this year is anything like last year, we should be in for an excellent ski season.

As you may know, Ray and Thea Berg, who did an outstanding job coordinating the long bus tours, have stepped down from that position. This season you will have a chance to meet with our new long bus trip coordinators: **Angela Welford** and **Randy Simons**. They have worked hard on providing a full slate of bus trips to some new, as well as some past favorite, areas for skiing.

There have already been sign-ups for some of **Guy Miller's** Colorado hut tips. Even though some of these already have short waiting lists, years of experience have shown that cancellations are inevitable. Therefore, do not be discouraged from placing your name on the waiting lists; it entails no financial obligation. You will have the opportunity to hear more about these trips and talk to the people who plan them at our general meeting.

It is not too early to start getting in shape for the ski season. Many of you already belong to gyms that sponsor special fitness programs for skiing and winter sports. If you do not already belong to a gym, consider joining one of the many fine gyms available to us. The time one spends preparing for the upcoming season will translate into a less injury-prone and a more enjoyable ski season.

Remember to bring a friend or acquaintance to the meeting who may be interested in becoming a Club member.

*Chris Kramar*

## Sign-up for Beginner Ski Class

By Guy Miller

Each year, our Club offers a class for beginning cross-country skiers. This once-a-year training is geared toward the absolute beginner, although skiers with minimal experience could also benefit. The class consists of a two-hour classroom session and an all day on-the-snow session.

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.

The classroom session will be held at REI, 1550 Mercantile NE, ABQ. The date will most likely be mid-January on a weekday evening and the snow session on a Saturday or Sunday.

There is no cost for the class. The general public is invited to the classroom session, but one **MUST** be a Ski Club member to participate in the on-the-snow session.

Sign-up begins NOW! Contact me at 294-7940 or [xcski-boy@aol.com](mailto:xcski-boy@aol.com). Don't put this off -- you snooze, you lose ! ■



Thanks to our BBQ cooks, Gene Lisotto and Chris Standish, at our summer picnic at Wildlife West Nature Park. We all had a great time!  
*Photo by Dave Saylor*



Newly elected board members from left to right: Karen Leach, Wayne Kirkby, Nathan Cost, Chris Kramar, David Wegner, Guy Miller, Bill Heitz, Angela Welford, Gene Lisotto, Sherry Fitzmaurice, Bet Gendron, Chris Standish and Terri Elisberg. Absent: Ruth Bargman-Romero, Sam Beard, Lucy Miller and Randy Simons. See page 8 for a list of board positions.



## Hut Trips 2011

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 member yet, but interested? Contact Guy for details.

### **Polar Star Inn: February 1-6**

The Yeoman Park trailhead is near the town of Eagle, Colorado. Trip in to the hut is a little over 6 miles, with a bit over 2,000 feet 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. Trip is full, with a very short waiting list.

### **Janet's Cabin: March 7-12**

This beautiful hut, the twin of Francie's Cabin, is operated by the Summit Hut Association and is located near the Copper Mountain ski resort. In fact, the first 800 or so vertical feet are climbed via a free chairlift at the resort. Total distance, after the ski lift, is about 4 miles, with about 1300 feet 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, one of the few that hasn't yet burned.

Although this is not considered a beginner trip, it is, nevertheless, one of the easier hut destinations. Interested hut trip wannabees should contact Guy.

Cost: \$140. Trip is full, with NO waiting list.

### **Ben Eiseman Hut: March 28 – April 2**

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 10<sup>th</sup> Mtn system, although it is noted that there are also Nordic touring opportunities available. Located

near Vail, this is the only hut in the system which is north of I-70. Hopefully we'll all be in peak skiing condition by the end of season, as the route that we will take climbs nearly 3000 feet over a little less than 7 miles. Our route out will be on a different, much more mellow trail.

Cost: \$129. There were 3 vacancies remaining.

For further information on discussion about hut trips, contact Guy Miller at [xcskiboy@aol.com](mailto:xcskiboy@aol.com) or 294-7940, who is always interested in talking about this, one of his favorite subjects. ■

## Immersion Ski Classes and Tours By Sherry Fitzmaurice

I'm in quest of an immersion type ski course so I did some research. The most accommodating was NASTC (North American Ski Training Center) in



Tahoe, CA. They are willing to work with the equipment we have and location we prefer. This sweet stuff doesn't come cheaply: \$552 all day private, \$75 each additional person. For more descriptions on their adventures and backcountry excursions

see: [www.skinastc.com/m2\\_c5.html](http://www.skinastc.com/m2_c5.html).

Something a little closer to home, the Silverton area sounds sublime. The Southwest Adventure Guides have a pretty decent website. Private instruction runs at \$350 per day, \$150 per additional person. See: [www.mtnguide.net/trips\\_courses/backcountry\\_skiing/private.shtml](http://www.mtnguide.net/trips_courses/backcountry_skiing/private.shtml).

Another group in North Colorado, near Estes Park, was my favorite, but would require beefing up the gear. They have a six-day seminar – three days of instruction followed with a rest day, and then a three-day ski camping trip. Pricey at \$1475. Check out their website: [www.skinastc.com/m2\\_c5.html](http://www.skinastc.com/m2_c5.html).

And of course, there is also the Colorado Mountain Club. Membership is \$75. Backcountry classes are conducted over three consecutive weekends. The first class is a placement class. The classes are about \$125. The price might sound nice, but it is a lot of hustling around with limited instruction.

Having said all this, I have decided to bite the bullet, buy a helmet and get a season pass, particularly if we are bequeathed with another El Nino, and just get out every weekend and build my guts on downhill. Join me, I'll love the company! ■

## Meet our new Bus Trip Chairs:



Angela Welford



Randy Simons

## Announcing the 2011 Bus Trips By Angela Welford

This year's bus trips are:

**Pagosa Springs, Friday-Monday, January 14-17**  
**Crested Butte, Thursday-Sunday, February 10-13**

### Instructions for Signing Up

- ▶ Before registering, please read the complete Club policy on long trips that is posted on the website ([www.nmccskiclub.org](http://www.nmccskiclub.org)) as well as the Bus Trip Guidelines below.
- ▶ Enclosed with this newsletter you will find registration forms.
- ▶ Registration form/deposit must be received by **Saturday, November 13, 2010**. You can either:
  - **Mail** to (please do not send checks to the Club's PO Box):  
Angela Welford  
P.O. Box 682  
Sandia Park, NM 87047
  - **Bring** to the October or November Cross Country Ski Club meetings.
- ▶ Please submit separate registration forms and separate deposit checks for each trip.
- ▶ If you want a specific roommate, you must both register on one form and submit checks together.
- ▶ Since many names could be either gender, always indicate Ms. or Mr. on the form.
- ▶ As long as the registration for bus trip seats exceeds availability, we will hold a lottery drawing for seats on November 14<sup>th</sup>, 2010, (Sunday following the November Club meeting). Board members are given first priority for seats as an incentive to serve this organization. After all seats for a trip are filled, we will place the remaining registrations in a "reserve pool" and their original checks will be destroyed. We will keep registrations for those in the reserve pool unless notified they are no longer interested in that trip.

Once your registration has been accepted, you own the seat and owe the balance for the trip (please note the balance due date on the registration form). The roster of attendees for all trips will be posted on the website and listed in the November newsletter immediately after the drawing.

Complete details of each trip will be e-mailed to participants (if they have e-mail) 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 me for the information** at (505) 281-1198 or [awelford1017@gmail.com](mailto:awelford1017@gmail.com).

### Bus Trip Guidelines

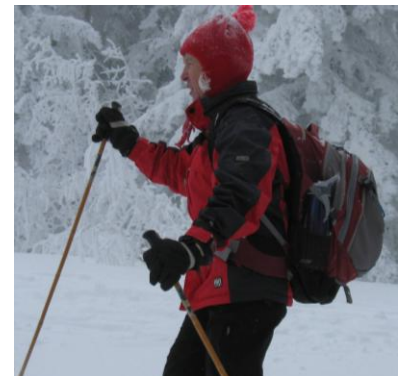
**Who may go:** Paid-up Club members (dues paid by the November meeting), at least 18 years old or at least 12 if accompanied by a paying parent/guardian/grandparent.

**Departure:** Times will depend on the trip so check the individual trip descriptions. The bus departs from the parking lot on the west side of the Target at I-25 and Paseo Del Norte. The Bus Trip chair 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 may reserve one seat per pass. The bus will board ½ hour before the scheduled departure time. If everyone is on the bus ahead of departure time, we could leave early!

**Bus Ride:** The Club supplies cold sodas, water, wine, beer and light snacks on the bus. There is a restroom on the bus, the use of which is up to the discretion of the driver.

**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 pack minimally and be considerate of others. You may bring a six-pack type cooler (no larger than 8-1/2"W x 12"L x 9-1/2"H) that must fit under your seat.

**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.



Thea Berg enjoys the winter wonderland.

Photo by Dana Price

**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 at about 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 will be set-track areas and/or downhill skiing available in both locations, but our main pursuit is cross-country skiing.

**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 (*a same sex member of the Club*) and settle the payment with that person. You will be given names of people in the "reserve pool".

**Reserve:** The "reserve pool" will be started once a trip is full. It costs nothing to be on "reserve" status and you have an excellent chance of getting on a trip if you are interested. 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. ■

*Winners of a free bus trip!*

At the summer picnic a drawing was held for two **free** bus trips for last year's ski tour leaders and co-leaders. The winners were **Lucy Miller** and **Mike Martin**. We thank them and all of our day tour and bus tour ski leaders for their time, energy and leadership.

To be eligible for next year's drawing, leaders need to complete the "Ski Trip Sign-in Form" (*accessed from our website*) and mail it to Bill Heitz, Day Trip chair.

**Vote on Proposed Budget**

At the Club meeting on **Thursday, October 14<sup>th</sup>** members will be asked to vote on the 2010-11 Budget, including a proposed increase in membership dues: **\$20 for individuals and \$25 for families, effective November 30, 2010.**

**2010-11 Proposed Budget**

<b>Income:</b>	
Membership	\$ 2,800
Trip Surcharges	1,495
Hut Trips	5,600
Overnight Trips	
Pagosa Sprs Bus Trip	12,000
Crested Butte Trip	12,500
Contributions	1,105
Interest	100
<b>Total</b>	<b>\$35,600</b>
<b>Expenses:</b>	
President	\$ 175
Vice President	50
Treasurer	75
Secretary	25
Programs	50
Membership/Labels	40
Newsletter	1,300
Refreshments	550
Trails	125
Instruction	0
Day Trips	25
Overnight Trips	
Pagosa Sprs Bus Trip	11,945
Crested Butte Bus Trip	12,325
Hut Trips	6,000
Scholarships	800
Meeting Facility	1,125
Insurance	1,000
Corporate Report	10
Summer Party	500
Club P.O. Box	175
Website	80
Contributions	1,200
<b>Total</b>	<b>\$37,575</b>
<b>Surplus/Deficit</b>	<b>(1,975)</b>

*From the Editor*

I need your story ideas and pictures — please send them to [karenleach7@msn.com](mailto:karenleach7@msn.com).

*Thanks, Karen Leach*



## 2010-11 Cross Country Ski Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					October 1	2
3	4	5	6	7	8	9
10	11	12	13	14 Club Meets	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Board Meets	29	30
31	November 1	2	3	4	5	6
7	8	9	10	11 Club Meets	12	13
14	15	16	17	18	19	20
21	22	23 Board Meets	24	25 Thanksgiving	26	27
28	29	30	December 1	2	3	4
5	6	7	8	9 Club Meets	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Board Meets	31	January 1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13 Club Meets	14	15 Bus Trip ---->
16	17 MLK Holiday	18	19	20	21	22
<-- Pagosa Springs						
23	24	25	26	27 Board Meets	28	29
30	31	February 1	2 Polar Star Inn Hut	3	4	5
6 Hut	7	8	9	10	11	12 Bus Trip - Crested Butte ---->
				Club Meets		
13 <- Bus Trip	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	March 1	2	3	4	5
6	7	8	9	10	11	12
Hut Trip - Janets Cabin				Club Meets		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	April 1	2
Hut Trip - Ben Eiseman Hut						

## Mail Your Membership Dues

Please check the top line of the label on this newsletter to see if you have paid for this season. If it reads 09-10 you need to fill out and mail the enclosed membership form to:

NM Cross Country Ski Club  
P. O. Box 8425  
Albuquerque, NM 87198-8425



We said goodbye to a member of our Club — Sue Ann Kirkby. She was an avid outdoor enthusiast. She had a passion for cross country skiing, horseback riding, hiking and bicycling. She and Wayne first met on cross country skis in 1979, and they were married on skis at Lone Mountain Ranch in CO in 1980. We will greatly miss her.



Sam Beard and Frances Robertson at the summer picnic.  
Photo by John Thomas

# New Mexico Cross Country Ski Club Membership Form

Send membership form and dues to:  
 New Mexico Cross Country Ski Club  
 P.O. Box 8425  
 Albuquerque, NM 87198-8425

Dues are \$15.00 per year effective from October through November of the following year, covering all members living at the same address. For renewal, dues must be paid by the November meeting to receive the newsletter continuously.

Year 20 10 -20 11 If new, how did you hear about the club?  
 Renewal \_\_\_\_\_ New \_\_\_\_\_ Web site \_\_\_\_\_ Current member \_\_\_\_\_  
**Any changes (email, phone, address, ...)??** Ski shop \_\_\_\_\_ Newspaper \_\_\_\_\_  
                                     **No \_\_\_\_\_ Yes \_\_\_\_\_** Other \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Cell/other Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip + 4 (please) \_\_\_\_\_  
 Check to exclude email address from membership list   
 Check to exclude email address from group email list (for trip announcements, last-minute changes, other general-interest info)

E-mail addresses (up to 3) \_\_\_\_\_    
 \_\_\_\_\_    
 \_\_\_\_\_

Additional ADULT names (include children 18 & older):  
 First & Last Name \_\_\_\_\_ First & Last Name \_\_\_\_\_  
 Additional family member names under 18 and ages: \_\_\_\_\_

The membership list will be printed in a newsletter and will appear in the members-only (password protected) section of the Web site. Please indicate if you want to be included in this (email addresses will be handled as you've indicated above):  
 Yes \_\_\_\_\_ No (not even my name) \_\_\_\_\_ Yes, but omit my address \_\_\_\_\_ Yes, but omit my phone number \_\_\_\_\_

★ I will download my newsletter from the Web site rather than having it mailed. \_\_\_\_\_ (This saves the Club money.)

**RELEASE OF LIABILITY:**

I know and expressly assume the risk that a cross country skiing activity scheduled by the New Mexico Cross Country Ski Club, a New Mexico nonprofit corporation, may be dangerous or hazardous, and may result in loss or damage of property, physical injury, or even my death. I understand that neither the trip leader nor any trip participants are required to have any training or to have any experience or expertise with respect to any activity or in any aspect of safety or first aid.

With full knowledge of these dangers, I RELEASE the New Mexico Cross Country Ski Club and its officers, directors, members, vehicle drivers, leaders, trip participants, guides, representatives, employees, or agents (collectively, The "NMCC Ski Club") from liability, claims, or demands and agree NOT TO SUE OR OTHERWISE MAKE ANY CLAIM against the NMCC Ski Club that may arise during my participation in any activity.

This RELEASE OF LIABILITY will be effective whether or not any loss, damage, injury, or death RESULTS FROM THE NEGLIGENCE of the NMCC Ski Club. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances, to protect himself, herself, or others from injury or death. I expressly assume the risk of loss, injury, or death suffered by me as a result of participating in any activity. I am voluntarily participating in the activity. I am solely responsible for my own equipment, safety, first aid needs, and medical needs. I will take every precaution to provide for my own safety and well-being while participating in any activity.

This release is binding on me, my heirs, and my personal representatives. I HAVE READ THIS RELEASE BEFORE SIGNING IT.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**IF UNDER 18 YEARS OF AGE, PARENT OR GUARDIAN MUST READ AND SIGN BELOW:**

I am the legal guardian of the above minor and have read the above RELEASE. I hereby consent to the terms of the RELEASE on behalf of the named minor(s) and give my consent to the participation of the above named minor(s) in all activities of the NMCC Ski Club on the terms stated.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (Parent or Legal Guardian)

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 The NMCC Ski Club operates by the volunteer efforts of all of its members, so we appreciate and need help with programs, committees and outings. Please indicate the activities in which you may be willing to participate. This is an indication of interest, not a commitment!

## 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@qmail.com
Day Tours	Bill Heitz	259-8745	bill_heitz@hotmail.com
Long Bus Trips	Angela Welford Randy Simons	281-1198 294-0192	jndaughter2@earthlink.net 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	telisberg@islclinic.net gendrons@msn.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	David Wegner	344-8554	dave@naturesgrandeur.com
Email Group	Nathan Cost	217-5052	nathaniel.cost@kirtland.af.mil

### New Mexico Cross Country Ski Club

P.O. Box 8425  
Albuquerque, NM 87198-8425



Phyllis Pryor, Ray Berg and Chet Leach in Telluride 1/17/09.