

Cross Country Ski Club



Photo by Dave Saylor

www.nmccskiclub.org

Sports Nutrition – How to Fuel Your Best Performance

Presenter: Stefanie Tierney, MS, RD, LD

When: Thursday, January 10th, 7 p.m.

Where: Garden Center, 10120 Lomas Blvd NE
Albuquerque

This month's program will focus on:

- General healthful eating recommendations
- Carbs, fat and protein for athletes
- Recommendations for fueling pre, during, and post exercise
- Fluid recommendations and assessing hydration status

Stefanie Tierney is a registered dietitian, certified personal trainer and group fitness instructor. An avid runner and endurance athlete, Stefanie has completed several triathlons, over 20 marathons, and won the Duke City Marathon in 2006 and the NM Marathon in 2005 and 2008.



Her areas of specialty are sports nutrition, nutrition for endurance training, weight management, and wellness. She teaches sports nutrition, intro nutrition, and human nutrition at Central NM Community College. In addition, Stefanie is an independent nutrition contractor for the Albuquerque Children's Treatment Center, Advantage Communications, and Performance Nutrition (*her personal business*).

Join us for this informative presentation!

Terri Elisberg, Program Chair

Off to a Great Bus Trip Season

By Angela Welford

By the time you read this, we will have completed the first bus trip of this season, to Silverton, where we will have ushered in the New Year in "Grand" style at the

Grand Imperial Hotel. We predict snow conditions were fabulous and that all had a fantastic time!



Paul Eichel and Don Mullen ski in Pagosa Springs, 1/16/11.

Photo by Cathy Eichel

The Leadville bus (January 18-21) has 3 seats available with preference given to the first male, and either a couple or two people of the same gender signing up together. The Georgetown bus trip (February 7-10) is now full with no waiting list. If you have never

been on a bus trip before, consider signing up for either trip as cancellations do occur and your chances of getting on the bus are very good.

For both trips, if registrations exceed the number of available seats, you will be placed on a reserve list in the order registrations are received. You will be notified as seats become available through cancellations for purchase. Please check the website for more information on the Bus Trips.

Please let me (awelford1017@gmail.com) or Randy (randy_simons@man.com) know if you have any questions! Hope to see you on the bus!! ■

From the President

Now that we are deep into the ski season, it is worthwhile to give thought to how we can get the



most out of what the season presents us. There are lots of opportunities and we can plan the who, what, where, when and how.

Unfortunately, one thing we can't plan and which can disrupt our activities is the weather. Others are equipment failures, health problems, jobs, families, and an endless list of things that

can go wrong. But if we stay healthy and manage our job and family obligations, we still have to contend with unexpected changes to plans. So how do we do that?

The Club's monthly newsletter communicates activities, but it is published a few weeks in advance, so it can be a little out of date when the weather starts to change. Our internet tools: **website**, **Meetup**, and **Facebook** communicates late news. The **Day Trip Scheduler** allows a trip leader to enter a trip and send notices. You get to this from the "Day Trip" link on our home page. These are great tools for the "Ws" listed above. There is something else that helps: what you can get by attending our meetings.

If you have been in any kind of business, you know there is nothing like looking somebody in the face, listening to the quality of their voice and hearing what they say, to assess them as a partner, colleague or associate. When you go into the winter wilderness, the same rules apply, except that your life can depend on who it is. Our Club meetings are ideally suited for this purpose. When new skiers/members listen to our leaders, listeners can and will assess just how capable and competent the speaker is.

When new leaders get up to discuss a planned activity, listeners can and will do the same. Since the Club is hoping to attract new leaders, our meetings are an important venue for deciding whether or not to participate and stay active in the Club.

Make no mistake about it: our Club is truly blessed. We have great members, leaders and resources.

Ray Berg

My First Mt Taylor Quad

By Norma Perez

I participated with my Presbyterian Urgent Care colleagues and associated friends in the Mt Taylor Quadrathlon last winter. Two teams participated: "Influenza A and Influenza B." My team Influenza A won by a mere 14 seconds! We did not win the overall co-ed teams.

My goal was to complete my leg of the race by cross country skiing, do it without disqualifying my team, finish without any major injuries, hopefully look somewhat graceful and to have fun!!! I did accomplish this!



My fellow Club members who have skied with me on our trips would have been proud to see me ski the 1,200' in elevation in a 2-mile run with the last 825' on "Heartbreak Hill" without falling or resting!!!

I credit the Club trips as my training for this race: the day tour to Oak Flats, Ouray bus trip and Chama weekend trip; all of you who gave me advice and recommendations; and those who had sooo much patience with my falls.

All competitors received a Quad Medal for participating!!! ■

11th Annual Sandia Peak Snowshoe Race

The 5-km race is **Saturday**, January 19th, **10 a.m.** at the lower level parking lot at Sandia Crest. Register: www.sandiasnowshoe.com. Fee is \$30 (\$45 after January 5), includes a long-sleeved T-shirt, refreshments and prizes in several categories.

Race is limited to 150 participants of all levels. Don't miss out on the fun — race fills quickly — register now!

US Basin

By Mike Meier

A group of 15, led by Guy Miller, were bused to Red Mountain Pass last January, where we began our tour under a clear blue sky in near-freezing temperatures. The bus trip from Ouray to the pass goes through some of the most rugged and stunningly beautiful terrain accessible to ordinary cars. As we drove to the pass we viewed ice climbers on the frozen waterfalls near Ouray.



The trail to US Basin begins as a wide forest road with modest grade at the pass and continues to the wide, open basin above tree line. The distance to our first milestone, St. Paul Lodge, is one mile, with an elevation gain of 340 feet. There was only a trace of new snow over the well-packed trail, and many of us had installed skins by the time we reached the lodge.

I had a mild sense of déjà vu as Guy led us above tree line toward the ridge. Six years ago, with the arrogance of relative youth, I trudged behind a Class III group lead by Mike Martin to McMillan Peak, which lies above the basin. Some of the terrain seemed familiar, but the former trip was done in steady snow with limited visibility, and memories of the aging mind are fragile.

We had hoped for better snow at the higher elevation, but it



Diane Owens, Norma Perez and Frances Meier climb near St. Paul Lodge.

Photo by Mike Meier



Guy Miller relaxes while the rest catch up!

never materialized, and, in fact, the wind and sun exposure above tree line had produced a slab surface with unpredictable stability. It became clear that we would have a difficult time climbing to the ridge and returning in time to meet the bus at pickup time, so most of us took a lunch break on a rock outcrop 100-200' below the ridge.



Heading up the basin toward the ridge.

The descent provided a dilemma. "Breaking trail" acquired new meaning as I stepped forward hard, trying to break through the slab surface with each step. When successful, the sugary snow underneath provided some stability, but when not, the skinned skies provided little transverse stability, and some sideways sliding resulted. For the most part, we came down in long traverses punctuated with kick turns, although there were some sections with enough powder to be enjoyably skied.

After getting back below tree line and on the road, the skins/edges dilemma continued on the hard packed surface. At St. Paul Lodge I took a welcome break and made use of one of the conveniences there. The interior trappings of the pit toilet there were unremarkable, but I can recommend the view out the front door as quite spectacular. Below, as we approached the trailhead, there were a few narrow patches of powder along the edges of the trail that helped make the end of the journey more satisfying. Abundant thanks to Guy for leading and making our trip enjoyable. ■

Day Trips Outlook

By Guy Miller

We are fortunate to have several Club leaders who are willing to commit to reserving dates to be leaders for day tours this season. Everyone is urged to shake out their ski gear and get their packs ready to go! Mark these dates on your calendar, keep an eye and an ear tuned to the forecast, and **contact trip leaders for details and to confirm that a trip is still on**. Also, be sure to pay attention to your e-mail; updates and confirmations will be posted as trip dates near.

We still need trip leaders, but we also need trip participants, so please show your continued interest by getting out there and tearing it up. Let's go!

Saturday, January 5, 2013

Class II Leader: Jon McCorkell, 294-2928
Sandia Mountains

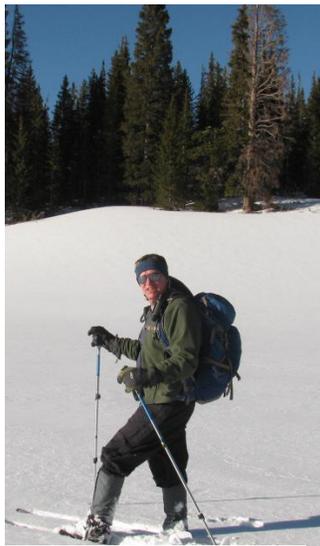
Thursday, January 10, 2013

Class II Leader: Karen Leach, 281-9836
Survey Trail in the Sandias, ~ 7 miles on mostly moderate terrain, elevation gain ~ 1,200'. This will become a snowshoe if conditions are not good.

Saturday, January 12, 2013

Class II Leader: Dave Gable, 401-5723

Dave will lead a group to the Valles Caldera in the Jemez Mountains. This is a "free" day, with no fee for skiers. The Valles Grande, also known by old-timers as the Valle Grande, features a lot of flat to gently rolling terrain, perfect for kick and glide. If snow conditions are not ideal in the Valles, Dave will seek a suitable nearby alternative.



Dave Gable

Sunday, Jan 13, 2013

Class I - II Leader: Susan Corban, 286-0989.
5-7 miles along David Canyon, off South 14/Hwy 337 south of Tijeras. From the parking area all trails lead downhill. You know what that means. What goes

down must come up. We'll follow a Forest Service road to the bottom of the canyon, venture along meadows and ponderosa forest, and return uphill on single track winding through pinon, juniper and gambel oak woodland. There are views of the Sandias and Manzanos.

Meet at the Sandia Ranger District station in Tijeras on South 14 (NM 337) at 8:30 a.m. Carpool approximately 10 miles to the trail head (very little parking at the trailhead if it's snowed in). Please note that snow conditions in this area are always very iffy and short lived. Therefore, if there is fresh snow a few days before, or if it is forecast for a few days after, Susan will alter the trip date.

Sunday, January 20, 2013

Class II Leader: Terri Elisberg, 450-9961
Gently paced tour on trails that spider out from the Ellis Trailhead, near the Sandia Crest. There are multiple possibilities, and Terri will set the actual course based on group interest. If you've never skied in the Sandias, this is the place to ski.

Saturday, January 26, 2013

Class II Leader: Bill White, 256-5117
Snow should be pretty good by then, so Bill will have time to develop an interesting itinerary for this day tour. Contact him to learn his plan!

Watch the e-groups for additional day tours. ■

Chama Chile Ski Classic

When: Saturday - Monday, January 19-21

Where: Chama, NM



XC ski & snowshoe races, dog sled races, costume contest, clinics, live music, chili/chile contest, Yurt tours, family fun and more!

Hotels fill fast so make reservations now!

www.chamaski.com

Telemark Lessons By John Thomas

This has been a difficult year for planning lessons because of the lack of snow and the possibility that Sandia Peak Ski Area may not open. The telemark instructors like to teach at a downhill area to be most effective. Therefore, I am going to lay out various options for those interested in telemark lessons:



- ▶ David Espinosa will teach tele lessons through the City Palo Duro fitness center. Contact Cindy McConnell, mcconnell.cindymac@gmail.com.
- ▶ Santa Fe ski area offers the Tony Forest Telemark Workshop, January 26-27. This is a first rate class for different skill levels, but you must be familiar with skiing in a downhill area. Check this out on the Internet.
- ▶ Lessons at Pajarito Ski Area in Los Alamos – the classes are reasonably priced.
- ▶ Barry Ritchie, Gordon Eatman and Rich Besser may offer a clinic at Sandia Peak Ski area if they open or possibly at Santa Fe ski area. Watch for e-groups and Facebook messages.

In all cases, let me and others know if you sign up for classes and we will try to carpool.

Now, let's talk about equipment. To take the classes, you need appropriate Telemark equipment and

your skis must have brakes or tethers so they don't go flying down the slopes if they come off your boots. We have several good telemark skiers and I will try to show some equipment at the January 10th meeting.

The other thing you should be concerned with is getting seasoned for skiing in a downhill environment. Some of you have done downhill before. If you haven't, you will be at a disadvantage on those slopes, and may not be admitted to the Tony Forest Telemark Workshop. Please consider taking a beginner lesson at Santa Fe Ski area. You will learn



Pam Reynolds telemarks down the slope in great style.

downhill equipment and techniques, using chairlifts and how to deal with a busy ski environment.

Step up the challenge and get involved in one or more of the training sessions above. ■

2013 Ski Training

Beginner Ski Class: Saturday, January 12, 2-4 p.m. Lomas-Tramway Library, Community Room, 908 Eastridge NE, Albuquerque (SW Corner of Lomas & Tramway)

On-Snow Beginner Session: Sunday, January 27

Intermediate on-the-Snow: Saturday, February 2 Meet 9 a.m. at Smith's parking lot (Tramway & Central), Albuquerque

Telemark Clinic: Saturday, February 23, at Sandia Ski Area

Sign up now! Contact: John Thomas
298-5234 or jt87111@comcast.net

Hut Trip Update By Guy Miller

Peter Estin Hut is set for **January 22-27**. The trip is full, with 4 on the wait list. We often plow through the waiting list, so if you'd like to be on the list, don't be deterred by the numbers ahead of you.

Next is **Harry Gates Hut**, on **February 24 – March 1**, with one vacancy. This hut is located near Basalt, CO and is the lowest in elevation of the 10th Mountain Huts. The skiing is mostly of the Nordic touring variety. Cost for this trip is \$140, which includes the hut and all related fees, as well as 3 group dinners.



John Stephens outside Fowler-Hilliard hut, 3/5/12.

Photo by Scott Mitchell

Contact me for further information about these trips at 306-2628 or xcskiboy@aol.com. ■

Join the Ski Car Trips

By Guy Miller

In addition to hut trips, we have 2 hostel trips and a motel trip. I encourage you to join us! Contact trip leaders to sign up and for further details

Friday - Sunday, February 1-3, 2013

Durango Hometown Hostel, Leader: Guy Miller at 306-2628, xcskiboy@aol.com

See hostel: www.durangohometownhostel.com

This hostel is one of the nicest that I have ever



visited; it's clean and spacious and is located just a few blocks from Downtown Durango. Depending on how many people we have, the per person cost is under \$25 per night. We can take up to 20 + people, and leader will help coordinate and facilitate group dinners and breakfasts. This is always a fun way to do a ski trip, as it allows us an opportunity to plan outings

before heading out, and we can socialize in the evening after skiing. There are a variety of skiing options in the Durango area and we should have a crowd that is diverse enough to provide opportunities for all levels of skiers. Reservations will commence after January 1, 2013.

Friday-Sunday, February 15-17, 2013

Red River Car Trip, Leader: John Thomas, 298-5234, jt87111@comcast.net

John will coordinate this large group outing, where skiers will stay at The Golden Eagle Lodge, an old Club favorite. Reservations are made individually by calling the Lodge at 575-754-2227. Specify that you are part of this ski group. There will be skiing for all levels of abilities.

Friday, March 8 – Sunday, March 10, 2013

Crested Butte hostel, Leader: Guy Miller, 306-2628, xcskiboy@aol.com

We will stay at the hostel in Crested Butte, which leader has not visited but has gotten good reviews from sources whom he trusts. We will ski the Nordic trails around the area, as well as visit the ski resort. Cost is about \$25 per night, and group breakfasts and dinners will be planned, depending on how many people we have on this trip.

LEAD A TOUR

The following tips will assist leaders as they prepare for upcoming tours:

- ▶ Publicize your tour in the newsletter, on the website and/or via e-groups at nmccsc@yahoo.com.
- ▶ Tour posting must include:
 - Name of trail and level of difficulty: Class I, II or III. See "*Ski Tour Ratings*" on the website under "*Day Tour*" page.
 - Date, leader, trail length, elevation gain, time to meet and brief description.
- ▶ Print the "*Trip Sign-in & Liability Wavier Form*" from the website and have all participants sign. Mail the completed form to Guy Miller, Day Trips Chair.
- ▶ Review "*Guidelines for Tour Leaders*" on the website.



Welcome New Members

Jan Bandrofchak	Patrick Moore
Michael Barney	Jay Nichols
Janet Blanchard	Bruna Oliveira
Marcie Brooks	Ramon & Marie-Paule Parcels
Julie Bryant	Steve Rawson
Chris Coffman	Linda Riddle
John Delamater	Jean Rivard
Sandra Earl	Margaret Sanchez
David & Cindy Espinosa	Andrew Sharp
Renee Freeman	Cleveland Sharp
Galvan Jesus	Max Shepherd
Mary Kaye Gallagher	Geri Stayman
Roger Grimshaw	Sarah Stout
Tim Holland	Robert & Celeste Suminsby
Cheryl Huang	Lukas Vendrell
Noah (Toby) Jacobson	David & Sherrie Williams
Miranda Kersten	Sally Wisely
Zoe Krasney	Jim Whitfield
Pamela Morgan	

My First Bus Trip

By Geri Newton



What a treat! After almost 15 years of no skiing, the NMCCSC graciously welcomed me as a newbie on last year's bus trip to Frisco, Colorado. I wasn't sure what to expect, but the experience was all good from beginning to end . . . interesting trip mates, tasty drinks and snacks for the bus trip and happy hours, a beautiful drive through the snow covered Rockies, and yummy pasta carb load for our first evening meal. Our condos were cozy and comfortable and close enough to restaurants and shopping for a brisk stroll.

The Peaks trail from Breckenridge to Frisco brought back many memories of past cross country ski treks . . . true winter beauty. I'd almost forgotten the rewards of being "out there" . . . hearing only silence or bird calls or the gentle rushing of the thawing creek beside the trail. Loved it!

The Breckenridge Nordic Track was a bit of a challenge. The "grooming" not exactly to my satisfaction . . . and then the hills and spills Gluteus Maximus! The Frisco Nordic Center provided a great workout on Sunday before heading back home.

Thanks to all of you who made me feel so at home on my first bus trip adventure. And special thanks to those organizers who worked so hard arranging everything for our pleasure. May there be many, many more! ■



Carla & Micky Chirigos enjoy lunch on the ski trail.
Photo by Angela Welford



= Monthly deadline for newsletter inclusion

January 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1 Silverton	2 Trail project	3	4	5 Tour
6	7	8	9 Trail project	10 Club Meets	11	12 Beginner Class Tour
13 Tour	14	15	16 Trail project	17	18 Leadville	19
20 Tour	21 	22	23	24	25	26 Beginner
Leadville		Peter Estin Hut				
27 Hut	28	29	30 Trail project	31 Board Meets		
February 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2 Ski Class
3	4	5	6 Trail project	7	8	9 Georgetown Bus
10 Bus	11	12	13 Trail project	14 Club Meets	15	16 Red River
17 Red River	18	19	20 	21 Board Meets	22	23
24	25	26	28			
Harry Gates Hut						
March 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2 Hut
3	4	5	6 Trail project	7	8	9 Crested Butte Hostel
10 Hostel	11	12	13 Trail project	14 Club Meets	15	16
17	18	19	20 Trail project	21	22	23
24	25	26	27 Trail project	28	29	30

2012-13 Officers and Board

President	Ray Berg	366-8104	rsberg01@comcast.net
Vice President	Wayne Kirkby	898-1654	ski1071607@aol.com
Secretary	Marcia Congdon	265-4199	mecongdon@juno.com
Treasurer	Peggy Roberts	238-0726	peggyroberts@msn.com
Day Tours	Guy Miller	306-2628	xcskiboy@aol.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	306-2628	xcskiboy@aol.com
Newsletter	Karen Leach	281-9836	karenleach7@msn.com
Instruction	John Thomas	298-5234	jt87111@comcast.net
Membership	Bet Gendron	299-6542	bettygendron@gmail.com
Programs	Terri Elisberg	450-9961	tpelisberg@gmail.com
Mailing	Ruth Bargman-Romero	842-9735	rebrome@sandia.gov
Refreshments	Lucy Miller	401-2440	lucycecelia@gmail.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	Bill Savage	353-1089	bsavage@aol.com
Email Group	Bob Potter	831-9779	hvac87108356@yahoo.com

New Mexico Cross Country Ski Club

P.O. Box 51563

Albuquerque, NM 87181-1563



Susan Harris, Pagosa Springs, 1/15/11.
Photo by Angela Welford