

New Mexico Cross Country Ski Club

NEWS
NOVEMBER, 2015

Photo: Carl Smith

Website: www.nmccskiclub.org

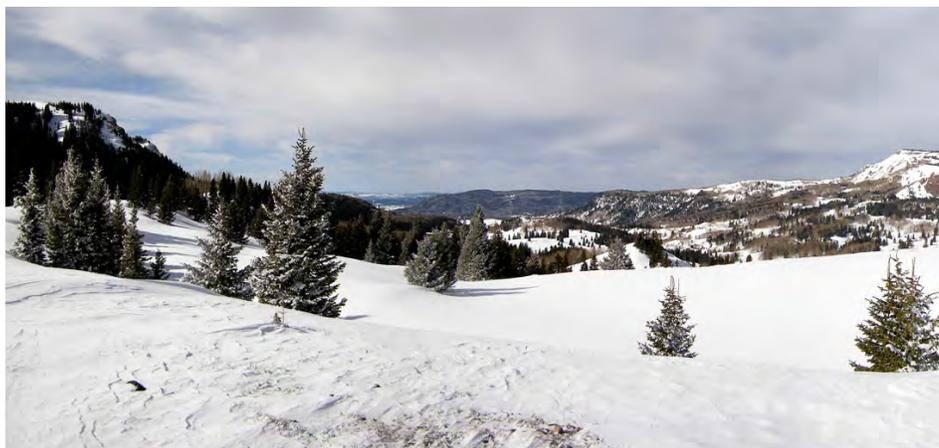
Draft Forest Plan to Address Winter Recreation Conflicts In Chama Area

If you've ever felt frustrated by snowmobiles interrupting your meditative ski in the national forests above Chama you will want to attend the ski club educational program on November 12.

Our featured speaker is Mary Ann DeBoer from Chama, who will discuss cross-country skiing and snowshoeing opportunities in the Chama Valley area. She will also be leading a discussion about winter travel management planning in both the Rio Grande and Carson National Forests. The US Forest Service is in the process of revising its Forest Plans, and with recent new rules governing Over Snow Vehicle Use, there are new opportunities to increase quiet winter recreation areas in both forests. DeBoer will bring maps and information to share with everyone who comes to the meeting.

DeBoer, who co-owns a yurt herself, reports that the mountains around Chama boost the highest snowpack available to New Mexicans. With plenty of public lands in the area, she says, there are places to get away from it all, powdery slopes to tele, and cozy yurts for overnight stays.

For more detailed information about winter travel management on National Forests and the new over



View from Peak 10,434 near Cumbres Pass, above Chama, NM. (Photo Carl Smith)

snow vehicle regulations, DeBoer suggests visiting the the Winter Wildlands Alliance links below for several excellent articles and information:

Overview of Winter Travel Management:

<http://winterwildlands.org/planning/>

Snowmobile Best Management Practices:

<http://winterwildlands.org/wp-content/uploads/2015/06/BMP-Final.pdf>

Winter Recreation on National

Forests: A comprehensive Analysis of Motorized and Non-Motorized Opportunity and Access:

<http://winterwildlands.org/wp-content/uploads/2015/06/2015-Winter-Rec-Report.pdf>

Case Studies on Winter Recreation Management on National Forests:

<http://winterwildlands.org/wp-content/uploads/2014/06/Winter-Recreation-Planning1.pdf>

Mary Ann DeBoer is co-owner of the Spruce Hole Yurt, with her husband Pat Hogan. She is also the Race Director of the Chama Chile Ski Classic and President of the Chama Valley Outdoor Club.

Kicking Ski Boot Blisters

Gordon Eatman



Ski boot blisters can be a challenge for those of us with non-generic, sensitive feet, on hut trips or any outings that involve days of skiing back to back. This is especially true with the new plastic boots that don't conform to your feet like the older leather boots. There are bunches of "workarounds" out there and this short article is intended to mention just a few.

The trick is to prevent blisters or at least try to catch them before they get inflamed and before the skin breaks.

Once the blister breaks, it's close to happy game over. The old standby might help: layers of moleskin and triple antibiotic cream to get you to a place of getting out of the boots and pressure off the area. There are band-aids specific for broken blisters with some cushioning, baby powder to keep it dry, and a layer of duct tape over the band-aids. The idea is to keep any pressure / rubbing off the area, keep it dry and sterile. But it's best to avoid this stage if possible.

Once you feel a blister area starting to rub or get hot, stop and take preventive measures ASAP. The longer the wait the more likely sidelined. One of the solutions is to put a strip of duct tape or moleskin over the area which will decrease any rubbing by being so slick. (Note: Duct tape should NOT go over an actual blister.) It is important to keep any edges of the duct tape from bucking over catching the sock and creating another hot spot. Round the edges and rub the tape down on a dry foot. The edges can still buckle up so be careful and sensitive to check frequently.

Leukotape works better than duct tape, as it stretches nicely and is less prone to bucking up. This tape can be found at some ski shops or over the internet and costs about \$12 a roll. A lot of BC skiers use Leukotape on areas prone to blisters **before** going out to ski.

I have had to take an xacto knife on an old pair of liners and extract the area of liner over a blister. For obvious reasons, not the best solution, but sometimes you gotta do what you can.

Prevention is the key.

A good boot fit is a good starting point. Whether light touring or big plastic monsters a good fit is soooo important. Before buying, if possible, walk around in the boots a good long time (an hour+) to feel how they are going to wear. If the toes are really cramped the boot is probably too small. If there is excess movement/ rubbing or the foot coming up when lifting the heel, either the boot is too big, the boot's lower strap is not strapped down well enough, causing the heel to lift on the liner, or the boot or liner

A good blister kit might contain:

- Duct tape/ Leukotape over problem areas, **BEFORE** blisters happen
- Scissors.
- To make tape stick, clean area with alcohol wipes, possibly heat tape or warm to body temperature.
- Compeed (Band-Aid) blister cushions (best used for prevention, but possibly helpful to protect blister.
- Sport Slick / Hydropel or Body Glide lubricant applied to problem areas on feet before blisters. Zinc Oxide said to be generic version of this stuff.
- Foot powder such as 2toms Blister Shield. Used for prevention.
- Spyroflex pads. Blister specific Band-Aids.
- Layer duct tape over 2nd Skin and perhaps Moleskin if you have a blister already.

combination is too loose a fit-- it should be snug but not cramped. Before going out for the first ski of the season, or when you've just gotten new boots, walk around in the boots some before going out to ski to get your feet acclimated to the boots.

To estimate the correct size of boot shell of a plastic boot, insert your bare foot without the liner or sock into the boot, push the toes to the front of the boot shell and use your fingers to measure the space between the shell and the back of the foot. Give or take on the thickness of the liner and make/ model of boot, two fingers between back of foot and shell is close to the correct size..

This leads to liners for plastic boots. Most of the plastic boot shells cover about 2 normal mondo sizes or more. To account for the different sizes of feet going in the boots the

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Tips for Choosing XC Equipment

Susan Russo, Club Instruction Chair



A skier's choice of equipment should be based on the type of skiing and terrain one intends to pursue.

If you are new to this topic, also see the NMCCSC Terminology document on the website (nmccskiclub.org) for explanations of camber, bindings, side-cut, etc. This document does not discuss brands or models, but highlights the uses of different types of equipment so that readers can begin to research current models on their own. Reviews of current brands and models are available on-line and should note the type of skiing and terrain for which equipment is designed.

While experienced skiers have their preferred mode of skiing and gear, there's no one right way, it's all fun. Find what works for you. Many experienced skiers eventually own more than one pair of skis, boots and bindings

to take advantage of different terrain, skiing styles, and the best use of various equipment.

Classic Cross-country Equipment for Groomed Tracks & Nordic Trails

Traditional, classic cross-country skis are generally used where a ski track has been set such as at a developed Nordic ski area. If you prefer flat to moderate touring on groomed tracks or packed tracked trails then light, stiff, double camber skis, New Nordic Norm (NNN) bindings and boots are a good choice. These classic xc touring skis are light, narrow, longer than other ski types, have very little side-cut if any, and have double camber (vertical arc of the ski, i.e., how it lifts off the floor). Some have metal edges, others do not. They are designed for flat to moderate terrain, kick-and-glide forward movement. They can also be used for kick turns and step turns in which the ski is lifted from the surface, or in the snowplow position. Double camber helps speed the forward motion of classic kick and glide. NNN boots are low, soft and comfortable. Waxable and non-waxable skis are available. Generally, waxable skis perform better if the skier is knowledgeable about the use of waxes. The non-wax skis are easier for inexperienced skiers.

Ungroomed Tracks & Moderate Off-Trail Equipment

For cross-country skiing off the groomed track, into powder snow or onto moderate slopes, skis and bindings that are side cut and sturdier, and higher and stiffer boots are a better choice than classic xc skis and NNN boots and bindings. Classic xc boots are low and soft, and NNN bindings have minimal boot contact, and only pivot the boot forward and back. Consequently, they don't translate the skier's sideways body movement to the ski effectively. Therefore, if the skier desires to ski untracked powder snow

or carve turns, sturdier equipment is preferable. Three-pin bindings, for instance, offer contact with the side of the boot. For back-country skiing, there is a range of equipment appropriate for a range of terrain, snow conditions, and skier ability.

Three-pin bindings with a heel cable are at the lighter end of the back-country spectrum. Heel cables range from light to very strong and stiff. The greater the tension on the heel, the better control while turning. Some 3-pin bindings have two modes, downhill and uphill, differentiated by more or less tension and contact with the toe of the boot, respectively. The boot pivots either in front of the toe or from the ball of the foot, depending on the setting. It's easier to turn in these bindings than in NNN. They are a good choice for ungroomed, moderate back-country terrain.

The steeper and deeper the terrain and snow, the sturdier the skis, boots and bindings should be. The spectrum of equipment provides a spectrum of control. The more side cut the ski, the greater the boot contact and stiffness of the binding, and the higher and stiffer the boot, the better they translate the skier's body motion to the skis for turning power and control in deeper steeper snow.

Back-country Touring, AT and Telemark Gear

If you plan mostly back-country travel and at least occasional downhill turns, look at the range of wider, single camber, side-cut skis, heavier, stiffer bindings and higher, stiffer boots. These are more stable and durable for the greater forces generated in back-country skiing, (also when carrying a heavy pack, as needed for an overnight hut trip). Wider skis are more stable and float better in deep powder. Side cut creates turns. Single camber affords flexibility,

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**If you have instruction-related questions, please contact Susan Russo
Instruction Chair at tele4fun@gmail.com**

Snow Report

Forecasters say New Mexico's winter likely will feature more snowfall than normal, at least in the higher elevations. The National Weather Service's Albuquerque office is predicting above-average snow snowfall in the state's higher-elevation mountain areas during December through February. According to the weather service, its forecast is based on snowfall data from the last four strong to extreme El Nino events and climate forecast models.

ABQ Journal, November 3, 2015



Look for great snow at Sandia Peak's Stone House in 2016!

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liners are of different thicknesses. Get the right match. Some people do fine with felt liners, but the current trend is towards a moldable foam liner to give a form fit to your foot. This is where a good boot fitter can help. A good fitting can be the most important aspect of buying a boot. A boot that fits well, snug but not cramping toes, rubbing heels/ insides of feet/ ankles/ shins, is what we want. On the other hand (for die hard do-it -yourself-ers) lots of folks put the moldable liner in the oven heated to 225F for about 5-7 minutes, then push a fist size of paper in the front of the liner and put your feet in the plastic shells walking and standing toes on a slight ledge for 10 minutes as the liner cools and molds to your foot. The paper wad gives extra wiggle room for the toes so remove it after you first take your foot out of the liner. I have done it successfully but you can also ruin a liner if it gets too hot. So if in slightest doubt go to a fitter.

One of my favorite liners is the Intuition Pro Tour liner. They lace up in the front to keep you from rubbing your heels against the liner when lifting heels going uphill. The company has good customer service and can send you out a form to help get the best match. You can also put a thin laceup ankle brace over a non laceup liner and achieve close to the same effect (avoiding heel rub going up and down). The brace needs to be thin mesh material without any stays to avoid taking up too much room inside the shell. Other skiers swear by using foot powder for dryness and reducing friction. There are several foot solutions that you put on areas prone to rubbing that reduce friction. Hydro-pel is one that can be found online if not in your favorite store . These products can be found in the hiking shoe supply area as well. They can help a lot.

Socks. As with boots and liners there are individual solutions to prevent sock skin rubbing interface. A good ski boot sock such as Lorpen triple layer is a great investment as it is very low skin friction and sheds moisture. Other folks like a thin sock with very smooth, nylon-like material close to the skin, with or without an outer sock depending on space, insulation and personal preference. I have not tried it but some skiers use pantyhose material as an inner sock and swear by it. No kidding. 🐼

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durability, and multi-directional movement. Such skis are appropriate for back-country skiing in deeper, untracked, or steeper snow and where more turning, climbing and descending are required. These are the conditions in many back-country tours and overnight hut trips. If you desire more turning, look for the stronger and stiffer equipment.

Heavy duty equipment includes telemark and modern alpine touring (AT) equipment. Alpine touring and telemark skis are designed for mountain skiing and ski mountaineering often on steep slopes, difficult terrain using tight turns. These days, telemark and alpine skis are shorter than cross country skis, are wide and have generous side-cut. Different models are made for deep, soft and hard snow conditions. Newer models of telemark and alpine touring skis are increasingly light, but very sturdy. Skis sometimes have a notch in the tail to accommodate the clasp at the base of climbing skins. A hole at the tip of some models can be used to build a rescue sled from the skis. Both AT and telemark bindings allow for free-heel climbing using climbing skins (textured strips attached to bottom of the skis). AT bindings allow the boot heel to be locked for extended downhill alpine style skiing, while telemark bindings do not lock the heel during either uphill or downhill skiing. Bindings have releasable climbing wires or platforms to support the heel during very steep ascents. Newer telemark bindings are releasable in event of a serious fall or avalanche. Some bindings also have walk and ski modes locking the toe from the ball of the foot or releasing so the boot pivots freely on a hinge. AT and telemark boots have walk and ski mode. Flexing the boot at the ankle eases uphill climbing, rigidity enhances downhill turns. Boots are tall and rigid. Combined with stiff bindings, they effectively translate the skier's turning body movement to the ski. 🐼

Silverton New Year's Eve Celebration

December 31-January 3, 2016

Trip Chair Rob Suminsby announced the preliminary arrangements for the Silverton New Years Celebration Car Trip to all those who are interested in braving the elements to get there for the event. Last year we pretty much took over the Grand Imperial Hotel for the New Years Festival, and this year promises to be even better. According to Rob, "Rooms are blocked at the Grand Imperial Hotel in Silverton for Thursday, 31 Dec, to Sunday 3 January 2016. Time to start thinking about skiing again! (In case you ever stopped.) There will DEFINITELY be good ski conditions!" Double rooms are expected to be in the range of \$80 to \$100 per night, depending on the location and configuration.



Silverton January, 2015

This trip is starting to become an annual migration north to get the heart of the ski season off to a good start. More details will become available as we get closer to the event, so keep watching for more information in this space. 📍

Aladdin's Lamp Hut Trip

January 29-31, 2016



Aladdin's Lamp Hut

The estimated cost for the trip will be

- \$55 per person for the hut
- Shared transportation
- Food (both group and personal)

If you are interested in this trip, contact Ray Berg at rsberg01@comcast.net and arrange for the \$55 to cover your share of the hut cost as soon as possible.

We will have a hut trip to Aladdin's Lamp Hut, near Molas Pass just off Highway 550 between Durango and Silverton from Friday, Jan 29, to Sunday, Jan 31, 2015. The hut is located a very short distance off the highway (about 300 feet from parking to hut), so there is no problem with wrestling a pack up a long, steep hill to the hut. The hut holds 8 people and has ski opportunities right outside the door.

This trip is for those who can ski but have never tried a hut trip. You will have a chance to experience the hut environment and shared style of living with a chance to do some skiing right outside your home away from home. 📍



Ski Club Bus Trip Procedures

The procedures described in this document will be used in the planning and execution of NMCCSC Bus Trips.

1. Registration: Fill out a separate registration form for each trip. The registration form must be received by the trip chairperson no later than the date of the November Club meeting.

2. Payment: A separate check must be submitted for each trip and must accompany the registration form. The mailing address is on the registration form. Do not use the club's PO Box.

3. Roommates: If you want a specific roommate, you must register together on one form and include both deposits together with the registration form.

4. Departure: Buses depart from the parking lot on the west side of Target at I-25 and Paseo Del Norte. The Bus Trip Chair will be in the parking lot one hour before departure to 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 1/2 hour before the scheduled departure time.

5. Bus Ride: The club supplies cold sodas, water, wine and beer on the bus. There is a restroom on the bus.

6. Luggage: Pack your skis in a ski bag. You are allowed one large or two small suitcases per person.

7. 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. Meals: Meals are provided as outlined in each trip description. All other meals are your responsibility. No cooking is 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 8:00 or 9:00 a.m. and returns to the hotel in the late afternoon.

9. 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 and your name is drawn you are on the trip. You are obligated to pay the balance due by the dates stated on the trip registration form.

10. Departure times: Departures will be arranged to the extent possible to arrive at our destination by 10pm.

11. Reserve Pool: Any Club Member not drawn for a Bus Trip if a lottery is necessary will be placed in a Reserve Pool. It costs nothing to be on this list. In case somebody cancels at the last minute, those in the Reserve Pool should keep that weekend open so they can buy the seat of anybody who wishes to cancel.



Photo Carl Smith



Photo Carolyn Johnson

FREE Health/Endurance Training Seminars in November and December

Dr. Otto Appenzeller is presenting five lectures on Health Aspects of Endurance Training at the location and times given below. Dr. Appenzeller's is a retired UNM professor from the School of medicine in the Neurology Department and his interests include sports medicine, neuroscience, physiology, pharmacology, and chronobiology. Dr. Appenzeller is a cross country skier and mountain climber and was an early member of the New Mexico Cross Country Ski Club. He is currently a member of the Friends of the Sandia Mountains.

TITLE: **Health Aspects of Endurance training** by Otto Appenzeller, MD., PhD.

WHERE: Domenici Learning Center on the North Campus of UNM, Room # 3010 (3rd. Floor)

TIME: 2-3:30 PM

DATES: Sundays: November, 8; 15; 22; December 13; 20.

NM 2015-16 Ski Event Calendar

NOVEMBER 2015	
Thurs 12	Club Meeting 7-9pm: Mary Ann DeBoer, speaking about Winter Recreation and the new Over-Snow Vehicle Regulations in National Forests and the impact of these new regs on winter recreation planning, on public lands and the establishment of quiet winter recreation areas.
DECEMBER 2015	
2-3	(Wed/Thu) AIARE Level 1 Avalanche Course–Indoor Sessions
5-6	(Sat/Sun) AIARE Level 1 Avalanche Course–Outdoor Sessions
Thurs. 10	Club Meeting 7-9pm Ski Touring in Switzerland's Berner Oberland - Rob Suminsby
31-Jan.3	(Thurs-Sun) Silverton Car Trip New Year's Eve Extravaganza
JANUARY 2016	
Tues 12	Beginner Classroom Instruction Program
Thurs 14	Club Meeting 7-9pm
15-18	(Fri-Mon) Crested Butte Bus Trip, MLK Weekend
16-18	(Sat-Mon) Chama Chile Classic Race Weekend in Chama, NM Run by the Rotary Club, this race weekend is packed with activities. For more information, visit http://www.skichama.com
Sat 23	Beginner Ski Instruction Snow Session
28-1	(Thu-Mon) Lost Wonder Hut Trip
29--31	(Fri-Sun) Aladdin's Lamp Hut Trip, Molas Pass, Colorado
FEBRUARY 2016	
5-7	(Fri-Sun) Chama Weekend Car Trip for beginners and others
Thurs. 11	Club Meeting 7-9pm
20-25	(Sat-Thu) Francie's Hut Trip
March 2016	
3-7	(Thu-Mon) Steamboat Springs Bus Trip
Thurs 14	Club Meeting 7-9pm

2015-16 Officers and Board

President	Ray Berg	366-8104	rsberg01@comcast.net
Vice President	Mike Martin	286-8762	mike_martin_csp@q.com
Secretary	Nancy Jenkins	269-0855	njenkins12@comcast.net
Treasurer	Max Shepherd	270-5258	max_shepherd@comcast.net
Day Tours	Guy Miller	306-2628	xcskiboy@aol.com
Long Bus Trips	Celeste Taylor-Ryman Bill White	366-4959 306-3120	celestet06@gmail.com whitebillygoat@gmail.com
Hut Trips	Guy Miller	306-2628	xcskiboy@aol.com
Overnight Trips	Rob Suminsby	366-7513	robert.suminsby@gmail.com
Newsletter	Carolyn Johnson	345-0734	carolynejohnson@gmail.com
Instruction	Susan Russo	286-0989	tele4fun@gmail.com
Membership	Bet Gendron	228-8025	bettygendron@gmail.com
Meetup & Social Media	Dave Gabel	401-5723	pecos_hiker@yahoo.com
Programs	Robin Reynolds	259-5217	robinmrey@gmail.com
Mailing/Egroup	Bob Potter	831-9779	hvac87108356@yahoo.com
Refreshments	Marilynn Szydowski	332-8018	mjmazgaj52@aol.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	Bill Savage	353-1089	BSavagen5fld@me.com

Time to Renew Membership: The Purge is Coming

The Club will be suspending Egroup memberships of anyone who hasn't renewed their membership by November 30. This will result in an interruption of this newsletter, announcements, and updates. But, what luck!-- the membership renewal form is available on our website. —Bet Gendron, Membership Coordinator



Join us now for the 2015-2016 Season

- ▶ **Local Day Trips** when it snows
- ▶ **Chartered Bus trips:**
Crested Butte, Colo. Jan. 15-18
Steamboat Springs, Colo. Mar. 3-7
- ▶ **Overnight Car Trips**
Silverton Dec. 31-Jan 3,
Chama Beginner Weekend Feb. 5-7
- ▶ **Backcountry Hut Trips**
Lost Wonder Hut, Colo. Jan. 28-Feb. 1
Francie's Hut, Feb. 20-25
- ▶ **Membership**
Individual \$20
Household \$25 (over 12 yrs w adult)
First year free for under-40s
- ▶ **Instruction - Beginner & Telemark**
Jan 12 (indoor) Jan 23 or 30 (Sandia mtns)
- ▶ **Monthly Meetings & Presentations**
Oct 8, Nov 12, Dec 10, Jan 14, Feb 11, Mar 10
7:00 p.m., Alb Garden Ctr 10120 Lomas NE
- ▶ **Ski Trail Maintenance** (summer)

Welcoming cross-country, nordic,
backcountry, telemark, alpine touring
skiers, & snowshoers

Information & Membership Form: 

www.nmccskiclub.org ←.....

Check out our **Meetup page:** <http://tinyurl.com/nmccsc-meetup>
Facebook Page: New Mexico Cross Country Ski Club

Mailing list: NMCCSCEgroup@mailman.swcp.com 📧 **Website:** www.nmccskiclub.org

FaceBook: <https://www.facebook.com/nmccskiclub>

Meetup: <http://www.meetup.com/New-Mexico-Cross-Country-Ski-Meetup-Group/>

New Mexico Cross Country Ski Club

P.O. Box 51563

Albuquerque, NM 87181