



New Items

- Trail Maintenance
- Programs
- Yurt Trip
- Climbing Skins
- Helmets
- Avalanche Beacons

Recurring Items

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- Bus Trips (Leadville & Ouray)
- Silverton Car Trip
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New Information for the Recurring Items - Hut Trip, Bus Trips, Silverton Car trip, Calendar of Events is a redline font. If you have not renewed your membership, please review 'Membership' under Recurring Items.

Trail Maintenance

Sam Beard and Carl Smith are planning trail maintenance work on Saturday November 10 and Saturday November 17, in the Jemez Ranger district. Work will likely focus on Calzada Trail and Corral Canyon on November 10. At a later date, they may work on the East Fork Ridge Trail, especially the east loop. Keep an eye open for e-mail updates for trail maintenance.

Please put these dates on your calendar and advise Sam that you would like to work on these popular trails.

Programs

The presentation for the November 8th meeting covers the Sandia Ski area. Regardless of which topics are covered, it will be interesting to learn about our local ski hill.

The December meeting is our belated celebration of trick or treat. The trick is having a small sample of every treat, as there are lots of goodies, and every treat is delicious. Come visit your ski friends, and see if you're up to the challenge of finding a treat you don't like.

The January meeting is the USFS Tijeras office regarding trail plans and maintenance in the Sandia Ranger district.

February's topic, is a trip report. A trip to Tibet by one of our esteemed members last spring. This promises to be the next best thing to actually travelling to Tibet.

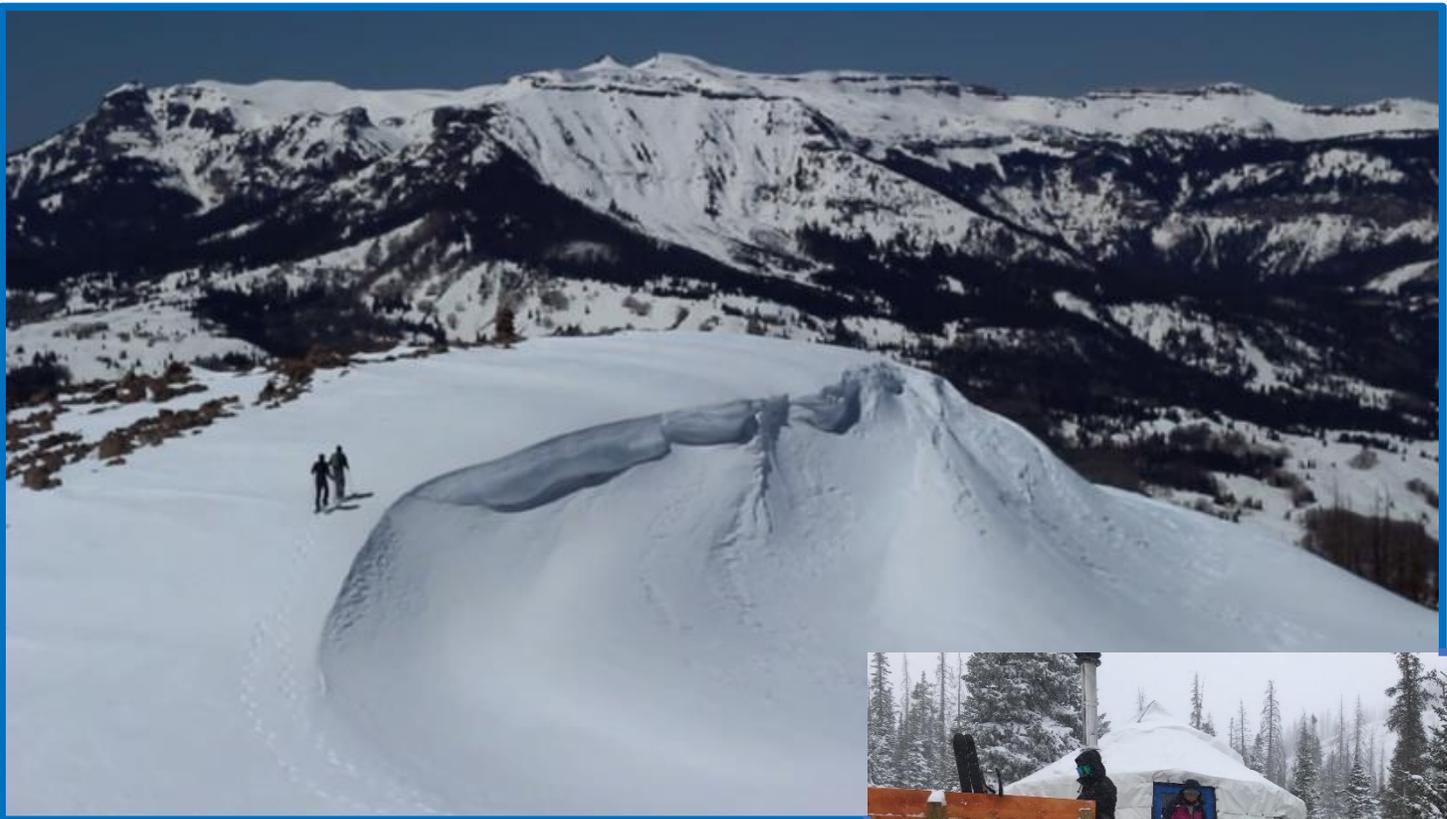
Last month's presentation addressed winter weather predictions for the Southwest region. Hyperlink to the latest forecast [NOAA outlook](#).

Thanks, Bob for program arrangements.

Yurt Trip -- Flat Mountain

Not sure what a flat mountain is? There is a rumor of one in Florida. Alternatively you can join the group heading out for a 3-day, 2-night adventure to Flat Mountain Yurt, Cumbres Pass, near Chama, 1-3 February 2019. We will leave Albuquerque Friday morning and return Sunday afternoon. Pictures from last year show this yurt has spectacular mountain views, and local skiing options on the layover day. This is the same general mountain range as Wolf Creek, and traditionally has many feet of fresh snow. This is a back-pack like trip, more rustic than a hotel or hut, but easier to get to than a hut. Trail is class 2-3, not very technical but strenuous with four miles and a gain of 1000'. Trail is well marked. Breaking trail in several feet of snow is possible. Lots of tour and turn options on our layover day. No avalanche dangers on the trail in-out, but it exists off-trail near the yurt. You will need to bring clothes, food, and a sleeping bag. The yurt has a wood stove and cooking supplies. Accommodation cost is \$70; food and transportation extra. Space is limited to 6 people. Contact [Scott Mitchell](#) for more information and to sign up.

For trail maps and yurt info, see [Flat-Mountain-Yurt-Info](#)



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Kickers and Climbing Skins

If your favorite place requires going uphill and it is not served by lift towers (modern or rustic), then you will need climbing skins. Following is a summary of Kickers and Climbing skins that Barry distributed last winter. This is a good read if you are considering the first, second, third --- purchase of skins.



1 – If this is your first purchase of skins, practice putting them on your skis in the comfort of your nice warm home, and strive to keep the adhesive surface clean of pine needles, snow etc. in the field. In your nice warm home - beware the hair! No disrespect to pet owners, but exposed climbing skin adhesive loves your pet, especially the hair and fur, so much more than you do. Debris has an adverse effect to the adhesion of the skin on your ski. The adhesion of the glue improves as the temperature drops, so don't be alarmed if your new skins don't stick super tight inside a warm room.

2 - Most manufacturers make different width kicker skins. Size a kicker width to come close to the waist width of the ski. You obviously don't want to exceed the width of the ski, but too narrow will prevent you from edging a ski when you need to. Don't go narrower to increase your glide [see next comment].

3 - Feel free to shorten the skins. Especially true for people who are using shorter skis and/or who are lighter. One size never fits all. Shorter skins will drag less and have better glide. Try cutting off an inch or two. You can't add it back if you cut off too much, right? Since you also have full length skins, you don't need a pair that have maximum grip.

4 - Try to position the kicker skins to match the camber/wax pocket of the skis. Skin material behind the rear of your wax pocket is what kills your glide, but maximizes your grip. You might find that shifting the skin back a couple inches increases your grip without killing off too much glide. Maybe you find the skins are too long? [Reread #2 above]

5 - Kicker skins can't match the all-out grip of full length skins, but they can provide substantially more than the inherent grip from the ski wax/pattern. As terrain steepness increases, you will eventually reach the limit of the skin's grip. More so true than with full length skins, do not lean forward in an attempt to increase grip. Leaning forward takes weight off the heels and will decrease grip. A steeper slope shifts weight back onto the rear of the ski. To maximize your grip, shorten the stride length, maybe increase the tempo and try to weigh the entire foot. If you have low angle heel lifts to put under your heels, engage the lifts to help you keep weight in the heels.

6 - If you have an option, go for the increased glide of a 100% mohair skin. You might not have this purchase option, but mohair glides better than nylon or the mixed fabric variants.

7 - Kicker skins are always in my pack when I have my full length skins along. They make great backup skins [I've been on a windy ridge and watched as someone's removed skin blew into the abyss]. And doesn't it seem that most hut trips have a considerable amount of relatively flat terrain, which doesn't need a full length skin? If the approach/trail is relative hard packed, kicker skins can grip surprisingly well. Those few inches of increased glide and lighter weight on your legs, over a full length skin, can really help save energy.

Helmets

Since we tend to move slowly, and collisions are with soft forgiving snow, it is rare to see a cross country skier wearing a helmet. However, numerous x-country skiers reach for a helmet if they head outdoors for other activity (such as lift served skiing). Below is one of many websites addressing ski helmets. This article could be a good starting point, and was intriguing to see designs seeking to address the trauma associated with our brain moving inside of the skull.

<http://www.telegraph.co.uk/travel/ski/gear/Buying-a-ski-helmet-tips-and-advice/>

Avalanche Beacons

Avalanche beacons are a four state device. Proper use requires knowing which state your device is in, and how to set you beacon to the proper real time operating state. The operating states are:

1. Batteries removed, Batteries dead, battery terminals corroded
2. Off
3. Transmit radio signal
4. Receive radio signal

Typically each brand name has their own language and means for setting a beacon to states 2, 3, and 4.

Memory tip: consult the user manual for details, the day you rubber band fresh batteries to the outside of your beacon.

Membership 2018/2019

We are expecting lots of snow this season, so please join the ski club. We have restructured our membership. The dues for all members are \$15 each, there is no longer a family membership option. If you are under 40 and it is your first year, dues are \$1. Please take advantage of web based membership (first time or renewal) at

<https://www.nmccscmembership.org>

Editor's note: The web based renewal is much easier than the old paper forms. Thank You Stacey for upgrading the process.

Instruction

Come join us for Beginning Cross Country Skiing. The indoor session will be conducted the evening of Wednesday December 12 at the Lomas and Tramway Library (908 Eastridge NE 87123). The outdoor session on Sandia Mountain is scheduled after the New Year's holiday, with an eye on the snow conditions.

Outdoor lessons are free, but one must be a ski club member to attend. Outdoor lessons focus on learning balance, control, kick & glide technique, snowplow, side step, herringbones step and kick turns.

A beginner friendly car trip will be organized for mid-winter. Skiers of all abilities are welcome to participate. Contact Ruth Bargman-Romero for more information, or visit with Ruth on December 12.

More Information found at: <http://nmccskiclub.org/instruction/beginner-instruction>

Bus Trips for 2019

By Angela Welford

Announcing our 2019 winter BUS TRIPS! Bob and Adrienne have made the bus and lodging reservations for the two Bus Trips for 2019:

LEADVILLE, CO, 18-21 JANUARY (Martin Luther King weekend) for \$245/person

OURAY, CO, 22-25 FEBRUARY for \$340/person.

Just a reminder, that unlike years past with the sign up dates for bus trips were staggered, this year the sign up date for both Leadville and Ouray is November 10, 2018!

LEADVILLE, CO is a long time Club favorite destination. We will stay at the Silver King Inn just ¼ mile from downtown Leadville. Skiers have the option of a Nordic Area, downhill skiing at Cooper Ski Area as well as lots of backcountry trails. As I recall, this town is one of the favorites for those "class 3 shopping trips.

In February we return to OURAY, CO for the first time since 2012. We will stay at the Twin Peaks Lodge, perfectly located at the south end of town within easy walking distance of restaurants and shopping. There are hot springs right at the hotel! Most of the skiing opportunities are between Silverton and Ouray, with trails suitable for beginners to advanced skiers.

So now that our bus trips are planned, it's time for you to start thinking snow! With Colorado's great snow (at least in the past), both locations should have ample skiing opportunities for all levels of skiers and be fun places to stay. If you are a beginner skier, be sure to register for the Club's beginner's class and get feedback from the instructors to see if you are ready for a bus trip that takes you to more difficult terrain.

The Trip Registration forms are included as separate attachments in the email distribution of the this newsletter, or they can be accessed at <http://nmccskiclub.org/ski-outings/bus-trips/>

Keep in mind that if trips are oversubscribed, we will hold a lottery for seats on the bus (52 per trip), but your chances of getting on the trips is very good. Put the trip dates on your calendar and make plans to go, because members tend to drop as the date nears. We've had empty seats on the bus even though we had a waiting list for each trip.

Please be sure to read the Bus Trip Guidelines at <http://nmccskiclub.org/ski-outings/bus-trips/> Direct any questions to Angela (awelford1017@gmail.com) or Bob (hvac87108356@yahoo.com). We hope you will join us for this fun bus trip season with lots of skiing opportunities!

Hut Trip to Peter Estin



This trip is scheduled from January 7, 2019 – January 12, 2019 (including all travel dates).

Visualize yourself being HERE with us for 3 nights, 4 days of skiing!

Although Peter Estin Hut seems to be near The Middle of Nowhere, Colorado, it's really only about 6 miles from Eagle, but it seems more like 30 after driving to the remote trailhead. Situated at 11,200 feet above sea level, Estin is one of the oldest huts in the 10th Mountain system. Built in 1985, it was damaged in an unusually heavy snow season in 2013, which was the year of our second visit to this hut. It was repaired / renovated in 2014, and is waiting for our third visit in 2019.

Just a short distance from the hut is an open slope that, on our last foray, several of us spent hours skinning up, and floating back down. There are numerous relatively steep pitches that make for lovely Telemark turns, as well as gentler stretches for those who prefer a mellow glissade. There are other turning options, as well as several opportunities for an interesting diversity of Nordic touring. This hut probably has more of "something for everyone" than any other.

This advanced intermediate trip is fairly long at 7.4 miles via the Hat Creek Trail, but the elevation gain of 2180 feet makes for a manageable 5.6% average grade. The cost of this trip, exclusive of transportation and lodging enroute, is \$146.00. As of press time there are **four spots remaining**. This is our **ONLY** scheduled hut trip this year, so if you're wanting to do a hut trip in the current decade, this is it.

Contact Guy Miller for sign up details.

New Year in Silverton

Last year as you will remember we could not spend New Year's as a group at the Grand Imperial Hotel in Silverton skiing on Mineral Creek, Molas Pass, Andrew Lake et al. and enjoying a pot luck dinner on New Year's Eve because there was NO SNOW! But that was last year, a 1 in 500 year freakish weather pattern. This year the early forecasts are for a more a traditional snow season so the club has reserved 21 double occupancy rooms at the newly remodeled Grand Imperial Hotel for December 29th, 30th, and 31st with check out the 1st. The rate has gone up some as we were told it would after the extensive remodeling. All double occupancy rooms are now \$75.00 per person per night or \$225.00 per person for the three nights. The rate does not include breakfast but breakfast will be available at a buffet in the hotel.

If you would like to spend New Year's with friends in Silverton and ski what has traditionally been the incredibly good snow in and around Molas Pass please either let me know or sign up at our regular club meetings.

If you are planning on going to Silverton for New Years and you already have a roommate you can call the Grand Imperial Hotel at 970-387-5527 anytime and reserve your room. However, if you plan to go but do not have a roommate contact me and I will be compiling a list that we can use to pair up roommates. Trip date is December 29, 30, 31 with checkout on January 1.

Max Shepherd
Max.shepherd@comcast.net
505-270-5258

Enchanted Forest

The dry winter last year was disappointing for all of us, and hard for those operating a business dependent upon winter recreation. We are fortunate the Enchanted Forest near Red River is striving to offer skiing (groomed tracks!) and snowshoeing opportunities this year. A quick look at their web page shows a variety of special events they have planned for the upcoming winter. We want to visit, as previous visits have always been fun, and to support their business. Stay tuned for emails and/or newsletter updates.

Chama Chile Ski Classic

The 45th Annual Chama Chile Ski Classic 2019: January 19, 20, and 21 (MLK weekend). Lots of fun in Chama! More info and registration at: <http://www.skichama.com/>

<i>Calendar of Events 2018-2019</i>		
Thursday	November 8 7:00 – 9:00PM	General Meeting at Garden Club
Saturday	November 10	Bus trip (both trips) sign up
Wednesday	December 12 6:00 – 7:30PM	Classroom session- Beginning Cross Country Skiing Library at Tramway & Lomas
Thursday	December 13 7:00 – 9:00PM	General Meeting at Garden Club
Saturday-Tuesday	December 29 – January 1	Silverton car trip
Monday - Saturday	January 7 – January 12	Hut Trip – Peter Estin
Thursday	January 10 7:00 – 9:00PM	General Meeting at Garden Club
Weekend (1 day)	January TBD	Field Instruction - Beginning Cross Country Skiing Sandia Mountains
Friday-Monday	January 18-21	Bus Trip Leadville, Colorado
Weekend	January or February	Beginner friendly overnight trip (compliments beginning ski lessons)
Thursday	February 14 7:00 – 9:00 PM	General Meeting at Garden club
Friday-Monday	February 22 – February 25	Bus Trip Ouray, Colorado
Thursday	March 14 7:00 – 9:00 PM	General Meeting at Garden club

Board Members 2017-2018			
President	Guy Miller	306-2628	President@nmccskiclub.org
Vice President	Peter Marks	856-8237	VicePresident@nmccskiclub.org
Secretary	Nancy Jenkins	269-0855	Secretary@nmccskiclub.org
Treasurer	Max Shepherd	270-5258	Treasurer@nmccskiclub.org
Day Trips	Guy Miller	306-2628	DayTrips@nmccskiclub.org
Long Bus Trips	Bob Potter Angela Welford	232-2486 450-6010	BusTrips@nmccskiclub.org
Hut Trips	Guy Miller	306-2628	HutTrips@nmccskiclub.org
Car Trips	Scott Mitchell	977-8893	CarTrips@nmccskiclub.org
Newsletter	Dean Athow	275-1097	Newsletter@nmccskiclub.org
Instruction	Ruth Bargman-Romero	842-9735	Instruction@nmccskiclub.org
Membership	Stacey Kittner	712-5638	Membership@nmccskiclub.org
Meetup & Social Media	Dave Gabel	401-5723	SocialMedia@nmccskiclub.org
Programs	Bob Guarnieri		Programs@nmccskiclub.org
Mailing/Egroup	Marilynn Szydowski	332-8018	egroup@nmccskiclub.org
Refreshments	Teri Sheldahl	980-3241	Refreshments@nmccskiclub.org
Trails	Sam Beard	828-0673	Trails@nmccskiclub.org
Web Site	Eric Russell	281-1289	Website@nmccskiclub.org
Finding Us			
Web Page	http://nmccskiclub.org		
FaceBook	https://www.facebook.com/groups/1663936723893594		
Mail	New Mexico Cross Country Ski Club PO Box 51563 Albuquerque, NM 87181		

Ratings		
Class	Vertical Climb (ft)	Distance (miles)
One	Less than 1000	Less than 5
Two	Less than 2000	Less than 5
Three	Greater than 2000	Greater than 10
Four	Unpatrolled, mountainous terrain, with the purpose of downhill skiing. Slopes can be greater than 25 degrees. Knowledge of use of climbing skins, avalanche gear needed.	
Steepness of slopes, skill level, and stamina can also dictate the ski tour rating. Please see the webpage for more information. http://nmccskiclub.org/ski-outings/		

Avalanche Outlook	
US	https://avalanche.org/
Canada	https://www.avalanche.ca/map
Taos	http://taosavalanchecenter.org
Crested Butte	http://cbavalanchecenter.org/
Some of the sites from https://avalanche.org	
Colorado	http://avalanche.state.co.us/
Utah	https://utahavalanchecenter.org
Tetons	http://jhavalanche.org
Yellowstone	https://www.mtavalanche.com
Sawtooths	https://www.sawtoothavalanche.com
Central Sierra	https://www.sierraavalanchecenter.org
Eastern Sierra	http://www.esavalanche.org

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