



Programs

The program for December 12th general meeting is all about training. Training for the holiday feasting season. Bring some homemade treats, a holiday appetite and stories to share with your ski friends. If you have some skiing equipment or accessories that are looking for a new home, bring them (and a price tag) to the meeting as well. Traditionally people bring books, arts, crafts, for display and sale as well. It's the best chance of the year to see the hidden talents and interests of your ski fiends.

Membership Renewal for 2019/2020

If you have already renewed your membership, thank you. If you have not had a chance to renew, or sign up as a new member please see the following note from our membership chair.

The 2019-20 Membership year starts October, 2019 and runs to October, 2020

If you haven't paid your dues yet - no problem. It's easy to pay your annual dues on line using Paypal. If you don't have a PayPal account, you can sign in as a "guest". The link to pay your dues is found on our membership website. The URL is: <https://www.nmccscmembership.org/>

To participate in all our activities (bus trips, hut/yurt trips, day trips, etc.), to receive our newsletters as well as snow reports, day trip announcements, etc., your membership needs to be current.

The membership list will be purged (reset) at the beginning of the New Year 2020.

If you have any questions, do not hesitate to email Catherine at: nmccssc.membership@gmail.com

Bus Trips for 2020

You can still sign up for the two bus trips to Colorado, organized by the club. Both locations (Crested Butte & Pagosa Springs) will have ample skiing opportunities for all levels of skiers and are fun places to stay. Beginning skiers, be sure to register for the Club's beginner's class, as this will ultimately make a bus trip more enjoyable.

Crested Butte, Colorado, January 10 - 13 for \$330 per person.

Pagosa Springs, Colorado, February 21 -24 for \$330 per person.

Direct any questions to the bus trip chairman Bob (hvac87108356@yahoo.com) or David (lbghose@aol.com). We hope you will join us for this fun bus trip season with lots of skiing opportunities!

Bus trip guidelines can be found at <http://nmccskiclub.org/ski-outings/bus-trips/>

Club wide email, was distributed explaining that we need 5 more participants for the Crested Butte bus trip by December 12th (the next general meeting of the club), or the trip will be cancelled. You can sign up at the club meeting.

INSTRUCTION

Beginning Cross Country Skiing:



Things have changed since the beginner class of 1919. This year's popular updated class kicks off with an indoor classroom session. So, if you are brand new to the sport, have not been on skis since 1919, or just have a friend you would like to introduce to cross country skiing. Come join us for Beginning Cross Country Skiing, the perfect class to get you started with skiing basics.

The beginner class has an indoor session, followed by an outdoor session. There is no cost for the class, however NMCCSC membership is required for the outdoor session.

Cross Country Beginner Ski Indoor session:

When: Wed evening, Dec 11, 2019, 6-7:30pm
Where: Lomas Tramway Library,
908 Eastridge NE, Albuq, NM 87123, 291-6295
Who: Open to the public

Cross Country Beginner Ski Outdoor session

When: Saturday, Jan 18, 2020
Where: TBD
Dictated by snow conditions
Who: NMCCSC members

The indoor lesson addresses, 'what do I bring to the trailhead'. The outdoor lessons address skills needed to easily move across the snow. More Information available at: <http://nmccskiclub.org/instruction/beginner-instruction>

Questions: contact our Instruction chairman - Instruction@NMCCSkiClub.org

Other Cross Country Ski Instruction:

Following is updated information regarding additional classes, clinics etc. Some of these opportunities were not known when the November newsletter was distributed.

1) Avalanche Beacon practice,

Scheduled for Saturday December 14, 2019 9AM to 12PM.

Reminder, place fresh batteries in your beacon and quickly review your beacons owner's manual.

Contact Doug Erb at dougerbvt@yahoo.com

2) Intermediate Lessons,

There was great enthusiasm and interest from the club membership in attending an intermediate XC ski and/or a NMCCSC telemark skill improvement ski clinic this season. More information to come soon.

3) Telemark Clinics,

Santa Fe ski area February 1 & 2. Lift & Lesson \$210. Lesson Only \$125. One Day Lesson \$65.

Telebration at Pajarito ski area February 22 & 23. See the following for more <https://www.pajarito.ski/events/>

4) REI Albuquerque - Classes (may need to register):

Snowshoeing Basics, Monday, December 9, 2019, 6-7:30pm, Free

Snowshoeing Basics, Monday, January 13, 2020, 6-7:30pm, Free

How to ski uphill- Alpine Touring (AT) opportunities, Thursday, January 23, 2020, 6-7:30pm, Free

5) Future ski clinics/lessons resources:

Ski clinics available at the Chama Chile Ski Classic, January 18-19, 2020

Instruction available at Crested Butte Nordic Center, Ski Club Bus trip, January 10-13, 2020

Webpages

Turkey legs in the tummy. Ski legs on the snow. Did you get an early start on your ski legs (last summer), or a belated start (yesterday)? Here is some pointers to get those ski legs ready and happy for the snow.

<https://www.lifemark.ca/blog-post/5-best-strength-exercises-cross-country-skiing>

Trail maps – Sandias, Crested Butte, Pagosa Springs, Durango, Yellowstone

[https://www.fs.usda.gov/Internet/FSE DOCUMENTS/fseprd535719.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd535719.pdf)

<https://cbnordic.org/wp-content/uploads/2019/10/CB-Nordic-Trails-Map-5th-Ed-2019-vWEB-1.jpg>

<https://pagosanordic.com/pagosa-springs-winter-trail-maps/>

<http://www.durangonordic.org/nordic-center>

<https://www.nps.gov/yell/planyourvisit/skiing-and-snowshoeing.htm>

Where to ski (advanced level). This site is similar to mountain project, hiking project, biking project.

<https://www.powderproject.com/>

Coloration of the lenses for your goggles or glasses.

<https://www.rei.com/blog/snowsports/understanding-goggle-lens-colors>

The intensity of radiation (infrared, visible, ultra violet) in bowl shaped topography (ie focal point of a parabolic dish), at high altitude is serious. If you protect yourself for these conditions, you should be protected for typical cross country skiing conditions. Page 36 of the 9th edition of the text ‘Mountaineering: Freedom of the Hills’ addresses sun protection for your eyes and skin. Local optical shops may question your request, if you ask for optical parameters suggested in afore mentioned text. This optical shop (shown below) can assist, if you need prescription glacier glasses. Based on memory, real people (there friendly) answer the phone. They will need a recent prescription, your frame size, pupillary distance etc to fulfill an order. Memory has faded away if the materials used to meet specialized optical parameters, can meet the mechanical specifications for safety glasses. So, if you enjoy looking at pretty things, ugly things, or anything, take care of your peepers.

<https://www.opticus.com/>

Winter driving and winter tires. Previous newsletters have covered these topics. Here is two links that were not included in those articles.

<https://www.codot.gov/travel/winter-driving>

<https://www.codot.gov/travel/winter-driving/tires/>

Changes to the Colorado Chain law which became effective on August 2, 2019.

<https://www.codot.gov/travel/winter-driving/tractionlaw>

Utah chain law.

<https://www.udot.utah.gov/main/f?p=100:pg:::::T,V:5342,>

USA chain laws

There are websites that address tires, chains etc. for every state. These web sites tend to be dated. It is better to visit the Department of Transportation of the particular state you are interested in for the most accurate information. Some states are vague, regarding what is required for personnel vehicles.

Avalanche outlook

See the continually running table at the end of the newsletter. Webpages dedicated to Taos, Crested Butte & Yellowstone avalanche assessment are already active this year. Reviewing these sites, whumping has started in the Taos area, slides and burials have started in Colorado. Appears to be the classical avalanche setup this year. Snow that did not melt off from the season’s first storm is now ground level facets. Quoting one of the centers ‘If it is deep enough to ride, it is deep enough to slide’.

Various topics related to telemark skiing

<https://absolutetelemark.com/>

Strong Winds

Those who have seen a tree crash down in real time typically mention that it was enlightening; how fast, random, and scary a natural trigger, tree fall event is. These events are prolific amongst trees that are weak (fire, insect infestation) when they are exposed to strong wind gusts (natures version of an impact wrench) accompanying high wind events. The National Weather Service (NWS) accurately forecasted the high wind events of last March, Thanksgiving weekend, and several other wind events. To check the forecast visit <https://www.weather.gov/>. The NWS forecast is presented as icons, short string of text, and detailed forecast discussion. The strength of gusting winds is frequently found in the Forecast Discussion. NWS forecasts can be attained for anywhere in the USA and are updated twice daily, thus timelier than TV forecasts. The NWS site is easy to navigate too.

The volunteer organization *Friends of the Sandia Mountains* have removed 359 trees from the Sandia district trails through out this year. From casual observation and reports, most of these trees probably came down during wind events, which are particularly damaging near the crest (were we ski).

T-shirts and Baseball Caps

Would you like to tell the world that you like cross country skiing? If you answered yes, there are still a few club t-shirts and caps left. The t-shirts and caps are fashionable, and so comfortable, you will never want to take them off! The Ski Club T-shirts and Baseball caps will be available for purchase at the December Club Meeting, CASH ONLY\$



-Baseball cap, with club name, \$15 each

-Short sleeve, 100% cotton, Navy, design in front, Unisex sizing, \$20 each

-Short sleeve, 50/50 blend, New Navy, design on back, Women's relaxed fit, \$20 each

-BEST DEAL: T-SHIRT & BASEBALL CAP (purchase together) \$30



Trip to Janet's Cabin

Per request, the article from the November newsletter.



Our hut trip offering this year is a dandy! We're going to one of our favorites, Janet's Cabin, located near Breckenridge at 11,600 feet. This classic, Euro style cabin, which is the twin of nearby Francie's Cabin, features a wood-fired outdoor sauna, and indoor self-composting toilets. No going outside in the middle of the night! This is a "stretch" hut, with lots of room in the common areas for those who need their space! There are Nordic touring as well as turning opportunities from the hut.

This intermediate level trip involves a 4.6 mile ski in, and an elevation gain of just under 2000 feet. Skiers have the option of taking a free chair lift which is a fun way to cut 200 vertical feet off of the trip in.

Trip dates are January 20, 2020 to January 25. This includes an extra day to get home, if necessary, after skiing out of the hut. The cost is \$200, which includes group dinners at the hut.

As of press time we have 4 vacancies remaining. My contact info is on the website. Please let me hear from you if you want to go on this trip, or if you are interested in hut trips in general.

I expect this trip to be full before our December meeting.

Guy Miller

Yurt Trips

There are no updates to report for the four yurt trips. Details are in the November newsletter.

Calendar of Events 2019-2020		
Wednesday	December 11 6:00 – 7:30PM	Classroom session- Beginning Cross Country Skiing: Library at Tramway & Lomas
Thursday	December 12 7:00 – 9:00PM	General Meeting at Garden Club
Thursday	January 9 7:00 – 9:00PM	General Meeting at Garden Club
Friday-Monday	January 10- January 13	Bus Trip: Crested Butte, Colorado
Saturday	January 18	Field Instruction - Beginning Cross Country Skiing Sandia Mountains
Monday - Saturday	January 20 – January 25	Hut Trip: Janet's Cabin
Friday - Sunday	January 24 - January 26	Yurt Trip: Spruce Hole
Weekend	January or February	Beginner friendly overnight trip (compliments beginning ski lessons)
Thursday	February 13 7:00 – 9:00 PM	General Meeting at Garden Club
Saturday - Monday	February 15 – February 17	Yurt Trip, Trujillo Meadows and Flat Mountain
Friday-Monday	February 21 – February 24	Bus Trip: Pagosa Springs, Colorado
Thursday	March 12 7:00 – 9:00 PM	General Meeting at Garden Club

The article *Strong Winds* made reference to reviewing the National Weather Service – Forecast Discussion. Following is a road map of sorts for reaching the NWS Forecast Discussion, pertaining to the middle of Lake Superior. The same sequence will work for any point covered by the NWS. (The Dec 6 forecast was lovely – snow, freezing spray, sustained winds of 15-25 knots, marginal gale force gusts, 8 foot waves. A lovely day for canoeing).

<https://www.weather.gov/>

Place cursor over eastern half of Lake Superior, click left mouse button

<https://www.weather.gov/mqt/>

Place cursor over the lake, click left mouse button, and wait a few seconds for the forecast.

https://marine.weather.gov/MapClick.php?x=224&y=81&site=mqt&zmx=&zmy=&map_x=224&map_y=81#.Xek_Q-hKiUk

Board Members 2019-2020			
President	Bill Heitz	259-8745	President@nmccskiclub.org
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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	980-2703	Instruction@nmccskiclub.org
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Programs	Bob Guarnieri	331-8381	Programs@nmccskiclub.org
Mailing/Egroup	Marilynn Szydlowski	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
Western MT	https://missoulaavalanche.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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