

NEW MEXICO CROSS COUNTRY SKI CLUB



December 2020

November Club Meeting Re-cap

Did you miss our meeting in November? If so, refer to November's newsletter article written by Linda Sofia about fitness and nutrition for ski season. Linda did a great talk over Zoom on flexibility, balance, and strength with a focus on basic Yoga practice. Remember that Nordic skiing is a full-body

workout and requires all of us to fine tune our bodies in order to fully enjoy the sport and avoid injury.

So what's next? For those of you brand-new to XC, check out Jim Whitfield's instruction over Zoom on **December 9!**

Our next general club meeting will be December 10. This is our annual Holiday party so please feel free to enjoy your own treats and bubbly while you listen to Jim's talk on ski instruction and enjoy a slide show from "The before time - photos from ski season's past".

Board Meeting Summary

NMCCSC Board Members met virtually on Zoom on November 19. We are welcoming new and returning members and adjusting to Zoom life. We have 130 renewed members and 15 new ones! We are currently deciding on how best to use our

MeetUp page for ski instruction while following our governor's mandates about COVID. We are discussing ways to conduct instruction and Jim has uploaded ski instruction videos on our website.

NMCCSC Membership

Are you late with your renewal or know someone who wants to become a member? Please go to <https://nmccskiclub.org>. Click on the Membership dropdown and select "PayPal SignUp / Renewal". Next scroll down to the bottom and select your membership type and then "Buy Now". You don't even have to have a PayPal account but can easily just pay with a credit card.

- ◆ ***Individual Membership: (spouses & dependents must sign up individually) Digital copy of newsletter included: \$20***
- ◆ ***New members 40 years old and under (1st year only): Digital copy of newsletter included: \$1***
- ◆ ***Dues for members who wish to have a hard copy of our newsletter: \$30***

Helpful hints with NMCCSCeGroup email



The email server has a list of all members email addresses from those who submitted an email address on their membership form. This is how the server determines if emails are legitimate.

1) if you use an alternative email to send to NMCCSCeGroup, the server will refuse to send the email on to all as the 'from' email address is not in its list of 'members'. You MUST use the email that you

provided on the membership form.

2) Please refrain from putting 'NMCCSCeGroup' in the 'cc' list when using the NMCCSCeGroup. The server gets confused and refuses to send your message due to 'too many recipients'.

3) The server will not send an email to the group if you are using your cell phone as the sender because your phone number is not in the member email list and therefore cannot generate a legitimate email.

4) Use the unsubscribe link at the bottom of the email to remove yourself from the email list. Once removed, you'll not get anymore NMCCSC email. No snow conditions, no newsletter, no meeting notification, nothing..

5) If you want to rejoin the email list or you are changing your email address...Send an email to 'egroup@nmccskiclub.org' with your email address and full name. Your membership will be verified and you will be reinstalled in the Server List.

How to Respond to a NMCCSC eGroup email and Keep down the chatter.

The email you receive from the ski club has something like this near the top of the email:

[Marilyn Szydowski via NMMCCSCeGroup.]

This informs you that Marilyn Szydowski wrote an email and sent it via the NMCCSCeGroup Server.

When you want to Reply to the *writer* of this email ---- DO NOT hit [REPLY] because the REPLY goes to the *sender*, which in this case is the server. This will send your

response to THE WHOLE CLUB.

To Reply to the *writer*, use [FORWARD] and place the *writers* email in the [To: section.]

This way your response goes only to the writer and NOT THE WHOLE CLUB.

Sangria M. Froelicher Hut Trip

As of right now, we are still planning on going on the hut trip!! There is still room for 4 more people. The cost to go is \$170 for the lodging. Join us January 30-February 4, 2021 for a fantastic time in the snow. Anyone who has signed up will be refunded should the trip be canceled due to COVID. If you have any questions regarding this amazing trip, please contact Guy at DayTrips@nmccskiclub.org.



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

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

Facebook: <https://www.facebook.com/pages/category/Sports-Club/New-Mexico-Cross-Country-Ski-Club-199720217573925/>

Where can I rent Cross-Country Ski Equipment in New Mexico?

Are you or someone you know new to XC skiing? Have you gone out before but just don't have your own equipment? Finding a place to rent can be

difficult...especially with COVID. Hopefully we've got you covered with these rental service shops listed below.

Ski Shops	Rental Service	Location and Contact
Kirtland Air Force Base Recreation Center	<p><i>*Must be able to get on the military base via a family member, military, or working on base.</i></p> <p>Alpine Ski and Snowboard packages, Telemark, Sleds, Snowshoes & Nordic</p> <p><i>XC equipment is limited to light-duty backcountry XC</i></p>	<p>Albuquerque 505-846-1499 https://kirtlandforcesupport.com/outdoor-recreation/</p>
Cottam's Ski Shop	<p>Alpine Ski and Snowboard packages, Nordic, & Snowshoes</p>	<p>Sante Fe (505) 982-0495 Taos (575) 758-2822 https://www.cottamsskishops.com</p>
Adventure Ski Shops	<p>Alpine Ski and Snowboard packages, Nordic & Snowshoes</p>	<p>Taos (two locations) (575) 758-1167 (575) 758-9744 https://adventureskishops.com</p>
Village Ski Shop	<p>Alpine Ski and Snowboard packages, Nordic & Snowshoes</p>	<p>Angel Fire (575) 377-2475 https://www.villageskishop.com</p>
Action Ski Shop	<p>Alpine Ski and Snowboard packages *unsure about Nordic. Must call</p>	<p>Ruidoso (575) 257-6800</p>
Enchanted Forest Cross Country Ski Area	<p>Wide variety of Nordic classic and skate packages in all sizes. Enchanted Forest offers lessons and has 30k of groomed trails.</p>	<p>Red River (575) 754-6112 https://enchantedforestxc.com</p>
Angel Fire Resort	<p>Wide variety of Nordic classic and skate packages in all sizes. Angel Fire Resort offers lessons and has 12k of groomed trails.</p>	<p>Angel Fire (575) 377-4488 https://www.angelfireresort.com/experience-the-other-skiing-at-angel-fire-resort/</p>



GETTING READY FOR SKIING !!

By Guy Miller

We had a brief blast of winter in late October that got us psyched for the coming snow season. In fact, several of our members got up to the Sandia Crest and found enough snow to ski on. That's all gone now, but the die is cast, and the real deal is coming soon.

Most of us by now have heard that the snow forecast for this winter is not as exciting as in some years past, but that's something we've grown accustomed to. Snow storms are likely to be spread far apart, so the best skiing will be had by those who are ready to jump on it when it happens. The time to get ready is NOW !

One thing that is overlooked by a lot of skiers is a ski tuneup. The base of the ski over time can become misshapen, and almost all of us get various dings and owies on the bottoms of our skis. This can reduce the efficiency of the ski and cut down on our ability to glide. Metal edges, which many of us need, can become pitted and dulled which can impair one's ability to turn, stop, and snowplow. With a tuneup, you'll get a smooth, consistent base, clean, sharpened edges, and a fresh base wax. You can get this done at Sports Systems or at REI. A basic tuneup with a machine wax is around \$30. Add \$10 for a hot wax (sure, why not!), and another \$10 or so if you have edges. If you go NOW, you'll have your skis back in a few days. Wait until the snow comes, and it'll be a different story.

It's a good idea to get your ski clothes sorted out and ready to go so you don't have to scramble looking around for things. Base layers, winter socks, ski pants, wool shirt and whatever else makes up your normal skiing getup should be pulled out of storage and set aside somewhere along with a

selection of gloves and hats. Grab your boots and gaiters and toss them on the pile. While you're at it, get your pack ready by rounding up whatever it is that you normally carry along with you, so that it's ready to rock when you are. When would be a good time to do all of this? How about right NOW !

If you're new to cross country skiing, or if it's been a while, consider taking our classes that the Club offers. Key dates are December 9 and January 9. Look for Jim Whitfield's piece in this newsletter for details.

With COVID on everyone's minds these days, we should all be thinking about how to keep ourselves and our fellow skiers safe. Ski groups should be limited to five, in keeping with our state's current health mandate. If more than that number want to participate, skiers can break up into subgroups, provided there is a leader. Carpooling is not recommended except for household members. Those who choose to ride share should give thought to how to minimize the risk, such as by wearing face masks and keeping windows cracked while in the car. Mask wearing is required even during exercise, but I know that is physically difficult. I don't want to suggest violating that mask requirement, but I must be pragmatic. For those who feel they must compromise in this regard, at the very least, have a mask handy to don when in close proximity to others. Got it?

So, we're not going to wait until the snow falls to start getting serious about skiing, are we? We're going to get ready while there's still time, aren't we? And when is this going to happen? Repeat after me: NOW !

WHERE TO GO IN THE SNOW

By Guy Miller

I already addressed the topic of getting ready to go, go, go once we get snow. This brings up the matter of WHERE to go. Many of us have favorite places that we visit often. For me, it's the area right in my back yard,

the Sandia Mountains, particularly the area around the Crest. For one thing, elevations at and above 10,000 feet are going to be where you're most likely to get really good snow, particularly early in the

season. For another, it's a quick drive up there; I can leave home and be saddled up and skiing in under an hour.

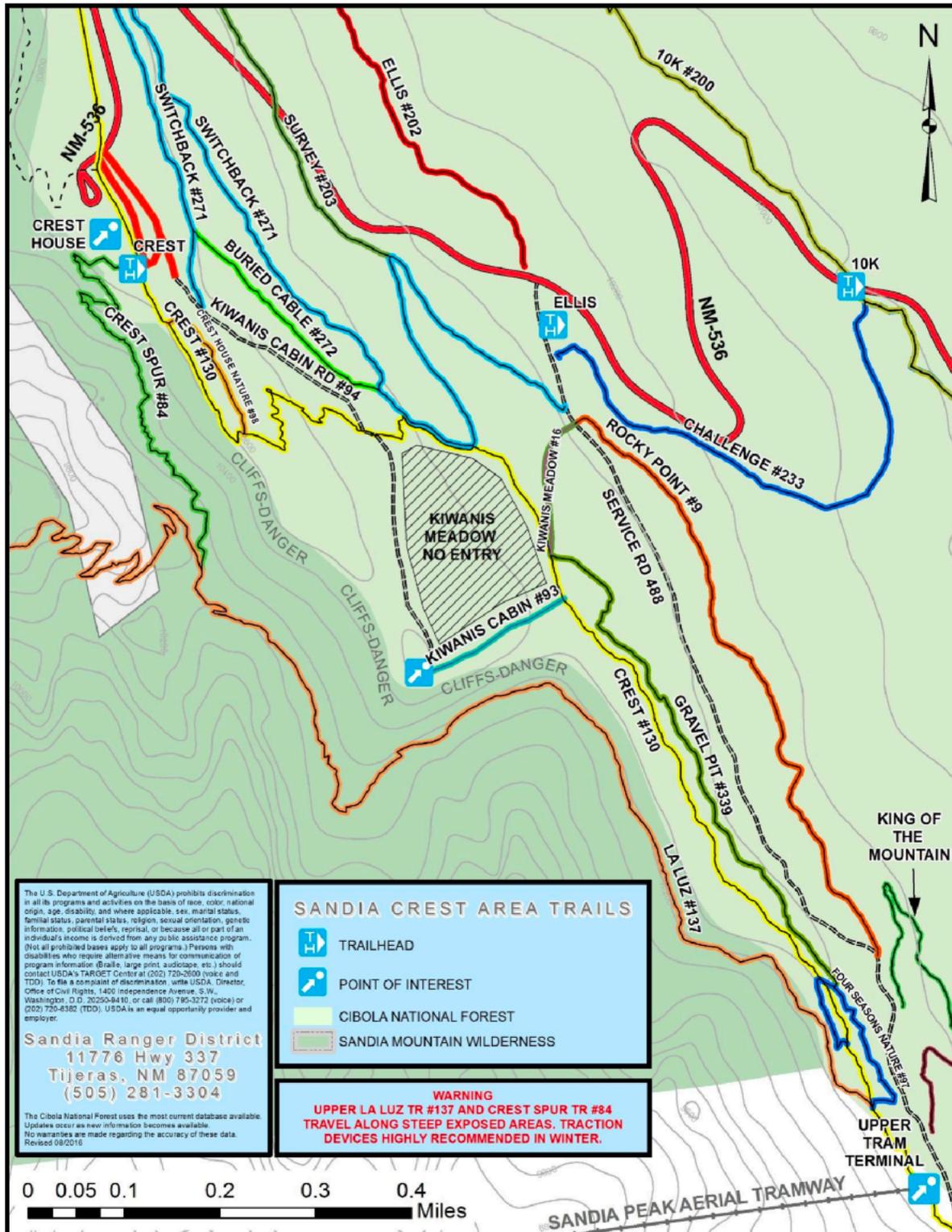
Where I usually go is the Ellis Trailhead, located in between the 10 K trail and the Crest.

A network of trails fans out from there, on both sides of the service road, and on both sides of the highway. This map can give you a good idea of the possibilities that are found there. A more

comprehensive map can be had for free at the Sandia District ranger station in Tijeras. They're not open to the public, but a staff member told me that you can knock on the door and they'll

get you one. Call them at (505) 281-3304 to make sure this info is still current.

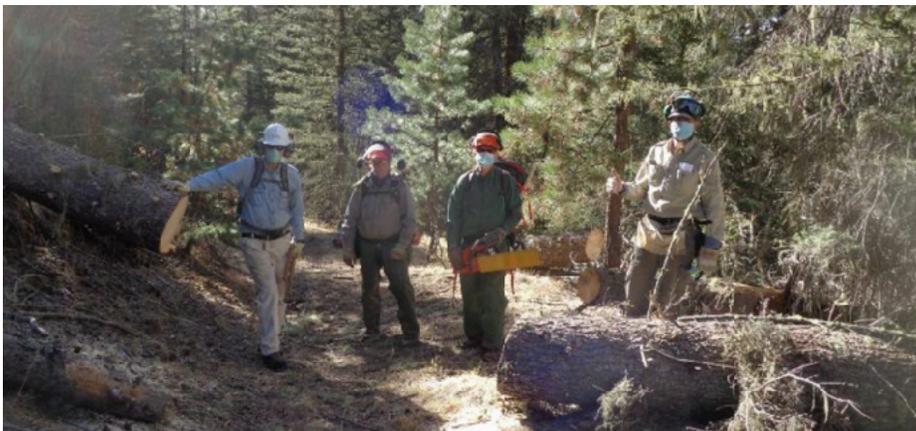
Contact Guy for further information about this as well as other areas.



Trail Maintenance

Our dedicated trail maintenance crew has been at it again during the month of November. On Friday November 6, 5 members completed fall maintenance on the East Loop of the East Fork trail in the Jemez Mountains. They removed a total of 15 downed trees and nailed blue diamond trail markers to the trees to mark segments of the trail better.

The hard working volunteers were Mike Meier, Jerry Carroll, Bill Savage, Neil McCasland, and Sam Beard.



L to R: Mike Meier, Jerry Carroll, Bill Savage, and Neil McCasland removed a long piece from this 18-inch diameter log on the north side of the loop just west of the very large log that the Ski Club



L to R: Tom, Sam, Bill, and Michael. The section of the log has been successfully removed to make skiing this trail easier.

On Saturday November 21, 5 members worked on Corral Canyon trail in the Jemez Mountains near Valle Grande. They removed about 30 trees from the trail.

The Ski Club members were Dana Price, Tom Broadbent, Bill Savage, Michael Arndt, and Sam Beard.

They didn't stop there! On November 29 Byron Garner, Dana and Liam Price, Jerry Carroll, Sam Beard, Tom Broadbent, and Norman Howard were hard at work again clearing Calzada Trail. If you see a downed tree on one of our favorite XC trails, let Sam Beard know the location and tree diameter.

Thanks so very much for your continued efforts so that we can all benefit.



SALES AND SWAG

"Ski Touring in Northern New Mexico"

Book by Sam Beard
Contact Sam Beard via NMCCSCeGroup for more

NMCCSC Club SWAG!!

T-shirts - \$20
Baseball cap - \$15
T-shirt and cap combo - \$30
Want to see pictures? Check out
<https://nmccskiclub.org/club-swag/>
Contact the club to purchase

What to sell or give away gear? Want to purchase someone else's? Here's how to do it!

Club members will use the main club email to advertise gear to the group. If you wish to contact the seller via email, "DO NOT USE REPLY" by using [reply] you are writing to the Entire Club membership. Instead use [FORWARD] to the writer to reduce the email chatter. Your fellow members will appreciate this!



CALENDAR

December	
Dec 9	XC Instructional via Zoom 6pm (See Zoom link below)
Dec 10	Club Meeting via Zoom 7-9pm Enjoy your own beverages and refreshments as you listen to a presentation by one of our ski instructors and watch a slide show from last season Zoom Link: https://us02web.zoom.us/j/89586279438?pwd=NkhxT2Vhc0hYbXhLN0NHNIijMnpkdz09
Dec 17	Board Meeting via Zoom
January	
Jan 14	Club Meeting via Zoom 7-9pm Skijoring (skiing with dogs/horses)
Jan 28	Board Meeting via Zoom
Jan 30 - Feb 5	Sangree M. Froelicher Hut Trip
February	
Feb 11	Club Meeting via Zoom 7-9pm Ski Technology Apps
Feb 25	Board Meeting via Zoom
March	
Mar 11	Club Meeting via Zoom 7-9pm End of season wrap-up
Mar 25	Board Meeting via Zoom

It's almost time for the *Intro to Skiing for the Beginner* classroom session. It's on **December 9th** over the zoom connection below or find it on the club's website (Instruction > Beginner Cross Country Ski Instruction).

We will review:

- Fitness and Altitude
- Clothing and being warm
- Food and Water
- Skies, poles, boots and more
- Where to rent
- Resources on the website
- Get ready for "On-the-Snow" instruction with COVID restriction
- Question?

Zoom Link

Time: Dec 9, 2020 06:00 PM Mountain Time
<https://us02web.zoom.us/j/89324347229?pwd=YXJ0dkJlcGZCc2dMNG8xWW9kL0lSQT09>
 Passcode: WantSnow

Just in case first timers are interested, I have placed the basics of On-the-Snow videos on the youtube channel. The topics and the links can be found on the club's website by [clicking here](#); To be included in the On-the-Snow session email instruction@NMCCSkiClub.org. See you on December 9th!

-Jim Whitfield

Board Members 2020-2021			
President	Bill Heitz	259-8745	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 & David D'Antonio	232-2486 553-2795	BusTrips@nmccskiclub.org
Hut Trips	Guy Miller	306-2628	HutTrips@nmccskiclub.org
Car Trips	Scott Mitchell	977-8893	CarTrips@nmccskiclub.org
Newsletter	Amy Mathis	808-344-8543	Newsletter@nmccskiclub.org
Instruction	Jim Whitfield		instruction@nmccskiclub.org
Membership	Catherine Waters	218-6936	membership@nmccskiclub.org
Meetup & Social Media	Bet Gendron	228-8025	SocialMedia@nmccskiclub.org
Programs	Bob Guarnieri	331-8381	programs@nmccskiclub.org
Mailing/Egroup	Marilynn Szydowski	332-8018	egroup@nmccskiclub.org
Refreshments	Phyllis Pryor & Terri Elisberg		refreshments@nmccskiclub.org
Trails	Sam Beard	828-0673	trails@nmccskiclub.org
Web Site	Chris Cochrum		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 50534 Albuquerque, NM 87181		

New Mexico Cross Country Ski Club
PO Box 50534
Albuquerque, NM 87181