



New Mexico Cross Country Ski Club

August 2022

NEWS

Summer Happenings and Upcoming Events

It's that time of the year again folks! Time to put away those string bikinis, tank tops and surfboards and think about the clothes (I mean close) of summer. Pretty soon our beloved cottonwoods will be turning a golden yellow and the weather will begin to cool down. Know what that means? It is time to shift our focus to our upcoming winter ski season!

This summer we've had more rain over the monsoon season than I think we have had over the course of the last four years I've lived here. That means a healthy garden (finally!) and LOTS of weeds (sigh). Will this moisture continue for our winter season? Who knows? New Mexico is very unpredictable when it comes to moisture and snow. We just have to wait and see, but that means we have to be ready to go when the white stuff starts falling. Although it is only August, if you are planning on purchasing ski equipment for the upcoming season, it is a good idea to start your search now to avoid things being sold out. Go through your current ski gear, dust it off and give it a looking over. Do your boots still fit? Are your bindings in good shape? How are your skis holding up? Any delimitation issues? The time to do this is NOW. It is also a good time to get up off of that couch, get outside and start getting your body in shape for the ski season ahead.

What is coming up? Well as you are looking through last year's ski gear, you might remember those old skis that you don't use anymore. Think about bringing them to the New Mexico Ski Swap! You can donate your used gear or try to sell it at the Swap. Come out and help our local Sandia Peak Ski Patrol at this year's upcoming Ski Swap. The NM Ski Swap is the REAL, the ORIGINAL, the LARGEST winter sports sale in New Mexico since 1967. It is scheduled to be held **October 21-23, 2022** at the Expo NM. There will be thousands of new and used equipment for sale. More information will be provided in upcoming newsletters for this valuable and exciting event.

In case you are a Ski Swap junkie, there is also one held at the Sante Fe Convention Center **November 18 & 19 2022**. Proceeds from this event go toward the Sante Fe Ski Team.



NMCCSC Annual Picnic

Our annual picnic is coming right up so mark your calendars. Our picnic this year will be on Sunday, **September 25th from 4:00 - 7:00pm**. We are using the same venue we have used the last few years: **Oak Flats Picnic Grounds** off of South Highway 14 in the Manzano Mountains. As always the club will provide hamburgers, hot dogs, and non-alcoholic beverages. Max Shepherd will send out an email as the date gets closer to get an idea of how many will attend, how much food to purchase, and side-dish sign ups. We are asking for volunteers to help set-up, clean up, cook, and bring grills.



-by Max Shepherd and the Picnic Committee

Membership Renewal for 2022-2023 season

When is it a good time to renew your NMCCSC membership? How about NOW! The new ski season is starting soon, so please renew your membership. You can renew your membership using PayPal. It's easy; you just need a credit card.

To renew, go to the following URL:

<https://www.nmccscmembership.org>. If you don't have a PayPal account, you can sign in as a "guest". The rates are as follows:

MEMBERSHIP RENEWAL *Annual Dues*

Individual Membership: \$20 (newsletter is emailed)

Under 40 years old (1st year only): \$1

Individual Membership w/mailed paper newsletter: \$30

XC in Canada Anyone??

I XC skied for 3 seasons (2016-2018) at a place called Silver Star and Sovereign Lake in British Columbia and found the conditions to be excellent and all 3 years I skied during March. While I have talked to a few club members about making this an unofficial club outing next season, I wanted to get the word out to everyone to gauge the level of interest.

Let me though tell you a bit more about these two nordic areas which are actually separate though you can easily ski between them. The two areas consist of 105km of groomed trails that will satisfy all ski levels. Silver Star also has



alpine skiing and some of the chairlifts can be used by XC skiers to get to trails higher up on the mountain. All of the accommodations that I am aware of are ski in/ski out. When I went I rented a house with others through VRBO though there are several hotels that are reasonably priced especially considering the favorable US exchange rate with the Canadian dollar. The closest airport is in Kelowna which is about an hour shuttle ride to Silver Star. When I flew there in the past, I was able to fly through either Seattle or Phoenix. It appears that Seattle is the only current US airport with a direct flight to Kelowna.

Max Shepard prepared an estimate of what this trip might cost if you are interested and I have attached his estimate in an email to club members.

The current plan is to fly up there on either Monday February 27th or Monday March 6th and ski for 4 days. I hope to hear from some of you. If you are interested, please let me know which week works best for you in the next couple of weeks as some of

the accommodations are starting to fill up. You are not committed to anything if you say you are interested.

Here is the Silver Star website: <https://www.skisilverstar.com>

-Peter Marks

The Benefits of Nordic Skiing...Why We Do What We Do

(by Sharon Cutler from Nordic Ski Colorado and adapted by Amy Mathis)

You're flying across the snow. Your whole body is working in sync to propel you forward; your arms are pulling, your legs are kicking, your heart's pounding, and your breath is deep and steady.

For a whole-body winter workout, nothing beats Nordic skiing. This low-impact exercise delivers amazing cardiovascular benefits, works all the major muscle groups, challenges your balance, keeps your joints healthy and is good for your mental health. "And it's fun," says Peter Marshall, the Nordic ski school supervisor at the Eldora Nordic Center.

Marshall, who has a master's degree in exercise physiology, believes the biggest health benefit gained from Nordic skiing is the way it works your cardiovascular system. "It puts a lot of healthy stress on your heart and lungs," he explains. "Because so many muscles are at work, the heart is forced to pump a whole lot of blood around the system. That's really, really good."

Calorie burn goes hand-in-hand with the sport's cardiovascular benefits. Because so many muscles are working simultaneously, you naturally burn a lot of calories. Recreational skiers may burn as many as 600 per hour; racers can burn over 1,000. As your muscle mass increases, you'll burn calories long after you take your skis off.

Nordic skiing works all the main muscle groups, but it's especially good for the core area, which includes the abdominals, lower back and pelvis. This area is, "chronically underused," says Marshall. "Most people tend to spend way too much time behind their computer or steering wheel, and the core muscles are either not used at all or stressed in a way that's not good for them. Nordic skiing works the core area and erases some of the deleterious factors that are just part of our daily life."

Marshall also notes that Nordic skiing promotes better balance. He explains that, "As we age, it's critical we do things to practice balance. Balance is one of those use-it-or-lose-it skills, and it's something we need to have."

Nordic skiing promotes healthy joints, too. Because it's low impact and requires only a small range of motion, you can ski for hours without stressing muscles, joints, or ligaments.

This makes it a good option for those who can't tolerate high impact activities.

And lastly, there is no denying the mental health benefits of Nordic skiing.

"When people go out skiing, they can be a little grumpy or having a bad day, but I can almost guarantee that when they get back to the Nordic center, they'll have a big smile on their face," says Marshall. "Nordic skiing has this way of washing everything else away – you get out in the trees and on the trails and come back feeling refreshed – mentally as well as physically."

We're lucky to live in an area where we can mix up our exercise routines to accommodate the changing seasons. Keep your winter workouts interesting this year with Nordic skiing, and reap the sport's many mind and body benefits!



Core Exercises



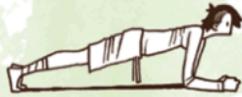
Abdominal Crunch



Bridge



Segmental Rotation



Plank



Plank Variations

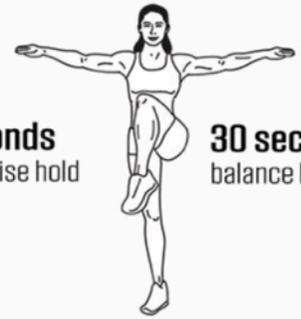


Side Plank

Balance Exercises



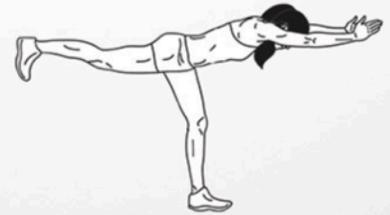
30 seconds
side leg raise hold



30 seconds
balance hold #1



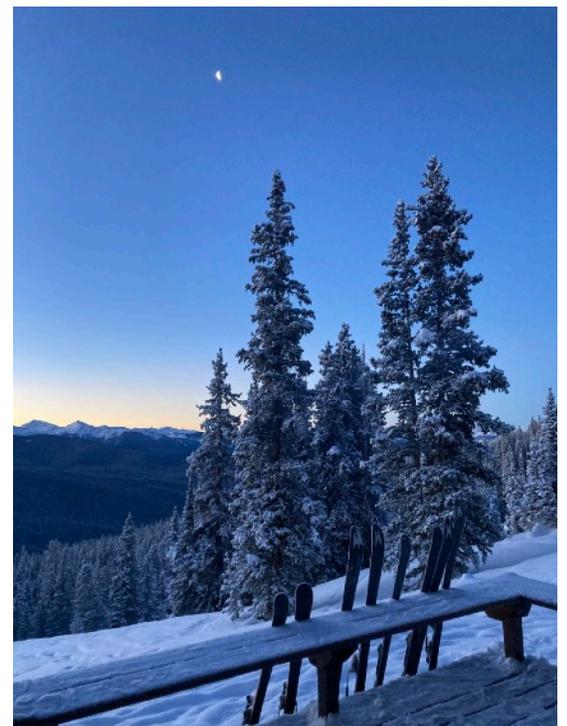
30 seconds balance hold #2



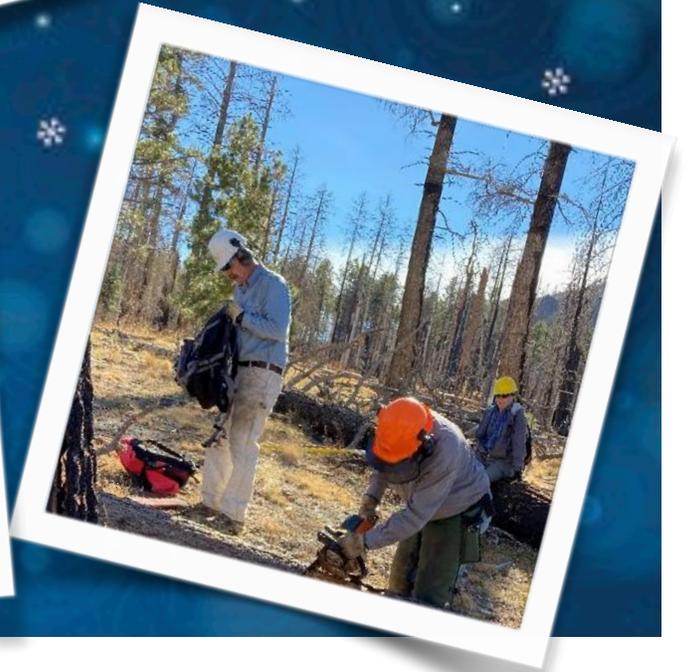
30 seconds balance hold #3

Ski Season 2021-2022 Memories

Time flies when you are having fun. Last year our club did a variety of outings such as a long-weekend car trip up to Leadville Colorado, a backcountry excursion to Margy's Hut Colorado, on-snow instruction, Telemark instruction, day trip outings to local trails and up to Jemez and Sante Fe areas, trail maintenance, and club presentations and gatherings. Let's get excited about our upcoming season and all that it will bring to us!



Winter Memories



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/>

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