

# NEW MEXICO CROSS COUNTRY SKI CLUB



October 2020

*Welcome to Ski Season 2020-2021!!*

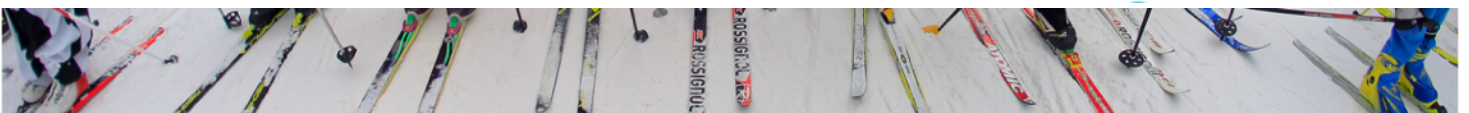
## **A Word About COVID-19**

It is an understatement to say that this has been a very difficult year for us all. It has been said that 2020 has been a bit like looking both ways to cross a highway, finding the road perfectly clear, and then getting hit by an airplane. NMCCSC isn't letting this get us down! We are still planning on having our regular monthly meetings virtually on **Zoom**. You can still participate in all of the wonderful presentations and information that the club has to offer AND stay safe!

Right now, there are just too many unknowns to know if we can safely offer bus trips this season. Hut trips, are still being considered. Enjoying the snow is a great way to socially distance, get exercise, and get to know your fellow club members. We are planning on focusing on day trips this season. NMCCSC is closely following our governor's mandates and wishes for our members to have a safe and healthy season.

## **Quick Start for Joining a Zoom Meeting**

- Download the Zoom app for phone and tablet if needed.
- Each meeting has a unique 9, 10, or 11-digit number called a "meeting ID" that will be required to join a meeting.
- The meeting host will send you an email inviting you to the Zoom meeting. The email will contain the Zoom meeting link and meeting ID.
- Click on the Join Zoom Meeting link from the host. The link should take you directly to the meeting and the host will allow you to join.





# CALENDAR

October	
Oct 8	Club Meeting via Zoom 7-9pm National Weather Service Winter Weather Prediction
Sept 25 - Oct 4	Sport Systems Avalanche Snow Show Sale
Oct 22	Board Meeting via Zoom
November	
Nov 12	Club Meeting via Zoom 7-9pm Fitness Tune-up
Nov 19	Board Meeting via Zoom
December	
Dec 10	Christmas Party (Pending)
Dec 17	Board Meeting via Zoom
January	
Jan 14	Club Meeting via Zoom 7-9pm Skijoring (skiing with dogs/horses)
Jan 18 - 19	Chama Chili Classic Weekend
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

**Mailing list:** [NMCCSCEgroup@mailman.swcp.com](mailto:NMCCSCEgroup@mailman.swcp.com) **Website:** [www.nmccskiclub.org](http://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/>

## Membership Renewal for 2020-21 season

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 do so, 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:

**Individual Membership: \$20 (newsletter is emailed)**  
**Under 40 years old (1st year only): \$1**  
**Individual Membership w/mailed paper newsletter: \$30**

**MEMBERSHIP  
RENEWAL**

## Board Member Meeting Summary

NMCCSC Board Members met virtually on Zoom on September 17th. Discussions included the budget for the 2020-2021 season, indoctrinating our newest board members, and discussing keeping the club active during COVID-19. These are unprecedented times and we can't know just how many members we will have for renewal and attending meetings via Zoom. Our budget is a best guess until we get things ironed out. We will likely not meet at the

Garden Center this season. As we get a better idea about the snow and upcoming trips we will have a better idea about the budget and our



insurance coverage for the season. The Club will be purchasing a Zoom account so that we can continue our regular monthly meetings, Board meetings, and program

presentations. The Club will be conducting membership recruitment by informing the public of our presence in the community by leaving flyers with Sport Systems. Sam Beard will be organizing the trail maintenance trip for the Jemez very soon. Guy has reserved a Hut for January. The Club is planning on day trips for the season but folks will need to supply their own transportation. We are still discussing ideas for instruction during these COVID times.

## Programs

NMCCSC has a great program lineup for the upcoming season! We will be continuing our monthly meetings via ZOOM on the second Thursday of each month during the season.

The October presentation will be given by *Andy Church*, a National Weather Service

meteorologist. Andy Church will present the 2020-21 Winter Outlook for New Mexico. He will discuss how the storm track is expected to behave during the upcoming ski season. This will prove to be a very interesting and accurate prediction for our upcoming ski season! El Niño or La Niña? What do you think? Find out on October 8th.

## 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.



*(Valles Caldera day trip)*



## HUT TRIP 2021 !!!

Although we were way down the list on the lottery this time around, our efforts yielded Sangree M. Froelicher Hut, formerly known as Belvedere Hut. Froelicher, one of the newer offerings in the 10<sup>th</sup> Mountain system, is bright, airy, and spacious. At 11,630, this is the highest hut in the system. It will have been five years since our last visit to this site.

From Litz's book, Colorado Hut-to-Hut: "[Froelicher] has all of the ingredients for a fine hut outing for skiers of all persuasions. It has a splendid, relatively short approach tour. It offers an expansive panorama of the

Check out the hut: [http://www.huts.org/The\\_Huts/sangrees.php](http://www.huts.org/The_Huts/sangrees.php)

**COVID UPDATE for Hut Trip:** Due to Covid concerns, 10<sup>th</sup> Mountain has lowered the hut capacity from 16 to 12. Sanitizing materials have been placed in the hut. Pillows are no longer provided. All participants will be required to undergo Covid testing immediately prior to the trip (timelines to be determined

Collegiate Peaks ...from its front deck and windows. It is surrounded by varied terrain with nearby telemark slopes, and there are short tours that quickly take you up onto safe ridges above tree line with even better views."

Trip dates, including an extra day, if necessary, to get home after skiing out, are: January 30 - February 5, 2021. We are initially limiting participation to 14 skiers. The cost per person for the hut is \$170.00.

Signup has already commenced; contact Guy Miller for further details. Contact info is found on the Club website.

by testing turnaround times), and be able to show proof of negative results. There will be a final evaluation of group safety, probably around late December, based in part on infection numbers and positivity rates. In the event the trip is cancelled due to unacceptably high Covid risk, all participants will receive a

full refund. Safety has always been our primary concern on our hut trips, but this is the first time we've had to focus on public health issues. We welcome your participation

in our group activities, and will be grateful for your cooperation in our efforts to keep us all safe and healthy.

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## **Sales and Shopping**

### *Sport Systems*

Are you looking for a new or used ski kit for the upcoming season? Is it your year to finally get those beautiful new nordic classics or do you fancy a nice set of used alpine skis? Grab your mask and head to Sport Systems. If you missed their Avalanche Snow Show Sale, Sport Systems has a variety of new and used alpine and nordic ski equipment, and often has some items on sale. Take advantage of their daily recreational rentals for alpine, backcountry/XC, or snowshoes. For an even better deal, don't waste time standing in a line and rent for the entire season!



### *NM Ski Swap*

**SKI SWAP**  
SANDIA PEAK SKI PATROL

**Ski Swap 2020 is Cancelled**  
Due to Covid restrictions on gatherings, the 2020 Swap has been cancelled. We will see you again in 2021!

**WWW.NMSKISWAP.ORG**      **The Original, Your Favorite Since 1967**

The Sandia Peak Ski Patrol regrets to inform the public that:

**THE 2020 NM SKI SWAP HAS BEEN CANCELLED**

Due to Covid restrictions on gatherings, we were unable to begin planning for the Ski Swap this year as it was unknown if we would be allowed to conduct our sale in October. Therefore, we decided to postpone the Ski Swap until 2021.

You can still make a tax deductible donation to help us raise the funds needed to perform our duties this season at the ski area.

Unfortunately the New Mexico Ski Swap has canceled their 2020 fundraiser. Although we will miss this incredible event there is a way we can all help.

Sandia Ski Patrol is a non-profit, self-funded, all volunteer member of the National Ski Patrol, dedicated to serving the Sandia Peak Ski Area since 1939. The New Mexico Ski Swap is their primary fundraiser. Proceeds from this event are used for their annual operating budget to cover medical supplies, maintenance of equipment, and training for Patrol volunteers. Any tax deductible

donation you provide will help support their nonprofit and charitable work. Go to the GoFundMe site to help support at <https://charity.gofundme.com/o/en/donate-widget/23261>

## Outdoor REGear

Outdoor and nordic, great is open

Outdoor  
REGear

REGear is a consignment-based marketplace providing clothing equipment for all outdoor activities...including backcountry, and alpine. This is an outdoor person's wonderland and there are deals to be had all over the warehouse. Currently Outdoor REGear on an appointment basis. Would you like to see the goods?

Call 505-344-1336. You can also visit <https://www.facebook.com/outdoorregearhead> for more information.

## Enchanted Forest



Do you prefer groomed trails in the gorgeous Northern New Mexico mountains? Winter is coming...and Enchanted Forest located just outside of Red River is offering a 25% discount on season passes now through November 1st.

Enchanted Forest also has three lovely Yurts for your outdoor pleasures.

To check out these amazing deals go to <https://enchantedforestxc.com>

## REI

REI is now open for in-store shopping and curbside pickup. For those who identify as high-risk for COVID, they offer designated shopping hours on Tuesdays and Thursdays, starting one hour before the standard store opening time. REI offers tuning, repairs, and binding services for ski and snowboard to help get your gear ready for the slopes or backcountry. Time to buy new ski boots? Schedule a personalized fitting!. REI also offers some great basement bargains on last season snow clothing.



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## Upcoming Event



47th Annual  
**CHAMA Chile Ski Classic**  
and Winter Fiesta

MLK Weekend January 18-19, 2020  
Freestyle & Classic Cross-Country Ski  
and Snowshoe Races

Chama, NM  
**SkiChama.com**

Partial funding provided by Village of Chama and Rio Arriba County Lodgers' Taxes

The poster features a yellow and orange gradient background with a silhouette of a skier on a slope. It includes logos for the Village of Chama and the Rio Arriba County Lodgers' Taxes.

Are you an avid nordic ski racer or do you prefer a more laid-back family approach? Chama Chile Ski Classic and Winter Fiesta is currently scheduled for MLK Weekend January 18-19, 2020. This is northern New Mexico's premiere winter event and features freestyle and classic cross-country races, a snowshoe race, and a rookie race. All ages and abilities are welcome!

For more detail see <http://www.skichama.com/home.html>.

## What's in YOUR bag?

It's now October and many of us are gearing up for another great year in the snow. Are you thinking of heading out solo on some of those great Sandia Crest trails or joining a group for a day trip in the Jemez? Being prepared is key for a safe outing and that means including the Ten Essentials in your ski pack...and a few extras. The bottom line I always follow is, "What if I

had to spend a night out in the snow? How would I get by?"



Nordic and backcountry skiing takes an enormous effort. It is a full body

workout and before you know it you are sweating in your clothes negotiating a scary descent or huffing and puffing on a climb. What happens if you suddenly get stranded out in the hills? What you carry in that pack can help save your life or someone else's. Ever wonder what is in your friend's ski pack? I'll tell you what I carry in mine.



## Must-Have Items

- \* **Navigation:** Always carry a real, honest to goodness compass...and know how to use it! A paper map of the area where you are going is essential. A good GPS device is also a nice attribute. I carry a Garmin inReach-mini that has the capability of sending an emergency beacon and text via satellite when out of cell service. I also use the Gaia app on my phone.
- \* **Personal First-aid Kit:** For my personal first-aid kit I carry a variety of bandages, antiseptic, antibacterial ointment, adhesive tape, blister treatment, Ibuprofen/pain-reliever, triangular cravat bandage, small scissors, hand sanitizer, tampons (good for wound bleeding), and a small notepad with a pen.
- \* **Emergency kit:** In a small ziplock bag I carry a signaling mirror, emergency mylar blanket, fire starting material, lighter, rehydration salts/sugars, water treatment, emergency bivy, mylar emergency tarp, and hand/foot warmer packets.
- \* **Insulation:** Remember that when you ski, you sweat. It doesn't take long for hypothermia to set in, so having a complete set of warm, dry clothing is a must. I throw in an extra jacket, long-johns, socks, hat, gloves, rain gear and I also put in a small down throw blanket.
- \* **Nutrition:** No one likes to bonk. It is a terrible feeling when you lose your energy and you still have miles to go. Always pack enough food to get you through your outing. I also include something calorically dense like nuts and a Cliff bar or two just in case I end up out there for a longer time than expected.
- \* **Headlamp and extra batteries**
- \* **rope**
- \* **knife or multi-tool**
- \* **Backpack stove**
- \* **Water**
- \* **Sun protection (hat, sunscreen, sunglasses, lip balm)**
- \* **Ski wax/scrapper**
- \* **face covering and hand sanitizer**
- \* **bandana**

Other items to consider depending on outing type are:

Avalanche shovel, climbing skins, avalanche beacon, avalanche probe, camera, binoculars.

(By Amy Mathis)

## Important Websites

Snow Report Sites	
<a href="http://OnTheSnow.com">OnTheSnow.com</a>	Has the latest snow report for ski resorts in NM and CO.
<a href="http://www.wcc.nrcs.usda.gov/snow">www.wcc.nrcs.usda.gov/snow</a>	Includes Snow Telemetry and Snow course data for snowpack information. Click on the blue dots at the site for updated info about current snow conditions.
<a href="https://sandiapeak.com/snow-report/">https://sandiapeak.com/snow-report/</a>	Our own Sandia Peak snow information
<a href="https://www.sandianordic.org">https://www.sandianordic.org</a>	Sandia Nordic's latest grooming report news for the Crest.

Avalanche Outlook	
US	<a href="https://avalanche.org/">https://avalanche.org/</a>
Canada	<a href="https://www.avalanche.ca/map">https://www.avalanche.ca/map</a>
Taos	<a href="http://taosavalanchecenter.org">http://taosavalanchecenter.org</a>
Crested Butte	<a href="http://cbavalanchecenter.org/">http://cbavalanchecenter.org/</a>
Northern NM	<a href="http://www.nnmae.org/">http://www.nnmae.org/</a>
Some of the sites from <a href="https://avalanche.org">https://avalanche.org</a>	
Colorado	<a href="http://avalanche.state.co.us/">http://avalanche.state.co.us/</a>
Utah	<a href="https://utahavalanchecenter.org">https://utahavalanchecenter.org</a>
Tetons	<a href="http://jhalanche.org">http://jhalanche.org</a>
Yellowstone	<a href="https://www.mtavalanche.com">https://www.mtavalanche.com</a>
Sawtooths	<a href="https://www.sawtoothavalanche.com">https://www.sawtoothavalanche.com</a>
Central Sierra	<a href="https://www.sierraavalanchecenter.org">https://www.sierraavalanchecenter.org</a>
Eastern Sierra	<a href="http://www.esavalanche.org">http://www.esavalanche.org</a>

## Which Ski Tour is Right for You?

Ratings			
Class	Vertical Climb (ft)	Distance (miles)	Notes
One	Less than 1000	Less than 5	Skiers should be able to execute stops and turns. Some Class I outings are appropriate for novice skiers. Persons with no experience MUST take the beginning instruction offered by the club prior to joining a Class I tour.
Two	Less than 2000	Less than 10	Class II tour requires intermediate skills and ability to maintain control on moderate slopes using snowplow and Turing techniques.
Three	Greater than 2000	Greater than 10	Class III requires advanced skills and ability to competently climb and descend steep, narrow trails. Skier should be experienced with using climbing skins and have plenty of endurance.
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.		
<p><i>Steepness of slopes, skill level, and stamina can also dictate the ski tour rating. Please see the webpage for more information.</i></p> <p><a href="http://nmccskiclub.org/ski-outings/">http://nmccskiclub.org/ski-outings/</a></p>			

### Trail slopes are categorized as follows:

1. Gently slopes have less than 5% grades.
2. Moderate slopes have greater than 5% but less than 15% grades.
3. Steep slopes have grades greater than 15%.



Board Members 2020-2021			
President	Bill Heitz	259-8745	<a href="mailto:President@nmccskiclub.org">President@nmccskiclub.org</a>
Vice President	Peter Marks	856-8237	<a href="mailto:VicePresident@nmccskiclub.org">VicePresident@nmccskiclub.org</a>
Secretary	Nancy Jenkins	269-0855	<a href="mailto:secretary@nmccskiclub.org">secretary@nmccskiclub.org</a>
Treasurer	Max Shepherd	270-5258	<a href="mailto:Treasurer@nmccskiclub.org">Treasurer@nmccskiclub.org</a>
Day Trips	Guy Miller	306-2628	<a href="mailto:DayTrips@nmccskiclub.org">DayTrips@nmccskiclub.org</a>
Long Bus Trips	Bob Potter & David D'Antonio	232-2486 553-2795	<a href="mailto:BusTrips@nmccskiclub.org">BusTrips@nmccskiclub.org</a>
Hut Trips	Guy Miller	306-2628	<a href="mailto:HutTrips@nmccskiclub.org">HutTrips@nmccskiclub.org</a>
Car Trips	Scott Mitchell	977-8893	<a href="mailto:CarTrips@nmccskiclub.org">CarTrips@nmccskiclub.org</a>
Newsletter	Amy Mathis	808-344-8543	<a href="mailto:Newsletter@nmccskiclub.org">Newsletter@nmccskiclub.org</a>
Instruction	Jim Whitfield		<a href="mailto:instruction@nmccskiclub.org">instruction@nmccskiclub.org</a>
Membership	Catherine Waters	218-6936	<a href="mailto:membership@nmccskiclub.org">membership@nmccskiclub.org</a>
Meetup & Social Media	Bet Gendron	228-8025	<a href="mailto:SocialMedia@nmccskiclub.org">SocialMedia@nmccskiclub.org</a>
Programs	Bob Guarnieri	331-8381	<a href="mailto:programs@nmccskiclub.org">programs@nmccskiclub.org</a>
Mailing/Egroup	Marilynn Szydowski	332-8018	<a href="mailto:egroup@nmccskiclub.org">egroup@nmccskiclub.org</a>
Refreshments	Phyllis Pryor & Terri Elisberg		<a href="mailto:refreshments@nmccskiclub.org">refreshments@nmccskiclub.org</a>
Trails	Sam Beard	828-0673	<a href="mailto:trails@nmccskiclub.org">trails@nmccskiclub.org</a>
Web Site	Chris Cochrum		<a href="mailto:website@nmccskiclub.org">website@nmccskiclub.org</a>
Finding Us			
Web Page	<a href="http://nmccskiclub.org">http://nmccskiclub.org</a>		
FaceBook	<a href="https://www.facebook.com/groups/1663936723893594">https://www.facebook.com/groups/1663936723893594</a>		
Mail	New Mexico Cross Country Ski Club PO Box 50534 Albuquerque, NM 87181		

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