



# NEW MEXICO CROSS COUNTRY SKI CLUB

November 2020

## **October Club Meeting Re-cap**

In case you may have missed it, the club had its season opener meeting via Zoom on October 8. It was a success! The board has been working hard during these unprecedented times to keep the club moving forward, reaching out to new members, re-vamping our website, and discussing possibilities for the upcoming winter season. What did you miss? Besides virtually hanging out with some pretty great people, we had a fantastic presentation by our very own Sam Beard who spoke about plane crashes in the Sandia Mountains. Our scheduled program, Winter 2020-2021 prediction was not able to be given due to technical difficulties, so Mr. Beard stepped in and made the program a success. Thanks Sam!! As for the winter weather outlook, we will likely have that presentation in a future meeting. The upcoming winter season in a nutshell is predicted to be *"Near to slightly below average snowfall in the north, below to well below average in the southern portions of the state. All indicators are it will be a similar winter to 2016 in which northern New Mexico and southern Colorado didn't fare too poorly with regard to snow. Temperatures will be most likely above 30-year climatological averages."*

Join us for the next club meeting November 12 for a presentation on Fitness Tune-up for the upcoming season!

## **Membership Renewal**

If you have already renewed your membership, thank you and please ignore the following:

During this unprecedented time, we all know the benefits of outdoor physical activities like cross country skiing. Therefore, don't let your NMCCSC membership expire and miss out on the great club activities we have for you! Now is the time to renew your NMCCSC membership for the 2020-21 season to continue participating in all our activities (Zoom meetings, hut/yurt trips, day trips, car trips, etc.), to receive our newsletters as well as snow reports and day trip announcements.

We prefer that you 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. Annual membership goes from October 2020-October 2021 and rates are as follows:

- ◆ **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**

**If you have any questions, please email Catherine at [nmccsc.membership@gmail.com](mailto:nmccsc.membership@gmail.com)**

## **Board Member Meeting Summary**

NMCCSC Board Members met virtually on Zoom on October 22. We are still working on our insurance for the season but hope to have that wrapped up

soon. So far, we have a nice financial cushion for the season. We are encouraging membership renewals and welcoming any new members. Our website is being revamped and we even had a nice feature about Nordic skiing in the Albuquerque

Journal. I'd say we are off to a great start this season!



## **Sangree M. Froelicher Hut Trip Update**

Based on COVID-19 restrictions, The 10th Mountain Hut Association reduced the number of people we could include in the hut trip from 20 down to 16. We have refunded the reservation fee we paid for to



account for the deleted 4 people. At this time there are 8 club members signed up for the trip for January 30-February 4, 2021. We have 8 more spots open for this terrific trip! If you are interested, cost is \$170. Anyone who has signed up will be refunded if the trip should cancel.

Questions? Please contact Guy at [DayTrips@nmccskiclub.org](mailto:DayTrips@nmccskiclub.org).

### **COVID, Skiing, and You**

This year we have already had our first significant snowfall and some of us even got to enjoy a couple of days on skis! As the weather cools we hope this trend will continue. NMCCSC is fully committed to safety and following the mandates stated by our governor. As things change we will be monitoring the situation and applying any updated health guidelines to our outings. We are planning on doing day trips and instruction in small groups of no more than 5 people to a group. Instruction will also include on-line educational videos, and printable aides. Masks will be worn when in close proximity to one another and skiing will be socially distanced. All participating members will need to sign a waiver pertaining to the outing and COVID-19. Carpooling for trips will be up to the individuals. Our insurance policy will be reviewed for our club with respect to the virus.

**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/>

# NMCCSC instruction

By Jim Whitfield



Ready for snow? Want to learn how-to cross-country ski or improve your skiing skills? We may have you covered. The club offers, Basics and introduction to skiing, Intermediate level skiing, Telemark skiing, and even impromptu Avalanche beacon practice. All on-snow classes are for members (and membership for under 40 years old is cheap) except the classroom beginner equipment instruction, which will be free and open to non-members.

However, we are going to have to be flexible with COVID going on, but that may give us more chances to have instruction in small groups, at least for the basic's classes. To see the latest announcement see [www.nmccskiclub.org](http://www.nmccskiclub.org) and click under instruction, and the instruction class. Questions, registration, and information at [instruction@nmccskiclub.org](mailto:instruction@nmccskiclub.org). [Also see the latest restrictions set by New Mexico health department (at [cv.nmhealth.org](http://cv.nmhealth.org))].

## Introduction to and basics to cross country skiing

If you (or someone you know) is new to skiing or new-again or just want to improve your basic skills, the NMCCSC will be conducting the basics class with two instructions; Classroom (or Zoom) meeting and an On-the-snow session. In the Classroom instruction, we will cover the Different kinds of skiing and different

equipment needed for each type of skiing, and clothing, and much more. When? **Classroom session will be Wednesday evening December 9<sup>th</sup> at 6 pm.** Most likely this will be held over a zoom meeting.

The On-the-snow session instructors will give lessons on how to maneuver, turn, and ski up and down hills. The instructor will teach the basics and the new skier will have a chance to practice.

Also, a course outline is downloadable from the website for members. When? We have not set a time because we do not know what the COVID-19 restrictions will be like. Two options, if New Mexico is open to larger groups, then this will be set sometime in January. If we are limited to groups of 5 or less people, we will arrange instructors to meet with small groups through out the season. Check the website as the season moves forward.



## Intermediate Skiing

This class is for people that have gotten the basics and are ready for more advanced stuff. What will be covered?

Step turn, stem christie, Parallel and telemark turns, as well as using skins, and powder and back-country skills. See the website for more details and contact us

through the contact email above. If COVID-19 does not shut us down completely, this course will be conducted on a ski area. Details to follow as the season progresses.

## Telemark

We count ourselves lucky to have Barry Ritchey teach this class again, our very own telemark instructor that has

been teaching for many years. If you are ready to up your game and learn the very specialized skills of Tele' skiing, then sign up for this

class. This will occur at a ski area where the students can focus on learning. See the website for more details as the season progresses.

## Avalanche beacon practice

This is for the skiers that have taken an Avalanche class and want to keep their beacon skills up to date. Knowing how to use a beacon in the back

country is important to traveling safely. Come and polish your skills before you need to know how to use your beacon and perform a rescue. These will occur when an

instructor steps forward. Notification will be through both emails and on the website. Send an email to the instruction address below to be put on a list.

## Want to sign up or find out more?

Send an email to [instruction@nmccskiclub.org](mailto:instruction@nmccskiclub.org). Put your name in for whatever class you are interested in.

Also, an interesting article about Cross Country skiing being a perfect sport during the Covid-19 restriction. <https://xcski.org/2020/03/cross-country-skiing-the-perfect-social-distance-sport/> or <https://www.xcskiresorts.com/resort-features/2020/3/20/social-distancing-amp-reducing-worry-amid-covid-19>

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.		

**Trail slopes are categorized as follows:**

1. Gentle 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%.



*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/>



Sam Beard bucking a log on Ladera Trail on Los Griegos Mountain. Photo by Cliff Giles

## October Trailwork Los Griegos Mountain (Jemez Ranger District) and Coyote Call (Valles Caldera)

by Sam Beard



L to R: Dave Gabel and Cliff Giles sitting on the "lunch log" at Griegos Junction below the switchbacks on the upper mountain.

The NMCCSC has had a very busy month for trail maintenance. On Friday, October 23, nine volunteers removed approximately three dozen fallen trees from Ladera and Elk Ridge Trails on Los Griegos Mountain in the Jemez Mountains. The crew was divided into two groups with one team on each trail. In addition to the fallen trees that were killed in the Cajete Fire a few years ago, we removed numerous small downed trees and debris related to the thinning that was done here about a year ago. We found one very large pile of branches and tree trunks across Ladera Trail, and we cleared a short trail around the pile. Due to the large number of down trees to remove, we got only as far as Griegos Junction and did not work on the switchbacks between Griegos Junction and Upper Road.

On Saturday, October 31, 2020, eight volunteers completed fall maintenance of Coyote Call Trail on the Valles Caldera National Preserve (VCNP). They are members of either Los Amigos de Valles Caldera or the New Mexico Cross Country Ski Club. The group was divided into two teams – 3 volunteers in the crosscut saw team and 5 volunteers in the chain saw team.

- A. Crosscut Saw Team – This team removed a total of 35 obstructions on the trail, fallen trees and trunks protruding into the trail corridor. The maximum log diameter cut with the crosscut saw was 12 inches. The diameter of many of the removed trees was 2 inches to 8 inches.

- B. Chain Saw Team – The five volunteers in this team removed 20 down trees with the largest log having a diameter of 21 inches. In addition to removing down trees, this team removed a 16-inch hang-up over the trail with the top resting high in another tree.

The volunteers enjoyed working on the trail and appreciated the opportunity to work on the VCNP provided by Michael Hodgkinson, VCNP Facilities Manager.

**Thanks very much to our  
dedicated maintenance  
crew!**



# Ski Season Physical Fitness

By Linda Sofia

Are you itching to get out in the snow and try out those skis this season? Well, before you hit the trails you may want to consider fitness. Cross-Country Skiing is a sport that relies on the skier's own locomotion to move across the terrain. It requires hard work in all areas of the body in the form of strength, speed, and endurance as well as balance and flexibility. It's a full body workout so being/ getting into shape is important. Let's look at the areas in which we should be working continuously in preparation for the sport! We'll need to focus on a solid daily workout of some sort. No one form of training and/or exercise can fit the bill for all of us. The focus for the November Zoom presentation will be on using yoga as part of that workout.

Firstly, improved **Cardio Respiratory** function and fitness are an indication of overall health thus being a primary part of the workout. Our hearts, lungs, and muscles are all involved in this function. To support this function, a workout of aerobic exercise and muscular fitness are imperative. No gym membership is required to work on these areas. Vigorous activities such as

resistance training and expiratory power (full breathing), which is often lacking, are paramount. How efficiently is our body using oxygen? Practicing simple breathing techniques can aid in this area. and increase our endurance for the sport. Kalibati breathing as well as Anu Nasika breathing can be practiced easily and often.

Another significant part of the workout should focus on **Lower Body Fitness**. Stretching to release tension from the hips, legs, including the quadriceps, hamstrings, calves, ankles, and feet is important. The sport requires strength and endurance in the legs so practicing lunges,



twists, and postures including pigeon, fire log, cow face, frog, downward facing dog, and forward folds is beneficial. They help build strength, flexibility, and balance as well as endurance! And Cross Country skiing certainly requires endurance!

Letting go of stress and tension in **Upper Body Fitness** across our neck, shoulders, arms, and upper back can be met by practicing various yoga postures which will prepare us for more vigorous training such as strength training which also builds

endurance. Postures such as plank, chaturanga, upward dog, and reverse tabletop to name a few, will help accomplish the goal of upper body fitness to meet the needs of the sport.

The **Core** of the body are the muscles around the trunk and pelvis. A strong core promotes better balance and stability. Weak core muscles can lead to fatigue, less endurance, and injury. Use of the abdominal and back muscles in unison will help gain muscle mass, improve our

confidence, capability, and quality of life as well as improving our bodily function and power. Postures such as boat, chair, cat/cow, plank, and dolphin fit the bill to strengthen the core towards success in Cross Country skiing!

The benefits of **Flexibility** are numerous.....fewer injuries, improved balance and muscle coordination, a positive state of mind, greater strength, and improved physical performance name just a few. Yoga postures for flexibility will help lengthen and stretch

muscles in a safe and effective way. The best poses for flexibility are those that are done regularly. Reclined hand to big toe, eye of the needle, downward facing dog, crescent lunge, and pyramid pose are all effective.

Cross-Country skiing will require **balance and stability**. We all know what balance is! Whether or not we possess it is a different story! Stability is the ability to control the body during

movement. Practicing such poses as tree, hand to big toe, and eagle will surely challenge our balance. Moving between various postures

smoothly will aid in the practice of our bodily

stability.

Lastly the focus is on **nutrition** which is defined as the process by which food is transformed into body tissues and provide energy for a full range of physical and mental activities and cross-country skiing will surely require energy! There are six essential nutrients needed to sustain us. They are vitamins, minerals,

protein, fat, water, and carbohydrates. Talk to ten different professional nutritionists and you'll get ten different opinions on healthy diets! I say "eat real food", a reasonable balance of unprocessed animal and plant foods, decreasing the number of manufactured calories known as highly processed food.

Our overall health and wellness will not only serve to assist us with longevity of life and freedom from injury but will help us to enjoy the exciting things in our lives like Cross Country skiing!



## CALENDAR

### November

Nov 12	Club Meeting via Zoom 7-9pm Fitness Tune-up
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Nov 19	Board Meeting via Zoom
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### December

Dec 9	XC Instructional via Zoom 6pm
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Dec 10	Christmas Party (Pending)
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Dec 17	Board Meeting via Zoom
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### January

Jan 14	Club Meeting via Zoom 7-9pm Skijoring (skiing with dogs/horses)
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Jan 18 - 19	Chama Chili Classic Weekend
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Jan 28	Board Meeting via Zoom
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Jan 30 - Feb 5	Sangree M. Froelicher Hut Trip
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### February

Feb 11	Club Meeting via Zoom 7-9pm Ski Technology Apps
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Feb 25	Board Meeting via Zoom
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### March

Mar 11	Club Meeting via Zoom 7-9pm End of season wrap-up
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Mar 25	Board Meeting via Zoom
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Board Members 2020-2021			
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Vice President	Peter Marks	856-8237	<a href="mailto:VicePresident@nmccskiclub.org">VicePresident@nmccskiclub.org</a>
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Treasurer	Max Shepherd	270-5258	<a href="mailto:Treasurer@nmccskiclub.org">Treasurer@nmccskiclub.org</a>
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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>
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