



March 2021

NEWS

February Club Meeting Summary

In case you may have missed our February zoom club meeting, you missed a great one. We all got to get our tech on as Gerry Trujillo gave an extremely informative presentation on “Mobile Technology for Outdoor Activities”. He did a re-cap of last year’s talk and even provided a wealth of new information. For those of you who are interested in GPS and backcountry apps you can view his entire presentation which was sent by Bob Guarnieri on February 12 to club members on eGroups. Thanks so very much Gerry!

Next General Club Meeting - March 11 via Zoom

It’s hard for me to admit, but our season is rapidly coming to a close. Our final club meeting of the season will be on **March 11** on zoom. First and foremost, we will be voting on next year’s board members. There will be a couple of changes. Jim Whitfield will be stepping down from *Instruction* and Bob Guarnieri will no longer be in charge of *Programs*. Marlene Brown is interested in holding down the post of *Programs* and we have someone in mind for *Instruction*. Huge shout-out and thanks goes to Jim and Bob for their dedication and fabulous work keeping our club instruction and programs flowing!

The March general club meeting will be a show and tell. Don’t worry we aren’t heading back to pre-school, but for the presentation we will have our own club members show and discuss their favorite pictures to the club! Each person will have a few minutes to present a half dozen or so pictures and talk about a special outing they have had. It may be a great ski trip somewhere, a wild weather situation, a skiing class they took, a great (or ordinary) day in the Sandias, or just some wonderful scenery. Come and share in the fun for our final meeting! La Niña and COVID held up walls against us but they couldn’t keep us from enjoying the fleeting moments that nature offered us.

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/>

Board Meeting Summary

The NMCCSC Board met via Zoom on February 25th. It is hard to believe but this was our last board meeting of the winter season. We discussed the telemark clinic that was offered by Barry Ritchey and what an asset he is for our club. Our finances are in fine shape as we haven't had much to spend money on this season. We are looking for ways to keep our new members satiated and coming back for future seasons. We are interested in attracting young families with children to our club and hope that in the future we can offer a kids and/or family clinic. "Mama don't let your babies grow up to be snowboarders." Ummm...that's a tad too late in my household! Discussions are still in the works for how best to reach club members for instruction for next season. MeetUp seems to be the way to go, but we certainly do not wish to leave anyone out who only follows news by our eGroups email. The board will meet again on a TBD date to discuss the September picnic at Oak Flats.

Board Meeting

Club Member Adventures

It's that time of the year again. It's almost time to force myself to embrace spring and then endure the summer heat. I've completely ignored the Pagosa Springs nordic grooming report and have had to admit that our ski season locally is nearing an end. I feel sad about it as I usually try to ski until the end of March often living in some weird twilight zone where I'm planting flowers one minute and skiing the next...but not this year. Time marches forward and change is in the air. But hey...next year we are hoping for more snow (please?) and hopefully more outings! Despite La Niña and COVID we have gotten out there in the snow as much as we could. I've been enjoying reading all about club member adventures as they venture out to hit the slopes or woods to enjoy what our state has to offer.

On February 19 a small group of intrepid skiers conquered Mt Taylor!

On February 20 Barry Richey offered a Telemark instruction at Ski Sante Fe. He dedicated a morning and afternoon session to a small group of students. Barry was able to offer individualized instruction to our budding tele skiers. They spent the day learning and practicing technique to master that



Mt Taylor outing

illusive tele turn. Knee-dropping fun was had by all!

In mid-February we finally had enough snow locally that skiers were able to enjoy outings in the Sandias across the Kiwanis Meadow and up to the Kiwanis stone hut. Club members have also been enjoying Skijoring on the Service Road, exploring the Survey Trail/North Crest loop, Sante Fe's Norski Trail, Aspen Vista, areas west of Taos, and of course the Jemez.

Thanks everyone!



Telemark clinic

Trail Scouting

By Sam Beard

On Saturday February 27, Michael Arndt, Bob Moore, and I skied on the eastern part of Los Griegos Mountain in the Jemez. It was reported by Alan Shapiro that down trees along Ladera Trail were causing issues for potential ski outings. Not only did we find extremely variable snow conditions but we checked for down trees on upper Elk Ridge trail and the Ladera trail switchbacks between Griegos Junction and Upper Road. We found about a dozen down trees on Elk Ridge Trail before we had lunch at Griegos Junction. After lunch, we tried to find the marked route in the



Trees down on the upper part of Elk Ridge Trail. Redondo Peak is in the background.



Bob and Michael near where the power line crosses the canyon

switchback area below Upper Road. We struggled through brush and over and around logs and finally stopped “skiing” on the traverses after going through three switchbacks. We returned to Griegos Junction and followed Lower Road to the SE about one-quarter mile to a large clearing where we turned left and started down Big Pine Canyon. This north-facing route is not marked, and much of the way we did glade skiing through the scattered trees. We named this canyon after the large Ponderosa pines found here. Except at the beginning of the route, we found good snow cover most of the way to the highway. In the thinned area, we hiked over a south-facing slope on our way to the vehicles.



MARCH

CALENDAR

March

Mar 11

Club Meeting via Zoom 7-9pm
End of season wrap-up



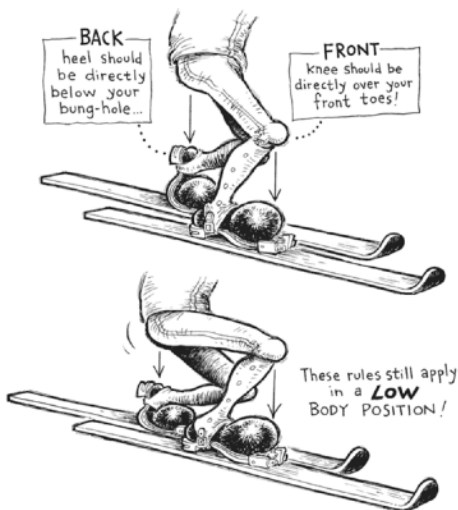
Allen & Mike's (& Barry's) Really Cool Telemark Tips!

(based on the book "Allen and Mike's tele tips" and also tips from Barry Ritchie)

By Amy Mathis

Have you ever heard of Telemark skiing? You may have seen it. I remember when I first saw it. I was riding the chairlift up some ski hill with my alpine rental kit when I looked down and saw what appeared to be the most beautiful and graceful skiing that I had ever seen. I watched with envy as the skier seemed to glide and float effortlessly down the slope swishing back and forth with bended knees to aid his turn. I didn't know it at the time but I had just been bitten by the tele bug and I wanted that grace and beauty of my own.

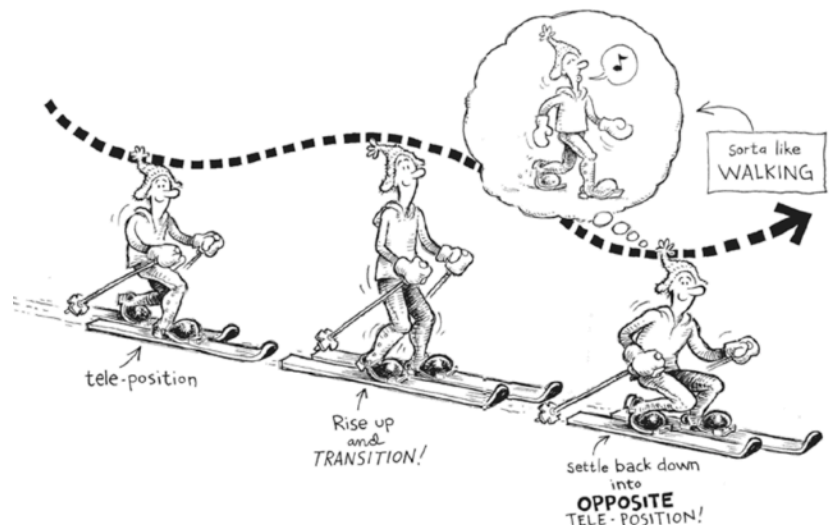
So where did this knee-dropping style of skiing come from? In the mid-1800s, a guy by the name of Sondre Norheim from the District of Telemark in Norway popularized the tele turn. Over the years tele has come a long way from its birth in Norway to the the popularization in America during the 1970s with skinny skis and leather boots to the modern plastic stiff boot and wide, side-cut skis.



The Tele Stance

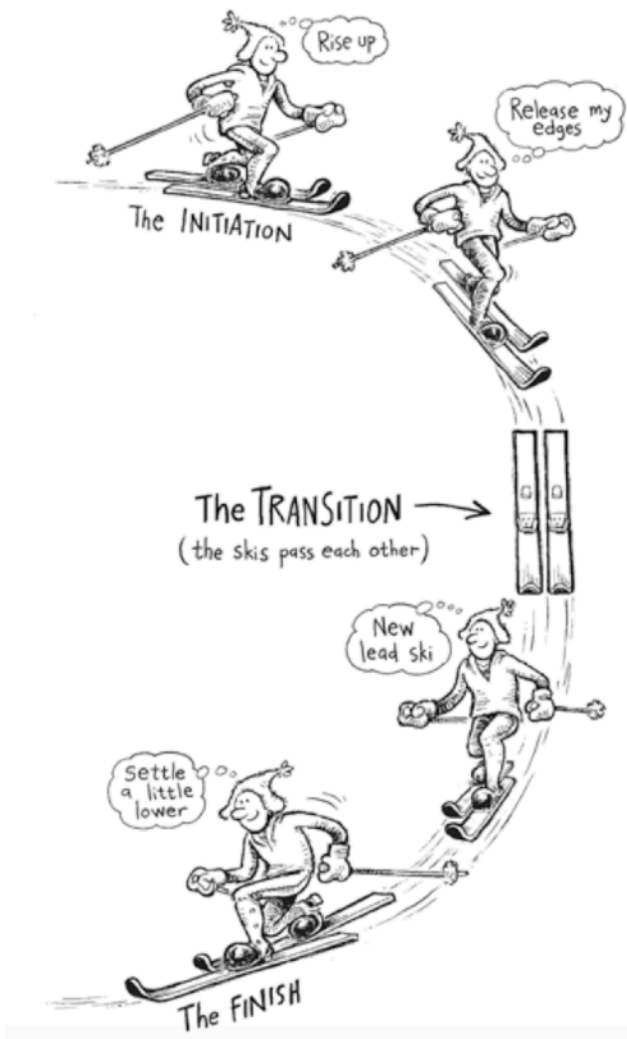
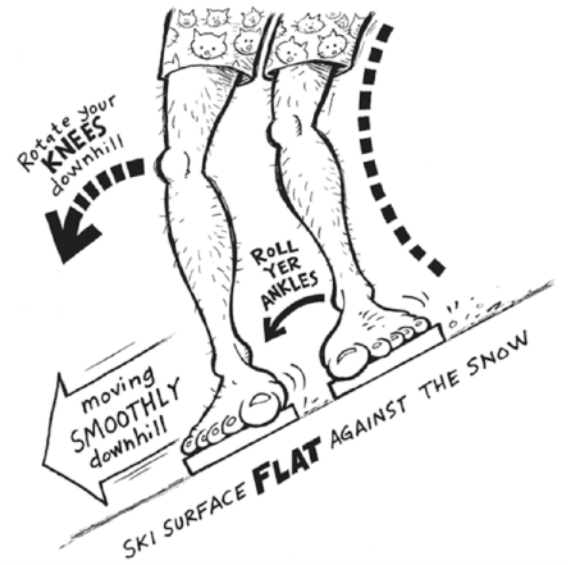
Telemark skiing is based entirely on the "stance". The stance requires an athletic, stable body position with knees bent, shoulders low and your hands out in front of your body. Your downhill foot knee should be directly above the toes of your front foot. The uphill foot (trailing or back foot) should be bent at the baffle of the boot with the heel lifted off of the ski. Ideally 50% of your weight should be on your front foot and 50% should be on your back foot. Don't let that pesky back foot get too far back or your knees too far apart. Keep that back foot directly under you and SIT ON IT!

Start your day with the tele-shuffle. Use a mellow slope to ski slowly across and rise up and down out of the tele stance to get accustomed to rising up and down like an accordion. Remember to place your downhill foot forward and your uphill foot back! Practice this in both directions so that you get used to the stance on both sides of your body and try to make the tele transition as smooth as possible as you equally weight each ski.



Release your edges

Now practice releasing your ski edges. Stand with your skis perpendicular to the fall line. Make sure the uphill ski edges are dug into the slope so that they grab the snow. Now, roll your knees downhill, flatten your skis and slip down the fall line. Practice this a bit more and let those ski tips find the fall line on their own. Congratulations! You've just done practically nothing and you're already in the fall line with very little effort.



The telemark turn

The classic telemark turn has three parts: the **initiation**, the **transition**, and the **finish**. Using a gentle slope, point your upper body downhill. Rise up and rotate your knees in the direction you wish to turn. This should release your edges and your skis will seek the fall line. This is the initiation phase. Your skis will point downhill and it is in this moment that you switch the lead ski by sliding the back ski forward and make the skis smear past each other with identical pressure. This is the transition phase. Finally, think about pressuring both skis into the turn and feel them arc around. This is the finish phase.

The Fall Line

The fall line refers to the line down a mountain (or hill) which is most directly downhill. If you were to take a soccer ball and let it go it would accelerate under gravity if it were free to move unobstructed on the slope. The ball will follow the fastest route down the slope. This is the fall line.



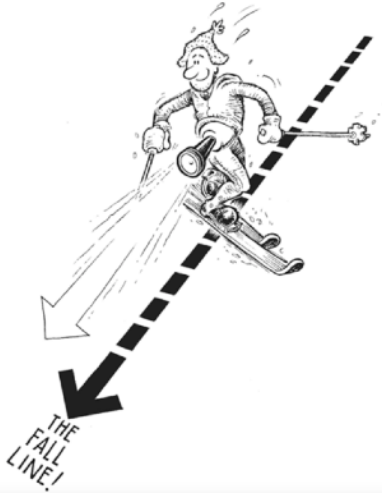
Big toe, little toe

Once you have the basic tele turn down, pretend you have grapes under your big and little toes. When you are doing your turn you want to squash the grape under your big toe with your downhill foot. With your uphill foot you need to squash the grape under your little toe and ball of your foot. This will help you with getting your edges to bite into the snow.



What to do with your upper body

Your upper body should always face directly down the fall line. Now imagine your belly button as a flashlight that you must keep pointed directly down the hill. As you ski, keep that beam on something straight down slope. This mental image should help you to keep your hips pointed down the fall line.



The letter "C" and the Big Orange

Imagine you have just arrived at Sesame Street and have been asked by Big Bird to form the letter C with your body while on skis. It is this shape during your tele turn that will help you bring your skis around. This arcing shape begins with your toes and follows right up through your head. If you stand up and form a letter "I" instead it becomes

harder to twist your hips so that they face downhill. The steeper the slope, the greater C-shape you want.

Having trouble with that letter C? Imagine your friend gives you an orange and asks you to squeeze it between your hip and rib cage. As you alternate between each turn, think about really gripping that orange so that the uphill side of your torso is longer and the downhill side does the pinching.



Get Rid of the Crutch

Are you using your poles as a crutch? How about using them as a kayak paddle instead? Going without your poles helps to improve your balance and gives you a chance to concentrate on facing down the hill with your upper body. Now you can't cheat. The kayak paddle with force you into a balanced stance and you hold those poles perpendicular to the fall line with each turn.

In Summary

Hopefully this gives you something to practice the next time you put on that tele kit! Like Barry says, Telemark skiing is a lifelong learning pursuit. Enjoy the journey my friends!





Beautiful Sandia Mountain *Photo by Ron Beauchamp*

Important Websites

Snow Report Sites	
OnTheSnow.com	Has the latest snow report for ski resorts in NM and CO.
www.wcc.nrcs.usda.gov/snow	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.
https://sandiapeak.com/snow-report/	Our own Sandia Peak snow information
https://www.sandianordic.org	Sandia Nordic's latest grooming report news for the Crest.

Avalanche Outlook	
US	https://avalanche.org/
Canada	https://www.avalanche.ca/map
Taos	http://taosavalanchecenter.org
Crested Butte	http://cbavalanchecenter.org/
Northern NM	http://www.nnmae.org/
Some of the sites from https://avalanche.org	
Colorado	http://avalanche.state.co.us/
Utah	https://utahavalanchecenter.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

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