

# NEW MEXICO CROSS COUNTRY SKI CLUB

NEWS

Fourth of July Canyon 2020  
Amy Mathis

October 2021

## *Welcome to Ski Season 2021-2022!!*

### **Greetings club members!**

It's that time of the year again. As summer comes to a close, the days begin to get cooler and the nights become shorter. You might even start to notice the leaves changing, squirrels rushing to gather nuts, or male tarantulas hunting for a mate. All of these things and more indicate that winter is on its way. It won't be long before we get our first snowfall in the state and it means that it is time to kick off another fantastic season of cross-country skiing.

Although many of us are vaccinated from COVID-19, the darn bug won't quit and we still have to take precautions. Our club will be following government mandates regarding safety for the upcoming season. That being said, our first **General Meeting** of the year will be on **October 14 at 7:00** and will be held on **zoom**. Please be on the lookout for the link in your email!

### **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.



## Programs

Our new Program Coordinator for this season is Marlene Brown. Thanks Marlene! For October, our program will be a very special one given by **Ray Berg and Jason Cline** about **Adaptive Skiing**. What is that? Adaptive skiing utilizes special equipment and training to allow people with disabilities to experience the benefits of skiing. Come and check out this very interesting and important program!



Photo from oxygene ski

## Membership Renewal for 2021-22 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**  
*Annual Dues*

## Board Member Meeting Summary

NMCCSC Board Members met virtually on Zoom on September 9th. Discussions included the budget for the 2021-2022 season, indoctrinating our newest board members, the club picnic, and upcoming ski trips. Margie's Hut has already been paid for and we are working out other options to defray increased costs for the

bus trip. We are still up in the air for meetings at the Garden Center this season. Either way you slice it we will either



be on zoom again or meeting in person with COVID mandates in place. As for our

budget, we are in good shape with coverage for the season. Our first recruitment event will be the Ski Swap. NMCCSC will have a table and we are looking for volunteers. Sam Beard discussed the major re-route of the Challenge Trail from Ellis to 10K. He will be leading trail maintenance in the Jemez and Vallez areas this fall.

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**Mailing list:** [NMCCSCgroup@mailman.swcp.com](mailto:NMCCSCgroup@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/>

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# Picnic



## Annual NMCCSC Picnic

It came back after popular demand! NMCCSC was finally able to hold the annual club picnic on September 12 at Oak Flats. For those of you who missed it, it was a great time of fantastic food and wonderful fellowship. We had hamburgers, hotdogs, veggie burgers (the good ones!) and a smorgasbord of yummy salads and deserts. Thanks to Max and our picnic committee for making this happen.



## BUS TRIP, BUS TRIP, BUS TRIP!



After cancelling all thought of a bus trip in 2021, we are looking forward to offering one for the 2021-22 ski season. Although still in the planning stage, here are the basics:

There are still a few details to be worked out, and with a wary eye on Covid, we are hoping to offer this exciting experience. In keeping with safety protocols, we will be asking only the fully vaccinated attend. If you can't wait to once again get together with friends, visiting and skiing, let us know: [BusTrips@nmccskiclub.org](mailto:BusTrips@nmccskiclub.org). Stay tuned for more!

**Date:** Friday, February 4<sup>th</sup>- Monday February 7<sup>th</sup> 2022

**Place:** Leadville, CO

**Hotel:** Silver King Inn and Suites



## Upcoming Event

It's baaaacck!! **SKI SWAP**, the largest fund raising event for the Sandia Ski Patrol and the biggest winter sports show in New Mexico!

Join the flock and see over 150 volunteers and check out the sea of over 17,000 pieces of equipment for sale including skis (alpine and nordic), snowboards, boots, clothing, and even lift tickets.

Why sell your lightly used gear at the Ski Swap? You get free parking, you decide how much your items are worth (but guidance will be provided if needed), and if it sells, you get cash!

*How to sell your usable gear the the NM Ski Swap:*

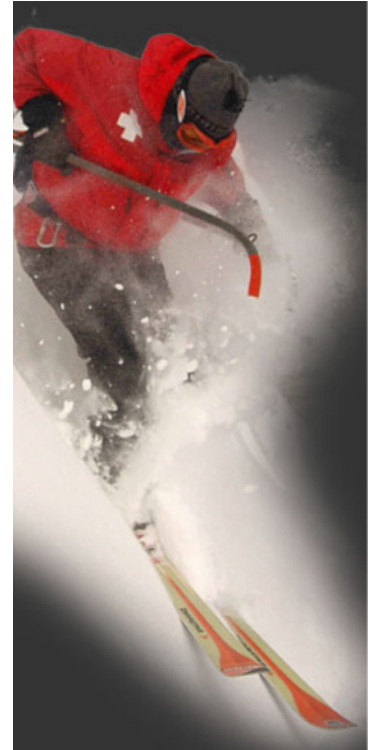
Got gear? Bring it to the west doors of the Manuel Lujan Complex (Building B) at Expo New Mexico on Friday October 22 for the gear check-in from 10am -7pm. You will receive a tag for each item you register. There is a charge of \$0.50 for each tag you need. Your items will be on sale on Saturday October 23. A 15% commission on each item sold will go directly to the Sandia Peak Ski Patrol. You also have the option to donate your equipment.

Ski Swap can't accept everything. They do not accept hats, socks, underwear, mittens, gloves, or unserviceable equipment.

What is unserviceable equipment? Could it be my right

knee at the moment? Umm no. Remember those 1980's alpine skis you found at a thrift shop? Chances are the bindings are no longer legally serviceable by a technician. All incoming skis will undergo a binding check to make sure they are within the ski industry's list of supported ski bindings when the equipment is checked in. Most manufacturers stop supporting some bindings after just a few years because they can start to fail. Safety is the main concern here, so ski shop technicians are not allowed to adjust the bindings because they don't want to run the risk of skier safety.

Pick up your sale proceeds or equipment that did not sell on Sunday.



Let me just say that this is a VERY valuable service provided by dedicated volunteers. Ski Patrollers must go through months of training and pass several written and practical tests to become Ski Patrol. The course isn't cheap either and they are only paid with gratitude from those enjoying the

slopes. This event is a wonderful fundraiser for them and much needed at this time. So where to the commissions go? It goes to the annual expenses of training and securing the equipment and medical supplies the Sandia Peak Ski Patrol uses to provide the best care to the public.

<http://www.nmskiswap.org>

### Manuel Lujan Jr. exhibit Complex

Oct 22 7-10pm. Public gear check-in and VIP pre-sale (\$20 per person/cash unless you are ski patrol or a volunteer)

Oct 23 9-4. Public sale \$2 per person

Oct 24 11-4. Public sale \$2 per person

## VOLUNTEER

**NMCCSC is having an information table at the event! Want to help volunteer and tell folks about our great club? Contact Peter Marks at [VicePresident@nmccskiclub.org](mailto:VicePresident@nmccskiclub.org) to sign up.**

## Summer and Fall Fitness & Conditioning for Cross-Country Skiing with a Focus on Nordic Walking - from Karen Waeschle N&C Nordic Ski Colorado website



While I was researching a topic to include in this month's newsletter I came across a site about Nordic Walking. Huh? Never heard of it. Have you? As someone who enjoys several types of physical activity such as hiking, road cycling, and weight training, there are times that I have no other option but to strap on the old running shoes for a jog. Jogging for me is terrible for my body as I nearly always have pain during and after, but there is no question it is a fantastic cardio workout. In my search I came across a couple of sites about Nordic Walking. Now this sounds gentle on the body and seems to be a great full-body spectrum workout!

Okay so you might not be able to use those skis right now, but before we know it the snow will be here (hopefully) and all of a sudden you've got to grab your gear and go. Will you physically be ready? Read on to find out one way some folks train when there is nothing but brown on the ground.

Nordic Walking takes fitness to a new level by adding poles to give an upper body workout that increases endurance, strengthens the arms, core, chest, back, buttocks and legs. It is also a great cardiovascular workout. The Nordic walker will burn at least 20% more calories than normal walkers. It is also considered a low stress, total body workout that keeps you fit, toned, and healthy. And...guess what? There is even an entire website dedicated to the sport. [nordicwalkingonline.com](http://nordicwalkingonline.com).

So can I just use my hiking poles? That's what I was wondering. Well, technically to do Nordic Walking properly you are supposed to use official Nordic Walking Poles. They have the proper hand grips and gloves and are made for this sport. However, if money is short or you just want to try it out, bring out those hiking poles and give it a go. If it turns out you do wish to purchase Nordic Walking Poles, there are several varieties on the noted website.

*(The following is an excerpt from Ms. Waeschle's site)*

"So, how does one get started? Besides regular running attire, all you need to add are poles and some initial instruction on technique. Poles should be adjusted to a height where the wrists are slightly lower than the elbows when the poles are planted. Practice standing in place and swinging the arms with the poles parallel to the ground. Notice how long the

arms are; this will affect the leg stride length. Hands should be relaxed and if the pole straps are properly fitted, you should open your hands when the arm swings behind you.

Next, coordinate your arms and legs so you are opposing arm and leg swing. This is how you normally walk, but with poles in hand, beginners will over-think the movement and end up planting the pole and stepping the foot on the same side.

Immediately, you'll notice how awkward this is so restart with right foot and left arm moving forward.

Hold your head up and look down the trail, not at your feet. Strive for a long stride with a long, fluid lever arm swing from the shoulder. As the terrain changes, stride length will change too; steep ascents and descents require a shorter stride and rocky or uneven terrain will cause adjustments."

Do you notice how sore your muscles get after your first time out on those skis? This activity can help reduce some of that beginning-of-season pain that

we all feel. Want to give this a try? I have included a very good beginner instructional video right here:

<https://video.search.yahoo.com/search/video?fr=aaplw&ei=UTF-8&p=Nordic+walking+youtube#id=1&vid=0db0cf24994e0fa44da5c22d7be7e751&action=click>



## Hut Trip!!!

Margy's Hut is part of the 10th Mountain Division Hut Association. Built in 1982, this hut was one of the very first huts in the 10th Mountain system. Margy's is a two-level hut with four sleeping areas and the capacity to sleep up to 16 people. The hut is located at 11,300' about 10 miles Northeast of Aspen, Colorado.

Guy Miller and Doug Erb are co-leading this fabulous hut trip from Monday January 24-Friday January 28, 2022.



So far Guy has four participants and there is room for more! The cost is \$245, proof of COVID vaccination and booster, if applicable, will be required. Avalanche gear is also a must. We are hoping that COVID won't be a hang-up this year, but if so, Guy is working out a plan so that if cancellation is necessary there is a full refund.

For more details or questions, contact [Guy Miller](mailto:Guy Miller) at [HutTrips@nmccskiclub.org](mailto:HutTrips@nmccskiclub.org).

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 Tiring 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. 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%.



Board Members 2021-2022			
President	Bill Heitz	259-8745	<a href="mailto:President@nmccskiclub.org">President@nmccskiclub.org</a>
Vice President	Peter Marks	414-3005	<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	Dana Price	417-9787	<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	Marlene Brown	452-7202	<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	980-3241 450-9961	<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		

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