

New Mexico Cross Country Ski Club



NEWS

December 2021

November Club Meeting Re-cap and Upcoming

The general club meeting was held both in person at the Albuquerque Garden Center and on Zoom on November 11. We had a good turn-out and enjoyed a fabulous program by Todd Burnham, professional Ski Patroler. He spoke to the group about what National Ski Patrol does and discussed their outdoor emergency care training. Todd also shared some stories from the mountain during his many years in service.

Winter is rapidly approaching (I hope), and that means our next general club meeting will be a

holiday-centered gathering. It will be a hybrid meeting in person and via Zoom and will be held **December 9 from 7-9**. Even in the time of COVID, we can still get together and socialize. Our in-person meeting will consist of a holiday party where we'll stream photos of this past year's ski excursions. Our fabulous programs director said, "I skied many times in our local Sandia Mountains and regularly went with and ran into other club members. It was one of the few activities where I felt safe participating in last winter before the vaccine was available. I took

quite a few photos and hope you did too!" Please send your pictures to **Chris Cochrum** at webmaster@nmccskiclub.org. We won't be having refreshments but we WILL be having a fashion show. I'll show you mine if you show me yours...what? We have a tradition of having a Ski Fashion Show at the December meeting. Don't forget to wear your most outrageous/festive/colorful/vintage/or whatever...ski wear. 'Tis' the season. If not now, when? No reason to be shy folks, we are all family! Let it all out!

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

NMCCSC board members met via zoom on November 18. We are in good financial standing for the season and have strong membership. We are discussing the upcoming bus trip to Leadville as we still need 30 more people to fill up the bus. The board discussed other travel options if there aren't enough people for the bus.

The club will be looking to fill two positions for the next season. Catherine Waters will be retiring from Membership at the end of the season and Chris Cochrum will be leaving the post of webmaster at the end of this month. Thanks to both of them for their hard work and dedication. Should you have any interest in either of the positions, please contact Bill Heitz (president) or any of the other board members.

NMCCSC Membership

Are you late with your renewal or know someone who wants to become a member? Please go to <https://nmccskiclub.org>. Click on the Membership dropdown and select "PayPal SignUp / Renewal". Next scroll down to the bottom and select your membership type and then "Buy Now". You don't even have to have a PayPal account but can easily just pay with a credit card.

- ◆ **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**

Any one who has not renewed membership will be purged from our email list on December 31, 2021

Beacon Practice

Greetings skiers!

Finally a freeze in Albuquerque! Let the snow fly and pile high! It's the perfect time to dust off those transceivers, replace the batteries, find your shovel and probes and practice digging your friends out!

So far the avalanche rescue review that was scheduled for December 4 has been cancelled due to lack of interest. I will be offering a beacon / transceiver avalanche rescue review on Friday 12/31/2021 (what better way to ring in the New Year?). The session will take about 3 hours from 9am-noon. Unfortunately my January schedule does not allow me to offer any weekends for rescue reviews. If there is no interest on either Friday 12/31 or Sunday 1/2 on the weekend of New Year's Eve, I can offer a review sometime in February. Location is to be determined, probably somewhere in the Sandias. Hopefully there will be snow, but you can practice beacon and burial scenarios even in the summer.

This event is for skiers that travel in the back country and want to practice their use of avalanche transceivers, probes and shovels. You should have



your own beacon, probe and shovel and know how to use them.

Knowing how to operate your beacon and use your rescue gear is essential for yourself and those you are skiing with when traveling in the backcountry.

We will review the following:

1. Equipment-transceivers, probes, shovels
2. Trailhead checks
3. Practice with transceivers, probes and shovels for a single burial scenario.

To be clear, I am not an avalanche course instructor and this is not an avalanche class. I have taken AIARE Level 1 and the Avalanche Rescue course. I highly recommend anyone interested in backcountry skiing to invest in an avalanche and rescue course. Please email me directly if you are interested in the class. I look forward to skiing with you and digging each other out!

Feel free to call me with any questions 505-717-5636 and email me if you are interested.

May the snow pile high and your skis be light and swift.

- Doug Erb

Leadville Colorado...Bus Trip or Car Trip...That is the Question

Do you want to get into some snow this winter? Let's face it folks. Here we are in December and it seems we can't get out of the 70 degree weather. Heading north may be the perfect option for a little XC. The dates will be February 4-7, 2022 and the cost as of right now is \$310 per person. Now here's the rub folks...in order to make paying for a bus worth our money, we need 52 participants to fill up the bus. We have not paid for the bus as of yet because we are still waiting for more people who would like to go. The problem we are facing concerns changes in the bus company's cancellation policy. If we need to cancel the bus due to lack of participation, there would be a substantial cancellation fee that we do not want to incur. We have had 54 responses to the bus trip survey with 25 indicating a strong commitment to the trip. That's less than half the number needed to fill a bus, and it is noted that several of the affirmative responses weren't really firm confirmations. Please note that if we go ahead with plans for a bus trip and subsequently have to cancel, everybody who has paid will receive a full refund. If we do not have a full busload signed up by the time of our December General Club Meeting, we will cancel the bus trip for this year. Should that occur, it is anticipated that we will substitute a car trip to Leadville for the same dates.

Good news? We are booked and confirmed at Silver King Motel so no matter if we choose a bus or car trip, we will keep that block of rooms.

There are three principle areas where we would ski. The first, for all classes of skiers, but particularly Class I, is the *town loop*, which can be accessed



right from our motel. The second area is the *Leadville Fish Hatchery*. This area, south of town, features primarily Class II skiing, although Class I skiers would find plenty to do. The third area is *Tennessee Pass*, which truly features something for everyone. On the south side of the highway, one can ski toward 10th Mountain Hut or do any of several loop trails, most of which are on level or gently rolling terrain. On the north side of the highway is Ski Cooper, a small lift-served Alpine resort. Telemark skiing here is great for beginner to intermediate free-heelers. The more advanced skiers can also have a blast just enjoying a laid back day with a variety of terrain challenges. Adjacent to the Alpine area is a Nordic center with 27 kilometers of groomed trails. One can easily spend an entire day here, and then go back for more the next day!

If you wish to go on this trip, please contact Guy at BusTrips@nmccskiclub.org

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. However on this trip the roster will be limited to 12 skiers. 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**. Right now

the trip is half full. 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.

-Guy Miller

For more details or questions, contact **Guy Miller** at HutTrips@nmccskiclub.org.

2021-2022

CALENDAR

December

Dec 9	General Club Meeting - Christmas Party
Dec 16	Board Meeting via Zoom
Dec 31	Avalanche Beacon Practice in the Sandias - 9-12 (weather permitting)

January

Jan 8	On-snow instruction- beginners and intermediate (weather permitting)
Jan 13	General Club Meeting - place and program TBA
Jan 15-17	Chama Chili Classic
Jan 24-29	Hut Trip - Margie's Hut
Jan 27	Board Meeting via Zoom

February

Feb 4-7	Bus Trip - Leadville
Feb 10	General Club Meeting - place and program TBA
Feb 24	Board Meeting via Zoom

March

Mar 10	General Club Meeting - place and program TBA
Mar 24	Board Meeting via Zoom



Trail Maintenance on Los Griegos Mountain

The trail maintenance crew has been hard at work again. On November 7, **Sam Beard** and **Michael Arndt** removed about a dozen trees from Elk Ridge Trail on the steep segment above the power line. After that, they hiked up Calzada Trail and notched a huge 30-inch diameter tree to make it easier to ski over.

On November 13, several volunteers completed fall maintenance of Elk Ridge Trail. They hiked to the power line and worked from there up the steep part of the trail, crossed Lower Road, and hiked to Ladera Trail. They removed 12 logs and the trail is now clear from the lower end at Ladera Trail to the upper junction with Ladera Trail just past the Lower Road. The volunteers were **Michael Arndt (crew leader), Mike Meier, Steven Reuter, Jerry Carroll, and Vincent Amendolagine.**

You may notice that Sam Beard was unable to go on November 13 due to a car accident that he had on the way home from our club meeting. Sam is healing at home and we certainly wish him a speedy, healthy recovery.



The notch and ramps created to make it easier to ski over the log.



Jerry Carroll is bucking the log with Mike Meier on the left and Vincent Amendolagine behind Jerry



November 13 crew taking a lunch break. L to R: Steven Reuter, Vincent Amendolagine, Mike Meier, and Jerry Carroll.



Thank you so very much for your service!!!

MOUNTAIN SAFETY GUIDE



Winter is a wonderful time to be outside enjoying the change of scenery and getting that special chance to strap on those skis for some fun in the snow. While winter is a magical time, we always have to remember that, like it or not, nature does not care about us. Things will happen out there whether we are prepared or not. For the past 11 years I have been involved in my son's Boy Scout

What are the risks of enjoying a day in the snow? Higher altitudes can increase dehydration and those who are not acclimated could wind up with the very unpleasant symptoms of Acute Mountain Sickness.

Cross country and backcountry skiing requires energy. Your body will burn up more calories while you are constantly moving your entire body breaking trail or swishing through a groomed section. Know what your body requires when it comes to food. Even if your friend can get away with not eating for three hours while being out, that doesn't mean it is right for you. I find that snacking on something every 45 minutes or so during heavy exertion keeps me from bonking.

Always bring water and remember to take water breaks often. Cross country skiing is a vigorous workout. In no time at all we find that we need to remove a layer of clothing so as not to get overheated. Carrying water in a bladder and hose

(Camelbak) is a great way to have constant access to water without having to stop, but if the temperature is below freezing that tube will ice over and you won't be able to get anything out. I have found that even a thermal hose for a Camelbak system freezes solid in very cold weather. It might be best to try a Nalgene bottle or two instead.

Have you ever experienced sweating through your clothes and then having to stop for a while? You get cold very quickly. That cold and dampness could allow hypothermia to begin to set in no time at all. A change of clothes so that you have something warm and dry to put on should something happen is crucial. Do you have a lightweight backpacking stove? Throw it in your pack along with some electrolyte powder and you can have an instant cup of something hot. This can also be offered to someone else if they are in need.

If you are lucky enough to be skiing where there is good cell

career, so I am well aware of the Scout Motto...Be Prepared. What exactly does that mean? It means that you always try to be ready to do what is necessary to help yourself and others and that you are ready, willing, and able to do what is necessary in any situation that comes along. Before heading out on an adventure in the snow, we should ask ourselves some important questions. What happens if I get lost? What happens if I fall, injure myself, and have to wait it out until help arrives? What happens if I am enjoying myself so much that I end up skiing for a lot longer than I had anticipated and don't have enough food or water? What do I do if I come across someone else who is injured or needs medical attention? It is very difficult to prepare yourself for any and every scenario that could arise, but thinking things through before they happen can help us to be more confident when those times occur. It could save your life or someone else's.

phone range, be sure to charge your phone before you leave. Cold weather drains the battery fast, so be sure to keep your phone someplace warm while you are skiing. If you have access to a GPS unit, bring it every time you go out. Try to research emergency contacts for the area you will be skiing in before you head out there. As for getting lost, try to familiarize yourself with the area before you go and always bring a hard copy map and a compass.

Cross country skiing can be a dangerous activity. The risk of falls and injury are magnified if the conditions are less than average. Ski only where you are comfortable. Even if that trail was a blast of fun yesterday, maybe it isn't so safe today with freeze/thaw conditions. While we wait for our first storm, I thought it would be a good idea to interview **Todd Burnham**, professional Ski Patroler and retired US Air Force to answer some of our questions about winter safety.

1. What advice can you give to help cross country skiers prepare to have a safe outing while in the backcountry?

First, try to never go alone and make sure that family or friends know where you are going and the approximate time you should be done with your adventure, (this way if you don't have phone reception someone else can send help if your not back at a specific time). Second; Make sure that you have the proper clothing, waterproof and dry wicking (try not to wear cotton as the fibers are hollow and will absorb water). Third, bring plenty of water, don't eat the snow as it could cause hypothermia. (melt snow if you have the means to do so). Protein is a must, (power bars, peanut butter, or any type of jerky), make sure that you have plenty incase you have an extended stay outdoors.

2. If you are skiing with one or more other people and you come across someone who needs medical attention, what is the best way to handle the situation for those who are not trained in first aid?

The most important thing that needs to be done is to stay calm, commonsense will go along way, make sure you know the exact spot that the individual is at, have one or two individuals go and call for help and return if they can to the hurt individual. If there is bleeding, stop it or at least slow it down by putting direct pressure on the wound/cut.

3. If you are skiing solo and you come across someone who needs medical attention and they are on one of the backcountry ski trails, what is the best plan of action?

Make sure that you keep the individual calm and address the situation as best you can. Also ensure you know the individual's exact location (i.e., pin drop), call if you have reception, if not go and get help and return to the injured person as soon as you can.

4. What are some reliable emergency contacts we could use for the Sandias?

Tram: 505-846-1532

Ski Area: 505-242-9052

Cibola National Forest: 505-346-3900

5. What kinds of equipment can a lay person carry in their packs that could be useful in an emergency?

Oh my gosh so many items you might need a truck! On the serious side **Navigation**, map or compass. **Sun protection**, sunscreen, lip balm, and sunglasses. **Nutrition**, Extra day of food and plenty of water. **Emergency Shelter**, Tent, tarp or reflective blanket

6. What is the most common medical issue you have come across while working on the mountain or in the back country?

The two items that are most common are altitude sickness and dehydration.

7. If someone is out skiing solo or with a group and they have had an emergency that will likely require Search and Rescue, what is some advice for what they can do to help Search and Rescue find them as quickly as possible?

If you have flares, just kidding don't use them, even if there is snow on the ground doesn't mean the trees are wet. So in all seriousness If you have an apple phone you can always use a pin drop

<https://www.computerworld.com/article/2727610/drop-a-pin-in-maps-on-iphone.html>

Here is hoping we all have a safe, healthy, and happy season!



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

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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
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