

NEW MEXICO CROSS COUNTRY SKI CLUB



October 2022

NEWS

Welcome to Ski Season 2022-2023!

Upcoming General Club Meeting

Happy fall ya'll! It is hard to believe where the time has gone, but summer is over and we are gearing up for another great cross-country ski season. Our meetings will be held at our usual meeting place, **The Albuquerque Garden Center** at 10120 Lomas Blvd NE, Albuquerque, NM 87112. **Our meetings are held monthly on the second Thursday of every month from 7-9. Join us for our first official club meeting October 13 from 7-9 for a presentation on Fitness Tune-up for the upcoming season!** We request that everyone wear masks at the meeting.

General Club Meeting program

Our program for October 13 will be by **Vernon Bradley**, CPT, LMT, CKTP. Vernon is a personal trainer and massage therapist. He knows how the body works and moves and can help you achieve your goals. He studied massage therapy at UTMI-Universal Therapeutic Massage Institute in Albuquerque, New Mexico. He enjoys working and helping clients with their personal fitness and care of their bodies. He loves to help educate and give clients guidance to help protect their bodies. He would rather you come in for a tune up than a major overhaul. Vernon will give us info and tips on how to get in shape, keep in shape, and do it safely and sanely. He may even give us some stretches and moves to get started.

Membership Renewal

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

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 2022-23 season to continue participating in all of our activities (club 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 2022-October 2023 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**

If you have any questions, please email Nancy Shane at nmccsc.membership@gmail.com

NMCCSC will be discontinuing paper copies of our newsletter after December 2022.



Board Members Meeting

NMCCSC board members met via zoom on October 6. We discussed sending out an inquiry to the members to vote on a long car trip. We discussed the hut trip, and instruction. We voted to discontinue the paper newsletter after December 2022. I'd like to give huge kudos to *Lisa Hales* our web site extraordinair. She is

doing stellar work getting our web prices down and revamping our entire system. Thank you Lisa!!!!



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/>

Picnic



Annual NMCCSC Picnic

NMCCSC held our annual club picnic on September 25 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.





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:

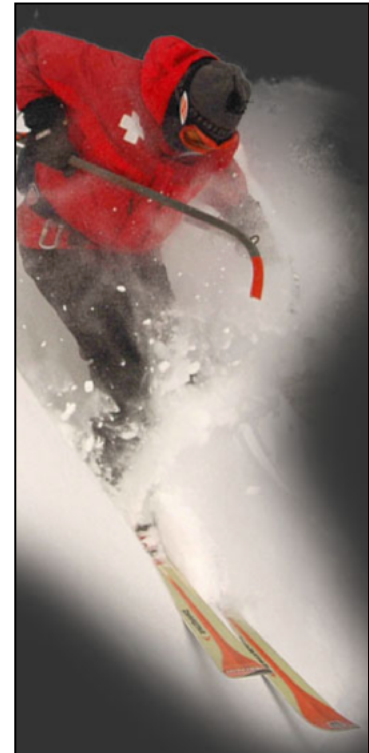
Got gear? Bring it to the west doors of the Manuel Lujan Complex (Building B) at Expo New Mexico on **Friday October 21** for the gear check-in from 10am -7pm. You will receive a tag for each item you register. There is a charge of \$0.50 for each tag you need. Your items will be on sale on Saturday 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 achilles tendon? 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 October 23.



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 do 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.

Manuel Lujan Jr. exhibit Complex

Oct 21 10-7pm. Public gear check-in
7-10pm VIP pre-sale (\$20 per person/
cash unless you are ski patrol or a volunteer)
Oct 22 9-4. Public sale \$2 per person
Oct 23 11-4. Public sale \$2 per person
12-4 gear pick up

<http://www.nmskiwap.org>

2022-2023 NMCCSC Trips!!!!



Canada

Are you interested in Skiing in **Canada** this coming season? Peter Marks is looking for folks to join him at Silver Star and Sovereign Lake in beautiful British Columbia for a March adventure. There are two nordic areas which are actually separate though you can easily ski between them. The two areas consist of 105km of groomed trails that will satisfy all ski levels. Silver Star also has alpine skiing and some of the chairlifts can be used by XC skiers to get to trails higher up on the mountain. All of the accommodations that Peter is familiar with are ski in/ski out. When he went he rented a house

with others through VRBO though there are several hotels that are reasonably priced especially considering the favorable US exchange rate with the Canadian dollar. The closest airport is in Kelowna which is about an hour shuttle ride to Silver Star. When he flew there in the past, he was able to fly through either Seattle or Phoenix. It appears that Seattle is the only current US airport with a direct flight to Kelowna.

Max Shepard prepared an estimate of what this trip might cost if you are interested and I have attached his estimate in an email to club members.

“The current plan is to fly up there on either Monday February 27th or Monday March 6th and ski for 4 days. I hope to hear from some of you. If you are interested, please let me know which week works best for you in the next couple of weeks as some of the accommodations are starting to fill up. You are not committed to anything if you say you are interested.”

Here is the Silver Star website: <https://www.skisilverstar.com>

-Peter Marks

Harry Gates Hut

Hello, hut skiers ! We have a trip scheduled for this coming season to Harry Gates Hut. This will be our third visit to this, one of the oldest huts in the 10th Mountain system. At 9700 feet, Harry Gates is the lowest elevation hut among the 20 some odd huts that the 10th offers. Elevation is just a number, though, so don't let this one fool you; the 6.6 mile ski in is plenty challenging, with a total elevation gain of over 1900 feet.

Day skiing around the hut consists mostly of Nordic touring and glade skiing on nearby Burnt Mountain.

Trip dates, including travel, are February 6, 2023 to February 11, 2023 (dates in the hut are Feb 7 - 9). Travel dates include an extra day to get back home after exit day, due to the length of the ski out (it can be a time-consuming descent) and the driving distance home.

Total cost of the trip is \$205. Because this is a small hut, and because Covid precautions are still in place, we are limiting participation to 12 skiers. That should allow for some welcome elbow room in this smallish hut.

For further information, contact Guy Miller or Doug Erb.

-Guy Miller



Buying Cross-Country Ski Gear, For Beginners

Adapted from Tahoe Trail Guide's Jared Manninen (XC instructor)

How many times have you heard "I'm new to cross-country skiing. What type of skis should I buy?" Or, "Since I'm new to cross-country skiing, should I just buy a used set of skis?" People ask these questions countless times over the years even if you have been a life-long skier. They seem like basic enough questions, right?

Well, like nearly every other sport, in the world of cross-country skiing there are countless options from which to choose.

So in this article, while providing a general overview of cross-country skiing options, you'll find a streamlined

approach to deciding for yourself what gear would best serve you.

You won't find specific brand or gear recommendations here, but a general overview of what types of gear are out there. Cross-country skiing is so personal. It's directly based on your unique physical attributes and skill level. So trying to shoehorn you into one brand or style of gear

First off, where do you plan to cross-country ski?

There's a tool for every job and a job for every tool. So, understand that there's no one set of cross-country skis that will accommodate all environments. There is no such thing as the skeleton key ski of the XC world. Bummer.

Cross-country skis and the gear that goes with the sport is similar to any other outdoor gear. Everything is designed to function optimally so long as it's used within a recommended framework of conditions. You probably don't want to buy an entire quiver of skis to meet every possible

because someone else likes it would be doing yourself a disservice.

That's not to say you couldn't just go out and buy an inexpensive xc ski package at REI and have fun. Just know that dialing in the cross-country gear most appropriate for you will be a process of discovery. (Believe

me...I'm still discovering.)

So before rushing out to buy that sale-priced cross-country ski setup, read this article.

Spending the next 10 minutes or so reading this could potentially save you a lot of money and

frustration. How? By simply helping you to clarify your intentions for your cross-country skiing experience.

Once you have a clear picture of what you want to accomplish with cross-country skiing, choosing appropriate gear becomes much easier.

situation. So, if you're new to cross-country skiing and looking to buy a setup, the recommendation by Jared Manninen, XC Instructor at Lake Tahoe, is to ***consider the type of skiing you will most often do and buy gear to meet that need.***

This is the first major decision you'll have to make when determining what type of skis to buy.

Will you be primarily cross-country skiing at groomed resorts or off the beaten path?



Here are the three general categories of cross-country skis (listed below):

- * **Classic** and **skate skis** are most appropriate for groomed trails of a resort
- * **Backcountry** cross-country skis work best on ungroomed terrain.

Types of Cross-Country Skis

1. Classic Cross-Country Skis

- * aka traditional or striding skis
- * long, skinny skis with bases that feature a small to moderate-sized grip zone to accommodate grip wax or have a “fish scale” pattern
- * for use with classic cross-country skiing techniques such as the diagonal stride, double pole, double pole kick, herringbone, and sidestep
- * ideal for groomed tracks

2. Backcountry Cross-Country Skis

- * aka off-track or off-trail skis
- * shorter, wider classic cross-country skis that feature bases with a longer and more aggressive grip zone (often a fish scale pattern, but some accommodate grip wax or an easily attachable/removable skin-tech grip zone), as well as metal edges
- * for use with classic cross-country skiing techniques such as the diagonal stride, double pole, double pole kick, herringbone, sidestep, and Telemark turns
- * ideal for use in diverse terrain ranging from meadows and

There’s obviously overlap with all of these styles of cross-country skiing. For example, you could use traditional classic skis, and even skate skis under the right conditions, in untracked terrain. Or, you could use backcountry xc skis on groomers, but you probably won’t be able to use them in the standard classic tracks. Off-track and backcountry cross-country skis are often too



hills to more mountainous locations

3. Skate Skis

- * long, skinny skis with smooth bases
- * for use with skate skiing techniques such as V1, V2, V2 alternate, diagonal skating, marathon skating, and double poling
- * ideal for skiing on the wide flat zone of groomed trails (aka “skate lane”)
- * can be used off-track for “crust skating” during spring conditions, but this is often accomplished by experienced skate skiers

wide to fit in the (approximately 70mm wide) groomed classic tracks.

If you want to maximize your experience, however, it’s best to use the right ski for the right situation.

So, again, narrow down your focus and acquire cross-country ski gear that will accommodate your primary intended skiing experience.

Now...should you buy new or used equipment?

The decision to buy new or used equipment is the second big decision you'll face when buying cross-country skis.

If you can get some free gear from your long-lost uncle or grandparents, give it a whirl. However, you're probably not going to

be nearly as happy as having equipment that properly fits your body size and skill level.

That said, Jared usually just recommends buying a new setup, particularly if you're a novice skier and first-time buyer of cross-country ski gear.

The type of skis you choose should support the style of skiing you'll be doing, and their size and length needs to be appropriate for your body weight (plus a few extra pounds for your clothing and gear).

- * the type of bindings you choose should correspond to the size of ski you'll be using and support the type of skiing you'll be performing.
- * your boots need to fit comfortably and be compatible with your bindings.

- * the centimeter length of your classic ski poles should be about 83% of your height, and your skate ski poles should measure from the ground to a point somewhere between your chin and nose.

The reason Jared doesn't advocate buying used gear as a beginner is because it's difficult to evaluate the equipment without having much knowledge or experience to draw upon.

For example, who knows how much punishment those skis have taken? Who knows how many sets of bindings have been mounted and re-mounted on the skis during their lifespan? Or, is the length of cross-country ski even appropriate for you weight? If you hit the free-bee area at the Sandia Ski Swap this year, will you know what you are looking at? Be careful. You might walk

away with a ski with fish scales completely worn down. The ski base is too smooth to grip and you will have a frustrating time.

(Trust me on this one guys!)

Jared's advice is that you don't need to buy top-of-the-line skis if you're new to the sport. In fact, he would discourage you from doing that just like I wouldn't recommend buying a high-performance sports car for your teenager who just earned their driver's license. Take comfort that, in general, cross-country ski gear is very affordable compared to other winter sports.

Here are some of Jared's youtube videos to help you get started!

(youtube vid for Intro to Classic XC Skiing)

<https://youtu.be/GS7kc5ty5ZI>

<https://youtu.be/Dak-G7E0JKc>

(youtube vid Buying one set of classic XC skis for groomed and off-track skiing)

Happy Skiing!

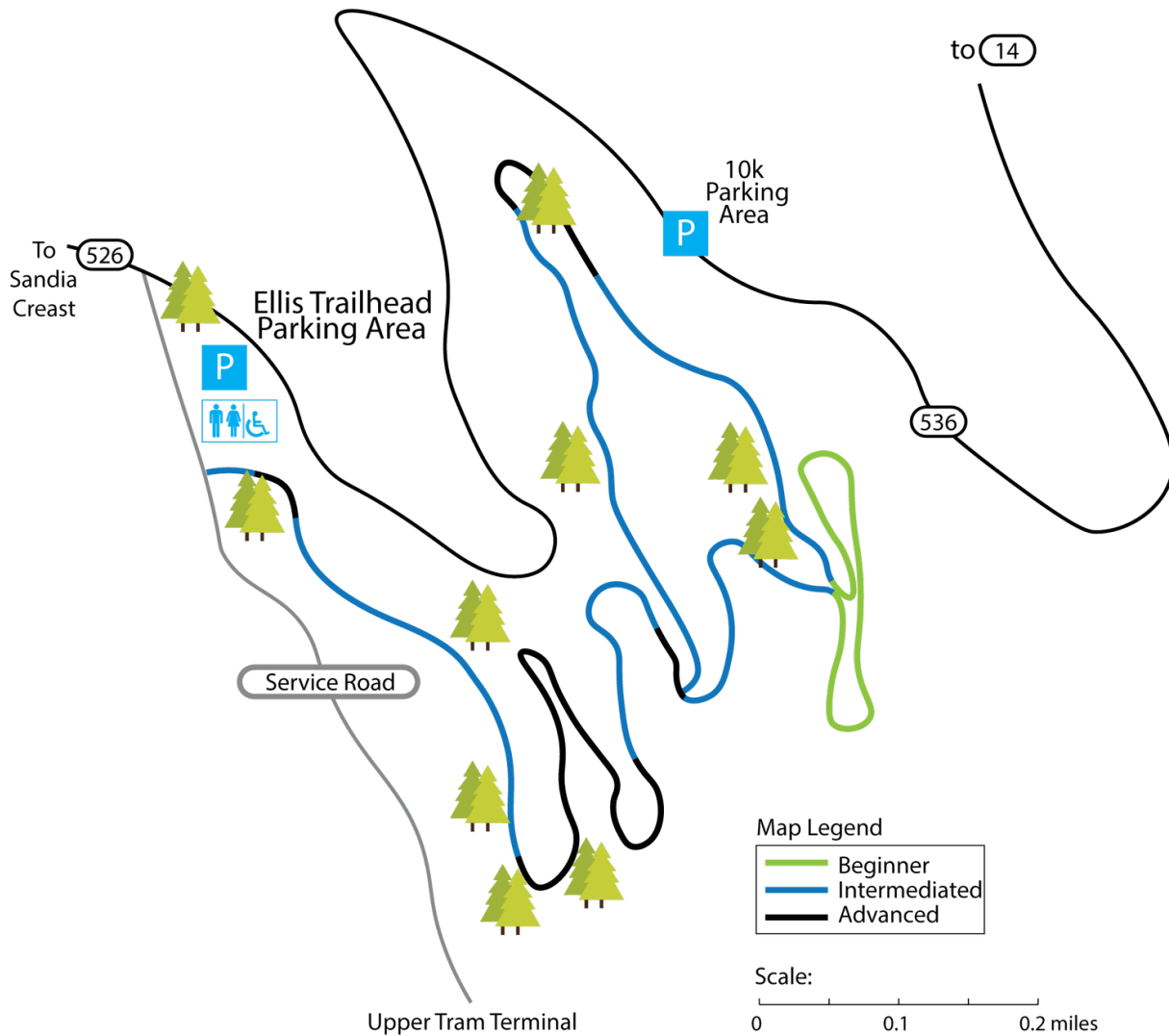


2022-2023 	CALENDAR	
	October	
	Oct 13	General Club Meeting - ABQ Garden Center 7-9
	Oct 21-23	New Mexico Ski Swap
	Oct 27	Board Meeting via Zoom
	November	
	Nov 10	General Club Meeting - ABQ Garden Center 7-9
	Nov 17	Board Meeting via Zoom
	December	
	Dec 8	General Club Meeting - ABQ Garden Center 7-9
	Dec 15	Board Meeting via Zoom
	January	
	Jan 12	General Club Meeting - ABQ Garden Center 7-9
	Jan 26	Board Meeting via Zoom
	February	
	Feb 9	General Club Meeting - ABQ Garden Center 7-9
	Feb 23	Board Meeting via Zoom
	March	
	Mar 9	General Club Meeting - ABQ Garden Center 7-9
	Mar 23	Board Meeting via Zoom

****We will be adding things to the calendar all season as they get planned***



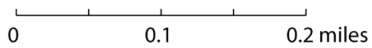
Groomed XC Ski Trail



Map Legend

	Beginner
	Intermediate
	Advanced

Scale:



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. 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%.



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/>

Board Members 2021-2022			
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