

NEW MEXICO CROSS COUNTRY SKI CLUB



November 2022

NEWS

Upcoming General Club Meeting

Is it November already? Did you know that some alpine ski resorts are already opening? Oh please, please, please don't make us wait until January for SNOW here! Get in the mood for the season at our next general club meeting! Our meeting will be held at **The Albuquerque Garden Center on November 10 from 7-9**. We request that everyone wear masks at the meeting.

General Club Meeting program

Our program for November 10 meeting are *Scott Dietrich* and *Kerry Wood*. They will talk about recent trail modifications in the Sandias and those that are planned for the future. Scott is a member of our club and president of Sandia Nordic. Kerry is a forest service employee. Come and hear about the many changes going on in the Sandias!



Board Members Meeting

NMCCSC board members met via zoom on October 27. Max reported that the only income we have this year is from membership. Expenses for the meeting room, website and PayPal have all increased. Our board members have been discussing membership renewal fees. ***The board will be making a motion at the November general club meeting to increase the cost of membership from \$20/year to \$25 beginning January 1st, 2023.*** The first-year \$1.00 membership for individuals under 40 years of age will remain unchanged. According to our bylaws, changes in the cost of membership require approval by members present and voting at a monthly general membership meeting. In addition to this, the NMCCSC proposes reinstating a Family Membership option which grants full membership privileges to two members residing at the same address for \$45.00 per year. Family membership option will also be effective January 1, 2023

A new club sign has been printed and Bet has new business cards for distribution. Our long car trip is scheduled but we are still deciding on the destination.

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/groups/1663936723893594>

Thank you!

Huge thanks goes out to club members who worked at our table representing our club at the annual New Mexico Ski Swap. Thanks also goes to **Marlene Brown** who arranged the table spot for us and helped us all out with free parking passes. Great way to spread the news for our club, who we are, and what we do.

Club Car Trip!!

The snow shower in the Sandias reaffirmed that winter fun is approaching! Last year's car trip to Leadville was a great success, so we are planning another one (or two) this winter. To help with planning, I would like an idea of interest. If you might like to join us, please let me know. And where is your favorite weekend ski location? Some choices from previous NMCCSC trips are: Crested Butte
Frisco
Leadville (again!)
Pagosa Springs
Silverton
or...

All these locations have ample skiing for all levels of ability and a downhill area nearby. We are hoping to arrive on Friday and stay until Monday. The date has not been finalized although January 27-30th is the leading possibility.

If you may be interested, please respond directly to my email: LBghose@aol.com

Thanks, and hope to see you on the slopes!

David D'Antonio

Bus/Long Car Trip Chair



Canada Trip

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.



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, including dinners is \$205. Cost of mileage reimbursement, motels, and meals on the road to and from Colorado are NOT included in this price. 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

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

elbow room in this smallish hut.

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

As of press time, we are full, but please feel free to join our waitlist.

For further information, contact Guy Miller or Doug Erb.

- Guy Miller

Wreath Purchases



A note from Marlene Brown:

Besides being on the Board of the NMCCSC, I teach Adaptive Skiing (downhill) to physically and mentally disabled folks. They are a great organization and worth supporting. Every year they sell wreaths as a fundraiser. If you are going to buy a wreath, please consider buying it from them. Everything is pre ordered online this year. Please see the website below.

<https://adaptivesportsprogram.app.neoncrm.com/np/clients/adaptivesportsprogram/giftstore.jsp>

They are having a volunteer meeting, which you may or may not be interested in, but there is a free ski movie afterwards. It's a fun outside event. If you are interested, bundle up.

Albuquerque Ski Movie:

Saturday, November 12th, 6pm Outside at Sport Systems - bundle up!

<https://adaptivesportsprogram.app.neoncrm.com/np/clients/adaptivesportsprogram/eventRegistration.jsp?event=1956&>

- Marlene Brown



Trails Maintenance

Kudos goes to our dedicated trails maintenance crew! As many of us know, New Mexico has been hit by a decades-long drought. Our snow levels have been unpredictable and our fire seasons are now starting earlier and lasting longer. This means that extreme weather events cause blow-down of dead and burned trees. What does that mean for us? It makes skiing and hiking a challenge hopping over fallen trees on the trails. Sam Beard and Michael Arndt head up a crews every fall to begin clearing our

beloved trails so that we can enjoy them trouble free during the course of the season.

On October 23 Sam Beard, Michael Arndt, and Bet Gendron removed 10 fallen trees from the East Fork Loop trail in the Jemez Mountains between Redondo Campground and Valle Grande. This is a very popular cross-county ski trail because the snow conditions on the north slopes of the east-west ridge are almost always excellent. We SO appreciate what you do out there for us!

(Photos below by Bet Gendron)



The log is cut and the trail is ready for skiers



Michael is bucking a spruce log and Sam is limbing



FOSM volunteer Jerry is bucking the log to remove it from a trail

In addition to this, on October 26 Friends of the Sandia Mountains removed about 3 dozen fallen trees from 4 trails in the Crest area. Trees were removed from Kiwanis Meadow Road, upper part of the South Crest Trail, Crest Nature Trail, and Switchback Trail above the lower intersection with Buried Cable Trail. The volunteers were *Byron Garner, Jerry Carroll, Steve Roholt, Dennis Crowther, Dan Benton, Cliff Giles, and Sam Beard.*

NMCCSC members also went out on October 30 to removed trees from Ladera and Elk Ridge trails in the in the Jemez.

Thank you!!!

Sandia Crest Cross-Country Ski Trails

Did you know that our very own Sandia Crest has some fantastic cross-country skiing when conditions are right? Been up the slope and not sure where to go? Here is some useful ski information about our trail system to help you get started. Our club

has instruction in this proximity and we also do informal day outings here as well. Live in town? How many cities can claim they have a tram to go from city-side to a ski area? Albuquerque does! Often times for those of us who live out in the

East Mountains we can't even get up there to ski due to the roads not maintained in a timely fashion. When this happens the city-dwellers have the advantage of hopping the tram to get to the crest.

USEFUL INFORMATION

Parking: Amenity fee of \$3 is required for all vehicles parked at Sandia Crest. Pass is good for all other areas on the mountain for the day.

Food & Water: Available at Sandia Crest House Gift Shop.

Restrooms: Available at Crest and Tram

Weather: Temperatures on the Crest can be 20-30 degrees lower than in Albuquerque. Weather conditions may vary.

Emergency/Medical Assistance: call 911

SUGGESTED HIKES

FROM SANDIA CREST:

CREST HOUSE NATURE TRAIL VIA TRAIL #130 – 0.5 MILE

KIWANIS CABIN VIA TRAIL #130 & #94– 0.8 MILE

UPPER TRAM TERMINAL VIA TRAIL #130 – 1.8 MILES

UPPER TRAM TERMINAL VIA TRAILS #84 & #137 – 2.0 MILES

FROM UPPER TRAM TERMINAL:

4 SEASONS NATURE TRAIL VIA TRAIL #130 – 0.5 MILE

KIWANIS CABIN VIA TRAILS #130 & #93 – 1 MILE

SANDIA CREST HOUSE VIA TRAIL #130 – 1.8 MILES

LOOP HIKE – CREST SPUR #84, LA LUZ #137 & CREST #130 – 3.8 MILES

HAVE A SAFE VISIT & HELP TAKE CARE OF THE CREST!

- LEAVE ONLY FOOTPRINTS, TAKE ONLY PICTURES
- ALLOW PLENTY OF TIME FOR YOUR HIKE
- PACK WATER, SNACKS AND EXTRA CLOTHING FOR CHANGING WEATHER CONDITIONS

WARNING

UPPER LA LUZ #137 & CREST SPUR #84 TRAVEL ALONG STEEP & EXPOSED AREAS. TRACTION DEVICES ARE HIGHLY RECOMMENDED IN WINTER.

Welcome
to the **SANDIA CREST**



Sandia Crest is located at the top of the Sandia National Scenic Byway on the Sandia Ranger District, Cibola National Forest & Grasslands.
11776 NM 337, TIJERAS, NM, (505)281-3304



Available Services:

Sandia Crest House Gift Shop

(call for hours)

(505)243-0605, sandiacresthouse.com

Sandia Peak Aerial Tramway

(Labor to Memorial Day (Daily 9am-8pm (Tuesdays 5pm-8pm))

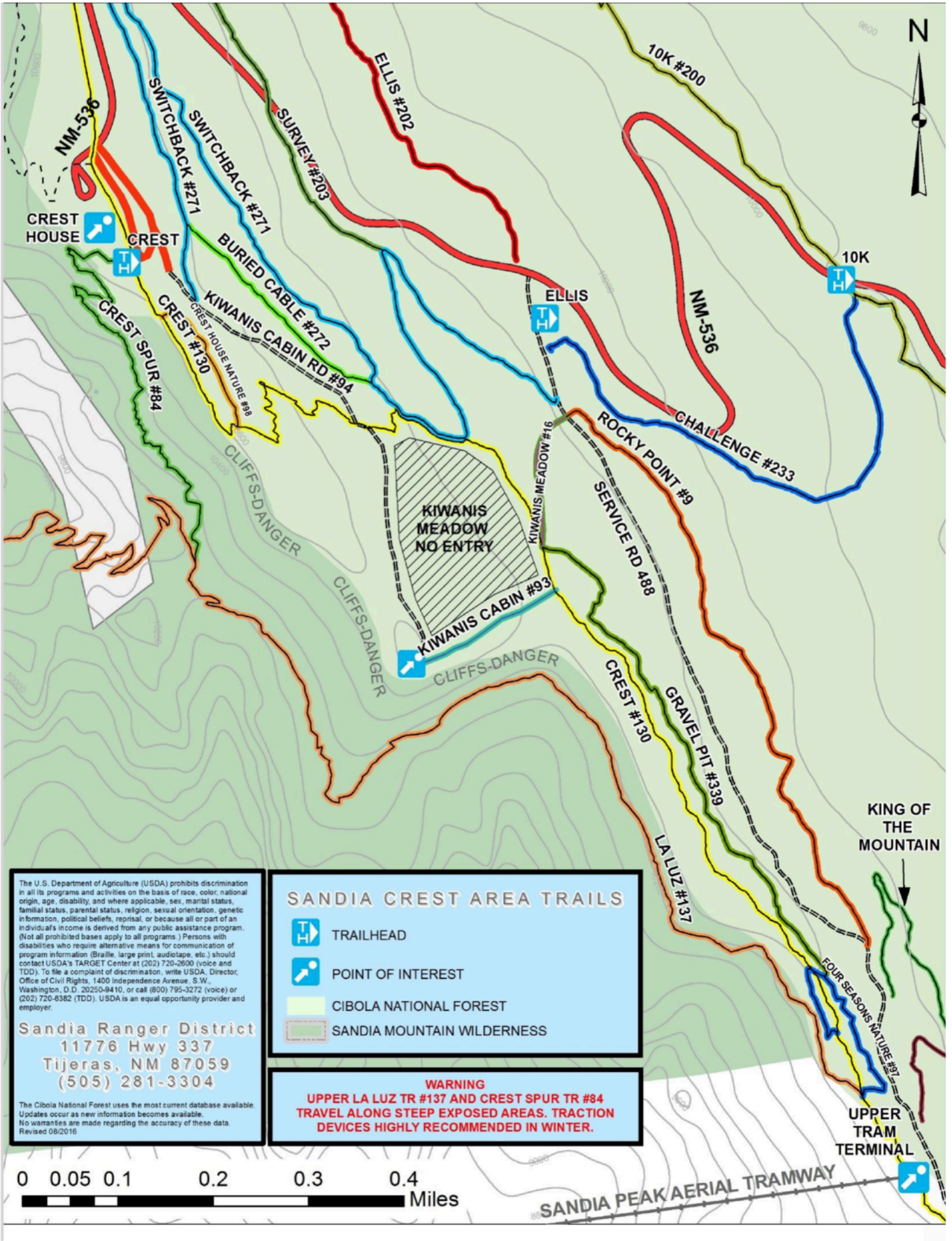
(Memorial Day to Labor Day (Daily 9am-9pm))

(Balloon Fiesta (Daily 9am-9pm))

CLOSED FOR MAINTENANCE MID-NOVEMBER & MID-APRIL

(505)856-7325, sandiapeak.com









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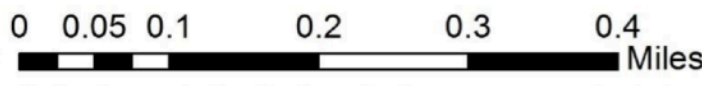
Sandia Ranger District
 11776 Hwy 337
 Tijeras, NM 87059
 (505) 281-3304

The Cibola National Forest uses the most current database available. Updates occur as new information becomes available. No warranties are made regarding the accuracy of these data. Revised 09/2016

SANDIA CREST AREA TRAILS

-  TRAILHEAD
-  POINT OF INTEREST
-  CIBOLA NATIONAL FOREST
-  SANDIA MOUNTAIN WILDERNESS

WARNING
 UPPER LA LUZ TR #137 AND CREST SPUR TR #84
 TRAVEL ALONG STEEP EXPOSED AREAS. TRACTION
 DEVICES HIGHLY RECOMMENDED IN WINTER.



Understanding Cross-Country Ski Snow Conditions

Adapted from Kayak Help by Peter Salisbury

When you are new to skiing, you will often go out whatever the weather, so long as there is snow. This is because you are fueled by enthusiasm and you want to make the most of your time off. Take it from me (Amy). I used to go out in any ski conditions and force myself to have a good time out there...even when it was dangerous. I'd put on my skis without changing anything about the way I was skiing or which skis I chose to wear. Now I'm stuck with a permanent injury to my thumb thanks to a fall during a time when it was too icy for a quality ski. Let's face it folks. We live in Albuquerque and that means fantastic skiing on our local mountain on any given day is not a guarantee.

We all have to watch the weather and depend on snow reports from club members for when conditions are favorable. What makes good snow conditions for skiing? Read on to find out.

The perfect snow for cross-country skiing isn't too firm or too soft. It depends on the air temperature when the snow fell, how long ago the snow fell, and the current temperature when you are out there. Snow melts and freezes quickly and changes the snow's consistency. This is especially true in the Sandias where conditions may be great in the morning but sticky a few hours later. Snow typically starts firm in the morning and softens up during the day.

When the snow is at its coldest, its crystals are sharp, which doesn't allow your skis to run efficiently making for a slow ski. Snow that is wet but has frozen allows your skis to slide easily, allowing you to go much faster. However, melted snow is sticky, adding resistance to your skis' bases, slowing you down.

To get the best snow of the day, you need to be aware of the air temperature. If it is a sunny day,



you are best to get out reasonably early, especially if your route gets lots of sun.

When the snow is at its optimum quality, it will allow the skis to run fast, but it will also be very forgiving. It makes skiing both uphill and downhill fun, providing you with lots of entertainment.

However, the perfect snow doesn't last long. There will be a point where it peaks in quality before it starts to degrade.

After the snow passes its sweet spot, it will start to become soft and sticky. Therefore, your skis won't run as efficiently.

It is very rare that 100% of the snow you encounter will be perfect. This is because different sections of your route will have different levels of exposure to sun and wind.

You will likely come across icy patches and slushy sections between the areas where the snow is perfect. The time of winter will also have a significant effect on the snow quality for cross country skiing.

During the early part of winter, (or any time in the Sandias) the snow coverage may not be particularly deep. There is a good chance that

you will encounter very hard and shiny snow; in fact, it will be more like ice than snow.

The problem with snow being this hard is that it is very slippery, making steep sections tricky and dangerous.

To get the best conditions for cross country skiing during early winter, it is best to go out later in the day. The snow will have had time to soften up in the warmer temperatures.

If the weather is above freezing during the day but freezing at night, the overnight temperatures will have frozen the slush from the previous day. In this case, it is a good idea to give it a couple of hours for the snow to soften up. If you get up there too late in the day though you run the risk of the snow being extremely sticky and that's no fun.

So what do you do when you want to ski and have less optimal conditions? You will need to adapt your skiing technique (and possibly equipment) to accommodate this.

If there has been a significant overnight snowfall, the snow will be dry and fluffy in the morning, thanks to the cold temperatures. Cross country skiing in these conditions is very pleasant;

however, it is slow progress. You would be better off alpine skiing or going into the backcountry on a powder day. After a couple of days, the powder will become more firm. You won't need to power through the snow, as you will be able to stay on top of it. You will also be able to go much faster, and the experience is much more pleasant.

Skate skiing over uneven, lumpy surfaces? Ensure that your skis are flat and pointing forwards instead of skiing on your edges. This will help you to glide over the lumps more easily. On Classics use an even, flat ski kick and glide motion. What about skiing on ice? This is intimidating for sure. If you are track skiing, trust your technique. Ensure all of your weight is on the the flat ski so its whole base is in contact with the ice. This gives you much more cohesion with the ice and more glide. A good test for your technique is to check how your body is lined up when your weight is all on one ski. Your hip, knee, and ski should all be in line with each other. When everything is aligned as it should be, you will be in the strongest position.

Your technique will be much more efficient and graceful with a flat base when you fully commit to shifting your weight onto each ski. But when it comes to slowing down or stopping, it is best to turn sideways like you are on alpine skis, rather than a full-on snowplow stop.

Cross-Country skiing on all types of snow takes time and practice. You can concentrate on specific elements of your technique by not using your poles.

By forgetting about your poles, you can get used to the feeling of making sure all of your weight is on each ski. You will need to balance on one ski, which is challenging but worth concentrating on.

There is a good chance you will fall, but this is all part of learning and training yourself to cope with different snow conditions.

Don't let poor conditions in the Sandias keep you home and off of your skis. If the conditions are less than favorable, you should still go cross-country skiing but use the outing in a safe place for working technique. As long as you wear the appropriate clothing, you can get an hour of practice in. You will achieve more in an hour on the track than you will sitting indoors.

Practicing in awkward snow conditions improves your balance. If you can master cross country skiing on poor surfaces, you will find it much easier when you get on groomed tracks.



The other advantage of going out when the conditions are not great is that you will likely have the track to yourself. Therefore, you won't have an audience when you get it wrong and fall. In addition to this, you will gain valuable experience. For example, you will learn what layers to wear and how your equipment performs in different situations.

Amy here...Another word of advice. Don't wear your expensive, brand-new skis out on a thin

snow or icy day. There is a reason I have 2 sets of rock skis. This year at Ski Swap I landed myself with a pair of Trek Bushwacker skis that look like they are from the 1970s. They are short and wide with zero camber or side-cut and have fish scales the entire length of the ski. Might be fun for doing an outing that is a cross between snowshoeing and skiing, but on a great day? I'll choose my new Atomic track skis or a decent pair of back countries. Have fun!

	CALENDAR	
	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 14 & 15	Chama Chili Ski Classic
	Jan 26	Board Meeting via Zoom
	Jan 27-30	Tentative date for Ski Club car trip
	February	
	Feb 6-11	Harry Gates Hut Trip
	Feb 9	General Club Meeting - ABQ Garden Center 7-9
	Feb 23	Board Meeting via Zoom
	TBD	Canada trip dates
	March	
	Mar 9	General Club Meeting - ABQ Garden Center 7-9
	Mar 23	Board Meeting via Zoom

Board Members 2021-2022			
President	Bill Heitz	259-8745	President@nmccskiclub.org
Vice President	Marleen Brown	452-7202	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	Guy Miller & David D'Antonio	306-2628 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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Refreshments	Phyllis Pryor & Terri Elisberg	980-3241 450-9961	refreshments@nmccskiclub.org
Trails	Sam Beard	828-0673	trails@nmccskiclub.org
Web Site	Lisa Hales	925-528-8393	website@nmccskiclub.org
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