

NEW MEXICO CROSS COUNTRY SKI CLUB



January 2023

NEWS

Greetings 2023!!

Well Happy New Year everyone! And what a happy new year it is!! Do you notice the Sandias look different? We FINALLY got some winter weather gracing our mountain. And guess what? There IS enough snow for some XC skiing! Many of our club members have been out enjoying the local trails. Haven't been up there yet? What are you waiting for? Grab your skis and your pack and get going! Our Sandia snows don't last long so it's time to enjoy it while we can.

Our January General Club meeting will take place at **The Albuquerque Garden Center on January 12th from 7-9**. Our club presentation this month will be a *hands-on show & tell about XC gear*. Peter Marks is asking knowledgeable folks to bring in their XC gear and tell us about it! This presentation will be a great way to introduce new skiers to the various options out there.

Board Members Meeting

NMCCSC board members met via zoom on December 15, 2022. Lisa has been hard at work revamping our website and it has launched! We have recently started using PayPal for our payment system, but notice that it is costing the club upwards of 3%. We are also working with PayPal to try to get the allowed monthly amount of money transferred through PayPal to be increased because right now it is only \$6000. We understand that making changes to our payment system can be a challenge, but bear with us as we modernize and work this out.

We currently have 192 members. Our annual email purge of old members who have not renewed just took place. If you STILL have not renewed don't worry... you still can on our new website.

Happy New Year
2023

Mailing list: NMCCSCEgroup@mailman.swcp.com **Website:** <http://ski.nmccskiclub.org>

Meetup: <http://www.meetup.com/New-Mexico-Cross-Country-Ski-Meetup-Group/>

Facebook: <https://www.facebook.com/groups/1663936723893594>

New Website

We have just launched our NEW website! The new website address is <http://ski.nmccskiclub.org/>. If you use the old url it will redirect you to the new one.

One new feature of the site is the Gear Exchange (under Resources>Gear Exchange) where gear for sale/gear wanted ads can be posted. I wanted to alert the group to this feature, especially since a free pair of skis have already been posted! You can use the link below to go directly to the exchange:

<https://ski.nmccskiclub.org/resources/gear-exchange/gear-listings/#!board/GearExchange>

How can you enjoy all of the new features this website has to offer? First off, you must be a member. Next, you go to Membership>Member Login and click on the circle near "request password" and it should send you a password. That is your permanent password until/unless you do it again, which will reset and send you a new one.

If you paid your membership dues *before* 12/7(ish) then you should already have an account at the new site -- go to Membership>Member Login in the top menu and choose "Request Password". Enter the email address that you have used with us in the past (for the egroup/website/etc) and you should receive a temporary password to login to your new account.

If you paid your membership dues *after* 12/7(ish) then we are in the process of setting up your new account.

If you haven't paid your membership dues then do it now -- the Snow Fairy has promised to match our membership dues -- an inch of snow in the Sandia for every \$!! :). Go to <https://ski.nmccskiclub.org/join-us/#join>

- Lisa Hales
NMCCSC Website Chair



Instruction

We have enough snow so let's get out there and practice!

- **Beginner on-the-snow: Jan 7 at Ellis trailhead 9:00 am**

What to bring: skis, boots, poles, comfortable clothing (dress in layers), water, snacks or lunch, sunscreen, and a daypack.

What we will do: We will work on basic skills for XC including going uphill, downhill turning, and kicking and gliding technique.

- **Advanced/beginner-intermediate clinic with Jon Delios:**

Intermediate/advanced clinic - Jan 8 at Ellis trailhead 9:00-11:00

Beginner/advanced beginner clinic - Jan 8 at Ellis trailhead 11:30-1:30

What to bring: skis, boots, poles, comfortable clothing (dress in layers), water, snacks or lunch, sunscreen, and a daypack. Skinny skis are best for working technique on the groomed trail.

- **Intermediate downhill technique: Jan 21 at Ski Sante fe**

***Participants will need to buy a lift ticket and chip in to help defray costs of lift tickets for instructors.**

- **Telemark Clinic:** tbd (February)

Looking forward to helping our fellow members learn valuable skiing techniques this season!

- Dana Price



Car Trip - Crested Butte

Crested Butte has proven to be the number one choice of NMCCSC members time and again. And why not?? It offers over 50km of groomed Nordic trails for ALL ability levels, majestic backcountry routes and the downhill ski resort is just a free shuttle ride away. We will be staying at the Old Town Inn, close to the Nordic Center, and within walking distance to lots of fabulous restaurants, great shopping opportunities and to the town shuttle. Our stay at Old Town Inn will get us a wonderful breakfast, and snacks will be supplied by the club for Aprés

Ski. Our block of rooms at the Inn are FULL. Did you miss your chance? If so, there are other lodging places nearby and David can get you in touch with them.

If you are signed up to go, bring your ski quiver. Classics, skates, alpine, and backcountry. You can put them all to use. When do we go? Arrival will be **Friday January 27 and departure will be Monday January 30.** Coming up fast!

-David D'Antonio



Harry Gates Hut Trip

Hello, hut skiers! Guess what? Our hut trip is FULL. We've had trouble filling trips the last couple of years, so hopefully this means we'll be able to continue to offer hut trips for the club in future years! Want to be on our waitlist? Contact either Doug or Guy.

Doug Erb will be leading the trip this year. He has secured lodging for the night before we hit the trail and we are arranging car-pooling. Hut goers are discussing logistics and meal preparation.

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.

If you are going on the hut trip, you might be wondering what to bring and how to prepare. Besides increasing your physical stamina, take a look at the following link to help guide you on gear. <https://www.huts.org/Reservations/Howtoplanahuttrip.php#winter>

For further information, contact Guy Miller or Doug Erb.

- Guy Miller

Harry Gates Hut Trip Meeting and Preparations

For those who are signed up for the hut trip we will be having a meeting *Sunday January 8 from 6-7pm at Doug Erb's house*. We'll use this as an opportunity for hut goers to meet each other, go over drivers/passengers, chefs, chef helpers, and lodging at the Beyerl Retreat. If you wish to make the meeting via zoom, Helene will set up a zoom link. Want to go in person? Just let Doug know that you will be there.



The *Beacon/transceiver avalanche rescue review will take place Sunday January 22, 2023 starting at 10am*. This usually takes around 3 hours and is open to the whole club.

This is not mandatory but encouraged. You can sign up for it on the club website now. I may also be able to meet one on one with anyone who can't make this. Let Doug know.

Doug has created a Google Doc sheet for the trip including everyone's information. It also includes drivers and chefs. If you have not yet filled out your info, please do so.

Our trip will be here before we know it! Looking forward to a wonderful hut trip.

- Doug Erb

British Columbia 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



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.

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

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.”

- Peter Marks

New Trail Map

The Sandia Ranger District is extending Challenge Ski Trail from the base of the Ski Area to Bill Spring Trail that leads to Doc Long Picnic Area. Many years ago the original Challenge Trail was planned as a ski trail from Ellis Trailhead to the base of the Ski Area. The new trail will be multi-use for

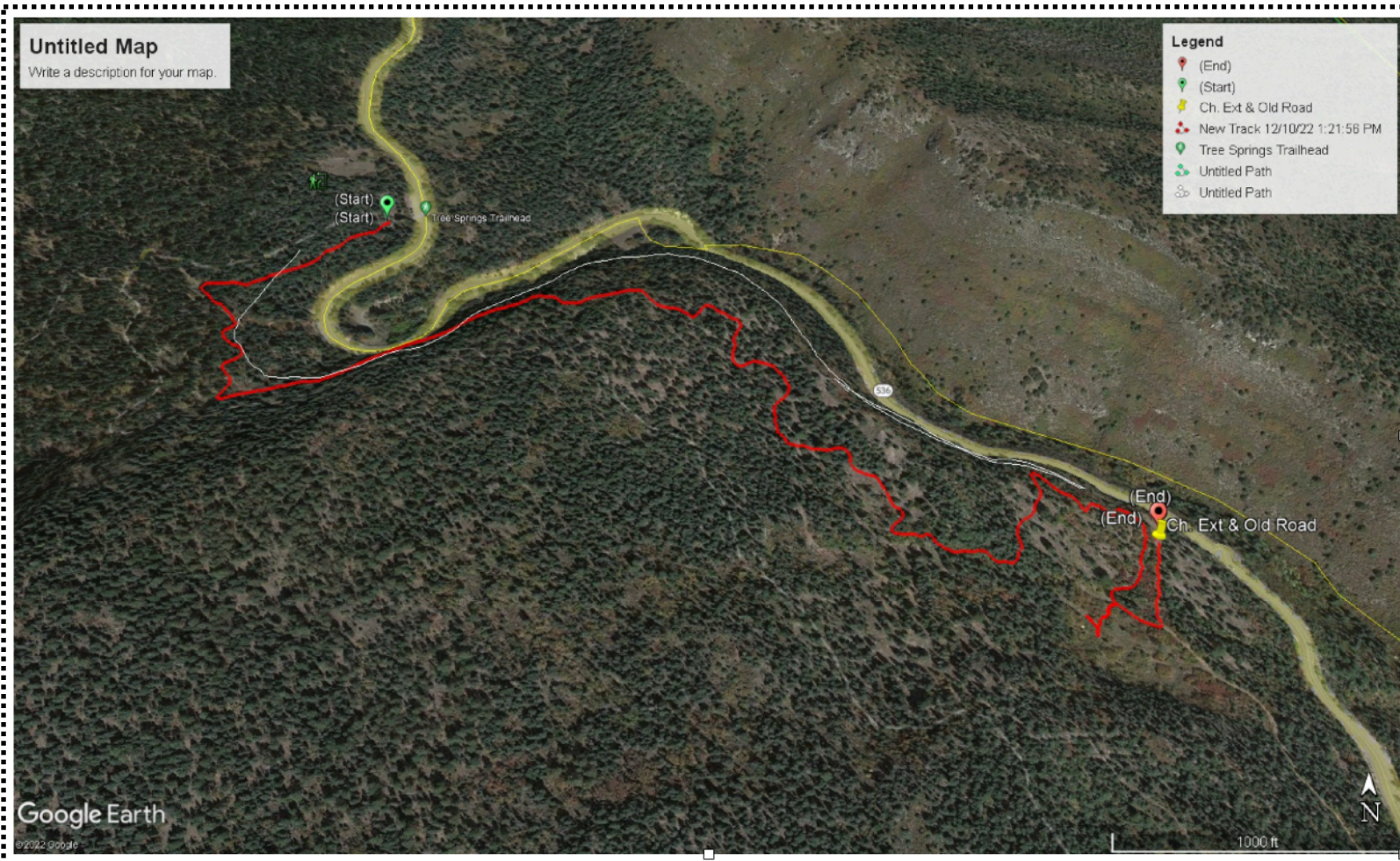
hiking, skiing, snowshoeing and mountain biking. This is an exciting addition to our many trails in the Sandias!

Recently Sam Beard and Michael Arndt hiked the new segment from Tree Spring Trail to the Old Crest Road near two wildlife drinkers between Doc

Long Picnic Areas and Tree Spring Trailhead.

The map below shows in red the route of the new trail from Tree Spring Trail to the Old Crest Road near the wildlife drinks about 1.5 miles above Doc Long.

- Sam Beard



Climbing Skins - Easy Tip to Keep 'Em Touring

By Doug Stenclik from WildSnow.com

Without a good pair of climbing skins to get them up the mountain, the fastest and lightest touring setups are hopelessly relegated to skiing downhill. These pieces of glue and hair are typically afterthought. It's easy to spend time researching and maintaining the flashy skis, boots and bindings, but it's the lowly climbing skin that really makes the magic of winter travel possible.

I have a very close friend and avalanche forecaster who was continually frustrated about how often he had to replace his climbing skins. Of course, the daily rituals of an avalanche forecaster will inevitably wear out a skin faster than the average tourer, but I was still surprised to find that his skins would rarely make it through a season. He told me of his meticulous care, including drying them, fully open and hanging over night. He was also insistent about using a mesh skin saver for extended periods of storage.



Meanwhile, I remain one of the most irresponsible skin owners I know and often forget to take them out of my pack all together as I race from morning dawn patrol to work. Sheepishly I'll pull them out of my pack days later and still a little wet. So why was I getting over twice the days on a pair of skins than my more attentive friend? To coax extra performance and longevity out of a pair of trusty climbing skins there are some pitfalls to avoid and some simple best practices to employ.

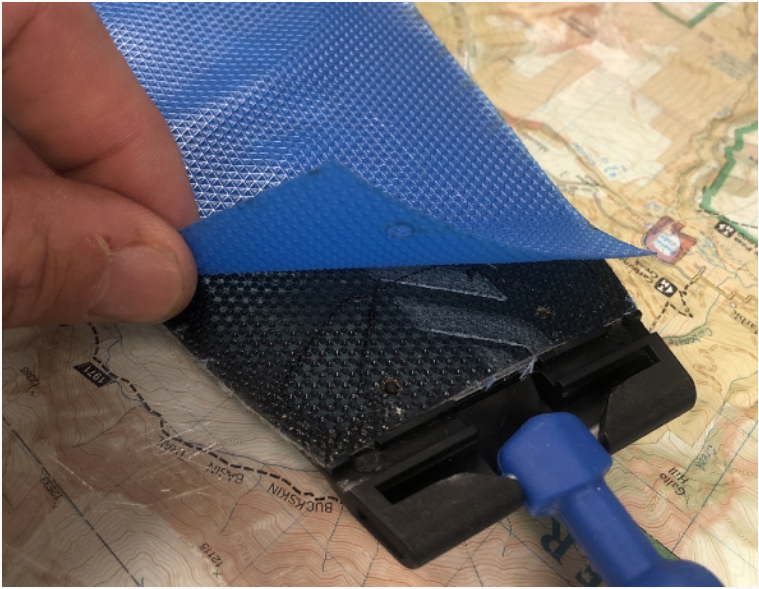
How to dry after use

The world of uphill skiing is a cold and icy one and climbing skins get wet. There is nothing worse than leaving your skins out in the cold overnight to then have them immediately fail on the uptrack.

So, it's a common misconception to dry them out within an inch of their lives. Overheating or over-drying the glue on your skins will decrease the amount of days you get to use them before reaching for a new pair or the dreaded transfer sheets to reglue.

Exposing the glue to the air while drying is a major factor in degradation of the glue. Although leaving your skins open to dry out for an entire day only imperceptibly breaks down the glue, doing this repeatedly throughout a season or two can deteriorate the adhesive. Feel free to separate them for an hour or two while they dry, but it is best to store a skin folded glue to glue to keep it fresh. Keep in mind that the plush will still climb a skintrack, even if its a little damp.

Heat can also be deadly to skin glue, so make sure you leave plenty of distance between your skins and the woodstove on your next hut trip.



How to store climbing skins

In the day-to-day use of skins, simply getting them mostly dry is good enough but extra care should be taken for letting them hibernate for more than a week or two. For any long-term storage the rule of heat still applies. Leaving them by a heat source means you will likely have glue on your skins come the next big day in the mountains. Storing them in a cool, dry place is best. Chest freezers are a sworn summer tactic by some and although extreme, can hold your skins in cryogenic stasis until that wonderful time of year when flakes fly again.

In recent studies performed by Pomoca, mesh skin savers can also be a no-no. Counter to popular belief, the plastic mesh of skin savers can allow air to dry out or glob your glue when

you are not using them. However, some skins are nearly impossible to separate after long storage so use a piece of non-perforated plastic to keep air off the glue and to prevent the two adhesive sides from sticking together.

Waxing for climbing skins

Dry bases on your skis can wreak havoc on older pairs of climbing skins. Waxing your skis every few times you go skiing is ideal although sometimes unrealistic. When your skis appear white and chalky on the bases, you have waited far too long. Wax your skis early and often to make sure your skins don't leave a sticky mess behind.

Waxing the plush side of your skins is also important for maximum performance. Just as wax for your ski bases repels water and snow particles as you slide downhill, wax coated on the hairs of your climbing skins increases glide and prevents glopping on the way up. High-end skins like [Pomoca Climb Pro S-Glide](#) for skiers come with a hydrophobic treatment from the factory. However, even the best treatment will breakdown over a season of skinning, and then it's time to bring out the wax. There are dozens of products marketed specifically to use with skins, but even a normal warm weather wax will work just fine.

Crayoning the wax on your ski will work for a lap, but if you have the time to quickly melt the wax with an iron, it'll last longer. Rub the wax against the grain for maximum penetration between the follicles and quickly run an iron on medium heat from skin tip to skin tail. Two or three quick passes will do it, but make sure you do not overheat the glue (see above for the risks of overheating glue).

With a little bit of practice and the correct equipment, winter peaks are ever within reach. Next time you are traveling straight up a groomer at the resort or kick turning your way to a new summit, give a little nod of appreciation to your climbing skins that keep you moving forward in the mountains.



CALENDAR

January

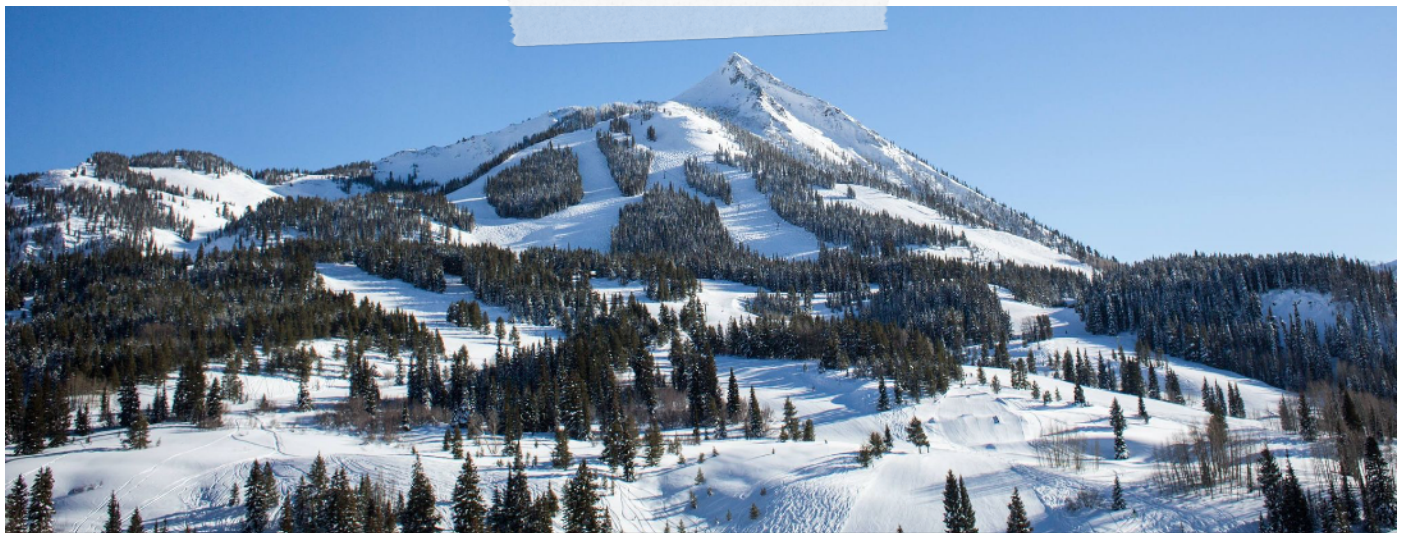
Jan 7	Beginners On-the-Snow lesson - Ellis Trailhead 9:00am
Jan 8	Intermediate/Advanced technique lesson with Jon Dellios - Ellis Trailhead 9:00-11:00 Beginner/Advanced beginner technique lesson with Jon Dellios - Ellis Trailhead 11:30-1:30 Hut Trip Meeting - 6:00-7:00 Doug Erb's house and zoom
Jan 12	General Club Meeting - ABQ Garden Center 7-9
Jan 14 & 15	Chama Chili Ski Classic - groomed course, clinics and races
Jan 21	Intermediate Downhill techniques - Ski Sante Fe
Jan 22	Avalanche Beacon Practice - location TBD 10:00-1:00
Jan 26	Board Meeting via Zoom
Jan 27-30	Ski Club car trip - Crested Butte

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	Telemark Clinic
TBD	Canada trip dates

March

Mar 9	General Club Meeting - ABQ Garden Center 7-9
Mar 23	Board Meeting via Zoom



WHICH SKI TOUR IS RIGHT FOR YOU?

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.		

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/>

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%.



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.nmae.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 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
Newsletter	Amy Mathis	808-344-8543	Newsletter@nmccskiclub.org
Instruction	Dana Price	417-9787	instruction@nmccskiclub.org
Membership	Nancy Shane		membership@nmccskiclub.org
Meetup & Social Media	Bet Gendron	228-8025	SocialMedia@nmccskiclub.org
Programs	Peter Marks	414-3055	programs@nmccskiclub.org
Mailing/Egroup	Marilynn Szydlowski	332-8018	egroup@nmccskiclub.org
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
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		