



Get the skinny on Skyway & CountyLine grooming and conditions from Kenton Shaw.

Newsletter photos are by Jerry Nolan and were "lifted" from our web site!

<http://gmnc.info>

Daily Grooming Reports

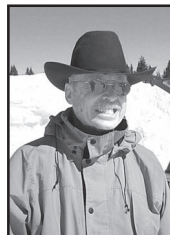
You can also get the Daily Grooming Reports delivered to your computer. Subscribe today - it's free!

Meetings, Events, Links
Race Results & Photos
More Photo's, Activities

Grand Mesa Nordic Council

PO Box 266, Cory CO 81414
(970) 243-4577 or 434-9753
<http://gmnc.info>

DECEMBER
03

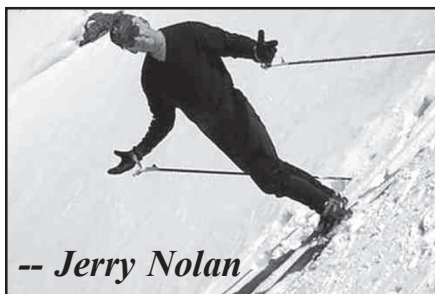


Get Wild! Fred Wild and the Ward Creek Reservoir Report.

First, I must welcome our new GMNC Board members: Hege Randall, Joe Ramey, and Marci Nolan. Deb Scenters will takeover as newsletter editor and Marci Nolan will take over as Secretary.

Special thanks to Joyce Tannahara and Sarah Stephenson for the excellent jobs they did as Newsletter Editor and Secretary, respectively.

Letter from the Prez



-- Jerry Nolan

Whenever possible classic skiers should stay in the track, snow-shoers should be on the opposite side of the trail, and skaters should skate in the middle and be careful of slow moving traffic, especially around blind corners or on hills.

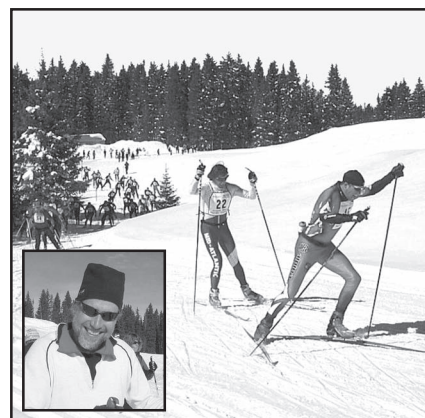
Everyone should be on the lookout for dogs. Dog owners should manage their dogs responsibly. Most folks would like Skyway to be a dog free zone.

Our groomed trails are as popular as ever so we should remember to "Share the Trail". Fast skiers should make their approach known to slower skiers just as bikers and inline-skaters should do on the trails in our parks. "Passing on the left" works well with an exchange of "thank you" when passing. Experienced ski racers will often say "track", but inexperienced skiers might think to themselves "What about the track?" as happened to me several years ago in a race when a young skier came up behind me yelling "track" and I kept wondering to myself "What's he yelling about". I guess we sometimes don't think too clearly when deprived of oxygen.

Sharing the trail requires some mutual understanding.

It should also be noted that rescue on the trails is not the responsibility of the Grand Mesa Nordic Council or the U.S. Forest Service. Call 911 in the event that a rescue is needed; however, that does not mean that we can't act as individuals under the protection of the Colorado Good Samaritan Act (posted on our web page <http://gmnc.info>). A sled that can be used for rescue was placed at Skyway by an individual, not the GMNC. Other individuals are looking into placing sleds at County Line and Ward. The sled can be pulled by a skier. If a qualified snowmobile operator is available, he/she can, as an individual, assist in the rescue.

Stay fit, ski cross-country at 10,000 feet!



Grand Mesa Nordic Council Cross Country Race Series



Good news! There're three more races and still 2 1/2 months to train for the 20K Meltdown!

All races are held at Skyway. Registration for each race will be on race day only in the Skyway parking area beginning at approximately 10 AM. Entry is \$8 for Grand Mesa Nordic Council members, \$12 for others. For more information call Tom Ela at 970-434-9753.

Skyway Skuffle 10k Freestyle

11 am, Sun., Jan. 4

Grand Mesa Classic 10k Classic

11 am, Sat., Jan. 31

Mesa Meltdown 5k & 20k Freestyle

11 am, Sun., Mar. 14

(simultaneous mass start)



Every-day's a Picnic on the Mesa

-- Jan Rupp

As we head out for a day of skiing, we go down that mental list of "essentials:" Gloves, hat, sun screen, chapstick, a hankie. This list should always include, of course, and a good supply of water or sports drink, even if you only plan a short trip. Along with the necessary liquid, an emergency snack should always be included. As you prepare -- remember to be prepared for the unexpected!

That said, what do folks bring along for a planned lunch break? I have a favorite sandwich that I learned about from my friend, Mary Pfalzgraff: Pastrami and cheese with mustard rolled into a flour tortilla. This sandwich is almost indestructible! Tom Ela and Deb Scenters like to take a thermos of hot homemade tomato soup. PBJ's are always a standby....no matter how smashed they get, they're always good! Trail mix, power bars, cheese sticks, dried fruit and fresh fruit are among the items found in many skiers packs.

Simplicity and ease of eating seem to be the requirements. What is most amazing is that whatever you have, it tastes wonderful on the trail. So, when you gather those "essentials," don't forget the drinks and food. Everyday's a picnic on the Mesa!



Photo left: Glenn Randall.
Below: Jerry Nolan.

Quality Skiing Offered at Mesa Lakes

-- Glenn Randall



West Bench and WaterDog Trails, moonlight skiing, and prime rib dinners at the new Mesa Lakes Resort Lodge!

Along with Skyway, County Line, and Ward, Mesa Lakes also offers cross-country ski trails. There are seemingly endless backcountry trails, including the West Bench Trail, which connects to the top of Powderhorn ski resort. Also, almost two miles (3 km) of trails are groomed by a snow cat.

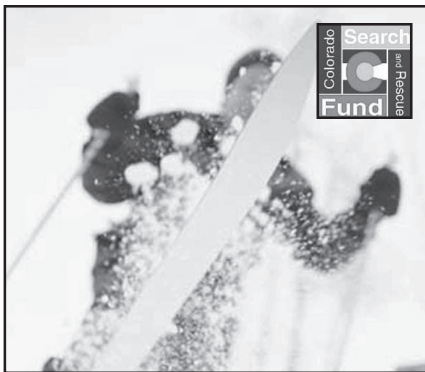
Mesa Lakes offers moonlight skiing and on the Friday and Saturday closest to the full moon, the lodge stays open late, serving a prime rib dinner and featuring country and western singer Steve Back. Also, luminarios are put on the groomed trails. The next moonlight ski is on January 2 and 3.

This winter will be the new lodge's first. The new lodge is twice as big as the old one, handicapp accessible, and open from 9 to 5 regularly, except for on special occasions, such as moonlight skiing. Among the popular menu items that can be ordered at the new lodge are chili, black Russian, and the special of the day.

Mesa Lakes has cabins for rent. The cabins range from one-room rustic cabins to two story cabins that sleep 12. Prices range from \$45 to \$150 per night. Mesa Lakes also offers ski and snowshoe rentals.

Of the cabins, owner Harold Harvey says "It looks pretty good, we've got a lot of strong bookings for our moonlight skiing already, and Christmas is already booked."

With all of the quality skiing, it is no surprise that Mesa Lakes is already a popular place for backcountry skiers. Also, with its snow cat groomed trails, Mesa Lakes also offers quality skate skiing. Come on down to Mesa Lakes, if not for the skiing, at least for the food.



<http://www.dola.state.co.us/LGS/FA/SAR/SARcard.htm>

Backcountry Rescue Card

A backcountry rescue can cost you tens of thousands of dollars. The Colorado Outdoor Recreation Search & Rescue Card helps cover that cost. With the card, you're covered from the Grand Mesa to the far corners of the state. For years, people with hunting and fishing licenses have had this service. Now hikers, skiers, bikers, climbers and boaters do too! The Rescue Card is a minimal cost of \$3 for one year and \$12 for five years. If you already have one, check it's expiration date. If you don't have one, GET THE CARD! Available at most sporting goods stores or call Tom Ela at 434-9753.



Two by Joe!

-- Joe Ramey

Full Moon Skiing on the Grand Mesa.

Skiing under moonglow can be a wonderful experience,

transforming our familiar trails into a magical winter wonderland. But this transformation can also be disorienting and even dangerous. The trails will look different and familiar landmarks may not be visible. And the colder temperatures will be less forgiving. There are several things to consider before enjoying an evening of skiing: go with friends, *wear* additional clothing, *carry* extra clothing (such as a warm jacket with a hood), water, food, a headlight, and a trail map and compass, and perhaps a space blanket. Ski in control and take it slower where your visibility is poor.

For this ski season, full moons occur on **December 8, January 7, February 6, March 6, April 5, May 4, and June 3.** Assuming clear skies, any of the 5 days leading up to these dates would have moonlight for skiing. On the night of a full moon, the moon will begin to rise around sunset, so the first hour or two after sunset the moon will be low in the trees making the trails quite dark, so you will need to wait a few hours. After the night of the full moon, the moon rises about 50 minutes later each day, so the trails will be pitch black in the evening hours.

“No Nino” Winter Usually Means Average to Below Average Snowfall

To produce forecasts for 7 days into the future, forecasters use satellite and computer models to track storms as they move around the globe. But beyond 7 days, it becomes very difficult to track individual storms and other methods must be used. Since nearly all of our cold-season storms come from the Pacific, forecasters will watch the condition of this ocean for clues to future storms. “El Nino” is a condition where the tropical eastern Pacific is warmer than normal. “La Nina” is a cooling of the tropical eastern Pacific. For western Colorado, strong to moderate El Nino events will usually produce slightly more precipitation, while strong to moderate La Nina events will usually produce slightly less precipitation.

This winter is shaping up to be a “No Nino” year; that is neither significantly warmer nor colder than normal. Looking at the climate records that began back in 1900, No Nino years usually produce average to below average precipitation. Here are some initial results from a study currently underway at the National Weather Service Office in Grand Junction. For the town of Grand Junction, the average annual precipitation:

- for the years 1900-2002 is... 8.68 inches
- for the years 1971-2000 is... 8.99 inches
- for No Nino years is..... 8.40 inches
- for El Nino years is..... 9.61 inches
- for La Nina years is..... 7.73 inches

To learn more about El Nino/La Nina, go to this website:

http://www.cpc.ncep.noaa.gov/products/analysis_monitoring/lanina/

To get your latest 7 day forecast from the National Weather Service in Grand Junction, go to this website: <http://www.crh.noaa.gov/gjt/>

Ages 3 - 13

2nd Annual

BARNELOPET

KIDS

GET SOME CROSS COUNTRY SKIS ON!



Saturday, March 6 Skyway Nordic Area

Experience the thrill and challenge of Cross Country Skiing & Racing

Free Lessons. Free Races.

Prizes, Hot Drinks & Cookies

10- 11 am Registration
Get your gear on.

11:00 Instructional Clinic
Learn to ski. Learn to race.

12:00 Beginner Races
1k Beginners & 2k Fun Race

Kids must have their own equipment or bring rentals as none will be on site.

**Call Ron: 249-1869
or Thor: 249-8691**

Sponsored By



Sons of Norway Vestafjell Lodge

**Grand Mesa Nordic Council,
Scenic Byway Commission's
Pardi Gra March 6,
and the
United States Forest Service
- Grand Mesa**



**PO Box 266, Cory CO 81414
(970) 243-4577 or 434-9753
http://gmnc.info**

**NON PROFIT
ORGANIZATION
U.S. POSTAGE PAID
PERMIT NO. 121
GRAND JUNCTION CO**

**Have you renewed
your support?**

To:

**Support The Future - Get
The 2004 National XC Jr.
Skier Calendar - \$15**



GMNC has established a new "Junior Ski Fund" through calendar sales designed to fund promotions encouraging junior skiers.

To order your calendar (FYI - Glen Randall is featured!), **Call Hege 487-3118 or Tom at 434-9753.**



**City Market Value
Card Community
Donation Program**

1. You won't be on any mailing or sales call list.
2. The more people GMNC gets signed up, the bigger the piece GMNC gets of City Market's community donation "pie." It's a great program!
3. Anyone can designate GMNC as their chosen Non-Profit -- so get your family, friends, and co-workers to sign up. We just need their name, address, and Value Card (bar code) number.



**Grand Mesa
Nordic Council**

Get The Decal, The Newsletter & Feel The Momentum!
GMNC is a Not-For-Profit organization. Membership is tax deductible.

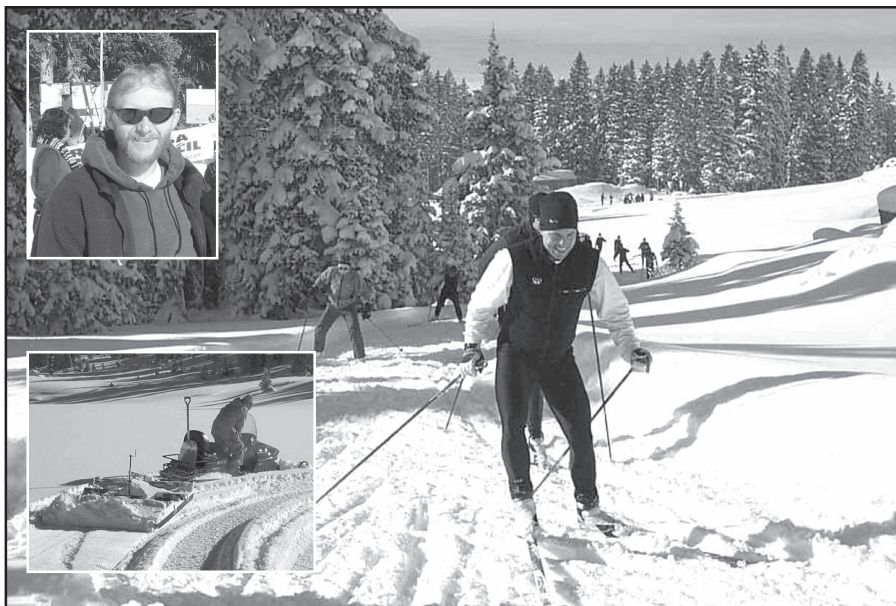
Membership: Individual \$25/yr Family \$40/yr
Extra: \$50+ Friend \$250+ Strider
 \$100+ Glider \$500+ Trail Breaker

Volunteer: Trail Clearing Races (see above)
 Barnelopet Administrative

City Market Card #(s) _____

Name(s) _____ Phone _____

Address _____ City/State/Zip _____



Large photo: Chuck Bodie at Skyway. Top insert: Board member Graham Stephenson. Bottom insert: Board Member Kenton Shaw on his other skis.

Grand Mesa Nordic Council – Feel The Momentum!

Three Trail Systems:

Skyway, CountyLine and Ward Creek Reservoir

54 Kilometers -- 32.4 Miles. Over 20,000 Skier Days.

Grooming. Trail Signs. Trail Markers. Trail Maps. Information.
Race Series. Barnelopot. Pardi Gras. 24/7 Skiing. Moonlight Skiing.

Thank you to our many volunteers! Who did I miss?

Delta Correctional Facility Crew; Bill, Shirley & Tom Ela; Jerry & Suzi Evans; Thomas Fanticone; Duane & Jeff Hrcir; Ingrid & Kirsten; John, Matt & Polly; Kay Callahan; Kayla Dodson; Karen Hollenbeck; David Meador; Reiko Meagher; Jerry & Marci Nolan; Jill Olson; Joe Ramey; Glen, Greg & Hege Randall; Bob & Sharon Remmerde; Sharon Riegel; Morrie & Jan Rupp; Deb Scenters; Kenton Shaw; Graham & Sarah Stephenson; Joyce & Toi Tanihara; Fred & Ruth Wild.

Special Thanks! Colorado Dept. of Transportation; Delta Search & Rescue; Mesa County Sheriff's, Delta County Sheriff's; Mike Harvey (Mesa Lakes Resort); and Ken & Connie Simpson (Grand Mesa Lodge).

Sponsors! United States Forest Service - Grand Mesa. Colorado Dept. of Transportation. Grand Junction Lions Club. City Market. Colorado Great Outdoors. Delta County Commissioners. Delta County Tourism. DMEA Roundup. Summit Canyon Mountaineering. Board & Buckle. The Bacon Family Foundation. Colorado State Trails. Mays Concrete. Rocky Mountain Subaru. Powderhorn Ski Resort. Powderhorn Ski Patrol. R-5 School. Scenic Byway Commission.

More Web Links <http://gmnc.info> Check out our web site for:

Daily GMNC Grooming Report
Colorado and US Nordic Centers
Colorado & Utah Nordic Races
Area Lodging
Grand Mesa Weather Cam
Colorado Road & Weather:
877-315-7623 <http://www.cotrip.org>

Glen Randall's Web Picks:

www.uskiteam.com (US Ski Team)
www.fasterskier.com (Articles. The best site for skiing)
www.fasterskier.com/index.php
(Homepage of Olympic coach Torbjorn Karlson. Information and news,



Summit Canyon Mountaineering

The Clothing
The Equipment
The Expertise

-Since 1978-

www.summitcanyon.com

Identify yourself as a GMNC member and a portion of your purchase's profit will be donated to GMNC trail grooming efforts.

GMNC Meetings

7 pm, first Tuesday of each month, alternating between Grand Junction and Delta. For more information, call Jerry at 243-4577.

Jan. 6, Delta - Garnet Mesa Elementary School, Teachers Lounge.

Feb 3, Grand Junction - Mesa State College Student Center, Bookcliff Cafe.

GMNC Board of Directors

President:

Jerry Nolan, 243-4577

VP: Duane Hrcir. Treasurer: Ruth Wild. Secretary: Marci Nolan. Skyway/CountyLine: Kenton Shaw. Ward Creek Reservoir: Fred Wild. Races: Tom Ela, 434-9753. Newsletter: Deb Scenters and Suzie Evans, 256-9384. Jerry Evans. Joe Ramey. Hege Randall. Bob Remmerde. Morrie & Jan Rupp. Sarah & Graham Stephenson. Joyce Tanihara.

especially Utah)
www.ussa.org (United States Ski Assoc)
www.xeskiworld.com
www.skipost.com/ (Homepage of US Nordic Team coach Peter Vordenberg. Training info, interesting tales & links)
www.ncsef.org/home2.htm (National Cross Country Skiers Educational Foundation; supports Junior Skiing!)



WinterStart Race Results

GRAND MESA NORDIC SERIES RACE #1, SKYWAY, 12/6/2003

More photo's and video clips at: <http://gmnc.info>



Photo's (Clockwise from top row from left): Al Fournier, 5k Classic 1st Men's. Suzi Evans, 5k Classic 1st Women's. Volunteers Joyce Tanihara, Bill & Shirley Ela. WinterStart Race starting line. Bill Ela, 5k Classic 1st 80+. Kari Distafano, 5k Freestyle 1st Women's. Andrew Gardner, 5k Freestyle 1st Men's.

Thanks to our Race Volunteers: Tom Fanticone, Graham & Sarah Stephenson, Joyce Tanihara, Kenton Shaw, Jerry & Marci Nolan, Deb Scenters, Shirley & Bill Ela, and Race Coordinator Tom Ela

And, Thank You to our Race Sponsors: Rocky Mountain Subaru and Powderhorn Resort

5K CLASSIC

1. Al Fournier	49	Mancos	20:26	20. Marilyn Kastens	47	Grand Junction	28:15
2. Jerry Evans	49	Grand Junction	22:34	21. Erika Van Meter	31	Aspen	28:38
3. Kenton Shaw	49	Grand Junction	23:02	22. Stephen Fortune	47	Grand Junction	28:50
4. Greg Hanscom	31	Paonia	23:29	23. Ricardo Moreno	41	Durango	31:23
5. Rudy Bolona	35	Snowmass Village	24:20	24. Roger Harris	43	Spring Creek, NV	32:02
6. Suzie Evans	47	Grand Junction	24:36	25. Kayla Dodson	49	Grand Junction	33:08
7. Kari Distefano	44	Telluride	24:42	26. Paul Cowan	53	Moab	33:59
8. Brad Burritt	42	Hotchkiss	24:43	27. Karl Newman	72	Cour d'Alene, ID	34:44
9. Robb Reece	39	Grand Junction	24:56	28. Stu Krebs	69	Montrose	35:23
10. Helen Carlsen	43	Basalt	25:09	29. Kimberly Livingston	20's	Grand Junction	36:37
11. Joe Ramey	47	Grand Junction	26:16	30. Sarah Stephenson	45	Grand Junction	36:38
<i>Tie</i> - Winslow Robertson	48	Palisade	26:16	31. David Scherman	50	Grand Junction	37:45
13. Richard Hypio	48	Hotchkiss	26:47	32. Caitlin Hague	17	Carbondale	41:06
14. Julia Hedman	15	Carbondale	27:21	33. Pam Hogan	51	Silt	42:14
15. Tom Ela	50	Grand Junction	27:22	34. Bill Ela	80	Hotchkiss	47:22
16. Ken Pill	42	Grand Junction	27:31	35. Alice Bell	41	Parachute	47:24
17. Denny Hogan	54	Silt	27:33	36. Chris DePuy	48	Montrose	48:10
18. Brian Goodrich	45	Grand Junction	27:45	37. Julie Bennett	42	Mancos	50:40
19. Chuck Bodie	50	Grand Junction	27:48	38. Pamela Moreno	47	Durango	50:42

5K FREESTYLE

1. Andrew Gardner	25	Carbondale	16:54	19. Erika Van Meter	31	Aspen	24:27
2. Tyler Hendersen	17	Carbondale	17:40	20. Ricardo Moreno	41	Durango	24:53
3. Al Fournier	49	Mancos	18:14	21. Denny Hogan	54	Silt	25:38
4. Greg Hanscom	31	Paonia	18:46	22. Michael Chock	15	Carbondale	25:58
5. Scott Hill	39	Grand Junction	19:18	23. Christi Reece	37	Grand Junction	25:59
6. Mike Allen	35	Grand Junction	19:32	24. Kayla Dodson	49	Grand Junction	26:02
7. Kari Distefano	44	Telluride	19:56	25. Pamela Moreno	47	Durango	26:08
8. Robb Reece	39	Grand Junction	19:57	26. Roger Harris	43	Spring Creek, NV	26:26
9. Jerry Evans	49	Grand Junction	21:36	27. Susie Attaway	48	Grand Junction	27:34
10. Marilyn Kastens	47	Grand Junction	21:42	28. Diane Myers	30's	Grand Junction	28:22
11. Winslow Robertson	48	Palisade	21:59	29. Ian Burritt	15	Hotchkiss	28:23
12. Helen Carlsen	43	Basalt	22:12	30. Tory Garling	14	Carbondale	29:16
13. Brad Burritt	42	Hotchkiss	22:22	31. David Scherman	50	Grand Junction	31:27
14. Kenton Shaw	49	Grand Junction	22:51	32. Asa Burritt	12	Hotchkiss	31:36
15. Joe Ramey	47	Grand Junction	23:29	33. Stu Krebs	69	Montrose	31:47
16. Chuck Bodie	50	Grand Junction	23:39	34. Vikash Hypio	10	Hotchkiss	48:01
17. Taro Tomisama	18	Carbondale	23:59	35. Richard Hypio	48	Hotchkiss	48:03
18. Mike Martin	51	Grand Junction	24:23				