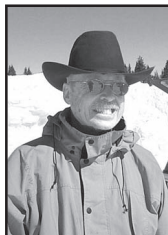




Get the skinny on Skyway & CountyLine daily grooming and conditions from Kenton Shaw.



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 at our website today - it's free!

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

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

Grand Mesa Nordic Council
PO Box 266, Cory CO 81414
Jerry(970)243-4577, Tom 434-9753 or Ruth 874-8318
<http://gmnc.info>

February
04



Letter from the Prez

-- Jerry Nolan

While our Grand Mesa Nordic Council grows a little each year in membership, revenue, and quality of our trails, we are still a shoe-string operation dependent on small grassroots donations and energetic volunteers.

We need to look at making a qualitative leap from shoestring operation to a robust and a viable organization. When talking about success it is often said that "it is who you know."

This is where we need your help! Perhaps you know someone connected in an influential way to a business or corporation interested in sponsoring a tax deductible community service organization like the Grand Mesa Nordic Council.

Success with this type of sponsorship might be a path toward purchase and maintenance of a snowcat and a salary for a Director of Operations.

The Grand Mesa Nordic Council web page has posted a link soliciting corporate sponsorship. The link now includes the GMNC's Five Year Plan. All readers are encouraged to visit this link: <http://gmnc.info>

Stay fit! Ski, bike, hike, and run at least seven hours per week.

Pardi Gras



Saturday, March 6

PARDI GRAS is the annual winter celebration of outdoor fun on top of the Grand Mesa. Ski or snowshoe in costume, wear a funny hat, or wear the party beads we give you!

The 2nd Annual Sons of Norway **BARNELØPET at Skyway** is a special xc ski day for kids 3 - 13. Registration is 10:00 am. and free lessons and fun race start at 11:00 am. Must bring their own equipment. For information call Ron at 249-1869.

The **PARDI GRAS TREASURE HUNT** takes place at the COUNTY LINE Nordic Ski Area from 11:00 am to 2:00 pm. Who knows what you'll find!

Join us for the Mesa Lakes **FULL MOON SKI SPECIAL**, both Friday and Saturday night. Over a mile of groomed x-country trail lit by luminarias, and special late dining.

Of course, **party beads** will be available and colorful costumes and wild hats are recommended.

(PARDI GRAS 2004 is sponsored by the Grand Mesa Scenic Byway Association, the Grand Mesa Nordic Council, and several local winter fun businesses.)

Grand Mesa Nordic Council - Feel The Momentum!

Three Trail Systems: Skyway, CountyLine and Ward Creek Reservoir
54 Kilometers -- 32.4 Miles for Over 20,000 Skier Days.

Grooming. Trail Signs & Markers. Trail Maps. Information. Race Series.
Barneløpet. Pardi Gras. Web Site. 24/7 Skiing. Moonlight Skiing.

Have You Renewed Your Support?

Scenic Byway



Grand Mesa National Scenic & Historic Byway Association

Here's a thank you to the Grand Mesa Nordic Council from The Grand Mesa National Scenic & Historic Byway Association. For the past three years, the Byway has encouraged fuller use of the Grand Mesa by local and regional residents. Events like "Under the Stars," "Color Sunday," and "Pardi Gras" invite travelers and locals to experience this magnificent mountain-valley-canyon setting in different seasons.

Your help in building the winter snowfest, Pardi Gras, has been particularly impressive.



Without the GMNC, Pardi Gras would not have reached the hundreds of people and families who now know the magic of the Grand Mesa in winter.

The Grand Mesa Byway is a 63 mile-long stretch of Highway 65 which begins at the I-70 Plateau Canyon exit and ends in Cedaredge. Numerous interpretive lectures, exhibits, roadside displays, and even video productions have been developed by our volunteers for this nationally-designated Byway -- one of only two in the state of Colorado. We look forward to many years of cooperative efforts with the Grand Mesa Nordic Council, and hope you have a chance to help Grand Mesa's visitors experience the Grand Mesa we already enjoy.

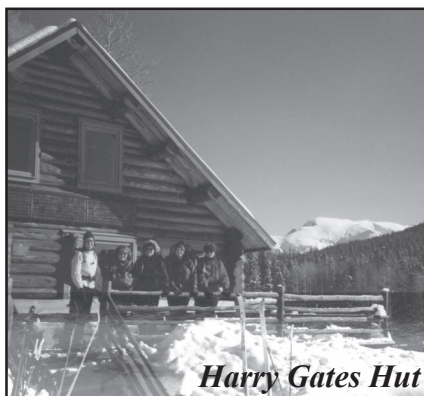


Every-day's a Picnic

-- Jan Rupp

Nurses make up the majority profession with six and we also have one doctor so feel pretty safe in emergencies.

Days are spent on skiing around the hut, playing games, reading and, our favorite pastime, eating! We have serious discussions and plenty of laughs. I believe that we all intend to make these trips a regular annual get-together as long as we're able. This year is my 12th trip and every one has been outstanding!



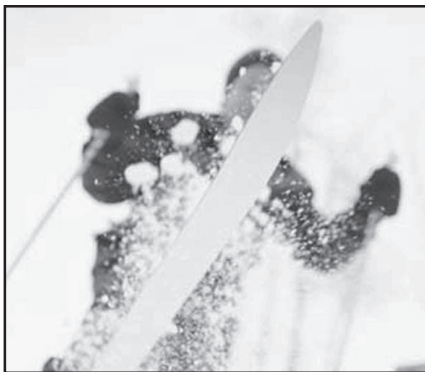
Harry Gates Hut

Berardi's at Deer Creek, owned by Dick Berardi and his family, opened nine years ago at the Deer Creek Golf Course in Cedaredge. Open for lunch and dinner seven days a week, it's a great place to head after a day on Grand Mesa. With it's beautiful views and delicious food, Berardi's has been a favorite in our family for many years.

Hut Trips. In 1996 my sister, Elaine Davis, her co-worker, Linda Mueller and I were invited to join a group of women from the Denver area skiing to Lance's Hut, a hut in the 10th Mtn. Division Hut System. It was a great experience and we were hooked! Since then we have skied to several of the huts in the system, staying for two nights in one hut.

We always reserve the entire hut so we have it to ourselves. There was only one exception in 1998 when we could only get 10 spaces in Polar Star Hut...we ended up sharing the hut with 6 men!...serious skiers! Our group has changed every year but our core group stays the same and includes women from many different walks of life and ages. Our own Polly Pulver is the eldest with several of us close behind!

The menu is described by Dick Berardi as European Provincial Italian and prices range from \$5-7 for lunch and \$9-15 for dinner. They do not have an open bar but alcohol is served. Casual dress is appropriate. Portions are very generous, beginning with a salad and bread and ending with the entree, so ski a few extra kilometers and head down to Berardi's at the Cedaredge Golf Course.



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

Backcountry Rescue Card

A backcountry rescue can cost you 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! At a minimal cost of \$3 for one year and \$12 for five years, **GET THE CARD!**

Available at most sporting goods stores or call:
Tom Ela at 434-9753 or Ruth Wild at 874-8318.



Two By Joe!

-- Joe Ramey

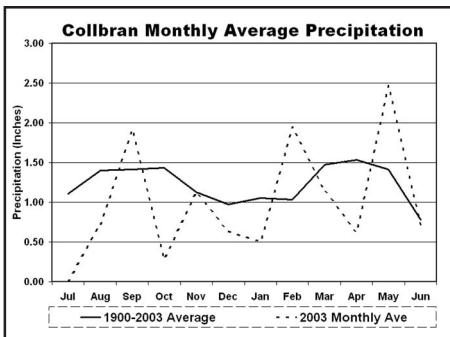
XCSporthill claims you only need one winter layer: their 3SP clothing. Many folks, including me, have found the XCSporthill 3SP top and pant is all we need to wear from 18 to 40

degrees. I use it both for cross country skiing and winter cycling. This stuff is comfortable when you're working hard and when you're just standing around. I don't know how it works, but it does.

As temperatures fall into the teens or single digits, or if the winds get stronger than 15 mph, I wear an XCSporthill windshell and then only need a good hat and gloves to stay quite comfortable. To the left is a picture of the Men's XC Pant. It's all 3SP, so it breathes, stretches with you, and is wind resistant. It has two side zippered pockets and 12" zippers at the bottom of each leg.



Unless the temperature is in the single digits, you will probably not need anything under these to stay warm and dry. Retail cost is \$92, but you will wear them for years and then buy another pair. Like all plastic clothing (i.e. polyester that come under several very technically cool names), these clothes will build up a bit of a stink after several hours of good aerobic exercise. For performance clothing that won't stink, Smartwool and Ibex are two companies that are using the new wonderful superwools. But that review is for the next newsletter.



Weather Report

After a stormy December 2003, that culminated with the big blizzard on 2-5 January, January 2004 has been dry. A broad ridge of high pressure has been over the Great Basin through much of January. This ridge has steered the Pacific storms away from Colorado. As this article is being

written on 23 January, the ridge is showing signs of breaking down and allowing the Pacific storms to bring us some new snowfall. But typically February is a dry month. Often the Springs storms in March and April can produce good snowfall on the Grand Mesa. The latest outlook from the National Weather Service is for February to be drier than normal, and March and April to be wetter than normal.

The Collbran graph, included here, shows the average monthly precipitation back to 1900. You can see that December-January-February are normally dry months, while the Fall and Spring often see increased precipitation. I also plotted the monthly precipitation from 2003. There was large monthly variation last year, and this is not unusual. This emphasizes the point that, for the Western states, the climatological normals are often just the average of many extreme events. So don't be surprised to see some unusual weather this year too. Though the snowpack is near-normal, the extreme drought for Colorado continues. To see the latest 90-day outlooks go to:

<http://www.cpc.ncep.noaa.gov/products/predictions/90day/>

Ages 3 - 13

2nd Annual

BARNELØPET

KIDS

GET SOME CROSS COUNTRY SKIS ON!



Saturday, March 6

Skyway Nordic Area

Experience the thrill and challenge of cross country skiing and 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

In conjunction with the Grand Mesa Nordic Council the Scenic Byway Commission's Pardi Gras SnowFest and the United States Forest Service -- Grand Mesa.

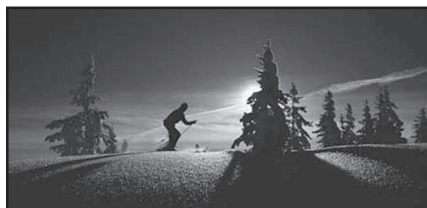


We Care 4 Fur

-- Sarah Stephenson

We all love it when our dogs can go skiing, but is the care they receive as good as it can be? Remember that dogs can suffer from hypothermia, frostbite, heart attack and strokes just as humans do. They can also be injured just as easily as we can. Here are some tips to follow to ensure a great day of skiing with your dog. Hope these are helpful and we'll see you on the mountain.

1. Provide a hardy breakfast, at least an hour before exercise.
2. Carry along plenty of snacks and water for your dog.
3. Booties to protect pads and paws (A must!). Order the polarfleece snow booties used by Alaskan dog sled racers from www.raesharness.com
4. Give your dog plenty of time to acclimate to altitude.
5. Some dogs may need additional layers for warmth. Those polarfleece sweaters at the pet store are great.
6. Give your dog a chance to rest. If you are tired, they are too!
7. When your adventure is complete, be sure to have blankets or old sleeping bags in your car to warm your dog up. Just like after riding a horse -- get that blanket on your dog.
8. Check pads, stomach and groin area for scrapes or chafing from snow build-up.
9. Never let your dog ride in an open pickup, wet or dry.
10. If your dog seems stiff you can give your dog Aspirin according to weight. One Regular or Buffered Aspirin per 40-60 pounds with food or treat. Smaller dogs may have 1/4 to 1/2 Aspirin. **Never** give a dog Ibuprofen or Tylenol.



Our Most Frequent User John Geissert

-- Tom Ela

You would expect that the person who uses the GMNC trails more than anybody would be somebody that we all recognize from seeing him constantly on the trails. That's not the case, though. John Geissert had already skied 72 days this season when I talked with him.

Hardly anybody ever sees John because he skis every morning when it is just barely light. The groomer sees him sometimes but he's usually long gone before other skiers start showing up. John got into this habit when he worked nights. He would get in an after-work ski like lots of people; it just happened to be at daybreak. John is retired now but still skiing at first light.

Obviously, John is a very fit fellow. He's 70 now but still skiing 3-6 miles a day. "I'll keep doing it for as many years as I can. I love it." Since he is usually skiing before the groomer arrives, he often has to break trail for an extra tough workout.

We greatly appreciate John's support of the GMNC as one of our earliest members. As he says, "I certainly get my money's worth." Last season he skied 150 days and is well on his way to that total again. GMNC salutes John as one of our many amazing members and we certainly hope that he continues bringing up the sun for us and keeps getting his miles in for years to come.

GMNC Meetings

First Tuesday of each month, alternating Grand Junction and Delta. For information, call Jerry, 243-4577.

7 pm, March 2, Delta - Garnet Mesa Elementary School, Teachers Lounge.

7 pm, April 6, Grand Junction - Mesa State College Student Center, Bookcliff Cafe.

GMNC Board of Directors

President:

Jerry Nolan, 243-4577

VP: Duane Hrcir. Treasurer: Ruth Wild, 874-8318. 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. Sharon Riegel. Morrie & Jan Rupp. Sarah & Graham Stephenson. Joyce Tanihara.

Thank You Volunteers!

Who did I miss? Richard Hypio, Eric Krch, Polly Pulver & Wayne Quade! Delta Correctional Facility Crew; Bill & Shirley; Thomas Fantacone; Jeff Hrcir; Ingrid & Kirsten; John, Matt & Polly; Kay Callahan; Kayla Dodson; Karen Hollenbeck; David Meador; Reiko Meagher; Jill Olson; Glen & Greg Randall; Toi Tanihara.

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

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.



1/4/2004 Skyway Skuffle

10K FREESTYLE

1.	Greg Hanscom	31	Paonia	49:36
2.	Tom Suplizio	39	Grand Junction	58:32
3.	Robb Reece	39	Grand Junction	58:34
4.	Jerry Evans	50	Grand Junction	1:02:17
5.	Helen Carlsen	43	Basalt	1:03:14
6.	Rudy Bolona	35	Snowmass Village	1:03:45
7.	Scott Ortman	33	?	1:04:10
8.	Steve Ela	40	Hotchkiss	1:05:38
9.	Suzi Evans	47	Grand Junction	1:06:27
10.	Brad Burritt	42	Hotchkiss	1:07:18
11.	Denny Hogan	54	Silt	1:09:03
12.	Joe Ramey	47	Grand Junction	1:11:42
13.	Phil Coebergh	58	Grand Junction	1:12:36
14.	Richard Hypio	48	Hotchkiss	1:13:22
15.	Erika Van Meter	31	El Jebel	1:13:58
16.	Kenton Shaw	49	Grand Junction	1:16:20
17.	Kayla Dodson	49	Grand Junction	1:16:54
18.	Tom Ela	51	Grand Junction	1:19:02
19.	Chuck Bodie	50	Grand Junction	1:19:11
20.	Christi Reece	37	Grand Junction	1:21:39
21.	Dave Knutson	54	Paonia	1:23:11
22.	Steve Bethka	43	Grand Junction	1:24:13
23.	Pam Hogan	51	Silt	1:33:55
24.	Bob Vermillion	51	Montrose	1:37:56
25.	Sarah Stephenson	45	Grand Junction	1:40:57
26.	Karen Pinnt	48	Palisade	1:44:54
27.	Ian Burritt	15	Hotchkiss	1:52:20
	Asa Burritt	12	Hotchkiss	1:52:20
29.	Bill Ela	80	Hotchkiss	2:17:00

Race Notes: Snow conditions were tough but the sun was out and everyone seemed to be smiling within a few minutes after finishing, ecstatic to have the ordeal over with. Thank goodness the race was Sunday and not the day before when the road was closed and blizzard conditions prevailed. The course was snowcat groomed Sunday morning so was in as good of shape as possible but still soft in places. The snow, however, was cold and SLOW! Those who opted for their classic skis generally proved wise although the front runners seemed to cruise along nicely skating. Many of us on skate gear further back adopted, at times, a modified classic technique. The fact that we were getting at least a little kick from our glide wax was indicative of the problems we faced out there. The course was fun but more like 11K than 10: out Arroyo through the 4-way onto Vista, up the back hill and out Kannah Crossing, then back Scales Lake and Lions to the merciful finish. Special congratulations for their endurance to teen racers Ian and Asa Burritt and to the old-timer, 80 year old Bill Ela!

Thanks To Our Race Sponsors: Rocky Mountain Subaru, Loki Hats and Outdoor Clothing, R.E.I., Summit Canyon Mountaineering

Thanks To Our Race Volunteers: Tom Fantacone, Graham Stephenson, Joyce Tanihara, Kenton Shaw, Groomer, Shirley Ela, Bill Ela, Deb Scenters and Tom Ela.

1/31/2004 Grand Mesa Classic

10K CLASSIC

1.	Glenn Randall	17	Collbran	32:49
2.	Al Fournier	50	Mancos	39:42
3.	Greg Hanscom	31	Paonia	41:44
4.	Ken Walters	55	Flagstaff, AZ	42:42
5.	Kenton Shaw	49	Grand Junction	43:22
6.	Suzi Evans	47	Grand Junction	43:46
7.	Jerry Evans	50	Grand Junction	44:05
8.	Helen Carlsen	43	Basalt	44:38
9.	Rudy Bolona	35	Snowmass Village	46:07
10.	Kari Distefano	45	Telluride	47:13
11.	Steve Ela	40	Hotchkiss	48:16
12.	Joe Ramey	47	Grand Junction	49:12
13.	Erik Packard	39	Mesa	49:31
14.	Richard Hypio	48	Hotchkiss	50:22
15.	Robb Reece	39	Grand Junction	51:14
16.	Tom Lambert	?	Grand Junction	52:16
17.	David Strong	45?	Cedaredge	52:30
18.	Brad Burritt	42	Hotchkiss	52:52
19.	Denny Hogan	55	Silt	53:30
20.	Tom Ela	51	Grand Junction	54:01
21.	Mark Nystrom	43	Apple Valley, MN	54:03
22.	Kayla Dodson	49	Grand Junction	56:13
23.	Bob Vermillion	51	Montrose	59:03
24.	Carol McKenzie	37	Montrose	59:11
25.	Stu Krebs	69	Montrose	59:41
26.	Chris DePuy	48	Montrose	1:02:46
27.	Phil Miller	79	Telluride	1:05:40
28.	Sarah Stephenson	45	Grand Junction	1:09:23
29.	Pam Hogan	51	Silt	1:14:22
30.	Lisa McKenzie	42	Carbondale	1:18:06
31.	Ian Burritt	16	Hotchkiss	1:36:26
32.	Asa Burritt	12	Hotchkiss	1:36:26
33.	Bill Ela	80	Hotchkiss	1:45:36

Race Notes: Glenn Randall, the local high school Junior Olympic racer, is a familiar sight training on Grand Mesa but we haven't seen him race in a couple of years. I was curious to see how he would stack up with some of the older talent that typically shows up for our races. Well, we found out and HE IS AWESOME! Within a kilometer of the start he had disappeared from the pack and went on to win the race by nearly a 7 minute margin!

Suzi Evans was again the top woman followed by Helen Carlsen and Kari Distefano. Ian and Asa Burritt were the youngest skiers at 16 and 12 while Bill Ela (80) got some old timer competition from Telluride's Phil Miller (79).

The hardest part about this race was braving truly nasty road conditions to the Skyway parking lot. Once there, though, conditions were relatively pleasant and Kenton Shaw had the course nicely groomed with a fresh double set of classic tracks.

Thanks To Our Race Sponsors: Ela Family Farms, REI, Sundrop Grocery, Powderhorn Resort.

Thanks To Our Race Volunteers: Tom Fantacone, Graham Stephenson, Joyce Tanihara, Kayla Dodson and Shirley Ela.

Mesa
Meltdown
5k & 20k
Freestyle
(mass start)
11 am,
Sun.,
Mar. 14
Skyway



Last Race!

To:

http://gmnc.info
PO Box 266, Cory CO 81414



Have you renewed
your support?

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



Mesa Meltdown

5k & 20k Freestyle (mass start)
11 am, Sun., Mar. 14 at Skyway

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.



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

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

Get The Decal, The Newsletter & Feel The Momentum!

GMNC is a Not-For-Profit organization. Membership is tax deductible.

Yes No Can we publish your name?

Volunteer: Trail Clearing Races
 Barnelopet Administrative

City Market Card #(s) _____

Name(s) _____ Phone _____

Address _____ City/State/Zip _____