

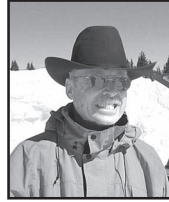


**Grand Mesa Nordic Council**  
**PO Box 266, Cory CO 81414**  
**Jerry Nolan . . .970-243-4577**  
 Tom Ela 970-434-9753 or Ruth Wild 970-874-8318  
<http://gmnc.info>



*Get Daily Grooming Reports -- free! Subscribe at our website today. Skyway & County Line from Kenton Shaw and Ward Creek Reservoir from Fred Wild.*

*Most photos are by Jerry Nolan and Kenton Shaw and were "lifted" from our web site!*



<http://gmnc.info>

Meetings, Events, Race Results, Activities, Photo's and Links.

**November**  
**2004**



## Letter from the Prez

-- Jerry Nolan

**Welcome back!** Snow is on the way and I for one am anxious to start skiing again on our beautifully groomed trails. We usually have snow before other ski areas and the last three years we were skiing by the end of October. I especially enjoy early season skiing because I get to meet skiers from all over the state who come to the Grand Mesa to enjoy our early snow.

Last year our membership jumped from 285 to 371. We think this jump was because membership envelopes were included in the maps we provide at the trail heads. Correspondingly our donation boxes didn't bring in as much money. But if more trail users are investing in membership that will help with the never ending job of educating new trail users on proper etiquette, courtesy, and safety. And it also gives us a chance to learn about our trail users and their trail related interests and needs. We actually have a pretty diverse membership made up of recreational and competitive skaters and skiers, snow shoers, and dog owners. To help us learn more about our membership, a survey is included with this newsletter to give you the opportunity to educate us.

We have a new GMNC member, Ted Schanen, who is experienced in the sport of skijoring where dogs pull a cross-country skier. The prospect of holding a seminar and race on our trails sounds like fun. (Since I don't have any dogs over 40 pounds, I will see if the animal shelter will loan me a couple dogs.) The GMNC board will be working with Ted to see what we can put together. If you would like to help out with a skijoring event or just simply think it would be fun send an email to [jerry@mesastate.edu](mailto:jerry@mesastate.edu) and/or [ted@schanen.net](mailto:ted@schanen.net)

Be sure to visit our web page at <http://gmnc.info> for latest reports on trail work and grooming. Read the GMNC Five Year Plan which includes a membership history and annual financial statement.

**Stay fit. The older you get, the more you need stretching and flexibility exercises.**



## Race Dates

see page 2

for more information

Sat., Dec. 4, 2004 ..... 5kC & 5kF  
 Sun., Jan 2, 2005 ..... 10kF  
 Sun., Jan. 30, 2005 ..... 10kC  
 Sun., Mar. 13, 2005 .... 5kF & 20kF



## Waxing Clinic

6 pm, Friday Jan. 14, 2005  
 Summit Canyon Mountaineering, GJ

## Full Moon

Fri., Nov. 26	Thur., Feb 24
Sun., Dec. 26	Frid., Mar. 25
Tues., Jan. 25	Sun., April 24



## Barnelopet

**Saturday, March 5**

The Barnelopet is for kids ages 3 - 13. It's a learn to ski day and there's a 1, 2, and 5K non-competitive fun race. Co-Sponsored by the Sons of Norway and GMNC.



## Pardi Gras

**Saturday, March 5**

**PARDI GRAS** is the annual winter celebration of outdoor fun on top of the Grand Mesa at several locations and businesses. Ski in costume, wear a funny hat, or wear the party beads we give you! PARDI GRAS is sponsored by the Grand Mesa Scenic Byway Association, GMNC, and several local winter fun businesses.



## Skyway & CountyLine

-- *Kenton Shaw*

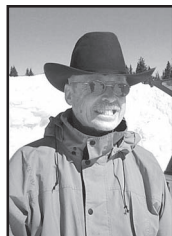
**Grooming** for this winter will be much the same as previous years. The official first day of the season is Nov. 15th, but this may change with the weather. Our goal is to groom as many trails as possible for everyone to enjoy while

still trying to maintain some higher quality groomed areas for the more demanding skier.

We will start grooming at 6:30 to 7:00 in the mornings with our two snowmobiles at least 4 times a week. Starting at Skyway with 5k, then grooming at County Line with 5k and so on until the day is over or until all 32 kilometers have been groomed. And as before Loop 4 at County Line will be reserved for the backcountry skiers and will not be groomed. This schedule will vary as weather changes and will be more frequent during the holidays.

The standard groomed trail for both areas will be a 14'-16' wide recreational skate and classic trail. In other words, 4' on one side of the trail with classic track, 8' skate lane in the center and the remaining 2'-4' on the other side is for snowshoer's to walk single file.

**Trail work** this year has consisted of removing downed trees and debris from the trails. So far only 20 trees have been removed from Skyway and as of this writing there are just a few downed trees to clear from the County Line trails. Before the season starts we still plan to repair and replace all of the broken blue marker posts and "You Are Here" signs, improve the Overlook trail and do some other odds and ends such as making new envelope boxes, repainting the welcome sign at County Line, printing new signs for the Trailhead boards and repairing some of the grooming implements.



## Ward Creek Report

-- *Fred Wild*

**Have you ever feared** putting your ski tip under a log while skiing on Ward Creek Trails? Most of the time you don't need to worry because Jan & Morrie Rupp with a teacher friend were out there in September cutting the wind fall trees off the trails. Then in October the "Tea Ladies," Reiko Meagher, Joyce Tanihara and Ruth Wild, worked on other trails. Also, the Forest Service issued a permit to Sam Vasicko and Ray Tolbert to use their ATV's to travel the Ward System and they removed windfalls. With my help we also spent the day moving posts with blue poles to facilitate grooming on the Main Ward Trail.

**Remember,** Mary Bohl and her two buddies will be grooming with their three snowmobiles again this winter. Watch for a GMNC flag on the poles of these machines. Despite their helmets and snow suits they are the good guys that help keep Ward Trail groomed. I drive the GMNC's Artic Cat. Any other snowmobile is fair game. Get their registration number and report to the Forest Service. Mike Brown, the FS Trails representative, said that snowmobile violators would be ticketed if they run on cross-country ski trails. But the registration number and/or their name is necessary.

## **GMNC Meetings**

The first Tuesday of each month at 7 PM, alternating:

**Grand Junction** at Mesa State College Student Center -- Bookcliff Cafe (Dec. 2004, Feb. 2005, April 2005).

**Delta** at Garnet Mesa Elementary School, Teachers Lounge (Nov. 2004, Jan. 2005, Mar. 2005).

**For information, call Jerry Nolan at: 970-243-4577.**

## **GMNC Board of Directors**

**President:**

**Jerry Nolan, 243-4577**

VP: Joe Ramey. 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. Jerry Evans. Hege Randall. Bob Remmerde. Jan Rupp. Sarah Stephenson. Joyce Tanihara.

## **Sponsorship & Support from:**

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. Sons of Norway Vestafjell Lodge. REI. Ela Family Farms. LOKI. **Who have I forgotten?**





## New XC & Snowshoe Trail at Vega State Park!

-- Larry Butterfield  
Vega State Park

**Vega State Park** is opening a new XC ski and snowshoe trail! Vega is at 8,000 feet, and the new trail is about 2.32 miles long. The entry fee to the park is \$5.00 or a current Colorado State Parks Annual parks pass.

From the north end of the Visitor Center parking lot, you start out with a nice down hill slope into an open area with three S-turns. Eventually a bridge will take you to a lower meadow with more turns. These turns have nice elevation gains and losses. The trail straightens out for a bit and leads you along some aspen trees. You traverse a moderate section back to an old service road, which leads you back up to the bridge. Now you're about to start working with a nice gradual climb to Forest Service Road #262. This section is very scenic. Then you head back down to the State Park. You will probably have to take your skis off to cross the road and put them back on for the last section leading back to the Visitor Center. The road is two way traffic, so be safe and enjoy.

**Another snowshoeing** option is the Vega Nature Trail which starts out at the OHV parking near the Visitor Center.



2004 - 2005 GMNC

## Race Series

-- Tom Ela

**The Grand Mesa Nordic Race Series** is a series of four cross country ski races with awards for each race as well as for the cumulative point winners for the whole series. The series emphasizes ski racing for fun and personal fitness for skiers of all abilities.

**All races** will be held on the Skyway Nordic Ski Trails on Colo. Highway 65 on top of Grand Mesa.

**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. Skiers who race on 3 of the 4 race dates will earn a special commemorative prize, most likely a T-shirt, to be delivered some time after the series completion.

### Race Schedule

#### **WINTERSTART -- Saturday, Dec. 4, 2004**

11:00 am 5K Classic

12:30 pm 5K Freestyle

#### **SKYWAY SKUFFLE -- Sunday, Jan. 2, 2005**

11:00 am 10K Freestyle

#### **GRAND MESA CLASSIC -- Sunday, Jan. 30, 2005**

11:00 am 10K Classic

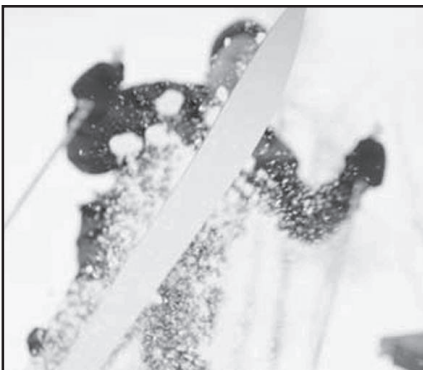
#### **MESA MELTDOWN -- Sunday, Mar. 13, 2005**

11:00 am 5K Freestyle & 20K Freestyle (*simultaneous mass start*)

**Series Scoring:** Male, female, and age group Series winners will be based on cumulative points awarded according to finish place in the Winterstart 5K Classic, Skyway Skuffle, Grand Mesa Classic, and Mesa Meltdown 20K. The Winterstart 5K Freestyle and the Meltdown 5K do not count for Series points. The tiebreaker is finish place in the Meltdown 20K.

Also, scheduled for Sat. March 5, 2005 is the Sons of Norway/GMNC Banelopet, a 1, 2, and 5K non-competitive fun race for kids 3-13.

**For more information you can call Tom Ela at 970-434-9753.**



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

## Backcountry Rescue Card

By purchasing the Colorado Outdoor Recreation Search & Rescue Card you have helped ensure that trained and well-equipped search and rescue teams will respond should you become lost or in need of rescue and they will not have to incur undue expense due to your emergency. 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.**





## Ski Tips for Families with Kids

-- Hege Randall

**Know how far** your kids can ski. It's better to go too short than too long. Use the GMNC trail map to plan each trip.

**Kids enjoy downhill.** They can put in a lot of mileage and by skiing up and down the same hill.

**Bring** healthy snacks and drinks (peeled oranges, granola bars, water, hot cider). Stop often to refuel!

**Dress in layers.** Bring a backpack to carry extra layers (extra mittens, a coat/shell, earmuffs, socks, etc.)

**Kids like to lead** the way. Bring the GMNC trail map and stop at signs to locate where you are. Kids like to master map reading skills.

**Use sunscreen.**

**To have fun is a must.** If not, ski back and find a fun hill to ski up and down.

**Make sure the last part** of the trip is fun, kids remember the end.

**At home record the distance** you skied in the log book [www.gmnc.info](http://www.gmnc.info) to reach your goal!



### Barnelopet

Saturday, March 5 at Skyway.

Watch for future information

## Two By Joe!

-- Joe Ramey

### Clothing Review – The New Super Wools



**In the last GMNC newsletter** way back in February, I reviewed the XCSporhill 3SP clothing made of a dense polypropelene material, the best synthetic clothing I have tried. This review is of a natural material, an ancient material, made new recently: wool.

**If you haven't tried wool since your dad's scratchy sweaters,** you are in for a treat. The new merino wools are very soft. The width of these fibers is down to 18 microns, which is below the 22 microns where most people begin to get an itchy feel from a wool garment. Several companies have been using this new merino wool, including Bouré (out of Durango), Woollywarm (from Rivendell Bicycle Works), Icebreaker, Patagonia, Smartwool, and a company I especially like: Ibex. I have a pair of pants, tights, jersey and vest from Ibex and they are my favorite outdoor cool-weather clothing. Smartwool socks are just unbeatable summer or winter for durability, keeping your feet dry, and reducing that "athletic shoe smell." Synthetic or cotton socks are inferior in all three categories.



**Wool has several advantages.** It is an excellent insulator even when wet and loses little insulative properties through hard use. It is very elastic and durable. Unlike many synthetic materials, wool is wind resistant while remaining very breathable. Wool is a silent material for silent sports, no "rustle" associated with some synthetics.

Wool is fire resistant, which is good around the campstove or fire. And after many hours or even days of hard aerobic work, wool doesn't stink like synthetics, which is nice on hut trips, or even stopping to eat at a restaurant after a long ski-day on the Mesa. Wool is a natural, renewable, biodegradable product grown mainly on family farms.

**Wool still has some disadvantages.** It will cost more than synthetics, but will last longer. Wool is more difficult to wash (use a soap like Woolite or Ivory flakes). Some wool clothing will shrink if you put it in the dryer (not true for my Smartwool socks) so you should air-dry it. A wool garment will generally weigh more. Some very sensitive people will still find these new fine wools itchy, especially around their chest and belly and when it is warm.

Yet I have never heard of Smartwool wool socks bothering anyone. If you are new to wool, start with a pair of socks. You might find yourself replacing more and more of your synthetic outdoor clothing with wool.

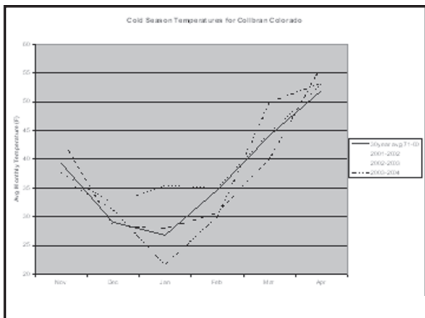
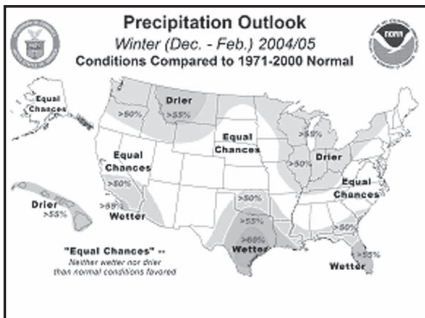
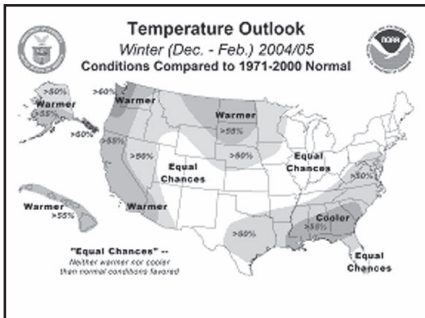




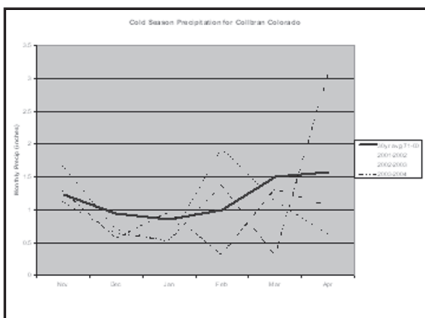
2004 - 2005

# Winter Weather Outlook

-- Joe Ramey



Graph 1. Cold Season Temperature for Collbran Colorado.



Graph 2. Cold Season Precipitation for Collbran Colorado.

***I have to be honest with you...*** the seasonal forecasts from the National Oceanic and Atmospheric Administration (NOAA) for last winter didn't work out so well. We forecasted warmer and drier than normal. But most of western Colorado, including Powderhorn, had a wonderful ski season with storms regularly dropping new snowfall through February. (March was warm and bone dry though.) I didn't hear too many complaints about that blown forecast. Then this summer the NOAA seasonal forecast was again hotter and drier than normal. Yet much of the western U.S. enjoyed a cooler than normal summer. Grand Junction reached 100 degrees on only 3 days, and Montrose's high temperature for the summer was a tolerable 97. So our forecasts are not doing so well lately. And if you are wondering, there appears to be no relationship between a cool summer or an active Atlantic hurricane season and the conditions expected this winter.

***As usual for seasonal outlooks,*** we look to the state of the oceans to give us clues to future storms' track and intensity. A weak El Niño, or a warming of the eastern tropical Pacific, has begun and may strengthen to a moderate El Niño later in the winter. For the nation, the west coast and northern tier of states can expect drier and warmer than normal conditions, while the Southeast is forecasted to be wetter and cooler than normal.

***What does this mean for western Colorado?*** A local study shows no weather correlation to weak El Niño winters. So that means the climatological average is our best forecast. A look at the precipitation graph for Collbran shows that December and January are usually relatively dry months, with snow storms returning in February and March. During moderate to strong El Niño's, we often see above-normal precipitation in March or April. Also, on the Collbran graphs, I have plotted the last three winters to show you the large year-to-year variation. This winter will likely feature considerable variability with the day-to-day weather forecast. For us cross-country skiers, a dry January can bring some wonderful crust skiing conditions. And a possible wet spring can mean an extended ski season for us.

***What does this mean in terms of drought in the West?*** Western Colorado remains in a moderate to severe drought. The outlook supports little to no improvement of the drought by the end of this winter. In fact, it will take 200-300 percent of normal snow pack to make a significant impact on the drought in the West. Consequently, it will take more than one winter of above normal snow pack to end the drought.

***By the time you read this,*** there will have been an update to this outlook. You can see all the latest and greatest weather and climate stuff at the website for the National Weather Service in Grand Junction: [www.crh.noaa.gov/gjt](http://www.crh.noaa.gov/gjt)



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

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Thank You!**

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**To:**  
**1<sup>st</sup> Race  
WinterStart**

**11 am  
5K Classic**

**12:30 pm  
5K Freestyle**

**Saturday  
Dec. 4, 2004  
at Skyway**

## DMEA Operation Round Up

-- Bob Remmerde

Delta Montrose Electric Association's Operation Round Up has consistently supported the Grand Mesa Nordic Council with grooming funds. Those of you who live in Delta or Montrose Counties can sign up by calling:  
**249-4572 or 874-8081.**

When you sign up, your monthly electrical bill is automatically rounded up to the nearest dollar. Contributions have been declining some because less people are signed up, so give them a call and tell your friends. It's a painless way to contribute to GMNC.



## 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 Newsletter & Feel The Momentum!

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

Can we publish your name?  Yes     No

**Volunteer:**     Trail Clearing     Races  
                           Barnelopet     Administrative

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