

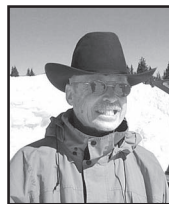


Grand Mesa Nordic Council
PO Box 266, Cory CO 81414
Jerry Nolan . . .970-243-4577
 Tom Ela 970-434-9753 or Ruth Wild 970-874-8318
<http://gmnc.info>



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

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



Letter from the Prez

-- Jerry Nolan

The skiing has been great, the trails groomed, and the volunteers of the Grand Mesa Nordic Council continue to make it happen. Here are some of the things our volunteers are doing.

A Wax Clinic will be held at Summit Canyon Mountaineering on Friday January 14th at 6:00 PM. A number of wax techniques will be demonstrated. The volunteers conducting this clinic are experts in waxing techniques and will help everyone, from beginners to experts.

A new rescue sled is available at Skyway. This sled was made from a kayak and can be pulled by one or more skiers or by a snowmobile. Two aluminum tubes provide the main pulling source. Rescuers will find ropes for additional skiers to pull or guide the sled, blankets, and first aid kit. The kayak is eleven feet long. The opening for the passenger is eight feet long.

Real Skiing, Virtual Racing. GMNC volunteers developed a new computer program to allow skiers to keep a log of their skiing. In Norway, kids are given cards so they can log their distances. The cards are motivational tools to encourage the kids to ski more. Recognition is given to the kids who ski the most. We thought we would take this concept further by developing a web page so kids of all ages could record their distances and see immediately how they are doing compared to other skiers. We call it "Real Skiing, Virtual Racing". The race will be three months long from December 1st to March 1st, and whoever skis the furthest will win the most fitness and recognition. Visit our web page at <http://gmnc.info> and join the fun.

E-Grooming Reports. Our email mailing list which we use primarily to send reports on grooming and conditions now has over 100 subscribers. You can subscribe to it at our web page <http://gmnc.info>

Stay fit. Eat right. The more you exercise, the more you will want a healthy, balanced diet. The more sedentary you are, the more you will want junk food.

JANUARY 2005



Race Dates

for more information

see page 3

Sun., Jan. 30, 2005 10kC

Sun., Mar. 13, 2005 5kF & 20kF

Full Moons

Tues., Jan. 25

Fri., Mar. 25

Thur., Feb 24

Sun., April 24



Waxing Clinic

6 pm, Friday Jan. 14 at

Summit Canyon Mountaineering

For all ability levels. Kick & glide, and preparation of race skis.

Skijoring Clinic

Info mtg. Thursday 1/13 at 7 pm, Valley Vision Center, 1144 N. 12th St. Then meet on the 15th at 1:00 at CountyLine to try out some equipment. **Call Steve Bethka 970-256-9056 or sjbod@bresnan.net**

Clinics at REI

Ph. 970-243-4444 or www.rei.com

Winter Camping Basics

6 pm, Thurs., 1/13

Intro to Nordic Skiing

6 pm, Thurs., 1/20

Avalanche Awareness

7 pm, Thurs., 1/27



Barnelopet



Sat, Mar. 5 at Skyway

Lesson & races for kids ages 3-13.

10 am - 1 pm. See page 3 for more

info. **Volunteers Needed! Call 434-9753 to volunteer.**



Pardi Gras

Saturday, March 5

Winter party on Grand Mesa at several

locations. Ski in costume, wear a funny hat. Sponsored by Grand Mesa Scenic Byway Association, GMNC, and several winter fun businesses.



What's Your Trail Etiquette IQ?

-- *Kenton Shaw*

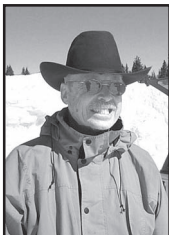
Who has the right of way -- the downhill skier or the uphill skier? Who should yield -- the slower skier or the faster skier? Where should you stand when stopping on the trail?

I'm not perfect either. Sometimes when passing other skiers I startle the slower skier. I don't mean too -- maybe I yell too loud?

I try to take great pride when grooming by setting a track that flows with the trail, is not jerky and is smooth and firm as possible and not bumpy. This takes a lot of time by going slower on the snowmobile and by having the right amount of weight on the track setter. The Grand Mesa Nordic Council does not have the proper equipment or the time and money to always reset the track after the snow gets hard. Or to reset everyday after a lot of use.

A good classic track is like a precious gem to the classic skier. Its tough enough to get the right wax and have the correct technique. There are all kind of things that can ruin a classic track, from snow bombs to tree debris, or blowing snow which we can't control. I don't think anybody intentionally tries to ruin a classic track, but I see careless trail users marring the track. Skate skiers letting their tips glide a little to far into the track, classic skiers who herringbone up hills in the track, and of course uninformed snowshoers walking all over the trail.

Now I know most of you who read this have been skiing for many years, but I challenge you to refresh yourself with good trail etiquette by reading the signs posted at the trailheads. Then you can inform others when you see bad trail etiquette. These are your trails, please, let's take care of them.



Ward Creek Report

-- *Fred Wild*

Ward is maintained mainly for back country skiing. Only the main Ward Trail (7k) will be groomed on a regular basis as needed. The remaining (10k) is tracked out by snowshoers or skiers. The 530 ft elevation difference between top and

bottom trail heads make for a varied and vigorous workout. Our contract groomers on Ward are from Cedaredge. They have blue GMNC flags and are using their own snow machines. They are organized by crew leader Mary Bohl and are all good at grooming. They usually travel in a group of three for safety reasons. When they are not on snowmobiles:

Mary Bohl has a lawn business in the summer. In the winter she also does snow removal and has done some cross country skiing.

Sam Vasicko is a retired aircraft mechanic in the Air Force and in private industry on the front range. He served as Thunder Mtn 4 Wheelers president for 3 years and does other volunteer work.

Ray Tolbert is a retired cement contractor from the front range. He has only been using a snowmobile for a couple of years but is very good.

I am grateful that these folks are helping us on Ward, they are very friendly and will watch out for you. But it does help if you could step off the trail when you see or hear them coming.

GMNC Meetings

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

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

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

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

GMNC Board of Directors

Jerry Nolan, President: 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.

Thank you to our Sponsors & Supporters:

United States Forest Service - Grand Mesa. Colorado Dept. of Transportation. Vega State Park. 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. SOS Staffing.

Who have we missed?

Full Moons



Tues., Jan. 25

Fri., Mar. 25

Thur., Feb 24

Sun., April 24

The best nights for moonlight skiing are **on** or **before** the full moon because its higher in the sky earlier in the evening.



Real Skiing, Virtual Racing

Jerry Nolan

Here is an opportunity to keep an online log of all your skiing and have a little competitive fun to motivate you to ski more. At the "Real Skiing, Virtual Racing" site you will be able to create an account for yourself and establish your log book. Each time you make an entry for your day's skiing it will be added to your total and entered on the Virtual Racing main page for your age group. You'll be motivated to ski more to boost your standing in the rankings in your age group.

The Virtual Race will last for three months from December 1st to March 1st. Whoever skis the most wins the most fitness. Fun for kids of all ages. <http://gmnc.info>



Barneløpet

Sat., Mar. 5 at Skyway

The Barneløpet is for kids ages 3-13. Registration 10 - 11 am; followed by lessons; 1, 2, & 5K fun race; hot drinks & prizes. Kids must bring their own or rental xc ski equipment as none will be provided. Co-Sponsored by the Sons of Norway and GMNC.

Volunteers Needed!

Volunteers are needed for registration, hot drinks, lessons and race help. To volunteer, please call Tom Ela at 434-9753.



Grand Mesa Nordic Council Race Series

-- Tom Ela

All races are held at the Skyway Nordic Ski Trails on Colo. Highway 65 on top of Grand Mesa.

Registration is on race day only, beginning around 10 AM. Entry is \$8 for GMNC members, \$12 for others. Skiers who race on 3 of the 4 race dates will earn a special prize. **For info, call Tom Ela at 970-434-9753.**

Upcoming GMNC Races

Grand Mesa Classic: 11 am., Sun., Jan. 30. 10K Classic

Mesa Meltdown: 11 am., Sunday, Mar. 13.

5K Freestyle & 20K Freestyle (simultaneous mass start)

Barneløpet for Kids: 11 am., Sat. Mar. 5 the Sons of Norway/GMNC Barneløpet is a 1, 2, and 5K non-competitive fun race for kids ages 3-13. Registration starts at 10 am. Kids must bring their own or rental cross-country ski equipment as none will be provided on site.

WinterStart & Skuffle Race Results

A special thank you to our race volunteers:

Joyce Tanihara, Shirley Ela, Tom Fanticone and Nilam Hypio

WinterStart, December 4, 2004

5K Classic

1. Glenn Randall	17:25
2. Mark Kincheloe	21:28
3. Al Fournier	21:46
4. Eric Kreh	21:51
5. Dan DiMaria	22:06
6. Suzi Evans	22:18
7. Jerry Evans	22:34
8. Kenton Shaw	23:13
9. Tom Suplizio	23:39
10. Greg Hanscom	24:04
11. John Campbell	24:45
12. Richard Hypio	24:47
13. Robb Reece	24:53
14. Roger Carlsen	25:10
15. Brad Burritt	25:39
16. Helen Carlsen	25:42
17. Joe Ramey	25:50
18. Kari Distefano	25:53
19. Marilyn Kastens	25:57
20. Ken Pill	26:19
21. Denny Hogan	27:33
22. Mike Nadiak	28:44
23. Tom Ela	30:26
24. Bob Vermillion	30:46
25. Kayla Dodson	31:28
26. Chris DePuy	31:59
27. Carol McKenzie	32:31
28. Stu Krebs	32:59
29. John Omohandro	35:36
30. Pam Hogan	36:54
31. Zach Nadiak	38:20
32. Bill Lintott	39:17
33. Dan Schultz-Ela	42:26
34. Bill Ela	42:36
35. Lynea Schultz-Ela	50:28
36. Nilam Hypio	70:55
Anita Evans	70:55

5K Freestyle

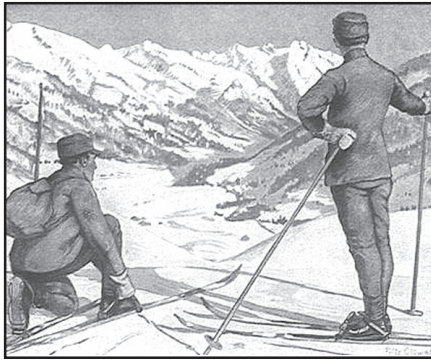
1. Glenn Randall	15:56
2. Dave Aschwanden	16:52
3. Mark Kincheloe	18:54
4. Al Fournier	19:50
5. Mike Allen	20:04
6. Christie Aschwanden	20:25
7. Greg Hanscom	20:27
8. Tom Suplizio	21:08
9. Dan DiMaria	21:52
10. Ken Pill	21:59
11. Eric Kreh	22:11
12. Kari Distefano	22:23
13. Suzi Evans	23:08
14. Jerry Evans	23:58
15. Erika Van Meter	24:10
16. Robb Reece	24:22
17. Marilyn Kastens	24:32
18. Brad Burritt	25:03
19. Joe Ramey	25:47
20. Kayla Dodson	27:20
21. Richard Hypio	28:47
22. Steve Bethka	30:07
23. Susie Attaway	30:34
24. Carol McKenzie	32:40
25. Bob Vermillion	35:33
26. Dave Knutson	36:22
27. Jane McGarry	37:35
28. Stu Krebs	39:58
29. Vikash Hypio	40:00
30. Asa Burritt	40:24
31. Bill Lintott	42:52

Skyway Skuffle, January 2, 2005

10K Freestyle

1. Dave Aschwanden	32:01
2. Danny DiMaria	36:36
3. Pierre Pelletier	36:50
4. Christie Aschwanden	37:36
5. Al Fournier	38:13
6. Mike Allen	38:17
7. Greg Hanscom	38:50
8. Kari Distefano	39:20
9. Kevin Hines	39:30
10. Tom Suplizio	39:49
11. Ken Pill	41:08
12. Scott Hill	41:24
13. Jerry Evans	41:49
14. Suzi Evans	42:22
15. Roger Carlsen	43:48
16. Kenton Shaw	44:12
17. Erika Van Meter	44:26
18. Helen Carlsen	45:32
19. Joe Ramey	46:33
20. Marilyn Kastens	46:34
21. Brad Burritt	49:22
22. Denny Hogan	49:41
23. Richard Hypio	50:26
24. Roger Harris	52:04
25. Chuck Bodie	52:37
26. Kayla Dodson	52:47
27. Marie McGowan	52:49
28. Steve Ela	57:10
29. Carol McKenzie	58:20
30. Tom Lambert	58:55
31. Andy Martsolf	1:00:16
32. Tom Ela	1:00:53
33. Bob Vermillion	1:02:16
34. Camille Kimball	1:03:25
35. David Scherman	1:03:27
36. Mike Nadiak	1:04:10
Chris DePuy	1:04:10

Race Notes. A chilly, blustery day did not deter an excellent turnout of racers for the Skyway Skuffle. The race had two distinct parts. The first half out to the back end of the Vista Loop featured lots of drifting across the trail. The course was hard to see at times and a little soft. Finally entering the trees for the back hill on Vista, racers found Kenton's fine grooming unobliterated for the rest of the race and skiing became more fun.



Saving The World On Skis

-- Hege Randall

Did you know that skiing kept Hitler from creating an atomic bomb? In 1939, when Hitler invaded Norway, he gained control of a heavy water plant. He immediately increased production of heavy water for use in making an atomic bomb.

The Americans bombed the plant, but production continued. The British sent in commandos, but production continued. Desperate to destroy the plant, British Intelligence sent in a small team of Norwegians on skis. This group was lead by Knut Haukelid. They skied bravely into the plant, but found the bridge over a gorge neighboring the plant heavily defended.

Not to be stopped by this, Haukelid led his troops down one side of the gorge and up the other. They then snuck into the plant and subdued the surprised German guards. Haukelid and his men planted explosives and skied off into the night. Other German guards only discovered that the plant had been sabotaged when it blew up.

For this story in its entirety, read Knut Haukelid's book "*Skis Against the Atom*."

Skijoring Clinic

Info mtg. Thursday 1/13 at 7 pm, Valley Vision Center, 1144 N. 12th St. Then meet on the 15th at 1:00 at CountyLine to try out some equipment. Call Steve Bethka 970-256-9056 or sjbod@bresnan.net



XC & Snowshoe Trails at Vega State Park. Cabins too!

-- Larry Butterfield, Park Ranger, Vega State Park

We're ready for you to start using the Vega State Park cross-country ski trail. The new trail is about 2.32 miles long. You can even make a weekend of it and rent one of the five cabins for a few evenings. Cabins start at \$60 per night. For another option, snowshoe the Vega Nature Trail which starts out at the OHV parking near the Visitor Center.

The entry fee to the park is \$5.00 or a current Colorado State Parks annual parks pass.

I would like to give a special thanks to Grand Mesa Nordic Council for donating a groomer. It is working very well with our snowmobile. If you have any questions, call me at Vega State Park. 970-487-3407.



Layering

-- Marci Nolan

Does Nordic skiing leave you wet and cold? Dress in layers designed to wick moisture away and to keep you warm and dry. **Start** with a wicking layer designed to move moisture from your skin to the surface

of the garment. Examples of trade names include: Coolmax®, Wickers®, Polartec® and PowerDry®. Avoid cotton in any layer, it gets wet and stays wet.

Next, add insulating layers to maintain body heat. Wool is the traditional insulator. Other popular choices are Polar fleece and Polartec® 100 series made in the USA by Malden Mills of 100% polyester (and in some cases recycled soda bottles). Polar Fleece insulates by holding warm air next to you and it also wicks moisture to the outer surface. High performance versions, Polartec Windblock® and Polartec Thermal Stretch™ are soft, breathable, wind-blocking, water-resistant insulating layers that can also be worn as the outer layer on milder days. **Last**, on cold days an outer layer or shell protects you from the wind and snow. It must be waterproof, windproof and breathable for the moisture to finally escape. REI Elements® and Gore-Tex® are examples of outer layers. Some shells are available with a zip-out insulating layer. Remove or add layers as needed while skiing. Many downhill skiing clothes don't have the wicking and breathability needed for cross-country skiing.

For your feet and hands, try various weights of Smart Wool® wicking socks, sock liners and glove liners to keep them warm and dry. Gloves should be breathable, windproof, and waterproof to keep hands comfortable. A hat is a must. Get one, preferably with a bill for sun protection.

Ask the experts at Summit Canyon Mountaineering and REI for advice on what clothing combinations are right for you.



Area Nordic Centers & Races

-- Joe Ramey

Though the Grand Mesa Nordic Council trails are obviously the very best in the region, there may be times when you want to visit other nearby Nordic Centers. Other

Nordic areas offer a change of scenery, a bit more oxygen, and several interesting events. Here is a list of just a few Nordic Centers and what they have to offer.

Crested Butte Nordic Center (970-349-1707 or www.cbnordic.org) has a race series that is low-key and fun. January 1 is their **5k Canine Capers**, race with your dog around the Poop Loop. A **20k**



classic and 20k skate race will be held on January 8 and January 22 respectively. The 3rd annual **Winter Carnival** is held on February 4 - 6 that will include Friday night sprint races down Elk Street, Saturday's **Alley Loop** race, mini-golf, and a big-air contest. If you enjoy skiing, eating, and socializing there is a **Bonfire Dinner** on February 19 that sounds like a lot of fun.

Aspen/Snowmass (www.aspennordic.com or 970-925-2145 Aspen or 970-923-3148 Snowmass) has a 12 event race series for all ages and levels of ability. On January 28th there will be a **Bonfire Progressive Dinner** where you can ski or snowshoe by candlelight between food stations. February 12th is the date of the annual **Owl Creek Chase**, a 30k skate race from Snowmass to Aspen. This year the Owl Creek Chase is FIS certified so you will be able to watch the very best North American skiers.

As you head over Vail Pass there are the **Frisco and Breckenridge Nordic Centers** (www.breckenridgenordic.com/frisco_center.html) that have a variety of events. Frisco is host to the 16th annual **Governor's Cup** races on January 8, and the 35th annual **Gold Rush** races on February 6.

Heading further east are two very nice Nordic Centers: **Snow Mountain Ranch** (970-887-2152) and **Devil's Thumb** (www.devilsthumbbranch.com/activities/activities.html or 970-726-5632). Both have extensive trail systems. Snow Mountain Ranch also has a firing range and is host to most of the biathlon races, along with the 22nd annual Stampede Race on March 5.

There are several nice places to ski in the **Steamboat Springs** area. Two areas I like are **Howelson Hill Nordic Center** (970-879-8499) that has free trails near downtown, and **Steamboat Ski Touring Center** (970-879-8180) where you may see the legendary Sven Wiik, who at 83 still grooms the trails and skis.

These are just a few of the Nordic Centers in Colorado. For more information go to the **Colorado Cross Country Ski Association** web site at www.coloradocrosscountry.com, or see the Colorado race calendar at www.coloradocrosscountry.com/Default.aspx?tabid=69



Winter Car Maintenance

-- Sara & Graham Stephenson

Here are a few maintenance tips for your car to insure a great ski season and a safe, and enjoyable trip.

Have your car checked over to make sure it's in good working order.

Once a week check oil, coolant and transmission levels.

Check tire pressure to recommended level. Tires should have at least 1/3 of the tread remaining for snow driving.

Winter wiper blades are a must. They don't freeze as bad and hold up better in severe winter storms. Get them at dealerships or auto parts stores.

Always carry food, water, flashlight and blankets.

Let someone know where you are going and estimated time for your return. Have a plan.

Remember many cell phones don't have cell range in certain areas.



Waxing Clinic

6 pm, Friday Jan. 14 at
Summit Canyon Mountaineering
For all ability levels. Kick & glide,
and preparation of race skis.

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To:

GMNC Races
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10K Classic
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BARNELOPET FOR KIDS
Sat., Mar. 5 at Skyway
Volunteers Needed!

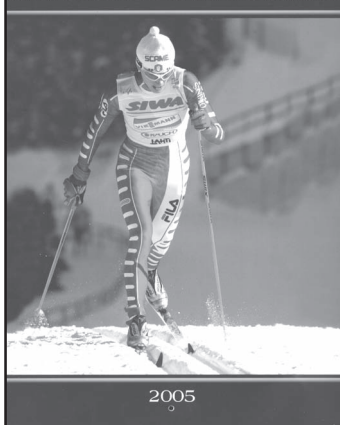


Your membership
grooms our trails. Please
renew your support today.
Thank You!

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



National Cross Country Ski Education Foundation



2005 National Cross Country Ski Education Foundation Calendars \$15

Buying this calendar not only supports junior skiers around the country but also the Grand Mesa Nordic Council's "Junior Ski Fund." To order your calendar, call Hege Randall at 970-487-3118



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

City Market Card # _____

Name(s) _____ Phone _____

Address _____ City/State/Zip _____