



Grand Mesa Nordic Council
PO Box 266, Cory CO 81414
Joe Ramey . . .970-257-7263
 Tom Ela 970-434-9753 or Ruth Wild 970-874-8318
<http://gmnc.info>



*Ward Creek Reservoir
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*Skyway grooming
 reports by Kenton Shaw*



N o v e m b e r
2005

Full Moons



Wed. Nov. 16	Mon. Feb. 13
Thurs. Dec. 15	Tues. Mar. 14
Sat. Jan. 14	Thurs. April 13

From the time it starts to appear, the moon rises approx. 1 hour later each night. The FULL MOON rises at sunset. The best nights for moonlight skiing are on or before the full moon because it's higher in the sky earlier. After the full moon you may have to wait until late for it to rise.

Jean's Westerner Ski Swap

Nov. 18 & 19 at the Red Arrow Conference Center, Montrose.

R-5 High School Ski Swap

Sat., Nov. 19 at Lincoln Park Barn.
 8 am – 3 pm



Letter from the Prez

-- Joe Ramey

After a short summer vacation, the Grand Mesa Nordic Council is coming back to life! The GMNC is a small grassroots organization, made up of 373 paid members working together for the greater skiing good. The Board members are skiers who love cross country skiing enough to do boring stuff like attend planning meetings, keep budgets, create newsletters, organize events, clear and groom trails.

A few members of last season's Board have decided to spend a little more time skiing this season. Jerry and Marci Nolan, and Joyce Tanihara have stepped down from the Board but remain active in the GMNC. Jerry is our webmaster, Marci and Joyce will be helping with events, and Joyce has worked with Chaco Sandals this last summer to get a 'Leave No Trace' sign installed at the County Line trailhead. Other skiers have joined the Board. Winslow Robertson was one of the founding members of the GMNC back in 1990 and will bring his enthusiasm to the Board this season. Marie McGowen will be our new Secretary.

Lots of other GMNC members have already gotten involved this fall removing fallen trees from the trails. If you haven't had the time yet to help, this newsletter is your call to action. The GMNC needs your membership dues to keep the ski trails groomed. In spite of rising costs, we have not raised the membership dues this season. A GMNC family membership of \$40 is the bargain of the millennium. Compare to Crested Butte Nordic where a family membership is \$220 and Frisco Nordic is \$335. If you appreciate marked, cleared, groomed trails and like getting this newsletter, please send in your dues. If you want to see the GMNC grow, consider including an extra tax-deductible donation. Then come join us celebrate winter! See you up there!



Grooming & Trail Work

-- Kenton Shaw

Trail volunteers have been out this fall clearing the trails of blown down trees. Over 50 have fallen on the trails this year. We also hope to have a small reroute cut through the trees that will take you below the dam on the west side of Loop 3. This will be safer than crossing the lake, especially since the lake is full for the first time in about three years.

Ken Simpson, owner of Grand Mesa Lodge, has been busy with members of local snowmobile clubs in putting up more orange poles marking

the snowmobile corridor trail between Skyway and County Line. They are trying to do their part to keep snowmobile traffic out of the ski areas.

The GMNC is also working on getting up blue posts with "no snowmobile" signs on them to mark the actual boundaries of the two ski pods as they appear on the USFS maps. Our goal is to have a buffer zone between the snowmobile and ski trails as much of cross country skiing is enjoying the silence while you are gliding through trees and the untracked beauty of a white carpeted meadow.

If you do happen to come across a snowmobile or two that have strayed into the ski areas, be polite when asking them to leave and get their snowmobile registration number.

The tentative grooming schedule for this year is much the same as previous years, Tuesdays, Fridays, Saturdays and Sundays or anytime after a storm.



High Winds Uproot Trees on Ward Trails

-- Fred Wild

Spruce trees up to 24" in diameter have fallen at Ward. About 20 were cleared from the lower half of the main Ward Trail, as of October 12. Ruth and I cleared from Deep Slough to the trailhead at Ward Creek Reservoir in two days. Morrie & Jan Rupp will start at Ward Campground and go down to Deep Slough. Joyce Tanihara plans to coordinate some volunteers to cut brush near the Reservoir. With Bob Remmerde's help we will work on some of the other trails getting as much

done as we can, weather permitting. Our priority is the Ward Trail since that will be groomed again this year.

As we were cutting out the last segment of the Ward Trail the bridge which spanned the creek going into Deep Slough was gone. A beaver dam now covers the area where the bridge used to be. Without a bridge we cannot cross this creek with a snow machine. Next week Mike Brown, USFS, said he may be able to get some equipment to help construct a new bridge. This is necessary to groom from the upper trailhead.

GMNC Meetings

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

Delta, at Garnet Mesa Elementary School, Teachers Lounge, Nov. 8, 2005.

Grand Junction, at Mesa State College Student Center -- Bookcliff Cafe, Dec. 6, 2005.

Collbran, place to be determined.

Everyone is invited and welcome. For information, call Joe Ramey, at: 970-257-7263

GMNC Board of Directors

Joe Ramey, President:

970-257-7263

Vice President: Bob Remmerde.
Treasurer: Ruth Wild, 874-8318.
Secretary: Marie McGowen.
Skyway/CountyLine: Kenton Shaw.
Ward Creek Reservoir: Fred Wild.
Races: Tom Ela, 434-9753.
Newsletter: Deb Scenters and Suzie Evans. Jerry Evans. Hege Randall.
Winslow Robertson, Jan Rupp.
Sarah Stephenson.

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2005-2006 GMNC Race Series

For more information call
Tom Ela at 970-434-9753

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.

2005-2006 GMNC RACE SCHEDULE:

WINTERSTART

Dec. 3, 2005 Sat.
5K Classic 11AM
5K Freestyle 12:30PM

SKYWAY SKUFFLE

Jan. 1, 2006 Sun.
10K Freestyle 11AM

GRAND MESA CLASSIC

Jan. 29, 2006 Sun.
10K Classic 11AM

MESA MELTDOWN

Mar. 12, 2006 Sun.
5K Freestyle 11AM
20K Freestyle 11AM

simultaneous mass start for both races

LOOK FOR OTHER EVENTS

www.coloradocrosscountry.com
www.bouldernordic.org
www.utemountaineer.com



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: There will probably again be two or three casual no-fee unsupported marathon distance races announced through the season. Announcements for these will go out to the GMNC email list (subscribe on the web site) and will be posted on the web site and possibly the newspapers.



Virtual Racing, Real Skiing

-- Jerry Nolan and Tom Ela

Virtual Racing, Real Skiing will be back on the GMNC web page for the 2005-06 season. Virtual Racing is an online log where you can post the number of kilometers you ski each day and see your running total grow through the season. You can also see how you compare to other Virtual Racers. It's great motivation to ski a little extra as you "compete" with yourself and others. The prize, of course, is more fun and fitness.

Last year's participants put up some awesome numbers. Kenton Shaw recorded the most fun with 1,125 km followed by Joe Ramey and Richard Hypio with exactly the same distance, 603 km. Maybe after battling for three months against each other they decided to cross the finish line together.

This year's race will have the same rules as last year. It will be from December 1st to March 1st. Last year's results were saved for viewing by history buffs. Visit <http://gmnc.info>



**Sons of Norway
GMNC Barneloped
March 4, 2006 Sat.**

Free lessons and 1, 2, and 5K non-competitive fun races for kids 3-13.



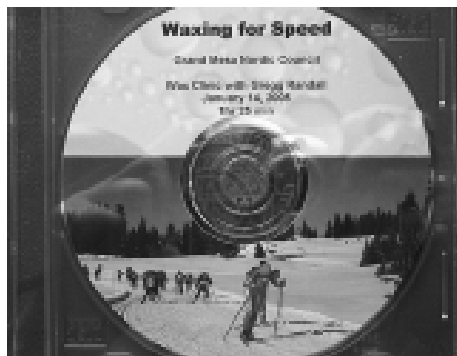
Getting Your Dog in Shape

-- Steve Bethka

So how much exercise did you get this summer? How about your dog? Now, if neither of you are in good condition, don't start your XC ski season with a knee deep trail breaking 10K outing. Instead start now with walks and short runs. I begin my dogs with a mile run. At the end of last winter they would start to slow down after 2 to 3 miles. Beginning training they will slow down in about 1/2 of a mile and need more short rest stops. This is due to conditioning and overheating.

A dog with short hair will be slower to over heat. A dog that is in good shape can run 10-15 MPH for four or more miles, but that does not happen over night. It can take fifty miles of training to get a dog in top shape. Remember dogs can have sore muscles just like us if pushed to much when they are out of shape. This takes the fun out of it for them and they will remember that the next time. Eventually you want to work the dog up to a distance similar or farther than you expect to do on your outings. Remember hydration is important even in cooler temperatures.

Dogs like to explore new areas so training is more fun for all if you vary the training route and locations. If you plan to be tied to your dog on your XC ski trips (skijoring) you will want to work on voice commands for turning, stopping and starting. When you're done exercising praise your dog, even if they did less than expected and maybe give a special treat/snack if they did well.



"Waxing for Speed" DVD

Want to learn waxing techniques from an expert? Buy the "Waxing for Speed" DVD. This is a 90 minute wax clinic presented by Gregg Randall, ski technician for our famous collegiate racer Glenn Randall. Learn why those expensive waxes may slow you down on the GMNC trails. Minimum donation of \$10 goes to GMNC. Find Jerry Nolan at Skyway on weekends to purchase.



one-by-four pine boards, then soak them to create the tip-bend, attaching only a leather toe strap across the middle.

As skiing grew in popularity the need for lifts became more apparent. In 1930 rope-tow lifts were strung on Grand Mesa, one above Cedaredge and another close to Mesa Lakes. In 1967, Powderhorn Ski Lift began operation and is still catering to the needs of downhill skiers and boarders today.

Today, with the help of today's "generous" friends and volunteers, there exists many miles of groomed and marked trails.



GMNC Hats

Show your support for the Grand Mesa Nordic Council. GMNC hats are sold periodically in the Skyway parking lot. Arrangements to purchase can also be made by phoning Kenton Shaw at 242-4062

Over 75 Years of Skiing on Grand Mesa

-- Kelli Hepler

Two skiers gliding over the top of Grand Mesa, a crystal clear day with lots of fresh powder. Strapped to their feet are not the skis of today, just planed and polished boards with leather straps nailed on. The first known skiers on Grand Mesa were ranchers seeking out a lost cow or gathering up strays.

High school kids learned to make skis in their shop class. In Montrose, eighth grade boys would shape skis out of



Look Forward to Fun & the Parade of Snowmen!

-- Kelli Hepler

Who Are We?

-- Joe Ramey

Last year we sent out a questionnaire with the first newsletter of the season. From 470 mailings, 138 GMNC members responded. Here is some of what we learned.

On average, we ski 4 times a month. Most members ski at all three areas, but 23 (17%) of us ski only at Skyway, while less than 1% ski at County Line or Ward Lake exclusively. Most of us enjoy the trails with more than one technique. Ninety percent of us do at least some classic skiing, but 49% do classic exclusively. Twenty two percent skate ski, 41% backcountry ski, and 20% snowshoe. But less than 1% of us do any of these three techniques exclusively. As for companions, 18% of us ski with our children and 22% with our dogs. Of the 30 dog skiers, 13 were interested in skijoring.

As for comments, only two folks complained about snowmobile intrusions. We received 4 pro-dog comments and 8 anti-dog. There were 2 pro-snowshoe comments and 4 anti-snowshoe. Eight members wanted less grooming, while 28 wanted more grooming. Most folks said our grooming was great, but four asked for firmer track. As for those who want cleaner outhouses, more backcountry trails, lessons, and better parking... we are always looking for more volunteers!

The Grand Mesa Nordic Council is committed to providing the best possible trails for all types of cross country skiers, with or without dogs, and snowshoers too. This is no small feat and we have etiquette signs to help each group enjoy the trails without taking away from others. If you **classic** please use the classic track and preserve them for the next skier. **Skaters** do not skate over the classic track and be courteous of slower skiers. **Snowshoers** please stay to the far side of the trail and don't tread on the classic track. **Dogs** are welcome everywhere on the Mesa, except Skyway. Please leave Skyway for the folks who want to ski without dogs. And remember, courtesy is always the best policy.

It's another winter season. Vacations are getting expensive and the gas to get there, well . . . that's another story. Why not consider your own backyard this year. Plan to go 45 miles up the road to the Grand Mesa, the largest flat-topped mountain in the world, the local place for outdoor winter recreation. With **five lodges** open, you can enjoy a crisp winter day on the trails and then share your stories with friends over something hot to drink.

The Grand Mesa National Scenic and Historic Byway is planning another **Pardi Gras**, in conjunction with the Grand Mesa Nordic Council's **Barnelopet** on March 4th, 2006. A great day for the whole family, there will be contests, races, lessons, demonstrations and snowman building.

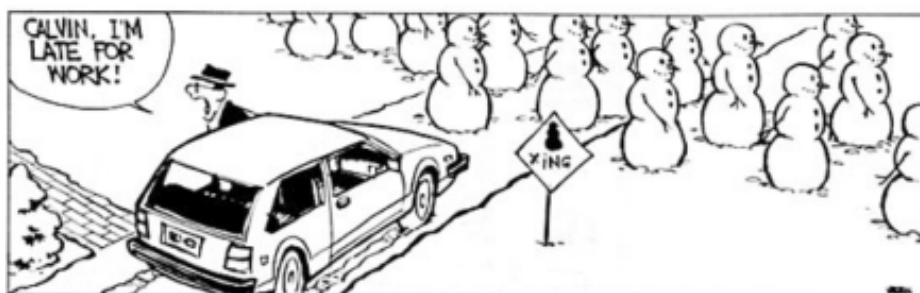
Join in the **Parade of Snowmen** this winter. Bring birdseed and your best snow sculpting skills and take part in trailhead sculptures of snow.

Guidelines to decorate your snowman in a **forest-friendly** manner will be available by visiting

www.grandmesabyway.org.

or, **http://gmnc.info**

Be sure to keep the dates of the Nordic Council events handy to plan your days on the Grand Mesa. Specials will be offered in the lodges for those who wish to make a mini vacation out of it. Spend the night and have two days to glide on the glorious snow of the Grand Mesa.



2005/2006 Race Schedule

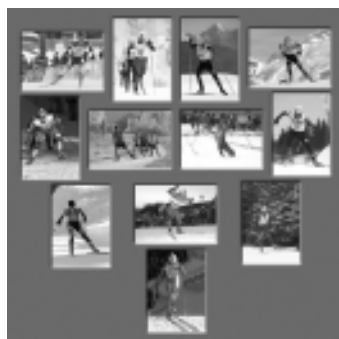


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Thank You!



2006 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: 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

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