

Join us on top
of Grand Mesa



Free Cross Country
Ski Lessons
If you are interested
in attending,
please call
in advance:

Eric Krch
(970) 240-9691

Pardi Gras SNOWFEST

FEBRUARY 15, 2003

Activities from 11-3 • Lodges Open 'til 8

Treasure Hunt on the Trails

Snowman & Snow Sculpture Contest to Benefit Partners™

11am-1pm registration and begin sculpting
Snowmen and sculptures judged at 2:30 pm
At the Ward Creek Area. Hwy 65
Fee \$5 to be donated to Partners
Partners members are FREE

Snowshoe Lesson & Guided Tour at Grand Mesa Visitor Center

11am & 1pm a short tour on the Discovery Trail
will be provided. Learn how to use snowshoes.

Powderhorn 7th Annual Ski/Snowboard Challenge

\$50 cash or sponsored with donations you
collect! Includes races, prizes, lift tickets, fun
and food. 970.268-5700

Free Cross Country Ski Lessons at Skyway.

10:30 Registration, signing of waiver and get
equipment on.

11:00 am Lesson (60 - 90 minutes) Kick, glide,
balance, pole use, stopping, herring bone, snow
plow, getting up after falling and trail etiquette.
All participants will need to bring their own or
rented equipment. None will be on site.

**MAPS AND FLYERS ARE AVAILABLE
AT RENTAL PLACES OR VISIT
WWW.GRANDMESABYWAY.ORG**

Rent all your equipment at:

Board and Buckle - Grand Jct
Gart Sports - Grand Jct
Gene Taylor's - Grand Jct
Jean's Westerner - Delta
Leisure Time Sports - Cedaredge
Summit Canyon Mountaineering -
Grand Jct



Partners™



Pardi Gras 2003 – Free Nordic Skiing Clinic

for Beginners & Novices

11:00 am to 12:30 pm, February 15, 2003, Skyway Nordic Trailhead

If you are interested in attending, please call in advance: Eric Krch at 1(970) 240-9691

Who Should Attend: First time and novice skiers who want to learn the basics of classic cross-country skiing in a laid back environment. The clinic will emphasize fundamental techniques for stopping, striding, fall recovery, balance, pole usage, hill negotiation, and trail etiquette. All clinic attendees will need to sign a release form prior to clinic commencement. Arrival at Skyway (on the top of the Grand Mesa between mile markers 32 and 33) by 10:30 am is recommended. The Clinic will start promptly at 11:00 am.

What to bring: Skiers need to bring a pair of cross-country ski poles, boots and skis plus appropriate clothing. The skis can be light touring to back country models. Racing skis and telemark skis will work but could be encumbering in a clinic environment.

Proper clothing will aid in getting the most from the clinic. We recommend that all clothing be in thin layers. Avoid heavy and bulky downhill skiing clothing. The use of cotton clothing is not recommended as it holds water against the skin, which results in chilling. For the upper body it is best to wear a thin base layer, followed by a medium layer all of which is covered by a shell jacket. The lower layer should consist of a thin base layer covered with a shell pants. A warm hat, sunglasses, and two pair of gloves complete the recommended ensemble. An extra thin or medium layer for the upper body should be brought to compensate for the variable weather on Grand Mesa.

Recommend skin protection is lip balm, and sunscreen if the day is lightly overcast or sunny.

Other trail essentials: Cross-country skiing is vigorous activity. Trail side snacks to maintain your energy are a good idea. Crackers, fresh fruit, energy bars, and lots of water are just some of the options. A small backpack provides a good way to carry food, water and extra clothing, as well as other personal items.

Cautions: Grand Mesa at the Skyway trailhead is over 10,000-feet above sea level (2-miles). The air is thin and typically dry. It is easy to overly tire ones self quickly at this altitude. To avoid this situation you should watch your breathing rate if light-headedness, hard breathing, or dizzy feelings occur stop immediately and try to sit down. Start drinking small sips of water, but avoid food until these symptoms pass. Let the clinic instructor know what's happening as well.

Consult with a physician prior to attending the clinic if you are uncertain as to your ability to ski at this location.

Instructors: the three clinic instructors are Eric Krch, Polly Pulver and Joe Ramey. All three are avid cross-country skiers who feel that besides being the best sport on the planet, it is one to be shared with others. We look forward to seeing you on February 15, 2003. We will do our best to aid you in pursuing cross-country skiing and hope you find it as rewarding as we do.

If you are interested in attending, please call in advance:

Eric Krch at 1(970) 240-9691