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Message from the President

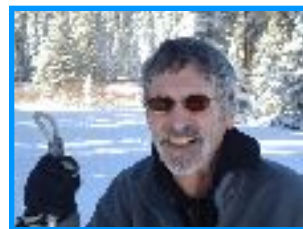
LET IT SNOW!

BY DAVE KNUTSON

When asked what season of the year is my favorite, I usually say, "It's the one we're in." Now that winter is finally here, what a season we have!

The Mesa just got its first huge snow blast of the year, closing CO Highway 65 for a day and a half. Our groomers ran GMNC's new Pisten Bully 400 through its paces.

We are now ready to celebrate the new addition to our fleet: [join us at the Skyway parking lot on Saturday, December 31st](#), right after the finish of the Skyway Skuffle (12:30 pm). Expect great raffle prizes and a drawing for a ride on the Pisten Bully!



A shout out to all who kicked in on Colorado Gives Day, to the Jean Thomas Lambert Foundation, and to all past contributors to our Capital Equipment Replacement Fund. It was a team effort to get to the \$300,000 price tag. Our new machine can groom three classic tracks at once, provides a much wider skate lane, and can handle those huge drifts on Scales Lake Road.

Don't pass up a chance to [take a lesson this season](#). "Skiing is so much easier," gushed a member after her first GMNC lesson. Even though I've been skating for over eight years, I tune up my technique and get back in the groove with a lesson. I am awed by the knowledge, awareness, and technical capabilities of our instructors.

GMNC is so grateful for the community support, the many volunteers, our dedicated Board Members, our staff (Lisa, Kenton, Matt, Kevin, and John), and our 500+ members who make this organization the [biggest winter fun factor in Western Colorado](#).

SKATE SKI CLINICS

BY CALLIE WEST

Are you new to skate skiing and want to learn the correct fundamentals to make skiing easier? Are you an experienced skate skier who wants to advance to the next level?

GMNC's instructors are pros at analyzing movement and helping skiers improve their timing, weight transfer and balance through



all the "gears." The clinics are especially useful for self-taught skate skiers who need to identify and eliminate bad habits in order to gain efficiency and also for race-oriented skiers.

Skiers will be grouped according to ability level in small groups of 3 – 6 skiers per instructor. We highly recommend signing up for the full series for maximum improvement!

SKATE SKI CLINICS

When: January 7, 15 and 21
12:45 pm – 2:00 pm

Where: Skyway

Cost: \$40/GMNC members
\$55/non-members
\$100/all 3 classes (members only)

Advance registration required:
<http://gmnc.org/adult-group-xc-ski-classes/>

Join us for GMNC's Group Ski Tour at County Line

Food, Beverages and Giveaways!

On this fun two-hour ski tour, GMNC's instructors will introduce skiers to the County Line groomed ski trail system while offering tips about correct ski technique, trail etiquette and the best equipment and clothing for x-c skiing.

Groups will be organized according to ability level and skiers will be guided on suitable distance and terrain. Skiers will enjoy the broad vistas from Overlook trail and the magic of gliding through Scales Glade, as well as the many tree varieties, wild birds and animal tracks that cover the winter landscape on the Grand Mesa.

GMNC thanks REI for their partnership and providing après ski snacks and giveaways as part of their "All Out" promotion to get everyone outside.



When: January 28 10:45 am – 12:45 pm
Where: County Line trailhead on Hwy 65

Cost: \$25/GMNC Members
\$35/non members

Space is limited and **advance registration is required:**

<http://gmnc.org/adult-group-ski-tour-county-line/>

TECHNIQUE TUNE-UP SOCIALS Fridays in February

Do you enjoy skiing and socializing with other cross country ski enthusiasts while learning new skills?

GMNC’s Technique Tune Up Socials focus on practicing and improving ski skills in an informative and fun atmosphere, followed by homemade snacks and beverages in the cozy Skyway warming hut.

Each clinic will begin with a “dry land” warm up and stretching. On skis we’ll practice balance drills, downhill technique and efficient poling. Skiers will be grouped according to ability with small groups (maximum 6) to allow for one-on-one feedback. There will be women only and co-ed groups and also a skate ski group for skate skiers seeking improvement.

As we enjoy treats après ski, there will be time for questions about clothing and gear, ski waxing and preparing for the trail. For best results, take all 3 lessons to build your skills.

“My instructor was very knowledgeable, personable and fun. She demonstrated several drills, breaking them down into understandable steps for me to take away and practice on my own. Everyone in the group was relaxed and comfortable asking questions.”

When: Fridays in February 3, 10 and 17

11:45 am – 1:15 pm

Where: Skyway

Cost: \$45/GMNC members

\$60/non-members

\$110/all 3 classes (Members only)

Advance registration required: <http://gmnc.org/adult-technique-tune-up-social/>

LEARN TO SKI and SKI IMPROVEMENT Classic Technique

“I really liked how each instructor asked us what we wanted to work on, demonstrated skills and gave us feedback on what we could work on. Very high quality instruction! It really boosted my skills.”

Come ski with GMNC’s professional instructors who are knowledgeable, passionate and fun! Small-group ski lessons (75 minutes) are very successful for new skiers who want to start out by learning the basic skills correctly.

Private ski lessons are also available anytime during the season.

The classes are also great for self-taught skiers who need to eliminate bad habits and for experienced skiers who want the latest techniques or to review fundamentals.

Skiers will be grouped according to ability level, in small groups of 3 – 6 skiers per instructor. Sign up for one lesson or take the full series to advance!

When: January 7, 15 and 21

10:45 am – 12:00 Noon

Where: Skyway

Cost: \$40/GMNC members

\$55/non-members

\$100/all 3 classes (Members only)



Advance registration required: <http://gmnc.org/adult-group-xc-ski-classes/>

Junior Programs

By Christina Stark

JUNIOR RACE TEAM

The Grand Mesa Nordic Junior Race Team is for our young, aspiring athletes who ski on the Grand Mesa. We will focus on local races with the option to attend a few Rocky Mountain Nordic (RMN) races with a coach. The team is currently accepting athletes from 8–17 years old for training, but younger skiers are welcome to participate in any of the races.

The Junior Race Team offers youth skiers an opportunity to work frequently with a coach on improving technique and developing fitness in a supportive and fun environment. Our goals for 2017 include recruiting more young athletes and offering a year-round program.

Registration fees vary by level of participation. Athletes can choose to ski 1-3 days/week with a coach. Fees are set on a monthly basis with discounts for GMNC members. Athletes must become RMN and United States and Ski Board Association (USSA) members.



youth race series

Youth races coincide with the GMNC race series:

Saturday, December 31st

Saturday, February 25th

Sunday, January 29th

Saturday, March 11th

Saturday, January 28th CMU sprint races may also be part of the youth series. Stay tuned.

Youth races include an obstacle course for younger skiers, 2 km course for ages 7 -13 and 3 - 5 km courses for ages 14 – 17 (who aren't racing as adults.)

Series winners will be determined by best 4 race results in each age category.

- under 8 yrs (U8): classic results
- 8 yrs and older (U10 & above) : top 2 classic and skate results
- Overall male and female series winners in oldest age category.

Thanks to our sponsors for great prizes: Fruita Community Center, Glacier Ice Arena, Spin City, Palisade Gran Fondo, and Bananas Fun Park. We are also supported by a National Nordic Foundation Grant.

SKI RENTALS

Season **classic** fish scale ski rentals can be picked up at the Gliders lesson days. Contact Anita Evans (asevens54@gmail.com) at the Nature Connection for information.

Some youth **skate skis** are also available for season rental. Contact Christina Stark at gmnjrt@gmail.com for more information.

Skis will not be available for rent on race days.

JRT Monthly Fees (GMNC Member/Non-Member costs)

- 1 day/week - \$50/\$65
- 2 days/week - \$100/\$130
- 3 days/week - \$150/\$195

Please contact Christina Stark (gmnjrt@gmail.com) for more information.

WINTERSTART RACE RESULTS

BY TOM ELA SKYWAY DEC. 4, 2016

We were nervous about having snow but it finally came in plentifully enough that the WinterStart Race had excellent conditions for early season. Yes, winter has started! And skiers showed up enthusiastic and strong for on-snow competition.

Isaac Lammers came ready. He arrived this fall from Alaska and easily crushed a talented field in both Classic and Freestyle. Likewise, **Gwynn Barrows** cruised to the female wins in both races. The **CMU Ski Team** brought new talent and we had a few new citizen racers. Of course, it was great to see most of our stalwart racers return for the joys of skiing on our wonderful Grand Mesa terrain and trails. Welcome all!

Racers had a chance to sample new EXO Bars with quality protein from sustainable cricket flour and, again, Justin's provided their handy and tasty packets of nut butters. Good stuff! The winners each got a box of Enstrom's Toffee and everyone loaded up on split pea soup.

Danielle Burritt, Bob Major, Ernie Langelier and Angela Johnson volunteered and made it all happen. We love our sponsors and volunteers!

[Click here for full results](#)



Justin's



Celebrate the new
Pisten Bully!

Saturday, December 31st

Skyway Parking Lot

Following the **Skyway Skuffle**
12:30 pm

Enter the Raffle for a Ride!



SKYWAY SKUFFLE

FREESTYLE 10K

Saturday, December 31st

Registration 10 am

Race 11 am

Thank you to the Jean Thomas Lambert Foundation and our Capital
Equipment Reserve Fund (CERF)
and 2016 Colorado Gives Day Donors!

John & Denise Ahern
Colleen Anderson
Anonymous
Richard Avril
Filip Babnic
Karen Bailey
Pat Barton
Kathy Beauter
Kate Belknap & Bill Brochok
Nancy & Bill Berg
Jeff Berkosky & Kim Roberts
Barbara Bernhardt
Nina & Jim Black
Chuck D. Bodie
Mark & Kim Bowden
Randy & Marilyn Boyce
Charles & Robbie Breaux
Alan "Ace" Brown
Myles & Anne Brown
Robert & Holly Brownson
Retta Bruegger
Richard Buchan
Mike & Jana Burritt
Thomas Cameron
Jeanine Camp
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Diane & Neil Guard
Kim & Thomas Haas
Robert Hackett
Bill Haggerty
David Hanley
Paula & Steve Harper
Ken Harris
Pamela Hartwell-Woodrow
James R. Haugsness
Lisa Hemann
Susan Hicks
Corey Hinman & David Maas
Corinne Holder
Ann Hopkinson
Sandra Horvath-Dori
Charles and Gertraud Jones
Doug Jones
Coby Jordan
Sharon Jordan
Bob & JoAnn Kalenak
Virginia & Randy Keller
Lannie Kempnich
Rod & Joan Kennen
Jessica Kieper
Mark Kincheloe
Kristina Kittelson
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 Joe Van Horn & Sarah Marshall
 Dutch & Mary Jane Vandegriff
 Dana VanVoorhees
 Bob & Kathie Vlahos
 Callie West & John Cowell
 Jim Whiting
 John Wilkinson
 Candy Wither
 Margaret (Peg) Wood
 Sandra Wyatt



OPERATIONS UPDATE

BY WINSLOW ROBERTSON

The big mid-December storms have covered most of the rocks, brush, and stumps and our grooming crew has been busy catching up. With the addition of our new PB 400 snowcat, the skiing at Skyway and County Line has been AWESOME. We still have work getting a few trails wide enough for the new machine, so please be patient. In the meantime, we will groom those trails with the snowmobiles.

Ward is now groomed , so we have (almost) our entire 54 km of trails ready for the skate and classic skiing. If you haven't been up to ski yet, wax up the boards and get up to Skyway, County Line, or Ward.

And thank you for your support of the GMNC.

Stay up-to-date with the information that matters to you most!

If you would like to receive e-mail notifications when GMNC posts new grooming or community trail condition reports, news, volunteer opportunities, etc., click [HERE](#) and enter your e-mail address.



Give the Gift of Nordic Skiing!

Great for friends and family who are passionate about Nordic sports and enjoy using the groomed GMNC trails on the Grand Mesa. Certificates are available for GMNC Memberships and Nordic Skiing Lessons. Visit gmnc.org/gift-certificates/ for all the details and how to purchase.

Volunteer for GMNC!

GMNC can use your help.

We are updating our volunteer lists. Please email Lisa if you are able to contribute your time to our:

Hut Crew

Gliders/Youth Programs

Races

Trail Maintenance

gmncmembership@gmail.com

Grand Mesa Nordic Council (GMNC) is a member-supported, nonprofit organization of people who love to participate in Nordic sports on the Grand Mesa in Western Colorado. GMNC is funded by membership fees, donations, business sponsors, fundraising events, and grants. Monies are used for trail grooming; staff; equipment purchases and maintenance; trail maps and signs; maintenance of the Skyway warming hut; and outreach including youth and adult programs and races. Please click [here](#) and join or renew today!