



This is the most recent email message sent from the GMNC. I apologize that you were not on the recipient list for this and previous messages. I am still learning the system for integrating new members into the communications pipeline so thanks for your patience. You should now receive the communications we send via MailChimp ongoing. Hope you've been finding great skiing despite us!  
Tom, MailChimp coordinator

**Spring skiing! - Race results - Mesa Meltdown - PB400 in action - Day Use donation option - Up your game!**

## **Warmer temps are bringing Spring skiing!**

At least temporarily. March typically brings changeable weather but it looks like we have at least a short stretch of above freezing daytime temps for delightful skiing.

World Championship racers found warm temps in Oberstdorf, Germany for the March 2 Freestyle 10K when it got up to 50! Top US skier Jessie Diggins dealt with that for an impressive 4th place finish: "It's no secret that I really struggle, these are not my temperatures, I'm more of a Minnesota winter athlete. But for me, I was really proud of our heat mitigation strategies. I've been working really hard on trying to acclimate to the heat, I was hydrating like crazy, cut the legs cut the arms off the suit, spritzed my suit with cold water, packed a bunch of snow into my sports bra before the start, and had coaches throwing water on me multiple times and I still got hot."

You probably don't need to cut the arms and legs off your ski apparel and pack with snow but staying hydrated is always a good idea. And don't forget the

**sunblock! The snow-reflected, high-altitude, intense Spring sun can burn you in a jiffy.**

**It is exciting to see the parking lots full and see so many taking advantage of the terrific skiing. Please remember on busy days to park efficiently and safely and maintain Covid-safe distancing as you gear up to head out on the trails.**





Skyway Skuffle racers got to enjoy descending Will's Hill. Two CMU ladies bomb it from the top and then Brad Burritt earns major style points for a tele turn at the bottom. Congratulations to all that competed!

- For more pictures go here: [Skuffle pix](#)
- For results go here: [Skuffle results](#)
- For Series standings after 3 of 4 races, go here: [Current standings](#)

## **MESA MELTDOWN FREESTYLE 20K/5K**

### **SUNDAY MARCH 21**

**The Meltdown is Series Race #4, the finale. Please help us make it Covid-safe!**

- **Registration will be opening soon online and in advance only! [Meltdown Registration](#)**
- **Pick up your bib number on race day near the Start, one at a time practicing safe distancing and masked.**

- This is a freestyle race but there will be a classic track set.
- There will be a staggered wave start, 10 racers per wave starting every 60 seconds to ensure social distancing. The first wave will be started at 11 AM. The final wave will have the 5K racers.
- Please wear a mask both before and after racing. You may remove your mask when you are at the line ready to start.
- Watch the website for the course map. The course will be marked but please make yourself familiar with it prior to racing to avoid any questions.
- Note that the course passes back through the Start area at approx. 5K. We will set a table there upon which you can leave yourself your own water and fuel as you wish. No other aid will be provided.
- Race results will require calculating and will be posted at [gmnc.org](http://gmnc.org) later in the day. Note: Series points will only be awarded for the 20K.
- Thanks race sponsors Loki Outerwear and Ela Family Farms



**Want to see the GMNC's Pisten Bully 400 in action as Dave Smith grooms our trails? Check out the YouTube video that Martin shot showing the snowcat as it works the trails. It's cool to see what it does. Thanks as always to the full grooming crew for keeping the trails in superb shape!**

[Watch the video](#)



**Help pay for grooming and maintenance of your ski trails.**

**Grooming trails like this is expensive! The Grand Mesa Nordic Council's grooming expenses are about \$65,000 per ski season, not including cost of doing business as an organization. Many cross country ski areas in Colorado charge \$20 or more per day for trail use. Buying a membership or making a donation of \$10 per person per day will make it possible to groom and maintain the cross country ski trails at Skyway, County Line and Ward. Plug \$\$ into a trailhead donation box OR you can now do it easily online.**

**Pay for a single day: <https://gmnc.org/trails/trail-use-donation>**

**Or save by becoming a member: <https://gmnc.org/join>**

## **LESSONS UP YOUR GAME!**

- The GMNC Lessons program is offering Private and Semi-Private lessons with professional instructors and with Covid precautions in place.
- Register here: [Lessons](#) Instructor bios can be reviewed here and Covid guidelines are listed. Hint: become a GMNC member to lower your rate and support our grooming efforts!

- Instructors will wear a mask and participants are requested to also wear a mask. Please cancel your lesson if you are feeling symptoms or think you might have been exposed. Please help keep our skiing community safe and healthy!
- Remember, no matter what level of skier you are, a lesson can greatly enhance your enjoyment of the sport. Gain efficiency, shed frustration, maximize fun!

### **Next Board Meeting: Wed. March 10, 6 PM**

Members of the GMNC are invited to join us for our monthly board meeting. The first 30 minutes of every board meeting is an open comment period for GMNC members.

If you would like to join, please email [grandmesanordic@gmail.com](mailto:grandmesanordic@gmail.com) to request the zoom link.

### **GMNC BOARD MEMBERS**

**Board Members:** Joe Ramey - *President*, Lynea Schultz-Ela - *Vice President*,  
Larry Gruel - *Treasurer*, Cameron Tyler - *Secretary*,  
Caryl Brown, Tom Ela, Colleen McAllister, Winslow Robertson, Dan Tille

#### **Questions?**

Contact: [grandmesanordic@gmail.com](mailto:grandmesanordic@gmail.com)

2020-2021 Renew Memberships Online!

[GMNC.org/join](https://www.gmnc.org/join)