

GRNST NEWSLETTER

February Meeting: Skiing at Pando

Wednesday – February 12, 2003 – When you get there until you are done. Meeting at 7 PM in Lodge.

Winter Workout Schedule:

Mid Week: Ski at Muskegon State Park, Pigeon Creek and Pando when Snow Comes or Call Steve Smigiel – 874-1217 and tour Smigiel Valley

Saturday & Sunday – Race the Michigan Cup

25th Anniversary Ski Hats have come are gone. Sold out – 30 of them. If you want one we can have more made but they will be black. If you want one let me know by the February meeting.

NEW MEMBER

We would like to welcome Tom Wood of Holland by way of Michigan Tech Nordic Ski Team.

WAX TIPS

Members are asked to send a waxing experience that they have found to be surprising or particularly good. Write a few sentences about a wax or texture that worked really well in a specific condition. Send them to ernie.brumbaugh@accessbusinessgroup.com and I will include them in the next newsletter.

Don Camp states that in three out of four races you will find him skiing on Rex Blue in its temperature range. Another wax in the same range that he is finding even faster but more expensive is Solda HP-03 a colder flour powder sold through Torbjorn Karlsen.

At the Hiawatha Invitational in the Soo on Sunday the temperature was –1F with about 85% relative humidity. I had four pairs of skis waxed with 1) Swix CH4, 2) Start FC30 over Start Graphite, 3) Toko Moly + Dibloc Blue mixed 1:1 and 4) Rex Blue. This day Swix CH4 was a winner but not as clear as I thought. Originally, the FC30 pair were best but the longer I glide tested them the slower they got. Do more than one glide test per pair. Also ski some uphill and see which pair feels quicker.

GRNST 25TH ANNIVERSARY YEAR

Old Steve's suggestion is still "Let's make it a year of fives". On the 25th anniversary let's get all skiers over 50 to ski five marathons. Hats distributed. Is there any interest in

polo shirts? Anyone have more ideas. After the first marathon at least six of us geezers still have a chance to ski 5 50's.

SMIGIELISM OF THE MONTH

What is a soreache? Well according the Steve if you can see it but not feel it, it is a sore. If you can feel it but not see it is an ache. If you can see it and it hurts it is a soreache.

RESULTS

Snow is here and GRNST has hit the trails hard. Results through the Noquemanon are great. Now the Marathon Season. GRNST is current in second place just ahead of Cross Country Ski Headquarters and above 3000 pts behind Cross Country Ski Shop. The results are deceiving, however, as many GRNSTer's don't have in as many races as CCSS skiers. We are down to counting your best 4 of seven races. Both long and short races at the White Pine Stampede and Vasa count. Diagonalers still have the Gran Traverse. The last race is the Crystal Highlander – 25K either freestyle or diagonal, both count. The races are hosted by GRNST member Susan Brian and I can guarantee there will be a ton of merchandise and very good food. The relays are the following day and they count for team points so show and we will get you on a team.

Chestnut Valley

Don Camp	28:55	2nd
Mike Angell	29:05	3 rd
Tom Wood	29:08	3 rd
Tom Anderson	31:32	1st
Matt Hester	32:12	5 th
Steve Smigiel	33:06	2nd
Dell Todd	35:08	10 th
Bob West	36:36	9 th
Ernie Brumbaugh	36:40	6 th

Boyne Highlands Classic

Randy Bladel	33:44	4th
Don Camp	34:13	2nd
Mike Angell	34:36	4 th
Matt Hester	34:41	5th
Steve Smigiel	34:53	1st
Tom Anderson	35:54	1st
Bob West	40:27	5th
Ernie Brumbaugh	40:32	5th
Tim Greening	40:51	3rd
Dell Todd	41:38	9th
Carole Mueller-Brumbaugh	48:12	3 rd
Dan Nolan	51:18	7 th
Rick Kraai	53:04	8 th

Michigan Cup Marathon – 20K Freestyle

Tom Wood	56:59	1 st
David MacLean	57:07	1 st
Steven Smigiel	57:20	1 st
Don Camp	57:36	3 rd
Mike Angell	1:00:40	2 nd
Tom Anderson	1:03:22	1 st
Steve Smigiel	1:03:57	1 st
Matt Hester	1:08:01	8 th
Bob West	1:10:50	12 th
Dell Todd	1:12:20	4 th
Ernie Brumbaugh	1:18:26	3 rd
John Love	1:35:54	11 th

Hiawatha Invitational – 10K Classic

Randy Bladel	35:02	5 th
Peter Johnson	42:39	3 rd
Tim Greening	48:38	7 th

Hiawatha Invitational - 15K Freestyle

Steven Smigiel	49:06	1 st
Don Camp	50:51	2 nd
Randy Bladel	54:59	7 th
Steve Smigiel	58:50	5 th
Ernie Brumbaugh	1:05:08	7 th
Peter Johnson	1:05:35	8 th

Noquemanon - 55K Classic

Randy Bladel	3:15:14	2 nd
Matt Hester	3:38:56	6 th
Phil Cannon	3:54:38	11 th
Peter Johnson	3:59:13	3 rd
Ernie Brumbaugh	4:09:29	4 th

Noquemaon - 55K Freestyle

Stephen Smigiel	2:43:13	3 rd
Don Camp	2:48:09	1 st
Steve Smigiel	3:08:49	2 nd
Tom Anderson	3:11:18	1 st
Dell Todd	3:23:07	16 th
Stuart Picard	3:41:22	44 th
Bob West	3:54:55	26 th
Carl Scharphorn	5:39:06	4 th

Noquemanon - 25K Classic

George Peuhl	1:32:57	2 nd
Carole Mueller-Brumbaugh	2:09:16	2 nd

Dan Nolan	2:09:29	9 th
Noquemanon - 25K Freestyle		
Greg Roll	1:15:12	1 st
Jim Gallagher	1:38:42	9 th
Jim Stark	2:49:39	23 rd