

GRNST NEWSLETTER

September Meeting: Home of Dell Todd @ The Bird House
2907 Bird, NE – Grand Rapids, MI
Wednesday – September 17, 2003 – 7PM
Call Dell for Details – 365-3124

October Meeting: Home of Steve Smigiel
3701 Dursam – Ada, MI
Wednesday – October 15, 2003 – 7PM
Call Stephen for Directions – 874-1217

Fall Workout Schedule:

Tuesday: Roller Ski on Egypt Valley and Pettis – Early before traffic gets heavy.
Call Steve Smigiel – 874-1417
Tuesday: Roller Ski on 2 Mile Road – Later – 6PM Call Ernie – 691-7437
Thursday: Hill Workouts at Cannonsburg Ski Area – 4PM on. Call Ernie 691-7437
Saturday: Roller Ski – White Pine Trail – 8 AM Call Steve 874-1417
Sunday: Morning – Roller Ski at Various Locations – Call Steve Smigiel – 874-1217
Flatbeiner – Sun, October 26, 2003 – 9 AM – Hart-Montague Trailhead in Montague
Super Flatbeiner – Sun, November 9, 2003 – 9 AM – Marne Trailhead off of Exit 25 I-96

For other workouts call:

Grand Haven Area: Don Camp 616-842-4753
Muskegon Area: Tim Greening 231-744-2367 or Peter Johnson 231-894-2341

Another year is fast approaching. As Smigiel says every time an on looker makes a comment to us on the White Pine Trail, “The days are getting shorter, winter can’t be far behind.” This year could be one exceptional year. In January National Masters will be held in Marquette, Michigan. In March, World Masters will be held in Lillehammer, Norway. Many GRNST members are planning on Marquette and several are also going to Norway. The Michigan Cup schedule will accommodate National Masters and not schedule in conflict of these events.

Meeting Discussion Items:

1. Date for Introductory Roller Ski Clinic for New Members and Those Who Did Not Attend the Aalberg Clinic in June.
2. New Uniforms – Craft
3. Michigan Cup Meeting Review
4. Trail Clearing at Pando
5. Campfire Under the Pines

MEMBER NEWS

Tom and Susan Brian are now proud parents of a baby girl, Leigh Ann.

Ore to Shore Mountain Bike Race - Marquette

1. Stephen Smigiel	3:08:09	87 th OA	10 th Class
2. Don Camp	3:34:12	219 th OA	10 th Class
3. Tim Greening	3:37:11	232 nd OA	1 st Class
4. Peter Johnson	3:37:20	233 rd OA	2 nd Class
5. Jim Gallagher	4:39:53	417 th OA	42 nd Class

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.

MICHIGAN CUP – Tentative Schedule

12-20-2003	Crystal Preseason	Freestyle
12-27-2003	Holley Cup	Freestyle (?)
1-3-2004	Chestnut Valley	Freestyle
1-4-2004	Boyne Highlands Classic	Classic
1-10-2004	Michigan Cup Marathon	Freestyle
1-11-2004	Hanson Hills Classic	Classic
1-25-2004	Muffin Race	Freestyle Juniors Only
1-31-2004	Crystal Highlander	Freestyle/Classic
2-7-2004	White Pine Stampede	Freestyle/Classic
2-14-2004	North American Vasa	Freestyle/Classic
2-15-2004	Gran Travers	Classic
2-28-2004	Garland Gripper	Classic
2-29-2004	Garland Glide	Freestyle
3-6-2004	Black Mountain Classic	Classic
3-13-2004	Boyne Highlands	Free or Classic
3-14-2004	Boyne Highlands	Free or Classic
3-20-2004	XC Ski Headquarters Relays	Free and Classic
3-21-2004	Mi Cup Festival	XC Ski Headquarters

Jan 17 thru 24 - National Masters – Marquette

Feb 29 thru Mar 6 – World Masters – Norway

Great Lakes Marathon Series

1-24 Noquemanon, 2-7 White Pine, 2-14 Vasa, 3-7 Great Bear Chase

Sailing is winding down, the weather is getting colder, cycling will not be around much longer, roller skiing it ramping up....Ski season is right around the corner. Let's make it another GRNST winter.