

GRNST NEWSLETTER

December Meeting: Home of Mike Angell

7304 Forsythia, Grand Rapids, Mi
Wednesday – December 11, 2002 – 7PM
Call Mike for Directions – 616-554-2930
Discussion of 25th Year Hats and Tee Shirts

Fall Workout Schedule:

Tuesday: Roller Ski on Egypt Valley and Pettis – Early before traffic gets heavy.

Call Steve Smigiel – 874-1217

Thursday: Hill Workouts at Cannonsburg Ski Area – 4PM on. Call Ernie 691-7437

Saturday: Roller Ski – White Pine Trail – 8 AM Call Steve 874-1217

Sunday: Morning – Roller Ski at Various Locations – Call Steve Smigiel – 874-1217

Super Flatbeiner – Nov 10, 2002 – 9 AM – Musketawa Trail - Marne Trailhead off I-96, Exit 25 – 50 mi RT – Contact Steve Smigiel (616-874-1217) or Ernie Brumbaugh (616-691-7437) for Info

For other workouts call:

Grand Haven Area: Don Camp 616-842-4753

Kalamazoo Area: Matt Hester 616-324-2237 or Paul Wells 616-324-4444

Muskegon Area: Tim Greening 231-744-2367 or Peter Johnson 231-894-2341

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.

Tom Anderson and Rodney send this tidbit. It helps if you are Finnish but there is really no need for a hot box as recommended by Nat Brown. Nat feels wax is absorbed better over a prolonged heating at 130-140F. He has plans to build a hot box on his website. Tom and xxx recommended heating up the Sauna on low and no water. Wax your skis put them in the Sauna and go eat your pastie or have a beer, eh.

GRNST 25TH ANNIVERSARY YEAR

Believe it or not GRNST has been around for 25 years. Steve, Carl and Ernie will have an update on GRNST 25th Anniversary shirts and ski hats. We will have to take advance orders for both items so please be prompt about sending in your money or reservation when asked.

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.

MICHIGAN CUP 20TH ANNIVERSARY YEAR

How about GRNST at 25 wins fifth Michigan Cup Schedule. If 30 GRNST do 5 races plus the relays GRNST wins the cup. Last year we counted skiers skiing only two races so anyone who does three or more will count for GRNST Team points. Remember you can't up make in January what you didn't do in October-November, so hit those hills now!

SMIGIELISM OF THE MONTH

This one is attributed to Bob West on the Flatbeiner, "*Scharphorn passed me like a Smigiel on Germinas*". Sounds the quote of the racing season to me.