

GRNST NEWS

FEBRUARY NEWSLETTER

No meeting in February except at the Races. See you there!

Winter Workout Schedule

February Schedule:

Feb 1 - Langlauf – Pando	Classic or Freestyle – 5K
Feb 7 - White Pine Stampede	10-20-50K
Feb 14 – North American Vasa	12-27-50K
Feb 15 – Gran Traverse	16K Classic
Feb 14-15 – Mich. High School Champs	Houghton/Hancock
Feb 21 – American Birkebeiner	22-51K
Feb 28 – Garland Gripper	6-12K Classic
Feb 29 – Garland Glide	12-19K Freestyle

QUOTE OF THE DECADE – FROM KRIS FREEMAN TALKING ABOUT HIS OPENING CLASSIC LEG IN THE WORLD CHAMPIONSHIP RELAYS LAST YEAR

“I was patient for five kilometers and then I put the hammer down and dropped the whole world. It felt pretty good.”

GRNST WINS UNITED STATES NATIONAL MASTERS CLUB CHAMPIONSHIP IN MARQUETTE

A group of seven GRNST skiers braved a very cold series of four races in Marquette the third week in January to capture the Club/Team championship at National Masters this year. Team members, in order, or placing for team points are Tom Brian, Carole Mueller-Brumbaugh, David Maclean, Greg Worsnop (GRNST training group), Chris Weingartz (owner of GRNST flophouse north), Steve Smigiel and Ernie Brumbaugh. Be sure to come to the banquet and view the framed poster. By the way it will be traveling for two months or so at each team members house this year (just like the Stanley Cup).

National Masters Log

Friday, Jan 16 – Up early for the long drive to Marquette – Picked up race packets at the Nordic Bay Inn (recently purchased by Bo Mahaney and Jon Mommaerts – Race Directors of the Noquemanon) and hit the wax room for a marathon session of very cold waxing. Been

using Swix CH/LF 3 and 4 or Toko Dibloc Blue +/- cold powder.

Saturday, Jan 17 – Up early for the start of the women’s 20K freestyle at Blueberry. Disappointing – course groomed the night before and now four inches of new powder. NOT regrooming for the race. Carole chooses to go classic, as it is a freestyle race. Susan Brian also racing. Small but quality field. Also after the second pack of women, but true first pack of real masters women (not the “hot shot” 24-26 year women skiing for a factory team), the women’s course is blocked off. This sent the third pack of women an extra 5K for a 25K race for Carole. She was not happy as others about this! LF4 running good in 5-10F Temp range. Men start two hours after women – we owe them a glass of Merlot for packing the course for us. Starts are in waves by age group. I start with pack but start to drop back after about 1.5 k. Ski the rest of the race by my self. Two laps on skating loop, including Wildcat – one major league climb coming out of there. Done after one lap. Picked the wrong skis, finish next to last at 2:15. Good day for GRNST team – Tom Brian 3rd, Greg Worsnop 3rd, Carole Mueller-Brumbaugh – 4th, Steve Smigiel 7th, David Maclean – 8th, Chris Weingartz-8th and Ernie Brumbaugh-15th. Top five equals 25 points. Only one other team in club category, Old Codgers (38). Quite a race between Torbjorn Sports (11) and Outback Bandits (15) for open team. The Palomaki defeats former US Ski Team member and Olympian, Bob Gray by two minutes. Torbjorn Karlsen wins class. Other GRNSTers skiing – Susan Brian 2nd, Dell Todd 7th, Don Camp 3rd.

Sunday, Jan 18 – Sprint Relays and cold again but superbly groomed course at Al Quall Trails in Ishpeming. Mix of LF3/4 running good. Team needs on relay team to finish to count for points – take placing and multiply times three. GRNST has two full teams and three partials. GRNST#1 – Brian, MacLean, Worsnop break fantastically running second in combined two bracket age group. Learn lesson about going out too fast. Second leg was tough and third leg tougher. Finish second in age group – 6 points – total 31. Old Codgers get third for 9 points – total 47. Torbjorn Sport and Outback Outlaws both get a first for three points each. George Peuhl made it up and formed a team with Dell Todd and Mike Seaman finishing 5th. Ernie, Steve and Chris Weingartz take 7th after experimenting with two handed push-off in tag zone. Camp on Crafty Brothers gets 6th. Carole on VTM team with Beth Caldwell takes the gold. A really fun event, but with cold and wind, we didn’t want to stick around for long. Finished up at Ralph’s Deli in Ishpeming for pasties and cudighi sandwiches.

Monday, Jan 19 – Day off and tired – Tested some skis at Al Quall on the Teal Lake loop. Same temps, same snow – Boy they do a great job of grooming at Al Quall. Wax that night with LF4 and VR30.

Tuesday, Jan 20 – Duathlon 5K Classic, 7.5K Freestyle – Tracks rock hard, cold and fast. Abrasive as well. Carole ends up short with VR40 and a little VR45. I use VR-30 4 layers. Glide LF4. Carole chooses to classic the whole the race and finishes third. In this duathlon, same as world cup, the skier must take off his skis and can choose to either put them back on at the end of the exchange zone or switch to skating equipment after the classic leg. Some chose to change boots, I kept my skating boots on the whole race but undid the straps for the classic portion. Great classic leg – Kept Smigiel in sight for about 2.5 k and was less than one minute behind at end of classic leg – 4 minutes down at the finish. Tom Brian took 2nd, Maclean 2nd, Worsnop 4th, Weingartz 7th, Brumbaugh 9th. Team total – 18 – 3 day total 49. Old Codgers – 31 for day and 78 total. Just have to finish 5 Thursday and we have it in the bag. Team Torbjorn 7, Outback 11. Sten Fjeldheim made his appearance for the first time

and took the thunder bear by 44 seconds. George Peuhl took third. The Palomaki takes Bob Gray again by 42 seconds. GRNST Team Meeting at Casa Calabria for dinner with Jim Gallagher and Nancy Cihak.

Wednesday, Jan 21 – Very tired and a real day off. I wax skis and Carole takes a day at the beauty parlor/massage room. Mood gets better. Same old waxes for tomorrow's classic races. Swix LF4/3 and VR30. I have VR30 on over polar ironed in. Carole stays with what worked Tuesday and I just reglide wax. Abrasive snow taking glide wax off quickly. National Masters Banquet at Uprfront and Company – Nice time.

Thursday – Very cold – Race delayed one hour until temp gets to –4F. Windy – Windy – Windy. Course altered to one mass start (a mistake) and three laps of the Teal Lake loop (excellent idea). George decides to start in back of pack after getting too much hassle at front of start line and still finishes third in age group. Congested for first 2 k's. An old halfback's heaven. Loose wax about halfway through second lap though – should have put on binder. Carole skis two laps and takes second. Tom Brian suffers for the team in classic technique and takes 3rd, Maclean 4th, Worsnop 5th, Weingartz, 6th, Smigiel 9th and Brumbaugh 11th. Team total 20 for race – 69 for Championships. Only four Codgers show up – need five to count – GRNST wins. Torbjorn 10, Outback 13 – Tie with five – Torbjorn wins on tie breaker of sixth place team member. Fjeldheim smokes today beating Torbjorn by 1:17. Who is the best ski coach in the country? Good question but Sten took the best skiing coach title. Bob Gray gets revenge and takes The Palomaki by 1:32 in the 15K Classic. Wrap up at Nordic Bay Lodge and the Nationals are over – Next year in the Twin Cities. Now the Noquemanon.