

GRNST NEWSLETTER

November Meeting: Home of Stephen Smigiel, Jr. - Post Flatbeiner/Pre Super Flatbeiner
6769 19 Mile Road – Cedar Springs, MI
Wednesday – November 6, 2002 – 7PM
Call Stephen for Directions – 696-2048
Wax Clinic – Kick and Glide

Fall Workout Schedule:

Tuesday: Roller Ski on Egypt Valley and Pettis – Early before traffic gets heavy.
Call Steve Smigiel – 874-1217

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 874-1217

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

**Flatbeiner – Oct 27, 2002 – 9 AM – Hart-Montague Trail – Montague Trailhead –
44 mi RT – \$2 Trail Fee – Contact Peter Johnson for Info – 231-894-2341**

**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.

Stephen Smigiel had the pleasure of stealing some of Tim Triebold's Vaughti Universal Klistar with Floura at the Boyne Nordic Classic race last year where the snow was turning orange from the leaves bleeding through. "Many people had severe icing problems. I did not and also went on to have an excellent race. Thanks Tim. Oh yeah, I was around 25 sec behind Tim in that one. Rode hard wax was not working, neither did trying to cover the klistar with hard wax. The tracks were too abrasive."

At the White Pine Stampede two years ago, Ernie Brumbaugh got lucky with a mix of Toko Dibloc Red and Yellow applied over Dibloc Molybdenum and a medium rill on Fischer black base skis. The temperature was in the low twenties on a corn snow track with medium humidity. No Cera but the skis were fast from the start and the psychological boost resulted in my best race in many years.

GRNST 25TH ANNIVERSARY YEAR

Believe it or not GRNST has been around for 25 years. At the Bird House meeting last month it was decided to make a tee-shirt, long sleeve, half turtleneck. Stephen Smigiel is working on a design and Carl Scharphorn will have it silk-screened through his restaurant contacts. We are also going to had a ski hat embroidered with GRNST and 25 Years. Advanced orders will be taken once we have prices nailed down.

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. Let hear some others!!!

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

"Well I've had just about all the fun I can take." Bob West after roller skiing one hour thirty minutes south uphill from Sparta into the wind. "If I have to ski into the wind, I'd rather do it uphill." Steve Smigiel, after circumnavigating Allegan and the wind on roller skis. "It all Birkie training!"