

GRNST NEWSLETTER

October Meeting: Home of Steve Smigiel

3701 Dursam – Ada, MI

Wednesday – October 15, 2003 – 7PM

Call Steve for Directions – 874-1217

NEW VIDEO

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 – October 26, 2003, Sunday – 9 AM – Hart-Montague Trailhead in Montague

Super Flatbeiner – November 9, 2003, Sunday – 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

Membership Dues: A membership form is enclosed. If you haven't signed up already please do so now. Dues are \$15/year single, \$25/year family.

Roster: Current Roster is enclosed. Please check to make sure your information is correct. Let Ernie Brumbaugh know if it is not correct.

Team Suits: Dell Todd has spearheaded an effort to find a source of new team suits. VO2 Max is the winner. A custom two piece suit for \$95. It will be black and red to match our hats from last year. Mostly black with red accents. Need a minimum of five orders by Oct. 10 or last chance by the team meeting.

National Masters: At National Masters in Marquette this year there are several team classifications. We need seven people that will do all the races or most of them. We can list seven, five will count and if tied the sixth counts, if still tied the seventh counts. Please let Ernie Brumbaugh know if you are going and we will put together the team with the best chance of placing well. Scoring is on age group placing.

West Yellowstone Training Camp: Steve Smigiel and Ernie Brumbaugh are leaving of Bozeman, Mt on Nov 21 returning Nov 26. Be home for Thanksgiving. Ski with the best in the country at a very reasonable price. We have room for two in the rental car still. Call if you are interested.

Room for Birkie: Ernie Brumbaugh has one single bed in Condo for the Birkie. Share room with Stuart Picard. Call if you are interested.

Other Meeting Discussion Items:

**Pando Trail Clearing
Muskegon State Park Trail Maintenance if needed
Site for November Meeting**

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 SCHEDULE

12-20-2003	Crystal Preseason	Freestyle	
12-27-2003	Holley Cup	Classic	
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	
3-14-2004	Boyne Highlands	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

Record Lows to start October. Snow can't be far away. You make up for in January what you didn't do in the fall. Birkie Training starts now.