



new england NORDIC NEWS

LATE FALL 1998 VOL. 4, NO. 1

THE SUMMER OF TRAINING: A REPORT FROM AUSTRIA

by David Henry

Being on the glacier meant snow, something which after hours on the roller skis, I had discovered was a precious commodity. On the glacier were some of the top skiers in the world and then there was Geoff Howe, Kate Newick, Daisy Pierce, our coach Alexei Sotskov and me. As a first year skier I was quite nervous and frustrated. But with memories of the two Jericho, Vermont roller ski camps to bolster my confidence, I struck out onto the foggy glacier.

The skiing was at roughly 9,000 feet. The altitude was not breathtaking but we all could tell it was affecting us. The snow was groomed every morning. The first day it was a little sticky but it snowed that night, and the next three days were ideal skiing conditions. The temperature was minus three to minus one degrees Celsius. After our rest day it warmed up to plus three degrees Celsius, but it was not a problem as the glacier was thick enough to keep the snow from getting slushy. The loop zigzagged back and forth, allowing Alexei to see us for the whole ten kilometers.

At first I felt terrible. The combination of the altitude, skating style, jet lag and what now appears ridiculous: my frustration at being passed by various members of the Italian, Swiss, Russian and other national teams, made for a rather slow start. But as the days progressed, my technique improved greatly.

We skied in the morning and then returned to our Bed and Breakfast/hotel for lunch. They did not speak English or Russian, and our German consisted of danke (thank you), vunderbar (wonderful), Ich leibedich (I love you), and handerhoff (hands up). Nevertheless with hand signals and many danke's we got along splendidly. The only problem was the food. It was really, really good. But lunch and supper were three course meals, each course being a normal meal. The first few days we did not pace ourselves and got a few strange looks when some of us did not finish dessert. After lunch we would take a nap or play cards. Usually in the afternoon we had a session of running or roller skiing. On the two days we skied thirty plus kilometers, we went to the sauna. After supper a trip to the store to buy even more food — or, if we were lucky, one of Alexei's massages, and if we were not, a game of chess or cards.

On our rest day we drove to the beautiful city of Salzburg. In Austria there are a lot of tunnels through hills or mountains. Just as we were about to enter one of these tunnels the car

in front of us stopped. Soon a long line of traffic backed up behind us. But we had no time to be bored, for Daisy decided this was the time to teach us to swing dance. So in front of hundreds of cars, Daisy showed us how to swing.

Salzburg was great. Lots of people spoke English and we got an English/German phrase book. The highlight of the day for me was visiting the incredible Mirabelle gardens. These enormous gardens were unbelievably beautiful, with stone statues and fountains, and floral arrangements from the stunning to the subtle. In all it was a great day.

Another highlight was our flight back. We were bumped up to business class. For the first fifteen minutes we sat stunned by the comfortable seats, private televisions, a menu from which to choose your meal and all the other freebies that come with business class.

We learned a little more German, a lot more technique, and enjoyed ourselves. Soon we'll be back on roller skis in the U.S. but I'll remember the trip for the food, the skiing, fun times and my first trip to Europe. Auf Wiedersehen.

David Henry lives in Concord, NH. He's a sophomore at Derryfield School and skis for the Gunstock Nordic Association. He looks forward to skiing this winter.

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NEW ENGLAND NORDIC NEWS

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To request a NENSA membership application, contact the NENSA Administrative Office.

For fastest processing (for example, if you want your copy of NENN right away!) send in your membership fee with your request for the membership form — it's \$25 for the first member of the family (\$35 if not affiliated with a club), and \$15 for each additional family member (\$25 if not club-affiliated), payable to NENSA. When you return the signed membership form, you'll receive the NENSA competition guide and other membership benefits.

LIFE MEMBERSHIP IN NENSA

The NENSA Board of Directors has approved the following Life Membership rates: Individual (\$500); Couple (\$600); Family, including children up to age 17 (\$750). NENSA has also received recognition from the IRS as a tax-exempt organization. All donations made to NENSA from November 1995 forward are fully tax deductible. If you have questions regarding life membership or donations to NENSA, contact the NENSA administrative office or Joe Walsh at 603-643-1207; email: joe.walsh@dartmouth.edu.

FROM THE EDITORS

In this newsletter we look forward to the ski season ahead of us, as well as back at the past summer and fall. We have two entertaining reports of summer skiing for you, one from a masters racer and one from a junior racer. Perhaps these will spur you to consider new training options for next summer!

When we look ahead to the upcoming ski season, there are a lot of reasons to feel excited. The U.S. National Championships and World Junior Championship team tryouts will be held in Rumford, Maine on January 16 -24. These races offer a wonderful opportunity for viewing top athletes from all over the country in action. Only a week later — on Jan. 29 and Jan. 31 — there will be a Continental Cup race weekend in Lake Placid, New York, again featuring the top racers in the country plus some international competitors as well. In between the two races, on January 30, you can race the Lake Placid Loppet if you're interested. Then in March the national racing scene returns to Rumford for the NCAA college championships.

At the regional level, New England Nordic Ski Association has put together an exciting racing schedule (see the 1998 NENSA Competition Guide — if you haven't yet received one, or aren't a member and would like to become one, to receive benefits like a Comp. Guide and this newsletter, contact the office listed on page two of this issue). There are also many club activities planned for this winter. Clubs are the lifeblood of the regional organization and should be supported, and you'll have a lot of fun at the same time! You can find club contact information in the Comp. Guide as well, or on the NENSA website: www.sover.net/~nensa.

Wishing everyone happy early season skiing!

Anne and Mary

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NENN DEADLINES

Articles and pictures submitted for publication in NENN must be in the editors' hands not later than:

Winter (January) issue: November 15
Late Winter (March) issue: January 25
Spring (May) issue: March 25
Summer (July) issue: May 25
Early Fall (September) issue: July 15
Late Fall (November) issue: September 25

Photos and graphics are always welcome. If related to an article, photos or graphics should be submitted with the text.

ADVERTISING

For complete particulars on advertising in NENN and/or the NENSA Comp Guide, contact the Administrative Office.

BILL KOCH YOUTH SKI LEAGUE

THE GAMES KIDS PLAY ON SKIS

by Mary Hamel

It's Saturday...it's cold outside...the sun is shining...the snow is glistening...there are lots of kids and their parents around...there's laughter...and shouting...and someone is yelling "Fishy, fishy, cross my ocean!" Oh yeah, and all those kids and their parents are wearing skis!

Of all the activities that happen at Bill Koch practices, playing games is one of the best unifiers of younger and older skiers. The most important reason for playing games is fun, but the benefits don't stop there. Balance and confidence are greatly enhanced by playing games. This happens for kids and adults alike. When kids and their parents learn to ski by playing games together, the whole family comes out a winner. This is one sport where parents are invited and encouraged to participate. The most exciting part of playing games for many of the youngest children is when their very own parents join in. As the kids gain confidence, they pass their parents by in skill. They are able to turn more quickly and scoot out of the way faster. When adult racers join a group of kids playing, many of the adults find that they are nowhere near as agile and quick as their young counterparts. One thing is for sure, smiles abound everywhere!

There are all kinds of games to play on skis. Many of the games parents played in their school yards have been adapted by clubs

for skiing. When planning a games session, it's important to take into account the terrain, the snow conditions and the experience of the skiers involved. Make sure the area in which you choose to play a game is safe for that particular game. For example, most tag type games should be played on relatively flat surfaces, young skiers can build up quite a bit of speed. Also in tag games, lunging to tag other players is not allowed. The purpose of these games is to develop quick reaction time and turning skills; lunging defeats this purpose. Using simple games like "Simon Says" and "Red Light! Green Light!" for beginning skiers focuses their attention on the game, while they naturally begin to glide across the snow. As skiers progress, the games can get quicker as skills are mastered just in the sheer joy of playing.

Here are some game suggestions:

Red Light! Green Light!

Skiers are lined up in a horizontal line. One adult stands about 100 yards away and plays the part of the traffic light. When the traffic light is facing the skiers, she yells, "Red Light!" Then when the traffic light turns her back, she yells, "Green Light!" and the line of skiers moves forward. When the "Red Light" is yelled again, the skiers must stop before the traffic light turns around. If the traffic light sees a skier moving, the skier must return to the start line. The first skier to reach the traffic light wins.

Spider

Players spread out on a field in a random formation, each with a flag, hat, glove etc. (pieces of surveyors tape work great) tucked in back pocket or in the case of ski tights, stuffed into their tights. On signal, have players try and steal flags from each other. Once you lose your flag you must stand on it (flag) for the rest of the game. The person who takes the flag must throw it on the ground by the person he caught. Those caught can still steal flags of passersby but cannot lift foot from flag. Play until last player is caught. Play again...and again! Great warm-up. Twist: keep reducing the size of the playing field! Play on snow or dryland.

Ghostbusters

Spread the group out in random formation.

The person who is it will be the ghostbuster; all others are ghosts. On signal, ghostbuster tries to catch ghosts by tagging. Those caught must straddle legs and put arms out to side (haunted house). Haunted houses are freed when someone skis under their legs. Haunted houses must remain stationary when tagged. Use more than one ghostbuster if the group is large. Group yells "1,2,3 Ghostbusters" to start game.

Caterpillar Relay

Two, three or four teams each line up with skiers in file formation. Each skier places her skis outside the person in front of her, every fourth skier would start with skis together. Teams hobble, shuffle or do whatever it takes to get their caterpillar over the goal line. This game is a great way of getting young skiers to conquer an uphill. They especially enjoy racing against an "adult caterpillar".



Bill Koch himself (center) joins BKL skiers for a game of Ghostbusters.

MASTERS

REFLECTIONS ON THE JUNE MASTERS TRAINING CAMP IN BEND

by Bill Holland

How does the thought of an all-expenses-paid week of cross country skiing in June strike you? As something too good to be true? That's sure what it felt like to me as I drove my rental car from the Redmond, OR airport toward the snow-capped Cascades 30 miles away. The book project I was working on had taken me out to the U.S. Nationals just two months before, and the skiing really couldn't have been better—not with a ten-foot base, jagged white peaks glistening in the sun, and superbly groomed trails weaving their way amid giant Douglas firs. But after getting out on the soot-coated trails at the Mt. Bachelor Cross-Country Ski Center late one afternoon in early June, I began wondering if the whole idea for this trip hadn't been a huge mistake. Doing the V-1 down a steep incline just to slide at a rate approaching a slow walk didn't coincide in the least with my notion of fun. After 20 minutes of tortuous slogging, I packed it in and instead watched the parasailors riding the thermals above the volcanic cone of Mt. Bachelor. At that moment, my own sport seemed the more foolhardy of the two.

That evening at dinner a few of the 20 or so other participants filled me in on the correct way to take advantage of the five-foot base still mantling the lower slopes of the mountain and the 20 kilometers of trail sustained by that base. The best time to ski, it turned out, was between 6 and 8 in the morning when the granular surface was hard and rocket-fast. The trails remained skiable until roughly 10:30, at which time most everyone hopped in the vans and headed down the mountain for lunch and a post-prandial snooze. A dryland workout generally got under way around 2 p.m. and lasted until 3:30 or 4:00.

How does a suburban ski addict bump his training hours from roughly 7 per week to something approaching 25? The answer, if you're attending a masters camp, is "You don't." Instead, you take part in clinics that involve a lot of standing around and observing. And quite humbling and helpful those instructional sessions were, too. Humbling because when the group auditioned for the instructors, who then grouped us according to ability, I didn't qualify for the advanced group in skating technique, something I've been working at practically since Kochie first popularized it. Nor on the following day did I qualify for the advanced group in classical technique, something I've been working at for nearly 30 years.

But what I learned from the likes of John Downing, Torbjorn Karlsen, Pete Vordenberg, and Suzanne King has given me some very helpful things to think about during the many hours I've spent rollerskiing since that time. In the area of skating, for example, I learned that forward momentum comes largely from the hips, not from twisting one's upper body from side to side, and that pressing forward on a bent knee makes for a more dynamic leg motion. As for improvements to my classical technique, I discovered that I'd acquired a late kick from sloppy rollerskiing and am constantly working at keeping my hips forward and under me. As a result of a lecture and demonstration by Torbjorn Karlsen, I've also begun regularly stretching for the first time in my life and now

use a roller-board on the average of three times per week.

Equally as beneficial as the instruction, however, was the opportunity to work out in the proximity of the entire U.S. National Ski Team, who were spending two weeks in Bend for their yearly training camp, along with a very large contingent of the country's best juniors. One of the most memorable workouts of the entire week was the half hour or so I spent chasing Justin Wadsworth. Amazingly enough, I stayed with him (though only barely) the whole way. Then again, I had poles and he didn't.

All in all, I came away from the camp feeling I'd been exposed to and had to some degree assimilated the most up-to-date information currently available in the U.S. about technique and training. On the plane of intangibles, I also felt more an integral part of the cross-country ski community than ever before. And at \$450, including lodging and ground transportation, the price seemed very right, though, as I said earlier (and will say again just to twist the knife a bit), I didn't actually have to pay it.

OTHER MASTERS NOTES

1999 NENSA MASTERS CHAMPIONSHIPS

The NENSA Masters Championships will be held at Sugarloaf January 30th and 31st. We will be using the same format as in past years with 5k and 10k classic races Saturday morning, 3x2k relay races Saturday afternoon, and 10k and 15k skate races on Sunday. Hopefully they will be offering an informal children's race as well. It's a great event and Sugarloaf does a great job. Full NENSA membership is required (no one-day memberships will be allowed). Check the NENSA competition guide or call Sugarloaf at 207-237-6830 for details, as there may be some minor changes to the above schedule.

RESCORED ZAK CUP RESULTS

As I mentioned in the last issue, Harriott Meyer was accidentally omitted from the Zak Cup results. The following is the rescored Women's 40-44 age group standings. Note that ties are broken by head to head results, which is why Mary Osgood is shown as finishing first and Anne Donaghy second.

- 1 145 Osgood Mary 43 Putney VT 6
- 2 145 Donaghy Anne 42 Meriden NH 9
- 3 128 Campoli Gina 44 Craftsbury Common VT 7
- 4 85 Fredericks Ruth 40 Underhill Ctr VT 4
- 5 61 Goodwin Alice 40 Brunswick ME 4
- 6 45 Meyer Harriott 41 Sterling MA 2
- 7 41 Van Dyke Carol 41 Stowe VT 3
- 8 23 O'Brien Susan 42 Hampden ME 2
- 9 18 Moody Kim 42 Cape Elizabeth ME 2
- 10 15 Geer Judy 44 Morrisville VT 1

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FROM NENSA'S EXECUTIVE DIRECTOR

Cross-country skiing is the most under-publicized, under-financed sport in New England. I put in time and energy year-round to correct this situation, but the effort to support our nordic athletes doesn't begin or end in the NENSA Administrative Office. All over our region people are working for our sport and its athletes. Peter Camann in Littleton, NH has taken an innovative approach toward athlete support that deserves mention.

The small north country communities of Littleton, Franconia, and Easton have been blessed with four snow-sport athletes whose talents have brought them near the top of their disciplines: Bode Miller, US Ski Team "A" level, Courtney Calise, US Ski Team "C" level, Genny Miller, US Snowboard Developmental Team, and Cory Smith, ranked in the top 15 nationwide among cross-country skiers the last 2 years.

Peter has begun an area program he titles, "Future Olympians." He has enlisted the support of local town managers and members of the business community in hosting what will be a series of fundraisers to help the athletes and their families. The first was a golf tournament held on October 3rd at the Waumbek Golf Course in Jefferson, NH. The event was an unqualified success, and not just from a financial standpoint. The rush of people inside and outside of the skiing community to assist was deeply gratifying. Not every community has athletes who are verging on making Olympic teams, nor does everyone have the resources or expertise to put together an effort on the scale of Peter Camann's "Future Olympians." But athlete support doesn't have to happen on such a grand level to be meaningful, nor should it be directed only to our luminous talents. Each of us has a part to play.

We can find a high school or Bill Koch program and pass along those outgrown boots or unused skis we have stored in garages and back rooms. We volunteer to assist at high school races, NENSA races, BKL activities. If we are hosting a race we set aside part of the fee to help a skier or a group of skiers or a skiing cause. Coaches and clubs can make the extra effort and hold a ski swap, or do a skiathon, or write the article the local newspaper never seems to get around to writing to assist and publicize their programs. And when you and I hear of these events we can attend them or support them in any way open to us.

Maybe the most important thing is the easiest. We can give encouragement to all the athletes that pass by us on a race course. We can stay out on a course until the last of our teammates or all the athletes finish — in doing so we can acknowledge that the sacrifice and will it takes to complete a 5K or 10K or 20K race doesn't change significantly from place 1 to place 61.

Whether you are a skier, a coach of skiers, a parent of skiers, or an admirer of the strength, speed, and beauty of the sport, you have an important role to play in the support of cross-country skiers. Play it with a smile and an open heart.

NENSA COACHING AND TRAINING RESOURCE GUIDE

The NENSA Coaching and Training Resource Guide offers a wealth of materials useful to both athlete and coach. A sampling of the materials included are:

- NENSA Training Manual, Zach Caldwell
- Workout Resource List for Dryland and Snow Plyometrics
- Compendium of Games for Dryland and Snow
- Sample Workout Plans for Day, Week, Cycle

From the USOC and US Ski Team:

- "Lactate Threshold: Application to Training and Performance"
- "VOMax: Application to Training and Performance"
- "Athlete Development"
- "The Training Year: Macro Cycles"
- "Ski Imitation and Rollerskiing"
- "Teaching and Coaching of Small Children", PSIA
- "How to Teach Technique", Al Hershlag and Robin Ellison
- "When Men Coach Women", Fred Griffin
- "Dryland Ski-Striding", Peter Hendel
- "Strength Training for Nordic Athletes", Torbjorn Karlsen
- "A Philosophy of Homologation", John Caldwell
- "A Coaching Model", Fred Griffin
- "The Benefits of a Nordic Ski Club", Rob Bradlee
- Racing Psychology and Racing Strategies
- Goal-Setting
- Circuit-Training
- Technique Drills
- ...and much, much more!

NENSA Member Price: \$15.00 plus \$5.00 shipping and handling.

Others: \$20.00 plus \$5.00 shipping and handling.

To order, contact Fred Griffin at 802-849-2270.

NENSA NEEDS:

- working copier
- digital camera
- laptop computer
- vertical file cabinet

CAN YOU HELP WITH THESE ITEMS?

Contact the Administrative Office
at 802-849-2270.

CALENDAR

FALL EVENTS

Check the NENSA web site for the very latest on upcoming events!

November 14: NENSA Skating Technique and Waxing Clinic.
Presenters: Zach Caldwell, NENSA Program Director/USSA
Regional Coordinator, and John Sackett, former US Ski Team
member and US Masters Champion.

Time: 9 AM-noon

Place: Lyndon Outing Club, Lyndonville VT

Registration is at 8:30 AM, at the door. Cost is \$5.

For more information, contact:

Fred Griffin, NENSA Executive Director

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802-849-2270

nensagr@sover.net

or

Rick Eliot

PO Box 154

42 Skyline Dr

Lyndonville, VT 05851

802-626-5226

November 15: NENSA Day-Long Basics in Coaching Clinic.

AM Session: Waxing, Nutrition, Equipment

PM Session: Technical Delegate clinic

Place: Kimball Union Academy, Meriden NH

Registration: 8:30 AM, Fitch Auditorium (across from Miller
Student Center). Cost is \$20 for NENSA coaches, \$30 for others.

For more information contact Fred Griffin, 802-849-2270.

November 21-22: Berkshire Trails Bill Koch League Annual Ski
and Clothing Sale, Hickory Hill Ski Touring Center, Worthington,
MA. Skis, boots, poles, bindings, clothing, and miscellaneous
items for sale. Items taken on consignment. Contact Penny
Molyneux at 413-238-5547 for details.

November 27-29: Atomic Ski / Star Wax On-Snow Masters
Training Camp. Sugarloaf Outdoor Center, Carrabassett Valley,
ME. Three day training camp providing master racers with the
latest information on technique, training, and ski maintenance.
Two on snow sessions daily with video analysis and indoor
presentations.

Registration: \$180 before 11/1/98; \$200 after, includes daily
coaching, presentations and video analysis, and all meals.
Special camp lodging rates available. Phone: 207-237-6830, FAX:
207-237-6943, e-mail: <outdoor@somtel.com>; mail: RR1 Box
5000, Carrabassett Valley, ME 04947

November 27-29: CVA Training Camp, "Making the Transition to
Snow". With Dorcas Wonsavage. Utilize the most effective drills
and technique that will improve balance and feel on the snow.
Organize your racing season. Review of new equipment and ski
care techniques and products. Cost: \$165. To apply, phone Vici
Robinson at CVA 207-237-2250.

November 27-29: Gunstock Nordic Association Camp at
Sugarloaf. If you are looking for a serious practice and a jump-
start to the on-snow season, GNA is making a limited number
of spots available to non-members on a first come, first serve
basis. Total participants will be twenty skiers and a minimum of

two coaches, including GNA's head coach Alexei Sotkov who
will work extensively with each skier.

Location: Sugarloaf Inn, Sugarloaf Maine

Cost: \$200.00, includes meals, lodging, facility use and coaching.

Arrival: 10:00 AM Nov 27; Departure: 3:00 PM Nov 29

To enroll, send 50% deposit to GNA, P.O. Box 221, Laconia, NH
03246. Or call Membership Chairman, Fred Oxaal at 603-228-
1202

Masters Class at USSA 1999 National XC Ski Championships

This year there will be a Masters class (ages 30+) in each of the
races (from a 1K sprint to the 50K marathon) at the 1999 U.S.
National Championships held in Rumford, Maine, from January
16-24. Masters will be seeded in their own group in each race.
~~There will be a Masters Championship title and awards - racers~~
who enter the Masters class will not be eligible for senior
national championship titles and prizes. Masters racers must
be USSA members in order to enter. To join USSA, phone 435-
647-2666 or email: membership@ussa.org or see the US Ski
Team website: www.usskiteam.com.

A racer who does wish to race for cash or national medals, or
who wishes to be seeded with the elite racers can enter as a
senior and must hold a USSA competitors license.

Specific entry information can be obtained from the Chisholm
ski club at Box 616, Rumford, ME 04276 or by contacting Roger
Arsenault by phone: 207-364-3719 (w) or 207-364-3966 (h) or
email: ceacsuel@agate.net..

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NENSA

TRAINING

TRAINING TIPS: NOVEMBER AND DECEMBER

by Dorcas Wonsavage

Most skiers can be separated into one of two groups: those who train too much, and those who train too little! We've heard all the fact and fiction about the amount of time, intensity and methods for physical training for cross country skiing. Thus, despite the fact that November and December training requires a delicate balance of intensity and volume, I'm going to emphasize all that you should be doing that doesn't require sweat! Any recommendations for physical training, at every level, must be customized for each individual; this is not the time to stick to a cookie cutter training plan. Now is the time to listen to your body, or look in your child's eyes. As important as the time devoted to physical training in November and December, so is the time spent in introspection, planning and rest.

Motivation and Planning

For Bill Kocher parents these first months, pre-snow, are good for drumming up excitement and commitment in your Bill Koch club. Recruit your child's friends and neighbors into your club. The more the merrier! Do you have photos or videos from last year's BKL races? Bring them out in the evening, to encourage anticipation and excitement for snow, another season of ski games with friends, and trips to new touring centers for game days and festivals.

Rest and Visualization

Junior and High School skiers who have been participating in a fall sport will want to make sure to take a week or more off from organized sports. As difficult and contraindicated as this seems to be, until they are chomping at the bit, antsy, and absolutely annoying to have around the house in the afternoon, only then can you be certain they have recovered from their fall season, and are mentally and physically ready for the ski season. Thanksgiving ski camps are one exception. As long as these camps focus on long, slow, easy distance and technique, then the effect of camaraderie, technique, new information and motivation will be positive. This is also the one time I recommend that an athlete watch television: World Championship or Olympic race videos are a perfect way to begin visualizing and memorizing efficient technique, while resting the body.

Senior and Master skiers can also make the best use of visualization. If the day has been hectic and you have a difficult time falling asleep, think good thoughts. Visualize yourself skiing the perfect 5k relay leg at the Master's Eastern Championships at the Sugarloaf Outdoor Center. Visualize the entire morning routine leading up to the start of the NCAA 10k at Black Mountain. Picture yourself catching and passing your 30 minute man on the last hill leading into the finish at Senior Nationals. This may not help you relax enough to fall asleep! But it will help with pleasant dreams.

Rest and Recovery

The higher the training volume, the more methods of rest, recovery, and planning you need to incorporate into your training. A National Team cross country skier in the '80s, Bill Spencer kept track of the positive and negative effects of training and recovery with a plus and minus chart. The chart's horizontal axis represented each day of the month; the vertical axis went up to plus 20 units, and down to negative 20 units. For each hour of training, each 10 Ks of a race, time zone crossed, beer drunk, etc., he would subtract one unit. For each hour of nap time, each night of 8 hours sleep, hot tub, 30 minutes of stretching, massage, gallon of water, etc., he would add one unit. In this way,

he could objectively, quantitatively monitor the recovered state of his body. He could not deny the effect of travel and a poor diet, and he would be rewarded for time spent helping his body recover. What are you doing to keep from getting run down as you hit the snow and increase the intensity of your training? Find a way to be honest about how rested, recovered, and prepared your body is for the race season.

"It's not that we plan to fail, only that we failed to plan."

Come December, the days are short, the intensity high, and training volume low. Take this extra time inside to get out your calendar and the NENSA competition guide, and plan. What races do you want to attend? When do you want to peak? When will you take days off, travel, allow for time for the holidays? "Plan your work and work your plan," and you will be meters ahead of the competition, and more importantly, you'll set personal records.

Check your Equipment

Still twiddling your thumbs, wishing you could ski for another hour after those intervals? Go down in the basement and check your equipment. How is your wax kit? Do your ski bases need some attention? Probably! If you have new skis, they will need plenty of wax. Has your weight changed? Are the kick wax zones still good for your klister and hard wax skis? Did you finish last year's races, thinking you'd like to shorten your ski poles? Oh yeah! Now's the time.

If only there were a spot in the training log to write down mental training. If only there were bragging rights attached to the number of recovery activities we have done. If only having a worn pencil proved more than worn rollerski wheels that we had put time into our training plan. Successful skiing is as much a result of the time spent inside, as it is spent outside. Be successful skiers and ski-parents, and incorporate first one and then all of these rest, recovery and planning techniques into your lifestyle. Then prepare yourself for years of dusting all those trophies!

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RACE DAY!

WARMING UP FOR SUCCESS

by Dave McGraw, Holderness Nordic Club coach

Physiological Definition:

A warmup involves raising the body's temperature (muscle temperature) through a variety of either active or passive means.

ACTIVE WARMUPS accomplish the raising of muscle temperature through internal means. These involve active muscular work (usually in the form of aerobic work).

PASSIVE WARMUPS accomplish the raising of muscle temperature through external means such as saunas, whirlpools, heat packs, heaters, etc. Active warmups are far more effective than passive warmups in improving athletic performance. Simply feeling warm does NOT mean that one is properly warmed up. A proper warmup requires a substantially elevated internal muscle temperature. Breaking a sweat generally signifies that this temperature has been reached.

Purpose of Warmups:

- 1) To increase aerobic/muscular efficiency thereby leading to improved athletic performance.
- 2) To prevent or at least minimize injury.

Physiological Benefits

Most of the physical, chemical, and biological processes in the body are temperature dependent. All of the following processes and characteristics are temperature dependent. In other words, they improve with elevated muscle temperature:

- 1) Cellular Metabolic Processes... 13% increase for every degree rise in temperature
- 2) Oxygen Exchange from Blood to Muscle Tissue
- 3) Physical Work Capacity
- 4) Muscle Elasticity/Flexibility...With increasing elasticity comes increasing flexibility, which in turn leads to a greater range of movement and a greater efficiency of movement.

Psychological Benefits

Properly done warmups lead to good physical feelings which in turn lead to a number of psychological benefits including:

- 1) Calm, relaxed feelings
- 2) Greater self confidence
- 3) Positive self-talk
- 4) Greater concentration/stronger focus

LITE Your Fire!

Key elements of a thorough warmup: Length (L), Intensity (I), Timing (T), and Execution (E) are the four most important elements of a good pre-race warmup. "L.I.T.E." yourself for an optimum performance by carrying out an optimum warmup!

Length: Many athletes do not warm up long enough to get the muscles to their optimum working temperature. For teenage athletes, a pre-race warmup should be at least 15 minutes long, and more typically 30+ minutes long (not counting stretching).

Intensity: The warmup should see a smooth progression in intensities, from level 1 through level 4 or 5. Most junior athletes go too hard in

the early stages of their warm-up. At the same time, they typically do not go hard enough in the later stages of their warmup to elevate the muscle temperature to the optimum level. Some guidelines relating to intensity:

— Show restraint, especially in the first 5 minutes of your warmup! You should not feel like you're exerting yourself in the first part. Rather, ski at a pace where good, relaxed feelings dominate. Walk up the early hills if necessary and focus on your positive self-talk. You should be saying things such as "I feel so relaxed and comfortable;" "it feels great;" etc. Recite these positive thoughts to "pump yourself up" as the warmup progresses.

— Finally, make sure you ski a total of 3-5 minutes of race pace pickups in the last half of your warm-up.

Timing: Once the warmup ends, the body cools down rapidly, especially in winter conditions. Many athletes get caught hanging around in the start area and end up cooling down before their start. You can have the most perfect warmup as far as length, intensity, and execution is concerned, but if it is poorly timed, it'll most likely end up being a poor warmup. Try to finish your warmup with no more than five minutes to go. In colder conditions and as you become more experienced, you may aim to make this even closer. At the starting line, you should be toasty warm and still in a light sweat. If this is not the case, then you're not fully warmed up and you'll spend part of your race getting truly race ready. Remember... Timing is everything!

Execution: Many athletes allow themselves to get distracted during their warmup so that it tends to be a stop & go process. Try not to let anything/anyone interfere with your warmup. Get away from the start/finish area and out on the course so you can focus on YOUR skiing. If you like to do some stretching, the same thing applies... find a quiet area where you can avoid distractions. A warmup should be executed in a smooth, flowing, continuous manner to obtain the optimum physical and mental benefits.

Suggested Warmup Routine for Junior Skiers (J2-OJ)

- 1) a 5 minute "effortless" jog or ski
- 2) 10-20 minutes of stretching, preferably in a warm, quiet, indoor area
- 3) 15-30 minutes continuous skiing, consisting of:
 - a) 5-10 minutes of "effortless" L1 skiing
 - b) 10-15 minutes of "fartlek skiing"... continuous L1/L2 skiing interspersed with speed pickups ranging from L2+ to L4+ intensity, including:
 - 4-6 easy L3 pickups of 10-20 seconds each,
 - 2-4 race pace pickups ranging from 30-90 seconds each,
 - several 5-10 sec sprints followed by a relaxing few minutes of L1 "coasting";
 - straight into the starting gate!

AROUND NEW ENGLAND

VERMONT

Jane Banks (802) 899-4246. Email: banks@together.net

The first snowfall on Mt. Mansfield was a welcome sight to Vermont skiers of all ages, who have been actively gearing up for the '98-'99 ski season!

Several Master skiers are training with their sights on the Masters World Cup in Switzerland, as well as the Eastern and Master Championships which were so much fun last year at Sugarloaf! A large contingent have been meeting around the area for Sunday morning roller ski work-outs.

It's becoming more common each week to see hikers with poles on the trails and roller skiers on the smooth pavements as athletes from UVM, Middlebury and St. Michael's colleges get their conditioning for the upcoming season.

The Northwestern Vermont Bill Koch clubs have a large organizational committee well underway with the planning of the BKSL Festival to be held in Stowe in March. The Craftsbury Club has been enjoying weekly hikes, and the Mt. Mansfield Club has held their annual ski sale and is beginning their Sunday hikes.

At the recent Vermont High School Coaches Association meeting, the pros and cons of restricting the use of fluorocarbons for high school races was a hot topic.

Marc Gilbertson is making a bid for the US World Championship team at the US Nationals to be held in Rumford, Maine in January. The World Championship competition will be held in February in Ramseau, Austria. Marc won the hearts of Vermonters when he qualified for the US Olympic team and competed in the 50K in Nagano, Japan.

NEW HAMPSHIRE

The Northeast Nordic Ski Club has roller ski days followed by Ultimate Frisbee competitions scheduled for Sundays October 4th and 11th on the bike path in Franconia Notch. In November the club will be in full swing with two events every weekend:

11/1 Hike up Cannon Mountain.

11/7 Club members will travel to or meet at Lake Willoughby for CL technique day with poles on the many trails on Mt Hor.

11/8 Club Day. NENSA officially kicks off its season with a morning workout followed by a cookout. New club members will be taken in and the fall and winter program presented.

11/14 Club members will attend the NENSA Skating Technique clinic at the Lyndon Outing Club. NENSA program Director Zach Caldwell will join the club for a roller-ski following the clinic.

11/15 Trail run and fun and games at the Bretton Woods Sports Center.

11/27 - 29 Thanksgiving Camp in Fairfax, VT.

Nansen Ski Club of Berlin, NH is the latest club to join NENSA and signals the return of nordic skiing to northern NH in a big way. Much of the credit goes to Doug Huntley, a NENSA coach, high school coach, and competitor who has worked tirelessly the last few years to re-awaken public interest in nordic skiing in the Berlin area. The Nansen club is the oldest ski club in the United States. When the club's 80 meter ski jump was closed in the 1980's the club largely disappeared from public view. Re-energized in 1997-98, the Nansen club is currently upgrading select trails for skating and adding new backcountry trails. The Nansen club also assists

the Berlin High School x-c ski team, coached by Huntley. Last year Berlin High fielded a nordic team for the first time in 19 years. This year Nansen Ski club has put in a bid to host a NENSA race. Keep your eye out for the Nansen race when you get your Comp Guide. When you head north to ski at Nansen you'll be skiing part of nordic history!

Gunstock Nordic Association coach Alexei Sotskov headed over to Austria this summer with some junior skiers for a glacier skiing training camp. This sounds like a terrific trip, combining excellent skiing with some sightseeing and European culture (see "The Summer of Training" by David Henry on page 1).

MASSACHUSETTS

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Berkshire Outfitters Roller Ski/Blade race was held up Mt. Greylock in North Adams on October 17th. A total of 29 racers conquered the 7 1/2 mile course up MA's highest peak. The weather was perfect for racers and spectators alike.

Jason Lemieux of Worthington who skis for Williams College was the first roller skier up the mountain in a time of 44:47. Williams College had the first woman, as well, Charley Abernathy. She put in an impressive time of 57:16 and was 13th overall.

Angus McCusker of Shelburne Falls has been appointed to the USA World Deaf Nordic Team. He is a junior at Mohawk Regional High School. Along with skiing in the Berkshire League for Mohawk, Angus plans to ski the JOQ circuit this fall.

Planning is underway for Bill Koch Clubs all over MA. District chairs from the two MA districts will be visiting the Trapp Family Ski Touring Center, November 1st in anticipation of the 1999 Festival. If you haven't heard from your local club, expect to hear from your club leader within a few weeks.

Bob Fitzpatrick of Northboro reports that his Cambridge Sports Union junior team is growing. He is expecting 20 or more junior skiers to be regular members of his team this winter.

The MA Coaches Association met at Glendale Glide in Southampton on November 1. Materials will be disseminated to high school coaches about the J2 and Eastern High School teams. Plans have not been finalized for the qualifying race but we will make sure to include the dates and venues in upcoming NENNS.

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EXERCISE INDUCED BRONCHOSPASM

by Nancy Crocker, MD

At the August NENSA coaches' clinic, EIB was reported by Dr. Ken Rundell (Lake Placid Olympic Training Center's physiologist) to occur in 30% of nordic racers. Bronchospasm is a constriction of the airway muscles. It is occasionally accompanied by inflammation of the airways. This effect can be triggered by various irritants or by allergies. In cross country skiers cold, dry air and heavy exertion frequently trigger EIB. The symptoms can include noisy breathing (stridor), wheezing, painful sensation in the upper airways (dyspnea) and shortness of breath (tachypnea). Onset of these symptoms often causes anxiety, and sometimes panic, especially in children and teens. After an episode of EIB, some will also exhibit a late reaction at night (coughing, heavy sensation in the chest and shortness of breath).

Anyone who works out hard on the first really cold day of the season is likely to exhibit some symptoms of EIB. It is a common reaction, and not necessarily a symptom of a chronic problem or underlying asthma. Athletes with continuing symptoms of EIB, however, should see a doctor. The doctor will need to know whether episodes have occurred due to other causes such as cigarette smoke, pets, dust, viral illnesses, or the like. A follow up appointment in two to four weeks is necessary in order to assess improvement. An athlete needs to explain to their doctor their degree of sports involvement so the treatment can be personalized. Treatment will probably involve prescription of medicines used for asthma. If the treatment is not working then underlying chronic asthma must be checked for through complete pulmonary tests or by doing daily peak flow measurements.

The first line of medical treatment is usually "beta-agonists" such as albuterol (Ventolin) or salmeterol (Serovent), which is longer lasting. A beta-agonist relaxes the smooth muscles around the airways and stops spasms. It is used 1/2 hour prior to exercise. Secondly, an anti-inflammatory that stops the initial response may be added. This group includes cromolyn (Intal) and nedocromil (Tilade). These are also used 1/2 hour prior to exercise if not more regularly. Thirdly, an anti-inflammatory that stops the initial and late response to a triggering agent, may be used daily. This group includes inhaled steroids (Vanceril, Beclovent, Aerobid, Flovent etc.).

All medicines should be taken as prescribed. Coaches should have instructions about the use of medicines signed by the doctor and parent. Spacers improve the delivery of inhaled medicines to the lungs instead of the mouth, and I strongly recommend their use. Environmental controls help too, such as easing into cold weather by using a face scarf. Proper warm up exercise helps. Also many athletes report a decrease in EIB as they get into better shape.

Usually, EIB is easily controlled. EIB should not stop one from enjoying the snowy trails or from skiing fast! If you have questions contact National Allergy & Asthma Network 1-800-878-4403, or you may e-mail me at xcskiing@aol.com.

Nancy Crocker is a Poughkeepsie, NY pediatrician whose whole family competes in NENSA races nearly every weekend.

RACING OPPORTUNITIES IN 1999

U.S. National XC Championships in Rumford, Maine, Jan.16-24: Eastern skiers (juniors through masters) here's your chance to participate with the best racers in the country! This is also the tryouts for the U.S. team to the World Junior Championships (5 males, 5 females up to age 20) in Saalfelden, Austria, Feb.3-7. To enter the Nationals, racers need to be USSA members. For more info, see the U.S. Ski Team web site: www.usskiteam.com

Europa Cup trip for J1 racers - Scandinavia racing trip will leave Jan. 24 from Boston (directly from Rumford, ME). J1 athletes who place in the top ten overall on the U.S. World Junior selection list will be eligible, along with others at coaches' discretion. (Eastern Juniors, contact Regional Coordinator Zach Caldwell for more info.)

1999 World Nordic Ski Championships: Ramsau, Austria Feb.18-28. Selection criteria for the U.S. team can be found on www.usskiteam.com

NENSA Spring Series:

- March 20-21: St. Patty's Festival, Black Mountain, Rumford, Maine.
- March 25: Rangeley Trails, Rangeley, Maine "You're in Shape, So Why Not?"
- March 27-28: NENSA Eastern Championships at Sugarloaf, Maine.

This Spring Series is the grand finale of a great ski season, hopefully with some guest racers from abroad! Check the NENSA '98-99 Competition Guide for more information.

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NORDIC NEWS

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