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A LEGEND IN SKIING: GRAHAM TAYLOR

Reprinted from the Berkshire Eagle, Pittsfield, Mass, February 2000, by permission of the author, George Roberson

The Lincoln-Sudbury High School cross-country ski team didn't figure in the scoring at this year's Massachusetts State Cross Country Ski Championships, but its coach, Graham Taylor, certainly deserves a lifetime achievement award for his major contributions to the sport of skiing. He has been involved in the sport since 1936.

To see Taylor in action is to see a feisty pit bull with the heart of a teddy bear. Judging by his unflinching enthusiasm, determination and commitment to his team and the sport, he won't be giving it up any time soon. Taylor's legacy will live on for many years.

If it weren't for Taylor, there might not today even be a state championship. Taylor, known for his dogged persistence, was instrumental in the establishment of the meet. Back when I graduated from Lenox Memorial in 1982, the highest achievement for county skiers was the Berkshire County Championship. But Taylor, along with help from Lenox Athletic Director Lou Bertocci and several others from the eastern part of the state, changed all that when they got the State Championships started back in 1983.

That first year, the meet only had invitational status, but then the following year, it became the official first Massachusetts State Cross Country Ski Championships. According to Taylor, "It just wasn't fair that there was a state alpine meet, but no cross country meet." Also that year, the Eastern High School Championships were established, which brought together all the top junior skiers from each Northeast state for an end-of-the season competition.

Taylor has played a central role in this event as Massachusetts team leader for the 40-member squad since the event's inception. The Massachusetts boys won in 1989, 1998 and 1999. Both events are now among the most important race dates on the skiing calendar.

Taylor's current involvement in skiing started with the Bill Koch Ski Club in Sudbury, MA in 1972, where he served as director and head coach until 1985. In 1982, he started coaching the Lincoln-Sudbury alpine and cross country ski teams, a post he still holds. During this period, his Lincoln Sudbury teams have brought home state championship hardware many times. The girls' alpine team won four consecutive state titles from 1985 to 1988; boys alpine won in 1990; and, in perhaps the sweetest victory of all, his girls' cross country team won in 1991, defeating the perennial powerhouses Lenox (where I was coaching at the time) and Hiram Greene's Mount Greylock Regional.

But Taylor's success and contribution as a high school ski coach only cap a long and important career in skiing. He has helped to build skiing from its infancy in both cross country and alpine skiing. Plus, Taylor's involvement is not confined to coaching; his 60-plus years in skiing have included significant contributions as an athlete and administrator as well. These efforts have been

significant at the local, regional, national and international levels.

Taylor began his skiing career in 1936, at the age of 12. A resident of New York City at the time, he received a series of ski lessons at Wanamaker's Department Store. "I showed up for my first lesson and it was inside on a two-story high ramp covered with powdered borax. I learned the stem-christy there," Taylor said. "The next year, my parents sent me to the Putney School in Vermont and I skied well enough to make the team."

Later, Taylor transferred to Phillips Exeter Academy in New Hampshire, where he lettered in both varsity skiing and baseball. In those days, skiing was a three-event sport: slalom, jumping and cross country, all performed on relatively primitive skis (that today still line the rafters of many barns around New England!) After graduating from Exeter in 1943, he enlisted in the military for the balance of World War II. Upon return from the war, he enrolled in Harvard, where he continued his ski career.

His race results in the late 40's were arguably the best National results ever posted by a Harvard skier: a 7th in the downhill and 10th in cross country at the Christmas 1948 Aspen Intercollegiate Ski Meet, then the equivalent to the National Championships. Taylor stayed on as Harvard ski

TAYLOR, continued on pages 8 and 9

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To request a NENSA membership application, contact the NENSA Administrative Office. For fastest processing, send your membership fee in with your request for the membership form — as of 4/25/99, it's \$30 for the first member of the family (\$40 if not affiliated with a club), and \$20 for each additional family member (\$30 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.

For information about life membership in NENSA, contact the Administrative Office.

DEADLINES

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

Midwinter (January) issue: November 15

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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.

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

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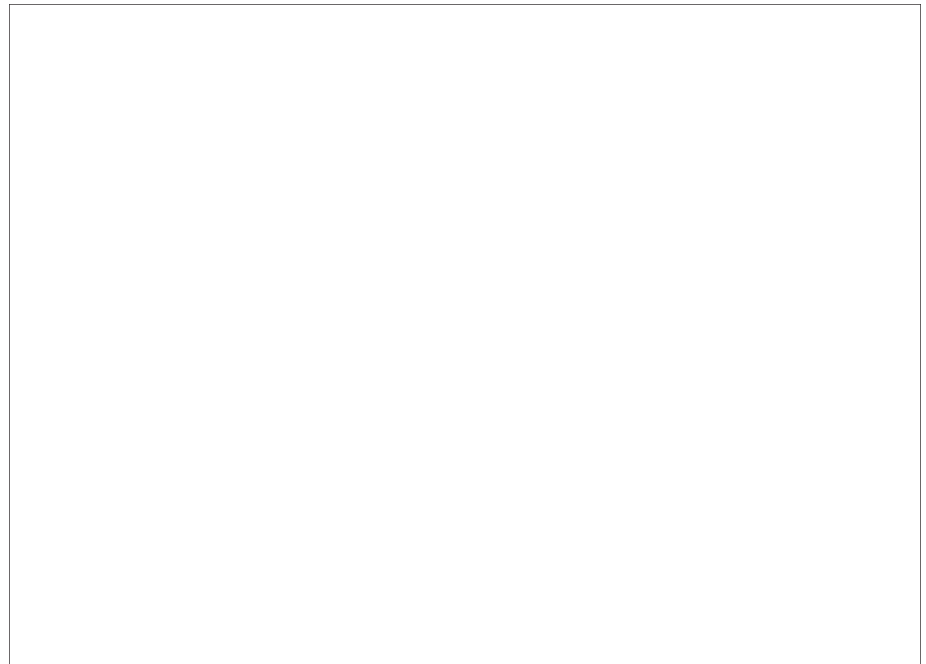
FROM THE EDITORS

It was a busy summer for New England cross country skiers and coaches! This issue features a number of reports and photos from summer camps and clinics — among them "The Swedish Friendship Tour" of coach Ola Ravald and his junior athletes, with stops for clinics in Maine, Vermont, and Lake Placid, New York.

We also have articles in this issue looking ahead to the upcoming ski season. Be sure to read the two different training approaches, one from Dorcas Wonsavage, former Olympic racer, and the other from Bill Holland, who is questing for excellence at — well, another level. On the Masters Page you can read about the opportunity to quest for excellence, or just have fun, at the AXCS Masters Nationals at Sugarloaf, Maine, this coming February. Also in this issue you can read about two great places for cross country skiing this winter that you might not have known about: Rangeley, Maine and Sleepy Hollow, Vermont.

Finally we would like to commend and thank George Roberson for his excellent and most informative article on coach Graham Taylor, who began his skiing career in 1936 on powdered borax in a department store in New York City (you'd better read the article!), went on to coach the Harvard cross country team to a national win over Middlebury and the University of Denver, served as Olympic race secretary for both cross country and nordic combined at Squaw Valley in 1960, and continues to coach the Lincoln-Sudbury High School cross country ski teams today. Many more happy trails to you, Graham!

Anne Donaghy
Mary Hamel, Co-editors



GNA June camp: Grayson Smith (L) and Cole Caswell rollerskiing at Jericho. (Alexei Sotskov photo)

AUTO EUROPE JOINS NENSA SPONSOR TEAM

We are proud to welcome Auto Europe to our skiing community as the Official Travel Service of NENSA. As part of their Destination Europe program, Auto Europe will be offering comprehensive travel packages especially for NENSA members in 2001 which include air, hotel, and transportation options. Look for these programs on the Website and in NENN.

In 2000-2001 Auto Europe will be an Associate Sponsor of both the Eastern Cup and Championship Event Series. To find out more about the many services you can access from Auto Europe, either click on their logo on NENSA's web site or call 1-800-223-5555.

BILL KOCH YOUTH SKI LEAGUE

TAKE A HIKE!

It's hard to believe, but summer is almost over. The cool fall days remind us that winter is just around the corner. One of the best ways to get ready for those long winter skis is to head into the hills for a hike! Multiply your fun by asking your family and friends to join you. Don't forget to bring plenty of liquids and a snack or two.

NENN found two Bill Koch families who recommended hikes in their areas.

Hunger Mountain, just north of Montpelier, VT

John Lazenby and his wife, Carol Vassar, have been climbing the mountain with their children Jim, 10 and Ruth, 12 since the kids were about five. John says, "It's our local, neighborhood mountain. A neat additional thing to do is to hike up White Rock Mountain in the evening, sleep out on the flat, rocky area below the summit, then climb Hunger in the morning and head down."

When hiked from the Middlesex side (east), it's about 4 miles to the summit of Hunger Mountain, a 2-3 hour hike up and a bit less for the return. The hike gets steeper toward the summit and requires some scrambling over rocks near the top. The reward is a 360-degree view from a bare summit. You can see Mount Mansfield, Camel's Hump, Waterbury Reservoir and mountains all over northern Vermont. On a clear day you can see New Hampshire's White Mountains, too.

Vertical rise from the parking lot on the Middlesex side is about 2,000 feet, and the climb is steep enough to get anyone's heart pumping. Hunger can also be hiked from the Waterbury Center-Stowe side (west), so groups could start from both sides, swap car keys at the top and never have to traverse the same ground. If you want a longer hike, take the spur trail to White Rock Mountain, which is connected by another trail to the summit of Hunger.

Directions to the trailhead on the Middlesex side: Take the Montpelier exit off Interstate 89. Head north on Route 12 (Main Street to Elm Street) from downtown Montpelier past Wrightsville Dam (3.9 mi.), and turn left on Shady Rill Road (5.2 mi.). Follow Shady Rill uphill to a four corners intersection (7.3 mi.), where you turn right on Story Road. Bear left at Chase Road (7.8 mi.) then left on North Bear Swamp Road (8 mi.). The road bears left and becomes smaller (9.5 mi.) and you reach the trailhead parking lot on the right side (9.9 mi.). For more information on this and other Vermont day hikes, check out the Green Mountain Club's Day Hiker's Guide to Vermont, try the club's Web site: www.greenmountainclub.org, or call the GMC at (802) 244-7037.

Windsor Jambs to Notchview, Windsor, MA

The Barger-Birrell family suggests the Windsor Jambs to Notchview trail (site of the 2001 Bill Koch Festival) in Western Massachusetts (6 miles one way). Dave, Heather and Maggie (12) have enjoyed this hike many times. Dave says, "This hike is a fun 'point to point' hike, best if a second car is planted at Notchview, but it can be done as a long round trip for older Kochers." The one way trip is appropriate for most Koch kids J5 on up. Lollipopppers may find it a bit long and would need help at some stream crossings.

Take the trail from the parking lot that follows the Windsor Jambs Brook along the top of the Jambs all the way to the bottom of the gorge. This is a really steep and beautiful section with safety fences so that even young Kochers can peer over the edge of the cliffs. At the bottom there is a narrow trail to the right marked with blazes and blue plastic acorns. Follow the signs toward the campground and you will find a short steep climb and then pine woods. The trail then crosses a road where the trail head on the other side is a few

feet to the left so don't miss it. The next section of trail descends into some cool deep green mossy bogs. When you come to the campground, cross River Road and look for the Steep Bank Brook trail behind the headquarters. The trail starts climbing steeply then forks. Take the right fork down into the ravine to the brook. There are multiple crossings of this same brook as the trail follows the steep sided ravine steadily up the eastern side of a high ridge. If there has been lots of rain expect some wet feet and slippery rocks! If you want to explore some steep and rocky ledges, scramble up the right (North) side of the ravine where some cliff faces hang high over the trail in the hardwoods.

There is one fork near the top of the ravine. Bear right on Steep Bank Brook Trail. (Left will take you back to the fork mentioned earlier via a trail high on the south side of the ravine). Follow Steep Bank Brook Trail through rolling open mixed woods to Bates Road. Turn right on Bates Road and after a 100 yards or so turn left on Judges Hill Trail. You are now on the Notchview hiking and ski trail system. Follow Judges Hill trail over the top past an old stone foundation. This foundation is the highest point in the ski area and in the town of Windsor at about 2300 feet. Continue on Judges Hill trail, cross Shaw Road and you will come to the intersection of Circuit Trail where you will find a trail map on a signpost. Following Circuit trail in either direction will go to the Notchview visitor center or you can use the map to find alternate trails to the visitor center or back to Steep Bank Brook trail if you are planning a round trip back to Windsor Jambs. Be sure to drop a donation in the box at Notchview for use of the trails! If there is anyone around at the visitor center you might want to ask about the courses for the Bill Koch Festival and go check them out! Have fun!

Directions: Start:

Take Rt. 9 West from Northampton. Pass the town of Goshen. 4 miles after passing the Creamery in Cummington (with the cow on the roof) turn right on W. Main street in West Cummington. Cross a bridge over the Westfield River. Take first right on River Rd. At the Windsor State Forest Campground (approx. 2 miles), go right on Lower Road (dirt). Go straight through first 4 way intersection. Turn right at second 4 way intersection. About 200 yards on the right is Windsor Jambs parking lot.

Finish:

Park at the Notchview Reservation. (The Venue for the 2001 Bill Koch Festival). Again traveling West on Rt. 9 From Northampton, Notchview is about 9 miles past the Creamery on the right. It is also one mile east of the intersection of Routes 8A and 9 at Windsor center.

Coaches and Parents: Call the Administrative Office for your copy of the New England Bill Koch League Manual!

GURU SELF-INTERVIEW

THE ESSENTIAL WORKOUT

by Bill Holland, Cambridge Sports Union

NENN: You've discussed in previous issues various facets of your racing philosophy: the race to the race, the proper attitude toward competition, etc.

Holland: And the response so far has been quite gratifying. People tell me of such things as deliberately leaving races before the results get handed out to preserve that subjective assessment of having had a great race. Others tell of purposely doing too many laps to avoid those demoralizing comparisons.

NENN: Exactly. Not surprisingly, there's been a groundswell of curiosity regarding your approach to training. As we enter the most intensive period for dry-land training, we thought the time was ripe for you to share your thoughts on this subject.

Holland: Yes. My attitude toward training grows out of a spiritual contract I made with myself shortly after graduating from Middlebury College.

NENN: A spiritual contract?

Holland: I'll explain. Late one night after an especially disappointing race, I wrote these words on a 3x5 index card and taped them over my desk: "I vow not to leave this planet until I have developed my athletic capacity regardless of age to its absolute maximum. This is my legacy to mankind."

NENN: Hmm. Has that intense, quasi-mystical ring — like something Bill Koch might have written.

Holland: Yes, but unlike Bill Koch, I declared that goal without a single race result that might justify the immense devotion of time and energy that has ensued.

NENN: That took a lot of faith, didn't it?

Holland: Not so much faith as the reckless audacity of youth. What's taken faith is sticking to that life-purpose through decades of crushing defeat interspersed with successes so infrequent they could be counted on the fingers of one maimed hand.

NENN: We're veering into familiar territory here. How does this all relate to your approach to training?

Holland: Quite directly. Once you've firmly established your overall goal — in my case, to develop to the fullest my athletic potential — then make sure that each day's workout is the

essential workout.

NENN: Essential in what sense?

Holland: In the sense that each workout must have a sort of desperate urgency to it. You must undertake it convinced that the specific demands of each session — poles-only roller-skiing, hill-bounding intervals, distance workouts, roller-boarding, pace workouts — are the indispensable building blocks in the monument of your athletic self actualization. But simply doing the workouts isn't enough. It's all in the timing. To avoid burnout and insure momentum toward Total Fitness, each workout must be performed according to your body's unique rhythms of recovery and rebuilding.

NENN: Whoa! Training for you, then, is like following a super-rigid diet.

Holland: No, there's no self-discipline involved, only a yielding to compulsion. The process becomes entirely second nature after a while. You develop an intuitive certainty of what must be done and when in order to protect fitness gains and keep raising the bar until the Grail of Total X-C Fitness is reached. The culmination of the process is reached when the workout you most need to do is precisely the workout you most want to do — and are willing to do, whatever the hardship or inconvenience.

NENN: Great! But what about the need to juggle other commitments, to family, work, etc.? Don't those occasionally take precedence?

Holland: Only if you allow them to. My advice to every fellow-enthusiast is this: Don't let the world dictate your fitness level. I've done roller-ski hill intervals at 4 a.m., three-hour distance workouts from midnight till 3 a.m. at the local x-c ski area...

NENN: Surely there's a price to be paid for that level of commitment!

Holland: Of course. I've literally been fired for falling asleep at work — twice, in fact. But no greatness was ever achieved without sacrifice. Just think of Van Gogh or Blake or Joyce or any other artist who labored without recognition or reward. They never sold out to the demands of workaday "normality."

NENN: But these were men of undisputed genius. What if one's gift, as in your case, appears rather modest?

Holland: Genetic endowment, however sub-standard, must never stand in the way of following one's bliss. For an athlete to forego the essential workout is to commit self-betrayal in the most fundamental way. And I say with Shakespeare: "To thine own self be true."

NENN: Thank you. You make it all sound very noble.

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NENN's strict editorial policies allow only gurus to interview themselves for publication. Bill Holland, spiritual leader to New England's x-c skiers, has truly been to the mountaintop. He says it was foggy up there.

COACHING

WE CAN DO MORE

by Fred Griffin, NENSA's Executive Director

Although it frequently feels that way, my entire life is not spent in front of the computer and beside the phone in the NENSA Administrative Office. I am able to blend vocation and avocation year-round as a co-coach, with Jeff Hixon, of the NorthEast Nordic Ski Club. We work with a growing number of masters and fitness skiers but much of our attention is given to the racing core — eight dedicated juniors, all focused on doing well competitively. Their hard work, passion for the sport, and willingness to be coached has paid off. Each made significant gains against the New England field last year and all, save one, achieved seasonal goals.

As a matter of fact, at the end of last winter I felt pretty good about the job I was doing with them, and I'm sure Jeff did as well. After all, we help these athletes year-round, work with them on their goals, their off-season training plans, organize twice monthly outings in warm weather, help them augment their fall sport with specific supplemental training, and begin a rigorous dryland program in the first week in November. We're both involved with coaches education as well, and work hard to keep up on changes in the sport and to improve our skills. We must be good coaches, right?

I don't think so. In fact I know so. Three things happened in the past two weeks that opened my eyes. They made me forget the inventory of what we are doing and worry instead about what we've let lapse.

First, I saw the Swedes who toured New England on rollerskis. Anna-Karin and Anders were more comfortable on rollers than I am in bare feet. Ola's coaching was wonderful, the assistance given by AK and Anders was excellent, but watching those 19 year old Swedish juniors ski so fluidly at ease on rollerskis was a revelation. They grew up using them, right? Not at all — both were 14 before they began rollerskiing, but since then, well, it was obvious that since then they've spent many, many hours doing many innovative things on them.

That same week, Kelsey Allen came back from Stratton Mountain School's camp and I received a phone call from Zach Caldwell. Since he is our Program Director, this is daily fare, but he didn't want to talk about NENSA, he wanted to talk about Kelsey. She had been unable to keep up with the group on roller double-poling sessions. How could a skier who was so fast on snow be so weak in the upper body? Where was her double poling strength? Hadn't I been working with her on it? Well, we had, but Kelsey didn't have good rollerskis and we were trying to get her stronger doing other things...

Then last week I had a talk with Dorcas Wonsavage, NENSA's media coordinator — also a three-time US Olympian, a coach locally in the Farmington, ME area, and co-author of the BKL Manual. I asked her advice about what should be included in the Coaches Training and Resource Guide I've been laboring on for the last month.

"What you have is good," Dorcas said, "but you have nothing in there about how many hours a national-level elite junior trains

in this country, or how many hours elite juniors train abroad. We need to let our kids see this. They need to know how long and how hard skiers train all the way up to the World Cup and the Olympic podium. Every skier from BKL age onward needs to have the skills and the knowledge to pursue skiing to the next level up from wherever they are. And the next and the next and the next. It's wrong to hold back information."

Every word Dorcas spoke struck me like a stone. I have been too worried about pressuring our kids, about making them goal-obsessed. Yet the simple fact is that our athletes — all of our athletes — have a right to know what it takes to succeed at every rung on the ladder above them. We as coaches have the responsibility to provide them that information unasked — not because every athlete we coach is going to have Olympic aspirations but because we have no way of knowing who is and who will down the road. If we don't map out where the sport can lead and how much it requires to get there, then we are letting our athletes down. We just aren't doing our jobs.

I know now what Jeff and I have to do. Our athletes are confirmed goal-setters who want to kick everything up a notch or more this winter. We need to make it very, very clear to them what other athletes do who have succeeded in getting where they now want to go. How these people eat, how hard they train, how long they train, the part mental skills and support system training play in their success. Our kids need to know point blank that spending hours and hours roller-skiing is vitally important, but just as surely that they can't just grind out the kilometers. They have to work on quickness, agility, and speed on rollerskis on a regular basis.

We have to address each skier's individual weaknesses, be it mental discipline or upper body strength, and tell him/her the truth. "Skiers who make it at the level you aspire to keep training logs and compare annual totals. Skiers who are strong double-polers put in the time on the rollerboard and on roller skis. There are no other alternatives if you choose to make success at this level your goal."

As coaches all of us have the obligation to show our athletes a very clear set of "markers" that reflects what their peers nationally and internationally are doing. If it is the goal of our athlete to make top ten in their state meet, then they can see how their own training measures up — or if they want to be a member of the New England Junior Olympic Squad or a High School All-American, or a World Junior medalist, or a US Ski Team athlete, or an Olympic medalist, they can see what it takes to get there.

As coaches, we can do more than we're doing. We **MUST** do more.

PLACES

SKI THE SECRET

At the end of Maine Route 4, in the fresh Western Mountains lies the best kept secret in cross-country skiing. Rangeley's 170 plus inches of snow and undulating terrain give this pristine lakeside village all the natural ingredients. Add 75 kilometers of contiguous twenty-foot wide loops, state of the art grooming equipment, a hundred eager volunteers, low season pass rates, and you've got the makings for a great cross-country experience. Too bad nobody knows about it.

But that's changing. Last season's J2 Carnival convinced many of Rangeley's potential. This season our army of volunteers anticipates the challenge of hosting a December Eastern Cup event and a March NENSA Marathon Series event. Also, we are planning a December weekend Masters' Camp, a December 30th clinic opened to all levels, and two other race events. Plenty of opportunity for both the racing and the recreational crowd to get to know our trails.

Isn't it risky to plan three events in December, you say? Most years we have had enough snowfall to ski by Thanksgiving. This year we will debut the town of Rangeley's artificial snowmaking with a 2k early season loop. Seven high capacity guns use the cleansed effluent from the town's treatment plant to make snow as soon as it is cold enough. While still one step from drinking water pure, tested samples have revealed no harmful bacteria. Let me digress here in an attempt to forestall your emails containing "poop loop" jokes. Here are our answers to the ones we've heard:

No, we will not restrict the loop to rich people and call it where the affluent meet the effluent.

No, Rex Brown is not the only klistler that works.

No, the snow is not self-klistering.

No, we do not refer to the flat terrain as flush.

No, we don't believe it will give new meaning to the term scrapping your skis.

Kidding aside, Rangeley feels very fortunate to have these wonderful trails. Currently we are renting a cozy and warm lodge, where food, beverage, rentals, and ski paraphernalia are available. We still need our own building and it is the intent of The Rangeley Lakes Cross Country Ski Club to begin a capital fund raising drive this fall to achieve that and other long term objectives. Skier development is another of our objectives. Will Sweetser has initiated a project to professionally coach and develop serious elite and masters competitors. We will offer lessons at our lodge for all level skiers.

So consider joining us this winter. If you would like more information about our system, passes, lodging or programs, don't hesitate to contact Jeff Foltz at 207-864-2122 or jfoltz@rangeley.org.

THE ENMANS AND SLEEPY HOLLOW

by Eric Goldwarg

The Enman Family of Huntington, Vermont has long had a dream — to run their own nordic center. This year, their dream will come true with the opening of Sleepy Hollow, a seven-bedroom inn with 40 km of trails for mountain biking and skiing, on the site of the long-defunct Sherman Hollow touring center. The Enmans have always been involved in skiing: parents Dave and Sandy taught their two kids, Molly and Eli, to ski before they can remember. Standouts in Bill Koch League and high school, both kids went on to become All-Americans at Middlebury. Molly now coaches running at her alma mater, while Eli is the General Manager of Sleepy Hollow, working hard at this difficult, three-tiered business. It's a true family effort — Dave is a builder who spent almost a year renovating the lodge into a beautiful bed & breakfast, and Sandy is an accountant, who, when not working to pay all the bills, will pick up a hammer or shovel to work on whatever needs doing. They are joined by Eric Goldwarg, Eli's college teammate, who handles advertising and public relations.

Their ski trails have been mowed, ditched, drained, and seeded to perfection. They have cut more than 3 miles of singletrack for mountain biking, with more added nearly every week. Plans are in the works to install a 2km lit loop for night skiing, and they are applying for Vermont Act 250 permits to build a snowmaking system that would cover about 1.5 km of trail. If all goes according to plan, they will be open for mountain biking and for guests in the inn by the time you read this. Hopefully, snowmaking will be in place by late fall, ensuring that local skiers will be training on snow by early December.

Sleepy Hollow's trail network is outstanding for serious skiers and racers. Located in the steep foothills of the Green Mountains, they have everything from gently rolling trails through gladed meadows to wicked climbs and some reportedly hairy descents. Their hilltop warming hut has a broad deck overlooking Camel's Hump, and serves snacks and hot drinks. Its elevation of nearly 1400 feet should provide good snow cover.

Starting a nordic center is a very difficult task, with little room for profit, as the Enmans have discovered. However, seeing a parking lot full of cars, a lodge full of families eager to learn to ski, and racers on the starting line will be reward enough. They say they want New England's nordic racers to be part of, and feel at home at, Sleepy Hollow. Their background is racing, and they want to become a premier venue for nordic events. The first annual Ichabod's Revenge Classic, for all categories of skiers, will be held on Feb. 4, 2001. Check out www.skisleepyhollow.com for more information.

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TRAINING

THOUGHTS ON TRAINING

by Zach Caldwell, NENSA Program Director

In early July Ola Raval, the Swedish Junior National Team coach, and two Swedish junior racers visited New England. The Swedes made stops in Maine, Vermont, and Massachusetts, and worked with quite a number of skiers and coaches along the way. I know that everybody who came into contact with our visitors gained something valuable, even if it was as simple as a fun training session. I was fortunate enough to spend a lot of time with the Swedes, and I certainly learned a great deal.

The US has had a tough couple of decades in international skiing. When NENSA was established some of the folks saw it as an opportunity to establish development programs the same way any small country would. For all the opportunity, it's hard to find success in isolation. As NENSA committees have tried to address the needs of developing skiers, we've often identified unnegotiable hurdles in our path toward international success:

- We simply don't have an active outdoor culture.
- There aren't enough people involved in the sport.
- All the top racers are blood-doping; what hope have we got?

It is easy to despair when you don't see the problems that other nations face in developing top-level ski racers. In talking with Ola I was surprised and encouraged to learn that even a traditional ski power like Sweden faces the same problems. Ola is concerned that Swedish culture does not promote the outdoor lifestyle that is conducive to success in ski racing. He worries about the number of people involved in skiing, and competition with other sports for the top athletes. The Swedes look around at other nations, and speculate on who's doping, and who's clean.

I was also encouraged by Ola's opinion of our possibilities. While they were somewhat disappointed with our lack of swamp-land (seriously!) the Swedes had great training experiences while they were here. Ola said to me several times, "Well, you can't blame poor training conditions!" After a day-long program with the Putney BKL crew and some visiting youngsters, he was very impressed with the athleticism and enthusiasm of the kids. And just as encouraging to me, Ola saw real international promise in some of the top juniors that he came into contact with during his trip over here.

I believe that much of what Ola saw over here surpassed his expectations. I think he expected to encounter a bunch of enthusiastic but ignorant folks, and that's not what we've got. However, he was completely baffled by the lack of continuity in our development programs. How could we have such promising kids even older juniors

and have no results to show for it? How can we let our top juniors fall through the cracks at the time when they need to be focusing on more training, harder training, and dedication to the sport? I couldn't answer those questions for him.

When he left, I told Ola that I'd like to keep in touch with him about training and development. I told him I'd start e-mailing some questions. Here's my first question, and his reply:

Q: How much hard intensity training do you recommend for junior and senior skiers at different times of year?

A: May: once a week with something that's got some speed; soccer, running, ultimate or whatever.

June: At the end of June I think it's good to have between 1-3 hard sessions every week until November depending on how much you're training. Less hours means two threshold sessions and perhaps a max VO2 session. Another week which is middle/low could consist of one threshold and one max VO2 and so on. My opinion is that you must have at least one hard session every week, mostly two. In the fall I think it's good to have three some weeks. To develop max VO2 and the threshold you need to be in that zone when you're training. To have progression you do your effective time longer. Beginning of the summer means 20-25 minutes in threshold and 10-15 minutes in max VO2. Then you increase the time so in late fall the time is around 40 minutes for the oldest boys and girls. Max VO2 is around 20-30 minutes and these sessions are very hard! After that session they are exhausted, very tired. It's very important to warm up and warm down after these sessions of course! Put these sessions in your planning log first! Then the OD sessions you'll do that week.

New Training Chart Available

Fred and Zach have completed "Goals, Training, Success," a chart which provides markers for success up the development ladder. It is part of the completely new NENSA Coaches Training and Resource Guide, available at the NENSA Administrative Office.

TAYLOR, continued from page 1

coach from 1949 through 1955. Harvard rose to prominence with a third place finish in cross country behind only Dartmouth and UNH, besting two longtime powerhouses, Middlebury College and the University of Denver. During this period, Taylor helped to found the Eastern Intercollegiate Ski Association in 1951. Taylor contributed both the constitution and the organizational bylaws for EISA, still the governing body for collegiate skiing today.

Taylor moved to Chicago in 1955 and joined the board of directors of the Central United States Ski Association as a board member and director of camps for elite skiers. From 1959 to 1961, he served as president of CUSSA, and sat on the United States Ski Association national board of directors.

In 1960, at the peak of his career, he served as race secretary for the cross country and nordic combined events at the Squaw Valley

Olympics in California. His slate of responsibilities included all administrative aspects of the events, including entries, seeding, results, scoring and press relations. International cross country events were basically unheard of in North America at that time, but were pulled off with great success due to the leadership and planning of Taylor, along with fellow New Englanders Al Merrill, the legendary Dartmouth ski coach, Wendell Broomhall of Rumford, Maine, and Ed Blood, coach of UNH from the 1930s to the 1960s, played central roles in skiing for many years.

Taylor's involvement continues today. He has been the president of the Eastern Amateur Ski Education Foundation since 1988. This foundation raises and distributes funds to assist elite skiers with the expenses of training and competing. In addition, Taylor served as the tournament director for the state cross country ski meet from 1992 to 1997, during which time he also sat on the Massachusetts

MASTERS

CLUBS

NATIONAL MASTERS 2001 COMING TO SUGARLOAF IN FEBRUARY

America's Largest Nordic Ski Championships Returns To New England BEND, Oregon, AXCS National Office, July 17, 2000 — Amid much anticipation from Masters throughout New England and around the nation, America's largest nordic ski championships is headed for the Sugarloaf Outdoor Center February 4-10. The 2001 Subaru National Masters Championships includes four Championship race events, the National Masters Expo, awards banquet, special festivities, children's races, and much more.

Over an exciting week of competition, participants will compete in two freestyle and two classic events on challenging, yet skier-friendly, courses at the popular Sugarloaf Outdoor Center. Events include a freestyle 2 person sprint relay, 10km classic individual race, 15/10km freestyle pursuit, and a 30/20/15km classic distance event. As many as 500 participants are expected to take part over the course of the event week with competitors coming from throughout the U.S. and several foreign nations. Five year age classes will be used to determine medalists in all individual events as well as the prestigious National Masters Team designation for the overall top placers during the week.

The Subaru National Masters Championships is the United States National Championship for skiers age 30 and older. The Championships are sanctioned and produced by the American Cross Country Skiers (AXCS), a 501(c)(3) non-profit membership association governed by the National Masters Committee made up of representatives from ten U.S. ski divisions as well as the U.S. representative to the World Masters Association. No qualification procedure is necessary for participation in the National Masters with the only race requirement being either annual (\$35) or day (\$5 per day) license in the AXCS.

Although the National Championship designation is a big part of the event draw, AXCS National Director J.D. Downing stresses that the Sugarloaf events welcome and encourage all levels of skiers to take part. "We have chosen the theme of 'Yes You Can!' for this year's events because we want to specifically target those folks that perhaps are intimidated or overwhelmed by the Championship title. We want these skiers to know that the Subaru National Masters is the absolute best place for them to come out and have some fun this season. Sure, some people competing will be the very best skiers in the nation (even the world) in their age group, but the vast majority of the field is going to be folks that just want to go out and ski fantastic courses on some of the best trails in the east...and have a whole lot of fun the entire week!"

Returning for the second year in a row as title sponsor of the National MASTERS, page 11

NENSA CLUB NOTES

Send your club's news to Rob Bradlee at: rob_bradlee@instructionset.com

NENSA clubs reached a new milestone this summer when they communally hosted Swedish Junior National Team coach, Ola Ravald, and two of his best juniors at a series of clinics. The visiting Swedes started out in the Portland area hosted by the Cape Elizabeth Nordic club and the Coastal Nordic club for multiple clinics. From there they headed to the Putney Ski Club where they were the guests of John Caldwell, who had used his considerable charm to convince coach Ravald at last year's Continental Cup to make the trip this summer. No doubt promises of generous amounts of Caldwell maple syrup and fresh blueberry pancakes served as inducements. From Putney they headed to Lake Placid to join Ed Hamel's camp. Next it was back to Vermont to a clinic at Jericho with Fred Griffin and Chris Axelson. Leigh Mallory's Colchester Ski Club played host along with lots of help from Zoe Erdman and a consortium of local BKL clubs. The final stop was with CSU in Boston for two clinics and some excellent sight-seeing.

Everyone who observed the young Swedish skiers was amazed at their comfort and assurance on rollerskis. Ola set up rollerski agility drills at each clinic to get American skiers working on their skills. Thanks to Zach Caldwell and everyone involved with NENSA for putting together this stimulating program. It was a convincing demonstration of how a regional organization can focus the efforts of local clubs to create exciting regional programs.

From the Maine Nordic Ski Club comes this exciting club challenge from Dorcas Wonsavage (be sure to read her training article in this issue): "I am throwing down the gauntlet! A club to club challenge. Yesterday, I wrote a column about the US ski Team's Medals Test. Seemed pretty easy - five exercises. So in the spirit of honest journalism, I took the Test. During Max's nap time, I did the pushups, pullups, situps, dips. After dropping him off at daycare, I stopped at the local high school track and did the 3000 meter run. Comparing them with the results from the xc team's results from their spring Bend camp was amusing, to say the least, and goaded me to start knocking off a few more of these basic exercises every week. Log on to their web page, www.uskiteam.com. Hit the cross country link at the bottom of the page > Hot links > Medals Tests and learn how to do the tests and get our National Team's results. I dare you! Send in your results, with your club affiliation and get points for participation, and bonus points for whichever club gets the best average of results!" Send your results, and the name of your club, to Dorcas at drpaul@tdstelme.net.

Hiking seems to be the theme for the rest of NENSA's clubs. Joe Walsh from Ford Sayre/Upper Valley Nordic Club reports that twenty- three Ford Sayre and Upper Valley Nordic Skiers and their families conquered the summit of Moosilauke and other parts of the mountain on the day of their annual dinner/hike, despite attempts by the mountain to hide among low clouds. From those who dabbled in the babbling brook to those who stood astride the old Tip-Top House foundation, all had a great day and were rewarded with a great meal back at the Ravine Lodge. Navigator of the day award goes to newsletter editor Anne Donaghy, who made it to the summit and back

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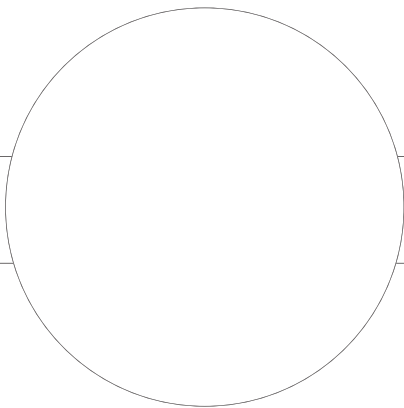
Interscholastic Athletic Association Ski Committee. Not afraid to fight a battle or take the high ground, he resigned the two positions when a disagreement arose over several key rule changes, with which Taylor disagreed. The MIAA was attempting to forbid participation in clubs outside school programs. Taylor felt these rules were "unfair and unenforceable, and also detrimental to the fragile sport of skiing." He fought a long, hard battle with the MIAA, often alone, but eventually, with the help of some schools in the Springfield area, was successful in getting the rules overturned.

During my recent visit in Park City, Utah, I checked with U.S. Skiing, the governing body of snow sports in the United States, regarding consideration of Taylor for nomination to the National Ski Hall of Fame. I know the Berkshire ski community [Editor's note: and the New England-wide ski community] will join in supporting this bid. Anyone

who is familiar with Graham's work, particularly any Hall of Fame members, who has additional information to support this bid, please contact: groberson@hotmail.com.

George Roberson is past New England JO Team Head Coach and formerly of the Racer's Source, Cross Country Ski Specialists, Lenox, Mass. George's current adventures include nearly two years of world wide travel which has taken him to dozens of countries spread across four continents including such political hot spots as Bosnia, Indonesia, Lebanon and India. NENN reached him via email, in Figuig, Morocco near the Algerian border in the Sahara Desert. He will be studying at the University of Massachusetts this fall.

SCENES FROM THE SWEDE NEW ENGLAND TOUR



At top, Swedish strength training. Inset, a Swedish agility drill. Below left, clinic at Fort Williams State Park, Cape Elizabeth, ME. Photos by Anne Upton and John Caldwell.

LET'S GET SOME MORE NEWS COVERAGE THIS SEASON!

There is a new line in the Membership Application! You get to fill in the newspapers where you would like to see your NENSA race results or event information printed. As your Media Coordinator, I am contacting every newspaper you write in, speaking with the sports editor personally, sending them a NENSA Media Guide in November, and placing them on the email list for ALL press releases, results, and digital photos taken at NENSA events. Members, you have a responsibility: if you do not see results published in your favorite paper, CALL THE SPORTS EDITOR!

If you would like email addresses or phone numbers and the editor's name, please send your request to drpaul@somtel.com. The squeaky wheel gets the grease, and very often it is your kindly-phrased request, as a subscriber to the paper, that gets a ski result in next to the basketball scores. Help teach your community about the wonderful sport of cross-country skiing.

Dorcas Wonsavage, NENSA Media Coordinator

THE MEDALS CHALLENGE

by Dorcas Wonsavage, Maine Nordic Ski Club

Reprinted with the author's permission; originally written for the Lewiston Sun Journal, Sun, July 23, 2000

Situps I can do. When I do dips, I feel like my arms are being ripped out of their sockets. And pullups and pushups I somehow always managed to avoid when I do a circuit workout, opting for bench press and bicep curls. Strength has never been my strong point. I'd rather go out and run for three hours than stand under a pull-up bar and try to haul my chin up and over. And though I try to substitute two hours of whitewater paddling or an hour of double pole rollerskiing, the truth is splashed in my face every time I try to ferry across a wave train, or double pole in a mass start. I've got the arms of Popeye's girlfriend, Olive Oyl, and the only way to start looking like Linda Hamilton's character in "Terminator" is to get my face down in the living room rug and give me twenty.

The physical fitness Medals Test was designed by the U.S. Ski Team to evaluate the conditioning level of a skier. The information is used to assess strengths and weaknesses in an athlete, aiding in the design of their conditioning programs, as well evaluating progress in their training. The information from the tests is also used to establish basic fitness guidelines for athletes and coaches. "As each individual athlete works toward achieving the base standards set for each component tested, they will be building a solid physical foundation, which will aid them in reaching their goals in ski racing." Curious about how you stack up against the best on the U.S. Ski Team? Short of lining up next to them at the starting gate, the Medals Test is still the best way to compare your fitness level with that of your National and Olympic team members.

To see where I fall, after six-plus years out of action, I decided to take the tests. At the very least, it would be an amusing way to get some exercise. At best, the results will embarrass me enough to goad me into adding these basic strengthening exercises to my exercise routine. The accuracy of the results, and the ability to compare them with future results, is only possible if the procedures are followed exactly, each time. The test procedures are set up to be completed in one day, to assure standardization of all tests.

Test 1: The 3000-meter run. The 3000m run, or 7 times around a standard running track, is a favorite test among many National Ski Teams. This can be done in a group start, and should always be done on a 400m oval running track. The average elite US senior women run it in 10:30, or 5:36 minutes per mile. The average elite US senior men run it in 9:31, or 5:04minutes/mile.

Test 2: Pushups. The next four tests are performed in the same manner. Do the most that you can in one minute, rest for one minute, then go for it for one more minute. The pushups are performed straight-legged and the elbows must go down to 9 degrees, and then up to a straightened position. The average elite U.S. woman performs 42 and 22 pushups, the men, 62 then 23.

Test 3: Dips. Using a dip machine, the body must be lowered until elbows are at 90 degrees, then straightened. The average elite U.S. women performs 22 and 11, the men, 37 then 15.

Test 4: Situps. Lying on your back, knees bent. Athletes' elbows should touch the knees at the top of the cycle and the floor at the bottom. A partner should be used to hold the athletes' feet stationary to the floor. The average elite senior women perform 65 then 50 situps, the men, 71 then 58.

Test 5: Pullups. The arms must be straightened at the bottom of each repetition, and the chin must clear the bar at the top of the pull up to

be counted. The average U.S. elite women do 6 and then 4 pullups, the men, 15 and 7.

There are three other tests that are used mainly by the alpine team: the 40 yard sprint, the vertical leap, and the box jump, where you jump up on to and off of a 40cm high x 51cm wide box. For more information on the U.S. Ski Team's Medals Test, log on to www.usskiteam.com > cross-country (bottom of page) > Hot Links > Medals Test. You can read about the alpine and cross-country team's most recent testing results.

As for my own results: Situps: 36/32, Pullups: 6/2, Pushups: 25/17, Dips (not yet), 3,000m: 11:55 or 6:21min/mile. I did this all on a Friday morning, during the Today Show and after dropping Max off at daycare I stopped off at the high school track for the 3000. When are you going to take the test?!

* * *

P.S. from Dorcas for NENSA Club members: "I am throwing down the gauntlet! A club-to-club challenge. Comparing my results with the results from the xc team's results from their spring Bend camp was amusing, to say the least, and goaded me to start knocking off a few more of these basic exercises every week. Send in your results, with your club affiliation, and get points for participation, and bonus points for whichever club gets the best average of results!" Send to Dorcas at: drpaul@tdstelme.net

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Masters is Subaru of America. Subaru was an integral part of the incredible 2000 National Masters held in St. Paul, Minnesota which registered over 600 competitors and ended up raising over \$31,000 for community ski projects in the greater Twin Cities area. In addition to Subaru, numerous other national and regional companies have expressed a strong desire to become involved with the 2001 event. Over 35 major sponsors took part in the 2000 National Masters.

In the summer of 1999 the AXCS National Masters Committee officially confirmed the selection of Sugarloaf, Maine as the site of the 2001 U.S. Masters National Cross Country Ski Championships and organizers have been hard at work ever since planning the event. Unanimously supported by skiers throughout the east, Sugarloaf has played host to numerous regional events including the NENSA Masters Championships.

The National Masters was last held in the eastern U.S. in conjunction with the 1998 Masters World Cup Championships in Lake Placid, New York. Jericho, Vermont was the last New England site to play host to the National Masters in 1996.

For more information on the 2001 Subaru National Masters visit the official Championships website: <<http://www.xcskiworld.com>> Or call 207-237-6830, or write 2001 National Masters XC c/o Sugarloaf/USA Outdoor Center, RR1 Box 5000, Carrabassett Valley, ME 04947.

For membership information with the American Cross Country Skiers, visit the website, write P.O. Box 604, Bend, Oregon (USA); Call/FAX (541) 317-0217; or email: <axcs@xcskiworld.com> J.D. Downing, National Director/Editor.

FALL CALENDAR

Sept. 20-23: USSA Fall Congress at Killington, VT. Meetings and events open to competitors, coaches, officials, parents, race organizers. We're especially hoping to see many NENSA members there for the weekend enjoying the events and participating in subcommittee meetings.

See the USSA web site for complete information and to download registration forms: <http://www.usskiteam.com>

Meetings we hope you can attend:

- Cross Country Committee meetings, open to public, 1-6pm Sept. 20 and 1-5pm on Sept. 22.
- Cross Country Coaches and Officials subcommittee meetings, open to public, 8am-Noon Sept. 21 and 8am-Noon Sept. 22.
- Cross Country Officials Seminar, 9am to noon Sept. 23.
- Cross Country Alumni panel discussion, 3-4pm Sept. 23.
- Festival and Trade Show, 9am-5pm Sat. Sept. 23; no charge for athletes, coaches, officials, parents.

Sunday, Oct. 15: Fall meeting of NENSA Board of Directors, open to public. At Bob Haydock's house. For directions and more information, see the NENSA web site.

CALLING JO COACHES

JO coaches wanted and needed for 2001 Junior Olympics in Ishpeming, MI, Mar 3-11, 2001. USSA Coach license required.

Please send written (regular mail or email) note of interest including summary of coaching experience to Dennis Donahue, chair NENSA JO Committee, PO Box 63, Norwich, VT 05055-0063; DSQ@Alum.Dartmouth.ORG.

Deadline: Sep. 30, or 30 days after receipt of NENN.

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without seeing any other members of the group. Quite a feat!

And Fred Griffin reports that NorthEast Nordic Ski Club took to the Long Trail for its 4th annual backpack. Doughty trekkers put in at Rte 4 outside of Rutland and marched northward crossing Brandon Gap, Middlebury, through the Breadloaf Wilderness and across Lincoln Gap before pulling out on Rte 17 west of Waitsfield. All in all 60 miles of roots, rocks, and bugs in the teeth while loaded like sherpas. A great time was had by the survivors. [Ed. Note: we're not yet sure what happened to the rest of them...]



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