



new england NORDIC NEWS

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STRENGTH TRAINING, SCANDINAVIAN STYLE

by Ed Hamel, Berkshire Trails Ski Coach

Strength in ski racing allows the body to exert more force over a shorter period of time, thus increasing speed. Increase your strength and you will boost your ski performance. Simple enough. But what is the best way to increase your skiing strength?

This past summer, I had two very good opportunities to witness ski strength workouts in the Olympic towns of Lake Placid, NY and Lillehammer, Norway. While I was coaching a camp in Lake Placid, Ola Ravald, the Swedish Development Coach, stopped in with two of his junior athletes, A.K. and Anders. Ola's choice workout was one of strength followed by a two-hour easy distance run. As things turned out, the strength part was anything but easy!

Ola and his two athletes led the six athletes at my camp and me through a twenty-minute warm-up before we started explosive strength training. We started on a grassy hill of medium steepness where Ola explained the strength training protocol. We would do all the exercises uphill and as hard as we could possibly go – 100%, no holding back. Each exercise would consist of eight jumps per leg followed by a one-minute rest interval before another repetition. This one-minute rest period is crucial to recovery for the next explosive set.

Our first exercise was a one-footed hop emphasizing vertical motion rather than straight-ahead speed. Anders and A.K. led the group followed by the six NENSA development athletes. They did their eight right-footed hops, walked down the hill, waited a minute, and then did their eight left-footed hops. Once an athlete becomes accomplished with this type of training, Ola recommends six repetitions. During the first set, the Swedes displayed lots more power than the New Englanders. Anders and A.K. were able to explode high and far (and very gracefully, to boot) with each repetition. In the past I've done some of this type of training with athletes I coach, but what I observed convinced me I need to plan these sessions on a more frequent and consistent basis.

The remainder of the exercises, all going uphill, that Ola demonstrated to us were:

1. two-legged hops, again with a vertical emphasis
2. side to side skate motion
3. side to side skate motion with a short pause-hop in between jumps

4. classic bound from one foot to the other
5. classic bound from one foot to the other with the upper body in a 90° bent over position (this is a good one)
6. skate vertically up the hill emphasizing a push off from one side only
7. classic scissor ski: stand looking straight ahead with one leg in front of the other making a 90° angle forward from the hip and another 90° angle at the knee; jump up, forward and switch leg positions.

These exercises were very intense. Ola recommends doing four to six of the above eight exercises in a single session. Performing six repetitions of one exercise will take approximately seven minutes (one minute of actual performance time with six minutes of off time). A session of four to six exercises with warm-up and warm-down should take between 45 minutes and one hour.

Torbjorn Pettersen is the boys' cross-country ski coach at Norge Toppidrettsgymnas, a sports high school in Lillehammer. While visiting there in August, I had a chance to go through another strength workout with his team of 11 boys, all 16-19 year olds.

The NTG team did an easy two-hour skate roller-ski in the morning. The afternoon session was a 1:15 very easy run followed by, you guessed it, explosive strength training. The team started out with 10-12 second classic bounds up a fairly

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NEW ENGLAND NORDIC NEWS

NENN is published six times a year as a membership benefit of the New England Nordic Ski Association. If you are not yet a NENSA member, please join — support nordic skiing in New England!

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.

ADVERTISING

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

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FROM THE EDITORS

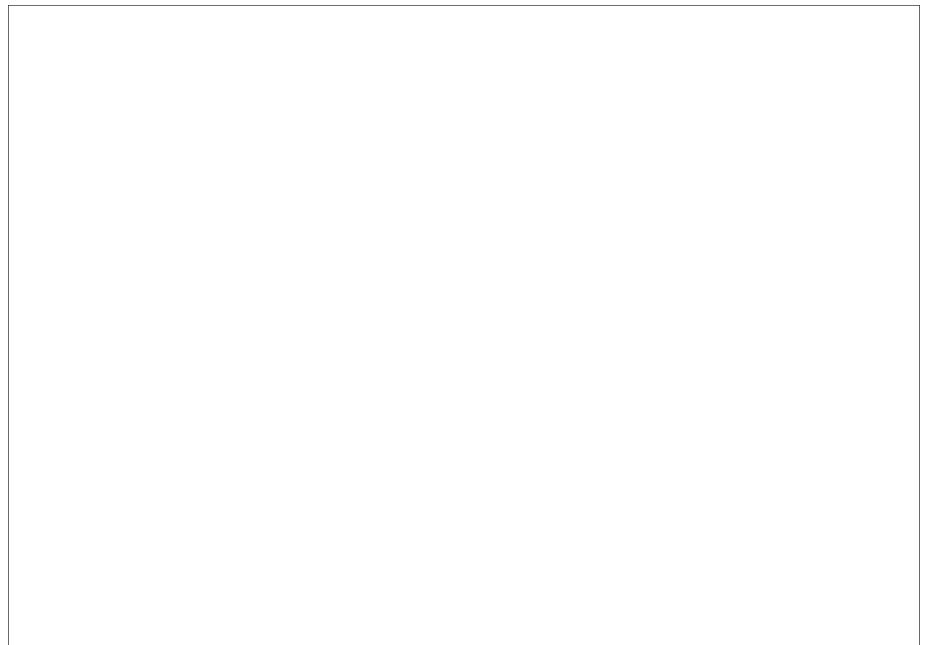
In this issue we look forward to the 2000-2001 ski season. In the time before the snow flies, take advantage of European strength training sessions reported by Ed Hamel in our cover article. In his regular column in this newsletter, NENSA Executive Director Fred Griffin looks for input from NENSA members on the philosophies that govern our organization. This is your chance to put in your two cents. Take advantage of it. Cara Barnes reports on the personal rewards gained by volunteers in the Ski for Light program and ways to contact the organizers should you be inspired to volunteer.

There are volunteers all over New England planning to bring you a full schedule of races: local citizen races, Eastern Cup races, year end carnivals and festivals and in Maine, the people at the Sugarloaf Outdoor Center are readying for the AXCS Masters National Championships. Now is the time to begin planning your personal racing calendar. The NENSA competition guide will be in your mailbox soon and the NENSA web site has up-to-the-minute information all season long.

In the spirit of the season, we at NENN wish you a wonderful, long and snowy winter.

Anne Donaghy
Mary Hamel, Co-editors

Young racers eyeing the situation at last year's Bill Koch Festival, Waterville Valley, NH.
Photo: Dorcas Wonsavage.



BILL KOCH YOUTH SKI LEAGUE

FIND THE MAGIC OUT THERE!

The Berkshire Trails Nordic Ski Club and their festival committee invite all Bill Koch skiers, their families and fans to "Find the Magic Out There" at the 2001 New England Volvo Bill Koch Ski League Festival. For those who have attended past festivals, this year's theme will undoubtedly bring a smile to their faces. There is a "magic" in all Bill Koch festivals.

This year's theme will mean something different and special to everyone. Heather Barger of the BTNSC writes, "We had in mind a theme to emphasize the wonders and beauties of the outdoor world we get to do our skiing in. As opposed to basketball, ice hockey, volleyball or other indoor winter sports or even football, field hockey or soccer — sports played in a small area — we get to ski through the wilderness and see so much of the natural world when others are inside heated buildings. Lucky us!"

Heather continues, "Moonlight skiing — skiing off-trails to a beaver swamp, a remote valley or mountaintop — finding early or late patches of snow where we never skied before — that's the magic we mean."

This year's festival will be held at Notchview Reservation, owned by the Trustees of Reservations, a non-profit land trust in Massachusetts, on March 3 & 4, 2001. Located in the Berkshire Hills on Rt. 9 in Windsor, MA, its 2100' elevation makes it one of the best snow sites in the state. Notchview is well known for its early snow and extended season. It has wonderful trails that give one the feeling of stepping back in time. Evergreens draped with shawls of white, interspersed with birch and beech line trails with perfectly laid tracks. Ed Hamel, chief of course for the festival, declares, "Notchview is my favorite place to classic ski." For a person whose love is classic skiing, and who has skied all over the Northeast, in Canada and in Switzerland, that is quite a testimonial. Ed promises great courses and a colorful festival stadium for the young racers.

The traditional athletes' parade will kick off the festivities, sometime around noon on Saturday (check the website for an exact schedule as we get closer to the event). Now is the time to make your plans to add to the festiveness of the occasion. Start planning your costumes now. "The magic out there" can be embodied by any wizard, fairy, elf, sprite, quiddich player, animal, tree, northern lights, snowflake.... Use your imagination and create your own magic.

The individual races this year will be classical with the relays being freestyle. The festival committee is planning a work day in the next couple of weeks during which they plan to mark out the trails with color coded signs so anyone coming to Notchview during the winter will be able to preview the courses. The Crown Plaza in Pittsfield, MA will serve as race headquarters for 2001. About 8 miles from the festival, it will make a great central site for lodging, the Saturday night pasta dinner and awards, and posting of race information. If you want to stay at the Crown Plaza, call early for reservations and tell them you are with the Bill Koch festival and which district

you're from. They have a special Bill Koch rate and will try to give you a room close to other skiers from your area.

Last year's festival at Waterville Valley in New Hampshire had over 350 ski racers from all over New England and some visiting skiers from New York. In a flyer to local Bill Koch skiers, Dave Birrell, President of this year's committee, encourages young skiers to experience the festival happening in their back yard. "The kids coming from Maine, New Hampshire and Vermont are a lot like you! Some ski a lot, some ski a little. Some are fast, some are not. Some have skied for years and some are beginners (even 12 and 13 year old beginners). Most have raced at home at least a little and will race in the festival. Some come to cheer on brothers, sisters or friends and use their skis just to get around and have fun. The Bill Koch festival is a Great Time!" His message serves as a welcome to all Bill Koch skiers from all over New England: come join in "the magic out there".

Check out the festival web site for up to the minute details all season long:

<<http://www.nensa.net/bk-fest/index.html>>

COACHES AND PARENTS:

Call the Administrative Office for your copy of the New England Bill Koch League Manual!

NEW ENGLAND DISTRICT CHAIRS

If you need information about Bill Koch clubs in your area or are interested in starting one, contact the District Chair in your area.

EAMA	Saul Bloom	508.443.6421
WEMA	Brian Bedard Eric Beattie	413.743.1950 413.458.2569
Maine	Phil Savignano	207.786.2297
CENH	Cindy White Kate Connery	603.536.3653 603.536.1105
SWNH	Dave & Peg Smith	603.357.9622
CEVT	Jim & May Anne Levins	802.775.0779
NEVT	Dave & Lindy Sargent	802.754.6437
NWVT	Zoe Erdman	802.879.1320
SOVT	Karen Coombs	802.824.8157

MASTERS

MASTERS NOTES

An update on this year's Masters racing: the big news is that the AXCS National Masters championships will be at Sugarloaf the week of February 4th, with the first race being the sprint relays being held Monday, February 5th. Note that the Craftsbury marathon is being held on Saturday, February 3rd instead of on its usual Sunday schedule to allow for some rest before the first masters race. The World Masters are being held at Mariazell, Austria February 17th-24th. Additional details on both can be found at

<<http://www.xcskiworld.com>>

The NENSA Masters championships will not be held due to the AXCS championships, but will return next year (they can't be combined due to Volvo/Subaru sponsorship conflicts). The Zak Cup will follow its usual best of 7 race format. Races in the Zak Cup Series are listed in the NENSA Competition Guide with one important exception. The three non-NENSA AXCS Nationals are also included in the series scoring.

One final note: last year's Zak Cup winners WILL get VOMax tights as prizes, we are just having some logistical issues getting them delivered.

Robert Haydock
Concord, MA

<http://www.nexcski.com/>

2001 NATIONAL MASTERS UPDATE

by Sue Foster, Sugarloaf Outdoor Center

We've had a busy summer at Sugarloaf planning and preparing for the 2001 AXCS SUBARU National Masters Championships!

NENSA Masters can look forward to an incredible Championship week full of great skiing and fun social activities. Some of the week's highlights include:

The AXCS Subaru National Masters XC Ski Expo and Family Festival. Official opening day (Sunday, February 4), for National Masters, this event will be a cross country ski celebration; a great opportunity for the whole family to meet industry representatives, try out new gear, or enter a fun relay race. Kids can also enjoy a clinic with members of the Fischer/Salomon Subaru Factory Team and enter the Maine State BKYSL Championship Race at 1:00 pm.

Great Racing, The week will provide exciting racing action, 4 races total, including a new event, the 2 person X3 lap X1Km freestyle sprint relay. New to Masters Competition last year, this event debuted at National Masters 2000 and was very popular. The Sprint will be held on Day 1, under the lights. (Stick around for fireworks immediately following the sprint!) A full schedule of events and lodging information will be included in your event flyer, scheduled for distribution in late October, or may be seen at the event's website, www.xcskiworld.com.

Several evening parties and activities are also planned and will add to the week's fun.

A gala awards banquet caps the week, and will feature a traditional downeast lobster feast, great entertainment, and raffle of over \$10,000 worth of merchandise prizes. The US National

Masters Team will be named at this time.

Signature Sugarloaf snow. Master skiers can expect the same great courses and conditions. Karl Johnson, Chief of Course, notes that the courses will be challenging but fair. Races will probably be held on new, never before used race trails, designed especially for this National Masters Competition. Course and map details can be previewed at the National Masters website later this fall.

NENSA Masters of all levels should not miss this opportunity to experience the US's premier masters racing event and the convenience of a national competition in the east. My crew and I are pulling out all the stops for National Masters 2001 and promise that it will be an event to remember! Please make your plans to enjoy the week of February 4 - 10, 2001, and the 2001 AXCS Subaru National Masters Championships at Sugarloaf.

2001 AXCS National Masters Event Schedule

Sun. Feb. 4

National Masters Expo and Opening Celebration
(Including Family Events)
Packet Pick-up & Official Training

Mon. Feb. 5

Packet Pick-up & Official Training
2 person x 3 laps x 1km Sprint Relay
Freestyle Technique, Evening Race Under Lights

Tues. Feb. 6

10km Classic (Everyone)
Interval Start By Age Group

Wed. Feb. 7

Rest Day & Official Training

Thurs. Feb. 8

15km (men 30-64) * 10km (women, men 65+)
Freestyle Technique, Pursuit Start
Interval Start for those only doing FS race.
Medals Awarded For Both Best FS Times & Pursuit Finish.

Fri. Feb. 9

Rest Day & Official Training

Sat. Feb. 10

30km (men 30-64)
20km (women 30-64 & men 65+) * 15km (women 65+)
Classic Technique, Start In Age Group Waves
& Evening Banquet/Awards

NENSA

JUNIORS

MISSION vs. VISION

by Fred Griffin, NENSA Administrative Director

Like all non-profits, NENSA has a mission statement. Ours has been our frame of reference since we came into being in the fall of 1995: "It is the mission of the New England Nordic Ski Association to implement educational, recreational, and competitive programs at all levels of cross country ski racing. NENSA works to sustain a vital and active skiing community in New England, and to provide the support structure necessary to bring athletes to their highest potential at regional, national, and international events."

It's a solid, it's good-- it grounds us as an organization, binds us in a well-defined common cause. I sometimes rephrase it in my own words in the interest of simplification. "I believe that NENSA must be responsive to the needs of all the members of the New England cross country skiing community while providing programs for those who strive for excellence."

Central to both statements is the emphasis on sport rather than recreation, or as Board member Peter Hendel puts it, "NENSA is not interested in "recreational" skiing purely for recreation's sake, but rather for its role in fostering a love of skiing, a way of life, which will contribute to the sport of cross country skiing."

Lately though, I have been doing a lot of thinking. Sure, having a secure sense of mission is essential, but we — the community of people who care about the health and growth of the sport — need more than mission. We need to continually be thinking about what our mission translates into by way of programs. We need to constantly be evaluating how our mission plays out in the everyday efforts of staff and board and committee and volunteers and in the skiing lives of the New England ski community. To do this we must go beyond mission. We must seek out, nurture, and support "vision." There are reasons:

- Mission is static. Vision is dynamic.
- Mission is the book. Vision is its interpretation.
- Mission is acknowledged. Vision is acted.
- Mission provides the foundation. Vision builds the building.
- Mission is constant. Vision is change.
- Mission is the present. Vision is the future.
- Mission is the filter through Vision passes.
- Mission is the source of light. Vision is what it illuminates.
- Mission prepares the soil. Vision produces the harvest.

NENSA has a superb mission, one that our Board members, responsible volunteers that they are, guard carefully. It's in the area of vision that we — Board, staff, committees, New England skiers — are sometimes remiss. We simply can't afford vision that is myopic, lacking clarity, lacking resolution...or worse, wed to a personal agenda. The fact is we need not one vision in New England, but many visions. We need our mission to be ceaselessly interpreted and reinterpreted, taken up, contemplated, and translated. You, readers of NENSA, readers of this column: you can help.

Go to the new website. Find the link on the front page that says: "Your vision of NENSA." Click on it and send me an email with your vision of what NENSA should be. I'm eager to hear what you have to say.

MAKE THE BEST OF COLLEGE SKIING OPPORTUNITIES

by Zach Caldwell, NENSA Program Director

They're all over the place, mixed in with the rest of the ski racing crowd and hanging out with the rest of the high school students. They're next year's high school seniors; they're ski racers; and they want to be world champions. If you're one of these, might someday become one, maybe recently were one, or perhaps know one, then you're probably familiar with the question that gets asked over and over every year: which college ski program is best for me? Good question, but let's back up and ask the question that's usually left unasked and unanswered: Do you really know what you want, and how to get it?

In this country we struggle for success at the top levels of the sport. There are lots of reasons for this, and I couldn't even begin to catalog them all, but one reason has to do with the structure of our development programs. Upon graduating from the Bill Koch League, American ski racers face a tough situation. Right when you should begin thinking about specializing in your chosen sport and training for it on a year-round basis, you're introduced to high school programs that often limit the ski season to a couple of months. Outside of that season, many skiers have no contact with a ski coach. But uncommon motivation and fortunate circumstances lead a healthy handful of you through this perilous time successfully, whereupon, arriving at the end of high school, the logical place to go is college. There are lots of college ski programs, and there is little question, in the conventional wisdom, that attending a good ski school is the thing to do if you want to keep developing as a ski racer.

But there are problems here, too. Most collegiate ski programs are designed around goals that are not always compatible with a continued ascent to the top of the world rankings. At a time when you, a future world-class skier, need to focus on dedicated year-round ski-specific preparation, and on competition goals beyond our national borders, college programs provide (usually) two season support and a

COLLEGE, see p. 6

NE MARATHON SERIES STARTS UP

Big time marathoning has returned to New England. The long-anticipated, much discussed New England Marathon Series is a reality. This winter's collaboration between Craftsbury and Rangeley promises to be an entirely new, exciting series with unlimited potential for growth. Both races will feature a timed competitive event and an untimed, participatory event. In this second class, medals will be awarded to touring classes based on kilometers completed, with Rangeley calculating the cumulative totals from both races. A distinctive medal is being struck with the logo of the New England Marathon Series. United Way is the official charity of these events. Skiers have the opportunity to sign pledges based on kilometers skied with proceeds going to northcountry chapters of the United Way.

In 2002 the Series expects to expand to three events. Great Glen and Bretton Woods will combine for an Adventure Marathon up and over the Presidential Range via a series of snow machine trails already in place in Pinkham Notch Road B and Jefferson Notch Road. NENSA members will be receiving a brochure detailing the specifics of these events with their Competition Guide and membership benefits. Information is also available on the NENSA Website at www.nensa.net. Meanwhile, circle your calendars for these dates: Craftsbury Marathon: 2/3/01; Rangeley Marathon: 3/4/01.

JUNIORS

COLLEGE, cont. from p. 5

goal of success at the NCAA Championships.

Let's be realistic. If we really wanted to build a system that would lead every skier by the hand, guide them through the development maze with no wrong turns, and deliver them safely on the threshold of World Cup success, we wouldn't be basing it on scholastic programs. But we've never done things that way in this country. We've had success, even in XC, but it's come as a result of independent motivation, and individuals with the skill and persistence to find their own way. At NENSA we're trying to build a system of clubs that can work in and around, with and alongside, the current scholastically based system to open some additional opportunities for guidance and development. But we've got a lot of work ahead of us, and in the meantime any of you who are going to succeed on the international stage are going to do it by dint of sheer personal determination, and an intelligent application of effort.

Let's not sell ourselves short; I can think of quite a few New England juniors who have the potential to make use of these qualities. Which brings us back to the question that I posed near the beginning: Do you really know what you want, and how to get it? In other words, what's the reality behind your dream? What's it going to take in terms of physical preparation, exposure to competition, and support in the form of coaching or a team environment to get you there? These are big questions, and the answers are different for every individual. In order to get where you want to go you have to find the answers to these questions, and that means undertaking a long-term project of self-education. Talk to everybody you can think of with any experience in the sport. Definitely talk to your coach. Give me a call and see what I have to say. Work up the nerve to contact one or two of our top senior skiers. And do some reading. Learn the basics of physiology and athlete development. Find ways to get involved in a physical testing program (NENSA runs a series of testing camps for Elite & Development Team athletes during the off-season - call me about the program if you have questions).

Sometime during this process you'll achieve an understanding of where you are, and roughly what you'll have to do to get to the top. Some of you will come to the conclusion that being a good domestic racer is perfectly satisfactory, and that perhaps you don't want to commit to the long haul. Others will find a great deal of motivation in this new level of personal knowledge. And all of you will be qualified to start asking the next question: which college ski program is right for me?

By now you'll have come a long way toward answering that question, for the simple reason that no college ski program will work for you if you expect it to deliver you to the next level without any thought on your part. But most any college ski program can work for you once you've turned your dreams into goals and plans. At that point it becomes a question of finding a program that is compatible with your needs and goals. You've got to talk to the coaches of the programs that interest you, and you've got to ask some serious questions. I know most of these folks personally, and I can assure you that they're happy to talk to you.

This may not have been the advice that you were hoping for. I haven't put together a flow-chart for picking the college program of your dreams. In fact, I've suggested that your task is a whole lot bigger than simply finding the right ski program. But I can give you some additional hints to help you along with the process:

- When you're talking to coaches, pay attention to the quality of the conversation as well as the content. In order to operate successfully within a college team environment you're going to need to be able to talk to the coach. If you don't feel that you're getting through, or if you

don't really understand what they're talking about, you can consider that a major strike against a program. But if you strike up a rapport, and the coach seems to understand your goals and plans, you've probably got something good going.

- Remember that a successful skier in the world where you're headed is self-coaching. The Scandinavian countries have programs designed with the explicit goal of developing self-coaching athletes. Your college coach will be a resource, a knowledgeable source of feedback, not a guru. It won't be the coach that gets you to the top, it'll be you.

- Don't confuse skiing goals with educational goals, because they're often not comparable. Are you going to school for skiing, or are you looking for development support while you get your education? If skiing is all that matters, I'd recommend looking for skiing opportunities outside of college. (By the way, if skiing is all that matters, you may have psychological problems that run much deeper than the scope of this article. It's possible to be incredibly focused without being single-minded.) In time you'll want to continue your education, and you won't be wasting your time and money when you go to school.

Make no mistake about it: college programs can help you get as far as you want to go, but the goals are yours, the hard work is yours, and the accountability (and credit) for success are yours. Make your decision to ski in college for the right reasons, and take your time about it. Good luck!

New England Regional Ski for Light

— Dates Pending —

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Web site: <http://members.xoom.com/NERSFL>

Northeast Pennsylvania Regional Ski for Light

February 4 - 11, 2001

Contact: Bjorg M. Dunlop

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Email: bjorgmd@aol.com

See article, page 11.

As with SFL, no prior experience with visually- or mobility-impaired people is necessary. If you're confident on skis, you can share your love of the outdoors by being a Guide.

TRAINING

STRENGTH, cont. from p.1

steep hill. Each athlete did six repetitions with one-minute rests between. The emphasis again was "go as hard as you can" but good form was also emphasized.

Next, we went to the steps of the ski jump stadium (it was steep!) where the athletes did a series of one and two legged hops up the steps. (Because it was the beginning of their training year, Torbjorn had the kids do ten jumps. As the year progresses, they'll work up to 15-20 jumps.) Here again one minute rests between repetitions followed the explosive phase. The jumping sequence was four jump exercises with three repetitions per exercise. Following the one leg hops were:

1. two-legged hops up one step at a time
2. two-legged hops up two steps at a time
3. two-legged hops up one, back one, up two, back one, up one etc.
4. two-legged hops up two, back one, up two, back one etc.

Torbjorn is partial to the exercises that incorporate the backwards hops because of the balance required. An athlete cannot just lean forward as in the straight-up jumps. The athlete must find the balance to come back down and then go up again.

The grimaces worn by the athletes reflected the intensity of the workout. It was impressive to witness them performing the workout in an orderly controlled fashion and completing the sequence without complaint. I could tell that they had done this many times before. Their strength session wasn't over yet...now they were headed into the strength room.

In the strength room, the team broke into groups of two to do circuit training consisting of exercises of one minute on and one minute off. All the exercises were performed in sets of three with the off person keeping time. The exercises they did were much the same as you might see in any strength room:

1. stomach exercises such as crunchies, side crunchies, or leg lifts
2. lat pull downs with a weight that was difficult but manageable for one full minute
3. bench press, again a manageable weight for one minute of on time
4. roller board
5. push-ups
6. dips

Torbjorn later told me that he likes to mix things up when doing strength work. The stadium jumping and weight lifting will be done once every two weeks. Other types of explosive training, similar to Ola's, are also incorporated into the NTG training schedule.

So, there you have it. Two programs — one Swedish, one Norwegian — that do very similar pieces of strength work. Both emphasize explosive repetitions with sufficient recovery time to be able to go at it again. Ola recommends one or two of these workouts per week and continuing with one workout per week through the winter season. Torbjorn recommends

two workouts per week. Some of these exercises can also be accomplished on snow throughout the winter.

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.



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CLUBS

NENSA CLUB NOTES

by Rob Bradlee, Cambridge Sports Union. Send your club's news to Rob for the next NENN issue! <rob_bradlee@instructionset.com>

NENSA clubs are working hard this fall to get in shape and get the ski trails ready for racing. Alan Goedecke of the Bedford club tells us they are gearing up for new bridge construction on their trail system. They unloaded eight tons of concrete and four tons of steel and have two October work days scheduled. That sounds like a serious bridge.

Brian Bedard of The Berkshire Trails club in Western Mass tells us that the club has been hard at work planning this year's BKL Festival. See the website for information: www.nensa.net/bk-fest/.

Berkshire Trails skiers Carina Hamel and Jake Whitcomb are spending the year training and learning at the Norges Toppedrettsgymnas in Norway. Jake is in the resort town of Geilo and Carina is in Lillehammer. At a recent camp in Sweden, Carina reports that as she bent down to put on her roller skis, she heard someone behind her call, "Carina?" She expected to turn and see one of her Norwegian teammates. Instead, she turned to see Chris Mallory, formerly of Colchester, VT High School. Chris is calling the Mora Ski Gymnasium home for the 2000-01 season. Jake and Carina are sharing their experiences on the Berkshire Trails web site:

<<http://users.javanet.com/~pajak/berkshire.htm>>

On October 8th Northeast Nordic Ski Club conducted their "Unfinished Business" hike, returning to the Presidentials in NH's White Mountains and following the same path, Madison to Eisenhower, that ended with their being routed by weather in June. November 5th is on their calendar as the third annual Kank-ski. Once again club members will rollerski the 30 miles between Loon Mountain and Conway, peaking out at close to 3000 feet at the height of the Kancamagus highway. They say once again Rob Bradlee will whine that we didn't give other clubs enough notice so they could join us.

No whining from those CSU skiers though. They are holding weekly long roller ski tours all fall and plan at least three rollerski races.

Sverre Caldwell reports a successful summer at Stratton. His skiers completed a 100 kilometer (!) rollerski during one workout. He plans an exciting fall as cousin Zach joins him to coach the six skiers in the USSA/NENSA Eastern Residency program. The whole crew flies off to Silver Star BC for pre-Christmas skiing.

Kirk Siegal of the Bethel Outing Club tells of a big reception held this fall to raise money for Olympic aspirant Dave Chamberlain. Just the sort of grassroots organizing and athlete support that should be a model for all NENSA clubs. Who is your club sending to Utah?

NENSA CLUB SERIES POINTS, 2001

The NENSA Club Series was created to encourage clubs to participate in events all over New England, to broaden the experiences of their members, and to encourage member participation with their clubs. This season NENSA's Club series consists of nine events, featuring some of the best of local, club-sponsored events, like the Bogburn 15K, January 14th, and the Putney Relays, January 21st, with the something-for-everyone spirit of the Whitaker Woods Classic and the Great Glen Pursuit, February 24th and 25th, culminating with the VOLVO Eastern Cup St. Patty's Day Festival in Rumford March 17th, and the VOLVO Eastern Cup Championships in Rangeley, Maine, March 24th and 25th.

Last year the Putney Ski Club was the runaway winner of the Series, finishing with 1632 points to second place Maine Nordic Ski Club's 457. The Dartmouth Outing Club was only a point behind in third, with 456. Listed below are the top 15:

Club	Total Pts.
1. Putney Ski Club	1632
2. Maine Nordic Ski Club	457
3. Dartmouth Outing Club	456
4. Stratton Mountain School	318
5. Northeast Nordic Ski Club	255
6. Williams Outing Club	255
7. Craftsbury Nordic Club	239
8. Burke Nordic Ski Club	226
9. Cambridge Sports Union	220
10. Klister Krew	220
11. Upper Valley Nordic	160
12. Berkshire Trails Ski Club	101
13. Bowdoin Nordic Ski Club	95
14. Gould Academy Nordic Ski Club	95
15. Mtn. Top Nordic Ski Club	85

The complete points list is available on the updated NENSA website:

<www.nensa.net>

and can also be found on page two of your NENSA Competition Guide, 2001.



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NENSA/MWSC Thanksgiving Camp and Clinic

LEARNING BY DOING

Maine Winter Sports Center (MWSC), Fort Kent, Aroostook County, ME

First Session 11/18–11/22

Thanksgiving Day Ski Cross Race and Dinner

Second Session 11/23–11/25

Description

NENSA and the Maine Winter Sports Center are working in partnership to offer comprehensive early season training and educational opportunities for individuals, teams, and clubs in the new world-class facilities in northern Maine. The theme of the 2-session, 8-day event is "Learning By Doing." This highly interactive, hands-on approach to learning will be applied to programming for both coaches and athletes; staffed by some of New England's finest teaching coaches.

Programs

On-snow training as weather permits. Learning by Doing modules include:

- On-snow technical progressions and drills for CL and F/S
- On and off-snow strength-building, with modules in General Strength and Ski Specific Strength
- Ski preparation and waxing, including the use of fluorocarbons
- Ski games: how to play them and how to use them to develop aptitudes and to teach skills
- Ski-specific flexibility: addressing joint flexion and stretching to achieve a full range of motion
- Building Mental Skills: getting the best from yourself
- Personal Development Through Sports: a holistic approach to sports as part of life
- Learning By Doing: the methodology of teaching technique to a multi-level group
- Planning Training: seasonal and year-round programming for individual athletes and team

Dryland options exist for all on-snow programs.

Staff

Karin Lamberg: MWSC Head X-C Coach, 3-Time Swedish Olympian

Vladimir Cervenka: MWSC Head Biathlon; 2 NCAA team titles at U of Colorado

Max Saenger: MWSC Director

Dorcas Wonsavage: 3-time US Olympian, NENSA Media Liaison

Fred Griffin: NENSA Executive Director

Registration

No later than 11/10/00!!!

The Northern Door Inn

91 West Maine Street, Fort Kent, ME 04743

207-834-3133 fax 207-834-2784

Cost

\$36.50 per person per night includes lodging, meals, use of training sites and all instruction.
NENSA Coaching and Training Resource Guide, \$20 (optional).

For more information contact Karin Lamberg at MWSC:
207-328-0991 karin.mainewsc@ainop.com

Or contact Fred at the NENSA Administrative Office:
802-849-2270 nensagr@sover.net <http://www.NENSA.net>

REACH OUT

OUR GUIDING LIGHTS

by Cara Barnes, a second-year Ski for Light participant who lives and works in rural Northern California.

I stood on the snow beside my guide, John Amundson, excited to be at my first Ski for Light (SFL) event. As we clicked into our cross-country skis and glided along the trail, I asked John why he returns to SFL each year. I was surprised when John explained that the fulfillment he received from the experience was second only to the birth of his daughter.

Each year an enthusiastic host of men and women volunteer to share the joy of cross country skiing with visually- and mobility-impaired Skiers by acting as SFL Guides. Guides may volunteer to participate in weekend regional events, as well as a weeklong international event held at a different U.S. location each year. Like John, many Guides return year after year to join the "Ski for Light Family" and share an unforgettable experience.

"I get more out of it than I give," says Mark Cullen of Minnesota. "Everybody is so nice." Mark, a nine-year Guide, credits his wife with introducing him to SFL. "She was going out to Colorado and asked 'Why don't you come?'" Mark agreed, thinking it would be an opportunity to do some alpine skiing while his wife volunteered. "I don't know why, but I talked myself into guiding and I had so much fun that I've come back every year since."

"The friendships you develop over the years keep you coming back," agrees Lisa Wangberg of Alaska, who has guided with SFL for 15 consecutive years. "I was in a cross country ski class in college and my professor was part of Ski for Light. She asked if I would be interested in this program and I thought, 'Well, sure, what the heck?' I really had no idea what she was talking about," laughs Lisa. "When I went my first year in 1986 I fell in love with the program."

"Although the activity is cross country skiing, the heart of the program is the people," says SFL President and 18-year Guide, Nancy McKinney.

"It's a partnership," observes Nancy, who explains that both Skiers and Guides play an equal part in the program. "I've met some wonderful people over the years and have developed relationships that I'll have for the rest of my life."

As an all-volunteer organization, meeting the demand for Guides always proves challenging. This year is no exception. To be a Guide, no experience with visually- or mobility-impaired people is necessary. For those who are confident on skis, SFL holds an intensive one-day training session with seasoned Skiers and Guides.

The 2001 Ski for Light will be held January 21 – 28 in Green Bay, Wisconsin. To find out more about being a Guide, contact Brenda Seeger at 507-274-5502 or brenda@sfl.org. Visually-impaired Skiers may contact Judy Wilkinson at 212-662-9593 or judyw@sfl.org, while mobility-impaired Skiers may contact Jeff Pagels at 920-494-5572 or jeff@sfl.org. SFL, a registered non-profit organization, also maintains an extensive Web site, with application forms, at www.sfl.org.

Experience Ski for Light Close to Home: Attend a Regional Program!

If you're interested in seeing what Ski for Light is all about but you can't make it to the annual week-long event (or you just can't get enough of a good thing!), give your nearest Regional a try. Regionals are similar in structure to SFL but are shorter, generally held over a weekend. Regionals are being held on various dates January through March (many Regional programs are also active year-round).

See bottom of Page 6 for New England SFL details.

FROM THE ARCHIVES

From the Appalachian Mountain Club Bulletin, December 1932

FROM MIDNIGHT TO MIDNIGHT: THE D.O.C. 24-HOUR WALKS OF 1919-1920

by William P. Fowler

The Dartmouth Outing Club official "Mileage Contest" of January to April, 1919, just after the close of the World War, showed keen competition. The Outing Club annually awarded medals to the three undergraduates who covered on foot, on skis, or on snowshoes the greatest number of miles within a period of four months. During April, 1919, the final month of the Mileage Contest, several forced marches were made with a view to running up mileage. As an outgrowth, there developed an unofficial contest, destined to last for a year and a half, for the best record for a single day's walk. All of these walks either started from the Dartmouth campus at Hanover, New Hampshire, or made Hanover their objective...

The unofficial 24-hour contest started when E. O. Briggs, accompanied by Sherm Adams, undertook to walk from Hanover to Springfield, Mass., in three days, in an effort to prove that a man could outwalk a horse and incidentally to put Briggs into the running in the Mileage Contest. They left Hanover on a midnight in April, 1919, and although they ran into six inches of snow at White River Junction, Vt., covered 42 miles to Bellows Falls, Vt., that first day. They made 34 miles more to East Northfield, Mass., on the second day, a day recalled regretfully, albeit vividly, by Sherm Adams:

"Our objective for the next day was Greenfield, Mass. I remember

distinctly walking through Brattleboro about two o'clock the following afternoon... There was not any question but what I had growing [leg] cramps and that it would be miraculous if I got to East Northfield. The next thing I remember was going into a restaurant at East Northfield, Mass., about 5 o'clock, sitting down on a bench for a cup of coffee and a couple of doughnuts, and not being able to get up, whereupon Briggs called an omnibus and took me to a road house until the night sleeper came in, upon which I was loaded like a sack of sugar into an upper for Hanover, not appearing for morning chapel, due partly to inability to walk, and partly to... shame."

But Briggs was connected with the editorial board of the daily Dartmouth, which published that morning a front-page account of the record 42-mile walk made by Adams and Briggs to Bellows Falls in a single day. In large part as a direct result of the publication of this account, record walks followed in quick succession.

Another installment will follow in our next issue.

EARLY WINTER CALENDAR

Make a note of the new NENSA web site URL: <<http://www.NENSA.net>>

Check there for the 2001 Race Schedule and up-to-the minute information throughout the season.

NENSA-SPONSORED CAMPS AND CLINICS:

Nov. 18-22 and Nov. 23-25: On Snow Camps at Maine Winter Sports Center (see full info. in this issue)

Dec. 2-3 On Snow Camp at Great Glen Outdoor Center

- Focus will be on skiing technique and on-snow strength training. Indoor theory sessions, followed by outdoor coaching, video analysis, and qualify participants for NENSA's Coaches Level 1 Certification for Basic Technique and Strength components.

- Camp Staff: Jack Lufkin, Camp Director; Sue Long, Coach; John Caldwell (XC Legend, Olympian, and Olympic Coach); and special guests.

- For: Coaches, serious racers from high school to masters. Participants need prior roller skiing experience.

- Cost: \$150 for camp (includes camping or lodging Friday and Saturday nights in Great Glen's yurt & food — 3 meals on Saturday, breakfast and lunch on Sunday, and NENSA Coaches Manual) or \$100 (without on-site food or lodging). Lodging and food also available at Appalachian Mtn. Club Pinkham Notch — two nights, breakfast, & supper for \$98. AMC phone is (603) 466-2721. Registration deadline is Nov. 22.

Great Glen Trails Outdoor Center
PO Box 300 Gorham, NH 03581
Ph (603) 466-2333, Fax (603) 466-3328
Email: greatgln@mt-washington.com
www.mt-washington.com

new england
NORDIC NEWS

PO Box 402
Meriden, NH 03770

OTHER WEB SITES TO VISIT

Here are some excellent NE web sites to check for news, photos, good articles related to skiing and training, and updated information on regional and club events open to all:

New England XC Skiing — <http://www.nescski.com>

Maine Nordic Ski Club —

<http://www.bangornews.infi.net/~cdorion>

Maine Winter Sports Center — <http://www.mainewsc.com>

Upper Valley Nordic Club — <http://www.dartmouth.edu/~rtw/uvnc>

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