



# new england NORDIC NEWS

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## FORD SAYRE: A MAN WHO BROUGHT SKIING TO MANY

Many of us, when we hear about the Ford Sayre Ski Council which has served children of the Upper Connecticut River Valley region of New Hampshire and Vermont since 1936, don't realize that there was one man — Ford Sayre — who started it all.

Thousands of children of the Upper Valley have learned to ski in Ford Sayre programs. A number of Olympians, including Ralph Miller, Jon Chaffee, Walter Malmquist, Jeff and Chris Hastings, Mike, Joe and Jim Holland, Felix McGrath, and Dorcas (DenHartog) Wonsavage all grew up skiing in Ford Sayre programs. The Council currently offers instructional programs in alpine skiing, freestyle, snowboarding, jumping, nordic skiing, and recreational programs in those disciplines as well. Much support for the programs has come directly from community businesses as well as families over the years. Just this year the Council has taken the step to broaden beyond learn-to-ski programs for children into a full ski club for all ages.

But first, there was a man named Ford Sayre who loved to ski and along with his wife, Peggy, made it possible for local children to try the sport too. The information below is from the Ford Sayre home page:

<<http://www.valley.net/~fssc/club.html>>

FORD K. SAYRE MEMORIAL SKI COUNCIL:  
"SKIING SINCE 1936"  
A DEDICATION

Though born in Glen Ridge, New Jersey, Ford K. Sayre was a New Englander at heart. He learned to ski at Dartmouth College as an undergraduate, and even then he encouraged friends to take up the infant sport.

Ford's love of the outdoors and the spirit of New England kept him in New Hampshire after graduation, and he continued his close association with the College through the Dartmouth Outing Club. It was on a joint Dartmouth-Smith College trip to Mt. Moosilauke organized by him, that he met his future wife, Peggy.

During the Depression years, Ford Sayre worked at the Hanover Inn. It occurred to him that he might stimulate the Inn's winter business by making ski lessons available to children of guests. Peggy Sayre, now an accomplished skier in her own right, joined Ford in the early ski school venture.

At the same time, Ford recognized that many local children were unable to learn to ski or to afford the simple equipment of the day. He decided to set up a ski school for rural children and did so at a hill in Hanover Center, New Hampshire. [Ed. Note: Some of us have heard that the very first location of the ski school was in what is now downtown Hanover, on the hill behind the Hanover Inn where the Hop and its parking lot are now. Anyone out there know if this is true or not?]

Ford Sayre enlisted in the Army Air Corps in August 1942. His learn-to-ski program continued under Peggy Sayre's supervision, with frequent advice and encouragement from Ford in his letters home from his Spokane, Washington base. On July 23, 1944, at age 34, he was killed in a crash during a War Bond Drive exhibition.

After the war, through the efforts of Peggy Sayre and other local organizers, the Ford Sayre Memorial Ski School was formed. In the winter of '45-46, hundreds of children joined the classes. In 1950, a variety of children's skiing organizations in the Hanover area merged their activities into the Ford K. Sayre Memorial Ski Council.

Though there have been some changes, the Ski Council has never lost the inspiration for the kind of instruction program that was the dream of Ford K. Sayre.

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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

Late Winter (March) issue: January 25

Spring (May) issue: March 25

Summer (July) issue: May 25

Early Fall (September) issue: July 15

Late Fall (November) issue: September 25

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

### ADVERTISING

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

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## FROM THE EDITORS

In this Midwinter issue we bring you articles on nutrition, the Ethan Allen Nordic Center in Jericho, Vermont, a sixteen year old's experience living, training and racing in Norway, and much more. You can also read about the trip the Stratton Mountain School and Eastern regional training center athletes took to Silver Star, B.C. over Thanksgiving. You can learn from Dorcas Wonsavage, former Olympic athlete and now coach and NENSA media coordinator, how to evaluate your own race — and some of us who don't race think her advice could work just as well on any challenge! You can catch up on news from Clubs around New England and even find out where to send those waxing questions that keep you awake at night, such as "Are Rex Powergrip and Jello interchangeable?"

Some of us this winter will be off to the World Cup races at the Olympic venue Soldier Hollow, to the AXCS Masters Nationals at Sugarloaf, to the resurrected marathon race series (including gourmet feed stations!) here in New England. Others of us will be headed to the backcountry. And the really lucky ones will be headed out to ski in their own backyards. We wish you fluffy powder and good wax under your feet...

Anne Donaghy

Mary Hamel

Co-editors

## PROFILE

### MY COACH, MARIA THEURL

By Diana Johnson

Diana wrote this profile for the Jan. issue of The Alaska Nordic Skier. A graduate of East High School in Anchorage, Alaska, she is living in Austria this year.

December 10, 2000 -- Near Lienz, Austria: Right now I am with the Skihandelsschule girls team in East Tirol. The rain is pouring down outside and, if it keeps up, the fields will turn from white back to green and we will have to head back to Ramsau, where the ground has not yet had one good freeze. After a morning of sprint training in rain jackets and hot showers for all, I finally got our coach, Maria Theurl, to slow down long enough for me to conduct a proper interview.

As I watch Maria run around organizing daily training, deal with the school bureaucracy, make sure no one is homesick or under the weather, answer nonstop cell phone calls, run to the post office to send Christmas packages, and then stay up late visiting with old friends, I wonder where she gets all of her energy. My dad's favorite saying, "You're burning the candle at both ends," keeps running across my mind as I count all of the directions in which Maria is pulled. Maria is the kind of person who gives her all to whatever she begins. That is exactly what she did in her career as a cross country skier, working her way up from humble beginnings to a spot in the history books of the sport. She earned many top 10 finishes in World Cup races, a sixth place in the 30 km freestyle in Nagano, and her greatest success, a bronze medal in the 15 km freestyle in the 1997 World Championships in Ramsau, Austria. The story of Maria's career is not an easy one, but instead one laden with obstacles overcome only because of her strong will to achieve. I will start from the beginning.

The first time Maria stepped on cross country skis, she was 14 years old. She borrowed her mother's pair and headed out with her neighbor. From her first few outings, Maria fell in love with cross country skiing. Although Maria's mother did own a pair of skis, this was not a "cross country skiing family" by Alaskan standards. Maria's three siblings and her parents all preferred Alpine skiing and could not understand her passion for cross country. At the age of 17, Maria enrolled in the Skigymnasium, a high-level high school-type education with Alpine, cross country and Biathlon as the focus, in Stams, Austria. Her parents were far from supportive of her choice and allowed her to attend the school only because she was able to complete a proper education while training. At Stams, Maria started "real training" for cross country. From that point until the end of her career last winter, Maria dedicated all of her thoughts to the sport.

# BILL KOCH YOUTH SKI LEAGUE

## NUTRITION FOR YOUNG SKIERS

by Caroline M. Mathes, RD, LD

Bill Koch skiers are budding athletes and should follow the same pre-competition guidelines as older athletes. Pre-competition eating gives an extra boost to a performance beyond the healthy eating habits that athletes strive for throughout their lives. Keep in mind that some of these suggestions are like teaching stretching technique to a 5 year old kid, i.e. they may not do it just right or really need it as much as older athletes but starting the routine and stressing the importance should create impressions that will continue as they age. Therefore the suggestions may not be as crucial to the youngsters' performance this year but will help to instill healthy habits that can lead to better performance at a later date.

Here are some pre-competition guidelines as suggested in Nancy Clark's Sports Nutrition Guidebook, a handy reference for all athletes which you could check out further at [WWW.NancyClarkRD.com](http://WWW.NancyClarkRD.com)

- 1) Choose primarily carbohydrates before an event because they digest quickly and are readily available for fuel.
- 2) Pay attention to meal timing.
- 3) If you get very nervous, stressed, or have a sensitive stomach, you may prefer to abstain completely from food. (Make an extra effort to eat extra food the day before.)
- 4) Always eat familiar foods prior to competition; don't try anything new!
- 5) Eat a high carbohydrate diet every day to prevent chronic glycogen depletion and ensure adequate glycogen replacement.
- 6) When traveling, plan to bring your favorite sports foods such as a tried-and-true cereal, muffin, fruit, or sandwich.
- 7) The pre-competition meal may have a greater psychological than physiological value.

The biggest difference I see between Bill Kochers and older athletes is that Mom and Dad are largely in control of the food choices. Practicing the above guidelines can be a big challenge for the parents when the kids are at different ages, different skiing abilities and different race times. Put into the equation that Mom or Dad is helping with the race that day and you may find that food is the last thing on anyone's mind! This is what I try to do to practice the above guidelines. I have three kids: Sarah (15), in high school; Sam (12), a J3; Lindsay (10), a J4. First I fuel the family with high carbs the night before the competition. Just like at the Festival, we usually have spaghetti with meat sauce, garlic bread, salad, cut up melon and skim milk. The morning meal, about 4-6 hours before competition, is another important fueling time. Sam loves to make waffles for the family. We add to that cut-up fruit; some juice and milk to assure adequate hydration. For Sam whose race is later in the day and who never stops once he gets his skis on, I encourage

an egg with his breakfast. When packing the cooler I make sure there are lots of healthy snacks, foods that give the kids a good psychological boost yet still have high carbs. Some examples are crackers, yogurt, bagels, carrots, cereal and granola bars, apples, oranges, box juices. These are foods that they can grab on their own while Mom and Dad are busy helping or skiing. I encourage a snack about 1-2 hours before their race start time. We also bring several water bottles and carriers, making sure bathrooms are visited when necessary. (Hopefully not 5 minutes before the race!)

After the race is when the glycogen replacement happens in the muscles and helps you improve your endurance. Juice is the most nutrient dense quick carb that I encourage my kids to have following the race. But you know kids, they are going to grab the hot cocoa because it's sweet and warm. This can be a great compromise, it's still going to fuel the muscles and psychologically it's great! That's how I justify the lollipops as rewards. Of course they are not nutritious but they taste great and they add to the fun and accomplishment of the day. Good Luck Bill Kochers during your 2001 ski season.

Caroline is a registered, licensed dietitian in Maine. She is the nutrition consultant for Colby College and also is an active member of the Maine BKYSL, a member of the Farmington Ski Club and competes in Mountain Biking, Cross Country Skiing and USTA Tennis.

## XC SKIING: SOMEWHERE BETWEEN VIDEO GAMES AND OVER-PROGRAMMED SPORTS

by Bob Haydock, BKL coach

This article was written in the fall, which explains the opening lines, most unusual to hear from Bob Haydock in January. Other than that, the editors felt this article was suitable for any time of the year.

Ah, it's soccer season again. With some of the new indoor facilities, most of us can say this 365 days a year. As much as I love seeing our kids play soccer, I have always been bothered by how tightly we program our children's time. Music lessons, soccer camp, multiple sports teams in the same season; there is very little time for kids to develop their own individual interests or motivations. They are dropped off, told what to do, and return home to do home work. Sure, there is the occasional Harry Potter book when our kids disappear for a couple of days, but on the whole, they have very little undirected time. Unprogrammed time is so unfamiliar that when left on their own they usually complain that they are bored.

Unlike other sports, the Bill Koch League XC program doesn't have tightly directed coaching, and we don't have weekly competitions; in fact the Eastern Mass. program only has three races the entire season. Although there are races available elsewhere for those who want them, the emphasis is on giving the kids

## BKYSL/KIDS

KIDS' SKIING, from p. 3

as much snow time as possible. Over the seven years I have coached I have decreased the formal coaching and increased time for informal ski games and free skiing. Although many who are new to XC skiing may think of it as simply walking in the woods, proper technique is very subtle and takes years to learn. The great thing about kids (and frustrating to an adult who is trying to learn!) is that developing XC technique is like learning a language. The young seemingly absorb it from their peers with no apparent effort. It's magic to watch a group of kids imitate an older child and naturally progress to better and better technique. All that is required is an environment where there are good examples (older kids) and where it's socially acceptable to want to ski — in addition to having enough snow time. Sure, we help by making sure the kids have proper equipment, and we thinly disguise some technique drills as games, but on the whole we have very little formal instruction because I have found kids are simply not "body-aware" enough to put subtle instruction into practice.

It sounds simple, but the socially acceptable part is tough. Who wants to work when you can ride a ski tow and go zipping down a hill? Who wants to participate in a sport where you aren't necessarily told what to do every minute and there are no parents shouting from the sidelines? The reality is that we

lose approximately 30% of our first year participants as it's difficult to get across the threshold of both being new to the sport and having a less programmed environment. But the ones who do succeed are worth the effort. Sure, there are the natural athletes, but even more rewarding are the "middle of packers" or the late to mature kids who have been overshadowed by the stars. The great thing about a complex sport is that the time invested is like money in the bank. All of a sudden, in middle or high school, these kids shine and this is what makes coaching so rewarding. If you think your kids might enjoy a less programmed sport, give the BKL program a try.

## MASTERS

### ASK KARL

"ASK KARL" is a regular feature in the Maine Nordic Gazette. Karl has agreed to prepare this article in response to some Infrequently Asked Questions (IAQs) about the upcoming 2001 AXCS Subaru National Masters Championships at Sugarloaf.

Q: You report that registration for the 2001 NM's is incredible, we wonder if the lack of early snow in Alaska has affected participation from that region, and more importantly will they be slower because of it? — 2X Bob, Concord and Reading, MA

K: Considering the recent influx of refugees from that "banana belt" state into Carrabassett Valley, numbers are up (and travel distances down!). Sorry, no freebies...we've all been skiing here since October 10th, better get crackin'!

Q: Is there any truth to the rumor that the organizers have offered appearance money to a certain elite Canadian Master Skier who will be competing at 2001 NM? — John S., Lyndonville, VT

K: NO! Absolutely not. Mr. Harvey turned it down...saying something about taking candy from babies, could I have lost something in the translation?

Q: Who will be hot? — Bjorn D., Norway, ME

K: Besides me in my arctic survival parka? I'd be checking out the lycra clad 30 year olds.

Q: What effect will the latest crop of masters have on the competition? — Zach C., age 30, Putney, ME

K: Still haven't found Putney, Maine yet, but keep trying to be annexed (hint... work on your maple syrup quality) I assume you're referring to the alleged "baby" masters, the M1's and F1's. Competition will be great and victory sublime. Nothing is more satisfying for 40, 50, and 60 year olds than putting youngsters in their proper place.

Q: What about the courses? Are they really new or have I been racing on them since wooden skis? — Bob G., VT

K: A big section of trail is brand spanking new, in fact, didn't I notice that you roller ski in a Husqvarna helmet? You got a chain saw to go with that? Bring her along and we'll "clip" her back a little...you know, smooth things out a bit.

Q: Will we have to climb the "Wall", from the 1999 Eastern Cup Championships? — Fred G., VT

K: Only if you promise to eggbeater and shed gear on the way down.

Q: Some say you promise that the classic races will be hard wax races. Is this true? — Dorcas W., Farmington, ME

K: The organizers guarantee that hard will be used to describe some part of the waxing.

Q: Will there be a professional announcer? Or do we have to endure more of that silly mumbling drivel and tasteless music that we have heard from you in the past? — Susan F., Carrabassett Valley

K: Yes a "pro" has been hired, but due to the ensuing outrage from my many fans, I will be conducting live on course commentary from the dumpster in the parking lot.

Q: Will there be controls in effect to prevent Rob Bradlee from winning all the raffle prizes?...Elena V. Moscow, ME

K: Certain "crustacean" dietary preparations will be undertaken and administered to insure his absence at strategic times during the banquet. (Gotta be there to win!) Good luck, all!!! See you at the Races!

## MEETING THE NEEDS OF THE SKIING COMMUNITY

by Fred Griffin, NENSA Administrative Director

I admit that I'm not a calm man. To be perfectly honest, I don't aspire to calm. I'm much more at home with the stretch and sag of nerves, agitation, immoderation, over-reaction — life sustained herky-jerky at the traction point where the tire is just about to forego contact with the road. Still, the force of my response when one of our Board members, Mary Hamel, forwarded me the criticisms of a NENSA member surprised even me. Poor Mary tells me that the air was thick with the scent of melting silicon when her computer received my reply.

The cause of my excessive reaction? Well, in a long letter the member expressed distaste with NENSA's elite-oriented programming, along with the wish that NENSA not be locked into developing Olympians at the expense of the "average" skier. My initial reactions were disbelief yoked to anger — was this person not paying attention? I felt as if our efforts of the last years had been ignored, or worse, invalidated. The missive I fired Mary was furiously defensive.

That was a month ago. It goes without saying that I'm no calmer than ever, but the anger over this issue has been replaced by concern. What if other people feel this way? Perceptions can negate the truth — we see it time and again in politics, and if we look closely, in our personal lives as well. I mean I know how I spend my hours and days and weeks — what I, along with Zach and Dorcas are working toward with direction from our Board. But that matters little if people conceive of NENSA as a narrowly-focused group absorbed with the progress of a handful of athletes. It won't do. It's not true. The only solution is to continue to educate.

- Our Bill Koch League is organized around participation in the sport of cross country skiing. Only 30-40% of our BKL members choose to race. Only five pages in the 100-page BKL Manual touch on competition. While each club pursues its own program and some are prone to excesses, our BKL programs and philosophy are based on a commitment to cross country skiing as fitness exercise and an awareness of technique/technical skills coupled with commitment to learning them. Competitive options should and do exist but they are not mandatory.

- Education of coaches and athletes on all levels and of all ages probably absorbs half of my time. We literally drag the outreaches to bring in entry level coaches to teach them to teach other folks to ski. We attend high school coaches meetings, we listen to what is being said, we come back and go to work to nurture the sport at the grassroots. This is the third year running where Zach and I will combine on over 20 clinics teaching coaches and athletes the fundamental skills that make skiing fun and exciting to skiers of all ages.

- The NENSA Marathon Series kicks off this year. Sure, there will be a performance division, but these events are structured around the citizen skier. Untimed touring classes will ski for K's at both Craftsbury on 2/3 and at Rangeley on 3/4. A skier can complete 10k at Craftsbury, 10k more at Rangeley and pick up a medal for 20K. Next year we hope to add an Adventure Marathon that will begin at Great Glen in Pinkham Notch and end up at Bretton Woods in Crawford Notch. With gourmet feed stations and point-to-point skiing, these events are designed to open our sport to all levels of expertise.

- The NENSA Expo is another grand experiment in 2001. We are bringing our sponsors, our industry partners, and as many members of the recreational skiing public as we have the resources to attract

to Holderness School in Plymouth, NH on January 28th. We will offer views of great racing and free demo equipment for the public in a celebration of the sport.

There is much, much more — but just as important, I think, as listing the programs and services that fuel NENSA is understanding the general mood that prevails in the NENSA offices. I can sum it up in one sentence: "NENSA works tirelessly to meet the needs of all members of the skiing community while providing programs for those who strive for excellence." It's a love of the sport of skiing and the way of life the sport engenders that guides NENSA. This deserves to be recognized.

And Mary, please apologize to your computer for me.

### NENSA Marathon Series

Big time marathoning returns to the East as NENSA launches the inaugural year of its Marathon Series. Two great races:

Craftsbury Marathon  
2/3/01  
Craftsbury Vt

Rangeley Lakes Loppet  
3/4/01  
Rangeley, ME

Both races feature competition and citizen classes, gourmet feed stations and breathtaking trails. Medals will be awarded in the citizen class for kilometers skied in each race and the combined totals for both races. For more information read the flyer enclosed with the Comp Guide, check the Race Listings, or visit the NENSA web site: <[www.nensa.net](http://www.nensa.net)>

### NENSA Expo

The New England Nordic Ski Association cordially invites you to attend the NENSA Cross Country Skiing Expo on January 28th in Plymouth, New Hampshire. Holderness School will be hosting the Volvo Cheri Walsh Eastern Cup in this celebration of the sport of cross country skiing.

Co-hosting the Expo are NENSA's sponsors:

Volvo  
Adelphia Communications  
Auto Europe  
Irving Oil  
SWIX  
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Reliable Racing

# JUNIORS

## NO LONGER A DREAM

by Carina Hamel - Berkshire Trails Nordic Ski Club

For as long as I can remember, I have dreamed of skiing in Norway. Watching the Winter Olympics in 1994 made that dream bigger, and last year it was suggested to me that maybe I could live there. After a lot of work trying to find a school, team, and a place to live, I was accepted at the Norges Toppidrettsgymnas (NTG) in the Olympic village of Lillehammer. NTG has three other campuses in Geilo, Bodrum & Kongsvinger. The sports at the Lillehammer NTG are cross country skiing, nordic combined, handball, hockey, biathlon, ski jumping, shooting, and Icelandic horseback riding. Having 22 other athletes to train with on my cross country ski team, makes training more fun than ever. But it isn't only my teammates that make the skiing here so fabulous. The spirit of Lillehammer – actually all of Norway – is what I love the most. The heroes of sport here are not baseball or basketball stars, but Bjørn Dæhli, Thomas Alsgard, Bente Skari, the speed skater known by everyone here as Koss, and the other great athletes of winter sports. When it snows, all the little kids get excited; old ladies walk in the slushy streets and everyone is wearing a smile. Strikingly, the same large numbers of people are outside exercising just like in the summer and fall.

Lillehammer is a medium sized village of about 25,000 people. It is situated at the northern end of Mjøsa, the largest lake in Norway that extends from Oslo in the south to just north of Lillehammer. On both sides of the lake in Lillehammer the land rises sharply out of the valley into the mountains, making it impossible to go anywhere without climbing a hill. My walk to school each day is a workout in itself! One of my favorite parts of Lillehammer is Gågata, or walking street. No cars are allowed on this downtown street. On Saturdays, crowds fill the street. Especially in the summer, this favored tourist destination comes alive with street performers, farmers' markets, and the best strawberries in the world. The strawberries are much redder and consistently sweeter than the ones we have at home.

After having been in Lillehammer for the last three months, I have been able to establish a routine. A usual day for me starts off with training followed by school. The training is great, but school is pretty tedious. Because I haven't yet mastered Norwegian, I can't follow along with the other students, so most of the time I work on learning the language. I am beginning to understand most conversations, which makes it a lot easier for me. When I first arrived, I only knew a few words, so I had pretty much no clue what was going on. The girls like to speak to me in English, but I ask them to speak Norwegian so I can learn. The boys speak Norwegian almost all the time. My coaches, Torbjørn Broks Petterson and Kristian Amundsen speak some English, some Norwegian. The people I live with, Rønnaug and Pelle Medby spoke English in the beginning but now they speak Norwegian. It's from interacting in Norwegian that I learn the most. While we eat dinner, I even have a black board hanging from the wall near the table. Pelle uses it to write down words that I don't understand. He says that he lost a lot of weight when I first arrived because when we were eating he had to say one sentence in Norwegian and repeat it in English, leaving little time for him to eat. I have started to speak Norwegian quite a bit, mostly at home. My goal is to be comfortable with Norwegian by Christmas.

The training here has many differences from, but also many similarities to training at home. The overall hours are about the same, but the amount of hours spent working hard is much greater. Every week (except for a few low volume weeks), we have at least two hard sessions. When Norwegians go hard, they go hard! But when they go easy, they go very, very easy. One of the first workouts I did here was with Barbro Hatlevik, a teammate and one of the top 18-year-olds females in Norway. We had gotten out of school earlier than everyone else, so Torbjørn told us to go for an easy run and do some strength training after the run. When we were running, I couldn't believe the pace. It was

so easy I wasn't even sure if it could be considered training. Every easy workout is that way, and it doesn't matter who is first or last on those days. I have learned here that the only thing that matters when it comes to training is what my body needs, and to not pay attention to what the other girls are doing.

Some of my favorite workouts are when my team rollerskis together as a big group. We grab everyone's attention who sees us, especially kids. Often when we are skiing, children are walking to school or playing on the playground. When we ski by them walking on the street, they cheer for us. But the best feeling is when half the playground comes to the fence to watch us ski by, all yelling, "Heia, heia, heia, heia!" We all just smile, and keep on going, talking about how much fun it is to ski in this town.

After school and training we are all pretty tired. Most of the team members have their own apartments, so they have to go shopping and cook every day. (I have no clue how they do it!) During the week we sometimes go to the movies, but most of the time we go to each other's apartments. On the weekends only a few people from NTG stay in Lillehammer, but there's still plenty to do, and it's nice to relax too. I've gone home with a couple friends for the weekend, which is also a lot of fun.

Living with a family has given me the opportunity to really experience the Norwegian culture. Before I came to Norway, I was told everyone ate fish and potatoes all the time. They were right about the potatoes, I eat them just about every night, but fish is most popular on the coast. One of the most traditional meals here is "kjøttkaker," which are meat cakes, and they are good! It seems like people here eat some kind of dessert all the time, although sometimes it seems more like breakfast to me. Everyone loves waffles for dessert, with some jam or sugar on them. (Not too many Norwegians like maple syrup). But the most surprising dessert yet for me was when all my teammates were excited because we were getting pineapple for dessert! I was just wondering where the ice cream was.

As I write this article, the snow has just arrived, and my season is about to start. I will compete in my first race in about a week and a half. I'm not sure what to expect from this winter season, but I know it will be a lot of fun.

As a part of the NTG team, sixteen year old Carina Hamel was a forerunner at the late Nov. World Cup races in Norway. You can share more of Carina's experiences on the Berkshire Trails web site where she posts journal entries once a month:

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

### NENSA NORWEGIAN CUP TRIP

January 28 – February 12, 2001

Departing from Boston on January 28, 2001, up to 12 NENSA athletes will train and race in and around Lillehammer, Norway for 15 days. Racers will have the opportunity to train on the 1994 Olympic trails as a team, individually and in conjunction with Norges Toppidrettsgymnaset (NTG). Racing will consist of one local race on the first weekend in Lillehammer and culminate with a weekend of Okøcraft Cup (formerly Adidas Cup) competition. Athletes will be selected based on NENSA points. More detailed information is available on the NENSA web site.



# MOTIVATION

## EVALUATING YOUR RACE

by Dorcas Wonsavage

"You challenge yourself against yourself and always do your best."

That quote, I believe from John Caldwell himself, I have always tried to follow. Competition should ultimately be you against your potential. If you use competition to measure yourself against others, you have two chances to lose: either you beat someone who is not as good as you are and do not push yourself to find the best in yourself, or you "lose" to another racer and, even though you did the best you could, you measure yourself with the results page, not your effort.

The best sports psychologists recommend making your race goals based on your performance, not on the results. The only circumstances, people or events you have control over in a race is you. Your competitors could have the race of their lives; they could not show up — the results sheet never says.

Try this basic exercise before your next race. Write down three performance goals that you would like to achieve. For example, "I will maintain momentum on the uphill and accelerate over the top." "I will ski my heart out in the last 300 meters." "I will think positively and say 'stand up stand up stand up!' to myself on the downhill corners." Always state your goals positively; never say "I will try."

After the race, find a quiet place where you can evaluate your race, before you hear the results. Write down whether or not you achieved your performance goals. Write down what you need to do in the next race to achieve them. Then, if you like, give yourself a grade: Excellent, Very good, good, fair, not today, or A+, B, C etc. Then and only then, when you feel comfortable with your evaluation of your performance, go and find out the results.

A person who bases their skiing performance on results, again, can err in two ways: You may be holding yourself back, thinking you're the cat's meow on the Eastern junior circuit, only to be whooped hard at JOs. Or, you could be beating yourself up, ready to quit skiing altogether because you're being beaten by the imported Norwegian national team member on the UVM team, only to come in second to her in the NCAAs and lead your college team to a surprise victory over Utah.

"Measure yourself against yourself, and always do your best."

Dorcas is our NENSA Media Coordinator. She raced for Middlebury College in both xc running and skiing and went on to compete for the U.S. on two Olympic teams. She's still competing and coaching and inspiring many of us!

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# PROFILE

MARIA, from p. 2

Maria's motivation for skiing came entirely from within herself. At home, tension arose with her father, who didn't understand what she found so enjoyable about it or why she went racing on the weekends instead of downhill skiing with the family. Her father only saw the faulty economics of his daughter's career choice. From his point of view, cross country skiing was a sport requiring incredible time, effort and emotion while offering little in return. Her father was always telling her to quit. Maria's mother, however, was willing to drive her to and from races before she got her driver's license. Maria's entire career in cross country skiing was shaded by this lack of support, first from her family and later from her country. In Maria's words, "I was always fighting. I was thankful just to be ALLOWED to cross-country ski."

Maria finished her four years at Stams and continued on to university, studying sports, psychology and philosophy. She attended classes only in the summer, as intense winter training and racing left her with no extra time. While she studied, her parents helped her to cover the costs of living. In 1986-87, Maria competed in her first World Cup races, with her highest finish a 16th place. In the years following, Maria went through periods of both great and little success. During the tougher times, her love for training and spending time outdoors helped to keep her motivated to continue pursuing her goals.

Throughout most of her years as a professional skier, Maria, as the sole female member of the Austrian team, was her own coach, organizer, fund-raiser, and wax serviceman. She was also her own training partner. Not just anyone could fulfill all these tasks at once, not to mention training full-time and staying healthy. At times, these

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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>

Although we have news from all over New England, last year's championship club, Putney Ski Club, is strangely quiet. No doubt they are training too intensely to waste time with emailing me news of their massive training hours. At nearby Stratton they are still working on fundamentals like packing ski bags. Seems one student packed extra clothes in her ski bag for the trip to British Columbia, but failed to encase them in plastic bags. After a long drive to the airport in a heavy rain followed by a cold flight the ski bag arrived filled with ice. Reportedly it took lots of hot air gun work to extract the skis from their coating of frozen underwear. Meanwhile the NE Nordic club avoided the risks of air travel by holding their Thanksgiving camp in a church and appealing to a higher power for the snow to come to them. The Lake Effect snow arrived right on time for good skiing on the Mansfield Toll Road and at Bolton Valley.

Down south, CSU is training furiously and also sprucing up their appearance. Look for sharp new suits this year and a pop up tent with club banner. They do have the extra challenge of rollerskiing on the same roads used by fabled Massachusetts drivers. One CSUer had a car back out from a driveway and block the road completely. Thinking fast, he cruised into the driveway, but tangled with the garden hose and ended up in a pile of skis and poles on the lawn. The kindly driver suggested that he try prayer instead of expletives. Sorry, while it may bring snow, no amount of prayer can bring righteousness to Massachusetts drivers.

New Hampshire skiers used their state's unique geography to get strong for the winter. Cory Schwartz of UNH reports that they supplemented their weekly beach skiing sessions with their annual 50 mile roll of the Kancamagus highway. Look for some top results this year on the college circuit. Scottie Eliassen reports from the Ford Sayre program that their high school age skiers have been training through the summer and fall, inspired by last spring's Norway trip. They got an extra boost this fall with a visit and training talk from Zach Caldwell and Tessa Benoit, followed by the release of an edited video tape from last season - including footage of top Norwegian juniors and seniors. Fall training activities have included hiking, running, rollerskiing, a wood-splitting extravaganza, trail work at Oak Hill in conjunction with local masters racers and Dartmouth staff.

The Rangeley club continues to grow at a fast pace with over 250 members and headed towards 300. With a new lodge and new trails to connect to their existing system they now have 70K of excellent skiing. They are hosting a Masters camp, a JOQ, and the second half of the inaugural Marathon series 50K race in March.

Other Mainers worked all fall to earn their nickname of Mainiacs. Dorcas Wonsavage writes that the Maine Nordic club has retreated behind an "iron curtain" of secrecy where they are employing innovative training methods like "inhaling lung-expanding paper mill effluence." Tales have circulated of Bowdoin coach Marty Hall banging a ski boot on the wax bench and shouting "We will DOMINATE!" The club has a new president, Peter Brickley, and they are ordering up a fresh batch of their famous moose silhouette covered ski suits in anticipation of this year's AXCS Masters

Nationals on their "home" course at Sugarloaf. They've even started an online advice column for skiers with questions. Here's a sample:

Ask Karl ( askkarl@tdstelme.net)

Q: Is the three person U.S. Team a good idea? Will it be more successful? Angus K., Mattawamkeag.

K: Due to the cost shifting now possible, the excuse budget can be expanded, and less people will have bad results. A master stroke of genius actually.

Q: Any truth to the rumor that The Maine Nordic Ski Club is teaming up with the Manhattan Nordic Ski Club to annihilate the Putney Ski Club this coming season? Zach, Putney, ME.

K: Well I've never heard of Putney, ME., but you can dream. The rumor is true, would YOU want to get BEAT by the Manhattan Nordic Ski Club?

Q: Any comments on the rumor that the Russians have been secretly using a low viscosity Teflon fluid on their track setters to increase ski speed? John M., Pradagonia

K: We already tried that. Never could find a way to keep the fry pans attached, especially in hard snow.

Q: Are Rex Powergrip and Jello interchangeable? Bente M., Hampden

K: For the most part yes, but that stuff with the lima beans is for waxing only.

Q: How do I make the cover of The National Running Center catalog? Fabio, UMO

K: Think carefully about that. There's a reason it comes out just prior to Halloween.

Karl's sagacity is so highly regarded by Masters skiers in particular that this issue's Masters space has been entirely turned over to him. See page 4 for more pearls of wisdom.



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# DEVELOPMENT

## SILVER STAR REPORT

by Zach Caldwell, NENSA Program Director

For much of the month of November the Elite North American racing scene descended, en masse, on the small resort town of Silver Star, British Columbia. For many years West Yellowstone has been the early season Mecca for North American ski racers. However, in the past couple of years early season Continental Cup races have been scheduled in Silver Star. Between the increasing importance of Continental Cup competition for international team selections and the recent trend of more consistent snow in Silver Star, British Columbia has become the place to be in November for Elite level athletes.

I organized a Silver Star trip for the Stratton Residency Center athletes and some additional Eastern folks in need of support. The Stratton Mountain School team was the other major Eastern group in Silver Star. Assorted other Eastern skiers made it out on their own, or as part of ski-company supported teams. The Eastern contingent joined Canadian and American National teams, and other regional groups and school teams from around the country. By the time the Continental Cup events rolled around there was a field of over 130 men and 70 women, easily matching the quality of a National Championships.

As a coach, the most entertaining part of the trip for me was observing the various different training regimes of athletes from around the continent. It would be nice to be able to look at the way different folks were training, look at their results in the races, and draw some conclusions. But life and ski racing are never so simple. Some athletes, like the Canadian National Team women, appeared to train very slowly for much of the time that they were there. Others were doing regular intensity, and skiing fast even during endurance training. Come race time it was easy to see who was tired from a lot

of skiing (like many of the Eastern folks who were headed back to dry-land training), but in terms of specific intensity it appeared to be something of a crap-shoot.

I wouldn't say that there were any big surprises in the results. It was nice to see Justin Freeman win the classic race and Dave Chamberlain win the sprint. On the whole, the courses were among the most difficult early season race courses I've seen and they separated the strong from the weak very effectively. History suggests that early season results be taken with a grain of salt. If you're curious, the results can be found at the XC Canada web site at <http://canada.x-c.com/>.

It was good to get some early season skiing and the opening Continental Cups offered great competition. I'm very pleased with the start to the season that the Eastern skiers in Silver Star had. But I have no illusions that the hard work is done. As this NENN is distributed those same Easterners will be racing US Nationals and we'll see then whether they had the focus and motivation to return to an inevitable snow-poor New England December and continue to train the way they should. Scratching around for early-season snow and climbing back onto the roller skis after two weeks of good snow time is part of what makes Easterners the toughest competitors around.

## THE ETHAN ALLEN NORDIC CENTER OF EXCELLENCE

Submitted by Jay LeDuc, Chairman

The Ethan Allen Nordic Center of Excellence, located in Jericho, Vermont, is committed to provide opportunities for youth to excel in the Olympic sports of Nordic skiing and Biathlon.

The Center of Excellence program at the Ethan Allen Firing Range is one of five across the country. These programs were initially started by the United States Biathlon association to provide for development opportunities for junior biathletes – a “feeder” program for the USBA. Today, these expanded programs are working towards self-sufficiency and continue to provide world class training for dedicated young athletes.

In Vermont, the Center of Excellence exists due to the support of the Vermont National Guard. The Guard provides the Center of Excellence with a home base and training site at the nationally renowned Ethan Allen Training Facility in Jericho, Vermont. This training facility features 10 kilometers of lighted ski and rollerski trails, a 30 station biathlon range, electronic timing and snowmaking.

The Center of Excellence biathlon coach is Tom Lane. Tom first became involved in biathlon through the military 20 years ago. Tom was on the All-Guard and Military International Biathlon Teams and skied Nordic in NCAA Division One at the University of Alaska-Fairbanks. While completing a Masters degree in Special Education at the University of Vermont, Tom represented the U.S. at the World University Games.

For the past 9 years Tom has coached Nordic skiing at the high school and college Division I levels and continues to compete in local races. Tom currently teaches science at Bellows Free Academy in Fairfax, VT. He is married to Beth Albarelli and lives with his wife and two children Keese and Sylvana in Westford, VT.

Tom is excited to be directing a program that will provide consistent year-round training for aspiring junior biathletes. The current training program meets Monday, Wednesday, and Friday afternoons from 4-6 PM in Jericho at the Ethan Allen Firing Range. Skiers ages 15-19 who are interested in finding out more about the Center of Excellence Biathlon program can contact Tom at 802-899-7110 or [Lanetw@hotmail.com](mailto:Lanetw@hotmail.com).

NENSA and the Center of Excellence will jointly host a two-day ski clinic at the Ethan Allen Firing Range during the high school holiday break in December. This clinic will provide access to the World-Class facility and professional coaching for aspiring athletes ages 15 to 19. The Clinic agenda will focus on Classical and Freestyle technique sessions along with an introduction to the sport of Biathlon. Space is limited and available on a first-come basis. A mailing will be sent to area high school coaches and information will be posted on the NENSA Website <[www.nensa.net](http://www.nensa.net)>

Contact Tom Lane (above) or Fred Griffin ( 802-849-2270 or [fred@nensa.net](mailto:fred@nensa.net)) to reserve your place.

## PROFILE

MARIA, from p. 8

tasks drained her. She trained and lived with the Austrian men's team. This saved her the trouble of organizing travel and accommodations for herself and allowed her to concentrate fully on training. All of her problems were not, however, solved. She still had to come up with her own funds for living, while the men were able to live mainly off money from the Army. Second, as the only woman, Maria felt fairly unwelcome living with the men's team. She always felt as if they wished she were not present. The men's team allowed her to train alongside the men, but did not help her make a personal training plan. And third, living with a national team is difficult for any athlete, regardless of gender, as the intensely competitive atmosphere never lets up, not in conversation, not at the dinner table, and not in personal relationships. In Maria's last three years of racing, also her most successful years, she trained and lived entirely apart from the men's national team. To help cover the costs of living, Maria entered Volkslauf races (loppet), which offered prize money to top finishers.

In these last three years of racing, Maria focused more than ever on her goals. Every day, every workout and every one of her actions was completed with these goals in mind. Maria lived cross country skiing now more than ever. She shaped her life around her goals, eating foods to build strength and provide energy, studying sports and concentration methods, and listening to her instincts and body so she could stay healthy. This extreme level of focus is, Maria believes, only possible for a few years, as it requires an incredible amount of energy and allows almost no time for "normal" activities. Once in a while, after a long period of heavy training and planning, Maria found her body and mind with nothing left to give. She worked so hard to build herself up, then she would suddenly run out of energy, everything she had built up crashing down, leaving her tired and sick, or "total Kaputt," in German. Each time, she dug deep and started building back up again.

This cycle ran its course, for example, just before the World

Championships in Ramsau in 1999. Maria had been concentrating for the entire year on medalling in Ramsau. Day in and day out, she thought of the ways in which she could best achieve her goal. All went well until she pushed her body and mind a little too hard, and fell ill with just one month to go before the Championships. Somehow, she managed to pull herself together again and came out with a bronze medal. After the races were over, she became sick yet again, this time spending an entire month in the hospital. Strangely enough, even after she medalled at Ramsau, she still had trouble finding sponsors: they all overlooked Maria and noticed only the also successful men's team, with an unprecedented gold medal in the relay event.

Although Maria sometimes ran her body dry or had enough of living with the men's team, she never burned out on cross country skiing itself. "My heart belongs to cross country skiing," she says. Besides the fun and the time outdoors, she loved the post-race feeling of having given everything, having gone her hardest and being totally exhausted. A love for skiing is, however, is not enough to keep a person motivated throughout so many years and so many races. Maria was psychologically very strong. Possibly the challenges she faced throughout her career strengthened her, instead of knocking her down. Having had to fight for the ability to cross country ski, she never thought twice when she turned down party invitations, missed family gatherings, or went on and on without a vacation. In Maria's words, "The path I chose was a steep one, but nevertheless I had fun. I do not feel as if I missed out on anything. I always told myself, "When training is no longer enjoyable, I will quit."

Maria finally did pack up racing after finishing out the season last year. During the previous summer she had a crash while mountain biking and broke a vertebra in her back. This injury in addition to some unrelated but terrible knee pain plagued her throughout the following winter. With every training session bringing pain, Maria found herself

MARIA, see p. 12

## FROM THE ARCHIVES

## FROM MIDNIGHT TO MIDNIGHT: THE D.O.C. 24-HOUR WALKS OF 1919-1920 (PART 2)

Last issue we published an account by William P. Fowler, originally printed in the A.M.C. Bulletin, Dec. 1932, of the genesis of the 24-hour walk competition among Dartmouth Outing Club members during the years 1919-1920. We left off after the 42-mile walk from Hanover to Bellows Falls made by the legendary Sherm Adams, with E. O. Briggs. This account picks up where that account left off.

On Tuesday, April 29, 1919, L.H. Bernheim and I proceeded to walk 52 miles from Hanover to Pike, N.H. Rising at midnight, we left Hanover at 1 AM and took the State road through Lyme to Orford, then headed east through Orfordville to Cube Cabin on the south slopes of Mt. Cube, where we stopped at 8 AM for 15 minutes. I remember that it was so dark on the road to Lyme that we kept wandering off the roadbed; on one occasion I bumped into an R.F.D. mail-box.

From Cube we went northeasterly to the next Outing Club cabin, Armington, on the shore of a lake of the same name. Having slept there for one hour, we left shortly after noontime and took the trail past Wachipauka Pond to Glenciff. We arrived at Great Bear Cabin at the base of Mt. Moosilauke at 2:30pm, after having covered 42 miles... [they rode some distance by railroad, and then continued walking to Pike.] On this walk our legs, especially our knees, stiffened up at each stop after the first 25 miles. But with the help of vigorous rubbing with camphorated oil we managed to get started again. There were no ill effects the next day. Before leaving Hanover I had put adhesive plaster

on all parts of my feet likely to blister, with the fortunate result that I escaped foot blisters. I wore large, army trench boots, two pairs of woolen socks, water-proofed canvas trousers, and a fishing jacket. The trousers were loose at the knees and calves, but made fast at the ankles. We had learned from our service in the U.S. Army that army trousers laced at the calves of the leg tend to bind and twist, interfering with freedom of leg motion and causing cramps. Although it rained half the time, my canvas outfit kept me dry. For provisions I carried raisins, chocolate and some sandwiches, in the large pockets of my canvas jacket.

But this 52-mile record stood for less than a week. For Sherm Adams, anxious to make up for his unfortunate experience at East Northfield [when he sat down and couldn't stand back up and thus had to stop at 42 miles], started out at midnight on the morning of Sunday, May 4, 1919 and proceeding down the Connecticut Valley, covered sixty-two miles to Putney, VT, in the highly creditable time of 17 1/2 hours, having averaged better than 3 1/2 miles an hour. Of this walk Sherm states: "The only reason that I stopped at Putney was because I could neither see, walk, nor eat."

# PROFILE

MARIA, from p. 11

lacking the lust to continue as a racer.

Now, Maria, experiencing her first race-free winter in ages, cannot shake off her passion for skiing. She has taken on the job of coaching the girls team at the Skihandelsschule in Schladming, where I attend school. She is now "100 percent coach." This means she writes our training plans, helps us with technique, gives video-feedback, instructs us on waxing, carefully watches our heart rates, makes sure everyone is having a good day, organizes training camps when Ramsau lacks snow, drives our van around, and tells us all she knows about what it takes to reach the top in cross country. In fact, Maria spoils us terribly. In return, however, she expects complete dedication. As girls, coach at the Skihandelsschule, Maria wants to send her athletes on the way towards being the best in the world. She knows, however, that the knowledge she can offer is, alone, not enough. The will to win must come from the athletes themselves.

Maria's goals as a coach do not end with the girls at the Skihandelsschule. She wishes to start a tradition of cross country skiing in Austria, a country where few people understand why one would choose any winter sport other than Alpine skiing. I was astounded when Maria told me that, in her younger years, she sometimes didn't receive a medal at the Austrian Junior Nationals, only because the director wouldn't hand them out unless at least three girls had entered the race. For me, coming from Anchorage, the tiny field of racers was amazing. For a young Austrian, however, choosing to take up cross country skiing is comparable to an Alaskan pursuing cricket. The cross country skiing tradition just does not exist in Austria. In her own words, Maria wishes to "infect sporty girls with the virus of cross-country

skiing." Right now, Austria has absolutely no women at the World Cup level, and few junior girls with promise. Maria has a lot of work ahead of her.

I asked Maria which qualities in a person are necessary for success in cross country skiing. In addition to the physical requirements such as strength, speed, a healthy body with good lungs and heart, and coordination, Marie mentioned several mental necessities also. "One must enjoy training, enjoy spending time outdoors, and, most importantly, be ready to live cross country skiing." The third of these qualities is the one most of us lack, as we are tempted by social activities, studying, traveling, or living like a "normal" person. Maria also offered a couple of mottoes she thought about quite often while training and racing: "The race is not over until you've crossed the finish line." "The moment you imagine yourself with the victory, you have lost it." (In other words, it may be better to imagine yourself trying to catch up.) Both are reminders to focus on goals and give all you have to give.

Maria Theurl's attitude and career story are inspirations and she should be a role model for serious skiers and "normal" people alike.

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