



new england NORDIC NEWS

SPRING 2003 VOL. 8, NO. 4

Festival 2003: Celebrating a Long History of Cross Country Skiing

They came to celebrate! They came to compete! They came to have fun! They came to ski. Yes, it happened again, on March 8th and 9th. In an exciting twist this year, Bill Koch skiers and their families were treated to a glide through history on "ski tracks through time," as former New England Olympians joined them for the most fun filled weekend of the year. It was the "ultimate photo-op" and autograph bonanza; jackets, hats, skis, poles.... race ribbons are all now souvenirs to treasure for a lifetime.

The Putney School in Putney Vermont, with its bucolic views and dramatic trails, provided the perfect backdrop to this historic event. Many of the former Olympians have ties to the renowned Putney Ski Club. On the official web site of the festival, John Caldwell, whose title seems to have gone from "father of cross country skiing in America" to "grandfather of cross country skiing in America," advised young skiers, "Make skiing a lifelong sport and enjoy the exercise. I still do!" His bio describes not only his commitment to cross country skiing but the family connection that has taken shape all across New England in the Bill Koch League. John wore more than one hat during the weekend including that of proud, cheering grandfather as he watched his grandchildren race by. Check out the biographies of the twelve Olympians who were featured at the festival, from John who competed in 1952 through Dorcas Denhartog Wonsavage and Leslie Thompson Hall who competed in their last Olympics in 1994, as well as all the others including Bill Koch himself.

If you look closely, you might see the autographs on the vest on the right - Leslie Bancroft Krichko, Bill Koch, John Caldwell. (Dorcas Wonsavage photos)

The weekend began with sunny blue skies when the opening ceremonies parade personalized the connection of the district Bill Koch skiers and the Olympians who accompanied them into the stadium. Flags, along with attire that paid tribute to the host Olympic countries, let spectators know where the Olympians had skied. The Olympians sported equipment and clothing worn at the time of their competitions, bringing smiles to the faces in the crowd.

Cheering greeted the well over 300 racers competing in the individual events and relays during the two day event. Some of them will continue competing until they have a chance to represent the United States at some future Olympics. But equally important is the knowledge that all of these young racers have had the joy of sharing the New England winter with family and friends engaged in an active, healthy lifestyle that can last a lifetime.

Tag !
It's
Your
Turn!

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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 25
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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

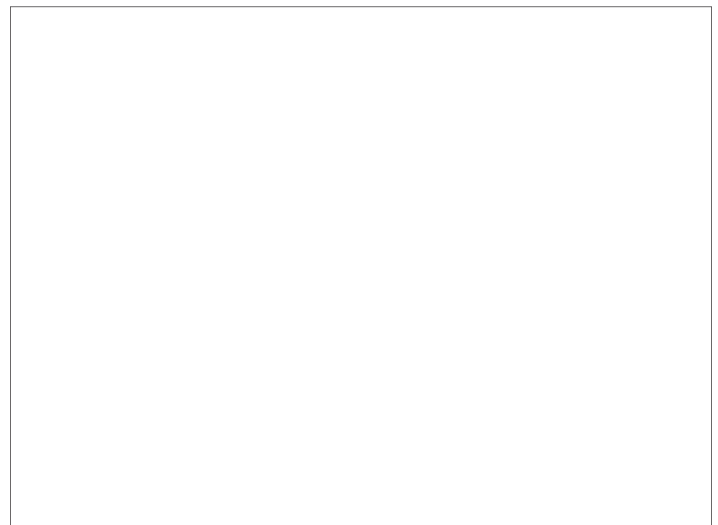
Winter as it's meant to be in New England! That's what Mother Nature treated us to this year. This certainly has been one for the record books. Early snow in mid-October is usually just a teaser but this year it was a harbinger of what was to come: some of the best, enduring extra blue wax snow in a long time. As the weather began to warm and the snow fleas began to spring to life, NENSA skiers were going strong at the annual end of the season events that symbolize the strength of our organization.

Bill Koch skiers took a trip down memory lane -- maybe not their own memories but their parents' and grandparents', as hopeful Olympians of the future were greeted by Olympians of the past. See our cover article and photos -- with many more photos to be enjoyed over the NENSA website.

The weather wasn't the only thing that will be listed in the record books from this winter. It was a year of incredible results for US skiers who have ties to New England. Andover New Hampshire skier Kris Freeman inspired the skiing community with his gold medal at the inaugural U23 event in Sweden and then forced even the US media to take notice, prompting them to actually televize the men's relay at World Championships where Kris, skiing the first leg, skied into the stadium well ahead of the rest of the world. Teamate Carl Swenson, a native of Conway, New Hampshire, had the fifth fastest skate leg in that relay and went on to place fifth in the World Championship 50K freestyle race.

Spring is the beginning of the following season's training year. As skiers clean their skis and wax them for off-season storage, they already begin to dream of the next winter wonderland. To get you started on next winter's racing season, on page 3, senior racer Jason Lemieux gives goal setting advice that applies to the elite racer and weekend warrior alike. Start getting ready for next season, now!

Happy Spring,
Mary Hamel
Anne Donaghy, co-editors



Mike Gallagher and Bob Gray forerun the BK J3 boy's race on equipment from their Olympic days. (Dorcas Wonsavage photo)

TRAINING WISDOM

Setting Goals: How, Why, and What Kind? "Tasks begun well, likely have good finishes"-- Sophocles by Jason Lemieux

The warm weather is on the horizon again, and with it that deep snow-pack we all thought would last until June is rapidly disappearing. The corduroy and double tracks are rushing into whitewater playgrounds beckoning the boaters to come out and play. Those long sections of single track and pavement on your local routes, newly reborn, are ready for that bike in the corner of the garage. It's time to put the summer wax on the skis, time to close the book on another season, time to move on to the next thing -- but WAIT! Before you do so, take a look at how you did this season. Did you achieve your goals? Did you set goals? Should you set goals now for next year? Believe it or not, this is the time to lay the groundwork for what's in the road ahead.

Too many skiers out there treat goal setting in a similar fashion. We dream about where we want to go, but don't follow a map to get there. Although this sometimes works out, more often than not you're back at the gas station asking for directions. It's easy to visualize a final destination, but you need to have a roadmap to help you along the way.

Is setting a goal something for you? Believe me, it's for everybody. Whether your dream is to complete the Craftsbury Marathon, to win a local night race, to win the World Cup, or just to get out and go skiing three days a week, setting yourself a few goals along the way can help you achieve your dreams. Training countless hours with little or no structure can lead to sub-par performances and disappointment.

Setting up a plan of attack can be a process in itself, but there are ways to keep things organized within the grand scheme. Almost any goal, no matter how difficult, can be made easier by breaking it down into several smaller sections, to be tackled one at a time. Likewise, written plans can make responsibilities seem more manageable and less overwhelming. Make sure to write them down and to review them often. If something is not working out, or you can't get yourself out the door, this will keep you in check. Set yourself challenging goals, as well as easier ones. Set long term goals, as well as short. Set goals with a positive attitude about getting better or stronger. This positive thinking is much more effective than focusing on beating a weakness that you might have. And don't be conservative with your goals. Shoot for the moon!...so what if you miss?? You'll still be somewhere up in the stars!

When confronted with obstacles or time constraints ask yourself this, "Am I using my time to best achieve my goals?" Look at how much time you have set aside to meet your set goals. Does this amount of time reflect the priorities you have set up? If not, can your uncommitted time be reallocated? Can you be more efficient with your time? Do the best you can to deal with the constraints you have. When tackling a particular task or workout make sure you are focused on that very moment and don't always look ahead to the final destination. You've set up a plan, so follow it and you will have a greater

chance for success.

Goals can relate to a large number of activities surrounding training and competing for ski racing. They will help you stay motivated, keep you from hiding, and it's fun to achieve them! Double pole rollerski time trials, weight room sets, track workouts, training hours, stretching/yoga sessions, keeping a training log, nutrition, hydration, sleep, recovery routine, days spent on snow, and days spent rollerskiing are just a few places to look to set some goals for yourself. Remember for each to have both long and short term goals and to set up a path to lead to each. It may seem tedious, but if you want to succeed there cannot be enough emphasis put on an organized plan showing you how to get there.

I find it particularly fun and exciting to incorporate number goals into training because it is easy to see if you have achieved success or not. For example: weight room, track, double pole time trials, and training hours. If my goal was to be able to do 10 pullups with 45 pounds of weight and I did 10 pullups with 45 pounds of weight -- bingo, SUCCESS! I then move on to a new goal. If I want to improve my 3000 meter time, it is very quantifiable. If I had planned to train 60 hours in May and am able to do so it is very satisfying. It inspires me to move forward when I meet some of the smaller goals I have set up in my training. Non-quantifiable goals can be just as important. For example, many skiers (such as myself) could benefit from greater flexibility. Set a goal for yourself to go to a yoga class three times a week, meet with friends, and get up 15 minutes earlier to allow for adequate stretching after your rollerski. If it is a goal that you have set find a way to make it work.

Training logs also can be a place to keep track of and set training goals yourself, but beware not to always be a slave to them! Unexpected things can happen (i.e. sickness, injury, etc.) and part of any good plan is being able to adapt to a number of different situations.

You don't want to get caught completely lost in October wishing you had bought a map sometime back in April leading you to your best Winter ever. Likewise, you don't want to be in an Olympic year and wish you had been building and training the way you had planned for the previous 5 years. Cramming for the big test just doesn't seem to pay off in our sport! Get together with your coach and start with simple goals. Then get as elaborate as you want, but make sure to set at least one long term goal and lay out a reasonable plan to get there. You may be surprised where it will take you!

Jason Lemieux raced for Williams College and graduated in 2002. Currently he is a member of the Subaru Factory and the Maine Winter Sports Center Continental teams.

CLUBS

Club News Spring 2003

by Rob Bradlee (rbradlee@yahoo.com)

This issue of the club news includes some reports of late season skiing, and then finishes with a report on the vision and energy of a club recently formed in the Portland area.

NE Nordic alumni and current members united for a post competition backcountry ski on April 6th, plying the woods, frozen rivers and moose trails connecting Zealand in Crawford Notch with The Kancamagus highway just south of Loon. Covering over twenty miles in 6 hours, and despite several near-death experiences, all parties survived [Ed. Note: but has anyone seen Fred lately?]. NE Nordic skiers Caitlin Riviere, Sarah Simpson, and Sarah Gamble take their skills to college next year. They will remain members of NE Nordic however-- like the hotel California you can check into NE Nordic but you can't check out!

Chris Dorion led a group of Maine Nordic Ski Club members to Labrador City the last week of March. They raced the Great Labrador Loppet, a 56 km race/tour across the black spruce, tundra, and lakes of Labrador. To reach Lab City, they drove 18 hours north of Orono, Maine to the literal end of the road. And you wonder why we call them Maniacs!

Ford Sayre junior skiers had a great ski trip to Norway, led by coaches Scottie Eliassen and Dennis Donahue. Their tour guide in Norway was Ford Sayre skier Jack Nelson, who is spending this year in Norway as an AFS exchange student, learning Norwegian and working on his ski racing (see Jack's article "A Year of Skiing in Norway" in our Winter 2003 issue). We hope to have a report from their trip in our Summer issue, so stay tuned.

CSU reports their best season ever of skiing in the Boston area. They started skiing on Thanksgiving day, and held 10 consecutive Tuesday night races at the famous Weston "gerbil track" ski facility with the last race on March 18th. You are all invited down at the end of the year for First Night celebrations and the New Year's Day Pursuit. Snow guaranteed!

Visionary ski coach Craig Whiton and his energetic wife Barbara put their heads together 4 years ago and formed a club in Portland Maine. Their son, Tim, then in 7th grade, wanted to be on a nordic team. His plea was, "Dad, you've been coaching skiing forever, can't you coach a team for us?" The Whitons negotiated with the middle school authorities to permit creation of an unofficial school team.

Now 4 years later, Tim is in high school and the Whitons along with other Portland Ski Club members have received varsity status for a Deering High School Nordic Ski Team which has a dozen members. Federal law mandates busing for any school activities to facilities outside of town, but the school doesn't fund the team and the Club didn't have the budget for expensive bus rides.

skiing. Pooling money from loans from interested parents, they purchased a snow machine and groomer so they could get underway immediately. Then, they began a big fund-raising effort (see www.portlandski.org) to raise the necessary funds to pay back the loans. With the high-quality, local facilities they attracted hundreds of local skiers. They were able to host a middle school race with over 100 racers from Portland area middle schools. With thriving high school programs in all the surrounding towns it looks like the Portland area is a hotbed of skiing development.

Skiers -- email your latest club news to Rob so he can keep this column going without having to resort to threats or bribes! Thanks!

The Whitons got to work again and persuaded the local Riverside golf course to allow them to groom the links for XC

New England Masters Scene

by John Eldredge

This superb snow winter has provided an abundance of skiing and racing opportunities for everyone, and New England masters skiers were no exception.

Strong Marathon Participation

Masters were very well represented at all three of the Banknorth marathons this winter. At the Craftsbury Marathon, although results weren't available online, anecdotal reports suggest that a significant number of masters participated in the 50K -- with Chris Nice (M4) having a particularly strong race. At the Rangeley Lakes Loppet, 12 masters women completed the 50K race (out of 30 total) and an astounding 96 masters men (78% of the total men's field of 123). Notable results included Anne Rasmussen (M2-3rd woman), Leslie Krichko (M3-10th woman), Joe Holland (M3-15th overall), Murray Banks (M6-19th overall) and Peter Harris (M5-23rd overall). In the Great Glen to Bretton Woods Nordic Adventure, it was more of the same. Masters women represented 48 (or 89%) of the 54 finishers in the 50K race, with Leslie Krichko (M3-2nd woman) and Anne Rasmussen (M2-3rd woman) posting impressive results. Masters men represented 143 (or 87%) of the 164 finishers in the 50K, with Jon Arne Enevoldsen (M3-2nd overall), John Broadhead (M6-6th overall), Stephen Wright (M3-7th overall), John Mathieu (M4-9th overall) and Murray Banks (M6-10th overall) all cracking the top 10.

National Masters Championships

NENSA was represented by a dozen masters skiers at the 2003 National Masters Championships in Anchorage. What the New England group lacked in quantity, they more than made up for in quality. In the individual races, Trina Hosmer (M6) and Bob Gray (M7) swept their races and earned three gold medals each. Other medal winners included Dave Hosmer (M6-silver in the freestyle), Rob Bradlee (M4-silver in the pursuit), Doug Armstrong (M5-silver in the pursuit) and Nat Goodhue (M7-bronze in the pursuit). In the relays, the men's team of Rob Bradlee, Nat Steele and Doug Armstrong won silver in the 150-179 age category, while the coed team of Dave Hosmer, Trina Hosmer and Bob Gray won gold in the 150-179 category. Overall, Team New England won the "open" category with a low score of 37 -- the sum of the finishing places of the 5 highest placing finishers in each of the three individual events and the place (times 3) among relay teams in categories based on the combined age and gender combination of the three team members.

Zak Cup

The Zak Cup races saw good participation from masters skiers in a variety of venues and format -- including the Mt. Hor Hop, VOMax/Bogburn, New England Masters Championships, CSU Sprints, Craftsbury Marathon, Cheri Walsh Memorial, Coastal Nordic Ski Games, Rangeley Lakes Loppet and Leprechaun Loppet. Check the NENSA website for final points.

That's it for this season. It's now time to turn our attention to the activities of spring, summer and fall--until the snow flies again to start the next winter cycle of masters skiing.

Celebration of Marathoning

by Peter Harris

Peter, our masters' Zak Cup coordinator, sent out a masters newsletter by email this past ski season which many masters found helpful and inspiring. Thanks, Peter!

Ski marathons are the best thing about masters skiing. Every ski marathon has a life of its own...anticipation, birth at the starting line, adolescence through the early k's when you are feeling strong, old age as the body fades in the final k's, and then the all important afterlife when you relive the whole experience talking it over with friends later that day...or even years later. All the 10k races fade into oblivion, but I remember all the marathons I've skied... (though some of the Craftsburys have blended together) ... from the American Ski marathon from Lincoln to Brandon ... I'll never forget the last downhill down the Green Mountain front into Brandon ... straight down, full on snowplow, accelerating despite my best efforts to cut speed, legs completely shot from hours of skiing, only to burst out into the final finishing field. Then there was the Fleishman's marathon in Waterville valley... the Rivier Rouge in Canada... they all have stories to tell.

This was a great winter for marathoning. 45 skiers skied all three of the NE Marathons, and many of us did others as well... for me it was the Keskinada, many others even added on Placid for a fifth marathon this winter. Even others went to the midwest for other adventures. The Keskinada was bitter cold, but great skiing with a great turnout. Rangeley was wonderful skating...a fast beautiful course that made the k's just flow together.

The best adventure for me was the Great Glen to Bretton Woods Nordic Adventure. It is important to acknowledge the name of the event... because it was a true adventure, and my best ski story of the winter came from it. I skied the event with two of my daughters, Abbie and Mandy. Our goal was to ski a steady pace, and just finish respectably...it was Mandy's first 50k, and I wanted it to be a good introduction to marathoning for her. The waxing was a nightmare...wet corn snow in the tracks with dry powder flying from the sky. (I have since learned that the winner and runner up skied on no wax Fischer Crowns)

I figured that with us skiing middle of the pack that the several hundred skiers in front of us would keep the track wet corn snow for a while and we went with Swix 70 klistar with Rex OI on top. I love OI for kick in wet conditions. Our skis were great in the track, but out of the track they were very slow. It was snowing a blizzard! (Meanwhile my wife was shopping in North Conway, and said it was a sunny day there!) We had a blast on the single track portion across the river, then started climbing

MASTERS

Celebration, cont'd from pg. 5

the Pinkham B road. The snow was coming down hard and there was 5 inches of new snow on the ground...we were icing terribly...walking on 4 inches of packed snow on the bottom of our skis...we passed a minimum of 50 people pulled off to the sides scraping their skis and putting hard wax over...I've never passed so many racers at once in my career. I told the girls that we would keep climbing, and scrape at the top if needed. We were just walking anyway...glide was out of the question. Amazingly, at the top the snow let up, the track turned back to corn snow, and we were able to kick off the clumped snow and start skiing again, without a break to scrape. That was the luckiest I have ever felt! 11k's of double poling gave way to 9k's of climbing...most of the people we passed got us back, but we were just loving life...laughing when the wax didn't work, smiling when it did, visiting with folks passing us, and enjoying the cookies at the feed stations. The final 9k's of down past the Cog base station was freezing and we got very cold. I've never been so happy to see the Mt. Washington Hotel. We crossed the line together, with huge smiles across our frozen faces.

Ski Tips of a Different Sort

from Jane Banks

We are sure that many others have accumulated little tricks and tips related to our sport over the years -- send them in!

- * To prevent losing one glove, always pin the pair together for storage with a safety pin, which remains attached to one while you wear them.
 - * Denture cleaner gets that hard to scrub debris out of the water bottle and camelback. Not successful for the hose of the camelback.
 - * Mouthwash makes a better tasting disinfectant for water bottles than bleach.
 - * The full life of chemical handwarmers can be realized if they are placed in a ziplock bag after each use. Be sure to press out the air before sealing the bag.
-

NENSA

Tuck Everlasting

by John Upton, NENSA President

The story goes that a teenage boy named Tuck drinks from an enchanted spring and remains forever young. Could it be that some New England juniors have found the enchanted spring? Seeing so many familiar faces at this year's Eastern High School Championships got me wondering. To put my concerns to the test, I conducted a highly scientific survey at the awards ceremony.

The gathered throng of high school racers and parents were first asked to stand if any had participated in or had cheered on their children at a Bill Koch Festival. At least one quarter of the audience stood. Next I asked participants in any Junior 2 Festival to join the old Bill Kochers. Now at least three-quarters of our assembled group were on their feet. Nearly the whole audience was standing when I asked prior EHSC participants to rise up.

While the results of my survey don't eliminate the possibility of a spring somewhere, I realized that the long term success of our junior program is what created the illusion for me. Year after year seeing the returning faces of our junior skiers and their families from across New England, reminds us that our championship events are a wonderful attraction for all. Bill Kochers get the bug, and with encouragement from parents, are graduating to compete in J2 Festivals. Other juniors catch on with the excitement, and as the ranks swell, many look to qualify to represent their state teams at the Eastern High School Championships or New England at the Junior Olympics. And not to be forgotten, for every state team member named, there are many more who continue to improve, hoping to qualify next year. In attending many of these wonderful championship events over the years, I am convinced our junior skiers are progressing well as athletes, and learning ageless lessons of hard work, goal setting and perseverance in the process. This is at the heart of what NENSA does best.

John Upton has been competing in cross country skiing and then coaching for several decades now... some of us are wondering if he hasn't found that enchanted spring! You can reach John at: jupton@pthklaw.com.

What I Did During my Spring Vacation

by Fred Griffin, NENSA Executive Director

At the end of March I pulled wearily, hacking and sneezing, into the parking lot of Maine Winter Sports Center's Nordic Heritage for the NENSA Spring Series. In front of me were trails packed to unguessable depths in clean, white snow. I buried a rattling cough in a tissue and came up smiling. Okay, so I hadn't had much luck stemming the tide of microbes boiling through my body -- but if I was fated to be sick, I might as well be on perfect tracks in perfect snow!

There was no let up for the next six days, not in my cold nor in the high quality skiing. The women's fields were small but doughty, the men's fields substantial and high-powered. Meanwhile, the small army of volunteers provided beaming hospitality, perfect stadiums, clean starts, immaculate courses, flawless scoring and timing and \$16,000 in prize money. The site preparation and race execution throughout were world class -- fitting for an area preparing to host a World Cup biathlon race in 2004.

We kicked off the Spring Series on Thursday with sprints. Following the pattern established at the Eastern Cup in December, we ran the qualifying heat in the afternoon and elimination heats under the lights at night. I was assistant TD and stationed at the top of a substantial climb hard on the heels of a sweeping descent. All evening I watched the skiers slingshot through the downhill corner, scramble into a lane and climb explosively past me. At times I forgot to remember that I was miserable. Canadian team members Rhonda Sandou and Devon Kershaw won their events in an evening of dramatic surges and photo finishes.

Jim Rodrigues, the event TD, was a man on a mission on Saturday, pushing us to the site at the crack of dawn to prepare for the day's classical event -- 5K for women and 10K for men. Pockets stuffed with wads of tissues, I skied the course, setting up V-boards to restrict traffic to the tracks, examining to see if the tracks had been lifted and dropped in the right places. I was finding an inexplicable lack of oxygen in that part of the world that morning so the start and stop nature of the work was appealing. The stadium turned out to be theater -- announcer Chad Salmela was able to pinpoint the time and the place of every racer as they crossed the line. The fastest skiers being seeded last meant breathlessness for all as we waited to see if fast early times would hold up. Jacqui Benson of Canada and Patrick Weaver, formerly of MA, UNH and the U.S. Ski Team were winners.

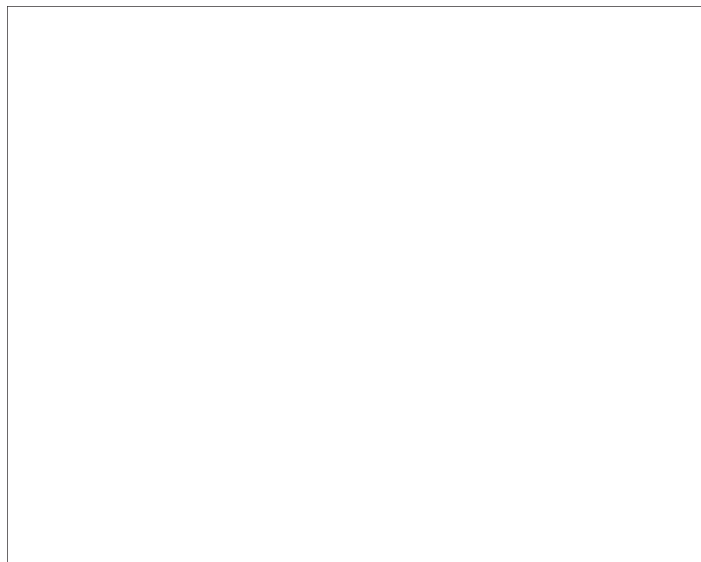
Sunday's 10 and 15K freestyle events provided the same tense, expectant gathering of racers and spectators at the finish. The talk of the day became how fast Dorcas Wonsavage was in winning the women's race and how strong Pat Weaver was in beating all the men on a second straight day. I hunkered down in heavy clothing and moved from the stadium to the bridge under which all skiers passed many times, and back again, my passage marked by a trail of mentholated air and a raggedy cough.

On Tuesday the field had winnowed down to the hardy and the fast for the women's 15K and men's 30K classic, both mass starts. I was coughing less and enjoying it more as I once again skied the course to inspect and place V-board. The women's race quickly dissolved into a chase of Dorcas, who never looked back. The men's competition was incredible. The lead pack hung together until the last 300 meters when Dave Chamberlain put on a spectacular display of power poling to nose out Pat Weaver and Justin Freeman. People cheered and I croaked loudly and wildly.

After Tuesday's races the good feeling that always prevails

NENSA COACHES

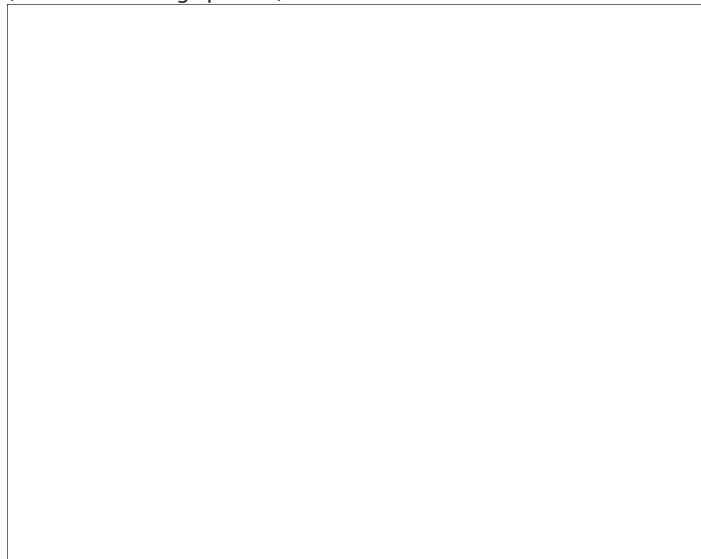
when difficult work is done well hung in the air as stadium crew and Nordic Heritage staff put the site to bed. I was able to experience it to the fullest while waiting for the Chevy locksmith to come and open my Suburban. The box of tissues inside were as welcome as my carkeys. Oh yes, I was smiling as I rolled sniffling down the driveway toward Fairfax, VT. Spring vacation at the Spring Series hadn't been a bad idea after all.



Above: Podium time after the Spring Series Women's Pursuit: 5. Morgan Smyth (SMS), 3. Natalie Cartwright (Atomic/Madshus), 1. Dorcas Wonsavage (Atomic/Salomon), 2. Sarah Peters (Carleton College), 4. Jaqui Benson (Caledonia Nordic)

Below: Molly Gray (UVM) cheers on her dad, Bob Gray (Putney), in the Spring Series men's 15K Classic race. Check out the difference in clothing and equipment from the photo on page 2!

(Dorcas Wonsavage photos)



Gaining (New) Ground on Snow

Thirty-two coaches attended the 8th installment in NENSA's acclaimed "Gaining Ground" coaches education/coaches certification clinics at Craftsbury Outdoor Center on March 28-30. Pat Cote, NENSA's Program director was joined by Fred Griffin, NENSA's executive director, Zach Caldwell, owner of En-Tune, a ski grinding, ski-tuning business, and Jim Levins of TOKO wax.

With a continuous 15K loop and many other long sections open, conditions were excellent on Friday when staff and coaches arrived. But not even Craftsbury was spared the regionwide meltdown on Saturday. On-snow technique sessions were relegated to 100 meter stretches close to woods on famed "Murphy's field."

Despite the "heavy dew" as Fred put it, instruction continued. "Hey, we're skiers, aren't we?"

"Pat and I were very pleased with the turnout and even more pleased with the breakdown," said Fred. "We had 16 BKL coaches and 16 coaches of juniors. It couldn't have worked out better."

"When we separated, Fred handled the BKL track and I worked with high school coaches," Pat Cote said. "The rest of the time we spent together. Some of the most profitable work was done by the coaches themselves - gathering after meals, in the mornings or late in the evenings. They talked skiing from start to finish. They came to learn. It was fun for everyone."

Classroom instruction included exercise physiology, the correlation between strength and technique, creating training plans, running a multi-level BKL club, coaching philosophy, coaching ethics, goal-setting and a good deal more. Outdoor programming centered on Classical and Freestyle ski progressions following the U.S. Ski Team model, interval training, games and aptitudes/games and skills, and double-poling.

"We'd love to be able to find a way to stage a follow-up on snow clinic in fall," Pat Cote remarked as he gathered his things to leave on Sunday afternoon. "It will take an act of cooperation between the weather and NENSA's chockfull schedule."

To find out more about coaches certification in New England, contact Fred Griffin at the administrative office.

Looking for some fun summer training opportunities or looking for some fun social times with other ski friends this summer? Looking for information to help you with your training or to connect with other ski racers during the summer months? Check out the NENSA website: www.nensa.org.

MORE CHEERS AND

The 2003 NE team to the Junior Olympics (Fairbanks, Alaska) -- congratulations to all for a job well done!

Coaches: Jeff Hixon (Northeast Nordic Ski Club), Amy Caldwell (Stratton Mountain School), Matt Boobar (Holderness School), Zach Caldwell (Stratton Mountain School), Eli Brown (Maine Winter Sports Center), Laura Creagan (Cape Nordic Club), Ed Hamel (Berkshire Trails Nordic Club), Hans-Peder Hanson (St. Paul's School), Pepa Miloucheva (Craftsbury Nordic Club), Donna Smyth (Stratton Mountain School), Matt Whitcomb (Burke Mountain Academy)

New England Boys Team: Ian Black (Stratton Mountain), Russell Currier (Maine Winter Sports), Kevin Cutts (Putney), Shane MacDowell (Berkshire Trails), Cameron MacKugler (Stratton Mountain), Patrick O'Brien (Putney), James Ades (Champlain Valley Union), Bret Bedard (Stratton Mountain), Bryce Connery (Holderness), Reid Doiron (Maine Winter Sports), Donovan Dums (Middlebury College), Silas Gill (Burke Mountain), Max Hopkins (Ford Sayre), Stephen Hunter (Chisholm Ski Club), August Kaeding (Stratton Mountain), Hunter Karnedy (Burke Mountain), Ryan Kerrigan (Green Mountain Valley), Christopher Leonards (Gould), John Reuter (Bethel Outing Club), Timothy Reynolds (Green Mountain Valley), Kyle Rogers (Gould), Ben True (Coastal Nordic)

New England Girls Team: Robyn Anderson (Ford Sayre), Katherine Barton (Cape Nordic), Whitney Coombs (Stratton

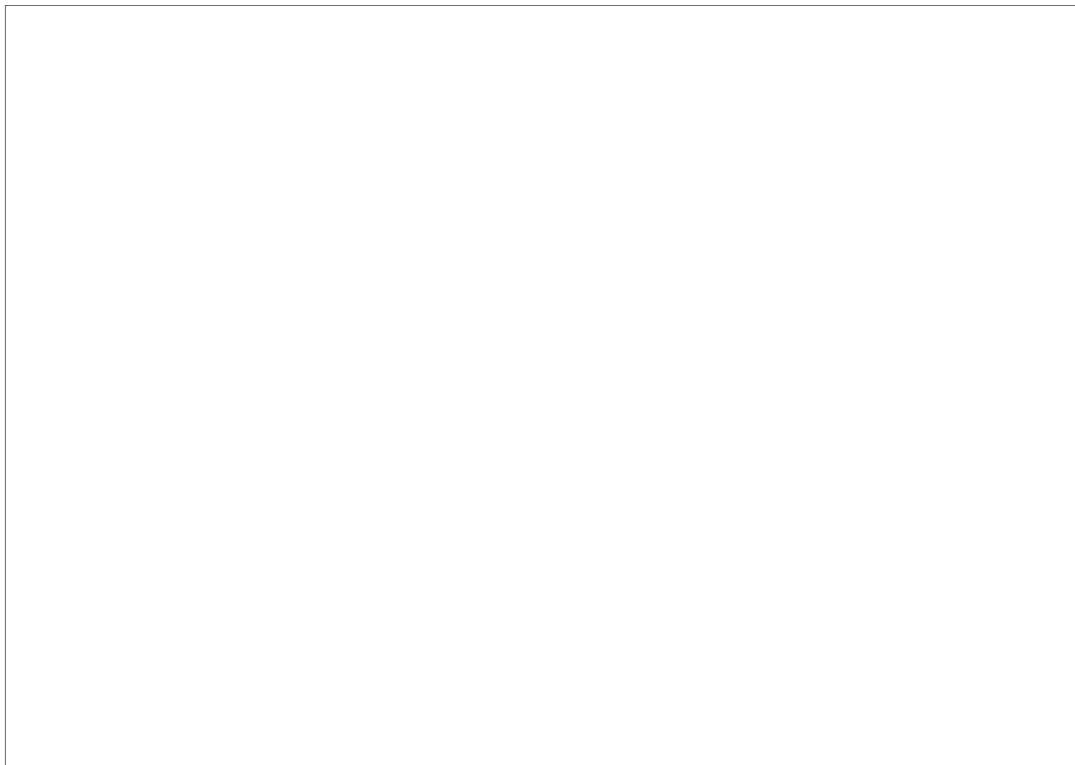
CONGRATULATIONS

Mountain), Ida Sargent (Craftsbury Nordic), Laura Spector (Berkshire Trails), Elizabeth Stephen (Burke Mountain), Samantha Bowden (Greely High School), Kate Crawford (UVM), Evelyn Dong (Cambridge Sports Union), Hannah Dreissigacker (Craftsbury), Leila English (St. Paul's School), Joy Erdman (Holderness), Alison Flint (Bowdoin College), Molly Gray (UVM), Carina Hamel (Burke Mountain), Abigail Hansen (Parmachenee Nordic), Amy Laverack (Holderness), Kaitlyn McElroy (Gould), Christina Perron (Coastal Nordic), Jean Polfus (Dartmouth), Emily Poole (Yarmouth ME), Lia Prysunka (Maranacook), Elsa Sargent (Craftsbury), Morgan Smyth (Stratton Mountain), Jennifer Taylor (Ford Sayre), Emily Wheeler (Burke Mountain)

2003 Eastern High School Championships

won by Maine! (see photo below) On March 14-16 at the Sugarloaf Outdoor Center -- Maine, New Hampshire, Vermont, Massachusetts and New York each fielded their top 20 girl and boy cross-country skiers from both public and private schools. Teams competed, state against state, for the overall title. The weekend opened with the Friday afternoon sprints, then progressed to the individual classic race on Saturday morning, with the classic mixed-gender relay that afternoon. Sunday's individual freestyle race determined the final points. Home state Maine carried the weekend with Vermont taking second, New Hampshire third, Massachusetts fourth and New York fifth.

(Dorcas Wonsavage photo)



SPORTS MEDICINE

Time for Some R'n'R!

Donald M. Christie Jr., MD, Chair, NENSA Sports Medicine committee

With the successful Spring Series at the Nordic Heritage Center in Presque Isle bringing a snowy New England competition season to a close, many skiers were of one mind: time for a rest! The exhilaration of putting on the bib and skiing up to the "Start" line was tempered by the feeling that the poor 'ol body really needed some rest and restoration.

Indeed, this "body wisdom" has sound roots in physiology and in the proper care of musculoskeletal injuries. The principle of overload, which states that one must, on purpose, stress the function of a physical system by an appropriate amount of effort at an appropriate interval to see an improvement in function, implies that, lest we drive ourselves to wrack and ruin, intervals of adequate rest must follow any overload, to allow desired repair, restoration, and growth.

Skiers, now is that time! During the season, the competition calendar waits for no one. As a consequence, it is possible to accumulate chronic overload and fatigue, perhaps signaled by annoying aches here and there, or an unexpected drop-off in performance. We may fall prey to "whatever is going around." Occasionally, we begin a race, only to drop out and prepare for another day. We may even decide to sit out a race altogether. Sometimes during the season, minor injuries or illness force us to take time out. (I think of these events as "blessings of Nature in disguise," allowing us to get a rest otherwise not taken.) For most, however, now is the time to "mellow out."

Don't forget nutrition. Decreased daily energy need means cutting down on portions of starches (carbohydrates, sweets) and fats -- most certainly cutting down on "junk" food -- but it doesn't mean shorting "quality" nutrition. Retain your intake of high quality protein (lean meat, low fat dairy products, beans, nuts, soy products) and vitamins and minerals (from fresh fruit, whole cereal grain foods, vegetables, lean meat, and low fat dairy products).

Many elite skiers take several weeks off at this time of year, doing relatively nothing (that is, "nothing" compared to their usual training routines). High school skiers may begin a spring sport, such as track or cycling, but still they must take care to let the body rest and heal from the long winter season. Otherwise, continued overuse may exacerbate "old" injuries, or worsen latent fatigue. Those at the college level and beyond especially need this "spring break" to restore and rebuild, as they plan their dry land training.

"Periodization" is a concept well accepted in the strength-training world, but its principles, including a periodic change in training routine and spells of relative rest from high-stress workouts, equally apply to serious endurance sport athletes.

Finally, this is a good time to take stock of nagging injuries

and properly rehabilitate the whole body, to be ready for the dry land season that will follow. Apart from the condition of exercise-induced bronchospasm (reviewed in the Late Fall 2002 issue), the most common sports-specific medical problems are overuse injuries of the shoulder girdle (especially the rotator cuff muscles and shoulder blade elevator) and the hip girdle (deep gluteals -- the "rotator cuff" of the hip girdle).

The former may result from overzealous poling training, or a fall on the snow, while the latter comes from punishing freestyle training, in which one tends to skate more off the handed side -- pushing out and back, out and back -- triggering the overuse injury of the deep gluteal muscles that, like their rotator cuff shoulder counterparts, may be overlooked or misdiagnosed.

Shoulder pains may be misleadingly felt in the anterior and outer arm, even spreading down the arm, while the true fault lies in a muscle around the shoulder blade. Likewise, deep gluteal overuse may masquerade as low back and sacroiliac pains, or sciatica-like pains down the thigh and leg, even to the outer ankle. These chronically injured muscles are invariably too tight and need careful flexibility training. If problems persist, an athlete should consult a sports physician, or a physician attuned to musculoskeletal problems and aware of the specific demands of Nordic training and competition.

So, take some well-deserved time off, to rest, recuperate, and take stock of any injuries. Then begin a well-planned dry land program.

Dr. Christie, Chair of the NENSA Sports Medicine Committee, is a sports physician and internal medicine consultant in Lewiston, ME, and welcomes comments and questions at dchristie@adelphia.net.

Next Installment from the NENSA Sports Medicine Committee -- Dry Land Training: the time to acquire and save up "the accounts" of body and mind to "spend" next season. Stay tuned!

Become a Professional Cross-Country Skier

by

Dorcas Wonsavage

In 1992 when the first "professional" xc team made its debut, the U.S. Ski Team shut it down. Apparently, the "professional" team, which consisted mainly of U.S. Ski Team athletes, was doing some active marketing and promotion of their athletes and team, and garnering all the sponsorship dollars and gear! The U.S. Ski Team coaches and sponsors were not happy. Ski on the Ski Team, they said, wear Ski Team sponsors 365 days/year or no support. The pro team was shut down.

Ten years later capitalism has prevailed. At this year's Nationals, U.S. Ski Team development team members were racing for their professional teams. Team Atomic, Alpina/Madshus, Rossignol, and the first successful professional team, the Subaru Factory Team, were leading the pack.

Subaru Factory Team director, Andy Gerlach, has been a marketing pioneer in creating the Subaru Factory Team. Over the years he has provided a support system for racers looking to make the jump to the National team, and for former National team members looking to give back to their sport and while racing domestically.

"People think nothing of someone being a professional bull-rider, even though they may not make any money at it. Once we start thinking of ourselves as a professional ski team, asking sponsors for money, not donations, then our skiers can begin thinking of themselves as professional xc skiers. Finally, they can feel that what they're doing - pursuing their dreams of excellence - is a valid job." And that's when the general public will begin allowing these athletes to continue their pursuit, and allow them to mature as racers, and eventually develop into World Class athletes with Olympic medals.

We know it takes a community to support a skier. The professional xc ski teams are a traveling community, providing ski resources and income for their members, while successfully marketing their sponsors' services, products, and the sport of xc skiing to the skiing and non-skiing public.

Next time you wonder how you can live your dream, becoming a professional xc skier is now an option.

Visit www.DreamOfIt.com for more information on the Subaru Factory Team.

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