



new england nordic news



LATE FALL 2011 VOL.17, NO. 1

A Tale of Two Venues

by Patrick Cote, NENSA Executive Director

For the past few years I have watched two venues develop within a very short radius from my home in Oakland, Maine. The Quarry Road Recreation Area in Waterville, can be accessed by trails from my backyard that connect through the Colby College campus to Quarry Road and because of its proximity is the project with which I am most familiar. Just a 15 mile trip down the interstate to Augusta is the Bond Brook Recreation Area. By this time next year it looks like both venues will feature FIS homologated 5K and sprint loops. Yes, I am a lucky guy. This swath of central Maine previously featured fun, but only partly polished, skiing on the Colby campus and at an arboretum in Augusta. We now have two unique and fun venues that will soon meet the standards of FIS within 15 miles! I hope that parts of the stories of each of these venues might be of interest and value to the readers of NENN as you consider getting involved in building, improving, and advocating for trails in your area.

The Similarities

Both Bond Brook and Quarry Road share a common path of development. Each started with a visionary who was willing to push local leaders to help their vision become a reality. Both leaders engaged John Morton and David Lindahl from Morton Trails early in the process. In addition to fantastic trail design, Morton Trails provided an all-important level of credibility with folks like city councilors, parks and recreation directors, and others that have proven so important to both projects. From the vision and engagement of civic leaders, the next step for each venue was the development of a board of directors. In Waterville's case, the Friends of Quarry Road was formed, and for Bond Brook, Augusta Trails. Both boards were formed to bring in trail enthusiasts that were also well-connected with important stakeholders for each project. By following this path, both venues have the pieces in place to manage capital fundraising, development, maintenance, and operations.

A Few Differences

The most striking difference is the feeling of each venue. I often get asked, "Which one is better?" Fortunately, there is no answer to that question. "They're different," is the only honest answer that I can give.

Bond Brook, by all measures, is the more extreme of the two venues, and perhaps at this time the most raw.

With the National Guard diverted to Vermont for disaster cleanup this fall, the scheduled completion of their wonderful access road did not happen. The entrance remains through a cemetery then down a steep grade to the bottom of the bowl-shaped stadium. Bond Brook's trails are a constant mix of ups and downs, with fast corners and big climbs the norm. This year's TD Bank Eastern Cup sprint features a course without many fast corners, but with climbs that meet the upper end of very tough FIS standards and I think might be a bit of an eye-opener to those used to some of the more tame sprint courses in our region. Bond Brook is also built as a race venue first, with other uses present and important, but secondary to the development of a first-class ski racing venue.

By contrast, Quarry Road attempts to offer something for everyone. On a typical winter weekday afternoon, one might find the main trail crowded with dog-walkers, snowshoers, skiers, and even mountain bikers on big balloon-like tires. As I am sure you can imagine, there are some definite downsides to this approach (especially for those of us who are diehard skiers). The main upside is that it has generated significant local support, most significantly demonstrated by a \$250,000 public bond issue that passed this year to help build the road, bring power to the facility, and improve the trails. Other entities, namely Colby College and the Harold Alfond Foundation have stepped up in a big way to support the specific interest of skiers. The Alfond Foundation recently committed to a \$380,000 grant restricted to snowmaking. This commitment triggered Colby College to contribute the needed funds to build the 5K and 1K race loops. Cutting is done on those loops now, with excavation in process and due to be completed in plenty of time for the first snow of

A Tale of Two Venues, cont'd on pg. 6 - with photos!

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About NENN

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!

NENSA membership: It's so easy now to join online! Go to www.nensa.net.

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 before Nov. 1. After Nov. 1 there is a \$5 late fee (which includes an entire family if joining together). When you join NENSA, you'll receive a Winter Event Guide, this newsletter and other membership benefits.

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

Here's a thought: you already are planning on being a NENSA member, hopefully for a long time -- think how convenient a life membership is! No hassle about remembering to renew!

For our publishing schedule, contact the NENSA office. Also contact the office for complete information on advertising in NENN or the NENSA Winter Event Guide.

Editor/Layout

Anne Donaghy
anne@nensa.net

Executive Director - Patrick Cote/ pat@nensa.net

Office Manager - Ruth Hall/ info@nensa.net

(P) 207-688-6503; (F) 207-688-6505
New Gloucester Hall, Suite 301A
49 Pineland Dr., New Gloucester ME 04260

Competitive Programs Director - Janice Sibilja

janice@nensa.net
(P) 914-475-5494; (F) 845-896-0148
6 Orbit Lane, Hopewell NY 12533

Youth & Introductory Programs Director - Abby Weissman

abby@nensa.net
495 Quaker St., Lincoln VT 05443
207-944-4720

Adaptive Programs Director - Eileen Carey

eileen@nensa.net
(P) 207-514-3230

Event Manager - Jim Rodrigues

jim@nensa.net
(P) 603-563-8928

Web: <http://www.nensa.net>

For the full and constantly updated schedule of year-round events, back issues of NENN, great travel writing, interviews with athletes and coaches, athlete trip reports, blogs and forums on athlete development, sports science articles, Club directories, photos - and more!

Editor's Desk

When I typed in the volume and issue on page one just below our NENN banner, I thought, "We're beginning our seventeenth year?!!" Somehow fifteen years of doing this newsletter didn't seem all that amazing, but now a year later I am stunned by the thought of all of that time flowing under the metaphorical bridge.

We first launched New England Nordic News, Mary Hamel and I, right after the legendary July 1995 meeting at Stratton Mountain School that began the process of launching NENSA itself. A friend of Mary's, Eric Weber, designed our banner and did layout for the first six years. Neither Mary nor I had any experience in the world of graphic design and we were very grateful to Eric for his expertise and for putting up with our ignorance and difficulty with deadlines!

In a burst of nostalgia I pulled out my NENN files from day one and I've written down some fun mile-markers over 16 years. Take a look on page 4 of this issue, and I hope you enjoy it. I'm considering making "The NENN Chronicles" a regular column for the next year. You also can download pdfs of all past issues on the NENSA website.

But this issue typically looks ahead, since it should be in your mailboxes in early November when the trees are mostly bare and skiers begin to scan the skies for signs of snow. There are lots of calendar items in these pages, though the best place for the most complete and updated information is the NENSA website (see bottom left of this page). Women -- mark your calendars now for the 2012 NE Women's XC Ski Day on Jan. 29th at the Bethel Inn Nordic Ski Center!

You will find great inspiration for your home club and ski venue in two articles: the cover article by our Executive Director Patrick Cote is a wonderful follow-up to his earlier articles on developing a venue (see Vol.14 no. 2 and Vol. 15 no. 1), and Abby Weissman's article on page 3 celebrates what the Frost Mountain Nordic Club is doing in the rolling green mountains where Robert Frost once made his home. Bravo to all involved with these endeavors!

Competitive Programs Director Janice Sibilja gives some updates on NENSA's Athlete Development pipeline, and also one of her favorite late fall workouts. Adaptive Programs Director Eileen Carey gives "The Adaptive Winter Forecast" of upcoming events, as well as some interesting facts for those curious about more on adaptive programs.

Joining you in scanning the skies for snow - and hope to see you on the trails! Anne

Thank You to this issue's contributors!

Abby Weissman, Janice Sibilja, Pat Cote, Eileen Carey, Pete Vordenberg, Augusta Trails, Max Cobb, Kris Dobie.

BILL KOCH LEAGUE

NENSA 2011-2012 Youth Calendar

The leaves are changing, the nights are getting colder, and the apples are ready to pick! Fall is here and it's time to start getting excited about winter. The NENSA Youth Calendar (www.nensa.net/calendar/index-kids.html) is already filling up with fun events. So take a quick look and find something to do in your area, or plan a trip to a neighboring community for a ski adventure! Here are a few events to make sure you put on your calendar.

December 18, 2011 TD Bank Kids Ski Day at Great Glen

January 6, 2012 Fast and Female at Gould Academy

January 8, 2012 Stowe Mini Marathon in Stowe, VT

January 14, 2012 TD Bank Kids Ski Day at Sugarloaf

January 22-23, 2012 Mountain Top Paintball Biathlon

February 25, 2102 TD Bank Kids Ski Day at Jay Peak

February 26, 2012 TD Bank Kids Ski Day at Mountain Top

March 2-4, 2012 TD Bank Bill Koch Festival at Great Glen

April 1, 2012 Fast and Female at Craftsbury

NENSA Club of the Year

by Abby Weissman

NENSA is pleased to announce that Frost Mountain Nordic is the 2011 NENSA Club of the Year! Frost Mountain serves Nordic skiers in the greater Middlebury, VT region. Dia Jenks, one of the club's major organizers, says "Frost Mountain is at a juncture, where we are building on our momentum of the last few years and looking to the future development of our club." That's a great place to be in!

You will remember them from the spectacular TD Bank BKL Festival that they put on last year at Rikert Touring Center in Ripton, VT. Many thanks go out to the amazing BKL crew led by Chris & Barney Hodges and Bruce & Sarah Ingersoll, who hosted the biggest Festival yet with over 500 skiers and their families. Careful planning, attention to detail, and good humor were the key components in pulling off this complex and overwhelming event. The club was able to draw on the energy of their highly successful (and fun!) BKL program to provide this opportunity for the skiers of New England.

Frost Mountain Nordic promotes cross-country skiing for all ages and abilities in the mountains once home to Robert Frost in central Vermont. The club is a community-based, umbrella organization for the Bill Koch League (ages 7-13),



Even the event organizers got into the costumes at last March's Bill Koch Festival. (Abby Weissman photo)



Lining up for some fun with those great pumpkin-y colored Breadloaf buildings in the background. (Abby Weissman photo)

middle and high school teams, masters team, and recreational skiers. They organize a weekly race series, group skis, back-country skis, camps, training groups, race teams, clinics, and occasional social events. Basically they do it all!

The club has been in existence now for four snow seasons and has grown exponentially to now have over 160 members. There is a tremendous amount of energy in this Vermont region and the club has an infectious spirit that draws in participants and helpers readily. Frosties typically ski at either Blueberry Hill in Goshen, VT or at the Rikert Touring Center in Ripton, VT. This club is situated in an outdoor-lover's paradise: mountains, groomed trails, and back-country adventures galore!

Club of the Year, cont'd on pg. 7

HISTORICAL

The NENN Chronicles

by Anne Donaghy

Here's a look back at the very first year of NENSA, as chronicled by the New England Nordic News.

* In July, 1995, the New England Cross Country Committee meets at Stratton Mountain, Vermont to discuss the future of cross-country skiing in New England, threatened by severe cuts from the national governing body (USSA). The group, led by John Caldwell, determines to start up a new organization, The New England Nordic Ski Association.

* New England Nordic News Vol. 1 no. 1, Oct. 1995, publishes the NE Winter Event schedule (remember the days of no websites?). Chair of the NE Cross Country Committee, John Caldwell, explains the complex interactions between the New England CCC, the ESA (Eastern Ski Asso.), USSA (U.S. Ski Asso.), USS (U.S. Skiing), and USSEF (U.S. Ski Education Foundation). It is an amazingly succinct three paragraph explanation of an extremely complex history!

* Nov. 1995, one month later, Vol. 1 no. 2 lists full event information plus a NE Cross Country Competition Committee Entry Form for racers to photocopy and use for event entries... Steve Poulin from Swix writes an article titled "Dry Application of Cera F" on the cutting edge of waxing... cover article is by Jim Galanes on training for the uphill... Bob Haydock tells of the origin of the masters' Zak Cup: Vlastimil Zak, born in Czechoslovakia in 1933, emigrated in 1968 from refugee camps after the Russian invasion to his country, settled in the U.S. with his wife and young daughter; he lived and worked as a physician in Plymouth N.H. and was an avid xc skier; on New Year's Eve in 1979 he and his daughter and a friend tragically drowned while ice skating on Squam Lake.

* In late November 1995 the nonprofit corporation the New England Nordic Ski Association is established "to promote education and the development of nordic skiing in the New England states." Zach Caldwell is NENSA manager, working out of an office at the Blueberry Hill Ski Touring Center that is mostly an answering machine.

* Jan. 1996 Vol. 1 no. 3: The cover article by John Caldwell is titled "Sprints come to XC Skiing." The FIS has introduced for the 96-97 season the two-person sprint relay and the knock-out sprint with a qualification round putting 16 skiers against the top seeded 16 skiers, subsequent seeding done "same as in a tennis match"... A subscription to NENN is considered, just for this year, the same as a membership with NENSA, and Holderness School ski team and club is congratulated for having the most successful membership drive, with 25 new members... We have a full page for BKL news for the first time, and on it Emily Osgood tells about her first race at age 5: "I started the race out being angry because a friend of mine had gotten into the track in front


of me, and I didn't know I could pass her" (Emily learned a lot that year!).

* March 1996 Vol. 1 no. 4: Rob Bradlee writes about the National Masters Championships moved to the Mt. Mansfield Touring Center "as the early onset of the monsoon season wiped out four feet of snow at the race venue at the Ethan Allen Biathlon range" and organizer Murray Banks was the man for the job... Mary Hamel writes a great article on Spring Skiing in New England with subtitles like, "Where there's incredible scenery" (Acadia National Park, ME) and "Where there's history as well as scenery" (Mount Mansfield, VT), "Where there are real mountains" (Tuckerman Ravine and Mount Moosilauke, NH) and "Where there's always snow" (Grafton Notch State Park, Mt. Blue State Park, ME). This article is not outdated, so look it up -- though now we could add Aroostook County to several of those categories!

* May 1996 Vol. 1 no. 5: Zach Caldwell reports on NENSA's first official meeting on April 21 at Holderness School... NENSA's first Board of Directors: John Caldwell (chair), Scottie Eliassen, Fred Griffin, Peter Hendel, and Joe Walsh... On the BKL page Ted Upton from Maine writes about the most recent BKF at Bretton Woods: "the National Guard helped with the race and they had big army tanks you could ride... After the meet, I started thinking about how it might be even more fun if there were 3 races instead of just 2... Instead of having Skating one year and Classical the next, I think we should have one skating race, one classical race, and a relay... What do you think?"... This is such a good idea that it is adopted almost immediately... We report that Bob Haydock has posted photos from the '96 BKF on his homepage "on the World Wide Web" (obviously a really cool high tech thing - at least to us!)

* Summer 1996, Vol. 1 no. 6 contains the first NENSA membership application... we reprint a roller skiing story from John Morton's book Don't Look Back, involving blood on the pavement (turns out it was a deer) and a coach developing a brand new coaching technique in a moment of extreme duress: sprinting for the intercept and grabbing the waistband of an athlete's shorts to slow him down on a steep downhill (ah, for YouTube back then!)... Bob Haydock writes one of the earliest documentations of global warming when he discusses the spring race across Greenland being cancelled due to lack of snow and weirdly warm temperatures (51.8 degrees F)... but CSU's Bob Hamel finds snow in Newfoundland at the Labrador Loppet, where a huge contingent of U.S. skiers raced and had a great time, particularly at the banquet following the awards ceremony where prizes were given for "The Best Hard Luck Story."

In the next issue of NENN, we'll take a look at some of the highlights from our second year!



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A Tale of Two Venues, cont'd from pg. 1

the year. We can all breathe a bit easier knowing, as well, that dog walkers and mountain bikes will not be welcome on those trails during the winter months.

Skiers and Events

If you build it, will they come? The main challenge in Augusta and Waterville both is that these communities have been devoid of their own strong skiing cultures for almost a generation. Local ski hills faded away. Those who could afford it traveled to or spent weekends at Sugarloaf, while those who could not simply gave up the sport. We're starting from scratch a bit at both venues, but I am happy to report that under Dave Simard's guidance in Augusta and Caroline Mathes' here in Waterville, both venues have active youth skiing clubs. Augusta's new program has grown to about 20 kids, and the Central Maine Ski Club, which is entering its fourth season, was 82-strong last year. Both venues host events to attempt to bring more interest. Bond Brook hosted a TD Bank Citizen Series event last year, and after the host-venue lost all of its snow, stepped up to host the Colby College Carnival as well. They also held a trail running series that I enjoyed participating in this past summer and held a larger 10-mile and 5K trail race on October 23rd. Quarry Road has hosted an annual Winter Carnival event that last year welcomed over 500 participants along with an annual Paintball biathlon and a fall pellet-rifle biathlon event. Through the development



Racers at the 2011 Colby College Carnival at Bond Brook (Augusta Trails photo)

of youth ski clubs and events for skiers, both venues have tried to help spur local interest while also welcoming outsiders.

Conclusions

What I've shared here scratches the surface of these two projects. It ignores the challenges, the heartaches, and the roadblocks along the way and still present. It probably makes the whole thing sound all-to-easy and understates the enormous commitment of each venue's important leaders. One thing that is clear is that both venues have come a long way. They also clearly have a long way to go in terms of physical development. More importantly, in my mind, the communities of Augusta and Waterville have a long way to go to become the type of communities imagined by those working most diligently on these projects; communities that embrace and demonstrate an vibrant, active, outdoor-oriented culture for people of all ages. To be sure, we are getting there as can be evidenced by overflowing parking lots and lots of smiling faces, but there is a long way to go.

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Learning to go down hill. A photo from the author's winter 2011 Monday afternoon ski group on the Quarry Road Trails. (Ellen Wells, Central Maine Ski Club, photo)

CLUBS

Club of the Year, cont'd from pg. 3

Sue Halpren, FMN member, raves about the friendliness of the club. "Frost Mountain Nordic is incredibly inclusive. We've got high-level racers, but we've also older folks and little kids and people who just like to get together and be outside on skis. Because we have so many programs aimed at the whole range of skiers, we are able to draw in lots of participants."

Head Coach Cam MacKugler (Middlebury College Alum) is dedicated to furthering the program and supporting all the members at the highest level. He works with all ages in the club, from BKL to Masters skiers, with organized practices, summer and winter camps, Sunday "distance" skis, and training during the week. One of the favorite events of the summer was an Orienteering Challenge that Cam designed in New Haven, VT.

Frost Mountain Nordic is also lucky to have some changes going on at Rikert to better support them. Mike Hussey, Rikert's Touring Center Director, has a number of projects up his sleeve: trail work & design, homologation, and improvements to the building are just some of excitement going on in Ripton. Andrew Gardner (Middlebury College Head Nordic Coach) writes in the ski team's blog, "Tropical

Storm Irene slowed the process but as of today, all the trees necessary to remove from the site are down and the ebb and flow of what will be one of the best courses in the country is beginning to take shape... The home of the Middlebury Ski team is soon to be home to an Eastern course favorite."

In addition to enjoying groomed skiing at Blueberry Hill and Rikert, Frosties are also able to enjoy the splendors of the backcountry, with tours being led by Andy McIntosh throughout the winter. New this year, in addition to his annual, Secret Trails of Ripton tour, Andy will also be hosting an "Out with the Old, In With the New" tour to explore some of the new Catamount Trail sections.

Congratulations to Frost Mountain Nordic for all their hard work to promote Nordic skiing in New England!

Turn to page 3, the Bill Koch League page, for some photos from the Festival at Rikert Touring Center!



photo: flyingpointroad.com

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NENSA

New England Athlete Development Update

by Janice Sibilia, NENSA Competitive Programs Director

First, some exciting news - I was recently invited to attend the annual Community Olympic Development Program meetings (CODP) in Colorado Springs. I am thrilled to announce that after two years of effort, NENSA is scheduled to be awarded official CODP status within the next several weeks! Stay tuned to NENSA.net for more about this exciting program and the role it will play in our quest for athletic excellence within the region.

Athlete Pathway

For many years there has been a myriad of summer and winter events on the NENSA competition calendar that give athletes opportunities to become better at the sport of cross-country skiing. More recently programming has been expanded to become a progressive pathway that a skier can tap into to help them reach the next level of competition. The missing component however, was clearly outlining these opportunities at various ability and age levels, enabling them to see the next potential step.

I am happy to report that the process of creating an online resource tool has begun! The New England programming map, also referred to as Athlete Pathway, will be clearly outlined and easily accessible for parents, coaches and athletes. The neat thing about this outline is that it becomes apparent very quickly that there are multiple paths one can take on their journey to athletic excellence.

Here is a summary of New England competition programming, beginning with the first level of introductory racing, The Bill Koch League Festival. This pathway will also show how the regional path can tie into the National USSA pipeline. A fancier version of this outline will have a place on the NENSA website under the Racing Link, where you will be able to click on a particular piece of the pathway and find out more information about it.

Winter: BKL racing→TD Bank J2 National Championships→TD Bank Eastern High School Championships→ TD Bank Citizen/Marathon race series→ TD Bank Eastern Cups→ EISA College carnivals→ NE Junior National Team-→USSA Junior Nationals-→US Nationals-→SuperTour Finals/US Distance Nationals-→International experience (J1 trip/Jr and U23 Worlds/OPA).

Spring: NENSA Elite and Development teams named.

Summer/Fall: Club BKL & Junior camps-→ J2/EHSC development camp-→J2 Regional Elite Group (REG) camp→ J1/OJ REG camp-→U23/Senior REG camp-→ USST NEG/ NENSA REG Fall camp→ NENSA Elite & Development training days with club partners).

This pathway provides athletes and coaches with a road map that can help them navigate their way to athletic excellence and ultimately successful International competition.

NENSA's Elite and Development Teams recognize the New England athletes who had outstanding performances during the previous winter. By their achievements they have shown a commitment to developing as a ski racer. There are currently 69 athletes who have met the qualifying criteria for the Development Team and 38 athletes making the Elite Team. These numbers indicate the depth of our athletes, their coaches and their clubs. Of these athletes many are also now earning recognition nationally:

- Of 43 top J2's selected across the country for the USSA National J2 camp, 10 are from New England programs.
- 5 New Englanders of 14 athletes were selected from the four Regional Elite Group (REG) camps to attend the USST National Elite Group (NEG) camp in Lake Placid.
- USSA National Training Group (NTG) consists of 7 athletes, of which 4 are from New England.
- US Ski D Team: 1 NE athlete of 2.
- US Ski B Team: 1 NE athlete of 6.
- US Ski A Team/Olympians: 4 athletes, 3 are from New England

Athletes having outstanding success at the National level, significantly increase their chances for gaining access to experience at International competitions, which are necessary if the ultimate goal is to make an Olympic team. Putting statistics aside, a critical reason for having this pathway outlined and in place, is to enable athletes and coaches to easily see the progression of events and resources that are at their disposal. (This applies to citizen and recreational skiers as well as those having higher aspirations). This pathway is by no means the only way for an athlete who aspires to be an Olympian or World Cup skier to become successful, but it *is* a start to putting some methodology behind the process.

New England is home to some of the most comprehensive competitive programming in the country and the long-term goal is to ensure that this info is readily available for people to access. Anyone wishing to receive more information about athlete development in New England can visit www.nensa.net>racing, or contact Janice Sibilia at janice@nensa.net. Suggestions, and comments are always welcomed!

NENSA

Favorite Workouts

by Janice Sibilia, NENSA Competitive Programs Director

Hill Bounding! This is by far one of my most favorite dryland sessions. Perhaps this is because I have seen the tremendous benefits this mode of exercise offers when living in a low snow area; or because improvements can be made fairly rapidly in the grand scheme of things.

Find a dirt road with a longer hill and noticeable grade (Noticeable will vary depending on your current fitness level). For Level 3 intervals a 6-10 minute duration is good; for VOmax intervals, plan on 3 to 5 minutes. You can do this with or without poles, though I prefer poles just because it feels more like skiing!

The goal is to stay within the HR that is right for the component you are training, and also to perfect ski technique. Be cognizant of where your hips are when bounding (over you feet) and that you are not reaching up the hill with your foot. Instead, a snappy impulse off of the "kicking" foot will propel you forward onto the glide leg, with your hips able to stay forward and over your foot.

Keep the upper body relaxed yet working and use your poles all the way through - range of motion will depend on the steepness of the hill.

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Fall & Early Winter Calendar Highlights (see www.nensa.net for the full calendar!)

- Nov. 5 - **NENSA Annual Masters' Technique Clinic**, Trapp Family Lodge, Stowe VT
- Nov. 6 - **NENSA Fall Board meeting**, open to public, Trapp Family Lodge, Stowe VT
- Nov. 12 - **Gaining the Edge Technique & Physiology Clinic**, module 1, Sudbury MA
- Nov. 13 - **Kearsarge Roller Ski Time Trial Series #2**, Rollins State Park, Warner NH
- Nov. 19 - **BKL Coaching Clinic**, Ripton VT
- Nov. 23-27 - **NENSA Thanksgiving Training Camp**, Craftsbury VT
- Nov. 25-26 - **US Can Cup**, Foret Montmorency, QC
- Dec. 3 - **Gaining the Edge Strength Training & Coaching Skills Clinic**, module 2, Weston MA
- Dec. 4 - **BKL Learn to roller ski clinic**, Bedford NH
- Dec. 8-11 - **Rangeley Trails Center pre-season Training Camp**, Rangeley ME
- Dec. 10-11 - **5th annual Intro. to Performance Skiing & Racing Technique**, Trapp Family Lodge, Stowe VT
- Dec. 10 - **Craftsbury Opener**, Craftsbury VT
- Dec. 11 - **NWVE Season Opener**, Jericho VT
- Dec. 17-18 - **TD Bank Eastern Cup Opening Weekend** at Craftsbury VT
- Dec. 18 - **TD Bank Kids Ski Day**, Great Glen Trails, NH
- Dec. 18 - **Adaptive Nordic Instructor Clinic**, Bolton Valley, VT
- Jan. 2-8 - **U.S. National Championships**, Rumford ME
- Dec. 31 - **Mt. Hor Hop**, Westmore VT
- Jan. 1 - **Craftsbury Classic**, Craftsbury VT
- Jan. 1 - **New Year's Day Races**, Bedford NH
- Jan. 3 - **USST/NENSA Technique Clinic at US Nationals**, Rumford ME
- Jan. 7 - **Bogburn Classic**, Haydock Home, North Pomfret VT
- Jan. 8 - **XCriterium Sprint Event**, Trapp Family Lodge, Stowe VT

ADAPTIVE

2011-2012 Adaptive Winter Forecast

by Eileen Carey, NENSA Adaptive Program Director

This winter promises to be action-packed for adaptive skiers throughout the northeast. Adaptive skiers - youth, beginner, recreational and experienced racers alike - will have the opportunity to participate in Nordic events New England-wide. NENSA's Adaptive Program will offer regular weekly programs for veterans and others with physical impairments in Boston, Maine and Vermont. In addition to the regular programming, many events throughout the region will expand their reach to offer support or categories for adaptive skiers.

NENSA's adaptive youth and recreational calendar will provide a wide range of events for youth, beginner or recreational skiers from tours, to festivals, to citizen's races. In addition to the many adaptive-specific ski events that are hosted throughout the winter by adaptive sports organizations, events on the calendar below will be integrated into mainstream Nordic events. A handful of youth events will also offer opportunities for kids with physical impairments to experience the joy of gliding on snow.

For the more competitive in spirit, the Northeast Adaptive Race Series (NEARS) will provide athletes the chance to compete for the title of NEARS Champion. This series of 6 races will be integrated into high-level New England competitions such as Eastern Cups and EISA Carnivals and will provide the chance for aspiring Paralympians to develop their speed and skills. Skiers' best 4 results will determine their final ranking on the NEARS points list.

The preliminary Adaptive calendars are listed here. For more details on these or the many other opportunities for adaptive skiers this winter (more events are listed all the time!), check out the NENSA Adaptive Program page at adaptive.nensa.net. If you want to learn more about expanding your event to include adaptive athletes, contact Eileen at eileen@nensa.net or (207)514-3230.

Northeast Adaptive Race Series (NEARS)

December 17 – Eastern Cup, Craftsbury VT
 January 21 – White Mountain Classic, Jackson NH
 January 27-28 – UNH Carnival, Jackson NH
 February 3-5 – Empire State Games, Lake Placid NY
 February 19 – Eastern Cup Finals, Holderness NH
 February 25 – Middlebury Carnival, Ripton VT

Recreational and Youth Events - tours and events, and aces that are great introductory events!

December 18 - Kids' Ski Day, Great Glen NH
 January 15 – Stowe Tour de Snow, Stowe VT
 Date TBA – Vasalop Citizen's Race, Weston MA
 March 2-4 – Bill Koch Youth Ski Festival, Great Glen NH
 April 1 – Fast and Female (ST Finals) – Craftsbury VT

Instructor Education Clinics – if you are interested in instructing or coaching adaptive skiers, come and check out one of these clinics!

December 18 – Bolton Valley, Bolton VT
 January 22 – Weston Ski Track, Weston MA
 January 23-34 – Bretton Woods Nordic Center, Bretton Woods NH

Adaptive FAQs

by Eileen Carey

What are adaptive sports and the different associated organizations and how does NENSA's Adaptive Program fit into it all?

Adaptive sports are sports which are adapted in some way to better support individuals with intellectual or physical impairments. These adaptations can include differences in equipment (such as sit skis), technique (think about how a person with little core function would double pole), or teaching techniques (just as traditional education employs different techniques to educate a person with a cognitive impairment, so too does skiing).

Under the adaptive sports umbrella are organizations that specialize in sports programming that support people with different types of impairments. The Special Olympics is an international organization with local chapters that specialize in providing athletic opportunities for individuals with intellectual impairments.

The International Paralympic Committee (or IPC) is the international governing body for Paralympic sports. The Paralympics are the highest level of sports competition for people with physical disabilities. Some types of impairments necessitate completely different categories within competition (i.e. sit skiing), while other adaptive athletes may compete in both mainstream and adaptive classes.

NENSA's Adaptive Program is focused on offering programs for people throughout the region within the Paralympic movement as well as support for adaptive organizations and initiatives to increase all adaptive Nordic programming and development.

Check out "Adaptive FAQs" each issue for a tidbit about adaptive skiing.

MORE FUN ON THE HORIZON



The Queen-sized handcrafted bed made by John Attwood for the online auction -- made of coastal driftwood with a wonderful headboard panel!

Nov. 1 to Nov. 15 at 7pm: NENSA's Online Auction

It's time for NENSA's online auction! As athlete Skyler Davis said in his interview with CauseVox* after NENSA's spring online fundraiser -- Skyler having single-handedly raised over \$1,300 via his social networks, and many donors were not even xc skiers -- "Embracing the process is how you can achieve success and make raising funds enjoyable." If you make it fun, they will come to your Facebook page or website! It's a FUNdrive!

* For Full Interview: <http://blog.causevox.com/2011/09/11/fundraising-page-tip-interview-with-skyler-davis/>

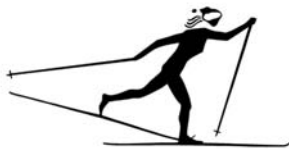
Many of us had a lot of fun with the online auction last year. At one point I heard a lively discussion over is it wiser to use one's own name, or a pseudonym? In the

case of someone like Abby Weissman, people may hesitate to bid against her if they know it's "our" Abby, whereas other people might do better going incognito (not to mention any other names here!)... However you see it, you have the option to go either way, so bid early, and bid often! Have fun and help NENSA raise money for our programs and all the things that NENSA does to promote cross-country skiing throughout New England.

Some of the great items lined up for the auction:

- * Queen Sized Folk Art Bed by John Atwood (see to left)
- * A Concept2 Ski Erg
- * Complete Xium Set customized to your height/weight from Rossignol
- * Case of Hosmer Wine (mixed red & white)
- * John Orcutt Nordic Ski Photo 24" by 36"
- * Swenor Rollerskis
- * Swix Wax
- * Swix Star Poles
- * Road Cycling Wheels
- * Michael Sibilis Photograph
- * Hand-made hats from Eileen Carey
- * 3 pr. Backyard Grooming Devices (L.L.Bean snowshoes)
- * USST Gear from Ida Sargent, Liz Stephen, Andy Newell, and Kris Freeman
- * PowerBar Pro team gear from Skyler Davis
- * Dartmouth and Colby College team jackets

Link to the auction is: <http://links.nensa.net/2011-Auction>



January 29, 2012 NE Women's XC Ski Day Bethel Inn Nordic Ski Center, Bethel, ME

Enjoy a fun day on snow at Bethel Inn Nordic Ski Center in Bethel, ME. Experience cross-country ski clinics for every level of skier from first-timers to seasoned masters! In addition to top-notch instruction, there will be wax demonstrations, a fantastic prize drawing and a fabulous lunch at the Bethel Inn. Clothing and equipment retailers will be on hand with items to try and buy.

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Registration:

\$25 for NENSA members, \$30 for non NENSA members. Includes clinics, lunch, trail pass, raffle prizes and wrap up session. For women ages 13 and up. Maximum of 200 participants (fills up every year so register early). Registration will open soon and we'll have our Women's link off the NENSA website updated with full event information.

Contact: Abby Weissman
(abby@nensa.net
207.944.4720)
Website: www.nensa.net/women



Let it snow, let it snow, let it snow....



Anne Donaghy photo on L; Max Cobb photo on R; Kris Dobie photo on the bottom.

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