



new england NORDIC NEWS

FALL 2001 VOL.6,NO.6

REPORT FROM THE RIDGE: THE FIRST ANNUAL NENSA HIKE

by Fred Griffin, NENSA Executive Director

Everyone has a story. Since I can't speak for any of the 60-odd skiers who were part of the first annual NENSA Hike in Franconia Notch on August 17th, you'll have to settle for mine.

I arrived at the Flume parking lot under bleak and sunless skies at 6:00 a.m. By the time Chris Axelson pulled in, threw open the rear hatch of his SUV, scattered his pack, an assortment of gels and energy bars, a 2 gallon water reservoir, a bag of bagels, a shoe box, and unidentified oddments across the asphalt the rest of the 30-milers were on hand. Most migrated over to survey the dismaying organizational skills of the highly-caffeinated man to whom they were entrusting their well-being for the next 11 hours. When the chosen items had found their way into his pack, and the straight-from-the-box new shoes onto his feet, Chris lectured his crew on the absolute need for proper preparation. I added a few words about self-sufficiency and the imperative of making good decisions, and the Gunner's OD was on their way to the next parking lot north to begin their adventure.

At 7:00 I circled the group that had been trickling in for the Franconia Ridge 19-miler, explained our route, its bailout options, and my suggestions for food and clothing. Oblivious to the fact that time was hemorrhaging in my ears, folks continued to pull in past our designated leave time. Neurosis edged out social nicety, and I set out up the bike path at 7:05 followed by approximately 20 of the time-faithful. Within a mile we linked up with Liberty Springs Trail, fought past a gaggle of schoolgirl soccer players, exited onto the Flume Slide Trail and walked or jogged to the base of the slab granite that gives this path its name. By this time the front pack had diminished to 7 or 8.

The ascent was clutching hand and slipping toe up 1700' of granite cascade in less than a mile. I arrived on the protected ridgeline just behind Trina Hosmer and Gavin-

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from-Seattle and just ahead of David Boucher, Heidi Henkle, Joe Hardy, David Hosmer, Sara Kate May and an independent with an overheated dog named Otis. I waited for stragglers what I felt was a reasonable stay, say 5 minutes (time, I say Time, was hemorrhaging in my ears!) before heading up to Mt Flume (4320') and the exposed ridge. I was wondering if the bulk of my group had missed the turnoff to Flume Slide and continued up Liberty, a shorter route that connected with Ridge Trail to the north. Sure enough, in the first quarter mile I met up with Jeff Hixon, Joe Seguin, James Letson, and Jacob Scheckman heading back to find me. Together with Gavin-from-Seattle we advanced from Flume to Liberty (4460') to Haystack (4500') racing like greyhounds, bounding like antelopes, picking off all of those who had come up Flume Slide and dragging down those who had come up at speed up Liberty -- Elsa Sargent, Isaac Noyes, Emily Jacobs, Caitlyn Riviere.

The farther north we went, the more adversarial the weather became. I had been hoping to spot John Caldwell's group climbing toward the Haystack summit on Falling waters trail, but we were socked in, ragged clouds streaming by us at a 30 mph clip or better. Lingering had no future, so we pushed on, and in the low point between Haystack and Lincoln, sudden as a gasp, we were rewarded a visual epiphany: to the west, the bunched lesser peaks leading up to Cannon, (Continued on page 9)

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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

It has been exactly six years since Eric Weber did the design and layout for the very first issue of New England Nordic News. Looking back over the thirty-six issues of NENN since October, 1995, we see Eric's touch everywhere. He designed our simple but striking banner logo of two skiers zipping across a field surrounded by trees. Eric's hand has guided the flow of articles, interviews, calendars, memos, blurbs, photos in every issue to ease and please our readers' eyes as they peruse our issues. The subtly humorous photo captions are all Eric's (those of you who save back issues: be sure to check out page 8 of the Spring 2001 NENN). All of the catchy banner titles at the top of pages have been Eric's as well.

How could we do it without Eric? Well, we are finding out right now. He had been reluctant to ask to retire as our layout person, but he needed to this fall because of family commitments. We have assured him that we will carry on in his absence but only if he could be our consultant for a while (we are hoping this could be a rather long while, if necessary!). We had more than several hour plus-long phone calls with him in putting together this issue, which should have been in your hands 2 weeks ago. Please bear with us as we attempt to carry on the very high standards and professional look that Eric has established for New England Nordic News.

And please join us in thanking Eric for the six years of issues that he designed and laid out -- for the many hours of his time that he volunteered to NENSA in doing this newsletter! (his email address is: eww@crocker.com and his mailing address, if you wish to send a short note, is P.O.Box 314, Williamsburg MA 01096)

Anne Donaghy
 Mary Hamel
 Co-editors

Welcome back, Irving!

NENSA is proud to announce that Irving Oil corporation is once again supporting NENSA and cross country skiing throughout New England. In this Olympic year of 2002 Irving will be active at our race courses and welcoming in their stores. Clean facilities, fresh fruit, great prices, great service, recognition of our sport -- that's what skiers find at Irving Mainways.

BILL KOCH YOUTH SKI LEAGUE

In the fall of 1996, NENN published its first set of fall family hikes. It's hard to believe that so much time has passed. We decided to rerun those hikes and check out what's going on in the lives of the families who recommended them. The text in italics is new.

Four Fall Family Hikes

(reprinted from the September 1996 NENN)

Fall is hiking season in New England and a hike is a great family outing any time of year! Bill Koch age skiers can begin to get ready for the ski season in a fun, active way. The following four hikes, one in each member state, have all been suggested by Bill Koch families and may be less known than some of the more popular routes such as Monadnock, Mansfield, or some in the White Mountains.

Maine: Tumbledown in Weld, Maine is the hike recommended by the Moody-Roberts family of Cape Elizabeth. This is a hike of 5 to 6 hours, allowing for snack and lunch stops along the way. Start at the trailhead for the Loop & Chimney Trails, at the junction, follow the Loop Trail (blue blazes). The climb is mostly moderate but it is steep at points, with one section going through a natural chimney. Once at the top, hikers walk along Echo Ridge which, true to its name, will provide great echoes. Continuing over a rocky knoll, hikers reach a high, cold, mountain lake with lots of frogs. In August, blueberries abound. This hike can be done with children five and up but is not recommended for small children in packs because of the chimney. In Wilton, take Rt. 156 to Weld (sign at stores gives directions to trailheads in the area), where it changes into Rt. 142. Go about 2 miles to Weld Corner. Turn left onto Byron Rd., continue 5.8 miles to the trailhead for the Chimney & Loop Trails.

Elise and Stanus Moody-Roberts are spending the next two years with their parents in Switzerland. We're sure they'll have wonderful stories to tell of skiing, hiking and living in such a beautiful country.

Massachusetts: Mount Greylock located in Adams is the highest peak in Massachusetts, but the Sessions family of Plainfield says there is a great four-hour, round-trip hike for Kochers five years and up. Take Rockwell Rd. off Rt. 7 in Lanesborough to the Jones Nose Trail Parking Lot, ask at the visitor's center. Take the Jones Nose Trail to the Appalachian Trail which leads to the summit with moderate climbs. Once at the top, there are spectacular views of Killington, Stratton, Boston and the Adirondacks. A tower on top adds to the experience. Bring a picnic and enjoy the view before heading down.

The Sessions family has three girls. Alyssa is 15 and skis for the Mohawk High School team where Dad, Jay, is head coach. She competed on the Massachusetts Eastern High School and J2 Teams. Nicole (10) and Kim (12) ski for fun on weekends and some days after school. Many of you probably own sport jackets and suits sown by Mom, Denise, for VOMax. The whole

clan enjoys family ski outings in the winter.

New Hampshire: One of the favorite hikes of the Roberts family of Norwich, VT is Cardigan Mountain in Canaan, NH. The trail begins in the Cardigan Mountain State Park just off Rt. 118 (the Park turnoff is less than 2 miles from the Rt. 118/Rt. 4 junction). The hike of about 2.6 miles round trip is well marked. With its bald top and fire tower, Cardigan Mt. has excellent views. The mountain has moderate climbs and is a good hike for four-year olds and up.

The Roberts family has been a strong presence in the Ford Sayre Ski Club in Hanover, NH over the years. Avery, now off to pilot school in California, spent two years at UVM. He volunteered as a coach in the Ford Sayre program for the last three years. Hillary just began her freshman year at Syracuse University. 8th grader Clifford is a snow boarder in the Ford Sayre Club. Dad, Harry, has been the president of the Ford Sayre Ski Council for a number of years as well as chief groomer for Dartmouth College cross country skiing.

Vermont: The Osgood family of Putney spends time hiking on Mt. Ascutney. Take the Ascutney exit off Rt. 91 and head north, 1 mile on Rt. 5 bearing left into the park. There are four trails to the summit, all of which are described as great. The Osgood favorite is the Weathersfield Trail, which, although it is a gradual climb, ascends 2600'. The trail is well maintained and has two waterfalls. The hikes are all about two-hours one-way and are recommended for kids 7 years and up. The rangers can help parents of younger children determine the best trails for them. An auto road comes within .7 of a mile of the top where there is an observation tower and beautiful views.

Back in 1996 Brayton Osgood, now entering his junior year at Dartmouth, was a J2 skier. He continues to race, having represented New England five times on its JO Team. Emily was still a J3 in 1996. She entered her freshman year at Harvard in September. She skied for the Putney School and is still a classic specialist. Mom, Mary, and Dad, Chris, have competed in many NENSA races.

New England Bill Koch Manual

The "How-To" guide for youth skiing, NENSA's BKL Manual leads you through setting a club up to planning practices to 12 week's practice plans.

\$25 regular price

Contact Fred Griffin for NENSA Club Membership Information

MASTERS

2002 Masters Competition Schedule

by Bob Haydock; rhaydock@ultranet.com

The masters schedule for the 2002 season includes the Zak Cup series which scores each racer's best 7 races, the two day Volvo NENSA Masters Championships which will be at Jackson, NH, the National Masters Championships which will be at Tahoe and Royal Gorge, CA, and the World Masters which will be held in Quebec. The details are listed below

Zak Cup Series – Series details are listed in the NENSA competition guide or at <http://www.nexcski.com>

12/9/01 Craftsbury Opener, 10K FS, COC, Craftsbury Common, VT

12/15/01 VOLVO Eastern Cup Opener, 5/10k FS, SLOC, Sugarloaf, ME

1/13/02 VOLVO Eastern Cup, 10k CL, Ole's XC Center, Warren, VT

1/19/02 VOMax Bogburn, 5/10K CL, Haydock's, Pomfret, VT

1/22/02 CSU Sprints (tentative), 10k FS, Weston, MA

1/27/02 VOLVO NENSA Masters Championships 10K FS, Jackson, NH

1/28/02 VOLVO NENSA Masters Championships 15K CL, Jackson, NH

2/2/02, Craftsbury Marathon, 25/50k CL, COC, Craftsbury Common, VT

2/3/02, Ichabod's Revenge, Sleepy Hollow Inn, 5/10k CL, Huntington, VT.

2/10/02 The Notchview Eastern Cup, 7.5k CL, Windsor, MA

2/17/02 VOLVO Eastern Cup Silver Fox Trot, 10K FR, Hanover, NH

2/24/02 Coastal Nordic Ski Games, 5/10k FS, Cumberland ME

3/2/02 Rangeley Lakes Loppet, 50/25k FS, Rangeley, ME

3/9/02 Sunday River Langlauf, 7.5/15k FS, Newry, ME

3/10/02 Great Glen Nordic Adventure, 25/50 Km CL Gorham, NH

3/17/02, Craftsbury Spring Fling, FS, COC, Craftsbury Common, VT

3/24/02 Eastern Cup Finals, 15k CL, Rangeley, ME

Volvo NENSA Masters Championships:

Friday 1/26, wax clinic and social event.

Saturday, 1/27, 10 a.m. 10K free technique and 2 p.m. 2 person x 1km x 4 relay free technique. Evening banquet and awards.

Sunday, 1/28 15 km Classic Mass Start.

For more info see <http://www.jacksonxc.com/Events/jauninfo.htm>

AXCS National Championships:

Tuesday, March 12, 2002: 15/10km Classic Races, Tahoe XC

Thursday, March 14, 2002: 5km CL/5km FS Same-Day Pursuit, Tahoe XC

Friday, March 15, 2002: Sprint Relay, Tahoe City Golf Course

Sunday, March 17, 2002: 30km/15km Freestyle Distance Races, Royal Gorge

For more details see <http://www.xcskiworld.com>

2002 Masters World Cup:

Sunday, February 24th 2002 15/30 km Free technique

Monday, February 25th 2002 15/30 30 km Classical

Tuesday, February 26th 2002 10 km Classical & Free technique

Wednesday, February 27th 2002 Relay 4 x 5 km

Friday, March 1st 2002 20/30/45 km Free technique

Saturday, March 2nd 2002 20/30/45 km Classical

For more details see <http://www.mwc2002.com/>

INCORPORATING YOUR NORDIC SKI CLUB This is the first of a three part series on incorporation, by John Upton. Part Two will discuss the details of organizing a non-profit corporation. Part Three will discuss tax issues

CLUBS

and how to become a 501(c)(3) tax-exempt organization.

PART ONE: Should Your Club Incorporate?

Whether you are thinking about starting a ski club, or run an established Nordic powerhouse, your organization should consider becoming a non-profit corporation. A non-profit corporation is similar to a regular corporation, except that it cannot distribute profits or property to its members. The main reason to become a non-profit corporation is to gain the benefits of statutory and legal limitations of liability for damage claims by third parties. There are some tax benefits too that will be discussed later.

Despite all your careful planning, the club, its officers, coaches and volunteers are always potentially liable for negligent acts causing injury. Activities that could give rise to personal liability are: inadequate supervision, perceived improper coaching methods, automobile collisions, failure to protect against known hazards on the trail and roller skiing injuries. Insurance policies covering the club and its participants do provide important protection and should always be considered. Additionally, however, there are protections afforded by the corporate laws of each state which provide important limitations of liability. These are generally known as charitable immunity laws. For example, all volunteer directors, officers and members of non-profit corporations organized under Maine law are immune from liability for personal injury, death, or property damage arising from their negligent acts in performing functions of the organization. There are similar charitable immunity provisions in many other states, but usually only non-profit corporations can take advantage of these immunity laws. These are important protections for all participants, which are unavailable if you continue to operate as an unincorporated club.

If the club acts under the auspices of a public school

system or town, there are other immunity statutes that you should know about, which may affect your decision to incorporate. Town and school activities may already be covered by statutory governmental immunities and insurance policies provided by the school or town. Check with your school or town to see if you are covered. If you fall under the town or school protection, be careful that all your activities are covered. For example, if you are part of a school program, does that include Sunday NENSA events? It may not, in which case incorporation should still be considered.

There are other protections flowing from incorporation. As your club prospers, it may acquire real estate, open bank accounts, own equipment, enter into contracts, and employ coaches and other personnel. These are additional areas of contractual exposure for the individuals running the club. All corporations are treated under state law as separate legal entities. The officers, directors and members of the non-profit corporation are usually not liable for the debts or contractual liabilities of the corporation unless they personally guarantee the obligation. If you incorporate and authorize an officer to sign a contract, only the corporation will have any legal obligation to perform the contract. This is another important reason to incorporate. Volunteers should not have to risk personal liability in assisting the club.

There are some expenses connected with becoming a non-profit corporation that need to be considered in your decision. There will be costs to get the corporation's organization papers prepared and filed with the state where you live. There will also be modest annual filing fees and reports to submit. To help you consider the particular issues facing your club, and the costs of incorporating, you should talk to a lawyer. Lawyers may also be willing to participate in your club as a director or officer. Some of us even like to ski!

John Upton serves on NENSA's Board of Directors and coaches with the Cape Elizabeth, Maine, ski club. Stay tuned for part Two of his article in our next issue.

JUNIORS

Report from the NENSA High School Training Camp by Hilary delaBruere, South Burlington, VT

When I first arrived at the Jericho firing range barracks on Friday, July 6 in the little town of Jericho, Vermont, I was apprehensive. To tell the truth I was so nervous to go to camp! Being a first year skier, I was new to this stuff. I knew who would be at the camp, some of the top skiers in New England! It felt very intimidating to me. What would people be like? My apprehension immediately died down when a very sweet person, whom later I got to know as Sarah Gambal, saved me from being in a room alone. She offered to have me stay with her in a room with three others, Heather, Alyssa and Christina. I suddenly felt welcomed and less timid than I had before. As the days went by, I got to know some really great people and experienced some really great things that I will never forget. I learned a lot as well.

We did a lot of hard training, but it definitely paid off. The workouts were great. They all varied, from the first day's extremely long run with pole walking; to four hours of roller skiing the next day; a challenging hike (that was wicked fun) led by Murray Banks, a former triathlete and Age-Group Gold Medalist at the World Masters Cross Country Ski Championships; to an awesome pool workout on Monday morning (at Saint Michael's College) led by "Instructor Leslie," (a 1980 & 1988 Olympian). Who would ever think that you could simulate cross country skiing in the water and incorporate it into a complete workout? Other workouts included some strength training, explosive exercise routines, and fun warm-up games on the last day. I know some of those routines will stick with me so I can use them to better improve my performance.

This camp was definitely triggered towards skill building as well as character building. I won't forget the characters I met along with their faces: from my roommates, some of whom I became good friends with and had a lot in common with, to those who have had peculiar but hilarious occurrences happen to them. Nor will I forget camp as a whole. All the people had such wicked great personalities. There were some roller ski wounds and a creative nosedive to catch a water bottle. Murray Banks is an outstanding motivational speaker. True enough to say, I really felt what he said in his speech, and have come to conclude that no goal is unattainable. If you want something, go for it. Always remember though, that knowing what you cannot do is more important than knowing what you can do and to have a good attitude about it by using what you do know to learn the things you don't!

Aside from all the hard work, this camp had another component to it. We did things that I didn't even expect. Going to the movies was one of them. Yes, I know, being from the Burlington area everyone expected me to get them there. I know my directions were a little off and everyone swore that I got them lost, but we only had to back track once or twice, and hey we got to the theater, it wasn't the right one but at least we got there!

I enjoyed this camp so much. I enjoyed the food, especially the vegetarian dishes and the excellent desserts, like the trifle (cake, whipped cream and strawberries) one night at dinner. The great training experiences, and workouts along with the really fun late night card games, like Kent (which according to Mike, apparently has another name), swimming in what Amber swore was a leech infested swimming hole, and again getting to know really awesome people, made this a special time for me. Getting to know Ed, our camp leader, I learned that you shouldn't trust him when it comes to things like trying to convince us to try some really tasty candy that his daughter Carina brought back from Norway, "Oh it tasted very good! Very good and salty!" People learned not to take his word on things like that, but also learned that he has a lot of good pointers on skiing. Like pointing out that, "You need to ride on a flat ski!" as he stressed to the camp numerous times. Jim Fredricks of Rossignol gave us some good pointers during his presentation on Monday afternoon.

I am really glad to have had the opportunity to come to this camp. Luck is a matter of preparation meeting opportunity – and that is just how I feel about it, pretty lucky. This was probably one of the best experiences of my whole life and I hope to have many more like it in the future! I went to this camp completely feeling that I didn't belong. It was all in my head of course because I left it with a feeling of accomplishment. I learned that it doesn't matter how good a skier I am, I have a dream of becoming a really good skier one day, and I am going to saddle that dream and ride it.

I have to say thank you NENSA, thank you Ed, thank you Leslie, Murray, Jim, Fred, Peter and everyone at the camp for making it such a great experience! I love skiing, and have come to appreciate it so much more. I will never stop loving the sport. Murray Banks asked me to contemplate why I do it. Well it's because of all of this as I have just so solemnly explained.

JUNIORS

GUNSTOCK NORDIC ASSOCIATION'S FINLAND TRIP

by Katrina Howe; trip sponsored by GNA, V-2 Jenex, NENSA

On July 10th Winthrop Smith, Alexei Sotskov and I left Logan Airport for 15 days of training camp and traveling in Russia and Finland. Before this trip I had never been to Europe or anywhere overseas. Let me tell you, it's an experience I'll never forget.

First we spent a few days in St. Petersburg, Russia, Alexei's hometown. The city is very nice but very different from any place I've ever been in the U.S. Alexei and his wife Viktoria took us all over the city. We visited the Hermitage and a few other churches and palaces in the downtown area and were also exposed to some of the wonders of city life including the subway (Winthrop and I both had to learn how to get on an escalator moving at an unbelievable rate of speed). Well, needless to say, the Russians who were lucky enough to catch us getting on and off had a pretty good laugh. On our last day in St. Petersburg we went to the Russian Nordic Training center and skied some very, very nice roller skiing loops. The trails were arranged just for that purpose, so the corners and down hills weren't too difficult. When we got there we also got to watch a roller skiing sprint race. The Russians, however, have very long sprint courses compared to ours in New England.

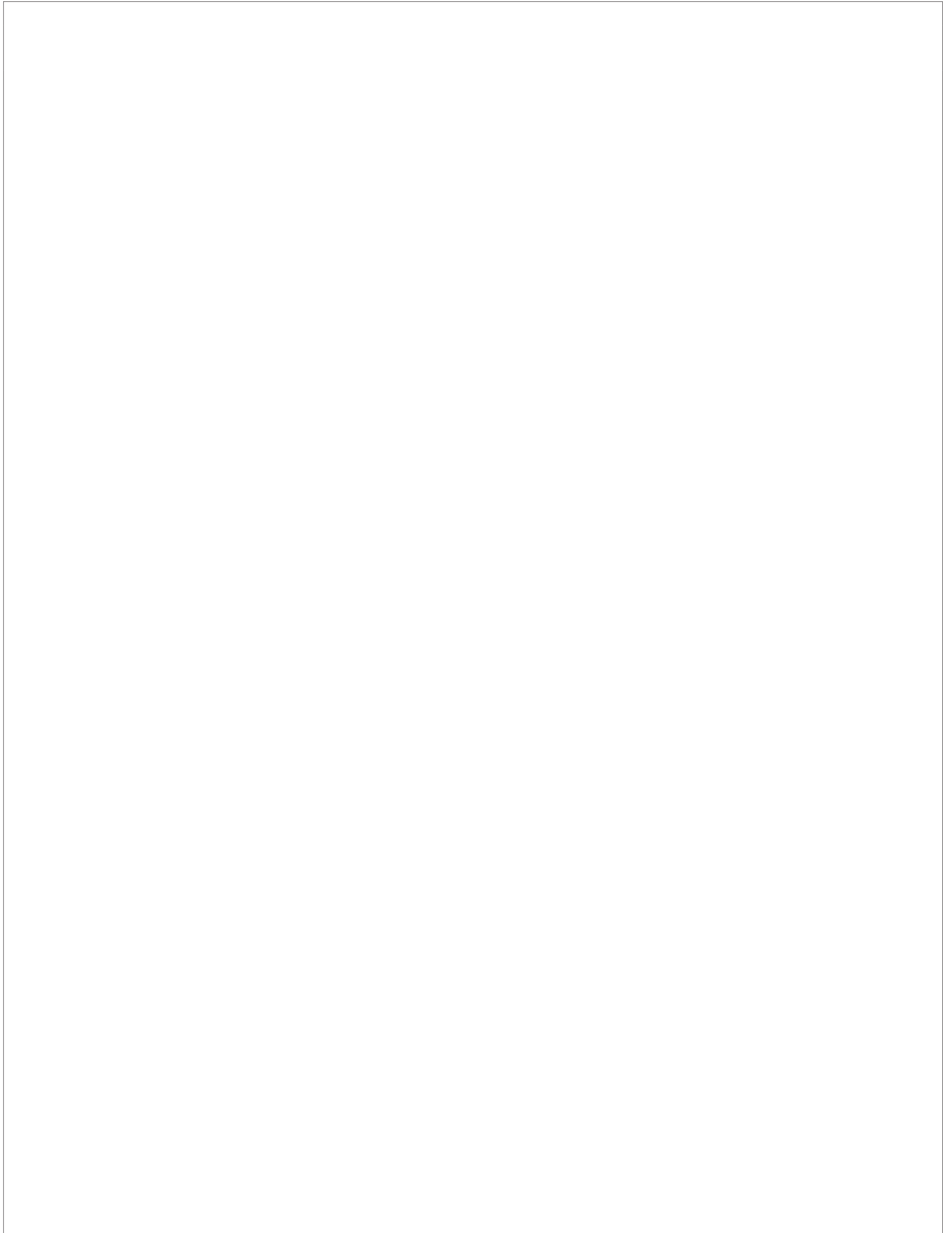
The next day we left St. Petersburg at four-thirty am and headed for Vuokatti, Finland in a car just barely big enough for the five of us (Pavel, Alexei, Viktoria, Winthrop and I). The drive took us about eight hours. When we got there I knew I had reached a place I wouldn't mind staying in for a long time. Vuokatti is like a little athletic community in the middle of nowhere. There are sidewalks, as wide as one lane of a road all over town. It seemed as though everyone owned roller skis, a bike or roller blades. The air is unbelievably clean, making it a wonderful place to train for skiing or other sports.

We stayed in an awesome little cottage not too far from the tunnel (an easy walking distance). The cottage had two bedrooms, a kitchen, living room, ski closet (perfect for our skis), and a huge bathroom with a sauna! The people in Finland were very nice and seemed happy to have foreigners visiting their area. We also met some friends of Alexei's including Vladimir Dratshev, a skier from the Russian Biathlon team and the coach of the Finnish Nordic Combined team. I also got to ski behind Nina Gavriiliuk, one of Alexei's good friends who is a member of the Russian women's Nordic team.

At night we watched skiing movies or tried to find something in English but that didn't always work; most everything on TV was always in Finnish. We also went to Kaijanni, a nearby city, on our day off for some shopping and Vladimir took us fishing on my birthday. We also got to watch some high quality karaoke performed by Winthrop and Pavel.

In the mornings we usually skied in the ski tunnel for up to two hours. That ski tunnel was so cold the first day, I thought I wouldn't survive the next week and a half. Ok, so I survived, but 26 degrees is pretty cold when you've just come in from 86 degrees outside! The mornings in the tunnel were my favorite times. They groomed the tunnel each night so the morning skiing was always the best. We got to ski behind some of the world's best skiers. Alexei's friend Vladimir was there during our stay training for the upcoming Olympics. We met up with him and he gave me a ton of tips about my skiing and even led us through a strength practice in the gym. That was a long, hard practice but I learned a lot! On another occasion we went to watch him practice shooting and he showed us how to shoot his biathlon gun. That was something new and different but it was fun.

Our practice routines usually started off with about 2 hours or less of skiing in the tunnel at 8:30 in the morning, in the afternoons we skied most of the time. For the first half of the camp we did skating then we switched to classical for the remainder. Once we went roller skiing to Sotkamo, a town about 5 km away. Another day we had a double poling session where we skied up a 1 mile hill twice. We also had two strength practices, one running practice and tons of stretching sessions. Vladimir told us that he believes he wouldn't be as good if he wasn't as flexible as he is (he's REALLY flexible). On the whole, I think I gained a lot out of this camp. I believe that during the camp my skiing has improved greatly and I would definitely do it again anytime.



(continued from page 1 -- Report from the Ridge)

the blue curl of 2800' Lonesome Lake, the glacier-razed face of Cannon dropping into the abyss. To the East, the pathless greenery of Owl's Head in the foreground with the Gunners route behind -- Garfield, Galehead, South Twin, Guyot, Bond, and Bondcliff.

Reluctantly we moved on, ascending Lincoln (5108') in increasing winds and decreasing temperatures, passing Sarah Simpson headed the wrong way. Those of us who had windbreakers donned them for the final push up Lafayette (5249'). We cleared the summit in visibility of 20' - 30', battered by winds upward of 40 mph. My windbreaker popped and rattled, the rocks were wet, and I toyed briefly with the idea of placing rocks in my pockets for better adhesion. A half mile beyond the summit the Skookumchuck trailhead appeared in the vapors, a welcome sight. The moment we tucked in below the ridgeline we stopped, adjusted clothing and gnawed sandwiches. "Ah, you're still with us" I said to Gavin-from-Seattle, who was showing signs of fraying. "I don't have a choice," he said. "I have no idea where I'm going."

Trina Hosmer and Joe Hardy joined us as we were saddling up. Moving out, Joe Seguin downed four Ibuprofen, extolling the virtues of what he termed a "prescription dosage." As a group we covered all but a few hundred yards of the 4.3 mile descent at a lope, with James Letson periodically yelling, "Plyo!" and launching himself into the air from a rock. I came perilously close to some launching of my own on two occasions, but managed to pull out of shallow dives just in time to avoid headers.

We gathered at the Skookumchuck Parking lot to eat more food, evaluate water supplies, and decide how to deal with the nine miles of bike path before us. Joe Hardy voted with his feet, walking off at a brisk clip. James and Jeff went light, stowing their packs in the woods. Trina bemoaned her lack of running shoes and wondered aloud whether she could actually run in lightweight hikers. Gavin-from-Seattle lay semi-comatose on the ground, summoned to an inner world of fatigue.

I set out at 12:45, quickly settling into my very best ground-eating, slow but steady, 10:00 mile pace. Three miles later I was cursing the fool who had planned this route (me!). I was wearing the heat coming off the tar like a second skin. The asphalt had devoured my feet, calves, knees and was hard at work on my brain. I passed James and Jeff when they stopped at the Tram for water. Four miles later they re-passed me as we came unto the Basin, but gave up their lead to slide bellydown at streamside and drink their fill. I had run dry at Lafayette Place (no sign of John's group in the small town occupying the

NENSA SUMMER HIKE

parking lot) and was tempted to halt and drink but feared stopping for any reason might cause my 50 year-old body to stiffen and die.

Besides, I was racing now -- silly of Jeff and James not to understand the stakes -- and felt I could hold them off the final two miles. I unleashed the beast inside and pulled into the Flume lot at 2:15. I was whimpering and massaging my feet when they pulled in a minute behind, followed in short order by Joe Seguin, the resolute Trina Hosmer, Jake Scheckman and Joe Hardy. I waited until just after 3:00 for Gavin-from-Seattle or any others before (Time!) I left for food, the Kancamagus highway and Axelson's crew.

Eben Sargent trotted onto the suspension bridge over the Pemigewasset river at 5:40, followed by Troy Sutton at 5:45, Kelsey Allen (the lone but fleet Woman Gunner) at 5:46. Chris, John Brodhead, Eric Fitz, Tim Stickney and Peter Leonard all showed in the next half hour in various stages of physical trauma and mental exhilaration. By 6:45 they were packed into my Suburban headed for the Flume, recounting war stories in the rising effluvium of sweaty cattle.

Dave Sargent was waiting for us with a smile and guidebook in hand. "That was no 19 miles, Fred. It says right here you put us through 23.8." I patiently explained the extra value inherent in getting 24 for the cost of 19 as the weary gunners uncoiled and made their way to their vehicles. I said my goodbyes all around, downed Joe Seguin's recommended dose of 'Vitamin I', and headed down the road for distant Fairfax, at peace with the thought that another great day had just ended for NENSA.

2002 NENSA/USSA Spring Series

Dates: March 30 - April 6, 2002: NENSA is bringing the legendary Spring Series to the East! One of the top two events in North America in 2002 (can't forget the Olympics!), the week-long Spring Series will feature a top-level national field along with noted international and Olympic skiers. They will be joined by our best college and junior skiers in the East. NENSA will finish off the 2002 ski season with style -- spring weather, many festivities, great competition with the world's best skiers in beautiful New England. Look for more information on the NENSA web site and in the next issue of NENN!

CALENDAR

NENSA Fall Calendar

Be sure to check the NENSA web site for full listing, as well as any changes to any of these events: <http://www.nensa.net>

October 6th Rangeley Leaf Peeper Loppet, Rangeley, ME

Event Info: 5K uphill, classic, interval start. Start time 11am at Rangeley Chamber of Commerce, downtown Main Street. Modest prize table.

Registration: Contact Jeff Foltz at 207/864-2122 or jfoltz@rangeley.org.

October 6th Marty Hall Masters Dryland Clinic, Sugarloaf Outdoor Center, ME

9am-4pm. Rollerskiing, running, and strength training designed specifically for masters skiers led by Bowdoin College coach Marty Hall. \$20, bring lunch. Register by contacting the Sugarloaf Outdoor Center (E) outdoor@somtel.com or (P) 207/237-6830.

October 7th Sugarloaf Uphill Climb, Sugarloaf Mountain, ME

A grueling 3+ mile ascent to the summit of Sugarloaf awaits those who wish to challenge their fitness. Kids can try it out with the "Kids K" one kilometer race. 10am for kids, 11am for everyone else. Lunch and awards at the 4,237 foot summit after the race. \$16 includes lunch. Masters, think about spending the weekend at Sugarloaf with the Marty Hall clinic on Saturday and the uphill climb on Sunday! (E) outdoor@somtel.com or (P) 207/237-6930.

October 21th The CSU Fall Training Day, Plymouth, NH at John Hart's commodious hillside home. 8K of ski/running trails, beautiful mountainside locations (brooks, trees, views), 5 miles from I-93.

Event Info: 10am to 5pm. Sessions available in trail running, bounding, (ski specific, plyometric and general strength) ski walking, and rollerskiing. BKL through Masters athletes; all levels of experience welcome. Led by CSU club members and NENSA staff.

Registration: Register with Fred Griffin via email or phone at the NENSA administrative office. We will limit the day to 75 participants so register early. Directions available with registration. Remember, space is limited so register early. Bring your own grill, food, and beverages for a barbeque/social hour at the end of the day. No fee but donations accepted.

October 28th Pack Monadnock, Wilton, NH

Event Info: (Daylight Savings Time change -- set your clocks back!) Hosted by CSU, this uphill race has withstood the test of time. Roll from Wilton to Temple, NH in Miller State Park, and up to the summit of Pack Monadnock.

Registration: Contact Bob Hamel at fe-bb@worldnet.att.net

October 28th Dartmouth Outing Club Moosilauke Time Trial

Event info: Meet at Moosilauke Ravine Lodge for a grueling time trial from the base to the summit of Mt. Moosilauke. Forty minutes is a good time for this run, so come prepared for a real test of fitness.

Registration: This is an informal event hosted by the Dartmouth Outing Club. Potential participants must contact the NENSA office beforehand since numbers will be limited to protect the quality of the event. Contact: pat@nensa.net (P) 207/362-2402

Directions to Moosilauke: <http://www.dartmouth.edu/~opo/moosilauke/>

November 3rd Craftsbury Trail Running Race, Craftsbury Outdoor Center, VT

5K and 2K races. 10am. This is a fundraiser for the Craftsbury Nordic Ski Club. This race is on the center's 5K ski race loop and is demanding.

Contact: (P) 800/729-7751 or (W) www.craftsbury.com

November 4th Race Management Workshop, Holderness School, Plymouth NH

Presenters include John Aalberg, former Olympian and World Cup Race Director, John Caldwell, former US Ski Team and Olympic coach, and Fred Griffin, NENSA Executive Director. Big event management -- scoring, timing, stadium preparation and more will be covered. More details and registration information TBA on the NENSA web site.

November 4th Annual CSU Fall Classic, North Andover, MA

Event Info: 15K, 2 lap course. Your entry fee goes toward prizes! Previous sponsorship has come from Jenex and the repeated kindness of Len Johnson.

Registration: Contact Jamie Doucett (E) jdoucett@mediaone.net or (P) 978/475-6323.

November 4th Bowdoin Duathlon, Bowdoin College, Brunswick, ME

- This duathlon is made up of running and rollerskiing. A great chance for a ski-specific workout as the winter season approaches. Contact Marty Hall, (E) misterxc@aol.com for more details.

November 10th NENSA Fall Testing Day, Various locations

Test yourself at your local track or head to one of the locations for NENSA staff and coach led testing. The following events should be completed in the following order: 3000 meter run, sit-ups, and push-ups. Chair dips and pull-ups can be added if facilities are available. See NENSA web site for event specifications. Email scores to pat@nensa.net to be posted on the NENSA web site. Sites: Colby College, Waterville, Maine. Patrick Cote and Colby Nordic. 10am. Others to be added. Email Pat if interested.

November 11th Volvo New England Roller Ski Championships, Cumberland, ME

Event Info: Hosted by Coastal Nordic Ski Club. Start time 8:30am. Women 7.5K, Men 15K. Team trophy (2 women & 2 men, combined time).

Registration: Contact Chris Axelson (E) axelson@worldnet.att.net

NorthEast Nordic Ski Club is working with NENSA sanction to provide low-cost intensive training camps for juniors across New England in the winter months. Any junior may apply, but these camps are designed for those high school and college athletes (specifically former J-2 and EHSC skiers) who are interested in skiing the Eastern Cup/JO Qualifying circuit but whose home programs lack the instructional and conditioning opportunities needed to succeed on this regional level. Programming at camps is individualized. Each camp is run on a strict non-profit basis. Fees include rooming, meals, waxes, and transportation from camp to training sites. Trail passes not included unless otherwise noted. NENSA membership is required. Follow-up support at Eastern Cup races will be available to camp members on request.

CALENDAR

NorthEast Nordic Winter Training Camps

Staff: Jeff Hixon, NE Nordic Head Coach, 2002 New England Junior Olympic Team Leader; Fred Griffin, NE Nordic Head Coach

Thanksgiving Camps:

11/17 - 11/19	Fairfax, Vermont	Cost 50.00
11/23 - 25	Fairfax, Vermont	Cost 50.00
Application Deadline	11/10	8 - 10 slots

Mt Ste Anne Camp:

12/6, 7, 8, 9	Mt Ste Anne Quebec	Cost 145.00 trail fees included
Application Deadline	11/10	8 - 10 slots

Christmas Camp:

12/28, 29, 30	Fairfax, Vermont	Cost 50.00
Application Deadline	12/1	8 - 10 slots

February Camp:

2/22, 23, 24	Fairfax, Vermont	Cost 50.00
Application Deadline	2/16	8 - 10 slots

Contact Fred Griffin at the NENSA Administrative office to apply for a spot in these camps: fred@nensa.net / 802-849-2270

New England Ski for Women

NENSA women -- please support this event and bring as many women friends and family with you as possible!

NENSA is proud to host the first New England Ski for Women cross country ski event. Women will have the opportunity to learn to ski or to improve their skiing skills in a casual, friendly environment. We will provide instruction for all levels of skiers, refreshments, daycare, and mini-clinics in equipment, waxing, and clothing.

When: Sunday, Jan. 20, 2002; 9:30am-2:30pm

Where: Holderness School, Plymouth, NH

Ski clinics for beginners to intermediate level skiers, equipment and waxing demonstrations, clothing displays, 2 women fun relay races with special recognition for mother/daughter teams, sisters, relatives, oldest, youngest. This event addresses nordic skiing as a lifelong family recreation and as a sport. By creating a safe community to celebrate the joy of skiing and competing, Women's Day can be a catalyst to lifelong participation by women in a wonderfully liberating sport.

Cost \$5 per participant.

What to bring: Ski equipment (we will also supply equipment but quantities will be limited), athletic outdoor clothing (layers, warm socks, hat, gloves, etc), friends and family.

Register on the NENSA website or by contacting the office: fred@nensa.net; 802/849-2270.

The NENSA New England Marathon Series, 2002

In 2001 NENSA launched the New England Marathon Series with races in Craftsbury, Vermont and Rangeley, Maine. Nearly 800 skiers turned out to participate in the competition class and the family touring class of these inaugural events. Both marathons were supported by the efforts of hundreds of volunteers from surrounding communities, both

featured en route gourmet "feed stations," and both awarded medals to every event finisher. Each event also gave participants the chance to support the United Way through pledges linked to kilometers skied.

This year the New England Marathon Series will be scored for Club points. The touring division at each event will be an Official BKL Family Activity Day. We encourage clubs members of all ages and experience levels to participate in these great events.

The Craftsbury Marathon 2/2/02:

A point-to-point cross country skiing experience beginning at the Highland Lodge in Greensboro, Vermont, looping through pastures and woodlands, by rustic barns, 19th century farmhouses, and ending at the Craftsbury Academy in the historical village of Craftsbury Common. The Craftsbury Marathon is a long-standing event with a deserved reputation for excellence. It is the cornerstone of the Series.

The Rangeley Loppet "The Outer Limits" 3/2/02:

Two 25 kilometer loops wind gently through miles of pristine forest corridors broken by sensational views of Saddleback and Sugarloaf mountain and the Rangeley Lakes. The Rangeley Loppet offers the opportunity to experience the beauty of the Maine northwoods in this land of pointed firs. Rangeley Lakes 250-member Nordic Ski Club provides gourmet food and hospitality second to none from the beginning to the end of this event. In its first year, the Loppet was featured on Portland's ABC affiliate.

The Great Glen to Bretton Woods Nordic Adventure 3/10/02

This new event begins at the Great Glen Trails Outdoor Center. The route brings participants into the White Mountain National Forest, and connects into the Presidential Range Rail Trail. The 25 kilometer option finishes along the rail trail; 50 kilometer skiers continue up and over Jefferson Notch. Here the mightiest climb occurs, as the Notch tops out at 3000' elevation. Participants are rewarded with a long downhill, bringing them to the Bretton Woods trail system. The grand Mount Washington Hotel comes into view as adventurers cross the finish line.

Maine Winter Sports Center Update

Limestone, ME—The Maine Winter Sports Center is currently accepting applications for its Continental Team. Athletes named to the team will receive coaching, physiological testing, nutritional consultation, housing, travel assistance up to \$3,000 annually, entry fees, uniforms, a three year contract and outstanding community support within minutes of world class training venues.

The Maine Winter Sports Center is a non-profit corporation dedicated to reestablishing skiing as a lifestyle in rural Maine. MWSC has invested \$6.7 million towards that goal over the past three years. As part of that mission, Continental Team athletes would serve as role models and mentors for athletes from Aroostook County and other rural Maine communities.

Athletes applying for positions on the MWSC Continental Team should possess excellent communication skills, hold a high school diploma (college degree preferred), and enjoy sharing their enthusiasm for skiing with others. In addition, they should be willing to make a 3 year commitment and should meet at least one of the following performance criteria:

Biathlon: Top 15 at U.S.Nationals within past two seasons; Member of World Junior Team.

Cross Country: Top 30 at U.S. Nationals within past two seasons; Under 100 FIS points male; Under 160 FIS points female; Member of World Junior Team.

Athletes will be expected to serve 100 hours of community service for MWSC. Specifically, we are looking for athletes who take responsibility for themselves and their results; athletes who model discipline and dedication in their effort to achieve personal goals. In this initial season, MWSC will name four athletes to the Continental Team. Positions will be awarded on the basis of the criteria listed above coupled with an extensive interview.

For application information, please contact Max Saenger, Chief Operating Officer, Maine Winter Sports Center, 154 Development Drive, Suite E., Limestone, ME 04750

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