



new england NORDIC NEWS

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lunch to trail grooming and readying indoor facilities that it was mind-boggling. This year's event could never have happened without the support and hard work of Holderness School!

Every woman who arrived had the opportunity to participate in one or more technique clinics during the day, ranging from "never/ever (been on skis before)" to intermediate, both classic and skate techniques. The women who led the clinics, a number of them former Olympians with many interesting stories of their own to tell, are phenomenal instructors and role models: Trina Hosmer, Mary Heller Osgood, Dorcas Wonsavage, Leslie Krichko, Cami Cardenali, Jen Caldwell, Natalie Cartwright, Sue Long, Tracey Theyerl Cote, Gina Campoli, Jane Banks, Mirte Mallory, Donna Smyth.

And the participants! Nearly two hundred and seventy women, some of them first time skiers, arrived from all over New England to celebrate cross country skiing. Two sisters arrived during the lunch break, having driven up from UMass, Amherst. They had never skied before but were so excited to give it a try as they headed over to the bright colored tents of the ski industry reps who outfitted them with skis, boots and poles. Then they headed over to the "never/ever" group coached by Mary Heller Osgood and Donna Smyth. They had so much fun in the group that they both wanted to ski in the Cheri Walsh fun relay at the end of the day. So they did

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Mother/Daughter, Sisters, Friends -- categories in the Cheri Walsh relay at the first annual New England Ski for Women

The best way to describe our phenomenally successful first annual New England Ski for Women is by telling stories. It was a perfect day -- blue, blue sky, warm sun and cold powder snow -- and the setting was perfect, too. Holderness School provided a large, warm indoor space only steps away from the field where the ski industry tents were set up and the grills sent forth fragrant smells at lunch time, and farther out there was plenty of space in the big field for all of the technique clinics to meet. Holderness also provided groomed woods trails for skiing all day and a groomed 1 kilometer loop for the fun relay in the afternoon. Teachers and ski coaches Peter Hendel and Mike Henriques handled all preregistration and so many details from providing a hot

BILL KOCH YOUTH SKI LEAGUE

Ski Cleaning Made Fun

from Ed and Mary Hamel

Can you believe it's already March? The winter has flown by. Right about the time you get this newsletter, the Bill Koch Festival will be in full swing in Farmington, Maine. After the festival, you should have a few good weeks of skiing left depending on where you live in New England. But at the end of the ski season, you aren't quite ready for your spring, summer and fall pursuits until you've **CLEANED AND PROTECTED** your skis. Cleaned and protected for the off-season? That's right! You have looked at the bottom of your skis after a day of spring skiing, haven't you?

OK, just so you know, the best way to get your skis cleaned and protected for the off-season is to get your parents to do it for you! Parents are really good at this sort of thing. They understand that your days are packed and you're way too busy to clean skis. But, you've got to watch and make sure your parents really do clean them for you. Some parents have a tendency to say they'll do it and then they forget. Make sure to remind them over and over again to clean them for you. In the event that your parents continue putting off cleaning your skis, you may have to resort to doing this dirty job yourself.

Yes, you should be taking care of your equipment or at least someone should. In the past, Western Mass Bill Koch skiers and their families made a party of cleaning and protecting their equipment at an end-of-the-year ski cleaning pot-luck. If you choose to have a party, try to have it at a house that's exposed to the street – not one of those quiet places tucked back in the woods! Why? Because as cars drive by, they slow down to look at ALL THOSE SKIS! You can imagine their drivers thinking, "What are those people doing?" "Where did all those skis come from?"

No matter how you decide to tackle the job of cleaning and protecting your equipment or if you actually are able to talk your parents into doing it for you, there are certain steps to follow. By the way, in your parents' defense, it's a good time for you to learn a little about doing your own waxing. You can take your time and if you pick a nice day, you can enjoy some of the nice spring weather in the process.

Set up your workbench or a pair of horses in an outside spot fairly close to electricity. Really dirty skis may need to be scraped with a plastic klister scraper. Get off as much of the goop as possible. Clean the sidewalls and tops of your skis with a good wax solvent and a rag or

paper towels. If you have waxless skis, you need to clean the sidewalls, top of the skis and the entire base with a good solvent but then you're ready to put your skis away for the season. For those of you with waxable skis, take your wax iron and drip some warm glide wax onto the ski and iron it in just like you do to your shirt before school. [Ed. Note: you'd better use a different iron, though!] Use a plastic scraper to immediately remove the wax you just ironed on. You should scrape the wax while it's still warm. The wax you apply draws dirt out of the base of the ski and mixes with the dirt. When you scrape off the wax, the dirt comes with it. Now that this is done your ski is nice and clean but still needs one more coat of wax for protection. Heat in another layer of wax and you're done til' next ski season. By the way, the same process is followed for skate skis and classic skis.

After the first snowfall of next season, you'll just have to ask your parents to scrape your skis and in the case of classic skis, clean the "kick zone." Then you're off and skiing. In the event your parents won't do it for you.....



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CLUBS

INCORPORATING YOUR NORDIC SKI CLUB

A Three Part Series by John Upton

PART THREE: Tax Issues Affecting Your Club

In this Part Three, I will discuss the process for qualifying as a tax-exempt organization with the Internal Revenue Service, state sales tax and real estate tax matters, and registering under the charitable solicitation laws. A quick summary of the first two parts of this article may help those joining late. After considering Part One, you decided that your Club should incorporate to protect against a number of liabilities. In Part Two, you went through the process of setting up your non-profit corporation. Now, to take best advantage of incorporating, I will go over the steps to become a tax exempt entity with the IRS and state tax authorities.

There are several advantages to qualifying as a tax exempt entity under the Internal Revenue Code, generally referred to as a Section 501 (c)(3) entity. Most importantly, donors making contributions to your club will now be able to treat the payment as a charitable contribution if they itemize their deductions on their personal tax returns. And, the club's income from operations or investment will generally be exempt from income taxation by the IRS. Also, most foundations will not consider a charitable donation request from your club unless you are qualified under 501 (c)(3). Thus, both the club and your supporters will benefit if you become recognized as a 501 (c)(3) entity.

The application process with the IRS is initiated by filing Form 1023. The form should be filed soon after you incorporate with the state, but no later than 15 months. The form is rather long, and you may want to seek help from a lawyer or accountant, although if you read the instruction booklet, you can get through it. The most difficult part of the form is putting together the proposed budget for the first three years, and the club's balance sheet.

The IRS is concerned that your club has a charitable purpose under the tax laws, that you will have wide public support, and that the club is not being used by the officers for personal gain. Community based ski clubs should be able to meet these concerns, although it is important to take care in your incorporation documents filed with the state to list clearly your intended charitable activities.

Once Form 1023 is filed, you may have to respond in writing to the IRS to answer more questions. The whole

process can take 3 to 6 months. When the IRS approves your filing, it will be preliminary. The IRS looks back after the first 5 years to see whether you are performing your charitable functions as represented. Any significant changes in the club during the 5 years should be reported to the IRS.

In addition to the IRS, there are three kinds of state taxes you may have a basis to avoid paying now that you are a non profit corporation: state income tax, state sales tax, and real estate tax. State income tax is usually like the federal income tax and will depend on whether you have any reportable income. Being a 501(c)(3) entity is usually enough to qualify for state income tax exemption. State sales tax exemption will depend on the laws of each. For example, in Maine to be exempt from state sales tax, you must qualify under one of at least 50 specific exemptions. There is no general 501 (c)(3) exemption. Being exempt from state sales tax, however, is worth the investigation, as it is a big help when buying equipment, wax and supplies. For those clubs owning real estate, you may be exempt from paying the municipality the tax on the value of the real estate, depending on the laws of your state. Real estate tax exemption for nonprofits is a hot topic throughout the country as many municipalities are attempting to tax traditional nonprofits such as hospitals. This is a big ticket item and is worth a careful review by a lawyer. Again, each state has its own laws defining the basis for tax exemption.

The last topic to cover in this Part Three is the state charitable solicitation laws. Each state regulates solicitation by charities to protect the public from fraud etc. You will probably need to register in your state. You may also have to register in one or more additional states if you have members or solicit there. If you do not use professional fundraisers, the process is simple, and usually is nothing more than completing and sending in the form to the state.

We have covered a lot of ground, and not all of it fully. I hope these three articles at least raised some thoughts to consider in the administration of your Club. I would be happy to respond to any questions by email at jupton@perkinsthompson.com.

NEW ENGLAND SKI FOR WOMEN

continued from page 1

-- and they placed second in the Sister team category to applause and cheers from the crowd.

Another participant arrived four hours late, having driven a long way to learn how to ski on her new Christmas ski equipment. Event organizers urged her to head out to the clinic practice areas to connect with a group anyway and get whatever she could out of the short time she had left. Later this woman stopped by, beaming, to say that her clinic instructor had stayed on to give her "a private lesson!" The long drive had been worth it because she had learned so much, from an Olympic skier no less. Her clinic instructor wrote afterwards, "It's just all about wanting people to learn and enjoy the sport of cross country. I consider myself very fortunate to be able to share the sport I love with others."

Toward the end of the day two women approached the Lost and Found with a wad of cash they had found lying in the snow on a downhill out on the ski trails; they were afraid that whoever had lost it might not realize it was lost until she needed it for gas or food on her drive home. At how many sporting events would you hear a plea over the PA system for whoever lost a large amount of cash out on the ski trail to please report to the Lost and Found to collect it -- and not have a stampede for the cash? In fact no one showed up to claim it until a woman who was collecting her ski equipment nearby heard several other women telling the story and realized that she was the one who had lost her day's travel money out on the trail, and she was so grateful to the women who had turned it in.

Another participant wrote that evening, "I've been in and out of the sport over the years. I do think today was a turning point though. It helped spark a new curiosity, and desire to devote myself more fully to the sport. Thank you again."

Our child care coordinator, Ellen Ward, told us afterwards she had the best time, and could she do it again next year? Needless to say, she was immediately signed on. She was ably assisted by a number of Holderness students, both male and female, many of them ski team members. The dozen or so children in day care seemed to have a fine time playing in the gym, napping, and some of them were lucky to go for rides in the pulk lent for the day by Sunday River Cross Country Center. And one very lucky kid, Sophie Cardenali, was handed off like a baton in the relay zone by her mother Cami who skied with Leslie Krichko in the Friends category.

This year's event also could never have happened

without the tremendous support of the Ski Industry. When Peter Ashley, vice president of sales and marketing of Fischer Cross Country, heard two days before D-Day that we were in a panic about not having enough ski equipment for the many women who didn't have their own, he said that Fischer would bring everything they could to the event -- and he himself came for the entire day. Thanks to Fischer, Atomic, Alpina/Madshus and Rossignol many women were able to try out top-of-the-line ski equipment. And the guys -- a number of friends and husbands also joined in -- waxing away under the Toko and Swix tents made it all possible, too.

There was also some wonderful clothing available, thanks to Patagonia's John Mathieu, who set up a colorful Patagonia tent outside and quickly had a lot of visitors when he announced that his rack of outdoor clothing was available for the day to women who found they hadn't dressed quite right... or who might want to just stop by and try on something. Indoors set up alongside MSHO Sports, Poppy Gall from Isis for Women sold silkweight and powerstretch base layers and took outerwear orders. And John Fernsell and Janice Reynolds of Ibex, based in Woodstock, Vermont, also had a rack and table full of their inner and outerwear clothing made of blends of Merino sheep soft wool and nylon and Lycra.

Ibex, Isis, MSHO, Patagonia and VOMax all donated wonderful prizes to our raffle prize table which was set up outside during the lunch break. The table filled up with donations from Fischer, Atomic, Alpina/Madshus, Rossignol, Swix and Toko/Yoko... and at what other ski event raffles would you also find boxes of gourmet chocolate truffles and French bath salts? Needless to say, our lunch break was a lot of fun.

Fred Griffin, Executive Director of the New England Nordic Ski Association, which co-hosted the event with Holderness, arrived early to set up banners and make the place look festive, then he put in several hours of valiant duty at the registration table. As Dorcas Wonsavage, NENSA Media Coordinator stated, "Men at Work - Women at Play!" Thanks to Fred and Chris Osgood and Dave Hosmer who handled registration for us while we all headed out to the fields on our skis!

JANUARY 20, 2002

AT HOLDERNESS SCHOOL



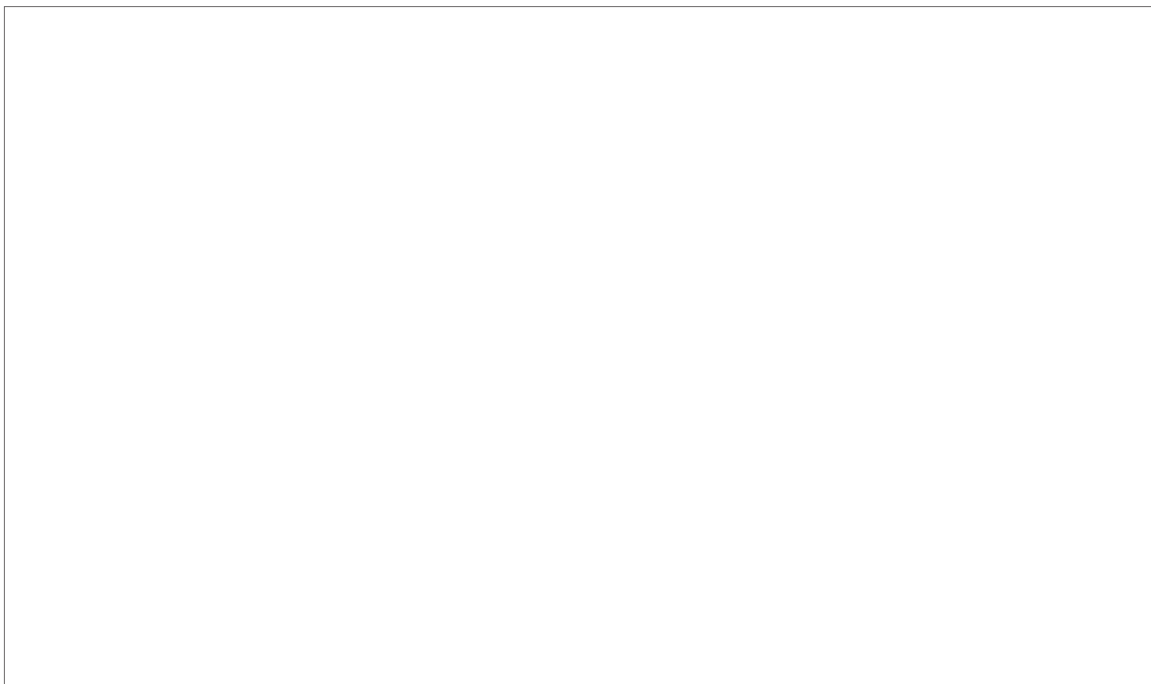
L to R: Anne Corbett, Deb Benjamin, Chris McKee.
(Midge Eliassen photo)



Shopping at the Patagonia tent! (Anne Donaghy photo)

Cheri Walsh Relay Start

(Midge Eliassen photo)



OLYMPIANS

On December 29 and 30 the Olympic flame passed through Lebanon NH. The local paper, The Valley News, ran an excellent series of profiles of the torchbearers. This profile of Dennis Donahue is one that NE Nordic News wanted to share with the wider community. Thanks to the Valley News for allowing us to reprint this.

By David Corriveau, Valley News Staff Writer

More than most of the area residents who will carry the Olympic torch through the Upper Valley next week, Dennis Donahue and that old flame go way back.

"In 1972 (at Sapporo, Japan), I didn't get to go to the opening ceremonies because we were racing the next day, but in 1976 (at Innsbruck, Austria), we got to march in with everybody, and I watched it explode in the cauldron," said Donahue, a two-time Olympic biathlon skier. "I'd seen it on TV before, but in person it's just incredible - a huge flame. It was quite exciting to see the real thing."

Donahue, Director of Technology Education at Kimball Union Academy in Meriden, New Hampshire, expects his heart to beat even faster when the bearer behind him touches the flame to his torch, and when he in turn passes it to the next runner on the flame's journey toward the 2002 Winter Games in Salt Lake City.

"The relay is an exciting event for our country and the Upper Valley," Donahue said. "When we all got together recently (Dec. 11) at Storrs Hill, I was pleased and warmed by the enthusiasm for the event, and by the diversity of the people who will be carrying the torch."

"Before I competed, I used to consider the Olympics kind of a remote thing from my life. As a kid, I didn't really understand what it meant. It's not just an event we see on TV. That's what's nice about the relay. It breaks down a lot of barriers."

In Sapporo nearly 30 years ago, many barriers fell for the then-27-year-old Donahue, who, with Middlebury College graduate and Upper Valley resident-to-be John Morton, skied and shot rifles for the U.S. biathlon relay team.

"We came so close to getting a medal," Donahue recalled. "We ended up sixth, but for three-quarters of the race we were in third place. I haven't forgotten that experience, but (preparations for the torch relay) brought back aspects outside of the races. In high school (Holderness School in Plymouth, N.H.) and in college, I knew I wanted to compete in the Olympics, without understanding the other dimensions of the

experience. I got to meet and see people from all over the world. There are thousands of people greeting you

on the street. It's a time for brushing aside cares and responsibilities. That's what's rewarding to think about now."

This latest Olympic reward came courtesy of someone who nominated Donahue anonymously.

"It was definitely a surprise," he said. "I honestly don't know who put my name in. I have some suspicions, but I don't think anybody's fessing up."

It wouldn't surprise Donahue if someone he coached in Nordic skiing is the culprit. He began coaching in 1970, and for more than 15 years worked in the Upper Valley's Ford Sayre program. He began with middle school-age skiers in the Bill Koch League - named for the Putney, Vt., cross country star he watched win an Olympic silver medal in 1976 - and later tutored high school-age skiers.

"The goal is twofold," Donahue said. "One is to get better. The other is making it a sport they'll enjoy enough to do the rest of their lives."

New England skiers on the 2002 Olympic Team and on the 2002 World Junior Championship Team:

2002 Olympic team - Soldier Hollow, Utah

Pat Weaver, Bend OR (formerly MA)

Carl Swenson, Boulder CO (formerly Conway NH)

Kris Freeman, Andover NH

Andrew Johnson, Greensboro VT

Tessa Benoit, So. Pomfret VT

Kristina Joder, Landgrove VT

[Ed. Note: Can we take a little credit for Nina Kemppe and Barb Jones on the women's team who are Dartmouth College graduates?]

2002 WJC team - Schonach, Germany

Andrew Newell, 18, Shaftsbury Vt., Stratton Mountain School;

Ryan Foster, 18, Weston Vt., Stratton Mountain School;

** Stay tuned for some reports from the Olympics in our Spring issue!

NENSA

The Skiing Life

by Fred Griffin, NENSA Executive Director

"How did your races go?" I asked Wes Hines and Matt Dunlap, two J-2's coached by Dorcas Wonsavage at the end of the day at Ole's in mid-January. They looked up from loading skis into their bags. They were both beaming. This was their first road trip on the Eastern Cup circuit, their first experience with high-level racing on back-to-back days.

"Mine was great!" Matt said. "Mine, too!" Wes echoed.

"How about the rest of it?"

"What do you mean?" Wes paused in mid-zip.

"I mean the travel, Wes—shoehorned into that van. I mean sleeping on the floor of the church basement, I mean scrambling for food, I mean the hurry-up-and-wait, I mean being on the road."

"We loved it!" Matt answered for his friend.

"Hmmm...then it could be you guys have the right stuff. Maybe you are one of a special few. Maybe you are meant to live The Skiing Life."

The Skiing Life. In the weeks since the Bolton and Ole's Eastern Cups the term has floated back to me time and again conjuring up images of motels and homestays, miles of asphalt on Rte 2, I-89, I-93, the wearisome waxing of skis in parking lots, garages, on decks, in motel rooms. The hunt for a serviceable food, the disappearing dollars, the standing around waiting to race, the race that may only last 15 minutes, the standing around waiting for results, the long miles to bring you home at the end of a long tunnel of a weekend.

What's there to like?

For some people, I guess very little. For others... well, let's start with the sense of Adventure... a response I find more heightened in cross country skiers than in the general populace. We seem to take delight in looking for something new around every bend in the trail, over the crest of every hill, around every curve in the highway, in every hour in the day. We like weather, like being outside in it because it is always changing, always bringing something new. Every time we load duffel and skis into a car, an adventure awaits.

Then there is the feeling of community that grows among people you see at races for weeks and months

on end -- coaches, parents, kids, other racers with whom you strike up relationships. I know just seeing Bob Gray get out of the vehicle makes me smile. How can any day be a bad day when he or Chris Axelson or Trina Hosmer or Kelsey Allen or Peter Hendel are around? There is the strong sense of belonging to a group of people who value the same difficult and challenging thing you prize, this strangely satisfying always joyous feeling transmitted through ski gliding across the snow. It may set you apart from most people in your life, but here, out on the road, in the Eastern Cup races, you've got an extended family.

But the sense of adventure, the feeling of community, the chance to do what you love to do in dozens of different places across New England -- to be reborn at each of them -- doesn't offset the miles, the sacrifices, the hardships, the cost for many. That's just the way it is.

As for me -- I'm with Wes and Matt. The Skiing Life is for me.

2002 NENSA/US Ski Team Spring Series

NENSA is bringing the legendary Spring Series to the East!

NENSA is proud to host the 2002 Spring Series, one of the top racing events in North America. Top racers from the U.S. along with notable international skiing stars will be joined by our best college and junior racers in the East.

March 30 - April 6, 2002

Bolton and Grafton, Vermont

For more information, contact Chris Klein, Series Director: cmklein@juno.com; www.nensa.net/springseries

Spring Calendar

The NENSA Summer and Fall Activity Calendar will appear on the web site in April. It will list summer camps, trips, hikes, workshops and more!

MASTERS

NENSA Masters Championships

by Rob Bradlee

Since I first conceived of a New England Masters Championship weekend, Murray Banks has urged me to hold it on a warm spring weekend. Conflicts with other big weekends have usually pushed the date to the last weekend in January. This year Murray's wish came true with spring-like temperatures and sunny skies despite the mid-winter date. Jackson Ski Touring Foundation did heroic work to shovel enough snow onto the famed "Wave" for a full set of events in a weekend jam-packed with racing action.

Saturday morning featured a full 15K skate race with three trips down The Wave and intense competition with wave starts by age group. The M1 and M2 men had a fierce battle with former elite rower Mike Dreher, Terry McNatt, and Andy Milne pushing the pace to finish 1, 2, and 3 in the overall. In the women's race Dorcas Wonsavage showed the form that took her to three Olympics with a dominating win.

The afternoon relay is always a rowdy and care-free event. Held in balmy temperatures and a fierce wind, the course was entirely on the flat fields of the Jackson race stadium. Showing the benefits of their training on Boston's Weston Ski Track with its man-made, one kilometer "gerbil loop", the relay was handily won by CSUers Terry McNatt and Andy Milne. The top mixed team went to the happy couple of Dave and Trina Hosmer. For the women it was the "Maine Ski Queens" Sue Foster and Ruth Hall. Second place was taken by the "Cortisone Queens" team of Barbara Bradlee and Jody Newton. Masters racers are experts in medical interventions to keep skiing. Also aptly named were the last place team of Candice Raines and Kathy Thompson who coined the moniker of "Ugh!"

The warm temperatures and bright sun wreaked havoc with the race course. For Sunday's climactic event the organizers were forced to shorten the planned 10K classic to a single loop 5K. Jon Arne Enevoldsen still managed to win by over a minute in the men's race. Perhaps he could be persuaded to host a few Masters clinics this summer? It's true what they say about those Norwegian men. They ski fast! In the women's race Dorcas won again but this time Sue Foster was just ten seconds behind her while the ageless Trina Hosmer took third.

As usual it was fun-filled and competitive weekend. However, at Saturday's banquet we took a moment to toast two great Masters racers who died this January, John Hart and John Sackett. Both men exemplified the

dedication, hard-work, enthusiasm, and love of life that we so value in our ski friends.

At the final awards on Sunday the NE Masters Team was named and awarded snappy VoMAX tights:

Women:

M2: Dorcas Wonsavage

M3: Sue Foster

M4: Gina Campoli

M5: Jane Banks

M6: Trina Hosmer

Men:

M1: Ian Modestow

M2: Andy Milne

M3: Rob Bradlee

M4: Peter Harris

M5: Ron Newbury

M6: John Brodhead

M7: Bob Gray

M8: Dave Boucher

M9: Owen Haskell

John Sackett

Tragedy struck the skiing community when an accident took the life of John Sackett on Feb. 7, 2002. He was 42 years young and left behind his caring wife, Coco, and two children, Ian and Ben. Most of us know John for his skiing accomplishments. And many of us have been blessed with having known John outside of skiing. John was a fierce competitor who always brought out the best of himself. But he was also a great friend to us. John was perceptive and insightful, fun loving and humorous, and one of the most giving people I have ever met. If skiing his best was his goal and destination, I know that it was the journey to get there that John loved the most. He was passionate about his pursuits, his wife, and his family. He had it figured out. We all will miss him.

John Mathieu



2002 US National Cross Country Ski Championships in Bozeman, Montana

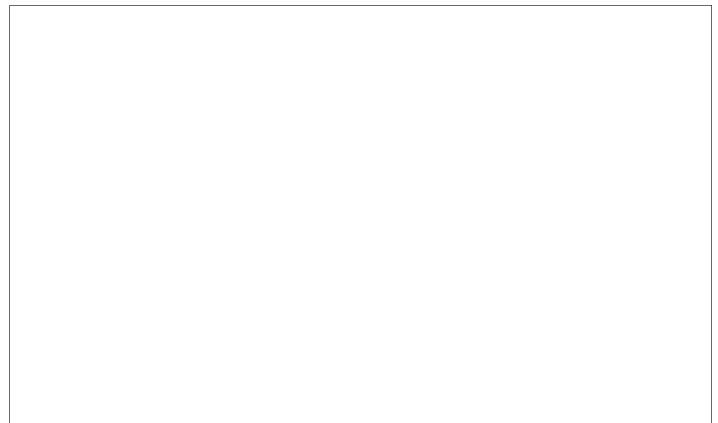
6 out of 10 races won on YOKO Poles, gloves, and 232 grips. **This is more than all other manufacturers combined.**

15 out of 30 podiums won using Yoko gloves.

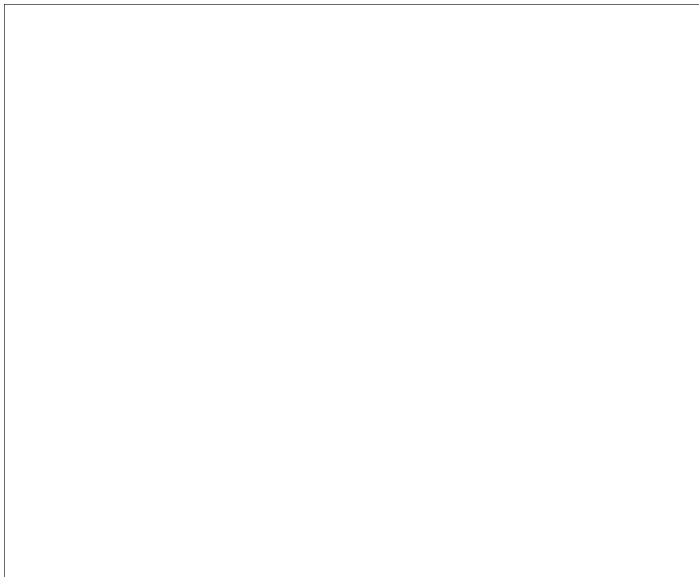
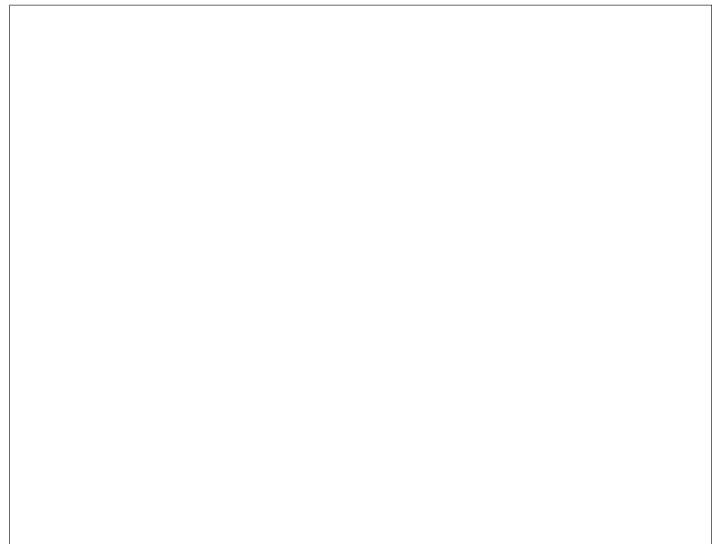
12 of 30 podiums won using the Yoko 232 system.



Ski for Women instructing: Leslie Krichko, above; Tracey Theyerl Cote, below. (Midge Eliassen photos)



Masters racers Jane Banks and Sally Swenson (Dorcas Wonsavage photo)




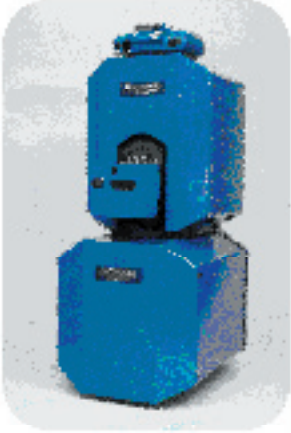

Silver medalists in every Masters age group got something much tastier than a medal!

(Dorcas Wonsavage photo)

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