



# Snow Dance

A Quarterly Newsletter  
of the Maine Winter  
Sports Center



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## HISTORIC BLACK MOUNTAIN JOINS THE MAINE WINTER SPORTS CENTER FAMILY

As this newsletter goes out we are in the process of adding Black Mountain, one of the most historic ski areas in the United States, to the Maine Winter Sports Center family. Reflecting over 80 years of skiing heritage, Black Mountain and Rumford represent the roots of skiing in the United States. Though not the oldest ski town in the country, it is as well known and respected as any.

From the 30's through the 60's the story of community based skiing played itself out all across the northern US and even as far south as Virginia, West Virginia and North Carolina. It speaks as much to the excitement of this relatively new sport during those years as it does about the power of community spirit. This combination of passion for skiing and sense of community may not have moved mountains, but it surely brought them to life, and in most cases, strengthened the bonds of the community for generations as well.

Rumford was not unique in the way it went about bringing skiing to its community. What has made Rumford unique, and make no mistake, it is unique, is the permanent footprint Rumford, the Chisholm Ski Club and Black Mountain has left on the ski world. Specifically, the impact they have had on all the people from all over the world who have come there to ski or race for a few days and who have been forever changed by the selfless, tireless efforts of the men and women who have made hosting world class skiing events their life's work.

Broomhalls, Arsenaults, Sassi's, McFawn's and Knights and a whole community of others - these are modest people who are uncomfortable with praise, but it is truly an honor to have them a part of the Maine Winter Sports Center family and more so to be a part of theirs.

Rumford will be the epicenter of Maine Winter Sports Center programming in western Maine. Along with our southern Maine programming through Pineland and our Aroostook County programs, we now have a solid foundation from which to reach out to 70% of the people of Maine. Our goal is to re-establish skiing as the dominant active winter lifestyle in Maine as a means of creating healthier children, families and communities. We plan to do so by investing in the quality of the skiing experience and in the development of programs that engage people of all ages.

Continued on page 3...



## A SKIING GENESIS

As we prepare to purchase all new, contemporary, uniform ski equipment with student-raised funds for Benedicta Elementary School's cross-country ski program, it seems surreal . . . like a Nordic dream . . . a wintertime, scholastic, fairy-tale . . . in fact . . .

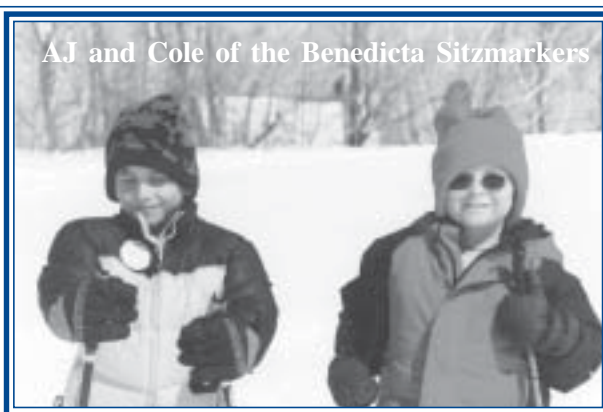
Once upon a time - - nearly two years ago now - - at a small, rural school in Southern Aroostook County, students were seeking an activity that would make the long winter more bearable. It was time to learn to cross-country ski. Other schools further north were already doing so, but how to get started? Where to get the ski equipment? Would school administration support the idea? Where to put a trail? How about landowner permission? Who would groom a trail? Good questions that needed answers.

Undivided support came from both the superintendent and principal. After all, cross-country skiing so fits the Maine Learning Results. With permission to use adjoining land (with awesome Katahdin views) and local snowmobile club grooming expertise - the students were realizing their "school-on-skis" dream. A hodge-podge of ski equipment began to show-up, a little of this and a little of that. Most equipment was borrowed and older, but serviceable. With a ready supply of super-glue, new bootlaces, shoo-goo and a whole lot of TLC - the students had skis, boots, bindings and poles to use.

During that first winter students learned basic skiing skills during their twice a week phys ed class times. To allow students recreational skiing time an after-school ski club was birthed. It was

all good - but needed ski-fun interjection. Will invited Benedicta Elementary staff to visit (and ski at) other county schools, with him, that have curriculum-based cross-country ski programs. Will provided some fresh game ideas, curriculum models and technical assistance too. Next winter would be better.

In early January 2003, Benedicta Elementary kicked off its second ski season with a "work-day" visit from



AJ and Cole of the Benedicta Sitzmarkers

MWSC's John Farra and Greg Rawlings. Before school day's end the frozen playground area was transformed by John, Greg and school staff into a ski park - - complete with ups and downs, twists and turns, and a slalom run.

Recess-time skiing began. More often than not, 100% of the students elected to ski. They became skiing fanatics - - honing techniques, skiing competitively and learning to "get air" (gee, thanks - - John & Greg!). As students focused on skiing individually or in groups, staff cannot remember winter recess times ever being better. 30 minute recesses seemed to fly by with little of no student conflict.

Student skiing started having a ripple effect also. Parents and family members skied the school ski trail. Most of the school staff - - teachers, bus driver, janitor and principal skied with the students (staff reported waist line inches disappearing and lost pounds too!).

In March, students planned and hosted "Benedicta Fun Cross-Country Ski Day, a free event open to the public. Again, John and Greg assisted us with equipment to try out and instruction. 91 people of all ages and from several communities attended clinics, played ski games, used the ski park and raced. On March 22nd, the Benedicta Sitzmarkers journeyed north to Presque Isle's Nordic Heritage Ski Center to compete in the Bill Koch Ski League.

With snow receding in April, it was time for Ski Club Awards Night. Following a pizza banquet with family and friends and a video of the season's skiing highlights, there was a medalling ceremony complete with Olympic theme music. On April 18<sup>th</sup>, students had one last ski, on the morning crust, before storing away the equipment.

Recognizing the students' commitment to skiing, parents and staff pledged support to begin immediate fund-raising for new skis. Diversely, monies started trickling in from a roadside clean-up sponsor, penny drive, savings bond raffle, ski-equipment sponsorship, bake sale, grant-writing, ski video donations and a bottle/can drive. Before heading out the school doors for this summer's vacation, students finished coloring in the real ski thermometer in the assembly room. They met their goal in fundraising.

As we compiled our skiing stats (with a ski-math lesson) we were amazed by the numbers. Cumulative totals of ski phys ed classes, recess time skiing, ski outings/events and after school skiing resulted in 42 hours on skis. Averaging student/staff body weights and using a fitness formula, we discovered that we'd burned over 300,000 calories together while skiing! The Benedicta Sitzmarkers have decided that they will live happily ever after on their well-deserved new skis.

*By Keith Smith, Ski Club Advisor,  
Benedicta Elementary School*

**CANADIANS WELCOME!**



**M**y new MWSC teammates have already informed me that I do indeed have an accent - a Canadian one! This came as quite the surprise for me as I already feel right at home. But it is true, I have come to a 'foreign' country to train and be a part of an amazing place.

My first exposure to MWSC was at the New Years races. I had come down with my Canadian coach to compete as a warm-up for US Nationals. It was easy to get excited for the races at Nordic Heritage. Who wouldn't be excited to do affordable races, with great prize money and a New Years celebration to boot? I wasn't disappointed. The races were great, the course was challenging and fun, the lodge was beautiful, and the people were very friendly. As I found out more about the MWSC mission, I got even more excited.

My next experience with MWSC was at the Nordic Heritage Spring Series. Again the racing was exceptional for all the above reasons. This time I stayed with a great couple in Limestone and got a better feel for the community. I met some of the MWSC athletes. I was jealous that they had the opportunity to ski here and give something back to the community through skiing. There are not many places where you can do that. A few days after the series, I found out.

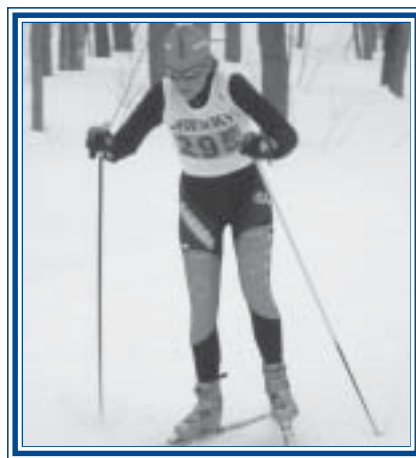
What I found out was that Canadians could be a part of it. So here I am, accent and all. I arrived in Maine two weeks ago and am settling in nicely. I am excited to have the support of MWSC for my skiing and I am excited to get

involved with its programs. Training is going well as I get use to my new environment, its rollerski roads and running trails.

My personal skiing goals include qualifying for the Canadian team for the 2005 World Championships. This year I hope to improve in all areas but especially my classic skiing. I am also hoping to improve my sprinting although I am undoubtedly a distance specialist. This year is a key year to train hard, get stronger and faster. With MWSC, I hope to get involved with the Masters program and encourage more women to come out and participate. I think it would be great to get more women to enjoy being active year round in the outdoors.

Thank you MWSC so for opening your borders to this Canuck!

*By Sarah Peters, MWSC Continental Team Member from Ottawa, Ontario living at the Nordic Heritage Lodge.*



*Sarah Peters racing last winter.*

**BLACK MOUNTAIN**

Continued from page 1...

We will focus on two areas in preparation for next winter, helping to recruit new members for the Chisholm Ski Club, the lifeblood of volunteer support for Black Mountain, and leveraging the overwhelming community support we have received so far to complete an extremely ambitious mountain development schedule.

Our work on the mountain will be more of an Amish barn-raising party than a typical commercial ski area construction project. Rumford is an extraordinary town and Black Mountain is an extraordinary ski hill. For those interested in being a part of this magical experience please contact Pete Phillips at [gamlefisken@yahoo.com](mailto:gamlefisken@yahoo.com) or Jolene Lovejoy at [lovejoy@megalink.net](mailto:lovejoy@megalink.net).

*By Andy Shepard, MWSC CEO from Yarmouth, Maine.*



**MWSC MISSION STATEMENT**

- \* *To re-establish skiing as a lifestyle in Maine.*
- \* *To leverage that lifestyle to create a new economic model for rural, isolated communities of Maine.*
- \* *To further leverage that lifestyle to create opportunity for the youth of Maine.*



## OLYMPIANS IMPRESSION OF NORDIC HERITAGE

Picture a crisp winter evening in a hilly, wooded area. The sun has set, but ribbons of light shine through the trees. The lights are at tree-top height and seem to be following a pattern. Indeed, they are shining along cross-country ski trails, carefully woven through this wooded area. Light and skiers congregate in an open, flatter section of the trails, known as the stadium or start/finish zone. A crowd has gathered to watch the elimination rounds of a sprint ski race. The crowd leans to watch skiers line up at the start of each sprint race and cheers as those skiers burst off the line to jockey for position. The skiers sprint the length of the stadium, head into the woods, and the crowd quiets in a moment of suspense. The skiers pop back up out of the woods a minute or so later, to sprint across the far side of the open stadium. The skiers cross under a bridge, which is lined with spectators seeking a bird's eye view, and then vanish into the woods again, for less than a minute before crossing the stadium in the wide-open, final sprint for the finish line. The crowd applauds as round after round of sprinting skiers head out onto the trail. In that open stadium sits a brightly-lit building with many windows. The building is filled with people of all ages, who are able to watch the action through the windows. Some are warming themselves with a cup of hot cocoa or chili in their hands, but all have rosy cheeks and invigorating smiles. Pictures and the equipment of previous generations of skiers are hung on the walls, detailing local history.

Before the final sprints, the lights on the ski trails go out, and both spectators and ski racers are treated to a spectacular fireworks production. The fireworks are launched by professionals from right nearby, so the "booms" and the "bangs" are felt in the lungs. Just like the sprint races, the fireworks are launched in round after round. The crowd "ooohs" and "aaaahs" and the sound of mitten-muffled clapping is heard between the booms. The bright colors light up the night sky and illuminate the up-turned faces of the crowd. And then ... the ski lights come back on and the final races of the night begin. Anticipation builds and an excited tension fills the air.

Where is this ski festival taking place? A reader might now guess that I am describing a ski celebration in a town in Scandinavia - an area rich with the tradition, excitement, and pride of cross-country skiing. In fact, I am describing the area of Presque Isle, Maine and the Maine Winter Sports Center - which indeed is a place rich with the tradition, excitement, and pride of ski racing.

### TRADITION

I first learned of the Maine Winter Sports Center through Eli Brown, a cross country ski coach of the MWSC. I heard that races were going to be hosted there in the Spring of 2002. Although I would be unable to make it to those races, I visited the website and learned more about the area. I read about the rich history of skiing in northern Maine, when families originally from Sweden used skis for transportation, hunting, and recreation. I read about the

history of winter carnivals, and looked forward to a chance to visit an area so passionate about cross-country skiing.

### EXCITEMENT

Just months later, the Maine Winter Sports Center hosted another race series, in December 2002. I was able to attend. The sprint race I described above was one of those races. The day before that race was held, I was standing in the check-out line of the Wal-Mart in Presque Isle. The people behind me in the check-out line were discussing the ski race. One said to the other, "Are you headed to the ski races tomorrow night?" And the other responded, "Yes, and have you heard that there will be a shuttle heading to the ski area for spectators?" "Yes, we're going to take the shuttle." They discussed looking forward to the fireworks, and how neat it was that the ski races would be held at night. It was great to hear people talking about a ski race with real excitement in their voices. I don't know if either of them skied, but they certainly were excited about the event.

At the races, the crisp air around the crowd was filled with excitement and, at times, nervous tension. Within a short sprint race lasting just a few minutes, anything can happen. In several races that night, skiers jockeying for position (often jockeying for the lead) would get a bit tangled and fall. The stretch towards the finish line was long and open, making it possible for the lead skier to be overtaken just meters before the finish line. Spectators were treated to many close finishes that night. Truly exciting racing!

### PRIDE

After the sprint race, my teammate and I stopped at Subway for a quick meal. We were still wearing ski gear, and the man in line behind us asked us if we had just

**Don't Miss this Event!**



**December 29  
- 30, 2003.  
Presque Isle,  
Maine**

*Continued on page 6...*

*THE SKIING LIFESTYLE*



As we at MWSC work to make skiing a part of the lifestyle in rural Maine, we are constantly searching for ways to quantify our success in this mission. After all, it is relatively simple to say that we want to reestablish skiing as a lifestyle, but what exactly does that mean? Is touring across the backyard a couple of times a winter establishing skiing as a lifestyle? What about racing for a local high school team? Or going on a ski touring trip with friends?

All of these things are certainly part of the skiing lifestyle. But, they all appear to me as symptomatic of a life which includes some skiing rather than being a part of the root cause of a life intimately entwined with skiing. Plenty of people have spent a weekend or two here or there touring across the backyard or testing out the trails at the local ski center. The outing probably does them some good, but most could certainly live without it. High school kids across rural Maine have been skiing as part of their high school teams for decades. Unfortunately, the majority of these skiers doesn't purchase their own equipment and hang up the skis forever, or at least for 5-10 years, as soon as the season is over during their senior year. Skiing, and likely sport in general, doesn't play an integral role in their lives.

While reviewing the roster for the County Team this spring, I noticed an interesting trend. More Aroostook County athletes will

ski in college than in past years. Additionally, a much higher percentage of new applicants to the County Team intend to ski in college. I believe this shift may mark one way that we can quantify our success in re-establishing skiing as a lifestyle.

In this country, our college years often stand as the years in which we decided who we wanted to become as adults. However, these years also place demands on our time which we have never had to deal with in the past. Often something has to go. In the past, that something has been sport for many high school athletes from the County. Courses are demanding. Finances are tightened by helping to pay tuition, books and travel expenses, often eliminating a student's ability to buy skis and equipment. Social pressures at most colleges and universities can easily sap a skier's motivation to get out the door.

skiing scholarship at the University of Maine at Fort Kent. Skiing played a role in Jeff Alden's (Caribou) college search and ultimately helped him as he was accepted at Colby College. Erin Bougie (New Sweden) had a similar experience and now plans to study and ski at Bates College next year. Brian Sirois (Madawaska) intends to ski for Carleton College in Ottawa while he earns his degree, and Bryan Daigle (Madawaska)

will begin studies at UMPI next fall and serve as a pioneering member of their newly formed ski team.

Whether or not these six continue to ski throughout their college careers is almost inconsequential in terms of the MWSC mission: they have already made skiing, and sport, a part of their lifestyle. Skiing has influenced

their decisions about school—in many cases aiding in the admissions process, the financial aid process, or both. They have chosen, at least briefly, to pursue skiing at an elite level. Having made that decision, it is unlikely that skiing, and sport, will ever disappear from their daily lives. Perhaps we will read about them later in their racing careers. Perhaps we will see them back home as coaches. Or perhaps you will simply see them on the trails this summer or over Christmas next winter moving gracefully through the trees in a shiny university team uniform. Match their stride for a few moments. Send your kids out to ski alongside. These six have made skiing a part of their lives, and we have all been rewarded for it.

*By Will Sweetser, MWSC County Team Coach from Stockholm, Maine.*

MWSC coaches John Farra and Kris Cheney Seymour as 15 year old ski racers



Thanks in large part to the courage and pioneering spirit of a handful of Aroostook County skiers, this trend seems to be bucked more and more often. Anna Sprague, of Stockholm, used skiing as a tool in securing admissions and financial aid in her college search. She has now spent two successful seasons skiing for the University of Utah. Matt Bard, of Woodland, took advantage of his contacts with MWSC to earn a

**Mark Your Calendars for this Event!!!!**



visit [www.chisholmskiclub.org](http://www.chisholmskiclub.org)



## NEWS FROM THE NORDIC HERITAGE SKI CLUB

As we prepare for the 2003-2004 ski season, it's nice to reflect on the success of last year's race events. Even though 2002-2003 was our first year, thanks to the help of many volunteers, we held some very successful race events.

In December, we held the Nordic Heritage Sprints, which drew over 340 entrants to the various race events. Several

of the college ski teams, including Williams, Middlebury, and the University of Vermont, stayed several days longer than planned, just to ski the trails more. They also traveled to Fort Kent to ski the 10<sup>th</sup> Mountain Trails, and skied in Stockholm with the Stockholm School kids. What an experience for those kids to have top college athletes to ski with! There were several highlights to this event, including a fantastic fireworks show just before the sprint finals. The lodge was literally shoulder to shoulder with spectators and athletes! We had a lot of positive feedback from both spectators and athletes. The banquet, held New Year's Eve, featured a Mardi Gras theme with many door prizes and DJ Brookes Gagnon.

Mars Hill Ski Club hosted the State Class C ski meet at our venue in February. This provided an opportunity for many downstate ski teams to try our ski trails for the first time. Based on the reviews I've heard, they'll be back many times in the future!



In March, we held the Nordic Heritage Spring Series, which was well attended, but not to the degree of our December race. The organizing committee was slightly stressed due to the fact that Max Cobb was stranded in Siberia. Thanks to the Internet and modern technology, we were able to run these races without a snag.

We held our first club meeting Tuesday, June 3 to start planning for the upcoming year. Future events include a recognition event and barbeque to be held in mid-September for all of our volunteers and anyone interested in volunteering. At this event, we will recognize those individuals that have made a significant contribution to the success of our club over the past year. The exact date will be announced shortly. Our first race event will be the Nordic Heritage NorAm Cup, to be held December 28, 29, and 30. We are expecting a bigger racing field than last year. In February, we plan to host our first biathlon race and will be holding officials training sessions this fall in preparation for this event. We will not have a Spring Series, to allow time for our volunteers to help Fort Kent host the World Cup races in March.

Our meetings are held the first Tuesday of each month, 7:00 PM, at the Nordic Heritage Lodge. Anyone interested is welcome to attend. Our work parties are held on the last Saturday of each month from 8:00 – Noon. We have lots of trails in the works, including plans to add mountain biking trails to our system. Please come to help – and bring several friends with you!

*By Ray Hews, Nordic Heritage Ski Club President, from Easton, Maine.*

## OLYMPICAN IMPRESSIONS



*Continued from page 4...*

participated in the race. "Well, do you like skiing under those lights?" he asked us. And we replied that we certainly did! We talked a bit about the great trail system and the usefulness of the lights on the trails. The lights make it possible for people to get out after work and in the evenings to enjoy the cross-country ski trails. He said that his community service club had donated the money to have the lights installed on the trails. He could see that his club's work has helped many people to enjoy winter sports in the area.

The races would not have been possible without many volunteers helping to time the events, set up the courses, coordinate the start area, and the list goes on and on. Following the race series, a banquet was held. Again, countless volunteers serving in countless ways. The food was fantastic and the room was decorated with care. The volunteers invested a huge amount of time in the process, and it showed through this quality race series.

The race series will always stand out in my mind, because it truly was a community effort and the dedication to promoting the sport of skiing was absolutely inspiring and up-lifting. I could feel the community's enjoyment of skiing. I have no doubt that this great tradition, excitement, and pride surrounding the Maine Winter Sports Center will be felt by locals and visitors alike, for many years to come.

*By Aelin Peterson, 2002 Olympian from Fairbanks, Alaska.*



## INTRODUCING: JUSTIN EASTER



A quick summary of who I am and where I have been for the past 21 years seems like a fitting place to begin. I am a recent graduate of Bates College's Class of 2003. I have been a resident of Lewiston, Maine since my enrollment in Bates during the fall of 1999 through this spring. Prior to my life in Lewiston I was a resident of Jay, Maine. My family raised me there through my graduation from Jay High School in the spring of 1999. I have been named to the MWSC Continental Team for the coming year, and look forward to doing what I have been doing for many years – making skiing a way of life for those around me!

I graduated from Bates a much different person and athlete than when I got there. At the time I entered College I had skied in one Junior National meet, competed in many cross country running races, and prided myself with a 4:19 mile in the High School State Meet. After a year at Bates I realized there was plenty of work to do before I was the athlete I was hoping to become – hard work was ahead.

Now, four years later I have one NCAA Division I All-American award to my credit, two NCAA Division III Cross Country All-American awards, and four NCAA Track and Field All-American awards – two coming by way of National Champion in the 3000 meter steeplechase. I have a Bachelor's of Arts degree in English Literature, and a drive that I hope to share with my new community of athletes, parents, friends, and families alike.

A brief indication of what I hope to accomplish from skiing with the MWSC Continental Team can be as simple as saying I want to get faster. Yet, I also have the desire to do so while having fun and making new friends along the way. I am dedicated to this sport, but equally dedicated to physical fitness. Happily, I have embarked on the path of a winter warrior, dawning skis as my weapons, and enjoyed the benefits of being in shape. I look forward to sharing my experiences with the community at large in northern Aroostook County, and hope everyone make a point to introduce themselves in the year(s) to come.

Enjoy the summer, and hope for early snow.

By *Justin Easter*, MWSC Continental team member from Jay, Maine living at the Nordic Heritage Lodge.



MARK  
YOUR CALENDARS!



[www.fortkentbiathlon.org](http://www.fortkentbiathlon.org)

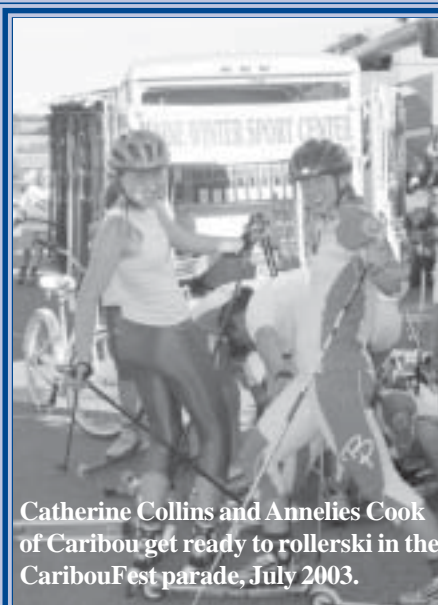
## NEW SEASON, NEW HOPES

My training for the 2003-2004 racing season is well under way and I am thrilled to be back at 100% health. After undergoing a major hip surgery last August and a broken hand this spring I feel (or hope) to have paid my dues.

I have recently completed a two week camp with head US Biathlon Team coach Algis Shalna and US Biathlon Development coach James Upham. The camp was a tough two weeks that consisted of physical and shooting testing nearly everyday. At the end of the camp I was elated to be named to the US Biathlon development team. Joining the development team will be a great opportunity for me; I will be working with an Olympic medal winning coach and some very talented athletes. Needless to say, I will have a lot to learn.

In other exciting news I have a new sponsor in J.R. Rogers and Activex America. Activex America is the maker of Syn-flex, a liquid Glucosamine product that supports joint and cartilage growth and protection. Syn-flex is an amazing product that has been instrumental in helping me back into my training routine following hip surgery.

By *Tim Burke*, MWSC Continental Team Member from Paul Smiths, New York.



Catherine Collins and Annelies Cook of Caribou get ready to rollerski in the CaribouFest parade, July 2003.



**Maine Winter Sports Center**  
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 Limestone, Maine 04750

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## MARK YOUR CALENDERS FOR STATE-WIDE MWSC EVENTS!!!

Sep 10	5 Km Rob Craig Memorial Run, Pineland	Phil	688-4800
Sep 11	Farm School Field Day Orienteering, Pineland	Phil	688-4800
Sep 28	Riviere du Loup to Caribou Bike Epic	Eli	227-4114
Sep 20	Orienteering Clinic, Pineland	Phil	688-4800
Sep 21	Orienteering Meet, Pineland	Phil	688-4800
Oct1-5	Harvest Camp	Will	227-3322
Oct 4	Fall Foliage 5K Trail Run, Pineland	Phil	688-4800
Oct 8	Rob Craig Memorial Run, Pineland	Phil	688-4800
Oct 12	Mars Hill Climb, 8am	Eli	227-4114
Oct 25	MWSC Dryland Mini Camp, Pineland	Phil	688-4800
Nov 1	Youth Day Camp, NHC	John	227-3843
Nov 6	Physical Testing, UMPI, Weiden Hall, 4 pm	Will	227-3322
Nov 6	Boys to Men Conference-Orienteering, Pineland	Phil	688-4800
Nov 8	Season Kick Off Celebration	Kris	227-3863
Nov 8-9	On Snow Clinic, Site TBA	Kris	227-3863
Nov 15	Coaches Clinic, NHC, 9am	Will	227-3322
Nov 15	Biathlon Pin Test, 10 <sup>th</sup> MT, 11am	Kris	227-3863
Nov 15	Time Trial, NHC, 9am	Kris	227-3863
Nov 22	Coaches Clinic, 10 <sup>th</sup> MT, 9am	Will	227-3322
Nov 22	Biathlon Pin Test 10 <sup>th</sup> MT, 11am	Kris	227-3863
Nov 22	Time Trial, 10 <sup>th</sup> MT, 9am	Kris	227-3863
Dec 5-6	MWSC Coaches Clinic, Pineland	Phil	688-4800
Dec 6	On Snow Time Trial, 10 <sup>th</sup> MT, 9am	Kris	227-3863
Dec 11-14	EC Season Opener	Will	227-3322
Dec 20	On Snow Time Trial, NHC, 9am	Kris	227-3863
Dec 28-Jan 4	Biathlon Junior World Team Trials	Kris	227-3863
Dec 29-30	Nor Am Races, Nordic Heritage	Max	227-2791

## DON'T MISS THESE VERY IMPORTANT EVENTS!!!

Nordic Heritage Sprints  
 Dec. 29-30, 2003 - Presque Isle

2004 U.S. Cross Country Championships  
 Jan. 3-11, 2004 - Rumford

2004 Biathlon World Cup  
 March 3-6, 2004 - Fort Kent



MWSC athletes running with ski poles at  
 Lonesome Pines Mountain in Fort Kent.