



Snow Dance

A Quarterly Newsletter
of the Maine Winter
Sports Center



10th Mountain



Ski Center



A HEALTHY MAINE - WE'VE MADE SOME PROGRESS, BUT THERE IS STILL A LONG WAY TO GO

By Andy Shepard, President & CEO

In spite of the popular view of Mainers as rugged outdoors people, hunting, fishing, logging or working the seas, the reality is that Maine is one of the least healthy states in the United States. We are not active enough, we eat the wrong foods and too much of them, and we make poor decisions about the use of alcohol and drugs. The worst news of all is that our kids are learning and living their parents worst habits and to an even greater degree.

There certainly are people participating in the traditional Maine outdoor lifestyles, but there are too few of us taking part. A more typical view would see us in front of a computer screen, watching TV or playing video games. Our approach to diet would yield some interesting perspectives as well. With the incidence of childhood obesity, diabetes, asthma and alcohol and drug abuse in Maine all reaching epidemic proportions, it is clear that our strategy of ignoring the problem will not make it go away.

It's not all bad news. In fact, the one area of good news gives us some direction on how we may want to approach tackling the rest of the problem. We have made some great progress on reducing the rate of smoking among teenagers in Maine greater progress than any other state in fact. While it is true that the millions of dollars in tobacco settlement money have allowed the State to develop an aggressive campaign against underage smoking, the reality is that throwing money at a problem has never been enough. The difference in this case was an innovative plan to develop a message that would have credibility with the underage smoker. Adults have been telling kids for generations that smoking is bad, but the message has not been getting through. The idea in Maine has been to get kids talking to kids and that is working.

Cracking the rest of this problem of our emerging health crisis will require us to also think outside of the box, develop a plan and stick with it. Knowing that if we don't solve this problem, that the lost productivity, soaring health care costs and increased morbidity rates will bring the economy of our state to its knees within a generation. This should help us prioritize finding the funds to address these issues in meaningful ways.

Bill Green, noted Maine outdoorsman and TV commentator, spends a lot of time meeting interesting people in his job. Most of these people are the ones leading the traditional Maine lifestyle the rest of us are only dreaming about. He made the comment to me one time that no Maine kid should be able to graduate from high school without knowing how to tie a fly, do a "J" stroke in a canoe and swim a mile. When we look for a meaningful place to get this discussion going, that may not be a bad place to start (although I think we ought to add knowing how to carve a perfect turn and apply a klister binder to the curriculum as well).

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UMPI LAB FINISHES FIRST ROUND OF NORDIC TESTING

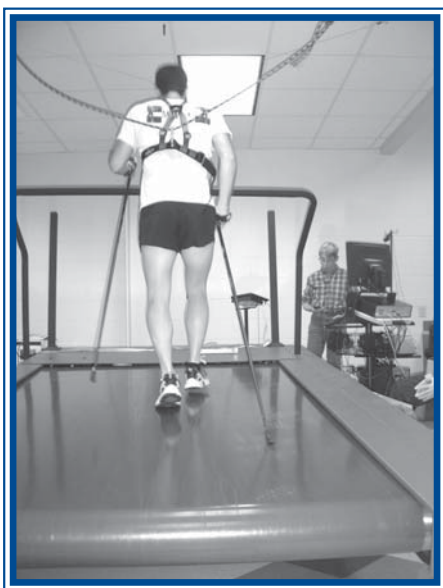
The University of Maine at Presque Isle just completed the first round of elite Nordic athlete testing in cooperation with the Maine Winter Sports Center. The university has invested more than \$5 million in its physical education, exercise physiology and health facilities during the past year. A significant portion of those funds were dedicated to establishing a world class exercise physiology testing lab. Now, the lab has been put to the test or more accurately, put MWSC's athletes to the test.

Professor Suzanne Beaudet used her sabbatical to brush up on athlete testing protocols at the famous Vuokatti Sport Institute in Vuokatti, Finland. With the completion of Gentile Hall, the new health and wellness facility at UMPI, Beaudet has a brand new home for her expertise.

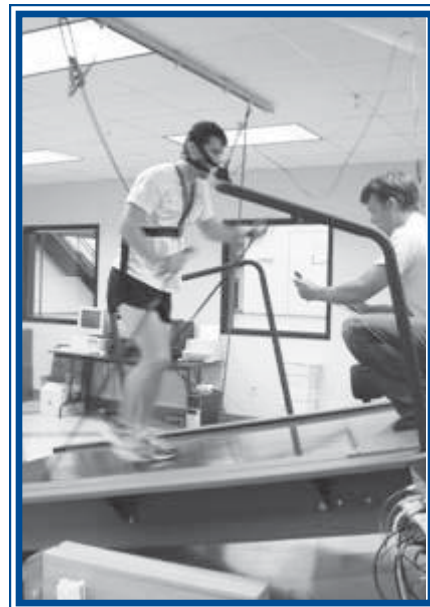
"We're so excited to have the ability to offer this kind of service to high caliber athletes," said Dr. Beaudet. "This is a dream that has been many years in the making. It's fantastic for us, especially for the students coming through our programs in physical education, athletic training and exercise physiology."

Athletes testing at UMPI can choose to be tested using sport specific protocols for running, nordic skiing, and cycling. Beaudet and her team offer blood lactate testing, max VO₂ testing and upper body specific max VO₂ testing for Nordic athletes. MWSC's Cross-Country Team used the UMPI facility last week to determine base-line values for early-summer training. The U.S. Biathlon Development Team is slated to test at UMPI over the course of the next few weeks.

"The investment that UMPI has made in health and sport is tremendous," said MWSC Cross-Country Coach Will Sweetser. "The testing lab provides valuable information for me as a coach, and for athletes like David Chamberlain and Russell Currier. Our partnership with UMPI is helping to create Olympic-caliber athletes right here in Northern Maine."



MWSC's Tom Keefe hard at work while Dr. Suzanne Beaudet, of UMPI, checks the clock.



UMPI has been selected as the site for the NENSA/NEG Elite Camp in August. Top junior and senior athletes from New England, Idaho, Utah, Colorado, Washington, Oregon, California and Alaska will have the opportunity to tour the lab and discuss laboratory and field testing with Dr. Beaudet. Testing opportunities for individual athletes are currently under consideration at the university. For more information about the University of Maine at Presque Isle and its facilities, visit: www.umpi.maine.edu

The Maine Winter Sports Center will offer Youth and Junior biathlon training sessions this summer in southern Maine. MWSC and US National Team athletes Walt Shepard and BethAnne Chamberlain along with MWSC Biathlon Coach Gary Colliander will share the coaching for weekly sessions. Check out www.mainewsc.org for upcoming information or contact Gary Colliander at gary@mainewsc.org.

BASE TRAINING: YOUR FOUNDATION FOR SUCCESS

By Will Sweetser,
MWSC Cross Country Coach

“Skiers are made in the summer, not in the winter.”

Not sure who said it, but the quote above is probably one of the most repeated in the current ski coaching lexicon. And, it really holds true. Take a reasonably skilled skier and focus on base training over the summer months, and you’ll generally come away with a much more developed, much faster skier come the next winter. So, what is base training?

Most coaches break a year or season’s worth of training down into periods. Some focus exclusively on one type of training in each period, others blend training types according to their own preferred mix, others choose just two or three things to focus on in each period. But, all coaches have at least one period they refer to as the “base”, “preparation”, or “foundation” of the year. This period generally includes a heavy dose of easy, low to moderate effort, training. This is base training.

Many coaches prescribe a heart rate zone for base training, others identify the pace by speed or perceived effort. One of the most common descriptions for this kind of training is “conversational pace” meaning that an athlete training at this pace can easily carry on a conversation while exercising. Different systems refer to base training differently: Level 1, Basic Endurance, Aerobic Conditioning, Easy. These are all synonyms for the same kind of training, the training that forms the foundation of your fitness. In fact, for most elite level cross-country skiers, biathletes, runners, cyclists and rowers base training makes up between 70% and 85% of their yearly training hours!

It may seem counterintuitive to many athletes to spend so much time training easy. After all, a ski race is a contest to see how fast you can move over snow. Most ski races are contested at paces that far exceed conversational pace, so why spend time training that slowly?

As the foundation of your fitness, base training produces some adaptations that athletes cannot develop with faster paced training. Base training helps develop joint and tendon strength without the heavy stress of faster and more powerful muscular contractions. Base training helps develop higher capillary density in the muscles, which allows more blood to be moved efficiently to the muscles at higher demand. It also develops a better connection between the nervous system and the muscles, allowing an athlete to improve technique and movement economy at lower speeds, and eventually helping the athlete move faster with less effort. Finally, long base training sessions train the muscles to burn more fat and store more muscle glycogen, making it easier for the athlete to go longer before running out of fuel.

It is imperative that the adaptations above are well under way before an athlete begins to take on harder, faster paced work that stresses the heart, muscles, joints and nervous system. In fact, moving too quickly into fast paced training is often the best way to shorten an athlete’s career through injury, over-stress, fatigue or sickness. Without a high volume of base training in the early months of a year, the harder work that is necessary as the competition season approaches will be impossible to complete adequately.

It makes sense, then, that skiers are made during the summer instead of the winter. By the time winter rolls around, a ski racer has to be ready to focus on speed, stamina and on-snow technique sessions, not on building a base. During the summer and fall, most junior skiers (and runners and cyclists) should aim for 65%-80% of their training volume (either mileage or hours) to fall in the base training zone. Conversational pace is a good guideline. For most athletes, this will be a heart rate of between 65% and 80% of maximum. Base training at the higher end of the zone should be used for continuous distance sessions, of between 30 and 80 minutes, and for technique sessions. Base training at the lower end of the zone should be used for 15-30 minute recovery workouts, for warm ups and cool downs, and for long, over-distance sessions of between 90 and 150 minutes.

Remember to have a goal for your workout. For base training sessions your aim should be improving technique, recovering from the last workout or improving endurance. If you go too hard, you’ll be training a different system instead of building your foundation. Keep in mind that you need a strong foundation to get you through the competitive season.

Well, it’s summer, so get out there and train just remember to take it easy!



ONE OF THE COOLEST PLACES SKIING HAS TAKEN ME



Haley crust-cruising.

*By Haley Johnson,
MWSC Biathlete*

This will be my third summer in Bend. Located in central Oregon, it is half dry high desert and half lush forest of the Cascade mountain range, and totally one of the neatest places I have ever lived. The Cascades had a great snow year, and the epic base will most likely keep us skiing until June. This spring the mild and consistent western climate lends to days of skiing in the morning (crust

cruising in the Cascade mountains), going to work (in flip flops), and then running, paddling, or biking later on (amongst the multitudes of other athletes of all ages roaming around here all day). Right now the desert flowers and weeping birches are blooming, there's an invigorating scent of juniper this morning, and it's another sunny day. For an easterner these conditions without the cost of a muddy cold season in May are just unbelievable; blue, blue skies every day. I am soon off to work helping out a landscaper, then this evening working at local organic coffee shop and roaster. Tomorrow I join a few fellow skiers up to the mountains to ski (crust-cruising - see the pictures) again before work. The temp has hovered in and around 70 degrees, with cool, brisk mornings perfect for riding and skiing. The day light hours are only getting longer too! There is plenty of this goodness to go around, and I am joined by a healthy peer group who are all out here for similar reasons: to life in a place that has ultimate access to the outdoors, culture, and community (etc.) via skis, bikes, feet, kayaks, work, and friendships.

My goal in this next year of training is to just do more. I can feel it mentally, physically, and emotionally this is a year to take more on, to soak more in; in no way manic, but balanced. The increase in quality and quantity is relative, and the overall process becomes more synergetic. Not only am I feeling these rumblings within skiing, but I am thirsty for work. I need to work (for school, money and art) to balance out my skiing lifestyle. I understand the necessary purity of an elite athlete's training regime, but I find I just can't do it that way. I simply need more going on: I need to be a part of bigger things, communities, ideas and places. In the past Bend has given me access to so much, and so this is a natural place to come to this year with these goals in mind.

My plan is to be here until August. At that point I will return to the County for the Fall and Winter. I am looking forward to getting back into school (UMFK) and working more closely with the Four Seasons Trail Organization, and MWSC. I too think northern Maine is also one of the best places and communities skiing has taken me. Have a great spring and summer!



CHAMBERLAINS CALL CARIBOU HOME

David and BethAnne Chamberlain are moving to the County. The pair recently purchased a house in Caribou and plan to call Aroostook County home beginning in August. David, a three time World Championship competitor and former U.S. Ski Team member, is joining the MWSC Cross-Country Team. BethAnne (formerly Ellingson) will return to training with the MWSC Biathlon Team upon completion of her massage therapy degree.



BethAnn Chamberlain



Dave Chamberlain

MWSC HIRES TWO NEW COACHES



Scott Johnstone grew up in a Nordic family where his dad set track for Scott and his brother almost daily by pulling a track setter with a harness around his waist. Dad spent time as the Executive Director, of the US Biathlon Association, while brother Hans went to the Olympics for Nordic Combined, and Sister-in Law Nancy went as a Biathlete, both in 1992. Scott was a top ranked Nordic Combined skier and competed in numerous Jr. and Sr. National Championships. In College he was captain of the division I New England College Nordic ski team. After graduation, he went on to coach for the New York Ski Education Foundation in Lake Placid, NY as a ski jumping coach and Eastern Nordic Combined coach. While there he coached several skiers that went on to National and Olympic Teams. When he moved to the Northeast Kingdom in Vermont, he started a business and continued his coaching career at Burke Mountain Academy. Most recently

he has started the Burke Touring Center ski club and a local youth Bill Koch Ski League. He has also coached several local high school and master skiers. Scott enjoys mountain biking, trail running, hiking and continues to ski as many days as he can! Scott is joined by his wife Carole Clermont, their cat Miso and yellow lab Sebastian.

“The MWSC’s mission is to re-establish skiing as a lifestyle in Maine, and I can’t think of a person more suited to help us achieve that objective”, said MWSC VP of Programs John Farra. “Scott has lived the skiing lifestyle and comes highly recommend from people across the skiing industry.”

“My wife and I are so excited to be part of this growing Nordic skiing community. I look forward to contributing to this exciting, strong and exceptional team at MWSC.”

“It is a great opportunity for me to share my passion for the outdoors and an active lifestyle. I feel fortunate to be part of the MWSC program in the County!”



Eileen Carey is a Maine native who grew up skiing in the Maine Bill Koch Youth Ski League, skied for the Leavitt High School in Turner where she became a four-time state champion, and went on to ski for Dartmouth College where she was the captain of the ski team.

After graduating from Dartmouth, Eileen moved on to the Colorado Rocky Mountain School in Carbondale, Colorado where she taught Spanish and coached skiing for the school and for the Rocky Mountain Nordic Division. She also instructed all ages of skiers at the Aspen Cross Country Ski Center and co-founded a community women’s Nordic ski group that works with all levels of skiers to develop ski technique and to cultivate passion for the sport. Eileen is excited about the opportunity to return to her roots and work with the team at MWSC to contribute to the growing Nordic community in Northern Maine.



“I am excited to return to Maine and to be a part of the Maine Winter Sports Center.” said Ms. Carey. “I want to make a difference and the MWSC gives me a chance to do that in my home state.” “There are a lot of exciting things happening here and I am thrilled to have the opportunity to become a part of it all.”

“MWSC is thrilled to announce the hire of Eileen Carey to our team of world class coaches and staff,” said John Farra, MWSC Vice President of Programs. “It is such a tremendous advantage to be able to hire a Mainer and a woman to this position. Eileen comes with plenty of racing and coaching experience and a true enthusiasm to make a difference in her home state.”



Maine Winter Sports Center

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MARK YOUR CALENDERS FOR COMING EVENTS!!!
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June 10	Youth Skier Camp 10 th Mtn Ski Club, Fort Kent Noon-5pm
June 15-18	International Biathlon Union Conference Presque Isle
June 23-25	UMFK Jr XC & Biathlon Camp Fort Kent
July 1	Stockholm Super Tour 5-mile run
July 8	Mars Up-Hill Climb Will Sweetser 227-3322
July 8	Youth Skier Camp Northern Skiers Club, Caribou 1-5 pm
July 14-16	Jr Vertical Training Camp Location TBA
July 22	Tour of Stockholm Will Sweetser
Aug 5	Youth Skier Camp Nordic Heritage Ski Club, Presque Isle
Aug 8-13	National Elite Group Training Camp UMPI
Aug 12	Mars Up-Hill Climb Scott Johnstone 227-2885
Sept 23-Oct 7	Harvest Break Training Camp Location TBA