



Snow Dance

A Quarterly Newsletter
of the Maine Winter
Sports Center



10th Mountain



Ski Center



A FATHER & DAUGHTER'S SEARCH FOR A CYCLING HERO

By Andy Shepard, President & CEO

My daughter and I have been huge Tour de France fans for years. It has been the centerpiece of our summers and no matter what else was going on, we always knew that we would have that time together. Four years ago Hannah said that we should go see the Tour for her high school graduation present and I didn't put up much resistance. First, because she is such a great kid and has worked so hard in school, and second, because, well hey, it's the Tour.

We started out *big* Lance Armstrong fans. We knew about all the doping allegations, but no athlete has been tested for performance enhancing drugs more than Lance and he has never tested positive. (An independent arbiter had found the allegations that surfaced in a French newspaper last year to be groundless.) In any event, it became clear that he would probably retire before Hannah graduated anyway so we started looking around for the rider who would take his place in our hearts. Tyler Hamilton was an obvious choice. Not only was he a great rider and the heir apparent to Lance's US fan base, but he was also a local boy who had ridden in a number of Yarmouth Clam Festival Bike Races. The clincher for Hannah and me was the Luz-Ardenen mountain stage in the 2003 Tour. Lance was inadvertently yanked down by a young fan when the bag of Tour souvenirs he was holding got hooked on Lance's handlebars. In a demonstration of sportsmanship Tyler made sure that Jan Ullrich and the other leading contenders slowed their pace to let Lance remount his bike and get back into the race. Local boy, great rider, a good guy and a great role model – what wasn't to like. Then came the doping scandal following Tyler's Olympic Gold medal in Athens. The search went on...

The 2005 Tour was as much an exercise in finding a worthy rider for Hannah and me to cheer on, as it was a celebration of Lance's 7th Tour victory. There were a lot of exciting options for us to consider. Between George Hincapie, Floyd Landis, Levi Leipheimer, there were a number of Americans with a chance to carry on Lance's winning ways. But after a lot of discussion Hannah and I decided that we liked Italian cyclist Ivan Basso's style in the mountains – we had our man.

We had our plane tickets, made our plans for the classic mountain stage – the Alpe d' Huez – and started counting the days until the Tour started. Then the Spanish doping investigation hit and wiped three of the top contenders, Jan Ullrich, Ivan Basso and Francisco Mancebo out of the Tour. These were last years 2-3-4 finishers and the odds-on favorites to win this year. Wow, now what? Hannah and I were back to the drawing board.

The start of the Tour was a day away and we didn't know who would become the beneficiary of our fan worship yet. We were both a little gun-shy at this point so it became really important to both of us to pick a rider that we were certain was above all the doping. Given the amount of testing the Tour athletes had been subject to and the resources the French were reported to have

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ROLLERSKIING IS AS AMERICAN AS APPLE PIE, THE 4TH OF JULY

By Max Saenger,
Vice President Economic Development

The Snowy Mtn. Ski Club from Stockholm and the Northern Skiers Club of Caribou joined forces to animate the annual 4th of July Parade in Stockholm. Eleven skiers on rollerskis skied with the Maine Winter Sports Center vehicle in the largest parade Stockholm has seen in years. 2006 marked the 125th anniversary of the founding Stockholm and this quiet northern Maine hamlet swelled from its usual population of 267 to host thousands of friends and relatives.

Summer festivals bring lots of people back to Aroostook County, and this fact was not lost on Snowy Mtn. Trails president Tom Campbell. The Ski Club hosted the Stockholm Super Tour 5 Miler and Kids' Races on the opening day of the week long anniversary celebration. All proceeds from the Super Tour went to the Snowy Mtn. Trails.

Club member, Tamara Cote produced a Snowy Mtn. Trails brochure highlighting the Ski Club's mission, the events it hosts and the need for volunteer and financial support. These brochures could be found throughout the community all week long and were even handed to spectators during the parade in lieu of candy.

After the full week of 125th anniversary celebrations and family reunions in Stockholm, Snowy Mtn. Trails members choose the perfect time to conduct a bottle drive throughout the community. Some residents gave donations as well as bottles once they found that the money all went to support Snowy Mtn. Trails.



Bob Sprague

(Photo courtesy of Bangor Daily News-Rachel Rice)

into Paris, having overcome so much to reach his goals. Then came the news that Floyd too had tested positive. Hannah and I both felt numb - in a state of disbelief. How often can you keep going to the well and try to pull a worthy athlete out of the field only to find that each is a liar and cheater. At some point you just stop caring.

No one knows whether Floyd is guilty of cheating or not - we may never know - but given the Tour's track record over the past 30 years, the expectations that this would be the first "clean" Tour in a generation and even more, the unlikelihood that Floyd was a dooper, people might have to be excused if they jump to a quick reaction on this one. Sports can inspire us to dream and they give us all the chance to watch those dreams materialize in extraordinary performances. They can also teach that through goal setting, hard work, discipline and a perseverance to push through all the self-doubt and inertia of mediocrity that any of us can achieve extraordinary things. In this case however, it will take a long time before people believe what they see in cycling or are inspired by the performances they see. Our challenge is making sure that the young athletes we introduce to sport learn the lessons of a sport that has lost its way.

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put into ensuring that this year's Tour would be clean, I had assumed that guys like Basso, Ullrich and the others were clean. (They may not have been clean for previous Tours, but I figured they would be for this one.)

Clearly I called that one wrong and both Hannah and I felt it was time for a rider who represented clean sportsmanship to take the stage. We settled on Floyd Landis. There was no way Floyd was

a dooper. He had the universal respect of the other riders, wasn't the kind of guy to make excuses if he had a bad day and had a monster work ethic. Here was a guy we could root for and feel good about it.

Well Floyd didn't disappoint during the Tour, especially when he came back from the disastrous stage in the Mountains to climb out of the ashes and back into contention on the next day. We were truly moved when we saw Floyd cruise



Floyd Landis toward the top of the Alpe de Huez. The day before he cracked in the mountains and two days before his extraordinary recovery. (photo by Hannah Shepard)

INTENSITY TRAINING FOR RACING DEVELOPMENT

By Will Sweetser,
MWSC Cross Country Coach

Last issue, I wrote about base training—the predominantly aerobic work that serves as a staple for all endurance athletes. Base training develops your ability to “go long”, to sustain a pace and to do so relatively efficiently. It requires little hard effort, but a good deal of patience. Unfortunately, it doesn’t necessarily make you fast. If we refer to base training as our foundation, in home building terminology base training alone would make us all basement dwellers. And in reality, this often holds true. With base training alone, you’ll be fit, but not fast. A great foundation, but put on a bib and you may still end up at the bottom of the page. So what do you need to build the walls of your racing home?

Intensity training. While base training tends to be referred to by two or three different names, intensity training, or anaerobic work, has a multitude of confusing and often contradictory names: intensity, race pace, intervals, threshold, anaerobic capacity, aerobic capacity, tempo training, speedwork, fartlek, hard, fast pace, repeats, etc. What all of these terms have in common, however, is the goal of making you faster and more efficient at the speeds you’ll need in racing season.

There are countless forms of intensity training, but for the purposes of this article, I’ll focus on the effects of just two effort zones: threshold and race pace. If you work up the effort scale from base training, threshold intensity sits just above the high end of your base zone(s). This intensity is often referred to as anaerobic threshold, lactate threshold or tempo training. Most coaches in endurance sports now just use the term threshold to denote this effort—an effort

that you could sustain for between 50 and 90 minutes. At this effort, your body is still working predominantly in the aerobic zone, but you’re adding anaerobic work now. This generally equates to a heart rate of between 80% and 85% of your maximum. In most of North America, ski coaches call this effort Level 3.

What are the benefits of training in this zone? In a word: economy. Training at threshold makes you efficient when you’re moving quickly. While this speed is not quite racing speed for most races, it is close enough to require more than just aerobic processes for fuel. This means that your body learns to burn more carbohydrate, accommodate some build up of metabolic by-products (think of them like exhaust from your car) and even reuse some of these by-products as fuel. Work at this effort means that your heart must pump harder and your breathing rate will increase noticeably in order to flush out some of the “exhaust”. Moving your muscles at this speed also requires further development from your nervous system. A great benefit to your technique. Because you’re training fast, but sustainably fast, you have the time to work on perfecting the small-motor

functions that make you smoother and more efficient at high speeds.

If we continue up the effort scale, race pace work comes next. Again, there are many names for this effort zone: intervals, hard, pace, repeats, fast. For skiers, race pace usually denotes an effort that you could sustain for between 30 to 50 minutes, or about the distance of a 10km to 15km race. This usually equates to a heart rate of between 85% and 90% of your maximum. At this speed, you’ve added a significant anaerobic component—as much as 35% of the work your body is doing may be from the anaerobic side—which means you’re producing many more metabolic by-products. You’ll notice this because you now have to breathe quite hard in order to maintain this effort. Ski coaches often refer to this effort as Level 4.

At Level 4, you get a lot of bang for your buck: you’ll increase the size of your heart because it’s working at maximum stroke volume, you’ll develop the ability to tolerate some “exhaust” in your system (especially lactic acid), you’ll maximize the high end of your aerobic capacity because you’ve topped out that system, and you’ll develop even better neuro-muscular pathways (the lines between your brain and your muscles) because you’re demanding a higher muscular load. But, be careful, your body pays for this effort dearly. Just like running your car with the tailpipe plugged, eventually you’ll build up too much exhaust and need to take your body in for repairs.

So, how do you use these zones to build on the base training foundation?

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MWSC Cross Country Coach, Will Sweetser, going over body position.

SUMMER TRAINING SESSIONS

By Eileen Carey,
MWSC Development Coach

There are many places in Aroostook County you will find junior ski racers and biathletes this summer—from ski and bike trails to the shooting range, from lakes and rivers to Maine’s highest peak. One place you won’t find them is in front of the TV—unless they are analyzing the finer points of their ski technique.

Each day this summer athletes from all over the County and beyond convened at the venues in Fort Kent and Presque Isle to put in hours of hard work, building a base that will bring them closer to accomplishing their winter racing goals.

Summer training kicked off with a three day training camp held at the 10th Mountain Ski Center and the University of Maine at Fort Kent. During the weekend, skiers focused on shooting and ski technique, partook in fitness tests that will be a baseline for improvement throughout the year, learned details about following a training plan, and participated in the Top of Maine Mountain Bike Race run by the Four Seasons Ski Club in Madawaska.

Throughout the summer athletes continued to motivate and challenge themselves and each other in daily training. The Mars Hill time trial attracted more than 20 people to race on foot up a 1.3 mile route to the top of Mars Hill Mountain, gaining more than 1,000 feet in elevation. Later in the summer, 18 athletes and coaches hiked, ran, and scrambled their way to the top of Mt. Katahdin, Maine’s highest peak. MWSC athletes and locals explored the high and low (and very muddy) points of Stockholm, Maine on foot, bike, roller skis and canoes in the Tour of Stockholm.

These summer training sessions were not only fun, but also physically beneficial to MWSC skiers. They will enter the upcoming ski season with increased endurance, strength and confidence.



Canoeing on Madawaska Lake during the Tour of Stockholm.



MWSC athletes atop Maine's highest peak.

*Intensity Training For
Racing Development
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There are countless prescriptions for how much work, divided up into how many sessions of how much distance. And almost every system works for somebody! I find that simple systems almost always deliver good results for most athletes.

Generally, Level 3 workouts will total between 15 and 40 minutes of work at this effort for younger and less experienced athletes. The work can be broken up into two or three shorter bouts within one session with short rests between. For example: 3x8-12 minutes at Level 3 with 3 minute rests between is one of my favorites. Eventually, athletes can build up to performing 20-30 minutes continuously at Level 3.

For Level 4, most athletes try to cover between half their normal race distance to full race distance at race pace in each workout. Again, there are short rest intervals (hence the term “intervals” to refer to this kind of work) between hard efforts in order to reduce the strain on your system. For example: 5x4 minutes at Level 4 with 2 minute rests. This workout gives you the equivalent of between 4km and 10 km of hard work without the strain of actually racing an entire course without rest.

Shoot for one workout at Level 3 and one workout of Level 4 per week. Make sure that you get a good warm up and cool down with these workouts. Take a day off or a recovery workout day following the hard sessions. Your body will absorb the training and adapt better if you do! Once you’ve spent a few weeks getting used to work at Level 3 and Level 4, you can experiment with different formats and find what works best for you as you build your own house of racing fitness.



SHOOTING IN THE METHOW



*By Haley Johnson,
MWSC Biathlete*

In a sport community that is small and spread out, it can be hard to sense the overall growth of biathlon from our own point on the range. Earlier in July I spent a week with a small biathlon club in northern Washington and conducted an informal biathlon camp with 10 children. With each child and parent involved, I found a more accurate view of the heart of biathlon and its ability to be a positive, healthy and growing community.

I spent a fantastic week in perhaps one of the most spectacular places in the US I have seen yet: the Methow Valley in the north Cascades of Washington. It's marked as a "skier's paradise" with trails and trails of hut to hut skiing, awe inspiring views, wild clear rivers and quaint western towns, however, all of which were just bonuses to the main reason I ventured up there. I came to shoot with a rather unknown group of aspiring biathletes from Winthrop, WA, that I just happened upon while skiing in Bend, OR this spring during one of their camps.

My initial contact was with Betsy, who is a parent of one of these up and coming biathletes, Casey, and is learning to coach him and 6 others: Matty, Willie, Dylan, Dusty, Elise and Riley.

She also rounded up a few others interested from the area: Isabelle (7) and her dad, Dave, who competes in summer and masters biathlon from Seattle, and two other friends, Emma and Drew, which in all filled up the 10 point range.

We spent three mornings on the biathlon range just north in Mazama, where I was able to work with the children and Betsy on position, shooting drills, and shooting games. The range was put together like all others, piece by piece. Essentially, it is a product of all of the parents' skills with cement, steel, wood, trucks, gravel and sand; this group had a great community feel to it.

Three plus hours on the range never seemed enough to fit in shooting drills and position work, dryfire, slowfire, one-shot drills and relays. Each child, obviously, just wanted to shoot, but they each had a genuine interest in the process. They could each get a taste of accomplishment from the positive result of focusing on the sights, paying attention to their position and following through with each and every shot. I had a lot of the same information to offer them, but as an active athlete I was able to present it to them in a different way. No matter what age or shooting level, the basics are the same. This spurred various conversations on their shooting experiences and how we could then go about achieving a tighter position or a tighter group, or a smoother transition between bolting, to name a few. Three of the boys also got their first taste of standing shooting practice with their first season competing in off-hand (with a biathlon rifle that is). Most of them actually already have a lot of experience and fun shooting. Through 4-H programs, air rifle practices, and generally living on ranches, it's a part of rural life. Getting

a better group with each clip and precise position were hard at first and different from their prone shooting, but it seemed to come together when nearly 30 balloons are put up down the range, all of which were obliterated within a minute or so of rapid fire from all 10 children. Each practice would ceremoniously end with the last balloon popped somewhere down range.

In the afternoons, the children then led me on a bike ride along a river up to a waterfall, and on another, a hike to a Fire Tower, from which we watched the smoke of the current fire lit by the previous night's summer thunderstorm. They offered me some of the coolest places in the Methow for shooting lessons in the morning, basically. The week was just simple and fun. It is refreshing to be able to jump into how another town and venue is able to offer biathlon, along with all other opportunities to their children. They'll be successful at what ever they do. And so it is exciting to watch them get into biathlon and Nordic skiing.

Biathlon has taken me to yet another place that takes a full eight hours to drive to, involves some section of US Route 2, periodically gives mileage to points in Canada, and has a rather "end of the road" type feeling as one steadily drives farther north. The travel was reminiscent of the driving to northern Maine from Lake Placid, NY. After the camp I returned to Bend, OR for the remainder of the summer and am now getting ready to head back East. I will return to northern Maine/Fort Kent/MWSC and will also be taking some classes at UMFK.



Dom Cyr

Working Hard in Van Buren

A County native, Dom Cyr hails from the Acadian stronghold of Van Buren, Maine and is in his second year at Carrabassett Valley Academy. One of only two 15 year old skiers from the East to qualify for the J2 (15 and 16 year old) National Championships, Dom finished 11th in the giant slalom with the 4th fastest time on the second run. In addition to attending a CVA on-snow summer camp in Mt. Hood, Oregon earlier this summer, Dom was the youngest male skier selected to the US Ski Team camp in Chile for speed training and racing in August.

So how does he afford all this summer snow time? On top of help from several private donations, Dom has been hard at work this summer. He has already split, sold and delivered 35 cords of fire wood around Van Buren as well as hired himself out for bushhogging services. Besides his own self employment, Dom is also a proud fulltime employee for Soderberg Construction of Caribou.

Dom's future goals include podium placings at next years J2 National Championships, a trip to Senior Nationals, and getting into Dartmouth College. Bonne chance, Dom!

JALBERT YOUTH BIATHLON PROGRAM BEGINNING THIRD YEAR

*By Jeff Dubis,
10th Mtn Ski Club*

The Jalbert Youth Biathlon Program (JYB) is building increased opportunities for local youth via the sport of biathlon. Youth aged ten to thirteen have been meeting weekly at the Tenth Mountain Ski Center in Fort Kent to participate in strength training, air rifle practice, skiing, and group games. The program has drawn from a growing community of ski clubs and school ski programs. The Jalbert Program is cooperatively run by ski club members, Jeff Dubis, Jeff Spencer, and Dean Cote along with Maine Winter Sports Center coaches and athletes. Safe marksmanship training is a unique facet that supplements the training that's available to kids through other programs. A low athlete to coach ratio allows for a lot of individual attention and a super-safe environment. With high quality athletes as instructors and role models, program coordinators hope to encourage youth to high aspirations both in sports and lifelong choices.

A common concern among the coaches and athletes is to continue to provide opportunities for outdoor sports. Spencer, a state game warden commented that in recent years he's seen a decrease in the number of young people fishing and hunting. "Kids are just not spending time outside, and those ways of life are becoming lost." Dubis, an avid hiker and skier is concerned that, "Our outdoor treasures like Baxter State Park are showing a decreased use, and with that access for outdoor recreation will be affected in the state budget." Decreased use of trails and facilities has been attributed to the electronic lifestyle addiction. That's bad for human health and resource management. Programs like the JYB renew interest in the outdoors and help kids learn to appreciate and work and play safely in outdoor environments. The community based coaches say they feel that, "The programming we're providing for the kids is directly impacting the health and direction of our region. We have between twelve to fifteen regular participants, some of whom travel from Madawaska and St. Francis," says Dubis. "The participants range in ability from beginner to advanced. There is friendly competition among the kids who are seriously looking to advance in the sport, while others are there for the unique experience. Either way, we're getting kids outside and connecting them with people who live healthy lifestyles. This makes lasting impressions on youth. We look forward to the continued success of JYB."

How did it come to be?



During the 2003-2004 Biathlon world cup season, biathlon great Ole Einar Bjoernsdalen donated one pair of custom made, autographed skis to each world cup venue. The skis were to be auctioned off, and the proceeds would be given to each venue to help fund youth biathlon programs. Former area resident Phyllis Jalbert made a successful bid of \$10,000 which now pays for equipment and annual coaching stipends. Her generosity did

not stop there however. Jalbert then presented the coveted skis to the 10th Mountain Ski Center for permanent display in the lodge.

GEOCACHING - A WAY TO EXPERIENCE THE TRAILS AT THE NORDIC HERITAGE CENTER

*By Karen Saenger,
21st Century*

Come experience the newest game on the planet from a mountain bike at the Nordic Heritage Center. Geocaching is a high tech treasure hunt that uses GPS technology and coded messages to locate hidden caches. Caches contain a log book for signatures and lots of prizes. The object of the game is to trade a prize once you find a hidden cache. Key chains, souvenir trinkets, stickers, baseball cards, and other small objects can be traded. This summer students in MSAD#20's 21st Century Summer program spent every afternoon at the Nordic Heritage Center in Presque Isle riding the mountain biking trails and searching for geocaches. Interested in geocaching? Go to www.geocaching.com to locate caches in your neighborhood.

21st Century Mountain Biking/ Geocaching participants are pictured with the hidden cache they found at the Nordic Heritage Center. Pictured in front from left to right are Kyle Gagnon, Collin Cassidy, Todd Berube, and Tyler Drake. In the back row from left to right are Andy Milliard and Kyle Hewitt.



WIND TURBINES SOON TO ARISE FROM BIG ROCK SKI AREA

Evergreen Power, L.L.C., subsidiary of UPC Wind Management is in the process of constructing a wind farm on the ridge of Mars Hill Mountain. UPC Wind Management has been working with



the Town of Mars Hill for three years in the planning of this project. This is the first utility-scale wind power project in Maine. A total of 28 wind turbines will tower Mars Hill Mountain. Each tower will consist of three blades and each blade will be approximately 115 feet long. The tower will stand 250 feet tall to the hub and 370 feet to top of rotary blade. The base of the tubular tower is 14 feet in diameter. The turbines slowly rotate at 10 to 20 rpm and will take approximately 3-6 seconds per rotation. This will produce enough to provide energy to 50,000 homes at peak capacity. This winter as you ride the chairlift or standing at the top of the mountain take a moment to view the windmills.

MWSC ANNOUNCES FREE FALL PROGRAMS SEPT 5 - NOV 17

Come get ready for the ski season, with MWSC coaches. General fitness, strength, rollerskiing, technique and biathlon shooting.

Youth (ages 10-14)

Tues 5:30pm at NHSC
Wed 5:30pm at Caribou & Madawaska
Thur 5:30pm at 10th Mtn

Juniors (ages 14-17)

Tues 4pm at NHSC & 10th Mtn
Wed 4pm at Caribou & Madawaska
Thur 4pm at NHSC & 10th Mtn

Adults (ages 18-118)

Tues 5:30pm at 10th Mtn
Wed 6:30am at MWSC Office-Caribou
Thur 5:30pm at NHSC



Olympic Golf

**The USBA & NENSA
will be holding a golf
tournament September
25th at the Falmouth
Country Club .**

**For more information
check out
www.usbiathlon.org/golf**

**Don't miss your chance to
golf with an Olympian.**

NEW HAPPENINGS AT BIG ROCK

By Louann Cook,
Information Services, Big Rock

TUBING ANYONE?

We have some exciting news. Soon there will be an outdoor activity that anyone of any age, no skiing ability needed, may enjoy. This summer/fall a tube park will be constructed for the 2006-2007 winter season. This is a great way for those who do not have skiing abilities to be able to enjoy the winter season. Remember as a child sliding down the hill and the fun that we had afterwards coming in for a bite to eat and some hot chocolate to warm ourselves. Now we can bring these memories back by bringing family and friends to Big Rock. This is becoming one of the most rapidly growing family outdoor activities to do. There will be four lanes for different tubing abilities. This tube park will be able to accommodate 500 tube passes per hour and be serviced by a hand tow back to the top of the park. The tube park will be open on Friday evenings and Saturdays and Sundays all day. Reservations for groups will be accepted during the weekdays. This makes a great activity for school and college groups, corporate groups, senior citizens, birthday parties and more. For more information please visit our website at www.bigrockmaine.com or call us at 207-425-6711.



RACING AVAILABLE FOR ALL AGES

Our race program and ski lessons are some added benefits available at Big Rock. Some of our race programs include the Big Rock Youth Ski League for children ages 3 to 18. This program helps introduce children into racing. There is a Middle School Race Development program for children ages 10 to 13. This program provides middle school aged children who wish to aspire to become a better racer or expert skier. A High School Race Development Program is available for those between the ages of 14 to 18. This program is for high school racers who seek individualized and focused training. For the adults we provide the Coca Cola Corporate Race League. This program is for adults who wish to have an evening of racing, great fun and see yourself improve as the racing season goes on. There are many other activities provided by Big Rock as well. For more information please visit our website at www.bigrockmaine.com or call us at 207-425-6711.

SEASON TICKET SALES FOR 2006/2007 STARTING SOON

The early bird season pass sale will start on October 1. The early bird special and all other rates are reasonably inexpensive prices for great family fun, entertainment, and exercise. This is a great way to spend time together this winter as a family. Remember these tickets are also a pass share with Black Mountain in Rumford, Maine, (www.skiblackmtnofme.org) and Poley Mountain in Sussex, New Brunswick (www.poleymountain.com). Please check out their websites for more information. This would make a great Christmas gift for the family. For more information please visit our website at www.bigrockmaine.com or call us at 207-425-6711.



SNOW IS ON ITS WAY ...

By Gary Colliander,
MWSC Biathlon Coach

Sniff, sniff... can you smell it? Take another deep breath in. Did you feel that? There's a different smell in the air, a different feeling. No, it's not the diesel fuel from the passing potato trucks or the dust cloud that follows. The air is fresh, even crisp; it feels lighter and cooler as it reaches deep down into your lungs each morning. Soon the leaves will be changing and we'll be searching for our long sleeve shirts and jackets; the bikes, canoes and kayaks will still be in use as we guess how long we can go before its our last ride or paddle of the year. Then finally the thought will enter our minds... when do you think that first snowfall will come?

Spring and summer are a skier's time to be a bit of a non-skier; a time to get out and take in the beautiful area we live in. Biking along Long Lake with the wind pushing you along; getting lost on the Nordic Heritage single track mountain bike trails; cutting through the glass top of Madawaska Lake in the canoe or kayak or even water ski; flying around the rollerski loop at the 10th Mountain Lodge. Oops! Did I say rollerskiing?



U.S. Development Biathlon Coach, James Upham, looks on at the shooting range in Fort Kent.

If you're like me I put my skis away back in March and even though I've looked at them on occasion in my garage they've been collecting a bit of dust. One thing I love about the state of Maine or my native Minnesota is that we get four seasons! As each one rolls around it becomes my new favorite time of year. When the roads start clearing up I can't wait to get out on my road bike. Once the four wheeler trails are clear I'll be out mountain biking around exploring routes that take me somewhere new. I used to live on Lake Superior and there was nothing better then waking up on a summer morning, driving down to the beach, carrying my kayak across the sand to a placid lake with the sun glimmering off the water and then just cutting across it. It kind of reminded me of having first tracks on a winter morning! Fall brought cooler temperatures and great runs through forests with the most beautiful colors. Fall also brought the sense that any day now the snow would soon be here and that it was time to start remembering how to be a skier again! My new favorite time of year!

I used to have a very specific training routine, but eventually that turned into being active in many ways. Many of the ways I've mentioned above, but of course not limited to those few activities. It was a very general plan that included easy distance runs, bikes, or paddles; intensity on the bike, in the boat or on the running trails; strength in the weight room, at a park, or any other place I could get creative. Once the fall came around it meant changing into skier mode. I knew I had been training well, but it was time to awake those sleepy "skier" muscles. Distance workouts started including runs with poles or



MWSC Development Coach, Eileen Carey, teaching at a training camp.

adding some ski imitation on the uphill to emphasize technique; intensity started to include classic or skate bounding (bounding is a ski specific technique that is very explosive and power-oriented) and strength too turned into exercises that resembled ski specific movements. Another mode of training I added was rollerskiing. Rollerskiing is as specific as you can get without being on snow. It trains the ski specific muscles and makes them stronger so your first time on snow isn't a complete shock to the neuromuscular system. With rollerskiing you're able to practice your balance, practice technique drills, do easy distance workouts, intensity sessions, and ski specific strength workouts. It's a tricky and even scary venture at first, but one that like anything else can be learned with time and a little bit of work.

So according to my best guess, we'll be skiing in no more than 10 weeks time. It's time to start thinking like a skier again. Take a deep breath in, smell the air, snow is on its way. My new favorite time of year!

SMALL ELEMENTS BRING MAXIMUM BENEFITS

*By Scott Johnstone,
MWSC Development Coach*

I read an interesting article earlier this summer by Chandra Crawford, the 2006 Olympic Sprint gold medalist. It reinforced the fact that we are very good at focusing on the big picture, the total hours we train, the amount of strength we do, how good our technique is, etc. But do we put enough emphasis on the subtle aspects of our life and training? Whether your goals are the Olympic Games or to dominate the Aroostook Cup, I think we can all benefit from her advice. At the international level, the athletes are all highly motivated and well trained. Their equipment, coaching, and waxing are the best in the world. So what took Chandra, a relative unknown on the international stage, to the pinnacle of our sport? She says that it was the result of her focusing on five small elements.

1. Pay attention to the basics: Eat, sleep, and hydrate well. Make sure you eat enough calories to sustain your workload. Eat as many unprocessed foods as possible. Your body absorbs nutrients easier from natural food sources than from those that are processed. Make sure you get proper sleep, especially during large training blocks. Mom is right, eight hours every night and a nap will keep you on track. Have a water bottle with you on workouts that are longer than an hour. You should also be drinking water consistently throughout the day. Focusing on these three basics lets us recover easier, stay healthy during stressful times, and allows us to perform at our highest ability.

2. Be prepared and organized before, during and after practice: Have all the equipment you need in order and well maintained for the specific workout. There is nothing worse than if your roller ski pole tips aren't sharp, and you waste

an entire workout session. Have an extra jacket and a change of clothes for after the workout. Make sure your workouts are everything they can be.

3. Proper warm-up routine: It is vital to have a regular pre-race routine, but it is also important to put that routine into practice on a daily basis. Race day is not the time to try out new routines. Having a consistent warm-up routine is essential for athletes to prevent injury. We have all been injured at one time or another, and ended up at the Physical Therapist. Usually we are sent home with a list of exercises to prevent the injury from reoccurring. How many of us have consistently done our exercises? I bet very few.

4. Pay attention to your health: A big topic, but use common sense; eat well, stay hydrated, get enough sleep, have a change of clothes, all will help you stay healthy but what about the subtle signs? Are you more fatigued or just don't feel like working out? If you do feel an illness coming on take care of it fast. You should not be doing intervals or other intensity workouts when you are sick. Even if it is on your training schedule for that day. First you will not benefit from the workout as much as you should, second you will compromise your health further, and finally you risk the health of everyone you are training with.

5. Recovery: That includes a good cool-down, some stretching, and having something to eat after the training session is over. The focus here is to rest and refuel so you are ready for the next workout. Preparation for tomorrow's workout starts with good recovery today.

These basic rules helped Chandra achieve

her goals. They are just as important for junior and master athletes who have limited time in their day and week for training. If you apply them to your own training they can make those sessions the highest quality they can be. While it is easy to focus on the activity or amount of time that is needed for the workout, it is these small details in life that will help bring the maximum benefit from your training. Don't just go through the motions, approach every training session with a purpose.

1ST BETTY BIKE DAY

*By Dawn McPherson, Erin Bartlett
and Melanie Stewart*

Saturday Aug. 5th brought 21 Betties together for the largest group ride ever at the Nordic Heritage Center in Presque Isle, Maine. The day had several purposes: (1) to get more Betties in the kickin' sport of mountain biking, (2) to help interested Betties learn the local trail system, and

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NORDIC HERITAGE SKI CLUB UPDATES

*By Melanie Stewart,
Nordic Heritage Ski Club*

A few months ago, I was elected the new President of the Nordic Heritage Center. It is with great pride that I accepted this position. I often refer to the Nordic Heritage Center as my home away from home. I wanted to take a few moments to bring you up to date with the happenings at our beautiful venue in Presque Isle.

One of the most significant and recent changes has been to our name. In an effort to make our group more inclusive of others who utilize and support our venue, we are in the process of changing our name from Nordic Heritage Ski Club to Nordic Heritage Sport Club. Beyond our ski trails, we have an extensive mountain bike trail system that is growing by leaps and bounds. In addition to bikers, we have trail runners, hikers, geo-cachers and more. We welcome all those who use our venue to further their healthy lifestyles!

On September 16, the NHSC will be hosting a Mountain Bike Race. There will be several different levels and categories of racing to choose from...something for everyone. In addition, there will be a downhill event in the afternoon. This was a very fun event last year even in the rain! Check the website for more details.

An exciting new position of program director has been created at the Nordic Heritage Center. This has been a "work in progress" for over a year and it is finally coming to fruition! Thanks to a grant from the Maine Community Foundation, a municipal appropriation from the City of Presque Isle, NHSC membership dues and proceeds from our events we are able to fund this position. Our goal is to have a person dedicated to creating and implementing programs

year round that promote opportunities for the youth of the area.

Looking ahead to the winter events of the season, the NHSC will host the Class C State Ski meet Nordic races during February vacation. The alpine events will be held at Big Rock in Mars Hill.

The TAMC National Cross Country Championships will be held at the Nordic Heritage Center for the second year in a row from March 28-April 1. These will be long distance competitions, 30K & 50K, with a shorter sprint competition hosted by the Northern Skiers Club in Caribou.

These are a few of the events that the NHSC is getting geared up for in the upcoming months. If you are interested in volunteering for any of these events, please visit our website to register at www.nordicheritagecenter.org. We are always in need of volunteers!

I will end with this request. If you are a friend of the Nordic Heritage Center or an active user of the facility, please consider a membership (individual or family) to help support our club. Membership forms can be downloaded off our website. Your dues are used to offset the cost of programs that the club offers to area youth and adults throughout the year. On behalf of the Nordic Heritage Sport Club, we invite you to visit and use our facility to further your healthy lifestyle! Thank you for your support!

*Betty Bike Day
continued from page 10*

(3) to connect Betties with each other so riding partners are easier to find. We hit several trails before lunch (Moose Loop, "Up Excavator", Around the Mountain, West Loop, "Down Excavator"), then all single track in the afternoon (down Chris' Climb, Ashby Ridge Loop, part of Tom's Trail, Goat trails). The event was sponsored by Mojo, a new bike & ski (and kayak) shop in town. Mojo gave every Betty rockin' new bike socks (yup, we took pictures of socks), a bag of Sport Beans, and trail mix for their packs. This event was truly an exercise in acceptance and sharing...all level of riders participated and showed great patience and determination. We tried to create an attitude truly reflective of the Wilderness Betty philosophy - Betties don't have to try to be something they're not & we're ok the way we are. Best of all, not a single Betty told us to bugger off or rode away while flippin' us off. These Betties were TOUGH, so look out if you see them bombing down a trail near you. If you are interested in becoming a Betty, please join us for the next Betty Bike Day set for Saturday, Sept. 30. For more information, contact Melanie at 760-9500. Or check out www.wildernessbetty.blogspot.com

COMING SOON!

**Watch for the
Maine Winter Sports
Center's newly
designed website.
www.mainewsc.org**



Maine Winter Sports Center

552 Main St.

Caribou, Maine 04736

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MARK YOUR CALENDERS FOR COMING EVENTS!!!
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Sep 4 - Caribou Labor Day 8km Run - Caribou HS, Kids 9am, 8km 11am - Carl Soderberg 493-7868

Sep 9 - Cary Medical Mtn Bike - Caribou, 3, 6, 9 mile 9:30am - www.spinskis.com

Sept 16 - Nordic Heritage Mtn Bike Event - Single track & downhill - 760-9500

Sept 17 - Women's Nordic Clinic - Nordic Heritage Center - eileen@mainewsc.org

Sept 22-Oct 7 - Harvest Break Junior Training Camps Park City, UT & Sugarloaf, ME

Sept 24 - Fall Foliage Classic Frenchville - 13.2 & 5 mile - JJ Roy 543-6391

Sept 24 - TD Banknorth Cancer Community Center Walk-A-Thon - Pineland Farms, New Gloucester - 774-2200

Sept 25 - USBA & NENSA Golf Tournament - Falmouth Country Club - www.usbiathlon.org/golf

Sept 30 - Nordic Dryland Training Clinic & Trail Run - Black Mtn - mike@mainewsc.org

Oct 14 - Mars Up-hill Run - Big Rock Mtn, 9am start - Big Rock 425-6711

Oct 15 - MWSC Youth Skier Camp - 10th Mtn - gary@mainewsc.org

Nov 5 - MWSC Youth Skier Camp - Nordic Heritage Center - scott@mainewsc.org

Nov 25 - Turkey Trot 5km Run - Caribou HS, 10am - Dan Harrigan 498-3226