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Snow Dance

A Quarterly Newsletter
of the Maine Winter
Sports Center



Ski Center



Maine Winter Sports Center



New Gloucester
Maine

A SEASON NOT TO MISS

By Andy Shepard, President & CEO

Fall is an exciting time in Maine – kids are heading back to school, their sports schedules start getting cranked up and the leaves start to change as the dog days of summer turn to the bug-free days of Indian Summer. For those receiving this newsletter, Fall is also nature's way of telling us its time to start pulling our ski stuff together.

As you prepare for this ski season keep in mind that this winter there will be some events in Maine that you won't want to miss. The headquarters of the US Biathlon Association is moving from Vermont to Maine this year, making biathlon the only Olympic sport ever based in Maine, and the only Winter Olympic sport based in New England.

This move is sure to bring added interest in the sport and two events planned for this winter will be the sign of things to come. The United States Olympic Biathlon team will be selected at the TD Banknorth Festival at Fort Kent and Presque Isle will host the TD Banknorth World Junior Biathlon Championships in January. These events represent our most ambitious schedule ever.

The Festival at Fort Kent, scheduled for December 29- January 3, 2006 will be used to select the team that will represent the United States at the Olympics in Torino, Italy in February. Of the 10 athletes selected, as many as 7 could be athletes who have made Fort Kent their home.

The TD Banknorth World Junior Championships, scheduled for January 28 through February 3, will be the largest skiing event ever held in Maine. It will be twice the size of the World Cup held in Fort Kent in 2004. There will be twice the number of athletes, twice the number of days of competition, and twice as many events for spectators to see. The athletes will be the 300 best 20 and under biathletes in the world. In fact, there will be a number of these athletes representing their countries at the Olympics the following week in Italy. The level of competition will be extraordinary.

This will also be the first time that US athletes will be able to compete on a home course and in front of a US audience, in the history of the World Juniors. Maine has been well represented at World Juniors over the past few years and the expectation is that this year will be no different.

I hope that everyone gets a chance to come to these events and cheer local athletes as they chase their dreams on a world stage.

For information on these races visit our website at www.mainewsc.org

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INTERNATIONAL BIATHLON UNION IMPRESSED WITH PLANNING



During the July 15-17th inspection visit at the Nordic Heritage Center Janez Vodigar, Vice President Sport of the IBU declared, "The Organizing Committee for 2006 Biathlon Junior World Championships has done a great job preparing for this event. They have really worked hard and this will show when the Teams come to Presque Isle in January." In addition to Mr. Vodigar, who hails from Slovenia, the Inspection Team included 2006 BJWC Technical Delegate, Esa Haapala from Finland and Max Cobb from the US Biathlon Association.

Along with Tim Doak, Event Director, all the chiefs of the 2006 BJWC committees made presentations to the Inspection Team concerning their preparations and detailed plans before and during the event. Mr. Doak explained, "This inspection is both an opportunity for the committee to present our plans for the event, and for committee members to draw on the vast experience

of the IBU representatives who have overseen championships around the world. We are very pleased with the positive inspection, and now have a unified vision with the IBU to help ensure that things run smoothly this winter during the event."

In addition to the inspection for the upcoming 2006 BJWC, nearly 20 officials from the 10th Mtn. Ski Club and the Nordic Heritage Ski Club took the

IBU's rigorous 2-day International Referee course. This course is mandatory for all competition chiefs and recommended for anyone involved in IBU World Cup and World Championship events. At the end of the course candidates going for their "IR" license took a two hour-long closed-book exam covering all areas of biathlon event management. Results of the exam will be known later this fall.



MWSC HIRES GARY COLLIANDER FOR BIATHLON DEVELOPMENT

Coach Colliander grew up skiing in the Minneapolis/St. Paul area throughout his high school years. Upon graduating he trained full-time in both Marquette, MI and Duluth, MN before moving back to the Twin Cities where he started to pursue a career in coaching. Working with the Minnesota Biathlon Community Development Program in the Minneapolis/St. Paul area, Gary worked mainly with high school aged athletes. Three years later he took his developing skills north to Duluth, MN where he worked with the Duluth Biathlon Club and assisted the U.S. Biathlon Jr. National Team for the past three years. While in Duluth Gary started the first Youth Air Rifle



program in the US, conducted a year-round high school ski program and continued to work with Jr. National Team members. Gary most recently received a degree in Exercise Science

from the University of Minnesota-Duluth with a minor in Psychology. In addition Gary has been a Certified Rolfer (deep-tissue massage) since 2001. Coach Colliander had this to say about his recent hire to the MWSC staff. "I'm really excited to be a part of the Maine Winter Sports Center Team! Ever since the first time I visited Aroostook County I felt right at home. I think my work with athletes of all ages and a large variety coaches over the past six years has given me the necessary tools to help the MWSC program grow and achieve its goals."



NEW MOUNTAIN BIKE TRAILS OFFER FUN CROSS-TRAINING

By Greg Rawlings
MWSC Community Programs

Another summer season is almost over and the cool, early-morning weather has us thinking about fall training. Many of us have been paddling, running, and road cycling to stay fit in the off-season and now we have another option. The Nordic Heritage Ski Center mountain bike trails in Presque Isle are ready for riding.

This trail project was started last summer and many people, mostly volunteers, and generous equipment donations, have helped to bring it along. Designed by noted IMBA (International Mountain Biking Association) trail designer, Rich Edwards, these trails have been carefully built to rival any in North America. There are easy beginner loops, challenging technical runs, and everything in between. Best of all, they are FREE – no fees to ride.

The substantial acreage at the Nordic Heritage Ski Center was originally intended only for cross-country ski trails.

However, all those beautiful woods and hills sparked some new ideas. Mountain biking trails make the Center a truly four-season venue. Runners, hikers, nature walkers, and (of course) ski-walkers are all welcome on the new trails. Unlike ski trails, the mountain bike trails don't follow fall lines and have a different rhythm. They are also narrower and more intimate than the ski trails, providing refreshing new views and challenges. Can you imagine biking through the fall foliage?

When finished, the Nordic Heritage Center MTB Trails will be the largest system in Maine. Currently, approximately 15 miles of bike trails are ready for public use, and another 10 miles are being worked on for next year. Many local school groups and summer recreation programs are taking advantage of this new playground and word-of-mouth buzz has greatly increased the number of riders this year.

It is hoped that these trails will add to the success of the Ski Center by bringing more activity to the venue and encouraging year-long use. An informal mountain bike racing series is in the works which will likely draw cyclists from all over New England and eastern Canada. Perhaps Presque Isle will one day host a MTB World Cup! Until then, locals and semi-locals can enjoy these uncrowded, brand-new mountain bike trails and the beautiful Aroostook County scenery without the hassle of trail fees or traffic. Just be sure to watch out for the wild berry pickers, bears, and moose!

For more information, please email Greg Rawlings at greg@mainewsc.org.



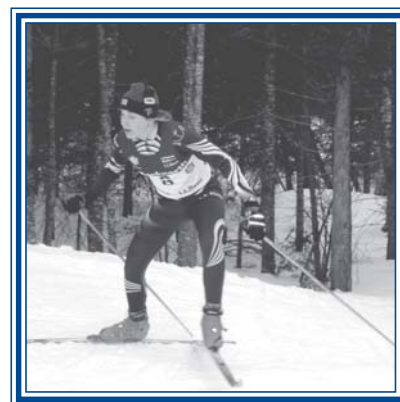
Summer Training with the MWSC Juniors

By Will Sweetser
MWSC Junior Development Coach

In past MWSC newsletters, there have been multiple articles about how to make strong ski racers with summer and fall training. This year, the MWSC Junior programs already knew what they had to do. The short, seven week Aroostook County summer vacation leaves little room for laziness, and aspiring ski racers from Mars Hill to Madawaska have been hard at it since June.

This summer's training plan included a regular schedule of six training sessions with the team each week: 2 distance sessions, 1 interval session, 1 speed session, 1 game/coordination day and a time trial or ultra-distance session. Five sessions each week with focused shooting training for biathletes. Thanks to some excellent team work from the MWSC senior biathletes and cross-country racers, Aroostook County juniors spent a

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Hilary McNamee racing so hard she can't see!

INTERVAL TRAINING IS FOR EVERYONE

By Jens Johansson
MWSC Cross Country Coach

Do you have trouble finding time for workouts, or do you not have the patience for long monotonous workouts just to stay in shape. There are as many reasons as there are individuals why we are unable workout on regular basis. Some of us have careers or family situations that does not allow for us to be away for hours just to work out and stay in shape. Some of us think that we are too out of shape to start working out, and some of us do not have the patience to walk, jog ride the bike for hours. If you avoid working out for any of these reasons or any other reason for that matter, why don't you try interval training instead.

Most of you are probably thinking that interval training is only for those who are already in great shape, which is actually far from the truth. Interval training can be done by anyone. In fact, interval training is often prescribed to those who are just starting out a training program for medical reasons as well as for older adults. Studies have shown for quite some time now that interval training is less stressful on your body when you start out a training regimen. In addition, interval training engages a larger portion of your muscle mass, hence stimulating muscle growth to a greater extent than regular distance training. The engagement of larger portions of muscle mass is a very important aspect of physical fitness, as when we are aging our muscle mass decreases, even when regularly participating in physical activity.



Steve Scott: Classic roller-ski intervals in Stockholm

Doing an interval workout does not mean that you have to go out there and run your heart out. You can of course do so if you happen to like that kind of workouts, but if you are a novice to interval workouts you should build up to harder and harder interval as you get in better shape.. When you start working out you can do a workout in as little as 20-30 minutes, and as you get in better shape you can still get a quality workout in 30-40 minutes. Now you may think, how can I burn any fat in just 40 minutes? Don't I have to be out there and go slow for 2 hours to burn any significant amount of fat? No, not at all, what matters is that you burn calories. It does not matter if you burn fat directly during a slow workout, or if you burn just a little fat, but more glycogen during an interval workout. What matters is the distance you cover, or more directly the amount of calories you burn. If you train at a higher intensity you will cover more distance in shorter period of time and as a result you will burn more calories in a shorter period of time. A previously mentioned, working out at a higher intensity will also stimulate muscle growth to a greater extent than endurance training. Endurance training, although it is a great way to improve cardiopulmonary fitness, actually reduces your muscle mass. Muscles are our most metabolically active cells, so if you have more muscles you will also burn more calories during workouts as well as during rest. All in all interval training is less stressful on our bodies, more time efficient, and will give us a more balanced body composition.

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Don't miss these great events!

**TD Banknorth Festival
Fort Kent, Maine
Dec 29th & 30th
and
Jan 2nd & 3rd**

**TD Banknorth
Biathlon Jr/Youth
World Championships
Jan 28 to Feb 3, 2006
Nordic Heritage Center
Presque Isle, Maine**



SATURDAYS ARE FOR SKIING



By John Farra

MWSC Programs Coordinator

Skiing is not new to Aroostook County, and neither is skiing on Saturdays, but a new phenomenon is shaping up in our Aroostook County communities, and it seems to have begun up North.

For the past few winters, the 10th Mtn. Ski Club in Fort Kent (the host of the 2004 Biathlon World Cup) has offered a Saturday youth ski program at its wonderful Nordic lodge. From 9:30 - 11am skiers of all ages descend upon the stadium area where energetic volunteers split them up into appropriate groups for XC skiing instruction and games. On some Saturdays, we have witnessed upwards of 60 kids showing up with 10-15 volunteers/parents on site to help make it all happen. On a standard Saturday, the kids could be learning to skate ski, going off jumps, searching for hidden treasure and playing a game of ski soccer, and while some parents help organize and participate with the kids, others are taking advantage of the free-time to ski for themselves. This is not a standard 'drop the kids off' program, rather an opportunity to share in a healthy lifelong sport on each winter Saturday. This has been a tremendous model for getting kids and adults active, on skis: a huge step in our shared quest towards creating skiers for life.

This Saturday youth skiing concept has spread to other communities in Aroostook County over the years. The Nordic Heritage Ski Club in Presque Isle started a very similar program this past winter, as has the very energetic Four Seasons Ski Club of Madawaska. The Northern Skiers Club of Caribou plans to roll out its own version of a

Saturday program this winter that will include firing up the lift on its small onsite alpine hill, which will allow area youth to partake in both disciplines of the sport on the same day! Wow!



Consider how this Saturday youth ski program is created and implemented in each of these towns for a moment. It comes from local parents and area residents volunteering their time and effort to make something really good and healthy happen within their communities! And what an impact they can have! It is really inspiring to see so many people and communities committed to providing skiing opportunities to our youth. Skiing is a lifetime sport, and these folks are hooking these kids for life! In case the kids forget to say it, THANK YOU volunteers!

To support the concept of prioritizing local Saturday ski programs, there will be an effort to hold area Aroostook Cup Ski Race events on Sunday afternoons or Friday nights when possible, leaving Saturdays more open for families to go skiing together! There are 28 FREE XC trail systems in Aroostook County, and with fewer events scheduled on Saturdays we should have more opportunities to explore these great trails with family and friends!

Want to get involved? Contact your local ski club or MWSC!

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couple of sessions a week training with some of the nation's best biathletes and Nordic out-of-region training opportunities! Grand total: 10-16 hours per week of training/exercise for most MWSC junior competitors.

What does all of this training earn a young racer? One word: Base. We are trying to bank hours and hours of easy aerobic training that we can rely upon when it comes to the harder sessions this fall and the even harder races once the snow falls. By increasing the amount of time we spend stressing our heart and other muscles, we're increasing our bodies' ability to deliver oxygen to the muscles that need it most. A concept we've talked up for the past few years, but one that the junior racers really seemed to grasp this summer.

For the first time in MWSC's short history, I can honestly say that the majority of our junior racers are spending time on their own building a base this summer. On days when there is no practice, or when they have a conflict with practice, most of the team is out mountain biking, kayaking, hiking, running or rollerskiing at an easy pace just for the joy of being active. A lesson we've spent years teaching, and a lesson that is essential to building future champions.

Congratulations on a fine summer, juniors—let's look forward to a fierce fall!



Former MWSC Coach Kris Cheney Seymour Joins UMPI

Kris Cheney Seymour has accepted a faculty position at the University of Maine at Presque Isle and will take over direction of their cross country ski coaching program and team. The former Maine Winter Sports Center coach, will join the University in September to further develop the academic program and the Nordic ski team.

Through his work at MWSC, Cheney Seymour has implemented and nourished numerous community partnerships in an effort to provide opportunity for the individuals of Aroostook County. In doing so, he has worked with the children and adults of the region to foster healthier lifetime habits through skiing and active lifestyles.

“We are excited to have Kris join our faculty and coaching staff,” said Richard Kimball, vice president of academic affairs. “We specifically developed this cross country ski coaching program to support the economic development happening in our region, to create a unique program for this campus, and to utilize existing facilities on this campus and in our community. Kris is the right person to take this program and the ski team to the next step, while maintaining a strong relationship with the Maine Winter Sports Center, an important community partner. UMPI’s academic and athletic programs and MWSC’s state-of-the-art facilities will help with our mutual efforts to attract high-

level competitors and students to this region.”

“I’m grateful for this position and the University’s considerable support to develop a strong cross country ski team, academic program and community partnerships,” said Kris Cheney Seymour. “The vision to support and bolster the success of the Maine Winter Sports Center will create increased opportunity for the youth of Maine, while attracting individuals and partnerships from around North America. This program offers an opportunity for the skiing student-athletes of Maine to reach their athletic potential while receiving a quality education. In the state of Maine there are no other opportunities to attend a public university and compete in NCAA skiing.”

“Although we are sorry to lose such a talented coach, we are thrilled for the University,” said Andy Shepard, President/CEO of MWSC. “Kris is a dynamic coach and leader who will elevate the reputation of UMPI’s program and make a name for the University across the Northeast. This just adds to the momentum that has been building with the Biathlon World Cup, the Biathlon Junior World Championships and the Nordic Heritage Sprints. A successful ski program at the University will help in our efforts to re-establish skiing as a lifestyle in Maine.”

The University’s ski teams will compete with Division One teams in the Eastern Carnival Circuit. In addition the University has created a Cross Country Ski Coaching concentration in an effort to support the team and create an opportunity unique to this region. To further bolster these opportunities, a new physiology lab with state of the art equipment will be located within the athletic complex. Student-athletes will have the tools to learn and compete at a world class level. Students who enroll in the ski coaching concentration are eligible for one of three \$1000 scholarships.

The Maine Winter Sports Center staff would like to wish Kris the best with his new position.

WEBSITES TO CHECK OUT!

www.mainewsc.org

www.usbiathlon.com

www.usoc.org

www.nensa.net

www.ussa.org

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Here are a few examples of interval workouts to suit different fitness levels and objectives with exercising. These examples are running workouts, but can easily be translated in to biking, skiing, swimming etc.

It is important that you do the intervals in a mode (jog, run, ski bike, swim etc.) that you are comfortable with, and always warm up prior to the workout as well as cool down after the workout.

If you have not worked out in years and your fitness level is low:

20- 40 min workout

Warm up: walk for 5-10 min + light stretching for 5 min

Intervals: 1min jog/run at a pace you could hold for no more than a couple of minutes, with 1-3 min breaks of walking in between. Repeat 5-10 times

Cool down: walk for 5-10 min

If you are used to endurance training for 1 hour or more at time, but time limits you ability to get as much out of exercise as you wish:

40 min workout

Warm up: 10 min light jog

Intervals: 3x3 min above lactate threshold with 3 min rest (you should feel some lactate in your legs, but not so much that you can't finish the interval)

Cool down: 10 min light jog

If the monotony of distance training, as well as repeated intervals does not appeal to you there are several ways to make interval training exciting. You can vary the terrain, the mode of exercise, as well as time and intensity of your intervals. Run uphill intervals, downhill, single track, stairs, or even in the terrain park. Do short intervals such as 5-60 seconds as fast as you can, mixed in with longer intervals of up to 10-15 minutes duration. You can do pyramids, which means that you start with a short interval at high intensity followed by building up to longer intervals while dropping the intensity as you go up in length of the intervals. Finally, after finishing the longest interval the length of the intervals are reduced again while the intensity is increased. An example of a pyramid interval workout is: 30 sec, followed by 60s, 90 s, 120s, 180s, 120 s, 90s, 60s. The rest between intervals can be jogging or walking for between 1 to 3 min.

As with all exercise you should consult a physician when starting out an exercise regimen or if you have any concerns about your medical condition.

WHAT'S UP IN FORT KENT?

*By Sherry Dubis
10th Mtn Ski Club*

International Biathlon Union officials visited in July with plans for World Cup races here in 2009 and the possibility of an event in 2008.

Biathletes training at the Fort Kent venue hosted a public informational event in the form of a "Biathlon Party." Guests were treated to a visit with athletes, food, tours of the lodge, and a chance to try shooting a biathlon rifle with expert assistance.

Tenth Mountain is opening its space to the first annual *Rally in the Valley Mountain Bike Festival* on **Sunday, September 11** (rain date Sept.18) with

Northern Maine Medical Center. **Kids from 5 to 17 are invited to "Celebrate all the cool ways kids can move on a mountain bike." It only costs \$5.00 to attend!** Your ski club could even elect to sponsor a group of kids and promote fitness through those *OTHER* three seasons. Check out the info. At www.nmmc.org/rallyinthevalley

Members of the Tenth Mountain Ski Club organized a group of riders to support the Guy Paradis Cancer Fund through the annual bike tour of the St. John Valley. Last year we raised well over a thousand dollars and got nine people off the couch for day. This year we set a goal of

\$2,000.00 for the fund and we are up to 20 riders, several of whom are considering doing hundred mile rides.

We want to promote fitness year round. We are also very interested in knowing what other clubs are doing to promote fitness, and whether there are masters groups that do other cool stuff together. If your club has a unique approach or regular activity schedule, we want to hear about it. E-mail sdubis@nscon.org or better yet write up your ideas and send them to sheri@mainewsc.org so we can all read about them right here in Snowdance.



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MARK YOUR CALENDARS FOR COMING EVENTS!!!
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|---------------------------|---|
| Sept 10 th | Mountain Bike Race – Cary Medical Center – Caribou |
| Sept 11 th | Youth Mountain Bike Festival – Fort Kent |
| Sept 17 th | Nordic Heritage Mountain Bike Race – NHC – Presque Isle |
| Sept 25 th | Fall Foliage Run-5km & ° Marathon – Frenchville |
| Oct 1 st | Mars Uphill Run – Big Rock – Mars Hill |
| Oct 1st | Outdoor Fitness and Equipment Expo – Aroostook Mall – Presque Isle |
| Oct 22 nd | Mars Uphill Run – Big Rock – Mars Hill |
| Nov 26 th | Turkey Trot Run-5km - Caribou |