



September - 2007
Volume 6, Issue 4

Snow Dance

A Quarterly Newsletter
of the Maine Winter
Sports Center



10th Mountain



Ski Center



WINTER IN MAINE - SOMETHING FOR EVERYONE

By Andy Shepard, President and CEO

The Maine Winter Sports Center has another full season of events planned for this winter and there is something for all ages. We will again be hosting National, Regional and State Championships, but there are also fun events for kids and a new Maine State Biathlon Club Championships. We hope that you will get yourself to a number of these events throughout the State. Please check www.mainewsc.org this fall for updates and registration information. Here is a taste of what we have in store for you this winter:

TD Banknorth Eastern Cup - Nordic Heritage Center - December 15th-16th

This first Eastern Cup of the season will bring the top skiers in the East together for a weekend of racing at one of the World's top Nordic venues.

TD Banknorth Broomhall Cup/Eastern Cup - Black Mountain - January 26th-27th

This event combines our second annual Maine's Collegiate State Championships and an Eastern Cup. Teams from all over the East will come to Black for individual glory, but teams from UMaine Presque Isle, Bates, Bowdoin, Colby, UMaine Orono, Fort Kent and Farmington will compete for the title of Maine's top college ski team. Bates carried the trophy away last year against a very tough field.

Maine Biathlon Club Championships - 10th Mountain Center - Early March

Our summer "Run and Shoot" series has developed hundreds of new biathletes around the State and even crowned a US National Summer Biathlon Champion. This new Club Championships will give all these new skiing marksman a chance to test their skills against the rest of the State at one of the top biathlon venues in the World.

US Collegiate Ski Association National Championships - Black Mountain - March 4th-8th

Last year's event was held in Winter Park, Colorado. The University of Maine Presque Isle came away with 5 individual medals and Team National Championship for the Women.

Youth Festival - Caribou - March 8th

When you watch kids skiing, without parents supervising, it is all about being creative and having fun on skis, rather than seeing who is faster than whom. The Youth Festival imagines what kids would do on skis if left to their own devices and then builds a day around it. We have a Big Air contest, a skiing Obstacle Course, Downhill Derby, Jump Turns, Ski Limbo and a lot of other activities to keep kids of all ages busy on skis.

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COUNTY YOUTH PARTICIPATE IN MWSC WILDERNESS TRIPS

By Eileen Carey
MWSC Development Coach



Many County youth got a healthy dose of canoeing, hiking, camping, wilderness education, and, of course, black flies, on one of the two wilderness camps offered by MWSC over the summer. The four-day overnight wilderness trips fulfill MWSC's mission to promote healthy lifestyles all year long. During the first camp, participants canoed through the Fish River chain of lakes. The group started at Long Lake in Sinclair and throughout the four days paddled Mud, Cross, Square and Eagle Lakes. Later in the summer, a second group of youth and MWSC coaches traveled to Baxter State Park. The group explored the park and topped off their experience by climbing the highest mountain in Maine. For most, it was their first time atop Mt. Katahdin. Over the course of the

trip, campers also got to explore a few different swimming holes in the park. The group favorite was the Ledges, which is a series of natural rock slides. They also worked on team building skills, which included setting up their tents with all but one person blindfolded. During both wilderness trips participants learned how to canoe, navigate, cook and camp while minimizing their impact in wilderness areas by using "Leave No Trace" wilderness ethics. MWSC plans to offer more trips like this in the future.



TRANSITIONING: WHEN THE GOING GETS TOUGH, EASTERNERS USUALLY SUCCEED

By Tom Keefe
Former MWSC Elite Athlete

New England has the most unpredictable weather in the country. One day you could be skiing on extra blue kick wax with temps hovering around 22 degrees, and the very next day you could be water skiing with temps in the Mid 50s. You just never know what to expect.

In most circumstances the transition period happens between November and December. Some years, depending on where you are located, you can get on snow as early as late October. However, during a bad winter, you could wait as

long as early January as most southern New Englanders did this year. Also, some years you will find yourself skiing in early November, roller skiing again in late November, and back on snow again by late December.

Preparing for New England's unpredictable weather is what has made Easterners so good on the national circuit. The fastest skiers in this country are usually from the East; Andrew Newell, Kris Freeman, and Andrew Johnson are all from New England. What makes some New Englanders so good?

Unlike the West, we do not ski on extra blue kick wax for 95% of the ski season. Instead, we learn how to ski on ice, in slush, in powder, through puddles, in freezing rain, and through pine needles and maple leaves. With that being said, most New Englanders could care less what the race conditions will be like, and most likely, they will ski well in any of the conditions listed above. However, this is not true for the average Westerner. The average Westerner likes blue skies and extra blue kick wax with

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THE TENTH MOUNTAIN SKI CENTER

By Sherry Dubis
10th Mountain Ski Club

Passersby on route eleven through Fort Kent might have noticed a new sign this summer. That look may change yet again with the approach of the 2009 World Cup. Maine Winter Sports Center has succeeded in revitalizing and changing communities throughout Maine. However, there seems to be confusion about the local clubs' roles and their affiliation with MWSC. Are they one and the same? No, but they are strongly united in their missions.

The Tenth Mountain Ski Center in Fort Kent, whose buildings and grounds are owned by Maine Winter Sports Center is not-and never was- "The Maine Winter Sports Center." We tend to think of a center as a place, so it's logical that people have been confused. The establishment of the Maine Winter Sports Center could have been more aptly named the Maine Winter Sports "Project" says its former chief operating officer, Max Saenger. Maine Winter Sports Center is an entity that has spread throughout Maine. The Tenth Mountain Ski Center was the first venue of the Maine Winter Sports organization. Thus it was ensconced with a sign identifying the site as MWSC. It's

great to be able to say we were first! The Fort Kent site was the successful model that preceded the establishment of other sites, such as the Nordic Heritage Center. In reality MWSC is actually a network of venues and organizations; not a place, but an outreaching resource. Neither is the Tenth Mountain Ski Center "the biathlon", as so many locals call it. Biathlon is a sport, not a place. The ski center is designed around a biathlon stadium and trails, but is used for other non-motorized, outdoor recreational purposes.

The Tenth Mountain Ski Club has hosted world class competitions and many community-based events. The youth ski program won an award from the governor in 2005. The guest book at the lodge bears the names of visitors from far and wide. Local kids are getting college ski scholarships. All age groups have reaped the benefits of being available to anyone who wants to get fresh air, exercise and socialization. The unbelievable part of this is that the groomed trail system is available to the public completely free of charge. People can learn to ski from a trained MWSC coach for free! Biathletes



have come here from all over the country to experience this atmosphere. What a gift!

The Tenth Mountain Ski Center is not a new place. Neither is there a change in ownership or partnership with changing of our signs. The ski club's track record and reputation is a testament to a strong partnership with MWSC and the community of Fort Kent, Maine. Instead the changes signify a renewed sense of pride.

For current program information on what is going on up at the ski center log on to the website at www.10thmtskiclub.org



Photos taken at the 10th Mountain Center during the Paintball Biathlon Race.

EXCITING TIMES FOR THE NORDIC HERITAGE SPORT CLUB

By Heidi Bartley

Nordic Heritage Sport Club Coordinator

There are many exciting things happening at the Nordic Heritage Center in Presque Isle. If you haven't been there since the snow has melted, the first thing you'll notice is our new Welcome Center. The structure was built by the students in Building and Trades classes at Presque Isle Regional Career and Technical Center (PIRCTC) with many others contributing time and service to complete the project. In June, I began working as the Coordinator for the Nordic Heritage Sport Club, making the Welcome Center my home away from home.

The Program Committee has been hard at work this summer. The first NHSC Summer Biathlon took place in July with close to 30 participants. The Run & Shoot (3k), Walk & Shoot (penalty loop) and kids races were enjoyed by all. The older kids had an opportunity to use the air rifles, while the youngest kids ran an obstacle course and shot tennis balls at a target. A huge thank you to all the NHSC Volunteers, MWSC Coaches and MWSC Athletes who gave their time to plan and host this event.

Tuesday nights were busy this year at NHC. Our first youth mountain biking program ran on Tuesday evenings through July and August. Each week more and more kids showed up to ride the trails and hone their skills on the terrain park. Plans are in the works to have fun activities for "Take a Kid Mountain Biking Day" in October.

Mark your calendar for the Annual Fat Tire Festival, September 21st & September 22nd, at the Nordic Heritage Center. New this year is the Mountain Bike Biathlon and Pasta Dinner, which will take place Friday evening on the 21st. Saturday's activities will include the Sport & Expert Cross Country Races followed by the Downhill Race and BBQ. Age-appropriate kid's races and fun contests and games will take place during both days.



*Heidi Bartley - the Nordic Heritage
Sport Club's new Coordinator*

Please call the Nordic Heritage Sport Club at 762-2972 or email HeidiBartleyNHSC@maine.rr.com for more information or to volunteer for any of these events.



Transitioning

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nically groomed powder conditions. You will often hear the Westerners complain about the conditions when they head east to race, and they tend to struggle a bit in anything but dry powder conditions.

When it snows out west in late October or early November it usually stays on the ground until spring. The length of the western ski season is generally the same year in and year out; it's very predictable and usually reliable. Not the case in the East. Never is the season predictable or reliable, or do you see the first snow stay the length of the winter. If you live in the east you have learned how to transition between snow and dry land quite effectively over the years. It's a necessity if you live in the east and you want to become a good skier.

Becoming good at transitioning takes a lot of practice, usually years of it. Here are a few things that I have learned over the past few years. First, and I think most important, is to keep your running intact over the winter. You never know when the snow will melt, and I assure you that it will at some point during the winter. When it melts you will need to keep training, and running or pole bounding is a good way to do it. It's a much smoother transition for your legs if you have kept the running up, even if it's just a few times a week. Second, never put away those roller skis or lose your roller ski tips. I've seen the snow disappear for a few weeks in January before. Third, keep up some sort of strength routine during the winter. Strength helps the joints and smoothness during the transition periods. Lastly, always be thinking about technique when switching from roller skiing to on-snow skiing. Make sure you spend time focusing on the basics and incorporate drills into at least your first few workouts

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ROLLERSKI SAFETY

By David Chamberlain
MWSC Cross Country Athlete

The following are a few stories to get you in the mood to discuss roller ski safety.

This past week I was roller skiing with Will Sweetser down a slight hill when my right roller ski came to a dead stop after hitting a rock. I went sprawling in a spread eagle, scrapping across the pavement. I still have a few scabs from the incident, but fell in such a way as to avoid any serious injury to my arms and legs. I did not hit my head, but the unavoidable 'what ifs' that always seem to follow these crashes left me thankful that I had my helmet on.

Two years ago I was skiing on a roller ski track in northern Italy. When going down one particularly nasty downhill a man on a bike who was unaware of the direction of travel came around the sharp corner at the bottom. I swerved to the right to avoid him and went straight off the track at 30mph. After hitting the dirt I launched into a series of 'head over heels' that left me flying head first into a pile of rocks. After a brief period of unconsciousness I came to with the man trying to revive me in Italian. My helmet had completely split in two when I took the sharp point of a rock straight to the head. Even with my helmet I was left with a concussion and a nasty gash in the top of my head.

What makes the second story so extraordinary for me is that as I was leaving the hotel that afternoon I forgot my helmet in my room. I turned my rental car around after a few minutes of driving to retrieve it. If I had not gone back for the helmet I would have been shipped home from Italy in a coffin. After that day I bought the most expensive helmet I could find and I have been known to wear it even when I am driving.

At this point in the season most skiers are starting to think about putting kilometers in on the roller skis. Or if you are like me, you started months ago. I have put together a short list of things that can help you get the most out of your roller ski sessions.

1. *Always keep your roller skis in good repair.* This can be difficult given that most roller skis and wheels these days have to be bought on a payment plan. The difference between having new wheels and two year old wheels that have worn down to the rim can be significant. My advice is to spend the extra cash to keep your wheels from contributing to a crash that could knock you off your training plan or worse.
2. *Keep your roller ski pole tips sharp.* There is nothing worse than a long distance ski on cold pavement with dull tips. To ensure good morale throughout your sessions keep a diamond stone handy to sharpen tips whenever needed.
3. *Pay attention to technique.* Many roller ski crashes that I have seen are due to sloppy technique and lack of attention. Keeping your hips up and centered over your leg allows ski wheels to roll through small stones. A strong focus on good technique also ensures that a pole will not accidentally end up between the legs or clipping a wheel. I have seen some very nasty road rash from crashes that have happened on flat ground and clean roads.
4. *Be courteous to drivers no matter how they may present themselves to you.* I have lived in a town where the town board voted to outlaw roller skiing within the town limits. It may only take a few incidents to stir the hornets nest. And you never know who or what is lurking behind those tinted windshields!



5. *Try to use only the amount of road you need.* While it is our right to use the roadways, cars are much bigger and can go much faster. During the thousands of kilometers I have put in on the road I have been honked at, yelled at, spit on, run into the ditch, clipped by a fender, hit by a bottle, hit by a bottle rocket, and have even had a gun pulled on me. There is nothing like the site of a roller skier to induce road rage, don't push it by taking up too much road. And finally:

6. *Always wear a helmet!* For me this is a must. A nasty head injury can result even at low speeds. Some people also use knee pads and elbow pads. These things are not a bad idea, especially if you are a beginner. Some feel they are excessive. Just remember, skin is expendable, your head is not!

Aroostook County is home to some of the best roller skiing around. There are plenty of roads to be found with good quality pavement, low traffic, and great scenery. Keep your wits about you while roller skiing and you can ensure a good training session. See you on the trails this winter!

GOAL SETTING

By Haley Johnson

MWSC Biathlete & US Biathlon Development Team Member

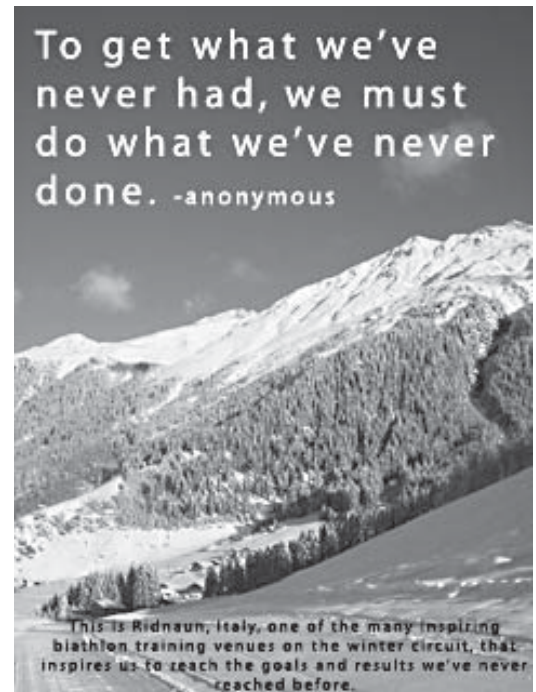
The quote on the right, from the book *212° the extra degree* by Sam Parker and Mac Anderson made me think. For me, it is another way to approach **goal setting**: an invaluable tool for an athlete to have, but also an important life skill whoever you may be. If you are looking to improve your situation – whether it is your performance level or your wellbeing – nothing will change without doing something different to motivate yourself out of your regular routine and habits. Or, so I have been experiencing as I approached this year more committed, devoted and focused on biathlon than I ever have been before. My top performance goals are results I have never accomplished in my career, but I know with a healthy dose of ingenuity, creativity and guts I can extend my limits, improve my performance and reach those goals.

If the former sentence was illustrated or acted, I think it would be quite acrobatic. Or perhaps a prelude to the following example of “extending my limits:” I’ve been spending some time on the trampolines with my brother and sister, who are both competitive freestyle mogul skiers. They use the tramps to work on their movements and body awareness in the air, before taking it to the ramps where they will execute their jumps into a pool. I use it to get out of my comfort zone, learn a new skill, and re-experience body awareness; or the lack of it, as I reach the limits of my control at the top of a jump on the tramps. The other morning I learned that it is easier to do a “heli” (a 360° spin) turning to the left, instead of the right. I figured this out only after many failed attempts spinning right and making it only 270 degrees around before I fell back down to the pad. Along with your eyes, your dominate side will carry you through the spin to completion. So what does this have to do with biathlon? I have spent a lot of dryfire time (simulates shooting without a live round) working on my position and altering my stock for a tighter fit and more solid shooting posture. This takes a lot of listening – listening to your body that is. Jumping on the trampoline is another way to find balance by relaxing in the limbs, but remaining strong in the core while in the air. I’ve created a similar mantra for my standing position. The synergy is working so far and I positively think this will improve my body awareness. An element that is important to achieving my goal of a solid standing shooting position.

Okay, so not everyone has a very nice Olympic trampoline to jump on, or a facility dedicated to such things, or have younger siblings around to offer the inspirational dare. But everyone has the ability to challenge themselves. Everyone can set goals.

It is just as simple as doing something different, be it learning a new skill or changing a thought pattern. As you set out to reach your goal, the challenge will bring forth your strengths or weaknesses that you might not otherwise notice. Exploring those tendencies might offer insight into new and creative ways to attain your goal.

It takes courage to achieve your goals. I gravitated towards jumping on the trampoline, not just because it is something different, but because it also provides an encouraging atmosphere and involves inspirational people that I know will only fuel my motivation. The accompanying photo is taken on skis in Ridnaun, Italy during a training camp last winter. It is one of the many places that biathlon has taken me that can renew a positive perspective and inspire me to reach the heights of my performance. So – do something you’ve never done before and see what happens!



FALL FOLIAGE

*By Mark Shea
Community Development Director*

It's official: summer's over! Put away the swimsuits and snorkels, winterize the camp, and rustle up your hunter orange clothing; the first deciduous leaves of the season have been spotted, and it's time to start thinking about autumn!

Believe it or not, I am writing this on August 1, 2007, after discovering an American Beech on the campus of Northern Maine Community College in Presque Isle with one small branch of about six or seven flaming red leaves amid hundreds of vividly green compatriots.

Now I admit it's a little early to start scurrying about like your neighborhood squirrel making preparations for fall. But the shock of spying those crimson leaves in the midst of a two week stretch of daytime highs above or near ninety degrees served as an astonishing reminder that autumn is not far off.

For me, these first turning leaves herald not only the coming of autumn, they are signal flags that some of the best hiking weather will soon be had! In fact, Maine's fall climate is perfect for almost any outdoor activity, with its cool, crisp nights, and typically warm daytime temps.

But it's hiking, to me, which is best suited for September, October, and November. Traffic on some of Maine's most popular trails drastically subsides at this time of year, as do black flies and mosquitoes and the heat and humidity that foster their proliferation throughout the summer months.

Lower heat and humidity also makes the task of getting up a mountain a little

easier for most folks, while increasing the reward for those who do bag a summit or two. Those distant lakes and mountain ridges once hidden by summer haze are by and large more visible in autumn.

For example, the view from Baxter Peak on Mt. Katahdin is, pardon the cliché, nothing short of awe-inspiring in July, but you should see it in September! Hiking Katahdin in the fall may reveal more lakes and ponds than you have seen in a lifetime; mountain ridge upon mountain ridge, upon mountain ridge; and proof positive that Maine is the most heavily forested state (by percent) in the lower 48.

Aroostook County autumn hikes that offer terrific summit views include: Deboullie Mountain in the North Maine Woods, Quaqua Jo in Aroostook State Park, and the often overlooked Mars

Hill Mountain. On the clearest days, all three may provide a peek of the venerable Katahdin.

My advice: dust off your old copy of the Appalachian Mountain Club's Guide to Maine (or buy the latest edition), pick a peak you have yet to climb, and get out there and have yourself an experience you won't soon forget.

Of course, I would be remiss to exclude the requisite warning to be prepared for any type of weather when hiking anywhere in Maine, especially in the fall.

But look on the bright side: pulling your long underwear and fleece sweaters out of the furthest reaches of your closet will make plenty of room for your swim trunks and bikinis!



Coach Gary Colliander takes aim during the NHSC Run and Shoot event on July 28th. Gary is the MWSC Biathlon Coach, so if you are looking to improve your shot on the range he is your guy!



BALANCING SCHOOL SPORTS WITH NENSA SKI RACING

By Will Sweetser

MWSC Cross-Country Coach

As summer turns to fall and young athletes head back to school, those who have lofty goals for ski racing in the winter are often faced with a dilemma: to play a fall sport for the local high school or not? It is a problem of balance. While the desire to join the soccer team, cross-country squad or football team is strong, the realities of racing on the Eastern Cup circuit are such that athletes who come into the winter in less than tip top *ski* racing form find themselves at an instant disadvantage. The quality of private school and club programs around New England has come up to the level where the majority of the NENSA Junior National Team is made up of athletes from these programs – young adults who have dedicated themselves almost exclusively to skiing. So, for a public school skier who has aspirations of racing at Junior Nationals, what to do?

The ready answer is to quit other sports, don't join your high school fall team and just ski train. But let's look at this just a bit closer. According to most sport handbooks, ski textbooks and evidence from World Cup racer biographies, the majority of world class ski racers and biathletes participated in at least one other sport throughout their early years as a junior. Tim Burke played soccer in high school. Torin Koos was a standout 800m runner. Laura Valaas and Sarah Konrad both came to skiing with extensive bike racing credentials. And athletes like Carl Swenson and Ben True manage to balance two sports into their senior careers (Carl raced as a pro mountain biker and Ben is an NCAA all-American in both ski racing and track). Playing other sports can often provide you with both a competitive outlet and a skill base that is not readily available over the months of long, easy

distance training required for top level Nordic racing. And some athletes find that the mental diversion gives them a break from the stresses of anticipating the season.

Still, there is no denying that those racers who focus on skiing exclusively come into the season ready to go, while many racers who've spent two months on the soccer pitch don't quite have their ski legs under them in December and January. So what can you do to improve your ski racing performance if you want to play a fall sport? The answers are simple and all come down to strength and balance.

Strength:

While Nordic skiing is an endurance sport, it does require a certain amount of total body strength – particularly upper body strength. To keep up with this over the fall sports season, skiers should consider:

1. a once per week double pole/no pole session. Head out on skate rollerskis for an hour to an hour and a half. Spend at least 20 minutes of the time on double pole only and a similar amount of time skating without poles.
2. a once per week specific strength session. This can be either on rollerski or on a rollerboard and box. Keep it simple and use a short uphill for 8-10 double pole sprints of 20-30 seconds and the same thing skating without poles. Add a good warm up and cool down and the whole workout will probably take less than an hour and a half. If you don't have rollerskis, use a rollerboard or cable pull machine for the arm work and find a solid 16-18" tall bench for side to side

box jumps to improve the legs.

Balance:

Balance is key for both riding skis and keeping your life in order. Improving your physical balance is easily done on rollerskis (especially during the no pole work) or by performing ski imitation exercises on a balance beam or unstable surface (like a pillow or air cushion). Your balance can improve greatly with just 5-10 minutes of work 3 or 4 times per week.

For balance in life, balancing your school work with fall sports and these ski workouts, I've got two suggestions: organization and communication. Plan ahead and plan your week out. If you know that you'll have some time free on the weekend, schedule a rollerski workout. If you know that your week is packed, just try to get in a few five minute balance sessions before you go to bed. Finally, communicate with your coaches. If you talk to your high school coach, they'll often understand that you're trying to get more fit than others on the team and will try to accommodate your plan. If they can't, they may be able to help with suggestions for scheduling.



Transitioning

Continued from page 4

back on snow. Always think about that switch from roller skis to snow skis, and pay attention to detail! Learning to transition effectively will make you a better skier.

BIG ROCK'S NEED TO SKI PROGRAM

*By Louann Cook
Information Specialist, Big Rock*

The Need To Ski Program has been introduced as part of our mission to re-establish skiing as a way of life in Aroostook County. One of the most effective ways to accomplish this is to provide early exposure to this wonderful and health-promoting sport. We are looking to give Aroostook County youths who may not be able to afford a season pass, or even ski equipment, a chance to experience the great sport of skiing. We have asked students to submit a short essay to be considered for this program. We have worked with area schools to make sure that students who are interested in this program are encouraged to write an essay. A committee was selected of skiers, community leaders, teachers and ski area personnel to select the students for these scholarships. For each business that became a sponsor a student from their town was selected to receive the scholarship.

If you would like to become a sponsor or co-sponsor for this great program of introducing children to skiing, please call Ryan Guerrette at 207-425-6711. Ryan will be able to answer all your questions and help you get involved. If you would like to help a child and are not from the area, you may still become a sponsor or co-sponsor and may specify in which community you would like to sponsor a child.

If you are a child from the age of 6 to 18 and would like to submit an essay for the scholarship of a free season's pass and free rental equipment. Please contact your school principal. A letter with the essay subject is being sent to each school. If you do not receive one by October 31st, please call Big Rock and a letter can either be sent to you or the information can be given over the phone. The selection committee will read each essay and pick the recipients. These essays are to be written by the child themselves. Parents may help the younger children with the essay but it should be the words from the child.

In the 2006 to 2007 season the Need To Ski Program was introduced and a total of 35 children were selected to receive this great scholarship. These children were asked throughout the season what they thought of being able to ski through this program, and their responses were sincere and powerful. Some of these children were able to ski more than just one day a week and enjoyed being outdoors and enjoying the great sport of alpine skiing.

For anyone wishing more information on becoming a sponsor, co-sponsor or submit an essay, please call Ryan Guerrette at 207-425-6711.



FIRST TIME SEASON PASS HOLDER SPECIAL

New this year is a special for first time season pass holders. If you have never had a season pass to Big Rock and are interested in obtaining one for the 2007-2008 season, this is your time to get one. The special rate for this ski season is at the low, low price of \$169. This is a great deal for anyone! This would make a great Christmas gift for someone on your gift list. If you would like more information on this great season special, please call Ryan Guerrette at Big Rock at 207-425-6711.

***CAN YOU GUESS WHO THIS
MWSC COACH IS?***



Cross Country Coach Will Sweester at age 14.



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MARK YOUR CALENDARS FOR THE FOLLOWING EVENTS !!!
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- Sept 1 **Northern Maine General Centennial Parade** (12:30pm); Eagle Lake –
Come roller ski with us! – Mark Shea 227-7465
- Sept 1-2 **Aroostook River Race** – Canoes & Kayaks, 60 mi.; Ashland – Lisa Michaud,
North Star Search & Rescue 764-3866
- Sept 3 **Labor Day 8K** (11:00am), 5K Walk (10:30am) & Kids Viking Run (9:00am);
Caribou – Roy Alden 493-4274
- Sept 9 **Rally in the Valley** (8:00am); 10th Mountain Center in Fort Kent –
Rachel Charette rachel.charette@nmmc.org
- Sept 21-22 **NHSC Fat Tire Festival** (Fri-4:00-9:00pm) (Sat-11:00am-2:00pm) at Nordic
Heritage Center in Presque Isle; Mountain Bike Biathlon, Downhill & Cross
Country races – Heidi Bartley – 762-6972
- Sept 23 **Edgar J. Paradis Fall Foliage Classic Half Marathon & 5-Miler** (9:30am);
Frenchville – JJ Roy 543-6391
- Nov 24 **Turkey Trot 5K** (10:00am); Caribou – Dan Harrigan 498-3226