



Snow Dance

A Quarterly Newsletter
of the Maine Winter
Sports Center



MAINE WINTER SPORTS CENTER TAKES COMMUNITY DEVELOPMENT SKI PROGRAMS STATEWIDE

By Andy Shepard, President & CEO

Maine's rural communities have been increasingly under pressure from a shift in our economic base, from relatively high paying manufacturing jobs to relatively low paying service industry jobs. The impact on some of our communities has been devastating; from declining populations and high underemployment (people taking jobs below their skill level in order to earn a wage) to a dramatic increase in more sedentary lifestyles. Four years ago, the Maine Winter Sports Center started a community development ski program in Aroostook County – one of the hardest hit communities. Our goals were healthier, more engaged communities and better students. We believed we could achieve these goals by establishing skiing as a lifestyle.

We also believed that in order to be successful in these goals where others had failed, we needed to identify the barriers that would be faced by the children, the schools and the communities. Our priorities were building trails right at the local schools, ensuring the communities had quality grooming equipment, ensuring every child had quality ski equipment and providing a curriculum that would ensure the time on skis was meaningful. We wanted to make a difference, and were committed to doing the hard work necessary to do so.

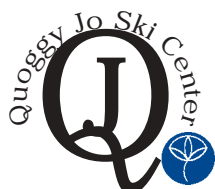
We brought in one of the top trail design experts in the country, some of the best ski minds from around the world and worked closely with the communities and the schools. By the end of last season we were working in 30 communities in Aroostook County. Our success is driven by a passionate and talented staff, communities that care deeply about their children, and ultimately, by the results these communities have seen since the start of these programs.

We have learned a lot in the past four years, not the least of which is that while we are making a difference, there are many communities outside of Aroostook County that could also benefit from these programs. To reach out to the rest of the State, we added Pineland Farms in New Gloucester last winter as a program center in southern Maine and purchased Black Mountain in Rumford this past summer to handle our programming for western Maine. A partnership with the Dead River Company will help fund the expansion of our community development program, which has been renamed *The Healthy Hometowns Ski Program*. The result will be thousands of new children benefiting from being introduced to a healthy outdoor lifestyle each year.

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Ski Club

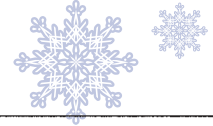


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WORLD CUP BIATHLON BRINGS BIG CHANGES TO 10TH MOUNTAIN SKI CENTER



Construction began in mid-July on a twenty-eight room waxing facility at the 10th Mountain Ski Center in Fort Kent. Care was taken in the design of this building to give ski teams the best possible accommodations. The main level will be accessible from the parking lot, and the lower level will open directly onto the warm-up trail and wax test area. Each team will have its own wax room, which will allow teams the privacy needed to match their particular wax combination to the current trail and weather conditions.

pairs in makeshift tents and trailers, or would crowd into one small wax room in the lodge. This was not an efficient or confidential environment. The new wax building is a much-needed improvement. The building will also house a competition office, a doctor's office for doping control, and restroom facilities.

In addition to the wax building, a new tunnel to the lodge has been constructed with separate access for spectators and athletes. Con-

struction is nearly complete on a second tunnel to allow race personnel and athletes to move into the stadium more efficiently. Other work on site includes cutting new trails and widening existing trails to bring them up to international

Using the right wax is critical in cross-country skiing and biathlon. It can make or break a race for an athlete, and the combinations of waxes used are highly guarded secrets. Teams travel with their own wax technicians whose main task is to develop combinations of waxes for various conditions, and to wax skis for all team members. It is not unusual to see professional skiers testing several pairs of skis on any given day. During previous events at the 10th Mountain Center teams had to wax their skis and do re-



biathlon competition standards. Volunteers have been doing range maintenance and clearing brush to accommodate camera crews along the course. Finally, bleachers will be installed in the stadium within the next few weeks.

By Sherry Dubis

Statewide Programs continued from page 1...

We have also learned that each community is different. We know that what has worked in one community might not work in another. Still, there are certain aspects of the model that do apply universally. In exchange for the Maine Winter Sports Center's programming support, we require a strong commitment from the community. That commitment is in the form of access to school populations and volunteers to build trails and coach.

We also have expectations of the children in the program. We set a standard for them of respect, for others and for themselves, and of personal accountability – taking responsibility for the decisions they make in their lives, especially in their lifestyle choices.

To learn more about programs in your area, contact one of the following staff members:

Northern Maine – John Farra
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Western Maine – Pete Philips
gamelvisken@yahoo.com

Southern Maine – Lori Munro
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CANADIAN VICTORY SPELLS OPPORTUNITY FOR AROOSTOOK COUNTY!



Back in July when most of us were enjoying summer vacation, an event took place which could dramatically and directly impact Maine and Aroostook County for the next decade. I happened to be in Canada on July 2nd and caught the emotional drama of CNBC's 24-hour coverage of this event. Five years of preparation, \$34 million and millions of man-hours were hinging on one final head to head contest.

So what was this huge news item which went largely unnoticed? Another summit on global warming? A boxing heavy weight title match? No. It was Vancouver's winning bid for the 2010 Winter Olympic Games over a surprisingly strong second place finish by Pyeongchang, South Korea. As Canada's Prime Minister, Jean Chretien, said: "It was as the Olympics of today. It was a photo finish."

As part of the preparations for any Olympic Games, the host site must hold World Cup competitions known as the pre-Olympics. The International Biathlon Union (IBU) and the International Ski Federation (FIS) will also schedule World Cups at other North American venues either preceding or following the pre-Olympic competitions enabling athletes to compete in several World Cup events before enduring long travel days and time zone changes back to Europe.

The popularity of biathlon and cross country skiing as televised sports made huge gains during the Salt Lake Olympics. Biathlon promoters and the IBU are already capitalizing on this new TV popularity by bringing two IBU World Cup events to the US this winter - Lake Placid and Fort Kent. To reach the US market, Outdoor Life Network will broadcast a weekly Biathlon World Cup summary and will broadcast the two North American World Cup events live.

for venues on the East Coast. To reach European audiences during prime time, competitions must be broadcasted from the East Coast - a favorable factor for Aroostook County.

The FIS announced this fall that they are also interested in bringing more cross country events to North America. This move makes it possible to capture part of the US TV market and to build momentum for 2010.

Add together the timeline of events leading to Vancouver 2010, the intentions of the IBU and FIS, the Fort Kent World Cup, the fact that MWSC has two venues in The County capable of hosting World Cup events and the outlook for hosting more World Cup biathlon and cross country competitions in Aroostook County is very exciting.

So next time you travel north over the border take the time to congratulate our



Since I live on the opposite side of the continent from Vancouver, Canada how will the 2010 Olympics affect me in Aroostook County? To understand the potential impact on Aroostook County we need to examine the timeline leading up to the 2010 Winter Games and look at the intentions of the international organizations which govern the sports of biathlon and cross country skiing.

If the World Cup event in Fort Kent is successful, then we will likely see another World Cup in Aroostook County on the 2009 pre-Olympic schedule and possibly several events between 2004 and 2009. Bridging the five year gap from now to 2009 is crucial to establishing a solid US audience and building excitement for the 2010 Olympics. While visiting MWSC, IBU officials expressed their preference

Canadian neighbors. Were it not for Vancouver's narrow victory in the final round over Pyeongchang, South Korea, a very similar article could have been written by someone in Nagano or Sapporo, Japan.

*By Max Saenger
Chief Operating Officer*

WHAT'S UP AT BLACK MOUNTAIN OF MAINE?

Let your imagination run a bit and we'll take a tour. It is a clear, cold December evening and we are floating high in the night sky bound inland from the coast of Maine. The silver of the sea gives way to a broad band of the lights of coastal cities and towns stretching along the shore. As we drift inland, to the west and a little north, the lights become fewer, and below more and more we see the dark of forest and blue-white of snow-filled fields. We are over the Longfellow Mountains now and the Androscoggin River is a ribbon through the dark land. A bright glow around Rumford, more darkness and then a tiny string of lights casting circles on the snow. Tiny figures skiing, tubing. Laughter. Black Mountain of Maine. Let's go down there.

Black Mountain of Maine is a small Alpine ski area located near the town of Rumford in Western Maine's Longfellow Mountains. Tonight it doesn't look like much. A T-bar, a couple of handle tows, and a lighted tubing hill that keeps 'em laughing and then goes silent for most of the week. The parking lot is small, and unpaved. The lodge could use a coat of paint, the tables and chairs are yard sale eclectic, and a lot of the winter-time heat in the Last Run Lounge comes from woolen mills, and the wood stove. The few skiers go home, the lights go out, the last pick-up truck stops just outside the gate and the Mountain manager, lift operator, groomer, mechanic and business manager locks the gate and heads down the road ten miles to home. Black Mountain. Black Mountain of Maine. A little down at the heels, a little sleepy.

So what are we doing here? 'C'mon,' you say, 'let's get a move on!' Wait a minute, wait a minute! We'll have a little closer look. There is a good feeling about the place. No one can see us here so let's see what's here.

In the pale light of a moon the trails dissolve into the woods near the top, but those are pretty nice runs! Some gentle ones, but even from here you can see a couple that would get your attention!

Coming up toward the lodge we can see a line of flag poles. No colors in the moonlight, but we can recognize patterns of the world's ski nations. Off to the left, a bright clearing in the trees, a broad space is surrounded by small buildings. In the light off the snow we can read the message on a large signboard;

Broomhall Stadium

Site of

1950 World Championships XC

1976 NCAA Championships XC

1991 US National Biathlon Championships

1993 US Cross Country Championships

1993 US Masters XC Championships

1996 US Junior Olympics

1999 Chevy Trucks US Cross Country National Championships

2003 Chevy Trucks US Cross Country National Championships

Coming in 2004! Chevy Trucks US Cross Country National Championships

All those things? Here, at Black Mountain of Maine? In Rumford?

Right here, and that chill you just felt go by was a ghost with a big smile.

Black Mountain of Maine, the Chisholm Ski Club, and the Rumford, Mexico area have been the home court to more US Olympians than any other community in Maine. The roots go deep. It is not a coincidence that the United States Ski

Team is holding its second Chevy Trucks US National Cross Country Championship *in a row* here. It is not chance that brings a Banknorth Eastern Cup race, and the Eastern High School Championships to Black Mountain of Maine. It is the show that the community, the club and the mountain put on. It is the grooming, the timing, the organization, the smiles, the help, and the spirit of everyone involved. The community of skiing at large believes in Black Mountain. And now, Black Mountain, with the help of The Maine Winter Sports Center, a growing group of determined volunteers, and the help of the River Valley communities is on its way to bringing new families and new generations of local skiers back to the hill, back to the excitement and healthy fun of winter outdoors.

It is happening now. A new chairlift is going in and plans are on the board for another one. New lighting and snow making is being laid to the top of the mountain. We are in the thick of it.

Is it all going according to plan? Of course not! But it is going great guns. Permits were a little long in

coming, a suitable lift was elusive, and weather has presented the usual challenges...but if this were a game we've had the ball on the opposition's end of the field from day one and we're gaining yard by hard-won yard!

We can all see things happening now and that adds a lot of momentum. The Nichols Brothers Logging Co. has finished

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Black Mountain continued from page 4...

cutting a network of new runs down from the site of the top terminal of the new "BIG LIFT", planned for next year. The company donated its time and labor. As often as not one of the excavators clearing the line for the new intermediate chair was loaned by W.F. Porter Company and run by a pro donating his time. The Sunday River Resort has loaned surveyors and operators away from busy jobs over there. A newly built deck is taking shape on the south end of the Lodge, built by volunteers from timbers donated by Mead Westvaco, and milled on site by Barry Carver, also donating his time. Through it all the Chisholm Ski Club gang has been steadily working away painting buildings, redesigning corners, clearing brush, and erecting shelters for volunteers to ensure that this year's US Nationals are the benchmark for the future. The list goes on and on. Maine Winter Sports Center is helping give Black Mountain the tools...and the communities' volunteer spirit is finishing the job.

What is the future near and far at Black Mountain? This coming season will see the new intermediate/novice double chair, perfect for instruction, night skiing, people in the "Come Back to Skiing" program, junior school programs, or a relaxing couple of hours on the hill. The half-pipe and terrain park will be better than ever.



Longer hours will open opportunities to school race programs and family fun alike. Dedicated kids programs including the national program "Snow Monsters©" will bring first timers onto the hill, provide challenges for kids who are already skiers, and incorporate Alpine skiing, Boarding, and cross country experiences into packages for everyone. There will be changes in the lodge; a new menu, expanded hours and service. (It's not going to be any bigger though, so make room for your neighbor.)

Looking into the magic ball we can see a lift to the top. The runs are already in, and by the start of the season the snowmaking pipe will be laid and lights should be in place. As soon as the right lift comes available we'll be ready. We see at least 3 kilometers of gentle cross country loop winding its *lighted* path through the woods. Imagine what that could add to an evening workout, or stroll after supper! Somewhere out there we can see what looks like a new...Darn! There it is again, "Answer Cloudy. Ask Again Later".

Can we still use help? You bet! More than ever. The successful operation of the Mountain and the programs it is trying to bring to the River Valley depend on the continuing support of volunteers in the community. There is a dedicated core. It needs help. We need the support of suppliers, of skilled labor, and of tradesmen. We'll need help with tickets, and

with covering bases on busy race days. We'd really like to encourage young people to come up and get involved, not just for a day of painting, but in helping us make things happen during the year. There will be work to do running races, ski instructing for the "First Timer" programs, helping with Snow Monsters©, in the rental department, skiing with seniors as ambassadors, and helping in general to make the experience at Black Mountain of Maine the kind a guest wants to have again.

In the future Black Mountain of Maine needs to be a Mountain that belongs even more to its community, a place that reaches the families of the River Valley because they are part of the team that makes it work. Volunteers largely built the old Black Mountain, and volunteers are a huge part of giving it a new lease on life. For Black Mountain of Maine to realize its future, those of us lucky enough to work here, members of the Chisholm Ski Club friends of the Mountain and the valley communities need to reach out to new generations and to make them a part of that future. That is the next part of the job.

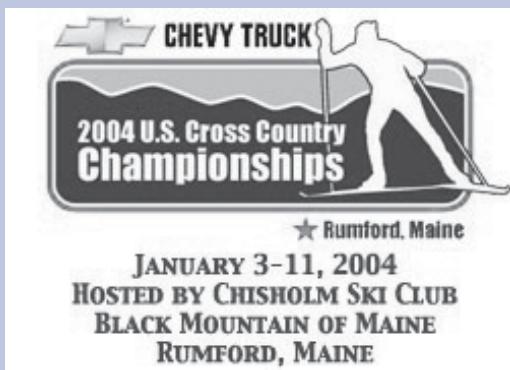
*By Pete Phillips
Director of Skiing-Black Mountain*



MWSC MISSION STATEMENT

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

Mark Your Calendars for this Event!!!!



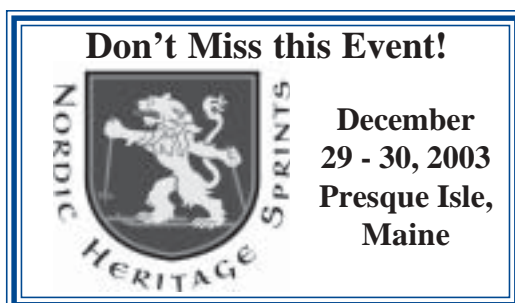
visit www.chisholmskiclub.org

THE 2ND ANNUAL AROOSTOOK CUP CROSS COUNTRY SKI RACE SERIES

After a fantastic inaugural year, everyone is very excited about the season long Aroostook Cup race series designed for all ages and abilities. This year's series includes the following, they are listed with the individual race organizers as well.

- | | |
|-----------|---|
| Jan 11 | Fort Kent Citizens Race & Youth Event, 10 th Mtn. Division Ski Center, ME 5km Free and Relay Sharon Chasse - 834-6125 |
| Jan 18 | New Years Race & Youth Event, Caribou, ME 7.5km Free Caribou Rec Dept 493-4224 |
| Feb 7 | Karen Sprague Memorial Event, Stockholm, ME 4km Mixed Relay Charley Anderson 896-5212 |
| Feb 8 | Hymie Towle & Youth Event, Nordic Heritage Center, ME 5km Free/Relay/Etc... Fort Fairfield Rec 472-3882 |
| Feb 14-15 | Sam Oulette Ski Marathon, Ashland, ME 2 Day 40km per day classic Barb Pineau 435-3481 |
| Feb 21 | C-Me-Ski Race & Youth Event, Limestone, ME 21km Classic Linda Page – 325-4603 |
| Feb 22 | Henry Anderson & Youth Event, Caribou, ME 7.5km Classic Caribou Rec Dept 493-4224 |
| March 7 | Mars Hill Winterfest & Youth Event, Mars Hill, ME 5km Free Anne McQuade 425-4231 |

Each participant receives a point for each start throughout the season. The first place females and males in each age group at each race receive a point. The top three overall female and male racers at each event get a point as well. The maximum number of points for any given race would be three. All of the points are added up throughout the season and awards are given out to the top female, male, and team participants.



GOT SNOW? NO? STILL GO!



Have you got it yet? The itch to ski already? As soon as the leaves begin to fall from the trees, I start dreaming of snow. With fall in full swing and flurries forecast in the coming weeks, it's hard not to want to be gliding on the white stuff. Unfortunately, this time of year can be difficult for those who want to train specifically for skiing.

With early snows and sleet comes the sand truck, spreading gravel across some of the best rollerskiing (that is the best rollerskiing not already dirtied by the potato harvest here in the County). Leaves and rain make other options slick as black ice. And, of course, there is the occasional spot of actual ice on those frosty mornings. November rains mud up many of the best running trails, and it's dark by 4:00 p.m. What is a skier to do?

With this kind of predicament, many ski teams and dedicated ski tourists spend the better part of the month before real snow moping about indoors, lifting weights, jogging on the treadmill or running stairs. While these activities may work to maintain cardiovascular fitness and strength, they hardly match the sense of adventure and fulfillment that a good trail run, rollerski or ski can supply.

Why not turn the inclement weather to your advantage? After all, being outdoors is almost always more rewarding than spending additional hours under fluorescent lights. The United States' only Olympic medalist in Nordic skiing, Bill Koch, was famous for taking advantage of frosty mornings to go grass skiing across nearby Vermont fields. Sliding across a thin layer of frost, sleet or even cold rain on your trusty rock skis gives you a chance to feel skis on your feet, work on some technique, and maybe even

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Got Snow continued from page 6...

get a workout. You can try the same technique over pine needles when the trails get washed out.

If you don't have rock skis, many of the same options are available to you with slick soled shoes. Skid across the grass, slide on the frost. Find a short section of hillside and imitate classic ski technique over wet leaves.

Short morning sessions, before school or work, can give you a lift both technically and emotionally. It feels great to go off to class or the office having already spent some time outdoors. Even if your a.m. session is just 15 minutes long, you've spent 15 more minutes thinking about ski movements. As long as you focus on good technique, you're ahead of the game.

So, give it a try. Get outside, slip and slide on what Mother Nature gives us at this time of year. At worst, you'll be amused. At best, it'll be a little scratch for the skiing itch—and you'll be ready to ski as soon as the snow sticks.

*By Will Sweetser
County Team Coach*



**MARK
YOUR CALENDARS!**



MWSC WOMEN'S WEEKEND INFORMATIONAL & INSPIRATIONAL

September 6, 2003 will be marked on my calendar as a momentous occasion. It is the only time in my life where I have gone for a jog of my own free will. I have always harbored a passionate hatred for running. What in the world prompted me to get up one morning and say to my husband, "I'm thinking of going for a run?" The crisp fall air and sunshine played a part, but I think it had more to do with the influence of MWSC and the level of physical fitness that I have observed in other women over the summer.

Take master's summer training for example. There are three groups in the county working with Greg Rawlings once each week, on strength training, endurance, and bolstering a ski community for people over thirty. Most groups consist mainly of men, but this summer the number of women participating increased. Key to the women's growing interest was a combination of good programming and the participation of continental athlete, Sarah Peters. Sarah has been a role model for women through participation in the adult program and a variety of fitness events throughout the summer. A particularly important example of these events was the Women's Weekend at Mount Carleton New Brunswick. "ROAD TRIP!"

Saturday August 23rd a group of 10 women and our support group of coaches, husbands and 4 young children departed at around 7:30 a.m. from Caribou High School with a trailer full of gear. The 2-hour van ride allowed us to get to know each other a bit and to talk about ski programs and organizations around the county. Upon arrival at Mount Carleton we were greeted with skies threatening rain, but undaunted we hiked the trail. Our group represented a range of ages and fitness levels. Having hiked the trail before, I was less concerned with enjoying the outdoors than with the physical and social aspects of the trip. It was astonishing to me to see pregnant women and women in their sixties accomplishing the same tasks. I realized three things: we all have weaknesses and strengths, we all have our own paces, and we all need inspiration and support in order to challenge ourselves. It seems that I have been inspired!

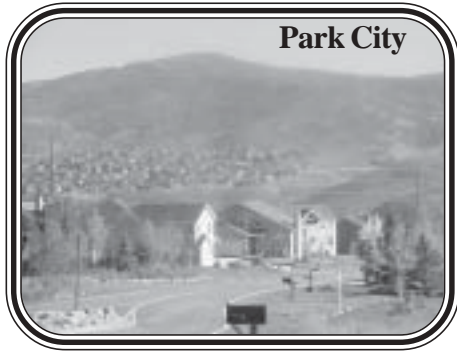
While our fog-laden hike may have been the main event for some, the canoe trip down the Tobique River provided quite a different experience; cooperation. We set out in four canoes, with our female guide going solo. My past canoeing experience always landed me in the front of the canoe, but this time I was issued the drivers' seat for a portion of the trip. With patience from my partner, Joanne, we worked together to navigate, and get the most energy efficient strokes. We even experienced some low-class rapids before arriving at our overnight accommodations at Little Bald Peak Lodge. Mission accomplished! After pitching in to create an organic family-style meal, our evening consisted of soaking up the rustic hunting lodge atmosphere with our gracious hosts and three continental team cross-country athletes.

In the morning we were greeted with autumnal temperatures for our 20- minute run. That was when I discovered just how wimpy I am. No, excuse me—that is when I became *inspired* by the fitness levels of the other women. I began to wonder what kind of shape I will be in when I am in the 40, 50, 60 age class. I wondered what small changes I could make in order to be healthier, and to improve my skiing performance.

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PARK CITY DEVELOPMENT CAMP

Rising to Park City, Utah, brought more than just altitude training for Jimijames's crew, but a well rounded experience of training, gourmet cooking, male U.S. Ski Team



sightseeing, ski technique, chick flick classics, and shooting at the 2002 Olympic venue. For those of us present at the camp (USBA development coach James Upham; Haley Johnson, NY; Annelies Cook, NY; Lanny Barnes, CO; Tracy Barnes, CO; Sonne Nordgren, MN; Brian Olson, MN; and Kelsey Bouchard, ME) training in Park City was highly beneficial.

Coming to Park City provided an ideal opportunity to train at the inspiring Olympic venues of Soldier Hollow. The paved rollerski loops offered excellent steep terrain to spice up combo workouts (a combined skiing and shooting workout). Shooting on the electronic targets was not simply just that, but it was our first chance to take aim at the future targets to be used at the Biathlon World Cup in Fort Kent, ME later in March. Our training schedule kept us daily at Soldier Hollow, but was creatively varied with workouts throughout the Park City region. Those of us pining for the mountains were more than satisfied by the awe-inspiring ridge trails above deep canyons and in view of the majestic Uinta Mountains. The opportunity to train amongst our country's best cross-country skiers and coaches enriched the training atmosphere. To see the likes of Andrew Johnson and Wendy Wagner doing the

same workouts and working on the same current technique philosophies was very encouraging. They are a gracious team to allow us to train with them at their new weight room facilities in Park City. Such connections between the two teams fostered a better view of what life is like for cross skiers and biathletes alike at elite levels of commitment, training and competition.

We were extremely fortunate to be able to live at the Decker Family's (former eastern nordic combined skiers) Park City condo. Their generosity enabled us to have access to this area, as well as providing a peaceful and comfortable atmosphere to return "home" to while training. Again, it is an important



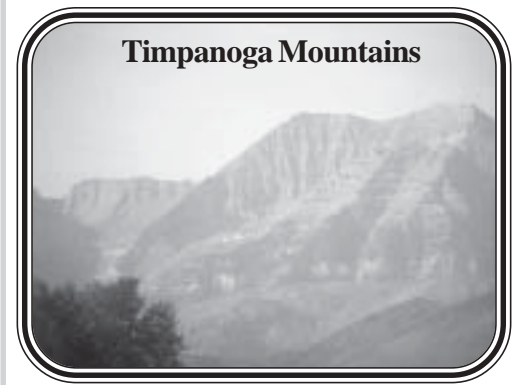
connection made in the greater US ski world. Not only that, the full kitchen made for not a single meal to be doubled, enchiladas galore, salmon, fresh market veggies, decadent chocolate cakes, stellar JimiJames pizza, and to keep us in touch with the County – the famous Bouchard Family's ployes. The TV was handy for catching Annelies and James up on classic chick flicks such as "Thelma and Louise", (Mr. Upham listened intently during "What women want." - notes taken perhaps?)

Despite Annelies' sliced fingers, Kelsy's healing knee, double training sessions and cooking, there was time for off-road and (out of the range) adventures. Sketchy local directions, starry skies, a little NY-Honda-that-could and a "hot-spring" pursuit led us unknowingly up and over and into the Timpanoga Mountain range. Three hours and eighty-miles later with car sickened passengers, we eastern

explorers learned perhaps western venturing is best done in the daylight. We never found the hot springs, but no matter where we are, be it the lush farmlands of Maine or breathtaking Utah mountains, we've made the best of what a fantastic skiing lifestyle has to offer.

The versatility and varied locations of training camps throughout the year is another element of the skiing lifestyle. This enables athletes to stress their bodies and minds under different conditions. A crucial condition of high level skiing is altitude. Altitude training simply prepares our bodies for future races at altitude. This is what has brought us to Park City, Utah. At a development level it is important to be exposed to varying conditions, altitudes, places, and people to train ourselves to better acclimate and adjust to the different stresses. To be able to adapt, be it in attitude or physically, allows one to perform at one's highest potential.

Not to forget Jimijames, this training camp was invaluable for coaches as well. Being able to work together with different athletes and coaches allowed for the development of our ability to teach and learn. Creating connections reinforces the ski community and combines our pursuit of excellence (a.k.a. World Domination).



Article Provided by: Haley Johnson, Kelsy Bouchard, Annelies Cook, James Upham

WAITING FOR WINTER AT PINELAND FARMS



It's hard to believe that a year ago the Pineland Farms ski trails weren't even open. And now, nearly 12,000 skiers later, we are primed for our first full season of programming. Over the summer the 20 km ski trail system has been trimmed, widened and re-graded as needed. John Morton has designed a new, 7.5 km system for beginner/intermediate skiers that is now under construction, and the Pineland Farms Visitors Center with its 3D model has opened above the ski shop.

A full schedule of programs, events and racing holds opportunities for the whole community this winter. As the Healthy Hometown Ski Program expands to include 11 school and recreation programs, we expect to add 800 new skiers to the winter landscape. Programs also reach out to the 55+ plus population with our Senior Striders program, and to juniors interested in racing with the Saturday Morning BKYSL group. In addition, masters skiers will be able to tune up for their favorite marathons with our Masters Primer series. We will also be offering once again the Moms & Munchkin program for stay-at-home moms (and dads) and home-schoolers. This program will get parents on skis while the kids get some fresh air and learn about farm life. Finally, this winter we will be hosting the Maine Handicap Skiing Nordic Program that will include training for staff and volunteers. This program will begin to lay the groundwork for an adaptive program at Pineland Farms.

The brick campus, green-roofed barns, white fencing and views of Mount Wash-

ington provide a beautiful backdrop to several special events this winter. January 31st is the first MWSC Cross Country Ski Festival at Pineland Farms celebrating the spectrum of cross-country skiing. This is a chance for beginners and seasoned nordic veterans to come together and learn about the sport. With clinics and instruction in everything from skating to backcountry telemarking, former Olympians like Bill Koch, Leslie Bancroft-Kritchko and John Morton will be on hand to share their passion for the sport. We are very pleased to be this year's host site for NENSA's New England Women's Ski Day on February 1st. This is a day dedicated to women skiers

and getting more women involved with cross-country skiing. There will be instruction, equipment demos, rentals and day care service. With our centralized location – 12 miles to Interstate 95 and 25 miles to Portland, we hope this will be the best attended Women's Day ever.

Of course winter wouldn't be complete if the stopwatch wasn't ticking. The rolling trails will be host to a variety of racing events this winter from Bill Koch League Ski Orienteering clinic and race, the Yarmouth Ski Club Skiathlon on Martin Luther King Jr. Day, NENSA's Coastal Nordic Games as part of their Banknorth Club Series to the Gorham Bike & Ski/Coca Cola Classic. There is something for all levels and we hope to increase interest in racing for fun with our own Valentines 2x3K Sweethearts Relay with categories for couples, moms and sons and dads and daughters.

By Phil Savignano

Women's Weendend continued from page 7...

Next came a discussion about nutrition as it relates to fitness led by Liz Rawlings. Sarah pitched in on the subject as well and we heard about master's racing opportunities all over the world. We ate a fabulous breakfast provided by the lodge and proceeded to take in nature from the perspective of apprentice herbalist Amy Cheney-Seymour. We learned about the basic four food sources from plants for wilderness survival, and talked about wildlife experiences at length. Yoga or biking was next. I opted for the bike ride, as did several others. What I found again was that though there were many individual differences in strength, flexibility and pace, we supported each other.

Physical fitness is really about small progressive steps and supporting each other no matter what level we're at or what the goal is. It was a great experience for me to be part of a fitness event that was not classified as a competition, and to glean information on issues pertaining directly to women. My hope is that MWSC continues to plan and support high quality programming specific to women's fitness, nutrition and training issues, and that more women will take the opportunity to participate. As we were departing I heard Sarah Peters say, "Same time next year!"

By Sherry Dubis



Check out our
website at

www.mainewsc.org



WELCOME JENS JOHANSSON - THE NEW CROSS COUNTRY COACH

Hi everybody, some of you have already met me at practices and around town. For you who I have not already met, I would like to tell you a little bit about myself. I am 33 years old, and live in Caribou with my wife, Shalynn and son, Dillon who is 5, and daughter, Laila who is almost 3. I grew up in Ostersund, Sweden, spending most of my time on the hockey rink, and on the ski slopes and ski trails. I have lived in the United States since 1997, skiing for Western State in Colorado, and St. Mikes in Vermont. I have spent the last three years in California working on my Master's degree in Exercise Science.

Living in California was nice and comfortable. We only had to travel an hour to go skiing in the mountains or to the beach; however I felt that something was still missing in my life.

I had such a great time and met so many wonderful people when I lived in Vermont, and I often caught myself thinking about how fun it would be to move back to the northeast, and work with my true passion in life, skiing.

When I found out about the coaching position at MWSC I was very excited and after asking for Shalynn's permission I decided to apply for the position. We were both very excited, but also scared when we found out that I got the job,

because it would require very fast acting and drastic changes in our lives. We only had eight days from the day that I got the job until I had to be at work at MWSC. During that time we both had to work for another four days, pack all our belongings, make arrangements for a moving truck (of which most was given to the Salvation



Jens Johansson

Army), sell a car and transport the family to Caribou.

The trip from Los Angeles to Caribou was "great". Two adults, two children, and a big Siberian husky on the front passenger seat floor in an overloaded little Nissan Altima. It took us four days of driving day and night, taking turns every three hours. Maybe it was not the type of road trip that we had wanted to do, but at least it was a road trip. We made only two pit stops. The first stop was in

Frisco, CO for a couple of hours to visit my friend Dan Gibbs, and the other was in Westford, VT to see my friend and old coach at St. Mikes, Dale Rodgers, where we actually stayed overnight. The whole trip went extremely well, and we made it here on October 1st. I was a little bit scared before the trip, but it was also a great challenge to make it to Maine by October 1st.

Anyway, we are here now and it has been an interesting couple of weeks. Working with the coaches and athletes, as well as getting to know the community has been wonderful for me and my family. It was amazing for us to see how hard everyone is working with MWSC and its programs, and how much time and effort is put in by all the volunteers in the community. This is not something we were used to seeing were we lived before. Everyone we have met here has been very nice and extremely helpful. We were greeted with warm welcomes, and friendly smiles. We were also without furniture, but within one hour of arrival we had a house to stay in, beds and couches, a kitchen table, plates and silverware thanks to some very hospitable people. We feel very at home here and would like to thank everybody for making us feel very welcome.

See you out there on the trails,

Jens

GOOD BYE & GOOD LUCK ELI

Eli Brown has recently accepted a position with Fisher Skis as their Nordic Race Director. As a race director, Eli will support the Athlete Force, and Subaru Factory Team athletes. He will also work with dealers and consumers as the technical voice for Fisher Cross

Country and will also provide race support at all major Nordic events.

Eli stated that he is very inspired by MWSC's mission and will continue to be a strong advocate for MWSC in bringing awareness and support to the program.

Congratulations and good luck Eli!



Eli Brown

SHARING THE ROAD - A CAUTIONARY TALE

What if one day we were told that we could no longer use public roadways for roller skiing? Really, just think about how this would affect the training opportunities of our athletes and residents in the County and around the nation.

Have you heard the news from Fairbanks, Alaska? After 25 years of roller skiing in this ski town, the authorities have issued tickets to roller skiers and warned the local college team to cease using the roadways for roller skiing. In early October, according to recent articles online at Fasterskier.com and in the Anchorage Daily News, a pair of Masters skiers were roller skiing in Fairbanks when a car approached from behind. The car was driven by an off-duty trooper who believed the skiers were taking up too much of the roadway and one had allegedly swung a pole toward his vehicle. The off-duty trooper called the situation in, other officers came to the scene, and the skiers were ticketed for obstructing traffic.

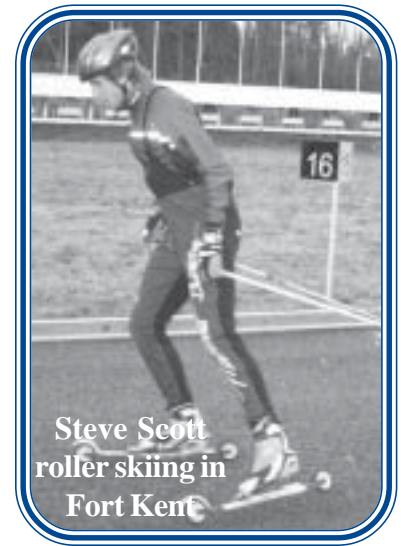
The following day, Alaskan State Troopers ordered 11 members of the University of Alaska Fairbanks Ski Team

to remove their roller skis during their workout. The troopers allegedly received complaints about the skiers from local residents.

It seems that Alaskan State Law says: "No person may operate a unicycle, coaster, roller skates or a similar device on the roadway." In this case roller skis are being placed in the "similar device category".

While I believe that most roller skiers focus on being safe and courteous on the roadways, it doesn't seem that way to people who see us skiers as a nuisance. Roller skiing is a mystery to most drivers who pass by and a hassle to others who believe we are taking up space on "their" road.

I have spent over 20 years on my roller skis on the roads all over this country. I feel I can speak for most long-time roller skiers in saying that we aren't often welcome on the roadways across this country. We are honked at, flipped off, and verbally harassed with scary regularity. While this experience can test the patience and resolve of even the most avid roller skier, we must all heed the



Steve Scott
roller skiing in
Fort Kent

warnings. We must learn from the experience of others if we wish to continue using the roadways to practice our sport.

As this recent conflict in Alaska clearly demonstrates, as roller skiers, we do not necessarily have the right to be on the roadways. We must acknowledge this and do everything in our power to keep the anxiety of drivers and conflict with them to a minimum if we are to avoid similar struggles in our communities.

So, what can we all do to keep roller skiing alive in our communities?

- Only skiers that are **READY** for the responsibility of sharing the road with vehicles should be roller skiing on the roads.
- Use the less traveled roadways or pick times of day with less traffic on the main drags.
- We need to take up as little of the road as possible!
- We should travel on the right side of the road at all times.
- We should use the shoulder where possible (if it is free of stones & debris)
- When using roadways we need to listen for traffic and move ourselves to the far right when traffic approaches.
- Use extreme caution when skiing into or out of the sun. Cars are blinded when the sun is low in the horizon and can't see you.
- **NEVER** wear headphones while roller skiing. Seems obvious, but I have seen it done.
- We should always wear helmets and bright colored clothing.
- We must always behave like ambassadors of our sport – never respond to negative comments or behavior by drivers.
- Wave a "thank you" for traffic that slows and yields for you while out there.



In Aroostook County, we are extremely lucky to have two excellent roller ski loops at our venues in Fort Kent and in Presque Isle, which remove the vehicle component and therefore improve safety for roller skiers. If all goes well, both loops will be expanded to double their

lengths next summer. While this will result in increased use of these facilities, there will still be a need to use the roadways of the county for many of the athletes and residents who use roller skiing for training and exercise.

If we are smart and courteous out there on our roller skis, we should be able to keep roller skiing alive in Aroostook County and in other great ski destinations.

By John Farra, MWSC Coach



Maine Winter Sports Center
 154 Development Drive, Suite E
 Limestone, Maine 04750

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

| | | | |
|--------------|---|------------------|----------|
| Nov 1 | Youth Day Camp, NHC | John Farra | 227-3843 |
| Nov 6 | Physical Testing, UMPL, Weiden Hall, 4 pm | Will Sweetser | 227-3322 |
| Nov 6 | Boys to Men Conference-Orienteering, Pineland | Phil Savignano | 688-4800 |
| Nov 14 | Season Kick Off Celebration-Aroostook County | Kris Seymour | 227-3863 |
| Nov 8-9 | On Snow Clinic, Caribou Trails | Kris Seymour | 227-3863 |
| Nov 15 | Coaches Clinic, NHC, 9am | Will Sweetser | 227-3322 |
| Nov 15 | Biathlon Pin Test, 10 th MT, 11am | Kris Seymour | 227-3863 |
| Nov 22 | Coaches Clinic, 10 th MT, 9am | Will Sweetser | 227-3322 |
| Nov 22 | Biathlon Pin Test 10th MT, 11am | Kris Seymour | 227-3863 |
| Dec 5-6 | MWSC Coaches Clinic, Pineland | Phil Savignano | 688-4800 |
| Dec 13 | Coaches Clinic, 10 th MT, 9am | Will Sweetser | 227-3322 |
| Dec 13 | Biathlon Bronze/Silver Pin Test, 10th MT, 11am | Kris Seymour | 227-3863 |
| Dec 19-21 | EC Season Opener, Bolton Valley, VT | Will Sweetser | 227-3322 |
| Dec 28-Jan 4 | Biathlon Junior World Team Trials, NY & MN | Kris Seymour | 227-3863 |
| Dec 29-30 | Nor Am Races, Nordic Heritage | Max Saenger | 227-2791 |
| Jan 3-11 | US National Championships, Rumford, ME | Jens Johansson | 227-4114 |
| Jan 11 | Fort Kent Citizens Race & Youth Event, FK | Sharon Chasse | 834-6125 |
| Jan 18 | New Years Race & Youth Event, Caribou, ME | Caribou Rec Dept | 493-4224 |
| Feb 1 | New England Women's Ski Day, Pineland Farms | Greg Rawlings | 227-3885 |
| Feb 7 | Karen Sprague Memorial Event, Stockholm, ME | Charley Anderson | 896-5212 |
| Feb 8 | Hymie Towle & Youth Event, NHC | FF Rec Dept | 472-3882 |
| Feb 14-15 | Sam Oulette Ski Marathon, Ashland, ME | Barb Pineau | 435-3481 |
| Feb 21 | C-ME-Ski Race & Youth Event, Limestone, ME | Linda Page | 325-4603 |
| Feb 22 | Henry Anderson & Youth Event, Caribou | Caribou Rec Dept | 493-4224 |
| Feb 25 | Ski Cross, FK | Carl Theriault | 834-3191 |
| Feb 25-Mar 8 | World Masters Trip, Lillehammer, Norway | Greg Rawlings | 227-3885 |
| March 3-6 | Biathlon World Cup, FK | Max Saenger | 227-2791 |
| March 7 | Mars Hill Winterfest & Youth Event, Mars Hill, ME | Anne McQuade | 425-4231 |
| March 20-21 | Arooski 24 Hour Ski Tour | Greg Rawlings | 227-3885 |
| March 25 | Season End Celebration, location TBA | Greg Rawlings | 227-3885 |
| April 1 | Level 2 Biathlon Coaches Application Due | Kris Seymour | 227-3863 |
| April 9-11 | Gaspe Camp | Will Sweetser | 227-3322 |
| April 18 | Aribski, Westmanland, ME | John Freeman | 896-3286 |

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



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

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

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

