



Brainerd Nordic Ski Club

Lumberjack Jotter

December 2006

Later date works great for Ski Swap '06

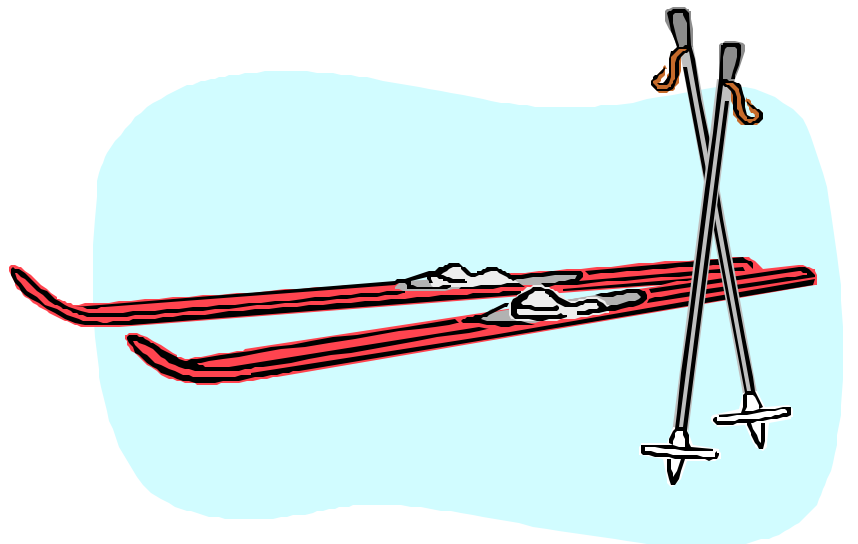
by **Jeff DeVaney**

The experiment to try a later date for the annual Ski Swap proved to be beneficial as attendance and sale numbers far surpassed last year's event. We no longer had those skiers who also hunt for "Bambi" missing all the action. We were also pleased that our public equipment area increased in quality as well as quantity. Many families, thanks to the large amount of children and adult equipment, were able to outfit everyone from the smallest to the oldest and left with a big smile, especially the kids. The colder temps along with a date two weeks closer to the ski season seems to have struck a positive chord with area winter outdoor enthusiasts. More than likely, the BNSC board will approve a similar date for Swap '07 ... stay tuned!

As always, a tremendous "thank you" to the many volunteers who gave of their time and talents to make this year's swap another success! Without the willingness of these volunteers, an event of this size could never take place. Another thank you goes out to the custodial staff of Brainerd High School for helping with Friday night set up as well as all through Saturday. We are lucky to have such a great central location to host the swap and hope to continue here for many years to come.

Now, it's time to get ready for a season of skiing, skating, snowboarding...all of the wonderful outdoor activities that make this area such a great place to live, work and play! Think snow and we'll see you on the trails!

PS – I would like to take this opportunity to publicly thank Nadine and Tom Wittkopp for taking over the swap this year in my absence. The passing of my father just two days before the swap meant turning over all of the event's responsibilities to Nadine and her "right-hand man." It certainly didn't surprise me to receive numerous comments from people that the event went off without a hitch. Tom and Nadine, you did an outstanding job and I thank you from the bottom of my heart. I also want to thank my many BNSC friends who called, sent a card or simply lifted up a kind thought or prayer for my dad ... much appreciated!



Board of Directors meeting minutes -- Nov. 13, 2006

BOARD MEMBERS PRESENT: Jean and Bill Meyer, Jeff DeVaney, Ray Griffin, Pat Lanin, Nicole Kellerman, Roger Landers, Al Steiff, Nadine and Chad Turcotte.

FACILITATOR: Chad Turcotte

MEETING LOCATION: Boardwalk Bread'n Bagel Restaurant

NEXT MEETING: November 13, 2006

AGENDA

PRIOR MEETING MINUTES: The board approved the minutes from the September meeting. Motion made by Ray, Jeff 2nd.

FINANCIAL REPORT: Jean Meyer presented the Treasurer's report. Jeff advised that the club was awarded more than ever before. The report was approved by the board. Motion made by Jeff, Ray 2nd.

SKI SWAP: Jeff advised all flyers have been passed out, including flyers in Discover Racks – by Tim Kidder. Jeff and others will be setting up on Friday night at 4 pm. Saturday morning 7:30 – 9 am registration, 9 – 12 sale and 12 – 1 pm pickup. Jeff will be at the school around 7 am on Saturday.

TRAILS COMMITTEE: Work groups have been at both Arb and French. Trails at French have been mowed and only require a small group and a few hours to spot clean. Nicole advised the team will be at French next Saturday and can help. About half of the lights have been energized at the Arb and the remainder being scheduled. Currently there are 2 trees down at the Arb.

EQUIPMENT STATUS: Bill made a motion to purchase a chain saw to include Helmet (with face protection), ear protection, chaps and a case. Value not to exceed \$300. Ray 2nd the motion and the board passed. Chad will price saws and purchase.

DOG AND WALKING TRAIL: Pat advised that the Arb board has not reviewed the BNSC counter proposal for the dog walk. Pat will present the proposal at the next Arb board meeting.

LUMBERJACK CLASSIC: The Lumberjack is on schedule for this season. Pat made recommendations to seek a double loop utilizing the best trails at the Arb rather than every trail at the arb. Last year there was confusion regarding the finish and loop area. Additional comments included different direction for the mass start and better signage. Josh has built more V-boards for direction on the course. The Lumberjack committee will keep the board advised of progress.

FALL POTLUCK: Ray has reserved the Arb for Sunday November 26th from 5 – 8 pm for the annual fall potluck. This is late notice so please spread the word.

ARB MEMORANDUM: After a tremendous amount of work, Pat presented an amended version of the Memorandum of Understanding between the Arb and the BNSC. Minor amendments were discussed regarding language used. Pat also noted comments and changes recommended by Jim Nelson. Pat will then present the amended copy to the Arboretum for review. Thanks for all of the hard work Pat!

UPCOMING MEETINGS: POTLUCK Nov 26th, December 11, January 8, February 12, March 12, April 9. All meetings so far are set at 6:00 pm eat, 6:30 pm Meeting at Boardwalk.

NEXT MEETING: December 11th at the Boardwalk Bread'n Bagel Restaurant. Eat at 6, meeting starts at 6:30 PM.

Adjourn: 8:20 PM

Respectfully submitted, Chad Turcotte, President

Ski tips, waxes & things

by Bill Meyer

Making the best of a snowless December

So where is our snow? Another dismal fall ... seems to be too many of those lately. It is especially hard on the young athletes trying to prepare for big races both in biathlon with the need to pick teams for the international events coming up in January, and in the high school program which really doesn't fit our typical winter too well anyway with its mid-February finale.

Of course all skiers hope for snow early, and when it seems overdue, we daily watch the weather reports and look at the morning sky for a tint of red -- any amount will do to raise our hopes for the day. Meanwhile, as athletes or coaches, we must go on and prepare.

By looking at the basic needs of training, breaking them into goals that can be accomplished dryland, then putting them together when the opportunity presents itself, training plans can go on pretty much on schedule.

Looking back at this fall, I think our program hasn't suffered much. Yes, I would have liked to take the athletes to West Yellowstone for a week on snow around Thanksgiving, and yes, it would be good to be able to ski at the rifle range, but I think the season will come out just fine.

By looking at the basic needs of training, breaking them into goals that can be accomplished dryland, then putting them together when the opportunity presents itself, training plans can go on pretty much on schedule. First in the fall is the constant need for ski specific training. So we use roller skis and find the steepest hills that are paved in the neighborhood. We ski long distances, ranging out to 30 km or more. We mix classical and skate roller skiing. We hill bound with poles, mimicking the uphill technique where races are won and lost.

Diagonal stride, V1 right and left. A lot of power can be achieved that way as the poles stick in the ground. And of course when we get to Mount Itasca where there are 2.5 km of hilly trails with man-made snow on the biathlon course—we ski. 50 km a week ago, probably 40 or so last weekend, much of that racing. There have been five races so far between high school and biathlon. Most high school races are 5 km, but the biathlon races range from 6 km for Youth Women Sprint up to 12.5 km for Youth Men Pursuit event.

Also in later fall, it is desirable to do more intense workouts to raise the lactate tolerance, stimulate the fast twitch ski muscles, stimulate and strengthen the heart muscles and build power. Of course, learning to ski fast helps as well. So without snow, we use plyo training, which is closely related to hill bounding, interval work on roller skis, and specific strength on roller skis which is simply long fast double poling, single sticking and going legs only. We also mix in sprints on the long roller ski workouts. All of those work best on slight to steep uphill. And of course we have the arm machine in my garage ... nice 100, Hans...



(continued on page 4)

Ski tips, waxes & things (continued)

(from page 3)

Skiing fast is a little tougher. Speed work on roller skis certainly helps, and is a real good measure of progress. It eliminates the wax equation, but adds the inherent wheel speed and temperature issues. Trying to go fast on really cold, slow roller skis is frustrating.

Technique work again needs to revolve around hill bounding and roller skiing. You can't learn to ski by running or biking. Then when you do get on snow, unless your technique is rock solid, you should spend about 20 hours skiing at various speeds before you try to race. Hans and Justin had 2 hours on the lake before the first high school and following biathlon events a couple of weeks ago. So I had them do a bunch of laps on the course first -- probably didn't do anything for their fatigue levels for the race that day, but I know they skied a lot better for it.

The other elements like balance, feel for the skis, and full use of the upper body are tough without snow. Looking at the last first, one thing that works against us is the pole slip on cold pavement when roller skiing. You get really tired of those poles slipping out when you lean on them so you plant too far forward and feather the downstroke too much. Hill bounding helps keep that up. Feel for the skis, for the trail undulating under them, for the changing snow conditions, for the speed on downhills all need to be developed on snow. Roller skiing between cones on a downhill helps, broken field running can help -- but the bottom line is ski time. (Why was it again we didn't go west for a week?)

For the biathletes, we also have the shooting. Yes, it would be good to be able to ski on the range and do combination training and races on skis, but we can run, do our combos in a variety of ways, shoot for accuracy, do head to head competitive drills and generally prepare to hit more when they compete. Shooting with a **heart rate of 170 plus can be achieved in a variety of ways** 😊

So we can cope. It is tough on the mind—but with big enough goals, and a few race events—the truly dedicated can get along just fine. So how do you race with no snow?

Elm Creek, Theo Worth Park, Troll Hollow, Powder Ridge, Alexandria, Spirit Mountain, Giants Ridge and most importantly Mount Itasca are now equipped to make snow. Mount Itasca and Elm Creek actually have it on trails. Yes it is expensive, but even the Ely Invite was rescheduled to Mount Itasca last weekend. Some places with higher relative topography like Maplelag get the first of the snow when it comes, along with the upper Gunflint and Pincushion areas near Grand Marias. But the rest of us pretty much depend on the manmade variety in a winter like this one. Even Anchorage, Alaska is putting in snowmaking at Kincaid Park to insure that they will have snow for big events.

Food for thought -- the wave of the future?

Enjoy

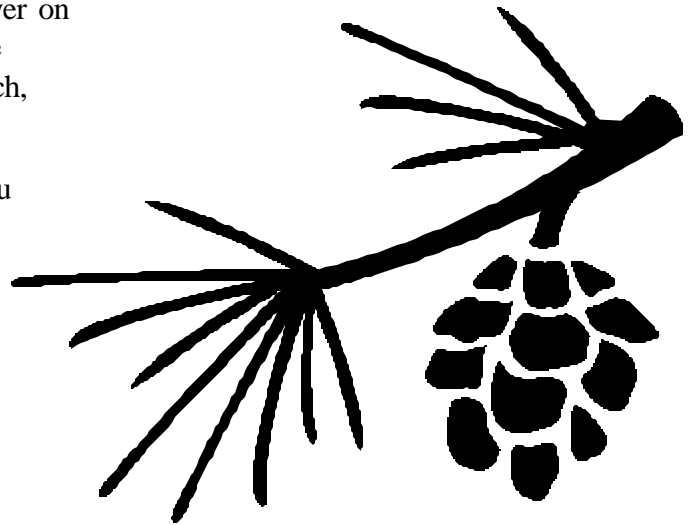


Jack pine savanna restoration brings changes to ski trails at Northland Arboretum

Skiers on the trails at the Northland Arboretum will notice changes this year in the landscape they are skiing through. Last February, The Nature Conservancy began a new phase in their jack pine savanna restoration efforts at their preserve. Jack pine on 45 acres were thinned to restore the pine to densities (15-20 jack pine per acre) historically seen on the savanna. The open savanna character will be maintained using prescribed burns, which will also help promote prairie plant communities that are a critical component of the habitat.

This restoration is of statewide importance. The jack pine savanna at the Arboretum is one of only five occurrences of this natural community in Minnesota. When planning the restoration activities for the site, ecological goals were balanced with considerations to leave as many trees as possible along trail margins and to conduct operations when the soil cover on the trails would not be damaged. Trails affected by these changes include Big Ben, Little Ben, Oran's Pass, Potlatch, and Rudy's.

As the restoration of the jack pine savanna continues, you can expect to see prairie grasses and flowers spread throughout the site and young open-grown jack pine begin to replace the tall stand-grown trees that are now on the site. Cross-country skiing will continue to be a part of the preserve, and although the view from the trails will not be the same as before, it will represent one available in few other places in Minnesota.



GO Where the Snow is!

Three bedrooms, one bath, furnished **ski house available to rent**. Has woodstove and sleeps five on beds and two on a new futon. In the heart of the **U.P. Big Snow Country**. Near Indianhead, Blackjack, Powderhorn, and the cross-country ski areas, ABR, Wolverine and the Porkies. Only two blocks off a major snowmobile area. \$100 dollars per night for one or two guests and an additional \$50 dollars for each person. (Minimum 2 nights stay) Call 218-828-6372.

For Snow Conditions in the UP, call 1-800-522-5657

Nisswa NW Biathlon prepares for upcoming trials

by Bill Meyer

NNW Biathlon continues to train hard and excel in local races. Next up will be US Team Trials for spots on the US Team going to the Youth and Junior World Championships the 19th of January through the 1st of Feb in Martell Italy.

Wynn Roberts of Battle Lake continues to dominate the local scene. Wynn was appointed to the Junior National A team last spring. He spent a week in Argentina this past summer training and racing on snow, and more recently 3 weeks in West Yellowstone training and racing at altitude. He missed the first MNCup race a week ago, but jumped in this past weekend winning both events overall. He will participate as a 2nd year Youth [17-18 yr old] this season. He is prequalified for Worlds. Look for some good results over there!!

Hans Stadem, Baxter, also continues to improve. Hans skipped the local cross-country hs running program this fall to focus hard on his shooting and ski training. So far that has paid off with good results including Fall Festival on roller skis including a 2nd in the Youth Category in the mass start event. On skis, he dominated the first MNCup race with great shooting [3 misses/20 shots] and good skiing for the overall win. He finished 2nd twice this past weekend to Wynn—trailing him by only 17 sec on Sat in the 7.5km relay format and 0:46 sec on Sunday in a 10km pursuit format. He has also had good results in the hs races so far. Hans and Justin Tyner are both first year Youth.

Justin Tyner spent the early fall on the injured list from a running injury to his Archilles tendon—but came back nicely to take 15th at State. After the necessary recovery training following running—he has pushed himself back up on the ski side – taking 2nd in both hs races held so far. Currently he is trying to bring his shooting up so he is more competitive for the Worlds team Trials. He has a 3rd a 4th and a 3rd in the MNCup races so far. But has been one of the fastest skiers on the course.

Also this year I have been working with a young lad from Esko, Raleigh Goessling. Raleigh is the most natural skier I have ever trained, and with some solid training this summer, his results are coming through for him. Raleigh won the first big high school event—edging Justin by a few seconds. He went on that weekend to take 2nd in MNCup #2. He held on to a 4th place in the big hs event on Saturday, and returned on Sunday to take a 6th place Youth.



Conrad Roberts, Jim Burke, Troy Anderson, Kelci Roberts, James Larson, Ellen Anderson, Laura Jennen and Paul Quirim all trained part time with our group as well. Ellen should easily make the Junior Women's team at Trials as her shooting is up with the best and her skiing is improving daily. She has 2 first place results and a second place in the biathlon series. She will team with Brynden Manbeck of Grand Rapids who has participated in 4 Worlds events as a Youth and now moves up to the Junior category. Brynden and Laura Spector of Massachusetts are both prequalified also.

Kelsey Herwig, Hannah McAllister, Dain Hanson and Pat Mangan also worked with us this year, primarily on skiing. Hanna Stadem spent the summer at Mich. Tech where she is on the running team and the ski team—coming in at a high level for a freshman in a tough competitive program.

Also training with NNW are Phil Rogers of Esko and Josh Duda of Pillager. Both are seniors and compete regularly in the MNCup events.

2006 BNSC Board members

Josh Duda, Chad Turcotte, Barb Flynn McColgan, Jean Meyer,
Dan Cruser, Jeff DeVaney, Ray Griffin, Roger Landers, Pat Lanin,
Derrek Matson, Bill Meyer, Jon Padgett, Mary Claire Ryan,
Mark Stadem, Al Steiff, Nadine Wittkopp, Kent Montgomery.



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