



Brainerd Nordic Ski Club

Lumberjack Jotter

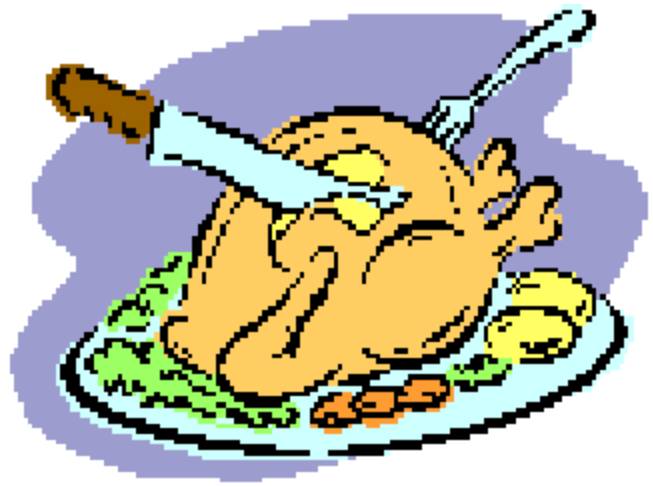
February 2007

Annual potluck event planned for April 1st

The Brainerd Nordic Ski Club's annual potluck and election meeting at the Northland Arboretum at 5:00 p.m. on Sunday, April 1st.

The weather has not cooperated much with the skiing this year, so this will be an opportunity for many of us to see each other for the first time this year! Please bring a dish to share.

The BNSC will provide a ham or turkey and beverages.



Unfortunately, this year's Lumberjack Classic had to be cancelled due to a lack of snow.

Thanks to those who had already volunteered their time and effort helping to organize the event.

Let's hope that next year brings snow and a great race!



Board of Directors meeting minutes -- Jan. 8, 2007

LOCATION: BOARDWALK BREAD'N BAGEL

TIME: 6:30 p.m.

MEMBERS PRESENT: Ray Griffin, Josh Duda, Pat Lanin, Mark Stadem, Jean Meyer, treasurer, and Bill Meyer.

Agenda:

Jan minutes were approved.

The Treasurer's report was approved with note that the School District has not paid the billing for fall trail preparation as per the agreement. The work was billed in December. The recent mailing brought in 8 new memberships [renewals].

Trails committee. Reported that the Arboretum had been groomed once and French Rapids as well. Groomer brought up a lot of leaves and debris.

Equipment. Jon put wheels on the 5 foot Ginzo to allow easier mobility on and off the trailer. The machines both needed some minor work to get started.

Discussed getting on the list for a new 7 foot Ginzo this coming fall. Cutoff for orders is usually pretty early.

ARB/BNSC Memorandum of Understanding. Ray indicates that Dale hasn't set up a meeting to have it signed. Therefore Pat has contacted the ARB Board Chair and she will put it on the agenda for the next meeting and Ray will attend on behalf of BNSC.

Lumberjack Classic. Race was canceled based on no snow, and then it turned out the high for the day was – 8F. We did receive a few sponsorship gifts. Basically nothing was expended. The 6 who preregistered were refunded in total.

Articles for the Newsletter. Articles should be in to Kirsti by this weekend.

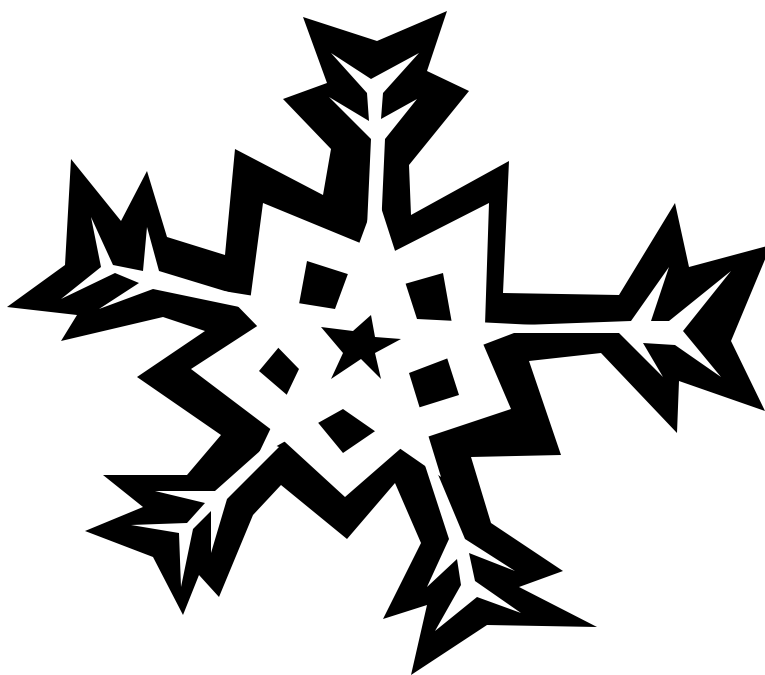
Other Business: A grant to Hans Stadem for \$250 to help cover expenses at Biathlon Nationals in March was approved. Mark S abstained.

Potluck. The annual Potluck will be held at 5:00pm Sunday April 1st. Nominations for Officers and Board Members should be in hand by then. The Standing Nominating Committee is Jeff DeVaney and Nadine Wittkopp.

Next Meeting: The next meeting will be Monday, 12th of March, 2007 at the Boardwalk Bread'n Bagel.

Respectfully Submitted,

Bill Meyer



Board of Directors meeting minutes -- Jan. 12, 2007

LOCATION: BOARDWALK BREAD'N BAGEL

TIME: 6:30 PM

MEMBERS PRESENT: Bill Meyer, Nicole Kellerman, Al Steiff, Jeff DeVaney, Ray Griffin, Nadine Wittkopp, Pat Lanin, Roger Landers, Mark Stadem

Agenda:

December minutes were approved.

The December 31 Treasurer's Report was distributed to all members present. After discussion of the December budget activity, the report was approved.

Trails Committee Report: Little grooming/ trail prep occurred in December. The Arb and French Rapids trails ready for snow.

Equipment: The board decided not to ask Eric to attend the upcoming grooming clinic at Arboretum the year—maybe sending him next year would be a better strategy, providing we get snow. The board discussed strategies to keep grooming personal motivated, especially during December and during the holidays.

Arb/BNSC Memorandum of Understanding: Pat Lanin distributed the final draft of the joint document. The Arb board made small changes in it at their December board meeting. A motion was made to request officers from each board to sign the document. Ray will get both parties to sign the document. Pat was congratulated for doing most of the work on this document.

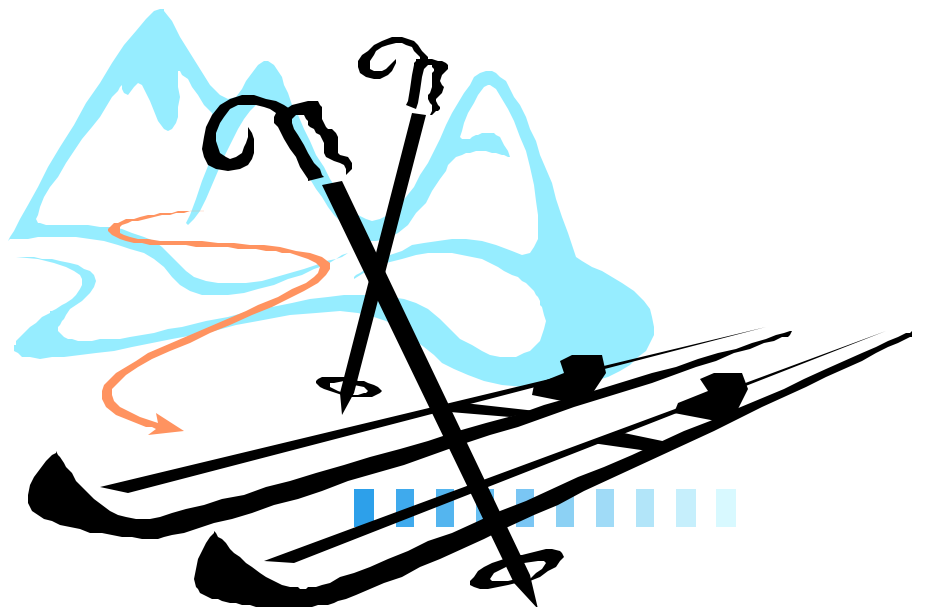
Lumberjack Classic Race: Co-race directors will make the decision to cancel the race one week prior to the event. Pat distributed/discussed the proposed 5.3k and 15k race course. The board discussed other area locations to hold race if the Arb trails do not have adequate snow.

Articles for newsletter: Articles are needed anytime.

Scholarship Grants: Bill announced that Justin Tyner from Brainerd made the Biathlon Worlds Team. This year's competition will be held in Martell Italy in mid January. Since the BNSC budgets \$500 each year for students that qualify for such events, Justin was awarded \$500. A motion also passed to reserve another \$500 max. (\$250/student) for students who qualify to compete in the National Biathlon events held this year in Maine.

Adjourn – 7:37 PM

Respectfully, Roger Landers, acting secretary



Ski tips, waxes & things

by Bill Meyer

U.S. struggles to be competitive in biathlon

This morning, Saturday the 10th, at 7:15 I tuned in on the internet and watched the Women's Biathlon Mass Start live from Antholtz, Italy. This event is part of the World Championships, which are held on non-Olympic years and are part of the World Cup series. Kind of the culmination—even though the World Cup will continue for another month or so. Incidentally—all the World Cup events are available live through the IBU website. You need a fairly fast connection, but my DSL is adequate most of the time.

The German Women went 1-2-3 ...and the young lady who won the sprint and pursuit races, Germany's 19yr old Magdalena Neuner was about 14th... too many misses today. That is the depth of the best teams in Europe—even in the topsy turvy world of biathlon.

When we go to Europe, the venues are tougher, the competition is tougher and we are stretched further.

Now the US has had some really good results lately at the senior level, in the name of Tim Burke. Tim is a 25 yr old from Pauls Smith, NY who has been doing biathlon since he was about 15 or so. That was pretty much his focus in high school in the Lake Placid area. He has a 6th and 7th in World Cup races plus some in the teens. That is really good for the US. We have only been on the podium once ...once ever. Josh Thompson took a 2nd in the World Championships once. A long time ago. Jay Hakkinen has also been finding his form again.

On the Junior side, last year, at the Youth and Junior World Championships in Maine, I thought I had seen some tough competition. But we placed as high as 6th individually in the Youth Women's sprint and in the Youth Women's relay race—and Wynn Roberts had a 14th and 15th in his first debut on the international scene. This year, again it was my privilege to be the

US Team Leader for the US Youth and Junior team at Worlds which was held up in a remote valley in the Italian Alps called Martell. The elevation, as at Antholtz is up at about the maximum 1800 meters. The course is very tough—with a lot of climbs and twisting downhills. The hill after the range went up maybe 30 meters vertical or so, then came down with two 180 degree switchback corners before passing down into the valley below. The approach to the shooting range was a long uphill coming up from the lower valley. The range was built across a river with the gorge between the firing line and the targets. When the wind blew—you knew it!

But all the competitors had to ski the same course and shoot in the same wind. And we did have 4 members of our team travel to Europe early and race at San Sicario where the Olympics were held last year, in order to get acclimated to altitude and adjusted to the time change of 7 hrs. The rest of the team came with me about 4 days ahead of the first competition.

Our best finish was Brynden Manbeck in her 5th appearance at Worlds, but first year in the Jr Woman category [ages 19 & 20] , who had a 21st place in the Sprint and followed the next day with a 22nd in the Pursuit race with only 4 misses in 20 shots. The winner from Russia also had 4 misses and put 3 min and 53 seconds on Brynie—in a 10km race.

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Ski tips, waxes & things *(continued)*

(from page 4)

We were doing well for us, in general, when our team members were in the top ½ of the results. And generally each athlete's results this year were further back than last year for those with multiple years experience. For some of the newcomers, results were mixed. Some were overwhelmed, others, like Justin Tyner, did quite well. **His best finish was 41st** in the 7.5km Sprint race where he had 3 misses in standing and finished 2:42 behind the leader a Russian, who shot clean. But in second was an Austrian with 3 misses only 1.8 sec behind.

So, when we go to Europe, the venues are tougher, the competition is tougher and we are stretched further.

At the Junior level, Minnesota and Maine are providing the bulk of the biathletes, with one each from Alaska, Vermont and Massachusetts. Looking at our MN program, we continually put our biathletes on the tops of the high school Nordic Skiing podiums. Wynn Roberts was the Section winner last year and 2nd in the State meet in Skating. But at Worlds, in the 12.5km Individual race, his time to ski and shoot was about 3 minutes behind the top.. plus he missed 8 shots for a 39th place finish. In the Sprint, he missed 4, and was 3:02 back in a 7.5 km race in 45th place. Each penalty takes about 25 sec to ski. But an Austrian missed 3 shots and finished 2:40 ahead of Wynn. And we had really fast skis..



And in the Youth and Junior World Championships the competitors are divided into 2 yr age classes. Thus we are competing against men and women of similar age.

So the obvious conclusion is that the level of training and skiing in our US high school skiing and outside training programs is not adequate to prepare for international competition. In MN the same might be said about the straight skiing and Junior Olympics, which are really the Junior Nationals. Central/ Midwest Division usually is not at the top of the podium at the National level either, even though most of the good state skiers who are not in Biathlon participate in USSA skiing.

Winning is not everything. I agree. Our schools do an excellent job of reaching a lot of students and offering them a sports experience in an invigorating sport. They can get a healthy experience with a lot of challenge trying to make the state meet team from each Section. And they can often participate in 3 sports each season if they carefully pace themselves. And its all fun!! But we don't have a system to take the gifted athlete to the levels they need to reach. Diversity is great at ages up to about 14 or 15. But then focus becomes critical. Hard, specialized, year around training. Competition against high level competitors. And experience at the National and International levels.

We share a short winter season with the high school and college ski programs. In our area, the school and outside programs are blended as well as can be expected. The top athletes train year around and race at several levels including those beyond the high school level. They manage to allot their available time where needed to satisfy several coaches. Or to at least placate them. The athletes are trying to make it work.

But we aren't producing 19yr old World Cup phenoms. Or even Youth and Junior World level champions and rarely anyone in the top 10.

I don't have the answers.

Enjoy

Finding inspiration

Coaching with no snow brings challenges, spirit

by Nicole Kellerman

Have you ever seen a swimmer train without a pool, a basketball player without a hoop, a wrestler without a mat, or a body builder without weights? Have you ever seen a Nordic skier train and compete without snow, groomed trails or tracks? I have. These skiers are also just kids. Motivated and spirited kids. Kids with big hearts, passion for a lifetime sport, and goals to reach. Motivation is a spiral effect of general interest, willingness to learn, making commitments, and a desire to succeed.

Skiers cruise through the woods, falling in love with the speed, challenge, dynamics of the trail, and the beauty of the sport.

For the skiers to meet their objectives, they run, bound, and hop up hills, steps and trails. Ski on wheels, snowy grass and ice. Ski before and after races and travel great distances just to find snow. We have found fake snow this season at Ski Gull, Powder Ridge, and Mt. Itasca. The kids have become very good Styrofoam and downhill trackless skiers. The skiers have also practiced ski-sledding and participated in goofy relays to keep up their spirits. These skiers train their core by doing ply metrics and strength training. They train their heart by becoming an athlete, teammate, and friend. Some have become teachers and great leaders. This is what keeps the Nordic skiers at full strength - comrade, cheering and support.

Many Nordic skiers develop a passion for the sport as little kids on old wood skis with bamboo poles. Some kids discover the sport as a teenager on hand me-down skis. In fact, in Minnesota, Nordic skiing is the number one winter activity, behind ice fishing of course. They cruise through the woods, falling in love with the speed, challenge, dynamics of the trail, and the beauty of the sport.

Once a Nordic skier is hooked, it is for life. They become faster, stronger, and more competitive as teenagers. Some continue the trend through out college either on clubs or teams. Many continue as adults; and pass on their knowledge and love for the sport as a parent, teacher, or coach. The cycle never ends. It just gets more contagious. In fact, kids were going to return the favor, and take their parents out skiing for a night, but could not this year, no snow. So, we decided to play broomball on a little skating rink, but couldn't again, because the temperatures rose, turning the rink into a pond. So, not too discouraged yet, the kids took their parents out to the grassy fields to play a winter game of broomball. Mother Nature, enough!

How do you fulfill this spirit, passion and drive without snow? Goals. They should be realistic, attainable, and shared among all members of the team. Goals must be set before a season, reviewed during the season and evaluated again at the end of a season. There have not been any Nordic skiers who quit this snowless season because they each had a goal to compete and to become a better skier.



Finding inspiration (continued)

(from page 6)

Snow or no snow, their goals will be met by being flexible, allowing their coach to be creative, and having their parents drive great distances to encourage and cheer them on. Half of the season this year was cancelled but the skier's goals don't change. Even though they skied on poor snow late in the season, their minds and focus were still in the peak February competition mode.

Each new season presents a new challenge. This year it happen to be no snow and extreme temperatures. An extra challenge presents an excellent time for a team to grow and expand its skier's minds. During this season it was my job to smile, stand tall, show pride, exuberance, and excitement for the team and the program. It was also my job to show the kids how much I valued them by being prepared, having daily expectations, and to give positive reinforcement and feedback. These Nordic skiers are Brainerd Warriors; and you can't take that away nor put a price tag on that. The kids have followed through with their dreams and commitments to their school, coach, teammates, parents, and themselves.

What motivated me? The kids were my motivation. I was blessed to have a team of boys and girls who always worked hard, raced at 100 percent, listened, communicated, never complained, wanted to improve, and did my killer sit-up routine with me. They were also my extended family which I did not want to disappoint. Many parents volunteered their time and services. My co-coaches were always willing and available for whatever needed to be accomplished. Finally, it all comes back to the athletes. They were my kids for four months who I got to mentor, lead, brag about, have pride in, listen to their laughter, and motivate.

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

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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.



Become a member of the Brainerd Nordic Ski Club!

2006-07 Membership

Individual \$15

Family \$35

Club Sponsor \$75

High School Student \$3

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Please send membership and payments to:

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PO Box 927

Brainerd, MN 56401

