



Brainerd Nordic Ski Club

Lumberjack Jotter

November 2005

Early season club social event planned for Sunday, Nov. 27

The third annual early season mixer will be a potluck dinner at the home of Bob and Jeanne Larson at 315 "C" St in NE Brainerd. at 6 pm on Sunday, Nov. 27.

The house is a converted church, so there is plenty of space to spread out. There is no scheduled program or suggested menu. No official business will be conducted.

Anyone in the community interested in Nordic skiing is welcome to attend. Feel free to forward this invitation to anyone who may be interested.

Trails, club rates available at Grand View Lodge



Grand View Lodge is offering a season ski pass for the trails at the Pines Golf course to BNSC members for \$50 per person. The regular rate is \$10 per day. Family rates will be available for \$100. These passes will be available at Freddie's, which is the golf clubhouse in the summer, by the main trailhead.

These trails are not grant-in-aid, so Grand View Lodge is bearing the cost of grooming totally. Hot chocolate and light food will be available Friday-Sunday from around Christmas until the end of February.

Starting last year, Grand View Lodge began grooming daily over the entire golf course with some connections up to the Biathlon range to the north. The trails were equal to any in the area with some gentle terrain and some more challenging -- about 18-20 km

of classical and 8-10 km of skating. Additional work was done this year in the northeast area of the old Niswaw irrigation site with an expert level loop for the biathlon range course.

So particularly if you live in the northern part of the County or in Cass, consider the cost to drive to Brainerd and you too might appreciate a closer place to ski at less overall cost.

On the Web

www.brainerdnordicskiclub.com

Board of Directors meeting minutes -- Nov. 7, 2005

Northwest Pizza-Boardwalk Bread and Bagel. Facilitator: Josh Duda. Members Present: Josh Duda, Jean Meyer, Jon Padgett, Bill Meyer, Pat Lanin, Jeff DeVaney, Nadine Wittkopp, Derrek Matson, Mark Stadem. Guests Present: Kent Montgomery.

Meeting Called to Order at 18:30.

Jeff gave a recap of the Ski Swap. Thank you to all who helped. It was a beautiful day outside....unfortunately that meant few people were thinking about snow! Discussion was held about the date and location of the swap. Jeff will check into Forestview Middle School as a possible alternative for location. If FVMS would work, He will check into moving the date to the SECOND weekend of deer hunting.

Kent Montgomery from The Nature Conservancy presented info about the timber harvest and sale at the Arboretum. The harvest will include 45 acres on the TNC land (Trails involved include, Potlatch, Rudy's, The Ben's). The plan is to leave 20 jack pine per acre on average along with any other trees (oak stands, aspen, birch, etc). The harvest is only of the jack pine. There will be some thinning on some of the county owned lands to help feather the boarder of the cut. Bids are being taken for the harvest. They are hoping to pick the contractor in the next few weeks. The plan is to harvest the timber when the ground is frozen. If there is snow on the ground, our trails will act as the trail break...the logger will not cross the trail to harvest the few trees on the other side. They plan for the operation to take less than a couple of weeks. The Good News: This is part of the Jack Pine Savannah project....ONLY THESE 45 ACRES ARE INVOLVED IN THIS PROJECT!

Kent Montgomery from the Brainerd School Board talked a little about the new ski trails at Forsetview Middle School. There are approx. 3.5 km of trails in the woods plus then distance groomed on the athletic fields. Currently, options are being looked at for trail lighting and parking alternatives. Some discussion was held on grooming this system.

Bill made a motion to approve the October minutes as written. Pat seconded the motion. Motion carried (9-0)

Jean presented the budget to date. Totals from the ski swap will be included in the next budget summary. Nadine motioned to approve the budget. Mark seconded the motion. Motion carried (9-0).

Bill, Mark, and Pat updated us on the fall workday with the Sentenced To Serve Crew. "It was one of the most productive workdays ever!" They finished up almost all of the remaining work at French. Bill has been out and mowed the center section, but was unable to reach a couple areas without disturbing the refinished trails.

The Arb is in need of some leveling on Big Ben and Rudy's. During some grading, an area of broken glass was uncovered on the trail near the new Arb Building. Jon is working on wood chips to cover this area. The lights are in working order. Don't forget to send in your Arb dues. Help show your support. They need to know how many of us are there in the winter months!

The remaining trail work needed can be completed by individuals. If you feel like a walk, take a hike at French and pick a few rocks off the trail!

Courtesy of Dale, the new Arb Director, a local Veterinary Clinic is sponsoring a dog walk area at the Arb. This will be a groomed area not far from the Arb Visitor's Center. The trail will make only one crossing of the ski trails. This will give dog walkers an area all of their own!

Pat has contacted Todd Selk about the High School contract. They talked about counting multiple use days if multiple trail systems are in use by the team on any given day. Todd is currently gone. Pat will try to complete the contract when Todd returns.

Pat gave an update from the last Arb Board Meeting. The majority of the meeting was spent on an evaluation/critique of Dale's job since he was hired as the new director. Generally this was a positive evaluation to date.

Ray was unable to join us for the meeting, but called to talk about the Fall Social. We will meet at the Larson's house (on C Street) at 6pm. Plan will be for a potluck. Stay tuned for more.

Jotter Articles are due by November 19th. Next meeting will be Monday, December 5th, 2005. Bill made a motion to adjourn. Derrek seconded the motion. Motion carried (6-0). Meeting Adjourned at 20:06.

Now available...

The BNSC club logo on your clothing

You can now get any garment, jacket, sweat shirt, vest, etc. of your choice embroidered with the BNSC logo and club name in any color combination that would be appropriate for the color of the garment. How's that for the ultimate in flexibility and personal creativity?

If this sounds like something that you would like to pursue, just take your garment to Minnesota T's on Front St. in Brainerd and they will be able to do it for you in less than a week! The cost is \$24 total...what a deal.



Nisswa NW Biathlon club ready for race season

The Nisswa NW Biathlon is active and working hard to competitive success this winter. Training started in May, and will continue until this coming April.

Currently Derrek Matson is in West Yellowstone training with the Jr National Team. Derrek was named to the team last spring based on his results last winter. Hans Stadem and Justin Tyner are looking forward to US Jr World Team Trials, and along with Derrek, Wynn Roberts, and a number of biathletes from the Twin Cities, St Cloud, Duluth, Ely, and Grand Rapids, will be competing in the 3 race series in mid Dec to determine who makes the US team. The maximum team size is 16, equally divided between men and women and juniors [19 & 20] and youth [17 & 18]. Younger biathletes who are deemed ready by their coach may race up.

Wynn Roberts, his brother Conrad, and sister Kelci have been joined in the Fergus/Battle Lake area by Jim and Katie Burke. Nisswa NW holds a training session in that area once a week and often those biathletes come over to the Nisswa area for training and competition.

For the annual Fall Festival, two athletes from Anchorage came down for this two race series held at Camp Ripley each year. They arrived a few days ahead and were hosted by the Nisswa team and spent some long days training together. A team of 4 athletes and a coach from AK will be back for Trials races next month.



Two series of local biathlon races will be held this winter. The Nisswa Cup races are local events held at the Nisswa range—and are announced usually a few weeks ahead. These are small and a great opportunity for local people who think they would like to try the sport. The MN cup races are a series held at various ranges around the state. These also usually have a Novice class. At the national and international level, there are NorAm races between the US and Canadian teams, the World Cup and Jr World Championships, and of course, in 2006, the Olympics in Torino.

So if you have an interest, or even think you might, call Coach Bill Meyer, 218 963 4762. These races are also fun to watch as the biathletes enter the range 2 or 4 times for shooting. So come on out and either compete or we will put you to work as an official!

Ski tips, waxes & things

by Bill Meyer

A couple of people have asked why we do certain workouts at various times during the year. Many of you have caught my basic lecture on the benefits of various training zones of intensity and the adverse effects thereof, also. As an add on to that – please consider the following:

- 1] You have a huge capacity to do BE training [20 –40 Heartbeats below lactate threshold] and it is good for you. Recovery is pretty fast. It does need to be specific to skiing to enhance the ski muscle system and those particular cells.
- 2] You have a pretty big capacity to do TH training [0-10 beats below the lactate threshold] if done carefully with a lot of recovery times between bouts. Both during the workout and between workouts. The Norwegians go up to 20 min at a crack x 8 or so— but the physiologists would like us to do shorter ones for athletes who are more mature to help increase their heart stroke volume. So I compromise at 10 min on 10 min off which also helps keep us from going over the lactate threshold because 10 min up there is pretty uncomfortable. This is aerobic work and won't kill your aerobic gains like high lactate [over 4 mmoles] work will.
- 3] You have a very limited capacity to do work over the LT. Both from the recovery aspect— takes several times longer than TH to recover from— and from the impact on aerobic gains. Figure 3-4 days before the aerobic enzymes are back in place and you start making aerobic base gains again. So if you race twice a week and do another hard high lactate workout- you won't make any aerobic gains that week.
- 4] Strength needs to become power [force x dist/time] to be of use in skiing. Pure grunt strength is pretty useless. It has no capillaries to feed the cells so once it has fired a few times, we need to carry it like the dead weight it is the rest of the time. The time for body building is spring.
- 5] Most any activity that raises the HR will benefit the heart/lung central conditioning as long as the nerve system works to call up the higher HR. If you don't use the ski muscles you won't build up that direct connection between those muscles and the heart.
- 6] Only very specific activities will benefit the skiing muscles, increasing their glycogen storage and their ability to call up the heartrate and to be feed with additional capillaries. This is called building your base. The base is specific to the sport you train for. A triathlete trains for running, biking and swimming by doing all three in training. He can't get by on just two or one of them. Each helps his heart/lung conditioning, but there is no general exercise that will do the peripheral training for all three. Let alone the skills needed.
- 7] Ski speed is highly dependent on excellent technique. Look at how a top skier has improved well past reaching his/her max VO₂ at maybe age 20. The combination of increased power, increased base, and increased skill will elevate him/her to international levels that can't be reached by VO₂ maximization alone. But it takes years to build that base/power/skill.
- 8] Shooting is a whole new skill combination—and that must be developed simultaneously. Shooting with a HR up is a special skill within the scope of the overall skill. Controlling the rifle during competition is highly dependent on lactate tolerance and control of the lactate accumulation. Thus combination training or combos.

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Ski tips, waxes & things (continued)

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9] As race events are over-demanding for the most part to be good training— we seek the good benefits of intensity with training— at the appropriate time of the season- with race specific training. Like speeds, RP hill bounding, RP hill skiing, and etc. Done properly, it is more effective than racing for training purposes, and is easier to recover from.

So with all that in mind— we do some specific things to enhance skiing— and this time of year most of those look and feel like skiing. Or certainly should.

TH blocks on skis or roller skis- doing two workouts a week now. These help teach skiing at higher speeds close to race pace— don't upset the aerobic enzymes- help achieve the inherited maximum VO₂ available at the current age of the athlete. They also can be overdone— inhibiting the rise of the HR itself— and in general require a couple of days of recovery following a good workout. They should not be mixed with RP ski training.

Specific strength is a way to build ski oriented power particularly in the upper body— using exactly the same muscles [peripheral conditioning] as well as developing the nerve ways and capillaries needed for racing. Our biathletes are doing 15-25km arms only on roller skis.

Hill bounding. Similar benefits to specific strength— perhaps even more strenuous on the upper body. Definitely an upper body power builder— but really good for all the ski muscles.

Switch between classical and skating. Classical forces glide on each leg symmetrically, it teaches the preload and push, and when done correctly, the weight is immediately over the new leg. Similar benefits come from skating— along with enhancing skate technique. All biathletes and skiers should do some of each.

Plyos— plyos expand on pure hill bounding and are designed to do two things—take the newly increased strength and increase the power of the muscle contraction— and train the fast twitch muscle system. They are typically short bursts of fast twitch firing- but still produce a fair amount of lactate and will make you sore. Absolutely needed for top performance.

Biking standing. Biking while sitting somewhat mimics the skating motion of the legs while running maybe does the same for the classical motion. Neither uses exactly the same muscles, motions, or timing. Biking while standing at least becomes a quad conditioning exercise with full weight bearing loads. Good for early season conditioning— but imperfect along with running as a direct training for skiing.

Hill workout on roller skis— this is the place you learn to climb hills where about 1/2 a ski race is spent. It teaches timing, use of power, and is an excellent conditioner for both the central and peripheral systems. As the race season approaches— these should be done at race pace as both a lactate tolerance training device, along with a full fast twitch muscle workout.

Long BE Skis— these are where the base comes from. To be effective they need to be long enough where the cells are pretty much depleted. Kind of like the old type rechargeable batteries. Run them down a little and they will never fully recharge. Run them dry and they will fill back up. In the human— they will supercompensate and build new capillaries, increase the glycogen storage, and get more efficient at moving you along. BE level is adequate to call up all the slow twitch muscles. DE [10-20 beats below the lactate threshold] is no better, more tiring, and not as efficient all around. Generally avoid DE. In addition, a good base will allow you to do more TH and ultimately RP training with faster recovery and without the symptoms of overtraining.

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Ski tips, waxes & things (continued)

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Try to avoid mixing RP and TH training. We do the TH concentration first— then switch to RP concentration with a decrease in volume to allow the required increase in recovery time. To do RP effectively- or to race at RP effectively— you need to be fully supercompensated and the HR needs to easily elevate to normal RP numbers. Otherwise you will start producing all kinds of lactates at a very low HR and wonder why you can't move.

Racing— Why we do all this. Any racing basically has a negative effect on you. It takes 3-4 days to completely recover. It is hard on technique if you try to forget how to ski like most beginners do. It kills the aerobic gains in your cells for quite a few days afterward— now even ski racing is only of limited training value— increasing your lactate tolerance— and maybe your fast twitch muscle use. Each time you race, it essentially uses up the bank balance you have built through the year with the hard training. If you are doing races using something other than skiing— you have the same problems but fewer direct benefits. Race strategy is different for each type of event. And you aren't learning to ski efficiently at race pace by, for example running. And biathlon strategy can only be learned by doing biathlon races. So pick your races carefully!

Enjoy

Update on area trails

Nature Conservancy may log parts of Arboretum; rehabilitated French Rapids trails ready for skiers

The on-again, off-again logging operation by the Nature Conservancy appears to be on...maybe.

The Nature Conservancy owns approximately 160 acres of the Northland Arboretum which is contained in a diagonal swath running from southeast to northwest and effectively bisects the Arboretum. Trails that would be most effected are Big Ben, Little Ben, Oran's, Rudy's, and Potlatch.

The plans are to reduce the concentration of Jack Pine from about 200 trees per acre to about 20 trees per acre. There will be no cutting of Oak (too bad for late season classic skiing), Aspen or other species. The Jack Pine harvest will be limited to about 50 acres of the Nature Conservancy property in the area adjacent to the aforementioned trails.

The project will have to be done while the soil is completely frozen. At this time, Conservancy officials are hoping to get started in late February or early March (the best skiing for the past two years). Kent Montgomery or other Conservancy personnel will be there to supervise the operation on a daily basis.

The Jack Pine is overgrown and with many dead and dying trees. Subsequently this has the potential for a catastrophic fire. I think it is incumbent on the users of the Arboretum trails to be aware of this situation and to form a coalition to properly manage a healthy, attractive, and safe woodland environment.

This winter promises to give us some of the finest skiing in the Midwest on the repaired, reconfigured, rehabilitated, redesigned, really great trails at French Rapids. Try and get out there at least once this winter, once our playing surface arrives. These trails are most scenic and challenging. You'll be back for more.

