



Brainerd Nordic Ski Club

Lumberjack Jotter

November 2006

Annual ski swap slated for November 18th

Do you have any winter sports equipment that you'd like to upgrade or replace? If so, the Brainerd Nordic Ski Club sponsored SKI SWAP is the place to do so. The SWAP is the place where you can find those special deals on used equipment as well as new products from area dealers.

Registration of items will be Saturday, Nov. 18 from 7:30-9:00 a.m. Special tags will be provided to mark all items and BNSC members will assist with tagging and pricing questions. If you're coming to purchase only, doors will open at 9:00 and the SWAP will run until 12:00. Between 12:00-1:00, people can either collect money from sold items and/or pick up unsold items. Unclaimed goods will either be discarded or become property of the BNSC.

A little advice...if you're looking for a really great deal or have a specific item in mind, arrive as close to 9:00 as possible – the buying is fast and furious during the first hour and the choice items go quickly! For people only selling, the SWAP is the perfect opportunity to get a little something back on your older equipment and accessories.

Similar to past years, the BNSC will collect 15% of the merchandise sales from all non-club members. However, any current member (or those that join at the SWAP) will pay only 10% - another special advantage to club members and another reason to tell your skiing friends to join the club!

As usual, local ski shops will have new and rental items for sale. We always ask participating retail shops to bring an extra supply of youth/teen equipment as this is the area that usually receives the most interest. So check your X-C stuff and other winter sports items like downhill skis, snow boards, figure/hockey skates, car top carriers, etc. Decide what you'd like to bring as well as what equipment you'd like to buy.



PLEASE...share the information about the SWAP with all of your winter enthusiast friends. We'll inform the public through newspapers and radio/TV. Mark your calendars for Saturday, November 18 and show up ready to find some fantastic deals! There will be many BNSC and downhill personnel on the floor to help with your questions.

If you'd like to help out with the many jobs needed to run an event of this size, please call Jeff DeVaney at 218-829-7472. Thanks much and we'll see you at the SWAP!

Board of Directors meeting minutes -- Oct. 9, 2006

Board members present: Josh Duda, Jean and Bill Meyer, Jeff DeVaney, Ray Griffin, Pat Lanin, Kent Montgomery, Eric H. 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 Bill, Jean 2nd.

Financial report: Jean Meyer presented the Treasurer's report with a new and improved format. The report was approved by the board. Motion made by Jeff, Chad 2nd.

Ski swap: Jeff passed out flyers and requested assistance with passing flyers out. Jeff also advised that Cycle, Path and Paddle were excited to be included in the ski swap.

Arboretum memorandum: Pat made extensive improvements to the existing document. Minor amendments were discussed. Pat will send an updated version to the board as well as provide a copy to Jim Nelson for review. Pat will then present the draft copy to the Arboretum for review. Thanks for all of the hard work Pat!

Trails committee: A work group was at French Rapids doing tree removal and general maintenance earlier this morning. An assessment will be made after today and dates will be set for the mowing and any other work that needs to be done. Bill made a motion to hire Eric for the Grooming Foreman position, Pat 2nd. Pat is reviewing a couple other potential groomers.

Equipment status: Pat advised that there are currently no used groomers that we would be interested in but will remain active in locating a groomer that meets our requirements.

Dog and walking trail: Pat presented a proposal from the Arboretum regarding the possible location of a dog/walking trail at the Arboretum. A counterproposal was offered that Pat will present to the Arboretum board. The proposal includes the current dog/walking trail in addition to using the current walking trails located in the southeast corner of the Arboretum (area of the pond south of the old entrance extending to the gazebo past maintenance to the current trail). The two trails will connect in addition to a trail on the southwest portion of the Arboretum in the area of the old landfill. Through this proposal all ski trails will remain intact with the exception of 2 dog/walking cross areas. Pat proposed that the BNSC provide grooming (snowmobile packing) and the Arboretum purchase the necessary signs for the designated dog and walking trails. Pat will advise the board of the Arboretum's reaction.

Upcoming meetings: November 13, 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.

Jotter article deadline: October 23rd is the deadline.

Next meeting: November 13th at the Boardwalk Bread'n Bagel Restaurant. Eat at 6, meeting starts at 6:30 PM. adjourn: 8:30 PM

Respectfully submitted, Chad Turcotte, President

Ski tips, waxes & things

by Bill Meyer

Reaching your potential requires patience

The trails at French Rapids are mowed, and are waiting to be hand-picked of branches and debris. The ski swap is coming up on Nov. 18. The top skiers and biathletes around are discussing a trip to West Yellowstone for Thanksgiving week. Snowflakes are dribbling down, deer are getting spooky, and the firewood piles are growing. Anticipation is rising.

No matter how many years go by, a true skier will always be in a state of anticipation for that first skiable snowfall. And then for the first groomed trails and the first bright winter days after traveling to a new venue. While others dread the coming of winter, skiers look forward to nights where snowfall dims the lights from across the lake or from down the block at the nearest streetlight, hoping there is enough to pack and set tracks in.

No matter how many years go by, a true skier will always be in a state of anticipation for that first skiable snowfall.

We must also have patience. A few years ago a wet, heavy, late fall snowfall dropped 6 inches or more on a Friday. The phones were alive with the clamor of the hard-core wanting the trails groomed by Saturday morning. The ski club responded by packing and dragging the heavy stuff at the Arboretum while it was above freezing -- only to watch in dismay as a few skiers sank to the bottom and left their tracks to freeze overnight, not to thaw all winter. It was weeks before those trails could be used again. Others waited and held off grooming or skiing. Once the snow had frozen and dried somewhat on the following Monday, they groomed it out to fantastic early season skiing.

Anticipation tempered with patience.

Ski training and racing is the same.. The anticipation often ignites a fire in a stove that hasn't been cleaned since last year. The skier goes out and tries to do what he or she was capable of at the end of last season -- only to suffer from lack of preparation, trying to push too hard on early ungroomed trails, or trying to jump into a race and go out too hard only to die midway to the finish line. So go out those first snowy days without high goals and enjoy the experience. Have patience.

Patience also needs to govern our long term approach to skiing as a lifelong activity.

Here is one example. Each of us is born with a potential oxygen uptake. That is a scientific term for how much oxygen your body can take in and put to work firing the muscles in that stove. So you might say, "My performance is preordained, therefore why bother? If my competitor has a better uptake, I am stuck in the mud."

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Ski tips, waxes & things (continued)

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In reality, there are a number of factors that affect that potential uptake before it becomes a fast kilometer skied at your maximum personal best time. First, note the words “born with a potential oxygen uptake.” Most of us never live our lives correctly nor train adequately to reach our potential. So we are really dealing with our “current max O₂ uptake.”

Then to become a true factor in the energy output equation, the current O₂ uptake needs to be divided by weight or weight to the 2/3 power or something similar. Now you have current VO₂ max. That has been found to have a race speed relationship. Are you carrying a pound or two you don't need?

Each of use also has a limit on how much of our current VO₂ max we can actually use. This factor is often credited with the reality that the age of peak performance is usually in the mid 20s to the 40s, while the peak VO₂ itself will occur around age 20 or so. The “use factor” seems to be related to long-term high volume training at slow speeds, and is a preparation of the body to efficiently use the O₂ -- the red blood cells to absorb it in the lungs, the heart capacity to spread it to the muscles being worked, the capillaries next to the specific muscles used in skiing, and the cells in those muscles to absorb and utilize the oxygen to fire the muscles -- along with the maximum number of those specific muscle cells. Top athletes can operate for an hour or more at over 90 percent of their current max VO₂. That is aerobic capacity at its best.

Next is the trunk and limb efficiency of your oxygen use. Technique. Compare the actual O₂ use of two people of the same current VO₂ max -- one a good technical skier and the other a great skier. The great one will use a lot less O₂ because of skiing efficiency. This is true in skiing to a far greater degree than say running or biking, though each sport has some technique efficiency factor built in.



In skiing, an equipment factor also becomes relevant. Take those two skiers again -- say identical twins -- same weight, same training all their lives and you likely have two equal opportunities. Now put one on skis that are well designed and fit, and the other on a pair that have antiquated design and are too soft. At any speed, the twin with the best equipment will use less O₂. Same with the optimum wax.

So should we be concerned about our inherited maximum potential oxygen uptake? Why? Nothing you can do about it unless you go back and pick different parents. But there are a lot of factors that can be trained or otherwise modified to help you improve, especially in skiing. But it takes a long-term plan, a lot of dedication, many hours of training, and a focus on the goal.

And patience.

Enjoy

Area biathletes compete at Camp Ripley event

For the 11th consecutive year, MN Biathlon held two days of roller ski biathlon races Oct. 21-22. Again this year, Camp Ripley near Little Falls was the venue with teams from Minnesota and Manitoba participating including five from Nisswa Northwest Biathlon.

On Saturday in the 13.25 km Men's Individual Race, Wynn Roberts of Battle Lake was 3^d overall, 2nd in the US Youth Men's category with 11 misses in a time of 44:57. In that division Hans Stadem, Baxter, was 4^h, with 9 misses, in 47:00. Conrad Roberts was 10th, with 8 misses, 55:06 and Jim Burke, Fergus Falls, was 12th with 8 misses in 1:00:15.

On Sunday in a mass start 11.25 km race, Wynn Roberts challenged Kevin Patzold, 2006 Olympic team contender from Grand Rapids, for the race lead until the 4^h shooting stage, but could not ski off the two penalties from his last shooting as Patzold headed directly back onto the course by shooting clean and skipping the penalty loop. Roberts finished in 35:43 for 2nd place overall, 1st US Youth Man. He was closely followed by Baxter's Hans Stadem in 4^h place overall, 2nd Youth with 8 misses in 38:13. Stadem finished well over two minutes faster than his time on the same course last year. Jim Burke was in 6^h place with 8 misses in 49:54.

In the 9.85 km US Boy's division, Conrad Roberts with 9 misses tied with Grand Rapid's Bob Carter for 2nd place in 40:50.

In the 11.25km Masters division, Josh Duda, Pilliger, was 2nd with 8 misses in a time of 49:10.

The next events will be the 1st and 2nd MNBiathlon Cup races December 9^h and 10th at Mt. Itasca. Shortly thereafter between Christmas and New Year's will be the U.S. team selection trials for the 2007 Youth and Junior World Championships. Worlds will be held in Martell, Italy in late January. The U.S. Trials will also be held at Mt. Itasca.

The qualifying criteria for the U.S. team is to be in the top four in the Youth or Junior category in the best two of three races held three days in a row and to have a 96 percent back average compared with the top three each day in those best two races. Teams from Maine, Vermont, New York, Alaska and the Midwest are expected to participate.

Club logo available for clothing of your choice

by **Pat Lanin**

A couple of seasons ago I took on the daunting task of selecting a warmup jacket that would meet the needs of the BNSC membership. A consensus on color, style, garment weight and fabric looked to be about as likely as Amy Klobuchar endorsing George Bush.

So I thought I had a solution that would please everyone ... Have the BNSC logo and name embroidered on a garment of your choice, sweatshirt, jacket, vest, whatever. You could then select the color scheme on the logo and have a 100 percent custom product which fits your taste in sportswear. What a great idea ... NOT. During the past two ski seasons I have seen a total of one such garment (other than the ones that Emily and I have).

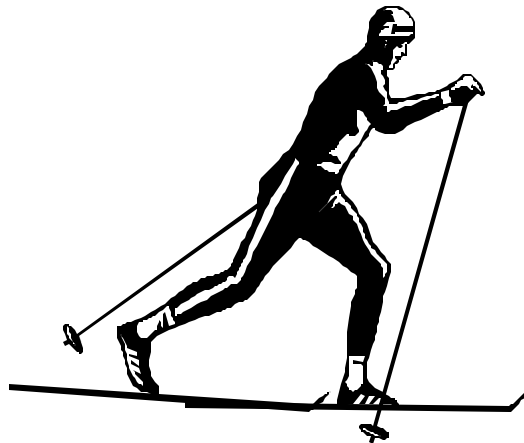
The cost will be about \$25 for the work which includes the logo on the front of the garment and the words "BRAINERD NORDIC SKI CLUB" in block lettering on two lines on the back of the garment. I still think it's a great idea, and if you agree that it would be nice to advertise our club, contact Brad at Minnesota T's at 829-0029.

Please remember to renew your ski club membership.

The Brainerd Nordic Ski Club is responsible for the construction, maintenance and grooming of the trail systems at the Northland Arboretum and French Rapids.

Your membership and participation in the ski club is important for the continuation of this activity.

Thank you very much!



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.



Become a member of the Brainerd Nordic Ski Club!

2006-07 Membership

Individual \$15

Family \$35

Club Sponsor \$75

High School Student \$3

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Please send membership and payments to:

Brainerd Nordic Ski Club

PO Box 927

Brainerd, MN 56401

