



Brainerd Nordic Ski Club

Lumberjack Jotter

February 2009

Grooming crews working to keep trails in good condition for spring

First we had a lot of snow coming frequently, and with a few mechanical problems; the grooming lagged a few days behind for a week or so. Then suddenly the trails looked great! The Arboretum was immaculate, French Rapids was a beautiful place for expert skiers, and Forestview was a nice alternative to the ARB and served the high school/jr. high teams quite well.

Suddenly weather patterns changed and the snow stopped falling while the temps dropped out the bottom. The grooming crews worked really hard and kept the trails in good shape—but slowly they packed harder and harder and were tougher to break up. Then late in January it was 45 degrees with a lot of ski traffic on a Saturday afternoon. When the temps dropped again overnight the Arb was frozen solid, Forestview was really hard, and French Rapids was impossible to work with the heavy equipment necessary.

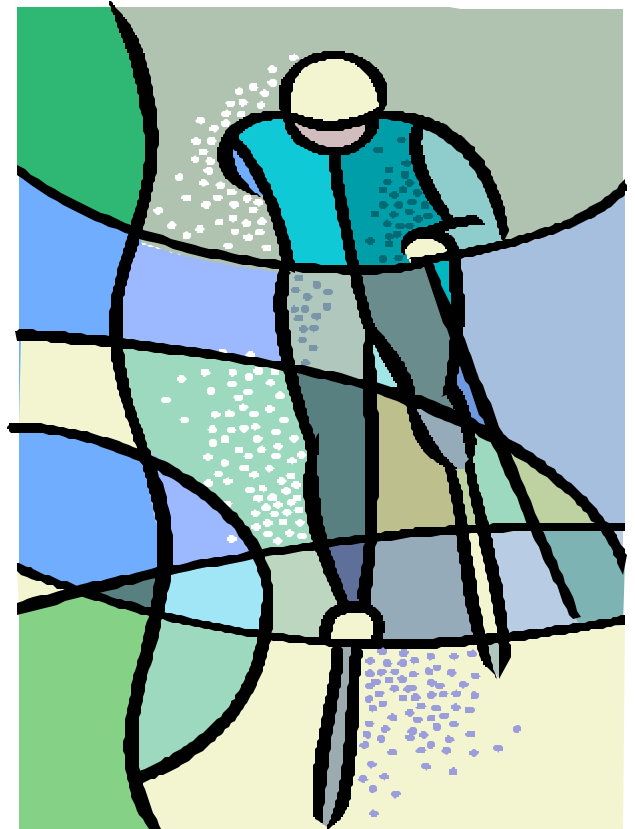
Slowly the crews worked up the Arb and Forestview again, leaving French Rapids waiting for more snow, then the January thaw came on the first few days of February in the form of 3 days of rain—what wasn't ice before—became ice now.

Combine this with a DNR Grant in Aid total grant amount that hasn't gone up in several years, rising costs of buying and operating equipment, and continual maintenance expenses and we end up with a limited amount of grooming capability as we near the end of the season. Now we are rationing out the grooming efforts as we near the end of the grant money.

The good news is that with our contract groomers owning a Piston Bully with a power tiller, even this last weather curve didn't shut us down. Once the thaw came to an end, John Taylor and Chad O'Brien got back to work and now have most the Arb and Forestview back in good condition. Chopped up ice is fast—but it is also a lot of fun! Just be careful on the downhill.

A decision was made by the Board to leave French Rapids closed until we get more snow!

Keep an eye on www.skinnyski.com for updated trail conditions.



Reminder: Please follow trail etiquette

At the last Board meeting, the BNSC reaffirmed its rules on the Grant in Aid trails to protect the Club's investment in grooming and to continue to provide a quality ski experience on these trails dedicated to skiing: **Pedestrians, snowshoers and dogs are not allowed on groomed trails.**

At the Arboretum alternative trails are provide for dog walking and snowshoeing. These rules apply anytime the trails at Forestview, the Arboretum or French Rapids are groomed and open for skiing.

Foot traffic breaks down the tracks that are molded by the grooming equipment and also digs down to dirt or pavement and hastens the melting deterioration process. Snowshoers are moving at a far slower rate than skiers are and thus there is a safety conflict between the users.

Dogs, even those on a leash, create a nuisance situation with droppings on the trail, breaking down the tracks, digging footprints into the snowpack, and most important, intimidating other skiers. Your friendly fireside companion is an unknown chaser or barker when a skier passes by on the trail. Even on a leash—the trails are too narrow to prevent close contact—and often the leash itself becomes a hazard as the dog stretches it across the trail.

The Department of Natural Resources has indicated it will enforce these rules when the trails are signed. They of course will also be checking for the MN Ski Pass required on all GIA trails.

Brainerd Nordic Ski Club provides grant dollars to help young skiers

The BNSC has recently made two grants of \$250 each.

The first was to Jenna Ruzich to assist with her expenses traveling to Alaska for the US Youth and Junior Biathlon team trials for selection of team members to participate in the YJrWorld Championships for the US. Jenna gained a lot of experience and will be making a presentation at the spring potluck on the trip. Plus she is providing service time to the club. The BNSC has a program to assist young skiers and biathletes when they participate in National level competitions out of state.

The second grant was to the Brainerd School District and specifically the Brainerd Nordic Ski Team who used the funds to purchase a quality pair of classical racing skis. These skis were then used by Amanda Finstad for the sections and state meet. Please note the thank you card below. The skis will stay with the team when Amanda graduates after next season.

Brainerd Nordic Ski Club,

Thank you for funding me with new classic skies. I would not have been able to afford new skis so thank you very much! The skis mean a lot to me and will be taken care of. I would have had a hard time skiing at sections with skis that were too small for me, the new classics worked great! I can't wait to race with them at the state meet! Thank you so much again for your support!

Amanda Finstad

Ski tips, waxes & things

by Bill Meyer

Success at the top levels requires a training plan

Success! What is it, how do we get it?

For most of the top skiers or biathletes in the country, success means high placement in the results list in top competitions. Top competitions being meets with high level competitors such as state wide, regional [several states], national or international events.

Wow! You certainly can't expect a young 8th or 9th grade junior high student to do that!! No you can't, but you can start them on the path that will lead to success at that level.

Now for a young athlete, say in junior high school, it is good to participate in a lot of activities -- be a 3-sport athlete, try other things. This is a time to develop generally—to get physically more coordinated, stronger and to find yourself. What is it you really want to do? For them, success might be high placement in a local high school race. But that is only a stepping stone.

In the early high school years you might still be in several sports—though 3 endurance based sports are not the best model, in my opinion, due to the lack of adequate recovery within in the training year. But you will likely spend more and more time training for whatever you like best. You might be doing a total of 400 hours of training and racing with the focus of all that on your most desired sport. If your sport is skiing or biathlon, the heaviest training will be in the summer and fall. You need to be ready to train long hours in late May and early June. You need to have a good base of strength work under your belt before that starts. And you need some recovery time after a long ski/biathlon season before that. Refresh the mind and the bod—and hopefully supercompensate a little. **Supercompensation** is when you have recovered back to where you were before the workout, then continue to recover a bit more to a higher state of being. That is the whole goal of training, right?

In the later high school and early adult years- you will primarily focus on your main sport, particularly if it is an endurance based sport. By now you have progressed upward in training time and effort to 500 hours of training or more (not including getting ready, or socializing time) and to get in the needed recovery from this effort, you don't really have time to pursue a lot of things across the board. In fact, trying to do that will cause a lot of negatives such as the wrong training at the wrong time, too many races when high volume should be the goal, and too much intensity in the training year.

Well, I have mentioned annualized training, training hours, strength, endurance and intensity. For skiers, an additional element is skiing ability. How well do you ski? If you are sloppy on skis, no matter how much energy you put out during a race, you won't go any faster. So high on the list of things to accomplish is learning HOW to ski—and ski well.

If you are sloppy on skis, no matter how much energy you put out during a race, you won't go any faster.

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Ski tips, waxes & things *(continued)*

(from page 3)

The basic building block in endurance sports training is the **work-recover-supercompensate** module. Any training plan needs to accomplish this. The block should be applied to daily training, to weekly efforts, monthly efforts and even to annual training. Without supercompensation on a steady basis, you will have no gains and push it very far and you will have what is known as **overtraining** - a state of mental and physical lethargy where the heartrate won't elevate normally, the person is tired day after day, and the results go in the tank.

If you look at a competition season and the best results are in the middle of the season—you should take a hard look at the training plan and especially look for the lack of **recovery and supercompensation**. On at least a weekly basis, if not every day, you should feel fresh and ready to train when you go out....or you need a recovery day of easy work. Incidentally, we normally find a day of easy effort is better for recovery than a day completely off. Sometimes an alternate activity is really good.

Most top athletes are on an **annualized plan** centered around their chosen sport. What does that mean?

Well, it means everything they do during the training year, which usually starts right after the chosen sport season ends, is focused on success in the upcoming year.

From year to year the annualized plan is **progressive**. The annual total volume in hours goes up, the percentage of intensity goes up, the strength requirements go up and the success follows the progression. The measure of success in a good plan over several years is that the athlete progresses faster than what would happen just from the maturation process. Athletes on good plans do not “peak” in their junior year of high school. They aren't all “washed up”. A well-trained endurance athlete will continue to improve into their early 30's and then will hit a gradual plateau that might include even more improvement in the results page. Take a hard look at Wynn Roberts' successes in skiing and biathlon. Wynn is 20 yrs old—and is just approaching the World Cup level in biathlon.



Within the annual plan there again is progression. The first month is easier than one in say, August. The year is divided into blocks of months and the focus is different in each block. Blocks might overlap, but they are designed not to conflict with each other. Base gains in endurance are inhibited by heavy intensity and a lot of races. Strength training and endurance training are somewhat compatible—but are not the same. The activities progress from more general to very specific. A little running in the spring is fine—in October it basically uses the upper body muscles for fuel. Preparation for the race season is different than what should happen in the high volume months of summer and fall. And the race season is where it plays out—not the primary training season.

(continued on page 5)

Lumberjack Jaunt a success despite cold

Despite the sub zero temperatures, the 2009 Lumberjack Jaunt Ski Race ran as scheduled. The official temperature at the classic race start was a chilling -2 degrees F with a warm up to a balmy -1 degrees for the skate start an hour later.

The frigid temps put a damper on the size of the race crowd, but not on their spirits. Twenty racers braved the classic courses while only sixteen challenged the skating courses. We even had two adventurous Storbakken girls race the Kids Jaunt.

Thanks to John Taylor and Trail Boss Grooming, the courses were in perfect condition for the races. Multiple compliments came from the racers on the condition of the trails. Our thanks go to the grooming crew for their hard work and dedication to provide us with the excellent course.

Thank you to all of the volunteers, sponsors, and competitors who make the Lumberjack Jaunt an ongoing success. We look forward to seeing you again next year!

See page 7-8 for race results.



Ski tips, waxes & things *(continued)*

But throughout the whole plan, that basic building block of training needs to be planned in and watched carefully. Is the athlete performing well in training? Is the heartrate going up and down normally? Can the athlete elevate the heartrate with normal output or is it stuck at the lactate threshold level? What happens when the athlete gets pushed above the lactate threshold? Is the athlete improving with supercompensation or is he/she stuck or coming apart? These are the most important questions and require constant dialog between the athlete and the coach. And with a serious athlete—pushing a tired athlete day in day out usually doesn't accomplish anything.. just a lack of supercompensation and a consequent deterioration in the results placement.

In a 400 hour plan, 40 hours might be spent on strength work—pure strength; 280 hours at BE [Basic Endurance—Level 1] Base overdistance work; and a total of about 40 hours of high intensity at TH [Threshold-Level 3], RP [Race Pace- Level 4] and in all races throughout the training year. The remainder might be in DE [Development Endurance- Level 2] but training in the upper part of this zone and with heartrates just below the TH training zone is not real productive.

Throughout the process, a focus on technique is critical for a skier. It takes 3 weeks to learn a new movement practicing every day. It takes about 3 weeks before that to lose a bad habit. In skiing, technique is so critical it is important to do some skiing 3-4 times a week from June on. Keeping in mind also we are dealing with both classical skiing and skating—which while they share some similarities—also use different muscle patterns.

So if you are seeking success like a Raleigh Goessling of Esko achieved this year—32nd at the World Championships in Biathlon and 2nd in the MN High School State Championships, the above will give you a feeling for what it takes. There are few in the top ranks who are not doing some variation of the above.

Enjoy

Board of Directors meeting minutes -- Feb. 10, 2009

Northwest Pizza/Boardwalk Bread and Bage. Facilitator: Bill Meyer. Members Present: Josh Duda, Chad Turcotte, Jean Meyer, Bill Meyer, Roger Landers, Kent Montgomery, Mark Stadem, Dan Cruiser, Mary Clair Ryan, Nicole Kellerman, Al Steif, Jeff DeVaney. Guests Present: John Taylor.

Meeting Called to Order at 18:30. Al made a motion to approve the January minutes as written. Roger seconded the motion. Motion carried (9-0)

Jean presented the budget to date. Lumberjack Jaunt income and expense reviewed. Bill reviewed the equipment repairs completed. Bill broke down the information on the GIA grant, what grooming has cost top date, and at what rate we can continue to groom trails. Al motioned to approve the budget. Jeff seconded the motion. Motion carried (11-0).

John and Bill spoke on the current trail status and future outlook. We currently have approx 10 hours per week with the Piston Bully for about the next 3 weeks, then we will be beyond the GIA Grant. With the current warm temperatures and rain, trails will be ICE when temps drop back below freezing. French Rapids has been closed until further snowfall. Plan is to focus on the Arb. If need be, we will focus efforts on certain areas (Lighted, Big Ben, Potlatch).

Bill reviewed current equipment issues. Our older machine (2003 Skandic) has the transmission out. It will cost approx \$2300 to repair. Discussion was held RE options. a) repair machine, b) abandon/sell as is, then do we replace or maintain only one of our own sleds. Mary Claire made a motion to hold off on repairs for now, hold onto the machine, then decide next fall. Mark seconded the motion. Motion carried (12-0).

One of the Ginzu Groomers had an actuator repaired. We still need a few minor modifications to our new machine to perfect it for grooming (ie: ball hitch needs to be moved forward, etc), but is proving to be a good sled.

Josh reported on the Lumberjack Jaunt. There was a light turn out for the race. Around thirty five competitors raced, down about 50% from last year. Temperatures below zero were the leading factor impacting participation. There was discussion RE the date of the race and other outside influences. A suggestion was made to include a pursuit race format next year. We had one participant do a 16C/16S and two do a 6C/6S race this year. The Lumberjack Committee will report back next fall on any changes for next year's race.

MC & Nicole presented the club with a thank you note from a BHS Ski Team member thanking us for the grant money we provided to go toward the purchase of classic skis. She won the 6km classic race @ the Lumberjack Jaunt on the skis. She made it to the state HS race next Friday and is looking forward to racing on the appropriate equipment.

MC presented info that provided that we have the GIA Trails posted appropriately, the DNR Conservation Officers can (and will) write citations for walking, walking dogs, snowshoeing, etc on the GIA Trails. There has been abundant foot traffic on the groomed trails at all tree of our GIA Trail locations. We do have some signs up at a couple of locations. Bill made a motion for Kent to purchase the signs and post. MC seconded the motion. Motion Carried (12-0).

Kent made a motion to ban dogs and walking on GIA trails during the groomed ski season, except as approved by the BNSC Board of Directors. MC seconded the motion. Motion Carried (12-0).

Kent presented info on the new proposed athletic fee structure for the schools. The first reading was at the last Brainerd School Board meeting. As it sits, most winter sports (including nordic skiing) would be at the top tier of \$425. Outside fundraising would be allowed per sport to reduce this cost, but will be regulated. They are looking to keep 80-90% of fundraising into the program to be approved. This would limit fundraising efforts such as the candy bars where less than 50% goes to the program...most goes to overhead costs. The Warrior Way is still in place. Low income assistance is still available. There are some multi sport discounts, family maximums, etc in the works as well. Discussions were held on potential impacts on the sport, club, and skiing community. Potential BNSC actions were also discussed.

Jotter Articles are due February 17, 2009 to Kirsti Marohn klmarohn@yahoo.com

Next meeting will be **Tuesday, March 10th, 2009.**

Mark made a motion to adjourn. Kent seconded the motion. Motion carried (12-0).

Meeting Adjourned at 19:48.

Respectfully Submitted, Josh Duda



2009 Lumberjack Jaunt Ski Race

Hosted by the Brainerd Nordic Ski Club

11am Race Start

-2 F

Women's 6 km Classic

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	29	Classic	16-17	F	Amanda	Finstad	17	Baxter, MN	0:24:43
2	38	Classic	16-17	F	Amanda	Schmidt	16	Alexandria, MN	0:28:27
3	1	Classic	<15	F	Sarah	Fairbanks	14	Brainerd, MN	0:29:27
4	32	Classic	40-45	F	Sharon	Pike	45	Brainerd, MN	0:36:22
5	34	Classic	<15	F	Karlie	Trottier	9	Breezy Point, MN	1:03:05
6	35	Classic	40-49	F	Deanne	Trottier	41	Breezy Point, MN	1:03:07

Men's 6 km Classic

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	39	Classic	40-49	M	Jack	Ellefson	45	Park Rapids, MN	0:24:40
2	30	Classic	40-49	M	Bryan	Pike	46	Brainerd, MN	0:25:13
3	37	Classic	<15	M	Zean	Baker	14	Nisswa, MN	0:25:14
4	31	Classic	<15	M	Robert	Pike	10	Brainerd, MN	0:35:59
5	26	Classic	60+	M	John	Bonde	66	Brainerd, MN	0:37:03
6	36	Classic	50-59	M	Michael	Bender	58	Crosby, MN	0:39:48
7	28	Classic	<15	M	Evan	Storbakken	8	Brainerd, MN	0:45:34
8	33	Classic	<15	M	Zach	Trottier	12	Breezy Point, MN	0:50:17

Men's 16 km Classic

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	164	Classic	35-39	M	Owen	Baird	36	Brainerd, MN	0:50:50
2	275	Classic	25-29	M	Erik	Solberg	27	Eagan, MN	0:51:28
3	273	Classic	50-59	M	Dan	Cruser	56`	Crosby, MN	0:59:26
4	274	Classic	60+	M	Roger	Landers	67	Nisswa, MN	1:13:46
5	272	Classic	60+	M	Monte	Miller	72	Maple Grove, MN	1:15:59
6	271	Classic	35-39	M	Eric	Storbakken	37	Brainerd, MN	1:21:46

Women's 16 km Classic

No Participants





2009 Lumberjack Jaunt Ski Race

Hosted by the Brainerd Nordic Ski Club

Noon Start

-1 F

Men's 6km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	3	Skate	40-49	M	Jack	Ellefson	45	Park Rapids, MN	0:22:54

Women's 6km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	2	Skate	16-17	F	Sarah	Peper	16	Alexandria, MN	0:25:53
2	1	Skate	<15	F	Sarah	Fairbanks	14	Brainerd, MN	0:29:45

Men's 16 km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	177	Skate	25-29	M	Paul	Olson	29	Andover, MN	0:47:29
2	164	Skate	35-39	M	Owen	Baird	36	Brainerd, MN	0:52:14
3	175	Skate	50-59	M	Don	Callander	57	Maple Grove, MN	0:54:48
4	174	Skate	50-59	M	George	Odio	53	Alexandria, MN	0:59:59
5	169	Skate	45-49	M	James	O'Hearn	45	Baxter, MN	1:00:55
6	173	Skate	60+	M	Kayo	Aslagson	60	Starbuck, MN	1:07:25
7	168	Skate	60+	M	John	Lavelle	62	Golden Valley, MN	1:12:37
8	171	Skate	50-59	M	Denny	Barry	59	New York Mills, MN	1:15:08
9	201	Skate	50-59	M	Joe	Stattine	57	Brainerd, MN	DNF

Women's 16 km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	202	Skate	40-44	F	Anne	Ellefson	43	Park Rapids, MN	0:58:55
2	170	Skate	25-29	F	Becky	O'Hearn	25	Baxter, MN	1:06:23
3	172	Skate	30-34	F	Beth	Barrett	33	Minneapolis, MN	1:18:04
4	176	Skate	25-29	F	Erika	Olson	29	Brainerd, MN	DNF
5	167	Skate	60+	F	Jean	Lavelle	62	Golden Valley, MN	DNS



2009 BNSC Board members

Dan Crusier, Jeff DeVaney, Josh Duda, Ray Griffin, Nicole Kellerman,
Roger Landers, Bill Meyer, Jean Meyer, Kent Montgomery, Mary Claire
Ryan, Mark Stadem, Al Steiff, Chad Turcotte, Nadine Wittkopp



Become a member of the Brainerd Nordic Ski Club!

2008-09 Membership

Individual \$15

Family \$35

Club Sponsor \$75

High School Student \$3

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

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Please send membership and payments to:

Brainerd Nordic Ski Club

PO Box 927

Brainerd, MN 56401