

STOWE NORDIC OUTING CLUB

2009-10 Membership Preseason Newsletter: November 2009

SNOC Mission Statement:

To promote the passion and pursuit of a lifetime wintersport for northern Vermonters, and also to support the development of youth programs; by encouraging fitness, competition, education, technique improvement, fun, social camaraderie, and an appreciation of the outdoors and nature through nordic skiing.

SNOC Membership & Benefits

Individual Membership: \$25

Family Membership: \$45

- ❖ Alliance with a community of area nordic enthusiasts
- ❖ **Exclusive For Members-only: All-Stowe Season Pass**
 - Every day all day nordic skiing on hundreds of kilometers of renowned terrain: Trapps, Topnotch and Stowe Mountain Resort.*
- ❖ FREE entry to SNOC Wednesday Race Series
- ❖ Sponsorship of Special Events: Races, Ski Fest, Clinics & More
- ❖ Support junior development program: Bill Koch Youth Ski League, junior racers and coaches' education
- ❖ Discount on NENSA (New England Ski Association) membership.
 - Indicate on NENSA form that you belong to **SNOC**, a NENSA affiliated club.
- ❖ Collaboration with Touring Centers for support of mission
- ❖ Web site results and links
- ❖ Email notifications of related events
- ❖ Volunteer requirement giving you the opportunity to associate with a great bunch of folks

SNOC OPEN HOUSE

Friday, November 13th at 5:00 PM

Golden Eagle Library/Lounge (above Indoor Pool); Mountain Road, Stowe

5:00PM Social Time: Libations and pizza

5:30PM General Membership Meeting

A great way to kick off the season!

(Note: Trina's Training Group will be conveniently held at the Golden Eagle on this day.)

News For This Season:

SNOC pass holders will pick up their passes at the Trapp Nordic Center. Pass holders will receive a gift certificate voucher good towards purchases at the ski shop.

Economy buster: membership dues and SNOC pass prices are the same as last year.

Stowe Nordic Outing Club is the co-host with Trapps for the combined premier eastern ski event: UVM Winter Carnival and NENSA Eastern Cups.

New ByLaws to be voted on at General Membership Meeting.

OUR WEB SITE: www.stowetimes.org OR www.stowenordic.org

Webmaster: Ed Miller, edinvermont@gmail.com

STOWE NORDIC PROGRAMS FOR MEMBERS

1. ALL-STOWE NORDIC SEASON PASS

The All-Stowe Season Pass is offered **exclusively** to members of Stowe Nordic Outing Club and is good at Trapps, Stowe Mountain Resort & Topnotch. With snowmaking at Trapps and the “snow bowl” at Ranch Valley, skiing is almost guaranteed all season long in Stowe. **This offer is good only until December 1st, 2008.** Send your membership form and pass application included in this newsletter to Henry Busetti, SNOC Treasurer, to take advantage of the only nordic pass good at these multiple fabulous Northern Vermont touring centers. Note that you **MUST** be a current dues paying member!

Individual All-Stowe Season Pass: \$265 (including tax)
Family All-Stowe Season Pass (living in same household): \$371 (including tax)

2. 2010 SNOC Wednesday XC Race Series

<u>Date</u>	<u>XC-Ski Center</u>	<u>Discipline</u>	<u>Variations</u>
Jan 6	Stowe Mountain Touring Center	Classic	
Jan 13	Trapp Nordic Center	Freestyle	
Jan 20	Trapp Nordic Center	Classic	Mass Start
Jan 27	Topnotch Nordic Barn	Freestyle	
Feb 3	Stowe Mountain Touring Center	Classic	
Feb 10	Morse Farm	FS Spring	Challenge Race (part 1)
Feb 17	Topnotch Nordic Barn	Freestyle	
Feb 24	Trapp Nordic Center	Both	Pursuit Race
Mar 3	Craftsbury Outdoor Center	Classic	Challenge Race (part 2)
Mar 10	Trapp Nordic Center	Freestyle	Challenge Race (part 3)
Mar 17	Stowe Mountain Touring Center	Classic	Ski in Costume! & End of Year Party

See calendar on web site for final schedule: www.stowenordic.org

Registration at 3:30; Races at 4:00PM (Note: Challenge races start at 4:30PM.)

Contact Ed Miller, 760-6194/ edinvermont@gmail.com , or Keith Woodard (but he is harder to find).

Improve your aerobic winter fitness and get a great workout at our popular weekly gatherings. Skiers of all abilities and ages are welcome. Races are usually time trial format and distances approximately 5K. Team challenge races are fun matches against Craftsbury Nordic Ski Club and Onion River Nordic with participation the key factor to victory. School teams are welcome, but should call ahead. Volunteers are needed to time the events. Regular participants are expected to sign up to help with one event (or find someone who will). If conditions warrant, cancellations will be made by noon the day of the race. Call the host site for the final word. Results and schedule changes are posted online: www.stowetimes.org.

3. Trina Women's Training Group: Fridays at Stowe Mountain Resort

Contact Trina Hosmer at 253-0810 or hosmer@oit.umass.edu.

On Friday afternoons at 3PM: join an enthusiastic and active women's group for fitness training. A group of 20-30 women from novice to expert have gathered in past sessions to benefit from Trina's technical and enthusiastic expertise. Learning how to improve your skiing is the goal; having fun while doing your best is the result! Program is \$50 plus you must be a member of SNOC. If you don't have a Stowe Nordic ski pass, there is a \$40 Friday only facility use fee. Deadline for this program is November 1st. Trina is an awesome fast masters skier and a wonderfully enthusiastic motivator and teacher.

4. Volunteers Needed:

 Please contact Carol or Henry.

Each member is required to volunteer for AT LEAST ONE of the Stowe Nordic events listed below:

- * Stowe High School Race at Stowe Mountain Resort – Friday afternoon, 1/8/10: Registration & Timing
- * BKL Mini-Marathon at Stowe Mountain Resort – Sunday, 1/10/10 9AM-2PM: Aid Stations
- * NENSA Eastern Cups/UVM Winter Carnival XC at Trapps - 2/6-7/10: Timing, Course Monitors, etc.
- * SNOC Team Relay for Life - 3/6-7/10 Caren Goodhue is SNOC team leader.

**NENSA is the New England Nordic Ski Association: www.nensa.net
Please join NENSA as a member. Participate and score points for our club and moreover give your support to this incredible umbrella organization for New England Nordic skiing.**

NENSA EVENTS ORGANIZED BY SNOC DIVA, TRINA HOSMER

Introduction to Performance Skiing and Racing Techniques at Trapps: Dec. 12-13

The third annual season opener ski clinic at Trapp Family Lodge Nordic Ski Center will not only teach the basic classic and skate techniques but will also focus on good uphill and downhill technique. Instructors include past Olympians, National Champions, and U.S Ski Team members. This clinic is for the cross-country skier who has done some cross-country skiing and wants to become more efficient or even do some racing in the future. It would also be appropriate for those who pursue another sport at a high level and now would like to become more proficient at cross-country skiing. Limited to 50 participants. Register at www.nensa.net. No day of registration.

NENSA Women's Day at Waterville Valley, NH: January 31st

For women by women; from first timers to seasoned masters. Instruction, raffle, equipment and waxing demonstrations, fun relay races. Trina is co-director with Anne Donaghy. \$25 for the day with lunch included (\$20 for NENSA members). More info at: www.nensa.net

NENSA CLUB AND MASTERS SKI SERIES

Nat and Caren Goodhue spearhead SNOC's Club and Masters nordic pursuits. Contact the Goodhues to be on the mailing list for such events: 253-2121; ngoodhue@stowevt.net or caren@stowevt.net.

NENSA Club Rankings

For the 2008-09 season, Stowe Nordic Outing Club was ranked 5th out of 57 clubs in New England, with 277 points – just 22 points behind Dartmouth and one place ahead of Craftsbury! CSU was 1st; Northwest Vermont Ski Club placed 2nd; and Mt. Washington was 3rd. Ten plus club members scored points for SNOC with Trina Hosmer and Eric Eley as the top contributors. Thanks to ALL who participated. For points to count, you MUST be a member of NENSA and register your home club as SNOC. This year we would love to have our club climb onto the podium!

2009-10 TD Banknorth Citizen Series

These races are open to all skiers regardless of ability and experience. It's the perfect opportunity to try racing. Do just a few, or do them all. And each time you race, you'll be earning both individual points for yourself AND club points for SNOC – just for your participation. For more info, see the NENSA Winter Event Guide or go to: www.nensa.net.

December 13, 2009	Bolton Opener 10K skate
January 9, 2010	Bogburn 7K Classic; *14K Classic Haydock House 1051 Skyline Rd, Pomfret, VT
January 23, 2010	TD Banknorth White Mountain Classic *30K Jackson Ski Touring Center, Jackson Village, NH
January 28, 2010	National Masters **10k skate Craftsbury Outdoor Center
January 30, 2010	Craftsbury Marathon 25K classic, *50K classic (special note: 25K scored for masters M8 or F7 and older)
February 13, 2010	Close to the Coast *10K skate
February 21, 2010	Flying Moose Classic 10K Classic/ *20K Classic Gould Academy/Bethel Inn, Bethel, ME
March 14, 2010	35th Annual Mount Washington Cup *15K Skate Bretton Woods Nordic Center, Bretton Woods, NH

MORE STOWE EVENTS

Stowe Derby Date: Sunday, February 28, 2010

AMERICAN CANCER SOCIETY RELAY FOR LIFE: NORDICSTYLE on March 6-7

The 7th annual Relay for Life Nordicstyle will happen at the Trapp Ski Touring Center on March 6-7, 2010. Join fellow cross country skiers, snowshoers, and other winter sports enthusiasts in the fight against cancer. For more information and to join the SNOC team, contact: Caren Goodhue.

Nordic Skiing for Children: SNOC BILL KOCH YOUTH SKI LEAGUE PROGRAM

For skiers ages 5 to 14 years old
Tuesdays AFTER SCHOOL: 3:00-4:30 pm
from January through March 2009
Stowe Mountain Resort Touring Center

The Program: Named after Vermont native and 1976 Olympic Silver Medalist, Bill Koch, the Bill Koch League's mission is to introduce young people to the lifelong sport of cross-country skiing with all of its recreational, social, fitness and competitive opportunities. The goal is to play on skis with buddies while developing skills for a lifetime outdoor winter sport. We welcome children who have little, or even no, experience. Parental participation is highly encouraged.

Cost: Open to children 6-14. The cost for the program is \$75 for the first child and \$50 for each additional child for the season. This includes the required \$20 membership to New England Nordic Ski Association (NENSA) and the \$45 family membership to the Stowe Nordic Outing Club (SNOC). A late fee of \$10 will be added to all applications not received before December 1st.

Registration for the Stowe Bill Koch League:

1. November 10th, Tuesday, from 3:00 to 4:30 pm at Stowe Elementary School Cafeteria
2. Registration by mail - download forms: www.stowetimes.org/snoc/ and mail with check to Peg Lackey by December 1st. (see address below).

Any adults interested in skiing with a group should call Becky McGovern (253-2252)

For more information regarding registration please contact:
Peg Lackey 802-253-7966 or pegalackey@yahoo.com
2358 Stowe Hollow Rd• Stowe, Vermont 05672

There are BKL events held on weekends with other clubs in the northern Vermont area. Some local ones:
SNOC Mini-Marathon: Sunday, January 10th at Stowe Mtn Resort TC
BKL Race on EC Weekend: Feb 6th or 7th
2010 BILL KOCH FESTIVAL: February 27-28, at Pineland Farms, Maine

2009 SEASON KUDOS TO SNOC JUNIOR SKIERS

Competed at 2009 US Nationals in Anchorage, Alaska: *Ruth McGovern, Kaitlynn Miller*
Competed at US Biathlon Nationals: *Michael Gibson*
New England Junior Olympic Team to Truckee, CA: *Kaitlynn Miller*
Vermont Elite Team Eastern High School Championships, Rangeley, Maine
Maeve McGovern, Maggie McGovern, Kaitlynn Miller, Lia Van Dyke
J2 Vermont Elite Team to Holderness, NH: *Maggie McGovern, Hannah Miller*
Vermont High School All-Stars (Top 10 at States): *Maeve McGovern*
Maggie McGovern, Division 2 Girls HS Champion
Bill Koch Festival at Notchview, MA
Colleen & William McGovern, Heidi Halvorsen, Alex, Christian, Nickoli and Thomas Ostberg,
Rachel and Nathaniel Wells

CLUB CONTACTS:

Club Coordinator, Newsletter, HS Coach:	Carol Van Dyke	253-4500	cavandyke@aol.com
Membership & Treasurer	Henry Busetti	253-7917	hbusetti@gmail.com
Wednesday Race Series	Ed Miller (& Keith Woodard)	760-6194	edinvermont@gmail.com
Bill Koch Youth Program Head Coach:	Becky McGovern	253-2252	vtmcgoverns@pshift.com
Bill Koch League Registrar	Peg Lackey	253-7966	pegalackey@yahoo.com
Club & Masters Team Skiing	Caren & Nat Goodhue	253-2121	ngoodhue@stowevt.net
Women's Training & Events	Trina Hosmer	253-0810	hosmer@oit.umass.edu
Stowe Reporter Nordic Corner	Dave Hosmer	253-0810	hosmer@schoolph.umass.edu