



2011 – 2012 Membership



StoweNordic.org

newsletter

OUR MISSION: TO FOSTER A VIBRANT AND DIVERSE NORDIC SKIING ENVIRONMENT IN STOWE

What SNOC Does:

- Promotes all levels of recreational, backcountry, and competitive nordic skiing
- Offers year round fitness and technique development for all ages and abilities
 - Builds a large, engaged and active club membership
- Coordinates community, town, school, college and regional involvement
- Facilitates expansion of ski trail options and interconnectivity in the Stowe area
 - Acts as the community "clearinghouse" for all things nordic

Membership & Benefits

Individual Membership: \$30

Family Membership: \$50

- ❖ 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: Trapp Nordic Center, Topnotch Resort Nordic Barn & Stowe Mountain Resort Touring Center.
- ❖ Privileges to Participate in Club Programs: VTXC Training, BKL, and other instructional and educational opportunities
- ❖ 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
- ❖ Our e-Newsletters throughout the year
- ❖ Volunteer opportunities giving you the benefit of associating with a great bunch of folks

With your membership support and volunteer efforts at key events, SNOC is proud to be able to help fundraise for major endeavors in our community to promote Nordic skiing:

- ❖ Stowe High School Nordic Ski Team
- ❖ Friends of the Rec Path Grooming Group
- ❖ SKIS (Skiing Kids in Schools): creating nordic skiing in PE classes at Stowe Elementary & Middle Schools)
- ❖ VTXC Race Team: A ski training/racing group of college graduates, based at Trapp Nordic Center

SNOC Open House & General Membership Meeting

Friday, November 4th • 5:00pm

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

5:00pm Social Time: Libations & 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 with NENSA guest coach, Janice Sibilia)

SNOC CLUB Officers and Contacts:

President, Newsletter Ed, HS Coach	Carol Van Dyke	253-4500	cavandyke@aol.com
Treasurer	George Jackman	253-3065	g.jackman311@gmail.com
Membership Registrar	Jeffrey Sharat		Jeffrey.sharat@gmail.com
VP & Wednesday Race Series	Ed Miller	760-6194	edinvermont@gmail.com
Bill Koch Youth Program Head Coach	Becky McGovern	253-2252	vtmcgoverns@gmail.com
Bill Koch League Registrar	Peg Lackey	253-7966	pegalackey@yahoo.com
Club Series & Masters Skiing Coordinators	Caren & Nat Goodhue	253-2121	ngoodhue@stowevt.net
Secretary / Women's Training & Events	Trina Hosmer	253-0810	hosmer@oit.umass.edu
Design Consultant	Ann Howard	760-7333	ann@annhowardesign.com

SNOC Membership: Programs

1. All-Stowe Nordic Season Ski 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, 2011.** Send your membership form and pass application to our membership registrar Jeff Sharat (220 Dewey Hill Road, Stowe, VT) to take advantage of the only nordic pass good at these fabulous Northern Vermont touring centers. **Note:** you MUST be a current dues paying member!

Individual All-Stowe Season Pass: \$265 (including tax)

Family All-Stowe Season Pass (immediate family w/ 3 dependents under 22 years old): **\$424** (incl. tax)

2. SNOC Wednesday XC Race Series

Contact: Ed Miller at 802-760-6194 or edinvermont@gmail.com

Stowe Nordic's signature series for competitors and first-timers alike. Races are every Wednesday rotating around to different Nordic centers utilizing various formats from individual classic or skate, to pursuit to sprint relays. The first race is on January 4th at Stowe Mountain Resort and the final race culminates in a wacky costume race followed by an End-of-the-Year Party on March 21st. Check out the SNOC webpage for the complete schedule.

Improve your aerobic winter fitness and get a great workout. 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.stowenordic.org

3. Trina's Women's Friday Training Group

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

Technique & motivational coaching from September 30th to end of March. Learning how to improve your skiing is the goal; having fun while doing your best is the result! Coached by Trina Hosmer, Olympian on the first Women's Nordic ski team in Sapporo & Gold Medal Masters skier. Assisted by VTXC coaches. Program is \$75 plus you must be a member of SNOC. If you don't have a Stowe Nordic ski pass, there is a \$50 Friday only facility use fee. Due to high interest, enrollment is due by 10/30/2011.

4. Dave's Men's Training Group: Fridays at Trapp Nordic Center

Contact: Dave Hosmer at 253-0810 or hosmer@schoolph.umass.edu

Dave Hosmer, longtime masters skier, offers a great opportunity for men to improve their fitness & technique. Includes utilizing video review. Program is \$75 & must be a SNOC member and have a pass. Trapps offers special day passes for participants.

5. Preseason Training with VTXC: from November to mid-December

Check the SNOC website and the VTXC Facebook page for updates & latest info.

Contact: Ryan Kerrigan and Robyn Anderson (rnkerrigan@gmail.com or robynjanders@gmail.com)

Youth programs are free to SNOC members but additional donations to VTXC are very much appreciated.

Mondays:	Masters Competitive Training (Nov fee is \$100 to VTXC)	3:30pm to 5:00pm
Tuesdays:	BKL at Stowe Mountain Resort	3:30pm to 4:30pm
Wednesdays:	High School Skiers at Cottonbrook	3:30pm to 5:00pm

NENSA = New England Nordic Ski Association

www.nensa.net

Join NENSA as a member, participate and score points for our club and give your support to this incredible organization of New England Nordic skiing.

NENSA EVENTS ORGANIZED BY SNOG DIVA, TRINA HOSMER:

Introduction to Performance Skiing and Racing Techniques Trapp Family Lodge Nordic Ski Center • December 10 & 11, 2011

The fifth 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 60 participants. Register at www.nensa.net. Cost is \$100 for NENSA member and \$135 for non-NENSA. No day of registration.

NENSA Women's Day: Bethel Inn, Maine • January 29th, 2012

For women, by women. From first timers to seasoned masters. Instruction, raffle, equipment and waxing demonstrations, plus fun relay races. Trina is co-director with Anne Donaghy. This is another popular event that fills quickly. \$30 for the day with lunch included (\$25 for NENSA members). More info at: www.nensa.net/women

NENSA CLUB AND MASTERS SKI SERIES Stowe Nordic Outing Club Leaders: NAT & CAREN GOODHUE

Nat and Caren Goodhue inform and coordinate SNOG's Club Series and Masters Nordic activities. Contact the Goodhues to be on the mailing list for such events: 253-2121 or ngoodhue@stowevt.net

SNOG Second in NENSA Club Rankings! For the 2011-12 season Citizen series, Stowe Nordic Outing Club racers accumulated the second most points of the 54 participating club teams with 413 points and 24 skiers scoring from racers wearing their spiffy Trapps/VTXC uniforms to skiers with goals to complete more than compete. NWVT again claimed first place with 566 points. Cambridge Sports Union was third with 381 points. Do as many club races as you want. Everyone gets one or more points for the team (10 points for first place in each 5 year age group 9 points for second place, etc and 1 point for tenth or more places in each 5 year age group. Can one point ever make a difference in the team standings? In the year 2000 final standings Stowe Nordic tied for third place!!!) This year we hope to have more organized waxing help with Swix. For points to count, you MUST be a member of NENSA and register your home club as SNOG.

TD Bank NENSA 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 participate, you'll be earning both individual (ZAK Cup) points for yourself AND club points for SNOG. For more info, see the NENSA Winter Event Guide or www.nensa.net.

Sun, Dec 11, 2011	NWVE Season Opener	Jericho, VT	8K Freestyle, Interval Start
Sat, Dec 31, 2012	Mt. Hor Hop	Westmore, VT	10K Freestyle, Interval Start
Sat, Jan 7, 2012	Bogburn	Pomfret, VT	13K Classic, Interval Start
Mon, Jan 16, 2012	Gechmossel	Bretton Woods, NH	15K Classic, Mass Start
Sat, Jan 21, 2012	TD Bank White Mountain Classic (Also 1 Day Club Championship Challenge)	Jackson, NH	30K Classic, Mass Start
Sat, Jan 28, 2012	Craftsbury Marathon	Craftsbury, VT	25K/50K Classic, Mass Start
Sun, Feb 5, 2012	UVM/SNOG/Trapps Eastern Cup	Stowe, VT	10K Freestyle, Interval Start
Sat, Feb 11, 2012	Flying Moose Classic	Bethel, ME	10K/20K Classic, Mass Start
Sun, Feb 26, 2012	Coastal/Pineland	New Gloucester, ME	10K Freestyle,
Sun, Mar 11, 2012	Mount Washington Cup	Bretton Woods, NH	15K Freestyle, Mass Start

American Cancer Society Relay for Life Nordicstyle • March 10-11, 2012

The 8th annual Relay for Life Nordicstyle will happen at the Trapp Nordic Center. Join fellow cross country skiers, snowshoers, and other winter sports enthusiasts in the fight against cancer with a memorable ski throughout the night. SNOG will have a Relay Team again this year. If you're interested in participating contact team captain, Caren Goodhue: caren@stowevt.net

Full Moon Outings

Join other SNOG members and local nordic skiers each month for an evening of fun on skis by the light of the full moon followed by a gathering at a local restaurant. Look for dates and details on www.stowenordic.org and in SNOG's e-newsletters.

SNOC Bill Koch Youth Ski League Program

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

The Program & Costs

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 program is open to children from first to eighth grade. Cost for the program is \$80 for the first child and \$50 for each additional child, for the season. This includes BKL membership to New England Nordic Ski Association (NENSA) and FAMILY membership to the Stowe Nordic Outing Club (SNOC). A late fee of \$10 will be added to all applications received after December 15th. Parent/coaches are key to the success of the experience Truly a family friendly affair!

Registration

Option 1: Registration in person - Tues., November 15th, 2:45 - 4:00 pm • Stowe Elementary School Cafeteria
Option 2: Registration by mail - by December 15th - Download forms at www.stowenordic.org and mail with check (made out to SNOC) to Peg Lackey to 2358 Stowe Hollow Rd, Stowe, VT 05672

For more registration information, contact Peg Lackey at 802-253-7966 or pegalackey@yahoo.com
Adults interested in being a volunteer "coach" to ski with a group contact Becky McGovern: 253-2252

There are BKL events held on weekends with other clubs in the northern Vermont area. Some local ones:

- ❖ SNOC Mini Marathon • Sunday, January 8 • Stowe Mountain Resort Touring Center
- ❖ Stowe Tour de Snow • Sunday, January 15 • Stowe Recreation Path
- ❖ BKL Race • February 4 • EC Weekend, Saturday afternoon • Trapps
- ❖ Bill Koch Festival • March 2-4 • Great Glen Trails, Gorham, NH

KUDOS to SNOC Junior Skiers 2011 Season!

- ❖ 2011 Vermont State HS Girls Championship Team & members of the VT Elite Team Eastern HS Championships, Rumford, Maine: *Colleen McGovern, Maggie McGovern, Hannah Miller, Lia Van Dyke*
- ❖ J2 Vermont Elite Team to Gunstock, NH: *Colleen McGovern, Sam Puddicombe*
- ❖ Vermont HS All-Stars (Top 10 at States): *Lia Van Dyke, Colleen McGovern, Maggie McGovern*
- ❖ Bill Koch Festival, Middlebury: *William McGovern, Alex, Christian, Nickoli & Thomas Ostberg, Rachel & Nathaniel Wells*
- ❖ SNOC Graduates are now skiing for:
Ruth McGovern: Dartmouth; Maeve McGovern: Colby; Kaitlynn Miller: Bowdoin; Mike Gibson: EA Biathlon

Calendar • SNOC & Stowe Events • 2011-2012

Nordic area events for the season: participate, volunteer, and encourage your friends to enjoy.
For more details, check www.snoc.org, or www.nensa.net, or VTXC on Facebook.

2011

Wed., October 26	Snow Night • Commodore's Inn, Stowe • 4:00 - 6:30pm
Friday, November 4	SNOC Open House • Golden Eagle Resort Library/Lounge 5:00PM
Saturday, November 5	Masters Training Clinic with Janice Sibilis • Stowe Mountain Resort Touring Center 9:00AM
November 10, 11, 12	Ski Swap: Drop Off on Friday, Sale on Saturday, Pickup & Party on Sunday • Trapp Nordic Ctr.
Saturday, November 11	Ski Erg World Sprint Championships • Trapp Nordic Center; Details TBA.
Tuesday, November 15	Bill Koch Registration • Stowe Elementary School Cafeteria 2:45 to 4:00PM
December 10-11	Introduction to Race Performance Weekend • Trapp Nordic Center

2012

Wed., January 4	SNOC Wednesday Race series Begins
Friday, January 6	Stowe High School Race • Stowe Mountain Resort Touring Center
Sunday, January 8	VTXC X-Criterium at Trapps
Sunday, January 8	BKL Mini-Marathon • Stowe Mountain Resort Touring Center
Sunday, January 15	Stowe Tour de Snow • Stowe Recreation Path
Sunday, January 22	VTXC Race to the Cabin • Trapp Nordic Center
Sat, Feb 4 & Sun Feb 5:	NENSA Eastern Cup / UVM Winter Carnival XC • Trapp Nordic Center
Sunday, February 26	Stowe Derby • from Mt. Mansfield to Stowe village
March 10-11	American Cancer Society Relay for Life Nordicstyle • Trapp Nordic Center
Saturday, March 17	Tour de Trapp • Trapp Nordic Center
Wednesday, March 21	Final SNOC Wednesday Series: Costume Race & End of Season Party