

MY VIEWS - FROM THE EDITOR'S DESK

The season's come and gone - and what a season it was! Incredible early season, full of snow. I remember skiing on the golf course by the Chateau for the whole weekend. The week before was one of my best moments of cross country in the North Island. I arrived at Ohakune on Friday night to a blizzard - it was interesting! Saturday woke up to snow on the road in Ohakune so we jumped in the van and headed for the Chateau, only to be told the Whakapapa Road is closed. There was 15cm of snow on the road. With 200 alpine skiers waiting we just drove to the front, got the cross country skis on and up the road we went. The look on people's faces was worth a thousand words ... "We want a pair" ... "Can't do this on alpine skis" ... etc. The afternoon saw us ski up the Ohakune Road for 3.5 hours of bliss. In the Pub that evening it was amazing - everyone grumbling about the worst day for years and there's me thinking (and of course telling them) about the greatest day I've ever had in the North Island. I will never forget that day. There really is something about cross country skiing isn't there!

Well, as you have probably noticed, this Editor is back in the chair I hope you enjoy Nordic News - I will try to keep up the great standard Ken Dowling set. My computer skills are not so great but my knowledge of Cross Country is and I will try to keep you informed. Have a great summer!

Send me any news on Fax. (06) 862-3420.

Peter Moysey  
Editor



# NORDIC NEWS

## DESIGN A LOGO COMPETITION

For all you graphic designers or aspiring graphic designers out there, the Association is looking for a Logo.

Now that spring has sprung you should have a bit of free time on your hands which you would still rather be spending on cross country skiing and here is your chance to devote a few more hours to your sport. So put your thinking caps on and design a logo for the Association.

The prize for having your entry chosen as the logo for the NZ Cross Country Ski Association is the satisfaction of seeing it used on letterheads, in the newsletter and eventually on banners promoting the Association and cross country skiing.

So, get cracking. We'd like to have your logo by the middle of December 1995 - send them to:

The Secretary  
NZCCSA  
c/- Marielle Bouwknecht  
Stonehouse Orchard  
Springvale Road  
R D 1, ALEXANDRA

## CHOOSING A SKI

The following description of the paper test is excerpted from an article by Asmund Drivenes, and appeared in Norway's *Ski Sport* 9/91:

### Classic Skis

If you use the paper test, remember that the strongest kick occurs at the ball of the foot, which should be about 7 cm behind the ski's balance point, and the pivot point of the binding. Lay the ski on a flat surface with a piece of paper placed under the balance point.

The test is performed as follows:

1. Stand on both skis (even weight distribution) with the ball of the foot located about 7 cm behind the balance point. It should be easy to move the paper.

2. Stand on both skis (as above). It should be possible to move the paper 20-25 cm forward of the binding, and 5-10 cm back of the heel. Remember that wax should not act as a brake in downhill!

3. Put all weight onto one ski, up on the ball of the foot. In the case of a powder ski, it should now be difficult to move the paper. With klisters on the other hand, you should still be able to move the paper somewhat - how much depends upon your technique and physical condition.

You should also be aware that the ski companies have developed wet and powder snow skis, with special bases for the various conditions - be sure that you are buying the ski that you need.

In the case of both classic and skating skis, here are some things to look for, note that these take experience. This is acquired over a period of time by following the steps below with your good skis, to see how they feel, and by "just doing it" - go into a shop and compare a lot of pairs, and several brands of skis.

- Place the skis together, base to base. Squeeze them together. If they splay at the tip (i.e. spread apart) you will not get even pressure distribution along the length of the skis. A little splay may be allowed in soft-snow skis, but beware the ski with much splay: it will be unstable and slow.

- Holding the skis together, sight down along their length as you squeeze; they should come together evenly: if one ski flattens

more easily than the other, it is not a properly matched ski.

- Still holding the skis together, squeeze a little, and the flat of your hand between the tips to feel softness/hardness (see below).

- Take along a flat edge, and place it on the shovel area and the tail area: check to see if the ski is flat (in fact, check the entire length). A little concavity or convexity may be tolerated at the tip and tail, and can often be scraped out; large aberrations on the other hand are to be avoided. If nothing else, they will make the ski hard to work on. Note that some degree of concavity is expected on either side of a pressed (round) groove, and can sometimes be scraped out. A similar concavity just at the tail does not matter much - this is a low-pressure area.

- Check tip and tail flex by (gently) bending the ski. Too stiff a tip can be slow; ideally, good all-purpose skis should be softer in the tip than in the tail, and the curve of both should be even as you apply pressure.

- Look for obvious flaws. gouges, dents, etc. Even the best controlled manufacturing passes the occasional flawed ski. Make sure the groove is straight!

Again, all of these methods require practice, and reference to skis that you know work well for you, in various conditions. Wade in, and learn.

## NAGANO OLYMPIC NEWS

### Work on Biathlon Course Begins

On June 7 a ceremony was held in the village of Nozawa Onsen to mark the commencement of work on the Biathlon course. Full consideration will be given to the natural surroundings by using an

existing cross-country skiing course to the fullest and minimising landscape changes. A Technical Delegate of the International Biathlon Union (IBU) who visited the site in April has high praise for the track, saying that the compactness of the venue will make events easy to manage and that the hilly nature of the course will produce some exciting races.

Construction is now underway on the venue's main section covering some 4 hectares, including the shooting range and the starting and finishing areas, with overall completion scheduled for Autumn 1996. Following the Games, it will be used for cross country skiing and other sports - a valuable asset to be put to effective use to enrich the local area.

#### Cross Country Skiing Course

The tract of land scheduled for use in the Cross-Country Skiing course at Hakuba, situated at the foot of the Japan Alps, is home to Alpine plants unique to the region and other scientifically valuable plant and animal life. Maximum consideration is being given to the natural surroundings in the construction of the course, which began last year.

#### Birds of Prey

The local vicinity is inhabited by such birds of prey as goshawks and buzzards, and it was to protect these that the initial plan for a course totalling 15 kilometres in length was revised to a course of three 5 kilometre legs. This revision means that the area of development has been minimised, and the races will be very exciting from the spectators' viewpoint since the athletes will pass by a number of times.

#### Water

Large volumes of muddy water occur as a by-product of construction. To prevent this water from flowing into rivers in this form, it is first purified through a process that includes having it lie in settling ponds. And effort is being made to clean the water used to wash off the transport vehicles leaving the construction area.

#### Topsoil restoration

Topsoil is being restored following course construction. The topsoil is removed and put aside, and it is then returned to the course area once construction has been completed. Plant seeds within the soil, soil organisms, and nutrients then regenerate naturally, resulting in rapid reforestation without disrupting the local ecology. Care is therefore taken to avoid damage to seeds or roots in the topsoil layer

#### Moving plants to new sites

Plants such as the dogtooth violet, from which the Gifu butterfly sucks nectar, are being transplanted. Progress is carefully monitored after transplanting to ensure survival of the plants. This spring 92 out of the 100 Bitchu geraniums that were transplanted to a nearby rice paddy in November of last year and 300 of 380 dogtooth violet bulbs transplanted at the same time to an area adjacent to a site undergoing construction were confirmed to be growing steadily. In addition, to restore forests to as close to their previous states as possible, elementary schoolchildren are collecting acorns from the Cross Country Skiing course to be replanted around the course area as potted sapling after sprouting them in nearby fields.

The Cross-Country Skiing course was also revised to avoid running into ponds and marshes in which large numbers of tree frogs' eggs

were laid. In cases where disruptions were unavoidable for ponds located in the venue's main section, new ponds were built. Earth, along with the surrounding trees and shrubs necessary for the laying of the eggs, were moved from the old to the new sites. Continuous efforts will be made to restore environmental habitats.

...Quite incredible what goes into laying an environmentally friendly cross country course. Ed.

## CROSS COUNTRY NATIONALS

Ralph Warburton sent me details of the Elworthy Cup which started in 1933 to the final date of 1962. He is hoping the cup is still around. It's good historical reading ... cross country skiing on glaciers, Mt Cook, all adventurous stuff.

#### Results

	<u>Winner</u>
1933 Mt Cook	L Murray
1934 Ruapehu	B Murphy
1935 Mt Cook	A Wigley
1936 Ruapehu	B McMillan
1937 No Championship held	
1938 Mt Cook	J Swan
1938 Ruapehu	J Swan
1946 Mt Cook	J Blyth
1947 Mt Egmont	R Duncan
1948 Coronet Pk.	A Divers
1949 Ruapehu	R Tilley (Aus)
1950 Coronet Pk.	A Divers
1952 Mt Egmont	R Stokes
1953 Coronet Pk.	J. Walsh
1954 Ruapehu	K Hamilton
1955 Coronet Pk.	A Divers
1956 Ruapehu	H Fützi
1957 Ruapehu	H Fützi
1958 Ruapehu	J Harper
1959 Coronet Pk.	L Brough
1960 Ruapehu	E Lynhaug
1961 Coronet Pk	D McLeod
1962 Ruapehu	E Lynhaug

## WHERE IS EVERYONE GOING THIS SUMMER?

Well, it seems if you want to 'make it' you've got to be on snow heaps and, as we know these people are heading overseas, we wish them the best of luck ...

Graham Dukes - Finland

Scott Gillam - Forbush Corner,  
USA

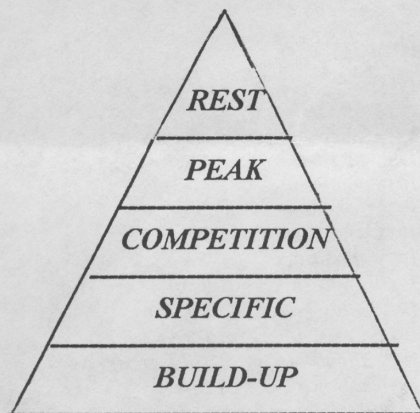
Sam Lee - Holderness, USA

Kristen Myklebust - Holderness,  
USA

Peter Moysey - Canada, Germany,  
Finland and USA

## TRAINING

Questions coming from a few athletes regarding training. Here are a few answers ... This time of the year is a general, fun time, call it general training. You have two options - split your seasons up so you have two seasons in one year. So something like triathlons, swimming, mountain biking, athletics or, if your one aim is skiing, your choice. I would recommend that you have two seasons, get involved in a summer sport. If this is the issue, split your season up like so:



Build your base (minimum 8 weeks) then move on to more specific competitive training (minimum 6 weeks) then competition time. Then after this give yourself a rest before starting it all again for ski training.

Good luck, if you need more information, fax me.

## NATIONALS - WAIORAU NORDIC

The 5th official New Zealand Nordic Championships were held (as most of you know as you were more than likely there) on 10th &

11th September. This year was by far our best turn out and by far our most competitive, with foreign athletes really adding a spice to the events. The course was also by far the most demanding. It meant you had to be a complete skier - climber, fast skis on the downhills.

A large thankyou must go out to Waiorau Nordic for all the fantastic help. To all the timekeepers and helpers - we could not do without you, so on behalf of all the athletes - THANKYOU - and see you all next year.

### Results

Overall Champion Men: Peter Moysey (Gisborne)

Overall Champion Women: Sally Jones (Wanaka)

Overall Champion Junior Men: Sam Lee (Wanaka)

Overall Champion Junior Women: Kerri McArthur (Dunedin).

Classic Championships. 2.5 km Novice Men: C Driver (Auckland), 12 min 30 sec, 1.

Novice women: Judy Johnston (Wanaka), 14min 59sec, 1; Linda Pierce (Wanaka), 17 min 22 sec, 2.

Boys Under-14: Daniel Pezaro (Wanaka), 8 min 44 sec, 1; Mathew Adair (Wanaka), 9 min 34sec, 2; John Young (Wanaka), 14 min 14 sec, 3.

Girls Under-14: Jaimee Bulk (Hawea), 10min 16sec, 1; Julie Grant (Dunedin), 11min 33 sec, 2; Michelle Grant (Dunedin), 3min 20sec, 3.

5km: Boys M14: Sam Lee (Wanaka), 15min 17sec, 1; Fraser Gordon (Wanaka), 16min 35sec, 2; Kris Mayen (Wanaka), 16min 53sec, 3.

Girls W14: Kerri McArthur (Dunedin), 20min 6sec, 1; Haidee Mayen (Wanaka), 21min 10sec, 2.

Boys M16: Henry Young (Wanaka), 16min 16sec, 1; Alan Mee (Alexandra), 22min 26sec, 2; Matt Ewing (Alexandra), 22min 27sec, 3.

Girls W16: Kristin Myklebust (Norway), 17min 7sec, 1.

15km: Men's 20: Scott Gillam (Wanaka), 44min 44sec, 1; Keitaru Mupai (Japan), 46min 47sec, 2; Espen Scavenius (Norway), 47min 44sec, 3.

Womens 20: Yuki Nakamura (Japan), 33min 34sec, 1.

Womens 25: Sally Jones (Wanaka), 37min 43sec, 1.

Mens 30: Peter Moysey (Gisborne), 44min 34 sec, 1; Dave Astfalck, 1hr 3min 31sec, 2

Womens 30: Marielle Bouwknegt, (Alexandra), 59min 34sec, 1.

Mens 35: Dave McCraw (USA), 48min 38sec, 1; Ernie Maluschnig, (Wanaka), 55min 35sec, 2;

Dave Sutherland (Invercargill), 1hr 17min 40sec, 3.

Mens 40: Erik Schusser, 56min 14sec, 1; Dave McArthur (Dunedin), 1hr 13min 30sec, 2; Alan Grant, 3.

5 km Men Over 55: John Burrige (Wellington), 29min 1 sec, 1; John Bulk (Hawea), 32min 13sec, 2.

Women Over 55: Lyall Campbell (Hawea), 29min 40 sec, 1.

Freestyle/skate Championships -

Boys Under 14: Daniel Pezaro (Wanaka), 1; Mathew Adair (Wanaka), 2; Shane McCauley (Wanaka), 3.

Girls Under 14: Jaimee Bulk (Hawea), 1; Julie Grant (Dunedin), 2; Michelle Grant (Dunedin), 3.

5km: Boys M14: Sam Lee (Wanaka), 1; Fraser Gordon (Wanaka) 2; Kris Mayen (Wanaka), 3.

Girls W14: Kerri McArthur (Dunedin), 1; Haidee Mayen (Wanaka), 2.

Boys M16: Henry Young (Wanaka), 1; Matt Ewing (Alexandra), 2; Alan Mee (Alexandra), 3.

10km: Open Mens: Peter Moysey (Gisborne), 25min 25sec, 1; Scott Gillam (Wanaka), 25min 25sec, 2; Keitaro Mupai (Japan), 27min 6sec, 3.

Open Women: Yuki Nakamura (Japan)

## FOR SALE

1 pair Fisher RCS Classic Crown 205. Best for someone weighing 80 kg. Salomon bindings. \$350

1 pair of Krussel Skates, 190cm with Salomon bindings. Very good ski. Selling only because have too many & can't carry any more. \$250

1 Kinlex ski top, 1/4 zip, black with yellow & green band. Cost \$80, sell \$30 - hardly used.

49 cm Vitus bike (purple). Frame, bars & stem - \$500

49 cm Vitus bike (blue), Shimano 600 old style. Very well looked after - \$1,000

1 Hed disc wheel, clincher model - \$300

1 Hed disc wheel, tubular model - \$300.

Tent - only 1.8 kg, very light & small. 2 person if you like to sleep tight. Great to put in the backpack - \$200

For all of the above call Peter or Jo on (06) 862-3420 (Phone & Fax)

MEMBERS NOTE THAT THIS FOR SALE COLUMN IS FREE FOR YOUR USE.