



KONGSBERGER NEWS

NOVEMBER 2006

CALENDAR ...

Club Meetings. First Tuesday of every month, starting at 7:00, at the Nordic Heritage Museum. Peter Boveng is the new club president, so come to the meetings and find out what he has up his sleeve for the coming year!

RACE SCHEDULE ...

The Events Committee has finalized this year's race schedule and race directors, so you can mark your calendars and pick which race you want to peak for and which race you want to volunteer for.

Gunnar Hagen: Sunday, January 14

This is our signature race, with a 30k classic race starting at 10:00 and the 10k classic starting immediately after. The kids' race will be on Saturday, January 13, at 1:00, and we're hoping to add other fun events to that day like demos, a race clinic or maybe a sprint relay. Jeff Hashimoto is the Race Director, Val Karas is the Race Secretary, Joe McNulty is the Chief of Course, and Elizabeth Bailey is the Volunteer Coordinator.

Stampede: Sunday, February 18

Our 15k and 5k free-style races, both starting at 11:00. The kids' race will be before the main race. Jeff Hashimoto is the Race Director (that's right; due to a worrisome lack of interest from any other club member, Jeff is running both races and earns the Events Committee's hero of the year award!), Terry Hiatt is the Race Secretary, Don Brooks is the Chief of Course, and your humble editor is the Volunteer Coordinator.

Ozbaldy: Sunday, March 4

The primo endurance event in Washington, 50k free-style, starting at 9:00. Susie Main and Dale Bohm are the Race Directors, and the other positions are wide open so far.

While some key volunteer positions in these races have been spoken for, there is plenty of work still to be done. Consider your strengths. Are you a good people person, friendly and patient with the lost and clueless? You would be great in the day-of-race registration area! Or maybe you can slice and butter bread like nobody's business, and can quarter an orange in three seconds flat. Then the kitchen crew can use your services! Maybe you'd rather be outside on race day, pounding bright orange stakes into the ground and stringing nets around the start area. You, my friend, were born to be on the course set-up team. Whatever your special skills, someone desperately needs you on race day, so don't be shy - pick your favorite race and join us! It's loads of fun to be part of the behind-the-scenes team that puts on a race, and you don't have to taper!

DOOZER DO ...

A reminder from Treasurer Joan "the Enforcer" Nordheim:

Don't wait until the snow starts flying this year to send in your dues! Dues are due in October, with the late penalty fee (\$25.00) to be assessed after November 15. The dues are \$175 per year, with sustaining dues at \$50 per year. Please send your dues to Kongsbergers, c/o Joan Nordheim, Treasurer, 18911 Sound View Pl, Edmonds, WA, 98020, or better yet bring your checkbook to the next meeting, Tuesday November 7, at the Nordic Heritage Museum in Ballard. Sno-Park permits are \$40 again this coming season, and that amount can be added to your dues. The permits will be available at the November meeting.

MORE SUMMER ADVENTURES ...

When the days get shorter and the rain starts falling, we can look back on summer's glories to tide us over until we're back on skis. Tracy Landboe definitely has some glory to look back on this year. She packed up her surfski last month and headed for the chilly waters of San Francisco Bay for the US National Surfski Championships. The 17-mile course is described as "designed to test the endurance and rough water skills of expert paddlers with rough water paddling experience. Course conditions will vary with changing tides and the weather of the day, but expect high winds, large waves, and strong currents. This course is not appropriate for entry level or intermediate level racers." It sounds scarier than the dickens to your humble editor, but it was no problem for Tracy; she aced the event, taking first in the women's race in a time of 2:29. Former KSC member (and former Olympian) Greg Barton was fourth overall and the first master in a time of 2:01.

Back on land, Joy Cordell finished her first 50k trail run, participating in a fund-raising effort for Congo women. She was able to gather enough pledges to support two women for an entire year.

Finally, M4 daddy David Evans jumped into bike racing this summer and sent us this great story:

Well, more than twenty years after a single year of competitive, USCF bike racing (before heading into five years of serious triathlon competition), I decided to dust off the old mount and get back into road racing. The impetus was a friend, Doug Mercer, who'd called to say he'd joined a team (Ti-Cycles) and was hoping to build a solid Masters squad – would I be interested? Well, running not being quite as user friendly as it once was, I thought, heck, why not bike race? And, isn't biking great for skiing, after all? One thing led to another, and in fairly short order I was wearing the requisite and impossibly tight team color spandex and finding fewer excuses to keep the road bike hanging in the garage.

Of course, no matter any last century bike racing background, I was soon flatting in my first race and getting "dropped" in my second race. I also realized that everyone's bike was much lighter than mine and that rear wheels sported nine or even 10 cogs and not my Babylonian six. Suddenly, getting back into bike racing wasn't proving quite so easy.

Fortunately, a la tortoise and hare, Doug helped my rear wheel join the 21st century, the body began remembering how to race (rather than just ride) and the results began improving. The summer's highlight was participating in the Cascade Cycling Classic in Bend, just a few months after Nordic Masters Nationals! The CCC is, I found out later, an especially grueling and competitive three-day and four-competition stage race, arguably the Grand Pooh Bear of NW stage races. It's also an amazingly well run event and, with some of the prize money targeting the 45+ set, it is as competitive a situation as any M4 daddy would want to be in. The stage race finished with a nearly 2,000-foot climb up to Mt. Bachelor, and the final day's circuit race included more than 600 feet of climbing on each of four laps. Though a beautiful spot, Bend is now the "City of Pain" for me! No matter, I'm now a skier/cyclist when folks ask...!

WHERE IN THE WORLD ARE THE LINDAHL'S?

The Lindahl family has safely and successfully completed its great journey back east to the homeland, and Nancy sends us the following report:

"We are doing well and feeling pretty settled here in our rental house in Vermont. The kids are happy in their new school and, all in all, it has been a really smooth transition. Dave is working from home for his Seattle company but is really happy that he can control his hours and have the flexibility to go out for a run, rollerski or bike ride during the day. It is particularly pretty here right now with the fall foliage.

"It is good to have the big move behind us and it is nice to be closer to family who we've already seen on a much more regular basis. But we do miss you and all of our friends in Seattle!"

NEW MEMBERS ...

We welcome two new members to the club, recommended by the Board and approved by a general membership vote at the October meeting. Please introduce yourself to Leah Kiviat and Rune Harkestad and his family when you see them at the cabin, and for sure don't tell them about the klister and sawdust initiation rites!

Leah Kiviat is a radiology resident at the University of Washington, which will come in handy when we get our portable X-ray machine set up in the cabin. She has an impressive skiing history: racing as a junior with the Bush School from 1987 to 1990 (competing at Junior Nationals in 1988 and 1989), racing in Chamonix in 1990 and 1991 (who else wishes they could casually say this!), and currently still racing and assistant coaching at Bush School, in between shifts at the hospital. Her particular interest is in recruiting more women racers and organizing a summer/fall training group and an early season training camp.

Rune Harkestad was born in Bergen, Norway. He has been racing since he was six years old, and participated in the Norwegian Junior Championships twice. He came to America after junior college and landed in Tacoma, where he earned BBA and MBA degrees. In 1999, he moved to Bellevue with his wife, Jennifer, and re-focused on training and skiing. He has participated in many of our races, and is looking forward to introducing his little son to skiing.

APU UPDATE ...

Congratulations to Kongsberger "kids" Erik Flora and Holly Brooks, who are now affiliated with the APU Nordic Ski Center in Anchorage. Erik is the new program director and Holly is a coach. Go team!

FIFTY YEARS!

Kaare and Aase Gjølmesli marked their fiftieth wedding anniversary this summer and celebrated in typical Kaare-and-Aase fashion, by making a scrumptious spaghetti lunch for everyone who showed up



at the cabin for last weekend's trail work party. Kaare counted 21 merry-makers around the table, including a posse of junior racers from Bush and Lakeside who showed up for a morning of trail work. More people filtered in over the course of the afternoon, making a sizable dent in the big pot of pasta. Several people asked Kaare the secret of being happily married for 50 years, and he came up with a couple of responses, but my very favorite was: "Well, we just kept finding interesting things to do together." How cool is that! Congratulations, and best wishes for 50 more happy years!

WOMEN'S WEEKEND ...

Your humble editor missed the weekend due to a bad cold, but fortunately ace girl reporter Joy Cordell stepped in and filed this report:

What happens at the women's retreat, stays at the women's retreat.

"Twas the night of the gals' retreat and all through the house,
not a snorer was snorking, disturbing the house. . ."

It was SO quiet!

There's always an air of mystery around the women's retreat, and while I can't think of any reason to dispel it, here are a few titillating details to give you cause for envy (if you're a guy) or make you want to come next year (if you sign up for races in the W category):

- * we don't snore;
- * we eat amazing food;
- * libations for every palate are plentiful;
- * we apply the maxim "if you don't finish it for dinner, you'll have it for breakfast"--to dessert;
- * we have great conversation ("Did you talk about me?" Jeff asked. The answer to him and anyone else who asks is "YES!");
- * we do not wax skis or talk about waxing skis; our lives--and yours--are far more interesting;
- * we celebrate each of our personal joys and accomplishments of the year;
- * we bike, walk, run trails, and hike, sharing fitness and nutrition tips and pointing out edible mushrooms as we go; and
- * we sleep in! (no, you don't need to know how late)

The women's retreat is always fun, always relaxing, and we hope the rest of you W's will join us next year.

CABIN CLEANUP ...

New cabin chief Anna Louise Waerness is getting right to work, scheduling this fall's cabin clean-up day. Here is her request; please let her know if you can join us that day:

The annual work party to clean and organize the cabin will take place on Saturday, November 4th, from 9:30 am until about 2 pm or whenever we get done. Please join us and help make light work of the many tasks that make the cabin a more comfortable and cozy place during the winter.



Some helpful things you could bring: rubber gloves or work gloves, some rags for cleaning, and a good, strong vacuum cleaner would be helpful. Weed whacker and brush cutters, a vehicle that can haul some trash or recycling. It's a good idea to bring a lunch, since we'll probably be busy until mid-afternoon.

SOMEONE ELSE SAID ...

"Some folks like to change plans about once a month, coaches once a season or workout strategy once a week. I think that this is a distraction for us, especially when you have to fit your training into the rest of your life. While variation within a program is essential over time, most age-group athletes lose sight of the fact that they have massive gains that can come from the basics of good nutrition, improving aerobic stamina, and getting stronger/more flexible."

Gordo Byrne, professional triathlete

