



Enables athletes, coaches and officials to achieve excellence in cross country skiing through:
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CXC MIDWEST JUNIOR OLYMPIC TEAM-FIRST IMPRESSIONS OF ANCHORAGE, ALASKA

52 of the best Junior athletes and a dozen coaches from the Midwest prepare for the challenges of the National Championships.

Anchorage, AK (Sunday, March 9, 2008 7:30 PM AST)

Arriving in Anchorage, the CXC Midwest JO Team had anticipated the poorer snow conditions that this area has experienced during this season, so the snow conditions were not a great shock to us. The snow is old and transformed many times over and the base is just hanging on each day. The race organization has been making a heroic effort in shoveling, hauling snow, and adjusting courses. The sprint course has been changed several times and at this point it looks like a 1.2km race that cannot use the main stadium due to the ice & water accumulation.

The Midwest athletes have prepared for these conditions and are here to race fast on whatever the course may be. The individual athletes and coaches spent this morning reviewing the classic sprint course and are currently deciding whether to double pole on skate skis or traditionally stride on classic equipment. With conditions changing by the minute based on sun exposure, the decision will be tough and a crucial one. The Midwest coaches have spent the majority of the day testing skis and numerous waxes, in addition to waxing over 100 pairs of skis for the Monday races.

The athletes have spent the last couple of days both adjusting to the time change, and limited amount of training to familiarize themselves with the Kincaid Park trails, which offer a very challenging and scenic trail system overlooking mountain ranges and Anchorage Bay. Today the athletes attended the afternoon opening ceremonies and parade of athletes in downtown Anchorage. A total of over 400 of the best Junior Nordic racers in the country are now gathered in Alaska to compete and enjoy a very exciting week.

The Midwest team is represented by the following 52 athletes. Attached are several photos from the first few days of activities & local scenery. Follow the results, photos, and action this week at the 2008 JO website at <http://www.anchoragenordicski.com/jo2008/index.html>. Also wish them luck as they try to reach their individual skiing goals. We'll be back with an update tomorrow.

Coaches Karen Cook & Bill Pierce
Photos by Steve Hoffman

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OJ Men

Doug Debold
Jens Brabbit
Zach McGill
Kyle Fredrickson
Waylon Manske
Matt Pierce
Charlie Keller
Nick Maki

J1 Men

Erik Fagerstrom
Joe Dubay
Hans Nygren
Ben Hugus
Chris Bowler
Tyler Abery
Ryan Wright
Andy Keller
Birken Schimpff
Jon-Michael Brandt
Brandon Piechowski

J2 Men

Connor Benton
Michael Howe
Steven Coozenoy
Andy Dodds
Dylan McGarthwaite
Scott Johanik

OJ Women

Carolyn Freeman
Melanie Hoffman
Bria Kask
Stephanie LaFrance
Lindsey Marshall
Christi Nowak
Jackie Pribyl

J1 Women

Lynn Duijndam
Katie Walsh
Hannah Sanborn
Molly Burger
Danielle Berndt
Corrine Malcolm
Lauren Rantala
Ingrid Leask
Sarah Daniels
Jessie Diggins
Eleanor Magnuson
Libby Ellis

J2 Women

Summer Ellefson
Jennifer Rolfes
Annie Hart
Brooke Adams
Sharmila Ahmed
Elizabeth Peterson
Elizabeth Simak

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Central Cross Country Skiing ("CXC Skiing") is recognized by the United States Ski and Snowboard Association ("USSA") as the sole Regional Organization governing cross country skiing in the 10 state Central Region of the United States. CXC Skiing provides an organization which enables athletes, coaches and officials to achieve excellence in cross country skiing through: EDUCATION, COOPERATION, COMMUNICATION, and COMPETITION. CXC Skiing oversees youth programs; supports the Junior Olympic Qualifying system, Central Collegiate Ski Association, and Senior/Master skiing; provides athletes', coaches' and officials' education; coordinates competitions; supports and trains Olympic level athletes; and is the Midwest pipeline to the US Ski Team. CXC is a 501c3 non profit corporation and gratefully accepts tax deductible donations for program enhancement from all sources.

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Opening Ceremonies



Anchorage



View from Chalet at Kincaid Park



Trail Obstacles



Team Fun

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Sunday Training Day



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