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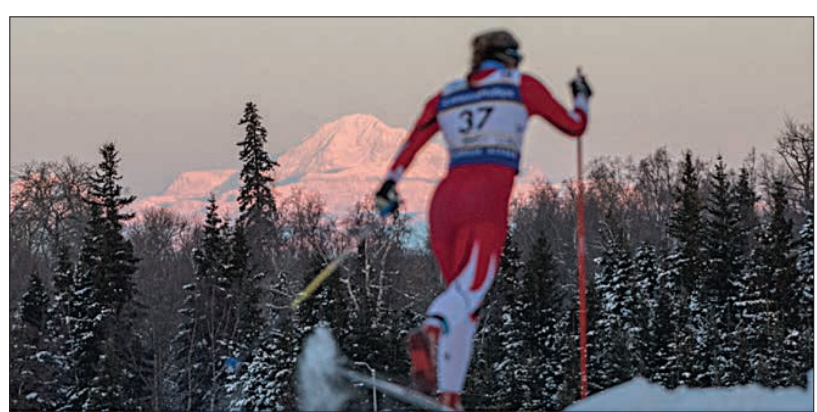
AMERICA'S – AND ALASKA'S – TOP YOUNG SKIERS COMPETE FOR NATIONAL TITLES MARCH 10-17 AT KINCAID PARK

Welcome to the races!

On the corduroy-covered trails of Anchorage's Kincaid Park, Olympians have been made. World Cup champions have been groomed. Countless hours of training and nail-biting racing has happened. It's a place where dreams are created and fostered, and where they come to reality.

That's why the 2019 Junior National Cross Country Ski Championships at Kincaid Park are not to be missed. This massive event pits some of the nation's top junior skiers against one another, not only for individual championships, but also for coveted points for the Divisions' top ranking team and the coveted Alaska Cup. Team Alaska hopes that the hometown advantage will help bring this cup home from defending champion New England.

The 2019 Junior Nationals Ski Championships includes four days of racing spread over the week. Plan your calendars carefully for race days, which include three individual races and a divisional team relay. Skiers ranging from ages 14-19 will be in Anchorage competing not only for a podium here, but also earning team spots for elite U.S. Ski Team



campers, college identification, and individual pride. Joey Caterinichio, Nordic Skiing Association of Anchorage president and chairman of the U.S. Nationals event, helped bring the races to Kincaid Park the last time they were here in 2008. "We have brought multiple high profiles events to Kincaid and to the city of Anchorage. We are a well-oiled machine running this," Caterinichio said. "Even more so now that Kincaid has snowmaking equipment that it lacked 10 years ago. There are new, improved courses and Anchorage rocks as a

strong Nordic community." Caterinichio, who used to be Nordic director for the U.S. Ski & Snowboard Association, said USSA likes to move the race locations around the country to keep it fair for athletes and allow for varying competition venues. Alaska gets the races every 10 years. Anchorage and Fairbanks rotate hosting. So, when the races come back to Alaska, she said it is a genuine advantage for local skiers.

See WELCOME, Page 10

Relay win sets gold standard for U.S. juniors

BY JASON ALBERT
FASTERSKIER.COM

Nordic skiing doesn't exactly come to mind when considering the X's and O's of sport. Football's schematics are arrows, diagrams, dense playbooks. Basketball's symbolism: X's in the key, plays for a pick and roll, defensive shifts from zone to man-to-man coverage.

The cross-country analog comes when planning lineups for 4 x relays. Where do you place the aerobic powerhouse or the kid who might just box out another team from taking a key position? Does the big-motor ski the scramble leg or the anchor? Or maybe somewhere in between?

These thoughts were racing through the minds of U.S. Ski Team

coaches and skiers as they plotted the lineup possibilities for the U20 men's 4 x 5k relay at Junior Worlds in Lahti, Finland. The final decision was golden: the foursome of Luke Jager, Ben Ogden, Johnny Hagenbuch and Gus Schumacher won gold, the first in U.S. history for men at World Juniors.

"Each guy executed their individual game plan to perfection," said Gus Kaeding, U.S. Ski Team's Development Coach.

Kaeding's plan, made in consideration with other U.S. coaches like former D-Team coach and current Cross Country Sport Development Manager Bryan Fish, was to keep the U.S. in touch with the front pack, and



PHOTO BY DOUG STEPHEN / INSTAGRAM: @VRS4PHOTOGRAPHY

It was a golden moment for the U.S. U20 men's team as they took America's first gold medal in the World Juniors 4 x 5 k relay. From left, Gus Schumacher, Ben Ogden, Johnny Hagenbuch and Luke Jager.

See U.S. GOLD, Page 10

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- Meet the teams and racers Page 6
- The Alaska Cup Page 11
- The history of Kincaid Park, courses, event rules Page 14



DEFINING ALASKAN ORTHOPEDICS FOR 50 YEARS

Proud Supporter of the US Junior National Cross Country Championships Congratulations to All 2019 Competitors!

Wherever your tracks go, staying in the race starts with staying healthy and safe. For the bone, joint, and muscle problems holding you back, we've got you covered.

Orthopedic Urgent Care

Monday – Friday: 11:00 a.m. – 7:00 p.m.

Saturday: 10:00 a.m. – 2:00 p.m.

For appointments, call 907.563.3145.

COMING SOON! South Clinic on the corner of Old Seward and Huffman.



Schedule of events

Sponsored by ConocoPhillips
Anchorage, Alaska

Saturday, Mar. 9, 2019

9am - 5pm	Race Office Open, Courses Marked, Unofficial Training, Wax Trailer Check in	Kincaid Park, Chalet
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Sunday, Mar. 10, 2019

2am	Change Clocks: "Spring Forward"	
6am - 11pm	Wax Village Open	Kincaid Park
9am - 5pm	Race Office Open Wax Trailer Check in	Kincaid Park Chalet
10am - 4pm	Official Training Individual Freestyle	Kincaid Park
2:30pm	Opening Ceremonies	Kincaid Park Chalet
3:30 - 5:30pm	Parent Meet and Greet	TRAX Outdoor Center 2.0

Sponsored by: TRAX Outdoor Center 2.0

4pm	Team Captains Meeting, Individual Freestyle	Kincaid Park Chalet, West Room
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Monday, Mar. 11, 2019

6am - 11pm	Wax Village Open	Kincaid Park
8am - 4pm	Race Office Open	Kincaid Park Chalet
8am - 12pm	Bib Pick-up	Kincaid Park Chalet
9:50am	National Anthem, Course Closed	Kincaid Park Stadium
10am - 4pm	Individual Freestyle Competitions	Course

Race Sponsored by: Alaska Airlines

during event	Flower Ceremonies	Kincaid Park Stadium
5:30pm	Team Movie Night (Athletes Only)	Bear Tooth Theatre

Sponsored by: APU

6 - 7:30pm	USSA Coaches Junior Meeting	TBD
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Tuesday, Mar. 12, 2019

6am - 11pm	Wax Village Open	Kincaid Park
9am - 5pm	Race Office Open	Kincaid Park Chalet
10am - 2pm	Official Training, Classic Sprint	Kincaid Park
2pm	Race Changes Due	Kincaid Park Chalet
4pm	Team Captains Meeting, Classic Sprint	Kincaid Park Chalet, West Room
5:30pm	Parent Social	King Street

Sponsored by: National Nordic Foundation

Wednesday, Mar. 13, 2019

6am - 11pm	Wax Village Open	Kincaid Park
8am - 4pm	Race Office Open	Kincaid Park Chalet
8am - 11am	Bib Pick-up, Sprint Finals	Kincaid Park Chalet
9:50am	National Anthem, Course Closed	Kincaid Park Stadium
10am - 12pm	Sprint Qualification	Kincaid Park Stadium

Race Sponsored by: Anchorage Fracture & Orthopedics

12:15pm	Bib Pick up, Sprint	Kincaid Park Stadium
1pm - 5pm	Sprint Finals	Kincaid Park Chalet
during event	Flower Ceremonies	Kincaid Park Stadium
6:45pm	Mid-week Awards & Social	West High School Auditorium
8pm	Coaches Social	McGinley's

Sponsored by: Podiumwear

Thursday, Mar. 14, 2019

6am - 11pm	Wax Village Open	Kincaid Park
8am - 4pm	Race Office Open	Kincaid Park Chalet
10am - 2pm	Official Training	Course, Mass Start
10am	Parent Forum	Kincaid Chalet
2pm	Race Changes Due	Kincaid Park Chalet
4pm	Team Captains Meeting, Mass Start	Kincaid Park Chalet, West Room

Please note: Schedule subject to change, so please check juniornationalsxc2019.com for updates.

Friday, Mar. 15, 2019

6am - 11pm	Wax Village Open	Kincaid Park
8am - 4pm	Race Office Open	Kincaid Park Chalet
8am - 12pm	Bib Pick-up	Kincaid Park Chalet
9:50am	National Anthem, Course Closed	Kincaid Park Stadium
10am - 4pm	Mass Start Classic Competitions	Course
Race Sponsored by: Imaging Associates		
during event	Flower Ceremonies	Kincaid Park Stadium
4pm	Relay Teams Due	Race Office
5pm	Team Captains Meeting, Relay Freestyle	Kincaid Park Chalet, West Room

Saturday, Mar. 16, 2019

6am - 11pm	Wax Village Open	Kincaid Park
8am - 4pm	Race Office Open	Kincaid Park Chalet
8am - 12pm	Bib Pick-up	Kincaid Park Chalet
9am	Team Changes Due	Timing Building
9:50am	National Anthem, Course Closed	Kincaid Park Stadium
10am - 4pm	Relay Freestyle Competitions	Kincaid Park Stadium

Race Sponsored by: AMH

during event	Flower Ceremonies	Kincaid Park Stadium
6pm - 11pm	Final Awards & Banquet	Change Point

Presented by: ConocoPhillips

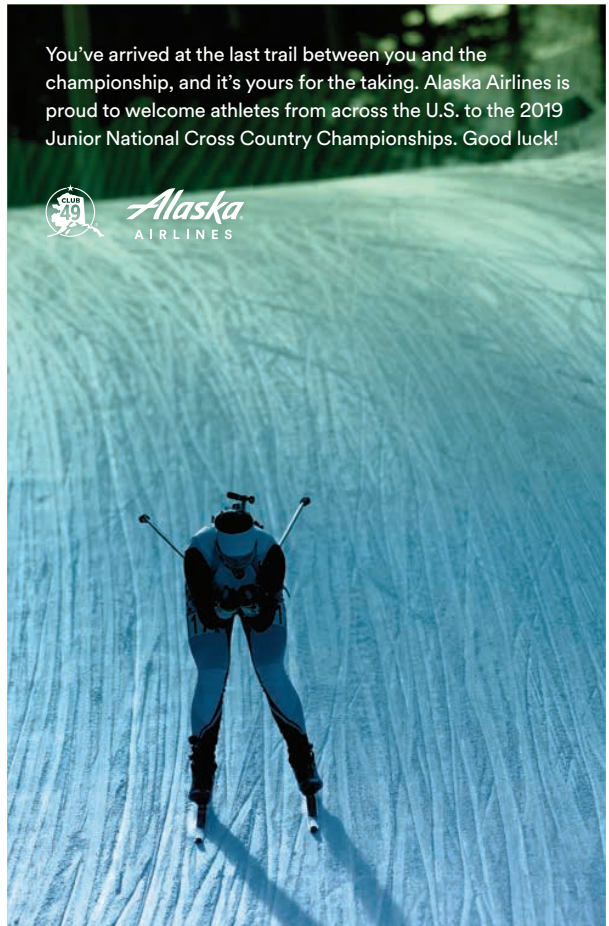
Sunday, Mar. 17, 2019

9am - 4pm	Clean Up Wax Trailer Return	Kincaid Park
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You've arrived at the last trail between you and the championship, and it's yours for the taking. Alaska Airlines is proud to welcome athletes from across the U.S. to the 2019 Junior National Cross Country Championships. Good luck!



Alaska
AIRLINES



Welcome

Community effort

We are thrilled to bring the 2019 U.S. Cross Country Junior National Championships to Kincaid Park. Working together with the Nordic Skiing Association of Anchorage, the Municipality of Anchorage, the United States Skiing Association, and our premier sponsor ConocoPhillips, Anchorage will showcase America's top Junior skiers. Alaskans will have the opportunity to watch skiers from local and national divisions all coming together in one event. The 2019 U.S. Cross Country Junior Nationals is a rare event coming to Anchorage every 10 years.



I would like to thank our many financial partners, local sponsors and volunteers. Without the outpouring of our community's support, we would not be able to host this

high-caliber event. Anchorage has an amazing infrastructure for Nordic skiing. Organizations such as the NSAA, CCAK, our statewide elite racing clubs, host clubs, high school skiing, Junior Nordic, and the amazing coaches and volunteers help give us the inspiration to host these large national races. Races such as the U.S. Cross Country Junior Nationals keep the circle of Nordic skiing alive and give our youth an atmosphere to thrive in at all levels of skiing and witness the pinnacle of U.S. racing.

As a national and local Nordic leader, the opportunity to chair this event has given me the ability to give back to our community and the many people who have supported and inspired Nordic skiing in Alaska.

Please join us March. 10-17, 2019, at Kincaid Park to cheer on the athletes.

— Joey Caterinichio Chair, 2019 Cross Country Junior Nationals

Joey Caterinichio

Anchorage Awaits

Dear Skiers and Supporters,
Welcome to Kincaid Park! Anchorage is a winter city and we know that fresh snow is a great excuse to get out and play. Our skiers – from Junior Nordic kids to Master Skiers – are excited to share our trails with all of you.



It will be great to watch the Nation's fastest junior skiers duke it out at the 2019 U.S. Cross Country Junior Nationals Championships in Anchorage. We welcome all of the divisions.

You have worked hard to prepare for these races, and I wish the best of luck to each of you. And when the racing is done, please take time to relax and enjoy our local hospitality. Anchorage is a great city with the best snow-covered trails on the planet. Enjoy your time here.

Warm wishes and ski fast,

— Ethan Berkowitz, Mayor of Anchorage

Ethan

The nation's best

Dear U.S. Cross Country Junior National Championships Athletes,
As an athlete qualifying for the U.S. Cross Country Junior Nationals, you are one of the nation's best cross-country skiers. You've worked hard to get to this point in your season, and you should be proud representing your club and those who have helped you get here. Because of their help and your own effort, you are ready to compete with the best in your sport.



This elite event is hosted by one of the world's leading facilities and Nordic communities. The Nordic Skiing Association of Anchorage has produced many successful events and is well prepared to host this important competition. This is great chance for you to do your very best skiing this winter.

Use the U.S. Cross Country Junior Nationals as a chance to show your coaches, club program, and the U.S. Ski Team that you have what it takes to be the best in the world. Regardless of the outcome, you can always feel great traveling home knowing that you gave your very best.

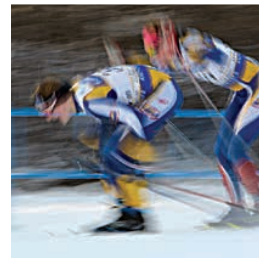
I'm excited to watch for your success. Take advantage of this great venue, dedicated organizing committee, and all those that helped you get here. Good luck!

— Tiger Shaw, President and CEO U.S. Ski and Snowboard

Tiger Shaw



Welcome
to Anchorage,
skiers and
families!



We support the 2019 U.S. Junior Nationals!



Sponsors



Thank you, Sponsors! You are the community and support it takes to put on a national event in our favorite city!

Premiere Title



Platinum Level



Gold Level



Silver Level



Bronze Level



Friend Level



Who's racing at nationals?

The 2019 Junior Nationals bring together over 400 of the nation's top cross-country skiers ages 14-19. Many U.S. Olympians have been crowned Junior National champions. The competition consists of three age classes: U20, U18 and U16. With four races spread throughout the week, the divisions compete head-to-head. The event follows the format of a mini-Olympics, and the divisions are formed as mini-nations. Divisions compete for the prized Alaska Cup, which was founded in 1989 in Anchorage.

Here are the divisions and some of the athletes competing in this year's JNs.

Team Alaska



The host team is made up of skiers from communities across Alaska – from urban Anchorage and Fairbanks, to the Kenai Peninsula and even villages off the road system. A few past Alaska skiing stars are from villages such as White Mountain. The landscape makes this team unique.

Team Alaska consists of 62 athletes and 15 coaches. Led by head coaches Ja Dorris and Mikey Evans, Alaska hopes to regain the Alaska Cup. The last time Team Alaska won its name-sake trophy was in Fairbanks in 2013.

See **WHO'S RACING**, Page 7



DIVISIONS

- PNW
- FW
- IMD
- HP
- RMD
- MW
- GL
- MA
- NE
- AK

REGIONS

- AK
- PACIFIC
- MOUNTAIN
- CENTRAL
- EASTERN

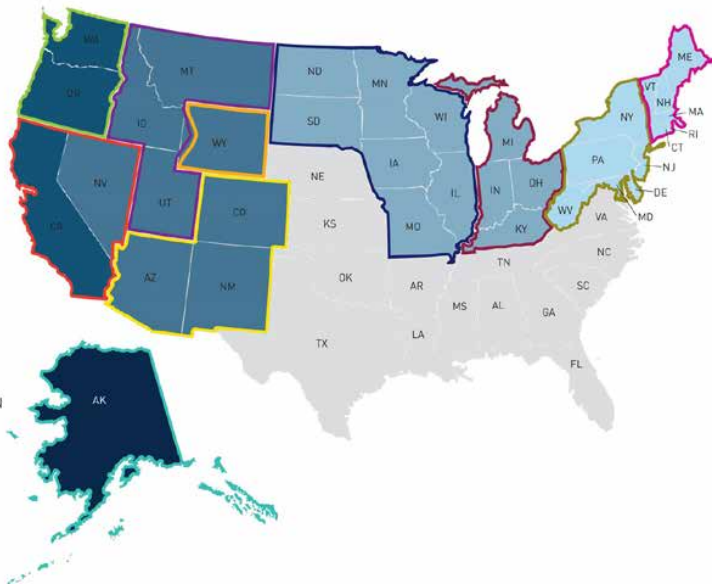


PHOTO COURTESY GEORGE FORBES

New England's Charlotte Ogden is becoming a young international skiing star.

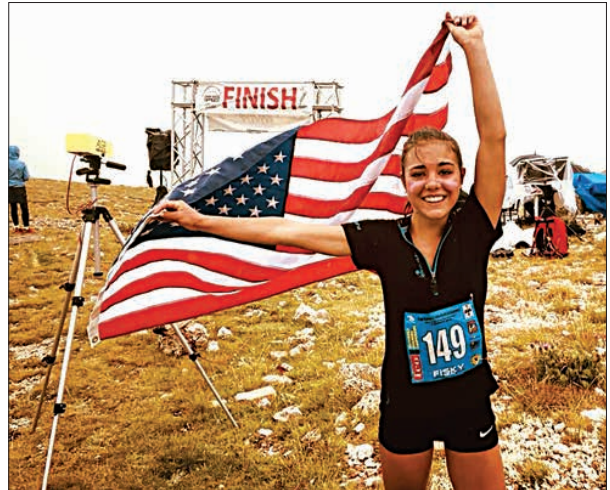


PHOTO COURTESY GUS JOHNSON

Far West Nordic's Sofia Sanchez will ski for Colby College next year, and is also an elite level runner, having competed in the 2018 Youth Skyrunning Vertical World Championships.



PHOTO COURTESY AMIE SMITH

Son of American skiing legend Bill Koch, Will Koch is etching his own legacy of strong skiing as a member of New England Nordic Ski Association.



PHOTO COURTESY WILSON DIPPO

Intermountain's Elena Grissom has had a breakthrough season and hopes to keep it going at JNs.

WHO'S RACING

Continued from Page 6

U20 skier Gus Schumacher of Alaska Winter Stars is fresh off skiing the anchor leg of the World Junior gold medal relay team and an individual fourth place finish at the World Juniors, as well. He's a prior Junior National champion and one of the most decorated athletes at this year's event. Gus will race on his hometown course while preparing for the World Cup Finals in Quebec, March 22-24. Another young phenom, U18 skier Kendall Kramer of Fairbanks Cross Country, also skied to a fourth place finish at the World Juniors. A defending Junior National champion, she'll be one to watch at JNs before she also attends the World Cup Finals in Quebec as one of the youngest athletes ever invited.

Others Alaskans to watch: Members of the USA International junior trips, U18 skier Zanden McMullen, APUNSC, a 2019 World Junior skier along with U18 Skier Adrianna Proffitt, Alaska Nordic Racing, and U18 skier Michael Earnhardt, Alaska Nordic Racing, members of the U18 Scandinavian Cup team.

New England

The New England division is made up of multiple states: Vermont, New Hampshire, Maine, Massachusetts and Rhode Island. A top contender and defending Alaska Cup champion, New England consists of 53 athletes and 13 coaches. Led by Amie Smith, NENSA, and head coach Matt Boobar, SMS, New England never disappoints. A rich history and bright future drives this division.

Skiers to watch include Will Koch, U18, and the son Olympic silver medalist Bill Koch, SMS; U18 Charlotte Ogden, SMS, part of the U18 International trip; U20s Cali Young, Dartmouth, Sofia Laulki, SMS/PG, and Josh Valentine, GMVS.

Pacific North West

The Pacific North West division is made up of Oregon and Washington. This team of 37 athletes and eight coaches is led by Alan Watson and head coach Dan Simoneau.

Skiers to watch include U18 Annie McColgan, who attended the U18 International trip, and Ella Kuzyk, a returning member of last year's gold medal relay. U18 skier Walker Hall spent the fall in Norway and is the division's top U18 male.



Far West

The Far West division consists of California and Nevada. Far West brings 33 athletes and 8 coaches, led by Will Sweetser and head coach Gus Johnson.

FW's Jared Mahler is a high school senior who started competing in Junior National qualifiers his freshman year. His primary coach was ex-Olympian Nancy Fiddler, who he credits for developing his technique and instilling a sense of determination. After being shy of qualifying as a freshman, he worked hard during the offseason to make the Far West team and attend his first junior nationals at Lake Placid, NY.

Sofia Sanchez, senior from Sugar Bowl Academy and resident of Kings Beach, Calif., will ski for Colby College next year. Sofia is also an elite level runner, having competed in the 2018 Youth Skyrunning Vertical World Champion in the Women's Youth B category.



Rocky Mountain

The Rocky Mountain division is made up of Colorado, New Mexico and Arizona. Led by Adam St. Pierre, Rocky Mountain has 53 athletes and 15 coaches.

Wally Magill has gone undefeated in Junior National qualifiers this season, including double victory at the super JNQ in Soldier Hollow. At Senior Nationals, Wally was the top U16 in both distance races. Cameron Wolfe put together a seventh place finish in the individual start classic 5k, and his team skied into third place in the Skate Hill Climb Relay at JNs in Cable, Wisc. He qualified for JNs again in Lake Placid and Soldier Hollow, where he helped his team reach the second step of the podium in the 3x3k Classic Relay. Kate Oldham, a first-year U18 who skis for Aspen Valley Ski and Snowboard Club, has had stellar results this season. Coming off two Top 10 results at Junior Nationals last year, Kate's hard work earned her a spot on the U.S. U18 Scando Cup team in Otepaa, Estonia, and skied in the U.S. National Championships in Craftsbury.



Intermountain

The Intermountain division is made up of Utah, Idaho, Montana and parts of Wyoming, and is led by Wilson Dippo, who brings a team of 56 athletes and 14 coaches.

Elena Grissom is a dark horse, out of the blue qualifying for

JNs. For those of us who know her, when things get Manky, Elena will be in the hunt. Why, you ask? Because she is a Honey Badger but slightly smaller, follows direction and loves putting it all on the line. Nicholas "Nicky" Gebhards is a first-time JN qualifier who is also a 4.0 student and tuba player.



Midwest

The Midwest team is made up of North and South Dakota, Minnesota, Wisconsin, Illinois, Maryland and Iowa. The states have a skiing tradition that mirrors Scandinavia, with thousands of skiers and races like the American Birkebeiner, which takes place in Wisconsin. The team is led by Chris Harvey, who brings 60 skiers and 11 coaches to JNs.

Mara McCollor is a senior from Wayzata High School who qualified for World Juniors in Lahti, Finland, where she skied the lead leg for the girls relay team that finished an impressive fourth. Mara is also the two-time Minnesota State Meet champion. Hailing from Sartell, Minn., are the Nemeth brothers. Alex was born in April 2001, Zach and Will (twins) were born 14 months later in 2002. All three qualified for the Midwest Team and race in the U18s. Teaming up with their younger brother Johnny, an 8th grader and U14, the St. Cloud Cathedral/Sartell High School team won the Minnesota State Meet team title. Will there be an all Nemeth relay team at Junior Nationals?



Great Lakes

Great Lakes is a sub-division of the Midwest Division. It is made up of Michigan, Ohio, Kentucky, and West Virginia. Great Lakes are bringing 14 athletes and four coaches to JNs.



High Plains



High Plains, one of our smallest divisions, consists of Wyoming skiers. It is led by Becca Watson, who brings 16 athletes and five coaches to JNs. High Plains has a robust High School program and due to the location and distance from other states, became its own division.

Mid-Atlantic

The Mid-Atlantic division is made up of New York, Peninsula, and West Virginia. Home of famous Lake Placid, the Mid-Atlantic division is not new to exciting events. Robust with a Bill Koch League and high school skiing, Mid-Atlantic is one of the smaller divisions. It's led by Jason Hettenbaugh, who brings 26 athletes and five coaches.

Its top athletes are Scott Schulz, U20 NYSEF/SVSEF, who is a three-time New York State champion and a Junior National champion (Sprint, Cable, Wisc.). Anna Schrieffer is a U18 skier from Rochester Nordic Racing and a four-time Mid Atlantic Junior National team qualifier.



The team from Pacific Northwest Ski Area are ready to rock the great state of Alaska.

PHOTO COURTESY ALAN WATSON



Zanden McMullen was among the strong Alaskans racing in the U18 division of the World Junior Championships in Lahti, Finland.



Midwest's Mara McCollor skied the lead off leg for the U.S. girls relay team that recently finished 4th at World Juniors in Lahti, Finland.

PHOTO COURTESY SKINNYKISKI

Teams

Team New England

Athletes: Evan Nichols, Trey Jones, Aidan Burt, Mathias Boudreau-Golfman, Samuel Murray, Elvis McIntosh, Jack Lange, Quincy Massey-Bierman, Ava Thurston, Evelyn Walton, Sofia Scirica, Elsa Bolinger, Camille Bolduc, Will Koch, Josh Valentine, Brian Bushey, Griffin Wright, Zander Martin, Keelan Durham, Finn Sweet, Henry Johnstone, Gavin Blaich, Cal Schrupp, Alex Burt, Matthew Moreau, Charlotte Ogden, Nina Seemann, Anna Lehmann, Laura Appleby, Lillian Bates, Schuyler Michalak, Madeline Kitch, Greta Bolinger, Rose Clayton, Shea Brams, Ingrid Miller, Amelia Tucker, Adrienne Remick, Kennedy Lange, Meredith Stetter, Conor Munns, Will Solow, Jacob Jampel, Zachary Ennis, Caleb Streinz, Andrew Meyer, Marcus Wentworth, Callie Young, Kirsten Miller, Emily Nottonson, Sophia Laukli, Stephanie Nicols, Meredith Stetter.

Coaches: Amie Smith, Matt Boobar, Colin Rodgers, Joe Holand, Anna Schulz, Ollie Buruss, Morgan Wilkinson, Savannah Sessions, Justin Bechwith, Adam Terko, Jackson Bloch, Hilary McNamee, Sara Falconer.

Team Rocky Mountain

Athletes: Wally Magill, Sumner Cotton, Anders Weiss, Lasse Konecny, Alex Morano, Griff Rilios, Sam Brooks, Sam Haynes, Jack Jones, Gray Wasson, Tyler Wright, Lucas Martens, Wiley Corra, Nina Schamberger, Emma Reeder, Haley Brewster, Elsa Perkins, Betinna Burgess, Tai-lee Smith, Sarah Bivens, Katy Jane Hardenbergh, Sydney Barbier, Ellery Hodges, Ruth Holcomb, Emma Barsness, Cameron Wolfe, Everett Olson, Jimmy Colfer, Colt Whitley, Kieran Hahn, Logan Moore, Peter Haynes, Carson Williams, Wyentt Considine, Marcus Gore, Ian Hardenbergh, Chase High, Noah Wheelless, Andrew Rogers, Katherine Oldham, Elizabeth Smith, Bria Rickers, Molly Blakslee, Bridget Donovan, Ellory Kearns, Sadie Cotton, Emma Blakslee, Gracie Shanle, Noelle Resignolo, Jordan Miner, Lizi Barsness, Anna Terranova, Jaden Phillips.

Coaches: Adam St. Pierre, Dan Weiland, Eric Pepper, Olof Hedberg, August Teague, Molly Susila, Evan Elliott, Jim Galanes, Brian Tate, Meghan Cornwall, Parker McDonald, Josh Smullin, Hannah Peterson, Lander Karath, Sari Anderson

Team Mid Atlantic

Athletes: Omar Ambruster, Max Flanigan, Adrian Hayden, Jeffrey Hodgson, Lucas Jenkin, Marli Damp, Grace Mattern, Anne Rose-McCandlish, Katrion Schreiner, Jacob Alberga, James Flanigan, Alex Fragomeni, Kai Frantz Rylan Hodgson Van Ledger, Colton Martin, Erik



Alaska's Kendall Kramer placed fourth in the classic mass start of the U18 division of the World Junior Championships in Lahti, Finland.

Schreiner, Michael Skutt, Joseph Wilson, Scott Schultz, Jordi Kulis, Sylvie Linck, Maddi Relyea, Anna Schriefer, Zofia Stefanovic, Jordan Schuster.

Coaches: Jason Hettenbaugh, Shane McDonald, Nick Kulina, Kyle Curry, Craig Mattern.

Team Pacific Northwest

Athletes: Keeley Brooks, Bridget Burns, Katelyn Costello, Jordan Grialou, Lilia Kuzyk, Mahali Kuzyk, Mariah-May Lucy, Alice Mocknight, Eva Weymuller, Jeffrey Bert, Jacob Christensen, Jack Conde, John Deforest, Evan Grover, Bodhi Kuzyk, Derek Richardson, Gabe Velazquez, Aidan Whitelaw, Stella Johnson, Annaby Kanning, Sarah Kilroy, Ella-Sophie Kuzyk, Greta Laesch, Anie McColgan, Greta Laesch, Garrett Butts, Mario Cacciola, Hunter Greene, Travis Grialou, Walker Hall, Patrick Korus, Will Lange, Isak Larson, Maximus Nye, Hadassah Lurbur, Lauren Potyk, Samuel Schoderbek.

Coaches: Alan Watson, Daniel Simoneau, George Bryant, Leslie Hall, Jess Hashimoto,

Zachary Hill, Peter Leonard, Pierre Niess, Zachary Russo, Kelly Simoneau.

Team Intermountain

Athletes: Sabine Wilson, Samantha Smith, Luci Ludwig, Anja Grover, Emma White, Anna Alexander, Elena Grissom, McKinley Hibi, Kate Brigham, Clara Wyatt, Bjorn Halvorsen, Cale Woods, Max Kluck, David King, Mason Wheeler, Phineas Fischer, Wes Campbell, Nicholas Gebhards, Bridger Stiles, James Cessna, Nate Maybach, Lilian Brunelle, Sarah Morgan, Anja Jensen, Heidi Booher, Ella Wolter, Paige Con-

letta, Georgianna Fischer, Pearl Harvey, Geneva Humbert, Tory Peters, Jenna Nurge, Victoria Olson, Sabine Love, Tia Vontver, Olivia Cuneo, Sophia Mazzoni, Ariana Woods, Adam Witkowski, Logan Chamberlain, Skylar Patten, Haydn Halvorsen, Ted Yewer, Elijah Weenig, Sven Tate, Seth Wyatt, Eli Eppolito, Hans Pessi, Aidan Rasmussen, Sam Johnson, Abram Brown, Sebastian Radl-Jones, Eli Nelson, Johnny Hagenbuch, Scott Schulz, Kai Mittelsteadt, Vincent Bonacci, Lane Myshall.

Coaches: Wilson Dippo, Rick Kapala, Lina Hultin, Sloan Storey, Ben Morley, Dragan D. Paul Smith, Steve Cook, John Gebhards, Jordi Johnson, Zach Hall, Gordon Lange, Scott Lacy, Max Anderson.

Team High Plains

Athletes: Abigail Whitman, Madysen Willis, Kaylynn Sandall, Samantha Veauthier, Abigail Gruner, Luceil Elder, Kathryn Willmont, Margo Kuntz, Benjamin Radosevich, Kaleb Simonson, Sam Fay, Evan Corson, Zane Sandall, Maxwell Radosevich, Adam Pickett.

Coaches: Rebecca Walton, Pete Freire, Cassidy Jerding, Justin Kinner, Eric Dye.

Team Alaska

Athletes: Josiah Alverts, Micah Barber, Victoria Basette, Dale Baurick, Josh Baurick, Max Biergrohslin, Tjarn Bross, Barter Brubaker, Neena Brubaker, Jonathan Burrell, Kai Caldwell, Everett Cason, Morgan Coniglio, Hanna Cryder, Karl Danielson, Hannah Delamere, Samuel Delamere, Miles Dennis, Eric DiFolco, Jenna DiFolco, Quincy Donley, Maggie Druckenmiller, Micheal Earnhart, Ari Endestad, Ivey Eski, Marit Flora, Maxime Germain, Annie Gonzales, Abigail Haas, Annika Hanestad, Katey Houser, Emma Jerome, Kendall Kramer, Maja Lapkass, Aubrey LeClair Anja Majjala, Patrick Marbacher, Alexander Maurer, Aaron Maves, Zanden McMullen, Eli Merrill, Kai Meyers, Ellie Mitchell, Maria Nedom, Claire Nelson, Aaron Power, Joel Power, Adrianna Proffitt, Noah Rehberg, Konrad Renner, Meredith Schwartz, Gus Schumacher, Garvee Tobin, Emily Walsh, Maggie Whitaker, Helen Wilson, Tatum Witter, Adeline Wright, Porter Blei, George Cvancara, Eli Hermanson, Grace Miller.

Coaches: Ja Dorris, Mikey Evans, Sam Sterling, Eric Strable, Jan Buron, Brandon Fontana,

See **TEAMS**, Page 9



Far West Nordic's Jared Mahler didn't start competing in Junior National Qualifiers until his freshman year, but he's a fast learner and he was coached by ex-Olympian Nancy Fiddler.



Rocky Mountain Nordic's Wally Magill has gone undefeated in Junior National qualifiers this season.



Intermountain's Nicholas Gebhards hopes to make an impact in his first JNs.



Kate Oldham, a first year U18 who skis for Aspen Valley Ski and Snowboard Club.

JNs 2008: The future of America skiing on display

The last time the U.S. Junior Nationals were held at Kincaid Park, it was March 2008 and a handful of young superstars in the making began shining bright. Ten years, thousands of hours of training, and countless Ks of skiing later, many represented the U.S. on the biggest sporting stage – the 2018 Winter Olympics in South Korea. This group of standouts included Jessie Diggins, who dominated the 2008 JN's U18 division races. Ten years later, she would team up with Anchorage's Kikkan Randall to win America's first Olympic gold medal at the Winter Olympics. How many stars will be born at this year's Junior Nationals? Take a lot of photos and take a look before the next Olympics!

PHOTOS BY BRIAN LOONEY



Tyler Kornfield



Jessie Diggins, front



Logan Hanneman



Erik Bjornsen



Caitlin Patterson



Reese Hanneman



Scott Patterson

TEAMS

Continued from Page 8

Rachelle Kanady, Greta Anderson, Alasdair Tutt, Cody Priest, Stan Carrick, Asne Hoveid, Naomi Kiekintveld, Sarissa Lammers, Connor Truskowski.

Team Mid West

Athletes: Victor Sparks, Caden Albrecht, Jasper Johnson, Roger Anderson, Owen Williams, Adrik Kraftson, Stas Bednarski, Isak Nightengale, Noah Erickson, Drew Sampson, Alez Nemeth, Peter Moore, Cooper Lennox, Matthew Bourne, James Schneider, Joe Lynch, Eli Gore, Zach Nemeth, Will Nemeth, Henry Snider, Jackson Adler, Gus Schatzlein, Ryan Mead, Luke McKinnon, Charlie Reinhart, Anders Sonnesyn, Tres, Green, Mark Ousdgan, Molly Moening, Lauren McCollor, Sudie Hall, Mia Case, Izzy Quam, Jordan Parent, Linnea Urban, Liv Myers, Lauren Munger, Saray Olson, Libby Tuttle, Emma Albrecht, Alice House, Gretchen Haggemiller, Isabel Seay, Celeste Alden, Kaelin Jackson, Amelea Hauer, Lauren Lackman, Anni Skillicorn, Charlie Brown, Regan Duffy, Hannah Bettendorf, Mae Barnes, Olivia Schwintek, Mara McCollor, Luci Anderson, Cece Boyle.

Coaches: Julia Curry, Chris Harvey, Scott Putman, Liz Peterson, Ben Koenig, Tom Jorgenson, Piotr Bednarski, Ted Theyerl, Deno Johnson, Joe Haggemiller, Elizabeth Smith.

Team Great Lakes

Athletes: Arielle Jean, Kora Johnson, Anabel Needham, Erika Asmus, Mary Lyon, Noah Robisheck, Aleutian Hatfield, Galen Resch-Chimmer, Joe Wood, Julien Malherbe, Matt Pillifant, Nick Niemi, Ted Roe, Joshua Albrecht, Mitchell DeLong, Reid Goble.

Coaches: Mike Young, Ross Williams, Ruth Opplinger, Logan Zueger.

Team Far West

Athletes: Sarah Beaulieu, Zoe Klenke, Lexie Madigan, Kianna Mullings, Sami Samuels, Sofia Sanchez, Mera Schoonmaker, Samantha



PHOTO COURTESY JASON HETTENBAUGH

Mid-Atlantic Division's Scott Schultz is a Junior National champion and three-time New York state champion.

Swan, Meaghan Thompson, Cooper Anderson, Etienne Bordes, Nikolas Burkhart, Steffen Cuneo, Nate Cutler, David Ebel, Jared Mahler, Max Roske, JC Schoonmaker, Lucas Strazzere, Kendall Kelly, Kili Lehmkuhl, Hayden McLunkin, Lily Murmane, Alanie Powell, Ben Cutler, Matthew Deluna, Jake Hacker, Thomas, Hipsley, Cooper Honeywell, Christian Nygard, Phoenix Sanchez, Matthew Seline, Koson Verkler.

Coaches: Will Sweetser, Gus Johnson, Bryce Tiernan, Eliza Rorbaugh, Kathi Kirkeby, Patrick Johnson, Miles Heapes, Brandon Herhusky.



PHOTO COURTESY ADAM ST. PIERRE

Rocky Mountain Nordic's Cameron Wolfe has skied since the first grade and will soon ski in college for Dartmouth.



Left: Alex and Zach Nemeth are two of the four Nemeth brothers competing for Midwest at JNs.

PHOTO COURTESY SKINNYSKIS

WELCOME

Continued from Page 1

"There is a real home course advantage," she said. "There's less travel so athletes can be rested, and staying at home versus a hotel."

"That advantage includes everything from not having to travel over the holidays, sleeping in your own bed, eating your own food, and training on the courses in the months and weeks leading up to the event," said Olympian and Alaskan Holly Brooks. "Also, local coaches know which waxes run well at Kincaid, and athletes have the independence and autonomy to do whatever is best for their preparation and recovery."

Alaska is home to some of the most rugged but extensive trail systems in the country. Trails stay lit until 11 p.m., allowing skiers to train with the shortened daylight hours. Driving to the mountains to find coveted snow is often the case, while thousands of Junior Nordic, middle school and high school kids utilize the trails, as well.

Anchorage is a winter city, says Caterinichio. "We build our community around skiing, events,

trail grooming and outdoor time. The Junior Nationals and last year's U.S. Nationals are just a few of the pieces that keep it all together. Being a little isolated, large events help showcase our city and state, and our skiers. They also bring out new volunteers and allow young Alaskans to see what they can become. It is so important to have events like the Junior Nationals here at Kincaid."

A generous group will come together to put this event on. Community sponsors, a large team of volunteers (including the tireless and infamous Green Grunts), the Municipality of Anchorage, the staff and volunteers at the Nordic Skiing Association of Anchorage staff, and countless community members and statewide partners who make up this special Alaska Nordic family.

Anchorage as a cross-country ski racing community has a long history of providing high-quality racing experiences for all levels of competition, says Chief of Competition, Matt Pauli. He added that Anchorage's well-established history provides the foundation for the 2019 Junior Nationals.

So here's a big welcome to all athletes, coaches, and



cross-country ski fans. Enjoy your time in Anchorage, at Kincaid Park, and watching the competitions.

U.S. GOLD

Continued from Page 1

at times, lead it.

"We talked with each of the guys separately about tactics, but one strength we felt our team had was just simply the depth," Kaeding said.

Jager skied the first classic leg, Ogden the second. The skate legs were handled by Hagenbuch and Schumacher. At last year's World Juniors in Goms, Switzerland, Jager, Ogden, Hunter Wonders and Schumacher skied to a sensational second in the 4 x 5 k relay. With Hagenbuch replacing Wonders, who graduated to U23, on paper at least there was no loss in capacity.

Around the 3.5k mark of Jager's scramble leg, he upped the pace and many teams paid the price in oxygen debt. Jager's initial surge wasn't a "snap" for chasing teams. But it was enough of a push that at the 5k mark when Jager tagged to Ogden, the U.S. handed off in first, followed closely by France and Norway less than a second back.

Kaeding continued. "I know Luke wanted to start out conservatively in the pack and then make a hard move, in the end, he did that. Ben did the same. Each was able to come in with the lead, which wasn't necessarily



PHOTO BY DOUG STEPHEN / INSTAGRAM: @VR4SPHOTOGRAPHY

America's Gus Schumacher, of Anchorage, leads the group of five during the U20 men's 4 x 5 k relay at Junior Worlds in Lahti, Finland. Schumacher was the anchor on the historic gold medal winning team.

meant to break, it was just meant to give an easy exchange and then allow the next skier just a little time to kind of ski into the race. And that's exactly what they did."

Like Jager, Ogden helped make and sustain a separation. When Ogden came through the tag zone in first, Germany was 2.2 seconds back, Norway 2.6. Hagenbuch stayed true to the team's formula, keeping them in medal contention when he tagged Schumacher in third, 2.0 seconds behind Germany in first and Norway in second (+0.6).

"They left it up to Gus ... who skied a really smart anchor and bought his time, and bought his time," Kaed-

ing said. "He led a little bit when the pace needed to be pushed so others didn't catch. And it was pretty obvious through the race that the Russians were coming."

With 3.9k remaining, Russia was approximately 10 seconds behind the U.S. By 19k, Schumacher seized the lead and Russia had nearly made contact, 2.8 seconds behind.

"Gus went with about a kilometer, a kilometer and half to go," Kaeding said. "I'm sure that was really hard for [Russia's anchor leg skier] as he had just made contact and to see Gus go. And (Gus) held that three-second, four-second gap all the way until the finish. So he had the confidence that

he could outsprint one of the best sprinters in the world and had the distance chops to be able to push the pace the entire way. It was pretty cool to see those guys really set out a plan and execute it to perfection."

From Schumacher's eyes, the gamesmanship was tense: "By 2.5k into my leg, we were all together in a group and I was definitely a little nervous because there were some great sprinters in that group."

Despite skiing a classic sprint, a 15k skate, and a 30k classic mass start (in which he placed fourth overall), Schumacher said his focus on the relay remained.

"I for sure did not forget about the relay at all this week," Schumacher said. "I definitely tried to visualize the best outcome. I visualized a lot of different outcomes as well. Winning and coming from the back and stuff like that."

45:34.7 was the winning time for the U.S. Russia placed second (+3.8), German third (+6.3). 45:34.7 minutes, a finishing time these young men will not forget as they evolve as athletes and tell tales of their historic win.

This story was provided courtesy of FasterSkier.com.

Organizing Committee

Thank you for your participation. The US Cross Country Junior Nationals committee has worked hard to bring you a fantastic event! In addition to this committee, there are many more individuals working with this event.

Event Chair.....	Joey Caterinichio
Chief of Competition.....	Matt Pauli
Chief of Competition Asst.....	Anson Moxness
Chief of Course.....	Matt Pauli
Chief of Course Asst.....	Anson Moxness
Chief of Course Control.....	Jim Rodriguez
Chief of Race Forerunners.....	Alison Arias
Chief of Stadium.....	Buzz Scher
Timing Contractor.....	Superior Timing
Timing Liaison.....	Tim Brabets
Chiefs of Start Crew.....	Lin Hinderman & Bruce Talbot
Chief of Finish & Timing.....	Robin Kornfield
Chief of Athlete Care.....	Amy Schumacher
Chief of Bib Distribution.....	Alice Knapp

Chiefs of Ceremonies.....	Rob Whitney & Holly Brooks
Chiefs of Announcing.....	Matt Heimbürger & Lex Treinen
Race Secretary.....	Steve Patterson
Race Secretary Asst.....	Diane Moxness
USSA Liaison.....	Allan Serrano
Competition Technical Delegate.....	Alan Pokorny
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Chief of Merchandise.....	Sara Miller & Joey Caterinichio
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Live Streaming.....	Yuriy Gusev (CXC)
Chief of Medical.....	Dr. Pete Mjos

Anchorage Nordic Ski Patrol.....	Eric Geisler & Nick Pulice
Chief of Volunteers.....	Sara Kamahela
Wax Trailer Genius.....	Mike Miller
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Wax Trailer Asst.....	Henry Arend
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Chief of Banquet.....	Shannon Donley & Lisa Mauer
Chiefs Mid Week Awards.....	Nora Miller & Claire LeClair
Chiefs of Opening Ceremonies.....	Nora Miller & Claire LeClair
Chief of Parent Activities.....	Joey Eski



'Trip of a lifetime' inspires Alaskan for JNs and beyond

BY ADRIANNA PROFFITT

The U18 Scando Cups were fantastic beyond belief from start to end. Not only did we have an amazing group of athletes, but an amazing coaching staff as well. Even before making it to Otepää we bumped into some of the legendary U.S. Ski Team members who competed in the area. We got a quick pic and a few tips on attacking the course from Jessie Diggins!

We were absolutely worn out after flying, but ecstatic to begin training and racing. The next days entailed training and learning the courses backward and forwards, which included how to stay in classic tracks on aggressive turns and massive 40 MPH downhills. We got along nicely through sharing ski stories and race strategies, and made a good first impression to our foreign racing competitors. We spent most nights struggling through yoga and eating massive amounts of potatoes and rice.

Day One of racing was a rough one for me. Sprinting, let alone classic sprinting, has never been a pleasant cup of tea, but I made it to quarter-finals and got to battle through a rigorous 1k resulting in a very well-needed nap shortly after. Day Two was much more successful for me and my team members; it was the Skate 5k for the girls and a 10k for the boys. Off the starting line, I was already feeling stronger than the day before and focused on moving my legs as fast as possible. I pushed till the bitter end, resulting in a 10th place and snagging the second place spot on the U.S. team behind the speedy Nina Seemann.

Day Three of racing was a very special one. We American skiers hold team relays to a very high standard because we always work our best as a team. So in the American style, the

two teams of girls layered on glitter and pulled up our red white and blue relay socks in preparation for a battle. While we got our game faces on, we bumped music, shared our love of glitter with the Norwegian ladies, and supported our lovely and English speaking European competitors. I was the anchor leg of our 3k relay and had the pleasure of watching my teammates Charlotte Ogden and Nina Seemann absolutely crush their legs and set the bar high for me to finish. As Nina came cruising in behind the Norwegian A team in SECOND and the Norwegian B team following close behind, I booked it right out of the exchange zone. I skied like an uncaged lion as my coaches back home would have called it and tried to fight off the Norwegian B team, but dang those girls are fast and they eventually passed. I tried holding on with them until they just pulled away, but from what I could tell the U.S. was going to be on that podium. So I finished my



Alaska's Adrianna Proffitt was downright stoked to represent her state and country at the Nordic Nations Cup/U18 Scando Cup in Estonia.

leg as strong as possible and as soon as I passed that line my team was already hugging me and when our other girl team came in we hugged even more and then we hugged the Finnish and Norwegian teams. No one was left out when it came to the hugs.

After all of the races and the boys teams laid down some solid racing, we took our team photos and traded gear with other teams. The rest of the trip was relaxed and gave us time to take

a breath before saying our goodbyes to new friends.

Everyone will be brought back together at Junior Nationals in Alaska! Everyone will bring our newfound confidence from racing with the "big dogs" to the upbeat Junior Nationals. JNs had always been my biggest, most stressful races in previous years and it feels crazy to think that I am feeling so much more confident to do well. Not to mention, the races will be held at Kincaid. These are trails I know very well and love racing on, which also alleviates some stress. The competition will be just as hard if not even more difficult due to how fast and competitive our upcoming American junior women are. Yet, I have never felt more ready or excited to be given a chance to compete with all of America's best and see how my new strategies hold up.

This trip was an eye-opening and motivating experience that I feel so thankful for; I'm also happy I attended it with my fellow Alaskan teammate Michael Earnhart. Thanks to NNF and all of my family and friends, I have now set bigger and better goals for myself and I cannot wait to reach them.




Adrianna Proffitt and her U.S. coaches and teammates were all smiles at the recent Scando Cup races in Estonia.


Alaska Cup

ALASKA CUP AWARD The Alaska Cup Award is given to recognize the outstanding divisional team performance in cross country skiing at the U.S. Ski & Snowboard Junior Olympics.

Past recipients: 1987 New England; 1988 Alaska; 1989 Alaska; 1990 Alaska; 1991 Alaska; 1992 Alaska; 1993 Alaska; 1994 Alaska; 1995 Alaska; 1996 New England; 1997 Midwest; 1998 Intermountain; 1999 Alaska; 2000 Alaska; 2001 Alaska; 2002 Alaska; 2003 Alaska; 2004 New England; 2005 New England; 2006 New England; 2007 Intermountain; 2008 Alaska; 2009 New England; 2010 New England; 2011 New England; 2012 New England; 2013 Alaska; 2014 New England; 2015; New England 2016; New England; 2017 New England; 2018 New England Nordic Ski Association.

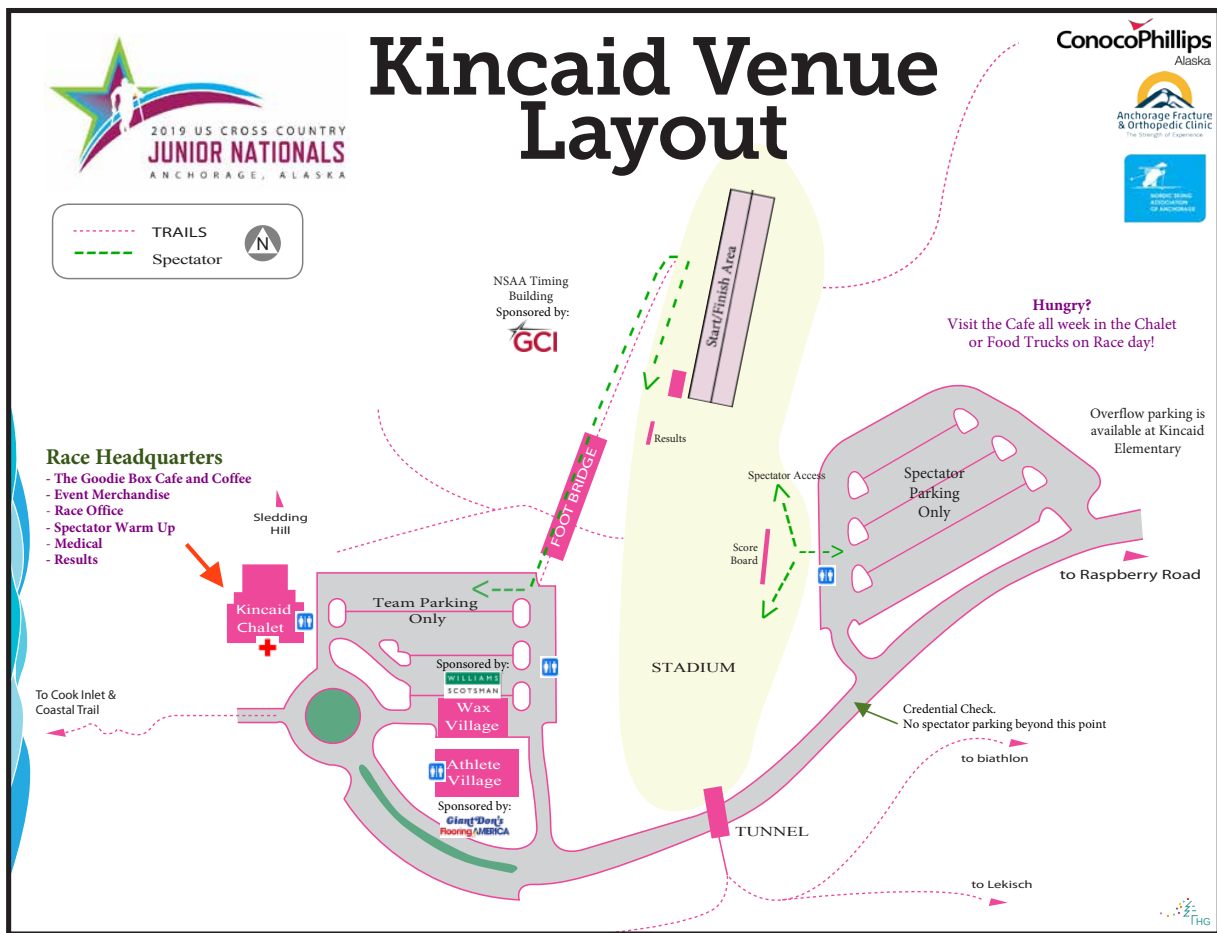


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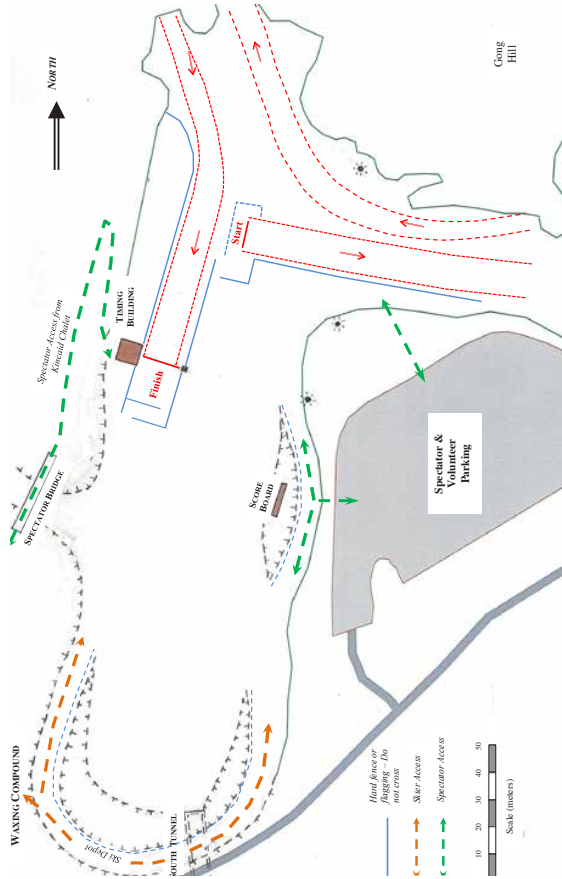
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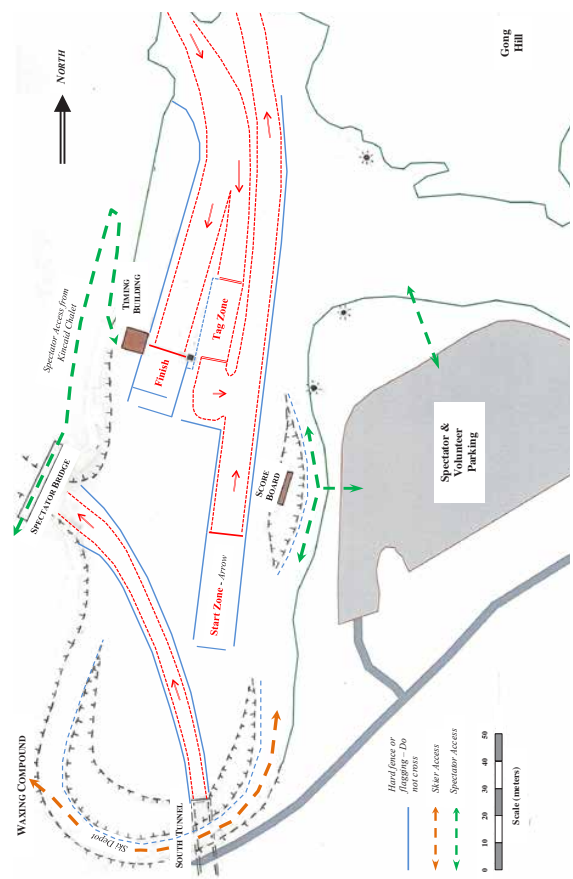
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Stadium Layouts

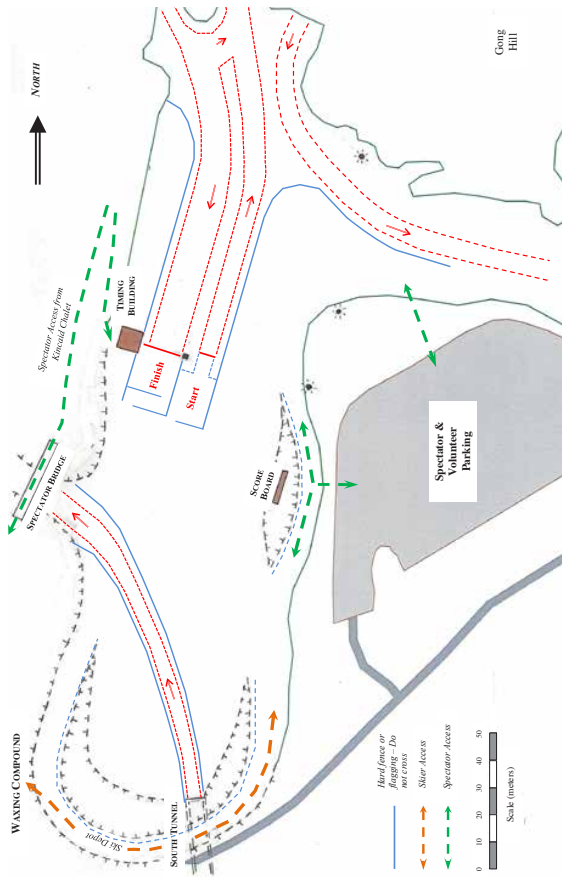
RACE #2: SPRINT CLASSIC



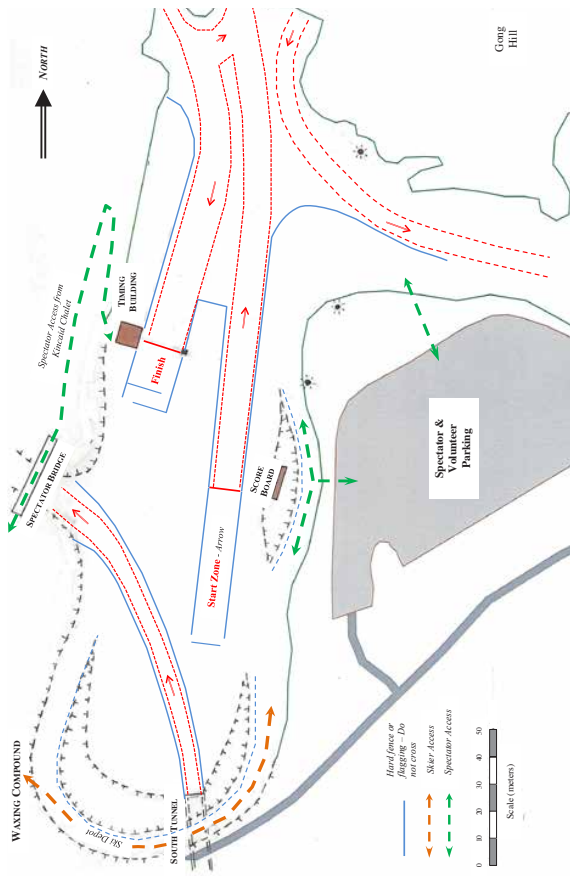
RACE #4: 3x3 RELAY FREE STYLE



RACE #1: INDIVIDUAL START FREE STYLE



RACE #3: MASS START CLASSIC



Junior Nationals Ground Rules

Rules of Engagement

Please follow the directions of course marshals and course controllers.

- No Dogs or Bicycles are allowed in the stadium area or on race trails for any reason (service animals excepted) at all times during the weeklong championships.
- Single track trails within and adjacent to competi-

tion trails will not be accessible during the weeklong championships.

- Besides competitors and officials, only credentialed coaches will have access to competition trails on race days.
- All trails at Kincaid Park will be open to the public on official and unofficial training days. It is expected

that other trails at Kincaid Park will be groomed as well for public use.

- V board, hard and soft fencing denotes competitions areas. Please, do not jump over or duck under any hard or soft fencing or step over V board.
- Enjoy the trails, the setting, the history, the views from the chalet, and wildlife of Kincaid Park!

Course Specifications

All measurements shown in meters unless specified

COURSES

	Color	Distance	HD	MC	TC
SPRINT	■ YELLOW	1,400	25	22	42
DISTANCE	■ BLUE	5,164	43	41	165
RELAY	■ RED	3,430	29	22	90

EVENTS

	Date	Technique	U16 Boys & Girls	U18 Boys & Girls	U20 Men & Women	Course
INTERVAL START	March 11	FREE	5 km	10 km/5 km	10 km/5 km	■ BLUE
SPRINT	March 13	CLASSIC	1.4 km	1.4 km	1.4 km	■ YELLOW
MASS START	March 15	CLASSIC	5 km	10 km/10 km	15 km/10 km	■ BLUE
RELAY	March 16	FREE	3 X 3 km	3 X 3 km	3 X 3 km	■ RED

DISTANCE (BLUE) COURSE SPECS

Distance	Laps	Distance	HD	MC	TC
5 km	1	5,164	43	41	165
10 km	2	10,164	43	41	330
15 km	3	15,164	43	41	495

Kincaid Park's championship racing history

Kincaid Park features several courses homologated to FIS specifications. Kincaid Park was also the first venue in the USA in the 1990s to have courses homologated for World Cup competitions.

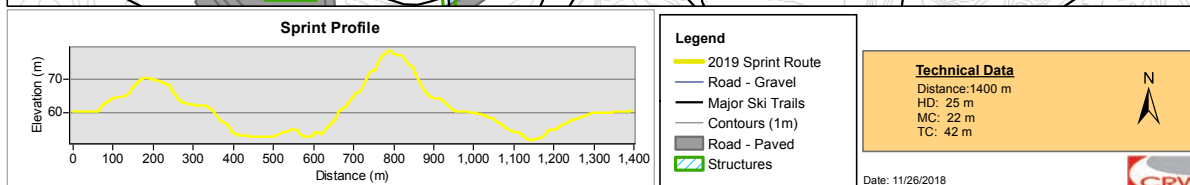
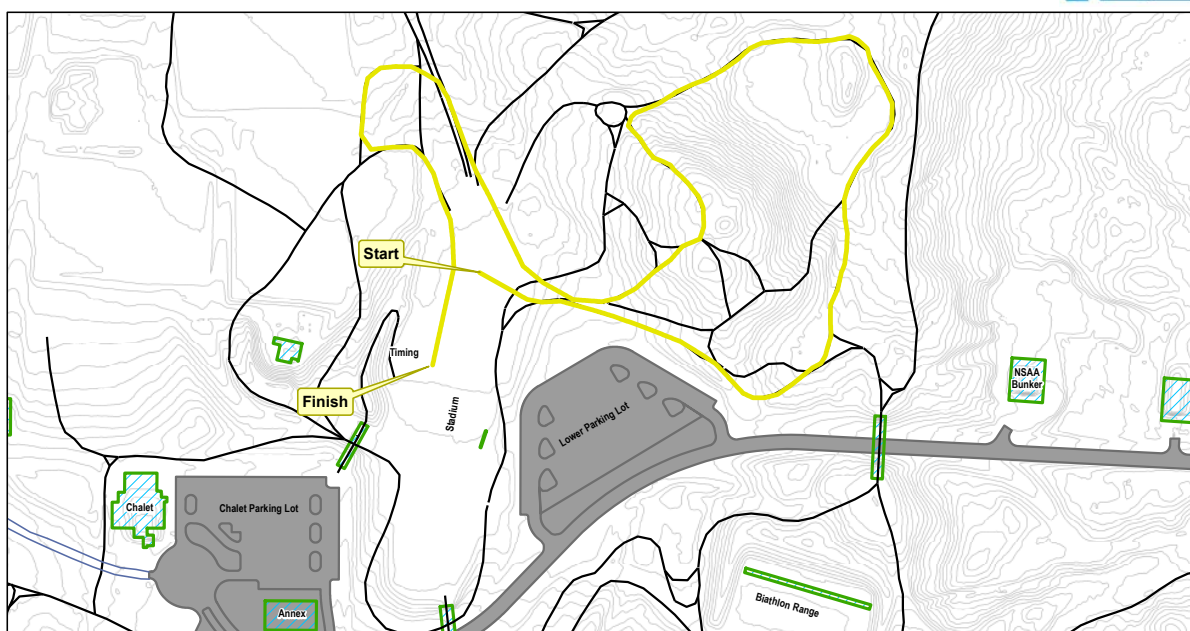
Countless number of regional and local events as well as multiple host of the ASAA State High School Ski Championships. Many of the volunteers at this year's Junior Nationals were spectators, volunteers and even racers in some of those early events, and continue contributing selflessly to this day. They have set the example for our second- and third-generation of racers and race volunteers.

Noting Kincaid Park's unique location and atmosphere, Jim Renkert coined this phrase in the early '90s during one of the national championships: "Kincaid Park: Where jets land and skiers fly!"

FIS World Championship Tryouts	1974
World Cup	1983
US National Championships	1978, 1981, 1983, 1990, 1994, 2009, 2010, 2018
US Junior Olympic/Junior National Championships	1987, 1991, 1999, 2008, 2019
NCAA Championships	1987, 2002
Special Olympics World Winter Games	2001

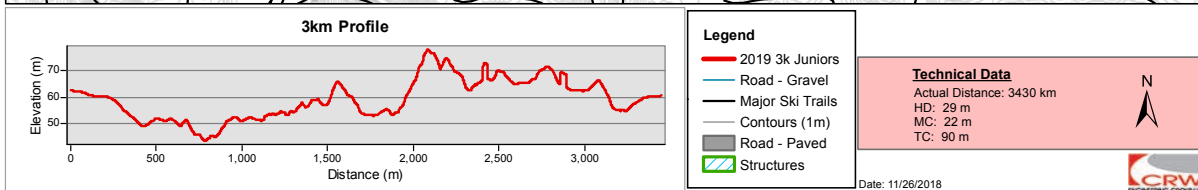
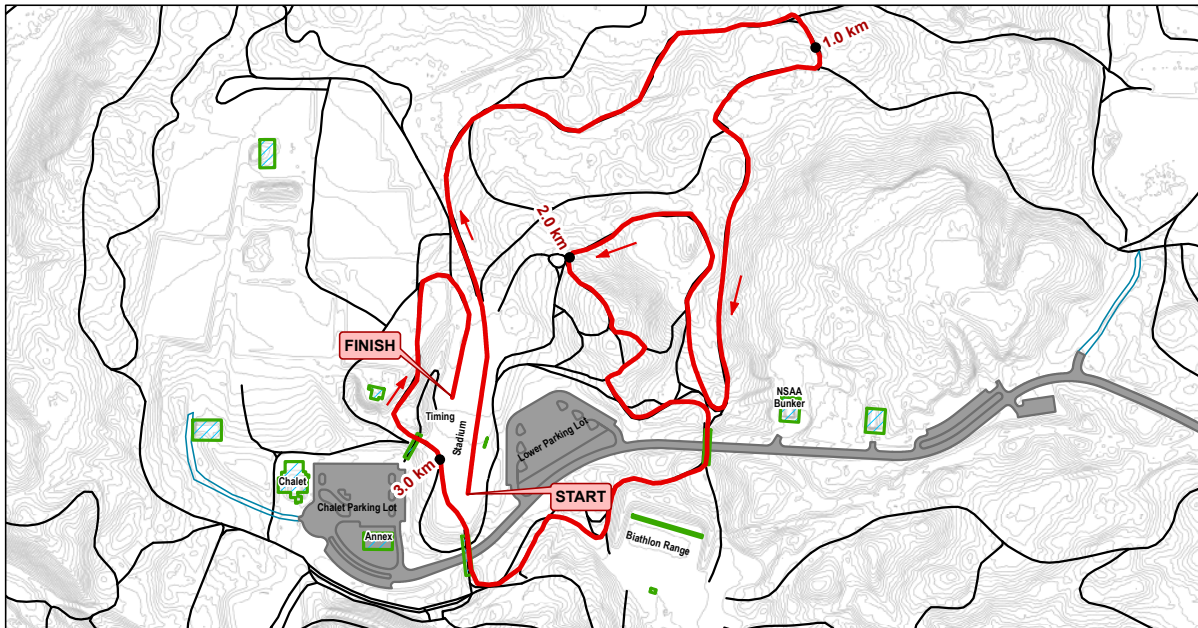
5KM DISTANCE COURSE

2019 U.S. Ski and Snowboard Junior Cross Country Ski Championships
Kincaid Park, Anchorage, Alaska USA

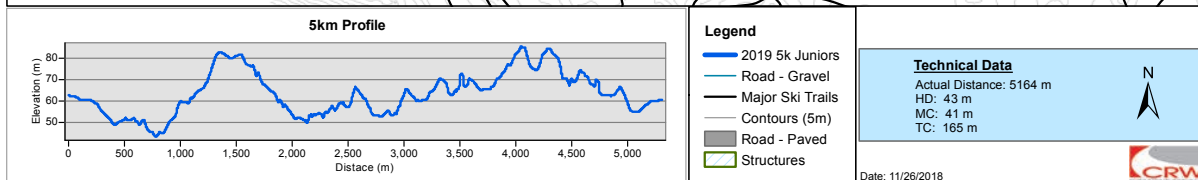
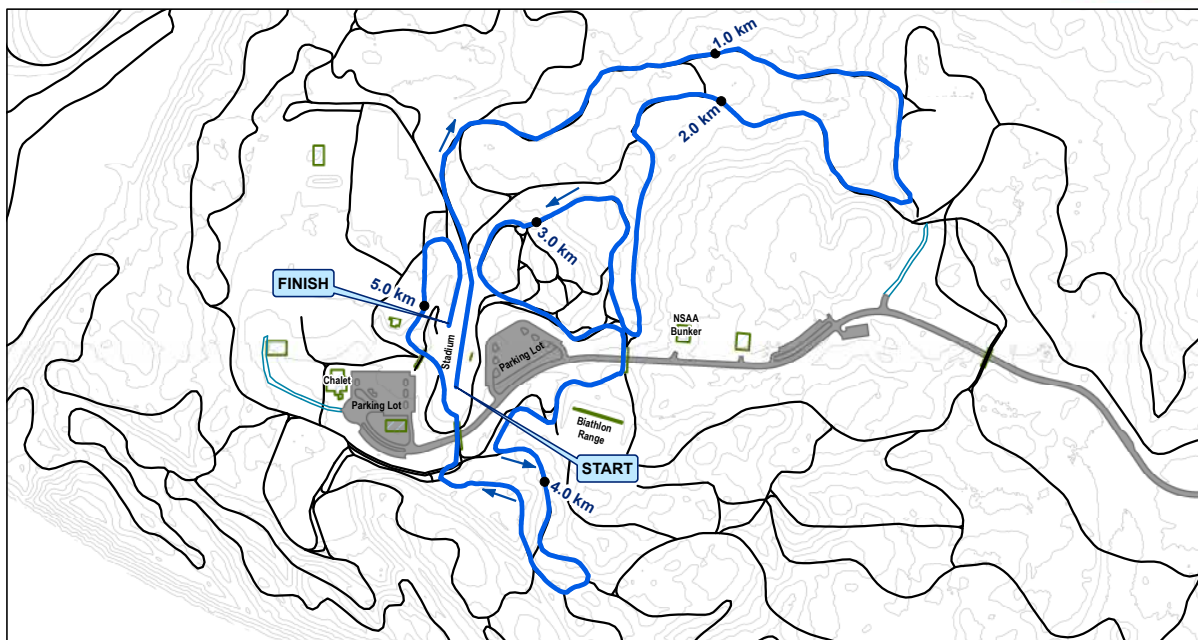


3KM RELAY COURSE

2019 U.S. Ski and Snowboard Junior Cross Country Ski Championships
Kincaid Park, Anchorage, Alaska USA

**5KM DISTANCE COURSE**

2019 U.S. Ski and Snowboard Junior Cross Country Ski Championships
Kincaid Park, Anchorage, Alaska USA





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Wishing the best of luck to all competitors at the
2019 Junior National Cross Country Ski Championships
in Anchorage March 10-17, 2019.

