

# SPORTS & OUTDOORS

in the Western Mountains of Maine



Ben Morse of Carrabasset Valley stops to talk about ski racing while watching his brother's little league game in Kingfield. (David Hart photo)



Pictured are Carrabasset Cycology team members, they are (in no particular order): Captain Marcia White; Allen Wicken, Augusta French, Bob Pride, Brian Bowker, Chuck Sprague, David Criner, Deborah Bowker, Devin Seel, Dick Mirick, Douglas Gray, Eric Lagios, Erik Anderson, Ethan Austin, Jarod Frigon, Jay Reynolds, Kevin Thomas, Kevin Shea, Mason Rowell, Nicholas Lagios, Rich Goodenough, Scott Chretien and William Pusey. The team raised around \$15,500 for the American Lung Association in the Trek Across Maine, June 19 to 21. (Submitted photo)

## Two-time national J2 champ makes U.S. Ski Team

By David Hart  
Irregular Staff

CARRABASSETT VALLEY — When 16-year old Ben Morse left for Aspen this past winter to race in the J2 National Junior Olympics, he knew national ski racing acknowledgement was on his radar but never imagined it would come this quickly.

On June 23, the U.S. Ski Team announced its 2010 alpine ski team made up of the nation's top alpine ski racers. These athletes include Olympians such as Ted Ligety, Steve Nyman, Marco Sullivan and Scott Macartney. When you scroll down the list you'll now see the name Ben Morse of Carrabasset Valley, Maine.

Carrabasset Valley Academy's top scholastic senior qualified to compete at the J2 Nationals last winter highly ranked in the technical events.

A shock to many and possibly even himself, after improving on each day of his downhill training, Morse came out and won the downhill event. Winning two J2 national events automatically nominates a young skier to the U.S. Ski Team.

"Aspen holds the world cup for the women each year so this was the "real-deal" course, Morse said. "We were breaking 70 mile-per-hour with some really hard turns. It was not just 70 straight, but 70 while turning. So those technical aspects sort of changed the event of downhill and probably made it more geared for me."

The national champion also said that on the third day of training it snowed and froze quickly making skiing more "eastern-like" and other kids were faltering while he felt at more at home under his skis.

On each night after training, Eastern Regional coaches including CVA's Doug Williams analyzed film and helped him improve each day.

"I really owe a lot to all the coaches who were

— Please see **Morse** on page 19

## Trek Across Maine's 25th year the best yet

*Torrential downpours couldn't stop cyclists from supporting lung health*

AUGUSTA — This past Father's Day weekend, over 2,000 cyclists, more than 600 volunteers and several thousand gallons of rainwater converged on Maine for the 25th annual Trek Across Maine to benefit the American Lung Association. Despite the weather, over \$1.7 million was raised this year alone, making this silver anniversary year the most successful Trek yet.

The 180-mile Trek Across Maine kicked off on Friday, June 19 at Sunday River Resort in Newry and cyclists finished the ride by zipping into Belfast on Father's Day, Sunday, June 21.

The local group, Carrabasset Cycology, had first-time riders and 16-year Trek veterans riding, and in spite of the rain and windy weather everyone had smiles on their faces as they crossed the finish lines each day, noted team captain Marsha White.

At the Colby Night event on Saturday, the Maine Lung Association staff gave a presentation showing how the money raised by this event is spent and the progress that has been made in the areas of smoking rates, tobacco regulation, and promotion of practices to improve air quality.

Maine's chapter is leading the charge and has set the bar high going forward; it is a small dedicated group

with an impressive drive to meet and exceed its goals. It is a pleasure to help this cause so that we all can breathe easier, White said.

She also noted that riding in the Trek also provides incentive to improve personal fitness levels; it takes a commitment of many hours of training to prepare for a comfortable and successful Trek ride.

Sign-ups are already underway for next year's Trek Across Maine. Log on to [lungne.org](http://lungne.org) or call 1-800-LUNG USA today to see if you've got what it takes to trek, volunteer, or support this annual event. The Trek is a family-friendly ride that offers friendships, fun and fantastic scenery throughout Maine.

The American Lung Association of New England is part of the American Lung Association, the oldest voluntary health organization in the U.S. Established in 1904 to combat tuberculosis, its mission today is to prevent lung disease and promote lung health. The focus is on air quality, asthma, tobacco control and all lung disease. ALANE serves Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island and Vermont ([www.lungne.org](http://www.lungne.org)).

## Hunter's safety course offered

RANGELEY — The Rangeley Regional Guides' & Sportsmen's Association will again sponsor a Firearms Hunter Safety Course. This course satisfies the requirements for obtaining a Maine firearms hunting license. It will be given at the RRG&SA clubhouse on Old Skiway Road in Oquossoc.

Twelve hours of instruction is mandatory and it will be scheduled over four nights. The classes will run from 6 to 9 p.m. on the following four nights: July 27 and 28 and Aug. 3 and 4. Attendance is necessary on all four nights.

There is no charge for the course; 10- to 12-year-olds

must be accompanied by an adult and pre-registration is required by calling Rusty Harvey at 864-2392 or Gerry White at Rivers Edge Sport Shop 864-5582.

New to the course this year, will be the use of a new laser shot program which simulates actual field conditions and shot selection.

Instructors will be Rusty Harvey, Jim Soper, Ken Lemke, Dick Moore and Tom Reed. This team has qualified hundreds of people for their hunter safety cards all at no charge. Adults of all ages normally attend each course.