

Goal Setting for the Noquemanon by David Chamberlain

The first step towards motivation for an event is the process of setting a goal. To me goal setting starts with an open mind to all possibilities and ends with a goal that is a slight reach beyond what was previously attainable. The Noquemanon Ski Marathon provides endless opportunities for this type of goal setting. Whether you are a 50k or 25k Noque skier, there is work to be done to prepare for this year's event and it starts with setting a goal.

Goal setting for the Noque begins with choosing an event. The decision to race the 50k or 25k event is one that many people have difficulty with. While I honestly believe that anyone who knows how to ski is capable of finishing a 50k event, even the fittest of athletes require a certain amount of preparation to complete a ski marathon with joy and enthusiasm. This type of preparation could be as little as a handful of long distance ski sessions mixed in with your usual ski training, or it could be a specific training plan tailored towards the event. My advice to those trying to decide between the 50k and 25k, go for the 50k if you are willing to do the little extra to get prepared. For those that are new to skiing and ski marathons or who won't have the time to ski as much as they would like this season, the 25k might make the most sense. The great thing about an event like the Noquemanon is there is a race for every ability level.

There are two types of goals, outcome goals and process goals. It is important to have both, but to spend more time focused on the process goals.

Outcome goals have to do more with time and placing. A person might have the goal of wanting to finish the 50k classic in 4 hours. Or someone might set a goal of finishing in the top half of the field. These are worthy goals but are often based on factors that are out of our direct control. It is not possible to control the weather conditions on race day, or to control how fast other competitors ski. Set your outcome goals, but then move on to the process goals.

Process goals have to do with the process of achieving your outcome goals. For example, a skier might feel that her V2 technique needs work. In this case she might set the goal to V2 certain sections of the Noque course. This is a goal that requires no reliance on outside influences. Or perhaps a certain skier feels that his double is getting in the way of achieving the results he would like. He can set a goal to double pole more during this year's Noque. With work and focus this goal is directly achievable. Another process goal is to be more confident and aggressive on the downhill sections of the Noque course. With planning and willpower, any of these process goals are achievable. The trick is to choose the process goals you believe will help you achieve your outcome goals.

After the hard work of preparing is over remember that the ultimate goal of any ski marathon should be enjoyment and fun. The Noquemanon is one of the biggest and best ski marathons in the country. If your goal is to tap into the spirit of fitness and adventure that the Noque provides, your day will be a success!