

## Annual Report 2023-2024

### Masters Langrenn Norge

As many previous years the season started in the beginning of December 2023 with a training weekend on snow at Beitostølen. The snow conditions were very good, quite sufficient with natural snow, allowing the use of tracks also in the mountain area. Low temperatures about -15°C did not stop enthusiastic skiers to enjoy training in beautiful surroundings.

A little bit down on the number of participant, about 50 this year. But we were all inspired by skilled coaches to improve our ski technics.

We had the annual meeting for Masters Langrenn Norge during the weekend. Our main problem as previous years is the decrease in the number of members. We are now about 300 members, a decrease from 500 during a few years. A big part of our skiers are old, above 80 years, and many of these have stopped skiing because of age and health problems. Thus they are not interested in being a member of Masters Langrenn Norge. In the other end only quite few younger skiers seems to be interested in our organisation.

For the Masters World Cup in Vuokatti only about 25 Norwegians participated. We experienced excellent tracks and good snow conditions in Vuokatti, but the main problem was the very low temperatures in the beginning of the event. The Norwegian Masters were very satisfied with the way the OC solved these problems, eventually being able to have 3 fine races, still under low temperatures. But we have to admit that many homesitting Masters found the location of the MWC little attractive.

In September 2024 we had our autumn training weekend at Lillehammer with about 20 participants. In nice weather we had a great time with excellent training conditions on roller skies and running. Some Masters also made some great mountain hiking during the weekend. The social meetings during the weekend are of course very important to us.

The board members 2023-2024 have been Per-Henning, Anne Ngyuen, Svein Sørdsal, Werner Sveum, Ernst Løksa and Einar Vikingstad. The board has had 5 meetings, three virtual and two meetings during the training weekends. Most of the work in the board is to plan the training weekends, and to support the edition of our magazine Skimasters. Our board member Per-Henning is the editor of Skimasters, and has done a great job with the 2 editions produced in this season.

This years we have used some time and resources to promote our organization. We have advertised the MWC in a runners/skiers magazine, but the response was limited. We also produced flyers with information about Masters Langrenn Norge, several hundreds of these were distributed to participants of the Birkebeinerrace in March. Still the response to these promotions acts seems to be limited. During the spring and summer 2024 we have promoted the MWC in Klosters 2025, and some new members of our organization have showed their interest. Finally, for this winter we have planned a recruitment campaign with prizes for the Masters who can recruit most new members.

Einar Vikingstad

National Director  
Masters Langrenn Norge

September 2024

