

# FAR WEST NEWS

Far West Nordic Ski Education Association  
 P.O. Box 10046 • Truckee, CA 96162  
 Phone: (530) 587-0304  
 www.farwestnordic.org

Issue #49 • Autumn, 2001

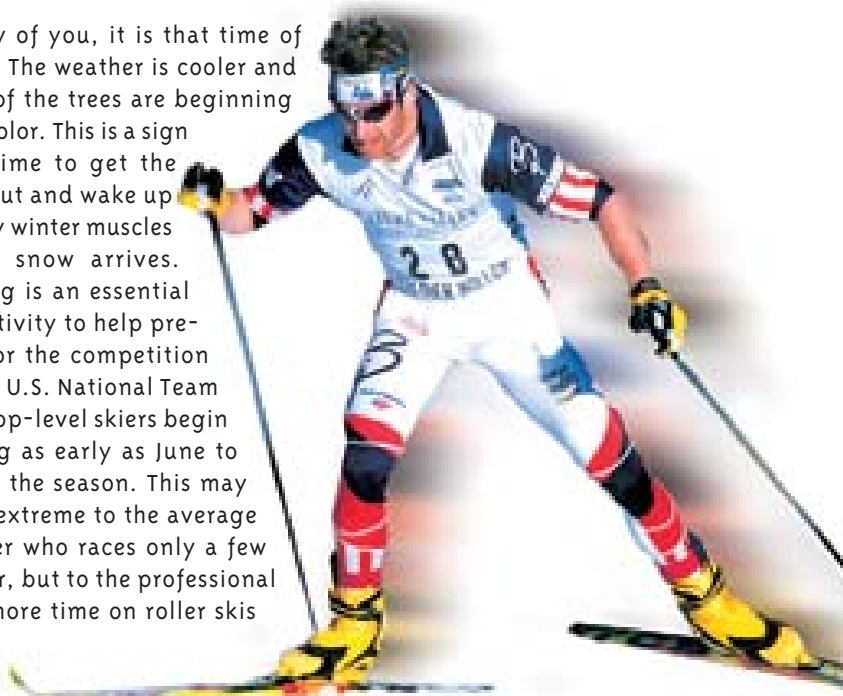


## IT'S TIME TO ROLL!

### *Olympic Skier Marcus Nash Offers His Roller Ski Expertise*

For many of you, it is that time of year again. The weather is cooler and the leaves of the trees are beginning to change color. This is a sign that it is time to get the roller skis out and wake up those sleepy winter muscles before the snow arrives. Roller skiing is an essential training activity to help prepare you for the competition season. The U.S. National Team and other top-level skiers begin roller skiing as early as June to prepare for the season. This may seem a bit extreme to the average citizen racer who races only a few times a year, but to the professional skier, the more time on roller skis the better.

I try to do an equal amount of both skating and classic roller skiing in my training. As I get closer to the competition season I increase the amount of roller skiing in my overall training. During the early summer I may only roller ski once or twice a week. In Oc-



*Continued on Page 2*

### **2002 MASTERS NATIONALS SCHEDULED FOR TAHOE CROSS COUNTRY AND ROYAL GORGE**

Exciting news for Far West Masters Skiers! The American Cross Country Skiers (AXCS) will host the 2002 Subaru National Masters Championships right here in California at Tahoe Cross Country and Royal Gorge next March 12-17. Races and events for the week at Tahoe XC include a 15 km Classic race, a Gourmet Ski Tour, and a 5 km. Classic/Freestyle Pursuit race. Friday will feature the Sprint Relays (formerly Cobblestone Relays) at the Tahoe City Golf Course, while the weekend events switch over to Royal Gorge for the Silver & Bronze Rush distances championships. Go to [www.xcskiworld.com](http://www.xcskiworld.com) for all the details.

**NEXT FAR WEST MEETING**  
 October 8<sup>th</sup> 2001 • Auburn Ski Club • 7 pm  
 All Members are Encouraged to Attend!

**LOG ON FOR THE LATEST NEWS...**  
**WWW.FARWESTNORDIC.ORG**  
 You can even download this newsletter in living color in Acrobat format! Save a Tree!

### **JOIN FAR WEST TODAY FAR WEST NORDIC MEMBERSHIP 2001/2002**

Far West Nordic encourages you to renew your membership now for the upcoming 2001/2002 year. If you don't receive a membership card along with this newsletter (or are reading the newsletter on our website), that means that you are probably not renewed for 2001/2002. Membership is again \$20 for individuals, \$35 for families, or a Junior Membership for \$10. Don't forget your \$5 "Competition License" for Junior Olympic competitors. Of course, tax deductible donations are ALWAYS welcome. A Membership Form is on the back page.

As always, membership comes with many perks and privileges, including discounts at most of the cross country ski areas in California & Nevada, our regular newsletters (including our highly-anticipated annual NORDIC NEWS), the Sierra Ski Chase, and much more. Please support the efforts of Far West Nordic by sending in your membership form today!

### **NOVEMBER COACHES CLINIC**

This year's Fall Coaches' Clinic, to be held on Saturday, November 3rd at Auburn Ski Club, is Free (\$10 for non-Far West members) to anyone interested in coaching developing athletes. Call the Far West office or Sally Jones (530-426-3313) for details.

## NASH ON ROLLER SKIING, CONTINUED...

tober I will be roller skiing up to five times a week, sometimes twice a day! With the two different techniques, classic and skating, I have different goals that I focus on during training sessions. The most important focus of my roller ski sessions is always strength. I like to use fast roller skis, especially for skating. The higher the elevation, the faster the skis. Slow roller skis are fine for training at sea level, but if you train at higher elevations I believe you would be better off with some faster wheels. It is difficult enough to keep a high tempo while doing distance training at six thousand feet, let alone with slow wheels on your roller skis. Most of the top European skiers that I have trained with use fast skis. For classic roller skiing I use two different types of roller skis. Approximately eighty percent of my classic roller skiing is done on a pair of Marwes. These skis are relatively fast which allow me to double pole up the steepest hills in the Tahoe area. I use these skis for strength training. A fairly common workout for me is to do fifty kilometers of double poling on a hilly road with a total vertical climb of over five thousand

feet. The remaining twenty percent of my classic roller skiing is done on a pair of slower Pro-Skis. On these skis I either double pole or double pole with kick, alternating legs. I seldom, if ever, diagonal stride on roller skis! In my opinion, I find that I get very little benefit from striding on roller skis. It is easy for me to develop bad technique habits when I rely on the wheel ratchet for grip. I use hill bounding and ski walking to simulate diagonal striding and feel that this is much more beneficial to my training. I enjoy skating on roller skis much more than I used to. I spend a lot of time doing technique work while skating. For strength training while on skating roller skis I use two techniques. First, I try to use the V-2 technique as much as possible. This strengthens my arms and torso. To improve leg strength I do a large amount of skating without poles. The most important thing to remember is keep it fun and safe. Give those kids in the back seat of a passing car a big wave as they stare at you, trying to figure out what it is they are seeing. Train smart and have fun!

*Marcus Nash is a U.S. Ski Team racer and member of the Fischer Salomon Athlete Force. This article was originally distributed on www.SkiPost.com*

## JUNIOR RACE SKILLS FALL CLINICS



Catch the early snow on the summit & get a great start to your season. Top coaching to get you ready for the new ski season – Clinics are FUN and help you with fitness and skiing skills.

Open to all Middle & High School racers (6<sup>th</sup> grade & up)

Clinics: 10am – 12:00pm at ASC Training Center Donner Summit. (Far West end of Boreal's parking lot). Please arrive at least 15 mins early to be ready on snow at 10am.

**Saturday November 10**

**Dryland Training / Classic skiing (if we have snow)**

**Saturday November 17**

**Dryland Training / Classic skiing (if we have snow)**

**Sunday November 25**

**Dryland Training / Skate skiing (if we have snow)**

**Sunday December 2  
Classic Skiing**

**Sunday December 9  
Skate Skiing**

Check on the hotline (530) 426-3501 for confirmation of snow conditions. **Questions? Call (530) 426-3313**

**Dryland training** – drills & exercises to get you ready for the snow. Bring running shoes, classic poles, water bottle & holder, and snacks.

**Classic or skate skiing** - Bring skis, boots & poles.

All 5 clinics are offered for \$25 or \$10 per session drop in.

## FAR WEST NORDIC JACKETS POSSIBLE?

We have an opportunity to reorder Far West Jackets if we get a big enough order together. We will try to stay with the same colors: purple and red.

Think about it and if you want one, please let us know early enough in the fall to see if it is a go.

## SUMMER JR. CAMPS A GREAT SUCCESS

The Far West hosted four great camps this summer. Athletes attending camps enjoyed ski walking, hill bounding, roller skiing and circuit training, as well as a great hikes, kayaking, swimming, and numerous games of ultimate frisbee.

This year we accepted younger skiers (12 & up) at the 2 day ASC & Markleville camps which was a great success. Nancy Fiddler and the "Mammoth crew were excellent hosts as always at the 4 day June Lakes camp in July. The August camp was moved to Lake Tahoe (Blackwood Canyon) - a great new venue which provided excellent roller skiing, the obvious amazing swimming opportunities and new hikes.

Our thanks to all the coaches and volunteers who helped make these camps a huge success. A special thanks to Jeff Schloss who has brought amazing new energy to the camps and teams at Auburn Ski Club this year; and to Lars Spurkland and Tav Streit who started up a summer training group in Tahoe City. It will be exciting for the kids to see the benefits of this summer training

## 2001-2002 FAR WEST RACE SCHEDULE

The 2000-2001 Race Schedule for the Far West Ski Association is almost completed. Following is a **tentative** schedule of races for this winter. This way, you can start planning your race travel schedule. Please note that these dates could change, but are not expected to deviate significantly from what you see here. The final race schedule will be published in our NORDIC NEWS, out in late November. Please check our website at [www.farwestnordic.org](http://www.farwestnordic.org) for any last minute updates or changes.

Note that Classic technique races (including pursuit formats) are listed in italics.

|                          |                 |  |                              |                                   |
|--------------------------|-----------------|--|------------------------------|-----------------------------------|
| December 2, 2001         | Sunday          | Kirkwood 10 K                              | Kirkwood XC                  | 10 km.                            |
| <i>December 9, 2001</i>  | <i>Sunday</i>   | <i>Tannenbaum 10 Km. Classic</i>           | <i>Tamarack Lodge XC</i>     | <i>10 km. Classic</i>             |
| <i>December 16, 2001</i> | <i>Sunday</i>   | <i>Far West Nordic Points Pursuit</i>      | <i>ASC Training Center</i>   | <i>7.5 Classic/7.5 Free</i>       |
| December 23, 2001        | Sunday          | Paco's Fun Race                            | ASC Training Center          | 10 km.                            |
| December 29, 2001        | Saturday        | ASC Sprint Challenge                       | ASC Training Center          | 1 km. Course                      |
| <i>December 30, 2001</i> | <i>Sunday</i>   | <i>Snowshoe Thompson Classic</i>           | <i>ASC Training Center</i>   | <i>10 km. Classic</i>             |
| January 6, 2002          | Sunday          | Lakes Basin 15 km.                         | Tamarack Lodge XC            | 15 km.                            |
| January 9, 2002          | Wed.            | Tahoe Donner Night Race Series             | Tahoe Donner XC              | 5 km.                             |
| January 13, 2002         | Sunday          | Alpenglow Freestyle 20K                    | Tahoe Cross Country          | 20 km.                            |
| January 21, 2002         | Monday          | Sierra Skogsloppet                         | Tahoe Donner XC              | 15 km.                            |
| January 23, 2002         | Wed.            | Tahoe Donner Night Race Series             | Tahoe Donner XC              | 5 km.                             |
| <i>January 26, 2002</i>  | <i>Saturday</i> | <i>Chimney Rock Challenge</i>              | <i>Montecito-Sequoia XC</i>  | <i>15 km. Classic</i>             |
| January 27, 2002         | Sunday          | Chimney Rock Challenge                     | Montecito-Sequoia XC         | 15 Km.                            |
| January 27, 2002         | Sunday          | Sawmill 15 K                               | Northstar                    | 15 km.                            |
| <i>February 3, 2002</i>  | <i>Sunday</i>   | <i>Tahoe City Classic</i>                  | <i>Tahoe Cross Country</i>   | <i>10 km.</i>                     |
| <i>February 10, 2002</i> | <i>Sunday</i>   | <i>Kirkwood Pursuit</i>                    | <i>Kirkwood XC</i>           | <i>10 Classic / 10 Free</i>       |
| <i>February 10, 2002</i> | <i>Sunday</i>   | <i>Allan Bard Memorial</i>                 | <i>Tamarack Lodge XC</i>     | <i>20 km. Classic</i>             |
| February 13, 2002        | Wed.            | Tahoe Donner Night Race Series             | Tahoe Donner XC              | 5 km.                             |
| February 18, 2002        | Monday          | President's Cup Race                       | Tahoe Donner XC              | 15 km.                            |
| <i>February 23, 2002</i> | <i>Saturday</i> | <i>Yosemite Nordic Holiday</i>             | <i>Badger Pass, Yosemite</i> | <i>17 km. Classic</i>             |
| February 24, 2002        | Sunday          | Tahoe Donner Relays                        | Tahoe Donner XC              | 5 km.                             |
| February 24, 2002        | Sunday          | Glacier Point Skate Race                   | Badger Pass, Yosemite        | 35 km.                            |
| February 27, 2002        | Wed.            | Tahoe Donner Night Race Series             | Tahoe Donner XC              | 5 kilometers                      |
| March 3, 2002            | Sunday          | Great Ski Race                             | Tahoe Cross Country          | 30 km.                            |
| March 9, 2002            | Saturday        | Bjornloppet Ski Race & Festival            | Bear Valley XC               | 20 km. or 10 km.                  |
| <i>March 10, 2002</i>    | <i>Sunday</i>   | <i>Bjornloppet Ski Race &amp; Festival</i> | <i>Bear Valley XC</i>        | <i>10 km. Classic</i>             |
| <i>March 12, 2002</i>    | <i>Tuesday</i>  | <i>Masters Nationals Classic</i>           | <i>Tahoe Cross Country</i>   | <i>15/10 km. Classic</i>          |
| <i>March 13, 2002</i>    | <i>Wed.</i>     | <i>Masters Nationals Pursuit</i>           | <i>Tahoe XC</i>              | <i>5 km. Classic / 5 km. Free</i> |
| March 15, 2002           | Friday          | Masters Nationals Sprint Relays            | Tahoe XC                     | 3 skier / 3 legs / 1 km.          |
| March 16, 2002           | Saturday        | Gold Nuggets/Supercross Kids               | Royal Gorge                  | Kids & Sprint Race courses        |
| March 17, 2002           | Sunday          | California Gold Rush                       | Royal Gorge                  | 50 km./30 km./15 km./6 km.        |
| March 23, 2002           | Saturday        | Echo To Kirwood Race/Tour                  | Echo Summit                  | 13 Miles Ski or Snowshoe          |
| March 31, 2002           | Sunday          | Mammoth Marathon                           | Tamarack Lodge XC            | 42 km. or 21 km.                  |
| <i>April 6, 2002</i>     | <i>Saturday</i> | <i>Tom's 10K Classic Race</i>              | <i>Bear Valley XC</i>        | <i>10 km. Classic</i>             |
| April 7, 2002            | Sunday          | 10th Mt. Division Biathlon                 | ASC Training Center          | 9 km./6 km.                       |
| To Be Determined         |                 | Billy Dutton Uphill Race                   | Squaw Valley                 | 3 miles uphill                    |

### AUBURN SKI CLUB DEVELOPMENT TEAM

Auburn Ski Club is still accepting new members to their Development team. The team is training once or twice a week through the fall & winter. Training includes fitness and technique improvement for all junior skiers aged 12 - 18 yrs. Call ASC for more info (530) 426-3313 ext 103.

### THANKSGIVING JUNIOR SKI CAMP

Far West Nordic will host a Thanksgiving Camp November 23 through the 25th. This is a great low cost opportunity to get quality on snow time early in the season. There will be a camp option- staying at Sugar Bowl Academy on Donner Summit or a drop-in day option. Details will be posted on the website soon. Or call ASC 530 426 3313 x103.

### JUNIORS: WRITE AN ARTICLE & GET FAR WEST BUCKS!

Far West Nordic wants Junior Skiers to become more involved. We're offering \$50 worth of Far West Bucks (redeemable for Far West sponsored trips and camps) for articles submitted and accepted for our newsletters. 400 word minimum per article. Contact the FW office for details.



# 2001/2002 FAR WEST MEMBERSHIP FORM

Far West membership year runs from September 1, 2001- August 31, 2002.  
Send in your registration to: FWNSEA, P.O. BOX 10046, TRUCKEE, CA 96162

LAST NAME(S): \_\_\_\_\_

FIRST NAME \_\_\_\_\_ BIRTH DATE\* \_\_\_\_\_

FIRST NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

FIRST NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

FIRST NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

FIRST NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

**Individual (Adult) Membership** ..... \$20

**Family Membership** (2 or more **immediate** family members) ..... \$35

**Junior Membership** only ..... \$10

**Junior Competition License(s)** (to qualify for Junior Olympic Points) **\$5 each** \_\_\_\_\_

**Donation** to the Far West Junior Program (Tax Deductible!) ..... \_\_\_\_\_

TOTAL ENCLOSED ..... \_\_\_\_\_

Far West Nordic is extremely interested in your opinion on sending newsletters and information to individuals in electronic format. This would save hundreds of dollars a year that we could then put into our Junior Ski Programs. If you would like us to send you information via e-mail or the WorldWideWeb, please check this box so we may contact you.

\*Please include Birth date to help us administer results for races and eligibility for events.

Far West may occasionally sell our mailing list to Ski Industry Organizations and/or manufacturers. If you do NOT want your name included on this list, please check...

Check this box if this is a Coach Membership

I would like to help with: .....  Auction & Raffle  Races (course set-up, etc.)  Junior Trips/Camps

"Far West News" is a production of the Far West Nordic Ski Education Association, and is published on a regular basis throughout the year. Design & typesetting is courtesy of MacBETH GRAPHICS of Truckee. Any submissions, questions, or corrections, please contact us at:

Far West Nordic Ski Education Association  
P.O. Box 10046 • Truckee, CA • 96162  
Ph: (530) 587-0304 • Fax: (530) 587-0316  
e-mail: info@farwestnordic.org  
web address: www.farwestnordic.org

## SPONSORING BUSINESSES

Fischer Skis • Paco's Truckee Bike & Ski • Cache-World  
Alpina Skis • Alpenglow Sports • Royal Gorge Cross Country  
Pro-Care Physical Therapy • Sierra Nordic.com • Lowe Alpine  
Timberland Eyewear • Dr. Krissoff Orthopedics • Sierra Designs  
**Thanks for all your support!**