

# Far West News

Issue #35 • Autumn/1998

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

## THE CIRCLE OF SKIING

by Mark Nadell • Far West Nordic Administrator

*"All my life's a circle, and I can't tell you why,*

*The Seasons spin around again, the years keep rolling by."*

— Harry Chapin

### WELCOME TO FAR WEST NORDIC - 1998/1999!

Most people (at least in this country) consider January First as New Year's Day—the day we start fresh, with new dates, new resolutions. In some other cultures, the First Day of Spring is the harbinger of the start of a new "circle" of counting time. But for those in the Nordic Community (and we assume you're one of them, since you're reading this), September is a great time to "start fresh." The hint of autumn is in the air, we've had our first rains, the colors are starting to change, and, most importantly, there are more and more roller skiers dodging cars out on the road.

In light of this fresh start, we have lots of things to tell you about in this first Newsletter of the 1998/99 season...

#### A NEW YEAR

Your Far West Nordic Membership will now run from September 1st till August 31st. As in the past, we've arranged for lots of great reasons to renew your membership, not the least of which includes incredibly great discounts at many of the local ski areas (and, of course, this highly informative newsletter). Starting this year, Juniors will be able to get credit for memberships sold. Please see page 3 for more details.

#### A NEW ADMINISTRATOR

Beginning with this newsletter, we say goodbye to Mitch Dion as Far West administrator. We can't begin to thank Mitch for the countless hours of work he's put in the past few years. The good news is that we figure he now has lots more time on his hand to volunteer for races, the Auction, and other Far West events. You can now contact the Far West through Mark Nadell at (530) 587-0304, fax at (530) 587-0316, or e-mail at [macbeth1@jps.net](mailto:macbeth1@jps.net). We'd love to hear from you.

#### A NEW BOARD

On May 11, the new Board of Directors was elected at the annual meeting. See the sidebar to the right for specifics. Please welcome our new board, and we'd like to say thanks to those who served on the past board who will not be returning this year, *Olof Carmel & Stan Hill*.

#### A NEW SET OF WEATHER PREDICTIONS

Depending on who you talk to, this winter will be A) Wet; B) Dry; C) All of the above. We look forward to whatever Mother Nature throws at us.

#### A NEW JUNIOR PROGRAM

Junior Head Coach Glenn Jobe has established a great set of Junior Events to point toward in 1998/99. See page 3 of this newsletter for all the details.

### FAR WEST BOARD MEETING

Monday • October 12<sup>th</sup> • 6:30 pm

#### Location:

LakeView XC • Tahoe City  
All Members Welcome!

### ANNUAL BOARD MEETING & ELECTION OF OFFICERS

On May 11, 1998 Far West held its annual meeting and elected the following Directors and Officers:

#### OFFICERS:

PRESIDENT ..... BILL STERLING  
VICE-PRESIDENT ..... COLYN CASE  
SECRETARY ..... LORI EGGSTAFF  
TREASURER ..... ALLEN PLUMMER  
DIRECTORS: ..... GLENN JOBE  
..... SALLY JONES  
..... MIKE McELRAVEY  
..... JEFF RASSUCHINE  
..... LAVAN RASSUCHINE  
..... JENNIE RASSUCHINE  
..... JEFF SCHLOSS

### FAR WEST ON WEB

Thanks to Allen Plummer, the Far West has a new, improved web address.

[www.farwestnordic.org](http://www.farwestnordic.org)

For those of you who haven't seen it, the Far West Nordic website has lots of great information, including up-to-date race results, race schedules, links to other nordic sites, and more.

*Please log on and tell us what you think!*

## BEAR VALLEY FALL CAMP With John Downing, Torbjorn Karlsen, & Richard Hunt

### WHEN:

October 23-25 (Friday morning through Sunday afternoon)

### WHERE:

Bear Valley, California

### STAFF:

**Torbjorn Karlsen** (Olympic and World Championship Coach);

**John Downing** (XC Oregon Coach and Editor of Cross Country Ski World website);

**Richard Hunt** (Two time Olympian and World Masters Champion)

Plus a special Guest **Female Superstar!**

### WHAT'S UP:

Plenty of individual and small group technical help and instruction on dryland training/conditioning topics such as ski walking/bounding, rollerskiing, intervals, technique training, strength...PLUS special opportunities to go mountain biking and/or flatwater paddling (equipment available). Evening lectures plus video analysis, analysis of training/conditioning programs and more.

Lodging and meals at local lodges all within a short walk and included in camp packages!

For veteran racers this is an ideal time of year to get feedback on your dryland training, get new ideas from some of the most innovative minds in the sport and get help in putting together your upcoming season. For novices and citizen skiers this is the perfect opportunity to learn proper dryland technique (yes, it really does translate to snow!) and how to maximize your fall conditioning. Something for everyone no matter what your goals.

### AN INCREDIBLE OPPORTUNITY:

This could be the best program and staff ever assembled, in one of the most unique and scenic autumn getaway retreats in the Sierra!

### COST:

- All packages include six delicious and nutritious meals; three days of coaching/lectures, afternoon mountain bike or flatwater kayak rental (pre-registration required); and more.

- Lodging packages also include Two nights Condo or Dorm lodging.

#### Economy Lodging Package

(dorm bed or condo pullout bed/need sleeping bag) ..... **\$175**

#### Double Occupancy Lodging Package

(Condo room for two/one bed) ..... **\$195**

#### Single Occupancy Lodging Package

(Condo room for one) ..... **\$225**

No lodging/Camp Only Package ..... **\$155**

- \$30 late fee added to all packages after October 9.
- Limited number of single day packages available at \$85 per day (\$15 late fee).

For complete registration information please visit the **Cross Country Ski World** website at:

**HTTP://WWW.XCSKIWORLD.COM** OR CALL **541.317.0217**.

## FAR WEST TRAINING LOGS Updated for 1998/99

The updated Far West training logs help you **get the most out of your training time** by providing easy to follow workout plans and a log for keeping track of your training hours. The logs are available in 200 hrs/yr, 300 hrs/ yr and 400 hrs/yr. Pick them up at Auburn Ski Club or place your orders by mail to Far West P. O. Box 10046, Truckee, CA 96162.

The price is \$10 for Juniors and Far West members, \$15 for non-members.

Here is a sample page from our 300 hour log to give you a taste of what you are missing.

## JUNIOR NEWS

### FAR WEST JUNIOR PROGRAMS FOR 1998/1999

This page is provided to help Junior Skiers and their parents become better informed and plan for the coming XC ski year. Please keep this information so you can mark your calendar, make some choices and budget for expenses. We're offering more training & racing opportunities than ever before, so some planning can help you make the most out of all that Far West provides. To keep this all going, we ask parents to help us by staying informed, and volunteering some time, services, skills, ideas and positive energy. We are a non-profit organization run by volunteers working to provide positive cross country ski experiences for juniors!!!

#### WEST YELLOWSTONE ON-SNOW TRAINING CAMP

**THANKSGIVING WEEK, NOVEMBER 21-28, 1998**

APPROPRIATE AGES 13-19 YRS.

VERY APPROX. COST ESTIMATE: \$500-700

An exceptional early season training opportunity and highly recommended for serious Juniors. West Yellowstone usually attracts the U.S. Ski Team, Biathlon Team, top College Teams and some of the best Jr. racers from throughout the country. Far West Jrs. will get 8 days of early season skiing, plus coaching, clinics, lectures with our own coaches and top coaches from other divisions. The trip will be open to dedicated Jr. skiers who have trained consistently and have documented their training in a training log-book. We expect you to show your commitment by having made a serious effort to improve your strength and endurance over the summer months.

#### JR. REGIONAL RACES

**BOISE, IDAHO, JANUARY 28-31, 1999**

APPROPRIATE AGES 12-18 YRS.

VERY APPROX. COST ESTIMATE: \$300-500

This western regional race brings together Jr. teams for a long weekend of XC racing. This past year over 200 skiers raced, and the competition was a great experience for many of our Juniors traveling and skiing at a new venue, against new competitors from throughout the west, in J1 and J2 categories. This trip is open to all Jr. skiers who are serious about improving their race and ski travel skills. This trip is a good idea for any skiers who thinks that they may someday like to go on and compete at the Jr. Olympics.

#### JR. OLYMPICS (FOR OUR TOP JUNIORS WHO QUALIFY IN THE JO QUALIFIER RACE)

**ANCHORAGE, ALASKA, MARCH 6-14, 1999**

AGES 14-19 YRS.

VERY APPROX. COST ESTIMATE: \$1100-1400

JR. OLYMPIC QUALIFIERS RACES ARE:

**JAN.10: . SNOWSHOE THOMPSON CLASSIC, AUBURN SKI CLUB, CLASSIC**

**JAN.15: . CNISF RACE AT MAMMOTH, FREESTYLE**

**JAN.23: . ALL LEAGUE RACE, AUBURN SKI CLUB, FREESTYLE**

**FEB.6: ... LAKEVIEW QUICK KICK RACE, CLASSIC**

*You must qualify in at least 1 classic race, and 1 freestyle race.*

#### SPRING RACE SERIES

**MCCALL, BOISE, SUN VALLEY, IDAHO**

**APRIL 3-APRIL 11, 1999**

APPROPRIATE AGES 14-19 YRS.

VERY APPROXIMATE COST ESTIMATE: TO BE DETERMINED

There will be 6 races held within a week, between these 3 locations, with top European, Canadian and U.S. skiers. This trip is open to our top Juniors who have demonstrated that they are training consistently, year-round, and are planning on continuing XC skiing competitively. This trip is an opportunity for JR's to see what competition is like against an international field.

#### WESTERN REGION SPRING TRAINING CAMP

**MT. BACHELOR, OREGON**

**JUNE 13-19, 1999 (DATES TENTATIVE)**

APPROPRIATE AGES 12-19 YRS.

VERY APPROXIMATE COST ESTIMATE: \$450-550

This is an elite training camp where we will be offering to take our top Juniors for a week of total submersion in XC on-snow and dryland training. If you place in the top 15 in the Junior Olympics, Far West will help subsidize the cost of this trip.

## SUMMER TRAINING CAMPS A HUGE HIT!

Thanks to Junior Coach Glenn Jobe and lots of volunteer help, the three Junior Ski Camps this summer were an unprecedented success! We had a record number of camp attendees, and the response from the campers was tremendous. Special thanks needs to go to coaches **Glenn Jobe, Debbi Waldear** and **Nancy Fiddler**, as well as inspirational performances by **Tav Streit, Marcus Nash, John Downing**, and many others. Volunteer help by parents and others is critical to the success of these events, and we'd like to acknowledge **Edith Jobe, Nancy Gordon, Lynn Campodonico, J.C. LeGras, Sally Jones, Bill Sterling, Larry Ford, Erica Alexander, Janet Coombs, Susan Dorwart, Don Mosman, Barbara Cameron**, and others who helped make this summer so great for our junior skiers. We need more great volunteers like these!

## JUNIORS GET CREDIT FOR MEMBERSHIPS SOLD

A new program for Far West Nordic is designed to get Junior skiers more involved in the Far West, and also help to increase membership. Starting this September, Juniors have the ability to solicit both new and renewing memberships to Far West Nordic. Those membership dollars are then "credited" directly to that Junior skier's "account." Juniors can simply send in the membership forms directly to the Far West with their name attached, and those dollars will be credited to them. "Credits" can be used for events such as Far West Training Camps or Far West-sponsored ski trips.

**JUNIORS: GET INVOLVED WITH FAR WEST NORDIC!**