

Far West News

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

WHAT A SEASON!

Winter of '99 a Banner Year for the Far West

By Mark Nadell, Far West Nordic Coordinator

What a season! I think we said it best in our annual newsletter: Viva la Niña! Back then, we only had an inkling of the great skiing to come. Even though November and December were great, who would have expected such incredible nordic skiing—all the way through April. So now, as the season is winding down (although some of us are *still* skiing even as May quickly approaches) we'd like to take a moment to review some of the notable occurrences in our Far West region. Sort of like a pre-millennium overview of the fantastic winter of 1998/99. Some of the highlights follow (in no particular order):

FAR WEST JUNIORS COMPLETE BEST-EVER JUNIOR OLYMPIC COMPETITION

Those of us who have been involved in the Far West Nordic programs for the past few years knew in our hearts that we are on the right track with our junior programs. Under the overall stewardship of Far West President **Bill Sterling**, the changes that have been made have all lead to a growth in the quantity and quality of competition amongst our junior skiers. Head Coach **Glenn Jobe**, Assistant Coach **Nancy Fiddler**, and all the other volunteer coaches from the Far West have shown that dedication to training and learning in an well-thought-out, systematic program will result in a higher level of competition. The fruits of their labors are now beginning to show. See our article on the Junior Olympic Competition from Alaska.

JENNY RASSUCHINE'S XC NATIONALS & WORLD JUNIOR TRYOUTS

In an illustration of what we've referred to in the above section, Far West Junior skier Jenny Rassuchine went to the National Championships in Rumford, Maine, and showed that the Far West skiers can compete on a national elite level. In spite

of some tough luck and some extremely difficult waxing conditions, Jenny was able to chalk up some top finishes in the junior division, even placing in the top ten overall women. Unfortunately, she *just* missed making the 5 person World Junior team that went to Austria the next week. For a full review of XC Nationals, see the Far West February, 1999 News.

FAR WEST FUNDRAISERS ACHIEVE A NEW LEVEL IN PARTICIPATION

The top two fundraisers for the Far West Nordic Association are the Annual Auction/Raffle in January and the California Gold Rush in March. Because of the immense amount of effort and organization by the volunteers of those events, the Far West has benefited from an ever-increasing amount of fundraising levels. This year's Auction was the biggest ever, raising almost \$10,000 in spite of some really nasty weather on the day of the event. And the Gold Rush operation has turned into a smoothly run, well-oiled machine that was able to raise over \$8,000 for both the Far West Nordic and Auburn Ski Club programs.

THE SKIING

This is what it's all about, isn't it? It is hard to imagine a better year for nordic skiing in California, from the blue hard wax days of December to the blue hard wax days of April. While we can't take credit for Mother Nature's benevolence, we certainly can revel in the fact that, as far as cross country skiing goes, we live in a paradise of bountiful snow and wonderfully mild conditions, with a plentitude of great XC resorts from which to choose. Some of us can't wait to see what next winter brings. Get out those roller skis, and we'll see you this summer on the roads.



FAR WEST BOARD MEETING

Monday • May 10th • 7:00 pm

Location:

Sterling Residence • Tahoe Donner
All Members Welcome!

NEW FAR WEST BOARD ELECTED

On April 12, 1999, the Far West Nordic Ski Education Association held its Annual Meeting and the election of its Board of Directors. The following is the result of those elections:

PRESIDENT:

BILL STERLING

VICE PRESIDENT:

MIKE McELRAVEY

SECRETARY:

NANCY GORDON

TREASURER:

LORI HORN

BOARD MEMBERS:

- COLYN CASE
- GLENN JOBE
- SALLY JONES
- ALLEN PLUMMER
- JEFF RASSUCHINE
- JENNY RASSUCHINE
- LAVAN RASSUCHINE
- ALLEN PLUMMER
- JEFF SCHLOSS

Congratulations to those who have elected to serve the Far West, and a sincere thank you from all the members to those individuals for their generous donation of time.

FAR WEST JUNIOR PROGRAMS FOR 1999/2000

This information is provided to help Jr. skiers and their parents become better informed and to plan for the coming ski year. Please keep this information so you can mark your calendar, make some choices and budget for expenses. Some pre-planning can help you make the most out of all of the programs 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.

WESTERN REGION SPRING TRAINING CAMP

Mt. Bachelor, Oregon • June 13-19, 1999

Appropriate Ages 14-19 yrs. • Cost Estimate: \$450-550

This is a training camp where we take our top Juniors for a week of total submersion in XC on-snow and dryland training with other junior racers and divisional coaches from across the country. If you are interested in this trip, please contact Glenn by May 21st. Phone: (530) 587-6426.

Congratulations to the Far West junior skiers who qualified for a subsidy for this event based on their great Junior Olympic performances: **Scott Hill, Laura Spohr, Tony Bosio, Jessica Ford, Ian Case, Zach Violett, Jenny Rassuchine, and Nick Sterling.**

1999 SUMMER TRAINING CAMPS:

Appropriate Ages 13-18 yrs.

June 24-27 • Auburn Ski Club Camp

July 22-25 • Mammoth Camp at June Lake (Note New Dates!)

August 12-15 • Truckee Camp at Prosser Lake

September 11-12 • Markleeville Camp at Grover Hot Springs

Camps are limited to 30 Jr. athletes, no exceptions. You must be a Far West member to attend. Sign-up as soon as possible. Costs are \$50 for 1 camp • \$80 for 2 camps • \$100 for 3 camps • \$110 for 4 camps. This fee includes all food, coaches and camping fees. (Markleeville Camp Only: \$30)

WEST YELLOWSTONE ON-SNOW TRAINING CAMP

Thanksgiving Week, November 20-27, 1999

Appropriate Ages 14-19 yrs. • Cost Estimate: \$500 - \$700

An exceptional early season training opportunity and highly recommended for serious Juniors.

JR. REGIONAL RACES

SOMEWHERE, IDAHO, JANUARY 27-30, 2000

Appropriate Ages 13-19 yrs. • Cost Estimate: \$300 - \$500.

This western regional race brings together Jr. teams for a long weekend of XC racing. This trip is a very good idea for any skier who thinks that they may someday like to go on and compete at the Jr. Olympics.

JR. OLYMPICS

FOR OUR TOP JUNIOR WHO QUALIFY THROUGH THE JO QUALIFIER RACES.

JACKSON, NEW HAMPSHIRE • MARCH 4-12, 2000

AGES 14-19 yrs. • VERY APPROX. COST ESTIMATE: \$1100-\$1400

Jr. Olympic Qualifiers Races are tentatively scheduled for:

JANUARY 2: PACO'S RACE, AUBURN SKI CLUB, FREESTYLE

JANUARY 9: SNOWSHOE THOMPSON, AUBURN SKI CLUB, CLASSIC

JANUARY 17: SKOGSLOPPETT, TAHOE DONNER XC, FREESTYLE

FEBRUARY 5: LOCATION TO BE ANNOUNCED, CLASSIC

NOTE: None of the CNISF races will be used as JO qualifiers this coming year. You must compete in 3 out of the 4 races noted above, and qualify in at least 1 classic race, and 1 freestyle race.

MOMS, DADS, BROTHERS, SISTERS, AND FRIENDS OF THE FAR WEST: WE NEED YOUR HELP!

We are looking for help cooking up some of the meals during our Junior summer camps. Breakfast, lunch or dinner? Morning or Evening? 1, 2, or 3 days? For whatever meal, and whenever, your help would be greatly appreciated and would allow the coaches more time to evaluate training logs, visit with individual athletes, or put their feet up. No clean up or dishwashing is involved! (that's considered interval training for the athletes) If you can help out, please give Glenn or Edith Jobe a call at (530) 587-6426.

Auburn Ski Club: June 24-27 (A real kitchen).

Mammoth/June Lake: July 22-25 (Camp Cookin').

Prosser Lake: August 12-15 (Camp Cookin').

TRAINING LOGBOOKS

Reminder!!! Updated for the 1999-2000 dryland and ski season, logbooks will be available at the end of April in 200 hour/year • 300 hour/year • 400 hour/year. Place your order by mail to: Far West Ski Education Assoc., P.O. Box 10046, Truckee, CA 96162, or from the Auburn Ski Club. The cost is \$10 for Juniors & Far West members, \$15 for non-members. Following is an excerpt from last May to help get you started on this year's training schedule.

300 HR YEAR

Distance 3.8
Intervals 0.0
Speed 0.0
Race pace 0.0
Strength 1.0
Total 4.8

Distance 3.5
Intervals 0.1
Speed 0.1
Race pace 0.1
Strength 1.0
Total 4.8

Distance 4.2
Intervals 0.0
Speed 0.1
Race pace 0.1
Strength 1.1
Total 5.5

Distance 4.7
Intervals 0.1
Speed 0.1
Race pace 0.0
Strength 1.2
Total 6.1

Distance 3.5
Intervals 0.0
Speed 0.1
Race pace 0.1
Strength 0.9
Total 4.6

May-98

	27 MON	28 TUES	29 WED	30 THURS	1 FRI	2 SAT	3 SUN
45 min ski, hike, run or bike level 1		DAY OFF	45 min ski, hike, run or bike level 1	45 min Run Level 1	DAY OFF	45 min ski, hike, run or bike level 1	1 hr Hike, Ski Walk or bike level 1
20 min general strength			20 min general strength			20 min general strength	
4 MON	5 TUES	6 WED	7 THURS	8 FRI	9 SAT	10 SUN	
35 min Run level 1 with easy Fartlek intervals level 1-3		DAY OFF	45 min Run Level 1 with 4x10 sec sprints	45 min ski, hike, run or bike level 1 with 4x10 sec sprints	DAY OFF	1.5hr Hike or ski walk	1 hr bike or kayak level 1-2
20 min general strength			20 min general strength			20 min general strength	
11 MON	12 TUES	13 WED	14 THURS	15 FRI	16 SAT	17 SUN	
35 min Run level 1		DAY OFF	45 min ski walk with poles level 1 with 10 min race pace level 2-3	35 min Run level 1 with 4x10 sec sprints	DAY OFF	1 hr bike or kayak level 1-2	1.5 hr Hike or ski walk Level 1
20 min general strength			20 min general strength			20 min general strength	
18 MON	19 TUES	20 WED	21 THURS	22 FRI	23 SAT	24 SUN	
35 min Ski Walk with poles Level 1 with 3x15 sec Hill Bound		DAY OFF	45 min Run Level 1 with 4x10 sec sprints	45 min ski, hike, run level 1	DAY OFF	1 hr Hike, ski walk bike or kayak Level 1	35 min ski walk with poles Level 1
25 min general strength			25 min general strength			20 min general strength	
25 MON	26 TUES	27 WED	28 THURS	29 FRI	30 SAT	31 SUN	
35 min Run level 1 with 10 min race pace level 2-3		DAY OFF	35 min Ski Walk with poles Level 1	1 hr ski, hike, run kayak or bike level 1	DAY OFF	25 min Run level 1 with 4x10 sec sprints	1.5 hr Hike or ski walk or bike Level 1
20 min general strength			20 min general strength			20 min general strength	
Total hrs for May:		25.8	Distance 19.8	Interval 0.1	Speed 0.4	Race Pace 0.3	Strength 5.2

FAR WEST JUNIORS SHINE AT ALASKA JUNIOR OLYMPICS

The young skiers of the Far West Nordic division have completed their own version of "March Madness," and have come away with more medals than ever before at the U.S. Junior Olympics. In all, the Far West was able to achieve 12 medals in the 3 races of competitions last week, in spite of the fact that perhaps the best junior nordic skier in the program, Jenny Rassuchine, was competing in Rumford, Maine at the N.C.A.A. National Championships. To put a little historical perspective on this, the best-ever Far West medal count was a total of 5. Far West Head Coach Glenn Jobe stated that "We probably won more medals in this one competition than the Far West has won, *total*, in almost 20 years!" And it could have been even better; 5 athletes missed winning a medal by a cumulative total of just 3 seconds! Truly, the Far West was the "Cinderella" story of these competitions.

The first race, a prologue 1 kilometer "sprint," gave just a hint of good things to come. Creditable performances were put in by almost every racer, including a 19th place by Chris Waller (J1) of Truckee and a 14th place by J2 skier Rory Bosio of North Tahoe.

The second (and first official medal) race was the individual Freestyle (Skate) event, where Far West served notice that it was planning on putting more competitors on the podium. Held in brutally cold 2-below zero (fahrenheit) conditions, **Ian Case** (Nevada Union) finished in 8th place for the J1 boys, and **Laura Spohr** (North Tahoe) placed 12th in the J2 girls event.

It was in Friday's Classic-style race, however, that the true strength of the Far West contingent came through. With wax technician Bill Sterling testing glide wax, Glenn Jobe and Assistant Head Coach Nancy Fiddler testing grip wax, and assistant coaches Olof Carmel, Lynn Harriman and Debbi Waldear relaying results and split times, our local racers were able to break into the top ten in each division in a big way. In the J2 boys race results included **Scott Hill** (North Tahoe)

at 7th, **Tony Bozzio** (North Tahoe) at 8th, and **Nick Sterling** (Truckee) placing 11th, less than 2 seconds from a top ten medal. In the J2 girls division, **Jessica Ford** (Lee Vining) finished in 11th, again just 1 second from medaling. And the best result of all was an outright win in the OJ girls race by **Kari Todd**, who grew up in Alaska and now skis for the Far West while attending school at University of Nevada, Reno.

The last day of competition featured the Junior Olympic Team Relay event, 2 legs of Classic skiing and 1 leg of Freestyle. Fresh off their strong finishes from the previous day, the Far West J2 boys team of **Tony Bozzio**, **Nick Sterling**, and **Scott Hill** finished an unprecedented 3rd. Keeping up their end of the bargain was the J2 girls team of **Rory Bosio**, **Jessica Ford**, and **Laura Spohr**, finishing in 4th place. The J1 boys teams finished in respectable times, with the team of **Zach Violett** (Nevada Union), **Louis Van Blarigan** (Truckee) and **Ian Case** placing 11th, and the team of **Dana Mosman** (Nevada Union), **Tobias Barr** (North Tahoe), and **Chris Waller** placing 17th in a field of 27 teams. The OJ girls race featured a photo-finish for the 5th medal spot, with the team of **Kari Todd**, **Anne Spohr** (North Tahoe), and **Emily Robins** (North Tahoe) just getting edged out at the finish line by one-tenth of a second. And finally, the OJ Boys team of **Charlie Porter** (UNR), **Eric Ford** (UNR) and **Josh Bennett** (Truckee) raced to a 13th place finish in their final event.

The Far West Nordic division served notice that it is now a force to be reckoned with. And with perhaps the most professional, diligent, and well-prepared support organization at these Junior Olympics, the foundation is there for great things to occur in future years. Head Coach Glenn Jobe is now working on implementing a year-round training plan to help junior skiers improve each year, and the support from the community, especially Royal Gorge XC and Auburn Ski Club, have enabled the Far West to put this program together.



1998-99 FAR WEST NORDIC MASTERS TEAM

Far West masters racers had another great and competitive year of racing. Our athletes competed successfully locally, at the U.S. National masters, the Masters World Cup, and at the Western Marathon Series. The racers thank all the ski areas which made this year possible by the area's fine events.

The following folks will be wearing the year "2000" patch next season.

MEN:	WOMEN:
M1: TIM HILL	M1: ELIZABETH CARMEL
M1: MARK ANOLIK	M2: LAURA STERN
M2: STAN HILL	M2: KAREN RADEBOLD
M4: TOM ALTENBACH	M3: DEBBIE HAKANSSON
M4: MICHAEL DOWDEN	M4: CAROLYN TIERNAN
M5: PETER LASKIER	M5: BARBARA CAMERON
M6: LINDSEY CRAWFORD	M7: HELGA SABLE
M7: JACK WILSON	M7: LOUISE GOODMAN
M8: ULRICH LUSCHER	
M8: ARTHER SABLE	

The top skier in each age group is named to the Far West Masters Team. Candidates must be Far West Nordic members and must complete a minimum of six of the qualifying races, one of which has to be a classic race. Up to 9 races count toward a point total. If there are two skiers who are consistently close in the results, both are named. Masters who place at the Masters Nationals and/or Masters World Cup in individual races, and overall winners in the Regional Marathon Series are named to the team.

Any questions or comments on the masters program, please call Helga Sable at (530) 546-3675 or John Goodman at (530) 426-9549.

FISCHER CUP 1999

FINAL TOP 10 RESULTS

WOMEN

1	DEBBIE HAKANSSON	130
2	CHRISTINE KARKOW	112
3	LAURA STERN	84
4	ELIZABETH CARMEL	81
5	MARY FEENEY HALL	71
6	CHERIE KOPYTKO	65
7	HOLLY SAMSON	61
8	DIANE MALVEN PANG	58
9	JULIE SOUTHWELL	55
10	KAREN SEAWARD	51

MEN

1	TIM HILL	115
2	RICK REYNOLDS	100
3	STAN HILL	98
4	TAV STREIT	85
5	DOUG KARKOW	83
6	DANNY BUCHANAN	82
7	MARK NADELL	72
8	LEON SPILLER	63
9	CORY SMITH	59
10	CRAIG TATUM	56

SIERRA SKI CHASE 1999

FINAL TOP 10 RESULTS

WOMEN

1	DEBBIE HAKANSSON	320
2	KAREN RADEBOLD	280
3	LAURA STERN	270
4	HELGA SABLE	265
5	CAROLYN TIERNAN	247
6	DIANE PANG	240
7	KAREN SEAWARD	235
8	ELIZABETH CARMEL	215
9	SANBORN HODGKINS	195
10	LOUISE GOODMAN	192

MEN

1	LINDSAY CRAWFORD	320
2	STAN HILL	315
3	TIM HILL	310
4	JACK WILSON	300
5	TOM RASSUCHINE	300
6	OLOF CARMEL	290
7	PETER LASKIER	290
8	RICK REYNOLDS	290
9	BRYANT TOLLES	285
10	JOHN GOODMAN	275

PLEASE VISIT THE FAR WEST NORDIC WEBSITE AT WWW.FARWESTNORDIC.ORG FOR THE FISCHER CUP AND SIERRA SKI CHASE, AS WELL AS FOR THE

WE'D LOVE TO HEAR FROM YOU!

If there's something you want to see in the next Far West News, or on our Website, please feel free to contact us about it. Write us, e-mail, call, or best of all, come to a Far West Nordic meeting. We want to give you the information you need!

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