



GET MORE FROM ROLLERSKIING

by Dave Stewart



Reprinted Courtesy of the Subaru Factory Team/SkiPost.com

Skiing: The sublime and silent glide of a ski across brilliant white snow; the invigorating sensation of cool winter air on your face; alone on your favorite trail in the woods. Rollerskiing: The rattle and scrape of hard wheels on rough pavement; the harsh clack of ferrules striking the road; the fog of exhaust from the semi that just brushed on by. Let's face it: Rollerskiing just isn't skiing. But unless you're headed Down Under this summer for snow, rollerskiing is the best way to prepare for the real thing. More than that, with focus and some specific drills/exercises rollerskiing can become a way to not only maintain but actually improve your technique over the off-season, while making it more enjoyable as well. Here are a few ideas to make your summer and fall rollerskiing more effective, and fun.

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LOG ON FOR THE LATEST NEWS...

WWW.FARWESTNORDIC.ORG
 Download this newsletter in living color!

Next Far West Nordic BOARD MEETING

October 11, 7 pm • Tahoe Cross Country
 Keep up with all the happenings in the sport of Cross Country Skiing!

DIVISION NEWS

JOIN FAR WEST NORDIC
 FOR 2004/2005!

WE NEED YOUR MEMBERSHIP!!

If you are receiving this newsletter in the mail, and you DON'T get a 2004/2005 Membership Card with it, that means it's time to re-join Far West Nordic and support cross country skiing in the West. Fill out our application form or go on-line to www.farwestnordic.org to join.

Membership comes with lots of great discounts and privileges, including discounts at most XC ski areas, our regular newsletters (including our annual NORDIC NEWS), eligibility for the Sierra Ski Chase, and much more. Remember: your membership is critical for us to fund our programs! Please support our efforts (including our WEBSITE) by sending in your membership form today.

Junior Skiers: Here's your chance to join Far West Nordic — the only way to be eligible for great clinics and camps! It's only \$10 for a Junior membership — **JOIN TODAY!**

ON-LINE PAYMENT UPDATES!

Go to our website to pay for all your memberships, camps, trips, & clinics!

JUNIOR OLYMPICS 2005

Plans are well underway for JO '05 at Auburn Ski Club. If you're interested in getting involved as a volunteer go to www.juniorolympics2005.org.

ARE YOU READY TO AUCTION?

November 6, 2004 in Squaw Valley

Back for its third year at Olympic Plaza Food & Beverage Company's BAR ONE in Squaw Valley, Far West Nordic's Auction Raffle will be held on Saturday, NOVEMBER 6 at 7 pm. Once again, this is the **Can't Miss Event** of the season for anyone interested in cross country skiing in California and Nevada. This year's Auction and Raffle prizes promise to be some of the best in history, with ski equipment from Fischer, Salomon, Swix, and many more, plus great prizes from XC Ski Areas, bike shops, local restaurants, and lots of gear and goodies. As always, this is Far West Nordic's largest fundraiser for its Junior Nordic programs. Please plan on attending and bidding on some of our great prizes. Tickets are available from local Junior racers (each Junior receives a percentage of their sales to their "Far West Bucks" account), at Alpenglouw in Tahoe City, or call the Far West Office. Auction prize updates will be available on our website at www.farwestnordic.org, so check it out!



FAR WEST NORDIC UPCOMING JUNIOR CAMPS & TRIPS

Thanksgiving Week Junior XC Ski Training Opportunities: West Yellowstone & Local Camps

WEST YELLOWSTONE

Far West will again be taking a group of junior skiers to West Yellowstone, Montana over the Thanksgiving week for an on-snow training camp. This trip is open to any Far West juniors ages 14 and up. (13 year old skiers may go with a recommendation from the Far West coaching staff.)

This camp is geared towards lots of on-snow training and technique work. West Yellowstone has some of the most reliable early season snow of anywhere in the nation and the skiing is awesome. We will do two training sessions per day with lots of technique work, distance skiing, and video taping. We will also try to do a long ski tour into Yellowstone National Park one day. At the end of the week there are two optional Nor Am races — a 5K junior classic race and a 10/15K older Junior/Senior race plus a freestyle sprint. These races are USSA points races with very good skiers (including the US ski team) so they can definitely give a racer good points. The focus of this camp is training more than racing but the two points races do make a fun and exciting finish to the week.

We will offer two different ways to travel with the team to this camp.

DRIVING OPTION: Depart Saturday, November 20th in the ASC van and stay overnight in route to West Yellowstone. We'll continue the drive on Sunday morning and arrive in time for a long ski Sunday mid-day. Return on Saturday, November 27th after the sprint race, stay over in route back and arrive Truckee Sunday, November 28th by mid day.

COST: \$725 (includes food, lodging, coaching, race/trail fees, and wax)

FLYING OPTION: For those not interested in the 13 hour drive to Montana, you can opportunity to fly. We will depart Reno airport on Sunday, November 21 and arrive in Bozeman, Montana. From

there a 90 minute drive will take us to West Yellowstone where we will meet up with those who drove and go for an afternoon ski. Return from Bozeman airport on Sunday, November 28th arriving in Reno in the afternoon.

COST: \$975 (includes food, lodging, coaching, race/trail fees, and wax)

Space Is Limited for this trip, so signup soon. Sign-up forms are available on the Far West Nordic website, as well as an option to sign-up and pay your Deposit (\$350) or Balance online. (Because of the cost of this trip, Far West prefers payment by check to avoid credit card percentage fees.)

THANKSGIVING CAMP IN TAHOE

Far West will offer a three day training camp over the Thanksgiving Weekend for those juniors who will not be in West Yellowstone. The camp will be Friday, November 26 through Sunday, November 28th.

This will be a "day" camp with one training session each morning and no lodging or meals. Weather permitting, this will be an on-snow camp with emphasis on technique and lots of long ski sessions. If there is no snow we will do dryland training. Location will be somewhere in the Truckee/North Tahoe area depending on where the good snow is. Royal Gorge will be our first choice if they are open. Camp is free to any ASC Comp or Devo team members and will be 15 dollars per session to any other Far West juniors (plus possible trail fees).

Training sessions will be from 9:00 Am to noon each day and a schedule will be sent to each participant prior to the weekend with what to bring and where to meet for each session. These training sessions are open to any Far West juniors age 13 and older. If you plan to attend please sign up early so we know how many coaches we need. Signups are available on the FW website.

AUBURN SKI CLUB JUNIOR PROGRAMS

JUNIOR NORDIC COMPETITION TEAM

The Auburn Ski Club's Competition Team is open to Junior Olympic-qualified athletes. This team meets three times a week throughout the year. Workouts focus on specific ski fitness for optimal performance in the race season. Winter dues: \$500 for training Oct 1st — April 30th

JUNIOR NORDIC DEVELOPMENT TEAM

Open to any committed young ski racer age 13 (on Dec 31st 2004) or older, the Development Team helps young athletes take their skiing to the next level such as qualifying for the Far West Division's Junior Olympic Team. The Development Team meets twice a week throughout the year and provides a fun, social environment to help young skiers achieve their skiing goals. Winter dues: \$300 for training Oct 1st — April 30th

SONIC RACE TEAM

For aspiring young ski racers ages 10-13 yrs old, meeting Saturdays (some Sundays) 10am-12:00 (Nov — March), plus racing at the 5 Youth Ski Chase Races (registration and T-shirt included in team dues) Cost: \$200

JUNIOR CROSS COUNTRY SKILLS CLINICS

Geared for kids (aged 10 and up) who either want to learn ski, or improve their skills the season ahead. If snow is short, held dryland ski drills, just replace skis running shoes. Clinics run from 10am -12:00pm at the Training Center. Scholarships available for foothill athletes

DATES: Sat, November 20; Sat November 27th; Sat December 4th; Sun December 12th. COST: \$25 for all 4, or \$10 drop in.



2005 JUNIOR OLYMPICS 2005

Get Ready for This Year's Event Right Here at Auburn Ski Club • March 4-12

The Junior Olympics will be held here on our home turf at Auburn Ski Club, March 4 through March 12, 2004. The trip is open to those juniors who qualify in their age group at Far West Junior Olympic qualifier races held in January & February.

Following is an overview of the qualification criteria. For the **FULL** criteria and more information, check the Far West website at www.farwestnordic.org/Juniors/JOSelection.html.

JUNIOR OLYMPIC QUALIFICATION CRITERIA

JO Selection Committee discretion be limited to no more than twenty-five percent (25%) of the total team size

USSA allows no more than 12 athletes in any one age class. Each USSA division has a quota of 21 men & 21 women.

Automatic qualifiers do not count against the quota.

TEAM SELECTION PROCEDURE AND CRITERIA

Coaches' Discretion: Far West may select athletes to the team using JO Selection Committee's discretion. The total number of discretionary selections made by the committee shall be no more than twenty-five percent (25%) of the allowed team size.

Objective Criteria:

Step 1: Qualification: Junior racers must ski in 3 of the 4 races, and have a qualifying time in two races, including both a classic and a freestyle (skate) race.

With 6 or more competitors in an age class: a qualifying time is 8% back of the average of the top 2nd, 3rd, & 4th finisher's times in the age group. With 5 or less competitors in an age class a qualifying time is 5% back of the average of the top. In the JO class (18-19 yr. old) the minimum standard will be the J1 qualifying time.

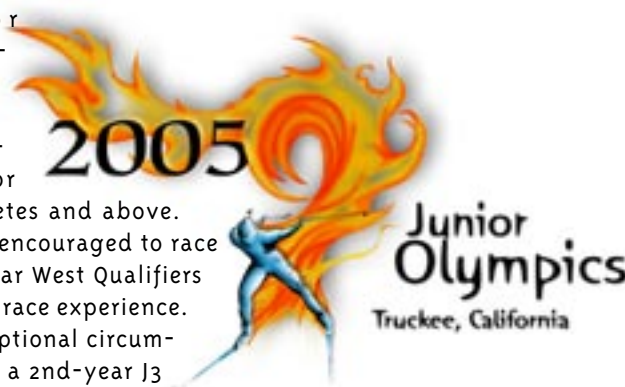
Step 2: Selection: In the event that more athletes qualify than the USSA quotas allow, athletes will be ranked and selected within J2 and J1/OJ age groups by Continental Cup Scoring technique. The top 5 qualified J2's and J1's shall get automatic qualification to the Far West JO Team.

PETITIONING:

A racer who could not qualify through the above method because of conditions beyond their control (such as illness, college team commitments or family emergency) may petition the Far West JO Selection Committee to attend the Junior Olympics. See the website for petition submission requirements.

JUNIOR 3 ATHLETES

Junior Olympics is a competition for J2 athletes and above. J3s are encouraged to race in the Far West Qualifiers to gain race experience. In exceptional circumstances a 2nd-year J3 athlete may petition to attend Junior Nationals if they have qualifying times against the J2 field. See the website for more information.



Junior Olympics Update

The organizing committee has been working since last summer signing on sponsors, arranging and coordinating events and merchandise and working with USSA. Sponsorships are still available—if you have a contact get in touch with Bill Clark at bclark@juniorolympics2005.org and we'll send a brochure.

The 2004 NCAA National Championships, and the volunteers who made that event a success, was a first step towards the JO's. Now it's time to enlist, or re-enlist, volunteers who will raise the bar for this Junior National Championships. This event will only be a success with the energy, skill, and enthusiasm of our volunteers. There are roles for all skill levels from office help to on-the-snow people, or whether you can commit to the whole week or only for a day. We want to start working with you now in order to train you and give you a chance to practice throughout the season at pre-JO competitions.

Sign up on-line at www.juniorolympics2005.org or print the volunteer application off the website and mail it in.

We still have a couple of key positions to fill in the areas of race administration, PA announcing, timing and volunteer care. If you have an interest in learning more call the JO volunteer hotline (530) 426 3313 ext 145.

Check out the website for all the current information at www.juniorolympics2005.org

2005 JO QUALIFIER RACE SCHEDULE

January 2	Sunday	Snowshoe Thompson Classic	Auburn Ski Club Training Center	Classic 10/5 km.
January 16	Sunday	ASC Sprints	Auburn Ski Club Training Center	1k Sprint Format
January 23	Sunday	Super JOQ Classic	Soldier Hollow, Utah	Classic 15/10/5 km.
February 19	Saturday	JOQ Freestyle	Auburn Ski Club	Freestyle 15/10/5 km.

FOR COMPLETE INFORMATION ON JO 2005, GO TO WWW.JUNIOROLYMPICS2005.ORG

2004/2005 FAR WEST NORDIC RACE SCHEDULE (TENTATIVE)

The following is the proposed 2004-2005 Race Schedule for the Far West this winter. The final race schedule will be published in our NOR-DIC NEWS 2005, out in late November. Please check our website at www.farwestnordic.org for any last minute updates or changes. Note that Classic technique races (including pursuit formats) are listed in italics. Distances listed are for adults.

December 5, 2004	Sunday	Kirkwood 10 K	Kirkwood XC	10 km.
December 12, 2004	Sunday	Tannenbaum 10 Km.	Tamarack Lodge XC	10 km. <i>Classic</i>
December 26, 2004	Sunday	Paco's Fun Race	ASC Training Center	10km.
January 2, 2005	Sunday	Snowshoe Thompson	ASC Training Center	10 km. <i>Classic</i>
January 5, 2005	Wednesday	Tahoe Donner Night Race	Tahoe Donner XC	5 km. <i>Classic</i>
January 9, 2005	Sunday	Alpenglow Freestyle 20K	Tahoe XC	20 km.
January 9, 2005	Sunday	Lakes Basin 15 km.	Tamarack Lodge XC	15 km.
January 11, 2005	Tuesday	Squaw Creek Race Series	Squaw Creek XC Center	5 km.
January 16, 2005	Sunday	ASC Sprint Challenge	ASC Training Center	1 km.
January 17, 2005	Monday	Sierra Skogsloppet	Tahoe Donner XC	15 km.
January 19, 2005	Wednesday	Tahoe Donner Night Race	Tahoe Donner XC	5 km.
January 22, 2005	Saturday	Chimney Rock Challenge	Montecito-Sequoia	15 km.
January 23, 2005	Sunday	Chimney Rock Challenge	Montecito-Sequoia	15 km. <i>Classic</i>
January 23, 2005	Sunday	Sawmill 15 K	Northstar	15 km.
January 25, 2005	Tuesday	Squaw Creek Race	Squaw Creek XC Center	5 km.
January 30, 2005	Sunday	Tahoe City Classic	Tahoe XC	15 km.
February 2, 2005	Wednesday	Tahoe Donner Night Race	Tahoe Donner XC	5 km.
February 6, 2005	Sunday	Allan Bard Memorial	Tamarack Lodge XC	20 km. <i>Classic</i>
February 8, 2005	Tuesday	Squaw Creek Race Series	Squaw Creek XC Center	5 km.
February 16, 2005	Wednesday	Tahoe Donner Night Race	Tahoe Donner XC	5 km.
February 19, 2005	Saturday	JOQ Freestyle	ASC Training Center	1 km.
February 21, 2005	Monday	President's Cup Race	Tahoe Donner XC	15 km.
February 22, 2005	Tuesday	Squaw Creek Race Series	Squaw Creek XC Center	5 km.
February 26, 2005	Saturday	Yosemite Nordic Holiday	Badger Pass, Yosemite	16 km.
February 27, 2005	Sunday	Tahoe Donner Relays	Tahoe Donner XC	5 km.
February 27, 2005	Sunday	Great Glacier Point Skate	Badger Pass, Yosemite	35 km.
March 6, 2005	Sunday	The Great Ski Race	Tahoe XC	30 km.
March 7-12, 2005	T-Th-F-Sa	Junior Olympics 2005	Auburn Ski Club	4 Days of racing
March 12, 2005	Saturday	Bjornloppet	Bear Valley	20 km. / 10 Km. / Jr.
March 12, 2005	Saturday	Echo To Kirkwood	Echo Summit	13 Miles
March 13, 2005	Sunday	Bjornloppet Classic	Bear Valley	10 km. <i>Classic</i>
March 19, 2005	Saturday	Gold Nuggets/Supercross Kids	Royal Gorge	Short
March 20, 2005	Sunday	California Gold Rush	Royal Gorge	50/30/15/6 km.
April 2, 2005	Saturday	Tom's Race	Bear Valley	10 km. <i>Classic</i>
April 3, 2005	Sunday	Mammoth Marathon	Tamarack Lodge XC	42/21 km.
April 9, 2005	Saturday	Billy Dutton Uphill Race	Squaw Valley	3.2 miles
April 17, 2005	Sunday	10th Mt. Division Biathlon	ASC Training Center	9km/6km

CNSSF 2004/2005 RACE SCHEDULE

December 17, 2004	Friday	ASC Relays	ASC Training Center	3x3/3x1.5
January 7, 2005	Friday	Kirkwood Freestyle	Kirkwood XC	5/3 km.
January 14, 2005	Friday	THS Freestyle Sprints	Truckee High School	Sprint
January 21, 2005	Friday	Mammoth Classic	Tamarack Lodge XC	6 km. 3 km.
January 28, 2005	Friday	Tahoe City (Varsity Pursuit)	Tahoe XC	5k Skate/ 3k <i>Classic</i>
February 4, 2005	Friday	Northstar Classic	Northstar	HS: 7 km. / MS: 4 km.
February 11, 2005	Friday	State Championships Freestyle	ASC Training Center	5 km. HS Only
February 12, 2005	Saturday	State Championships Classic	ASC Training Center	5/4 km.

GREAT MASTERS' CLINICS ON TAP THIS FALL & WINTER

LACTATE TESTING AND PERFORMANCE ENHANCEMENT CLINIC WITH MAX TESTA & UC DAVIS

AUBURN SKI CLUB • SATURDAY, OCTOBER 16, 2004



Phillip Violett lends an ear while lactate testing last summer

For the first time, UC Davis Sports Medicine and Far West Nordic Ski Education Association will be offering a unique Lactate Testing and Performance Enhancement Clinic to CURRENT Far West members (make sure you sign up for 2004-2005 membership when purchasing this clinic). The focus is on blood lactate threshold testing through roller skiing or running. The UC Davis Sports Medicine Team, including Dr. Max Testa, will review

each test result and recommend an individualized training program designed to maximize your training potential for the upcoming ski season. Other activities include body fat testing, and mini-clinics on injury prevention, stretching, core strengthening, nutrition, sports psychology, technique and waxing workshops.

Cost: \$175. Price includes lunch and dinner. Proceeds from the camp go towards testing the Far West Junior Team. Limited to 15 participants.

"DOUBLE-TAKE" ON-SNOW CLINICS @ AUBURN SKI CLUB

VIDEO CLASSIC CLINIC • DECEMBER 19, 2004

VIDEO SKATE CLINIC • FEBRUARY 6, 2005

More information will be coming soon on these great on-snow ski clinics. Check the Far West website for details.

ASC SKI TRAINING GROUP FOR ADULTS

Watching our junior teams ski off with our coaches, we are always hearing "what about us?" from adult club members...so this new program is your chance to join a special Ski Training Group for Adults, Thursday and Saturday afternoon training groups meeting November to March.

Ben Grassechi will offer technique and training assistance, video analysis, waxing and race tactics. Open to intermediate skiers and above (must have own equipment and a handle on basic classic & skate techniques including downhill)

Cost: \$200 for either the Thursday or Saturday sessions, or **\$300** if you want both days. Spaces are limited so sign up fast! (See www.auburnskiclub.org for volunteer discounts, training times and sign up forms) Or call 530 426 3313 x 103

ROLLERSKIING, CONTINUED...

When classic rollerskiing the ratcheted wheel gives everyone the 'bomber' kick that is almost never possible on snow. As a result, if you're mindlessly going through the motions, this fail-proof kick allows you to get lazy, let your hips fall back, and develop a late, slow, and generally ineffective kick that translates poorly to snow skiing. You'll get a great deal more out of rollerskiing if you focus on proper body position and technique.

First, be sure that the kick takes place underneath your center of gravity (not behind you!) and is quick and impulsive (think bounding, not walking). If you do this, you can avoid the bad habits of rollerskiing and develop the technique to get good kick even in tricky conditions come winter. In double-pole and kick double-pole bring the hips well forward after each poling motion (over the balls of your feet). If the hips are left back, the weight of your upper body is not adequately employed to initiate the kicking and poling motion. A good drill to improve on this is to exaggerate an active forward drive with your hips and arms in the same motion. It's easy to cheat on rollerskis, but if you focus on these things you'll have a powerful kick and double-pole when the snow flies.

I also like to work in some specific classic upper-body drills that can keep a distance workout from becoming tedious. Single-pole only on flats and gradual hills throughout a distance session helps to develop specific strength for striding. Remember to focus on a full pendulum swing with the arms and explosive abdominal crunch. Another idea is to do ten 20-second double-pole sprints in varied terrain throughout the workout.

Freestyle rollerskiing presents an even better opportunity for technical improvement, because it translates more directly to on-snow skiing than classic rollerskiing (as a result of the differences in classic between a ratcheted rollerski and a waxed ski). A great way to make improvements in your freestyle technique is to work no-pole skating into every freestyle rollerski. But don't just go through the motions! Some important elements to focus on are keeping your hips high and forward (same as in classic), to kick equally with each leg, and to minimize excess upper-body movement (up and down and side to side).

Also, remember to kick immediately and constantly throughout the cycle (no 'glide' phase), and to use the kick to actively transfer your weight from ski to ski (don't just fall from side to side). Try alternating ten minutes of no-pole with ten minutes with poles. This makes the workout go quicker and allows you to immediately implement the proper lower-body technique to the full freestyle technique. These are just a few specific exercises that can help you get more out of rollerskiing. Give these a try, identify some areas of weakness to work on, then use your imagination to create a combination of these and other drills that will allow you to make the gains you're looking for. Good luck, and enjoy it.

BEING SAFE ON ROLLERSKIS

We understand it is your decision to wear or not wear a helmet while biking or rollerskiing. However, we encourage you to make the right decision. The right decision is finding a good helmet, and putting it on your head EVERY time you go out to rollerski or bike. **ALWAYS WEAR YOUR HELMET!**

ski education association
p.o. box 10046 • truckee, ca 96162



2004/2005 FAR WEST MEMBERSHIP FORM

Register NOW for 2004/2005! Or use your credit card to register on-line at www.farwestnordic.org!

Far West Membership Year runs from September 1, 2004- August 31, 2005. MAIL 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 _____ FIRST NAME _____ BIRTH DATE _____

MAILING ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ E-MAIL _____

INDIVIDUAL (ADULT) MEMBERSHIP \$20

FAMILY MEMBERSHIP (2 or more immediate household family members or Jr. Dependents).....\$35

JUNIOR MEMBERSHIP only (single member under 21) \$10

DONATION to the Far West Junior Program (Tax Deductible)..... _____

DONATION to the Far West "Future Fund" Program (Tax Deductible Endowment).. _____

TOTAL ENCLOSED (Enclose Check or fill out Credit Card info - No Debit Cards) _____

Check this box for Coach Membership

I can help with: Auction & Raffle Races (course set-up) Junior Trips/Camps

Far West Nordic would like to send your newsletters and information to you 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, please check this box so we may contact you.

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...

CREDIT CARD NUMBER (No Debit Cards, Please) _____

EXPIRATION DATE _____ NAME ON CARD _____

CARD'S BILLING ADDRESS (If different from above) _____

"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
Phone & Fax: (530) 587-0304 • e-mail: info@farwestnordic.org
Find us on the Web: www.farwestnordic.org

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