



FAR WEST SETS RECORD MEDAL COUNT AT JUNIOR OLYMPICS 2004

National Awards for Far West Nordic Skiers

Two very prestigious awards put the icing on the cake for the Far West Nordic division at last month's Junior National Competition in Lake Placid, New York. After achieving a record number of medals (top 10 individual finishes, top 5 relay) and podium appearances (top 3), Far West Nordic athletes headed home with a couple of special awards for team and individual achievement.

Natalie Joffe, of Kentfield, CA won the DAVE QUINN AWARD for excellence in cross country ski athletes. Named for the winner of the 1971 Birkebeiner, this award goes to the top skier at JO's for a combination of performance and sportsmanship. No Far West skier has ever been awarded this distinction. In addition, the Truckee High School girls won the Roger Westin Award as the best individual high school team represented at

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Photo courtesy of Jim Stimson Photography

FAR WEST MASTERS' TEAMS & CLINICS HIT FULL STRIDE

Popular Clinics and Heated Races for Adult Teams Highlight the 2003-2004 Season

New and exciting changes are happening in the FW Masters Division.

New Masters' Co-Chair June Lane and Molly Zurn have done a fabulous job these past months in organizing camps for the FW Masters and generally infusing new blood and ideas into the Masters' programs. With 2 creative minds working together, who knows what else they will come up with. They deserve your support and welcome your suggestions.

This season has been highlighted by some new and exciting clinics, along with a revitalization of the Masters program because of this new energy-level. Many Masters skiers from Far West have traveled to both the Masters World Championships in Lillehammer, Norway and the Norwegian Birkebeiner this season, among others (see pg 2).

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LOG ON FOR THE LATEST NEWS...

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You can even download this newsletter in living color in Acrobat format! Save a tree!

**Next Far West Nordic Meeting:
ANNUAL BOARD MEETING**

April 12, 7 pm • Auburn Ski Club

Please Come to our Annual Board Meeting and Officer Election at the ASC Training Center. All Far West members are encouraged to participate in the board elections.

DIVISION NEWS

JUNIOR SUMMER CAMP SCHEDULE ANNOUNCED

If you are a Far West Junior and want to get a head-start on everybody for next year, these summer camps are incredibly fun and helpful. Once again, there will be 4 different camps, ranging from Junior Olympic participants to young development age athletes. Look for sign-up info on the Far West website soon.

JUNE TBA: JUNIOR OLYMPIC CAMP

Mid-to-late June dryland camp for Junior Olympic 2004 participants, to be held at the Auburn Ski Club with national-level coaches from the U.S. Ski Team.

JULY 15-18: JUNE LAKE CAMP

Open to any dedicated skier ages 12 and up. A fun, dryland-training oriented camp in the beautiful Eastern Sierra.

SEPTEMBER TBA: MARIN JO CAMP

An intense, low-elevation training camp for Junior Olympic 2004 participants.

SEPTEMBER 24-26: GROVER HOT SPRINGS

A great start-the-season training camp for Development skiers age 11-15.

ASC TEAM SIGN-UPS

Auburn Ski Club is currently taking sign-ups for the Summer 2004 Nordic Competition and Development Teams. Contact Sally @ ASC: (530) 426-3313.

JUNIOR OLYMPICS continued...

JO's, once again a first for Far West. This award has never been won by a school team from outside of the state of Alaska. The Truckee High boys team recorded a very impressive 3rd place finish.

Conditions in Lake Placid were less than ideal when the team arrived, with a week of warm rains melting the snowpack to mud and ice. But with the help of over 300 truckloads of snow dumped on the course, the races were held on a thin layer of snow. Luckily, an additional 3 inches of new snow fell during the competition week to spruce up the snowpack.

In individual competition, Far West skiers brought home the most medals ever—16 individual performances and 6 (2 teams of 3 athletes each) relay medals. Individual medal winners included: **Nick Sterling** (OJ, Truckee): 4th in Sprints; **Phillip Violett** (OJ, Brownsville): 4th in Classic, 5th in Freestyle; **Joaquin Goodpaster** (J1, Truckee): 8th in Sprints; **Dominic Henriques** (J1, Tahoe City): 9th in Sprints; **Matt Gelso** (J2, Truckee): 3rd in Classic, 5th in Sprints, and 5th in Freestyle. In Girls competitions, **Kati Clark** (J1, Truckee): 4th in Sprints; **Natalie Joffe** (J1, Kentfield): 6th in Sprints, 8th in Classic; **Kara LaPoint** (J1, Truckee): 9th in Classic; **Maisha Goodpaster** (J2, Truckee): 3rd in Sprints, 2nd in Classic, 8th in Freestyle; **Bernie Nelson** (J2, Truckee): 6th in Sprints. In addition, the Relay teams of **Whitney Prosor** (Truckee), Kara LaPoint, and Natalie Joffe took second in the OJ Girls division, and the J1 Boys team of Joaquin Goodpaster, Dominic Henriques, and Matt Gelso received a bronze medal for third. In all, 11 athletes out of the 31 attending the competition received at least one medal, another Far West record, and showing the depth of the team.

In addition to the medal performances, there were some significant personal achievements made at JO's as well. The rest of the Far West team included **Martin Benes** (OJ, Oakland), **Rob Beno** (J1, Truckee), **Ben Kantz** (J1, Truckee), **Pat Lane** (J1, Nevada City), **Garrett Reid** (J1, Palo Alto), **Sam Sterling** (J1, Truckee), **Owen Wright** (J1, Truckee), **Nick Bozzio** (J2, Tahoe City), **Carl Reid** (J2, Palo Alto), **Alex Taylor** (J2, Truckee), **Pat Trainor** (J2, Reno), **Spencer Wood** (J2, Truckee), and **Tyler Wright** (J2, Truckee). The Girls team consisted

of **Cindy Apodaca** (J1, Mammoth Lakes), **Jen Myers** (J1, Mammoth Lakes), **Sara Clark** (J2, Truckee), **Gabrielle Joffe** (J2, Kentfield), **Alexandra O'Neil** (J2, Truckee), **Dayna Stimson** (J2, Crowley Lake), & **Sara Violett** (J2, Brownsville).



Each skier achieved personal best performances for a national competition in at least one of the races at Junior Olympics.

In addition to the competition, athletes were treated to experience the Olympic ideal in the Lake Placid setting, site of both the 1936 and 1980 Winter Olympics. Just seeing the giant ski jump towers, the winding bobsled track, the speed skating oval and the biathlon range seemed to inspire everyone on the team. One highlight included seeing the movie "Miracle," detailing the U.S. Hockey Team's Gold Medal victory at that very rink at Lake Placid. Far West Coach **Glenn Jobe** was able to lend some first-hand knowledge from his own Olympic experience at those 1980 Games as a member of the US Biathlon Team.

The coaching staff, headed by Jobe and **Jeff Schloss**, included **Nancy Fiddler**, **Debbi Waldear**, **Jenny Rassuchine**, **Bill Sterling**, **Larry Ford**, & **Gary York**. "Far West was clearly the most improved team at the competition," commented Schloss. "The only thing separating Far West from the strongest teams in the country is the number of skiers. Because we draw from a limited geographic area of skiers, we don't have the sheer numbers of competitors compared to other regions. But with the amazing growth in the numbers of skiers in the local middle school and high school teams, and with Auburn Ski Club providing the base for year-round training, the future results of Far West Nordic racing will continue to improve." The team made a clear statement to the rest of the country that they will defend their "home court" next year at the 2005 JO's here at the Auburn Ski Club Training Center on Donner Summit.

2004 MASTERS' WORLD CUP IN LILLEHAMMER, NORWAY



A half dozen Farwest Nordic cross country skiers participated in the 2004 Masters World Cup held in Lillehammer, Norway from 28 February to 6 March: Mike Cohen, Sanborn Hodgkins, Ulrich Luscher, Carolyn Tiernan and Jim and Louise Wholey. Each racer participated in three races of between 10 and 45 km, with distances varying somewhat by age group. Also, each racer had to choose between free-style or classical style at each distance. About 180 Americans and a total of 1060 skiers participated.

The weather was glorious the entire week, though on the cold side for Californians. Waxing for the classical races was easy. Many of us satisfied our personal goals for race times and finishing ranks, with Carolyn Tiernan winning a silver medal in the 30 km skate race and a gold medal in the relay races. Louise Wholey also had some good results, finishing in the upper 50% of her races. Many Americans did well, leading John Downing, the AXCS National Director to call it "the most successful USA participation ever at a European-based Masters World Cup."

In between races, we also had a chance to sightsee and shop in Lillehammer. Many of us also took the time to take a bus to outlying villages such as Sjusjoen and ski back to town, stopping along the way in wayside cafes. Most of us also took some time to visit Oslo, where attractions included Fridtjof Nansen's polar vessel Fram, Thor Heyerdahl's raft Kon Tiki, the Holmenkollen facilities and races, and the cosmopolitan city center.

WHERE WE'RE AT AND WHERE WE'RE GOING

by Trond Nystad Head Coach, US Ski Team

Editor's Note: This is an open letter to the US cross country ski community from U.S. Ski Team Head Coach Trond Nystad. We've reprinted it here because it contains many great ideas for the future of U.S. XC ski skiing and individual training ideas.



The past and future of U.S. Ski Team racing: Justin Wadsworth and Andrew Johnson
Photo courtesy of Olof Carmel

It has been a very long time since the US have had skiers that can win a world cup, Olympics or a world championships. Today we have several skiers who have proven they can be competitive and contend for the win every weekend. We have not won a race yet, but it is close and it can happen any weekend. Not long ago, we were excited when an athlete scored world cup points. That has changed. We have gotten recognition from the other coaches and athletes around the world. When the races are over the same athletes and coaches come to our cabin to congratulate us with our results. The media and the ski world is taking it for granted that some time very soon we are going to have several people contend for the win in every race.

We have achieved these results by being patient, and by developing an American system that works for us. We still have a long way to go before we are perfect, but we have gotten a very fine start. Today's athletes are the product of numerous people's dedication and hard work.

There are several areas that we as Americans need to address in the near future to stay competitive. Not only do we need to do things right with the older athletes, but from the start of a young skier's career. We need to move away from having cross country skiing being a recreational sport for all the athletes that could not make it on any other sport. High school and

club coaches must create competitive and professional programs that facilitate the recruitment and development of athletes. We can however not forget the masses. A solid volume of good skiers is essential for growth. We have done well on the volume side of things, but need to step it up on the number of quality skiers we produce every year.

It is also important that every athlete takes responsibility for their own training and development. It is not acceptable to leave this up to a coach. The coach is there to educate and guide, but not to fully control the athlete's life and training. You have to want it. Without that burning desire to explore your potential you are never going to become good, no matter what coach or what equipment you have. Athletes: give yourself a chance to succeed! This means that you have to do everything within your control to become a better person and athlete.

1) You have to train well. This does however not mean that you are going to kill yourself, rather train what is right for you, your situation and your body. Keep in mind that you have to be dedicated to training to perform well, but a little too much training is a lot worse than a little too little. When in doubt take a day off. Do not be a slave to your program; let your program be the guide, and your body the boss.

2) It is imperative to live a lifestyle that allows you to train and perform right. In order to train well year round you have to give your body a chance. This means that you have to take care of yourself. Your body needs good food, lots of fluid, and plenty of sleep and rest. Your life must reflect your training and vice versa. If you are having exams at school your training must be reduced, and if you are training hard you cannot stay up late. If you want to become a great athlete you must be great at balancing your life.

3) Admit to yourself and others around you that you are giving it your all. Being serious and dedicated is not a disease, rather a sign of strength and character.

4) Have fun! Skiing is a fun sport with lots of great people involved in it. To become good at anything you have to enjoy what you are doing. Train with your friends, live a normal lifestyle, go to the movies, have a boy/girl friend. Skiing is not for abnormal people, it is for normal people who love to ski and see how far they can develop their potential.

We have our task cut out for ourselves. There are going to be some ups and some downs, but our goals are shared and so is our success. We have finally gotten back to where we should be on the international level. The road has been windy and hard, but we have made it because that was the only option. Lets all pull together to ensure that we stay competitive internationally for years to come. We all want to see American women and men succeed, so take a moment to appreciate what you have done and then we hope that you will get right back at it again. Thanks for all the help and thanks for giving it all to ensure American success.

JO'S 2005 IN TRUCKEE

Auburn Ski Club, Far West Nordic to Host Next Year's Event!

In case you haven't heard, Auburn Ski Club has been awarded JO's for the year 2005 to be held here in the Far West division. This is a pretty huge and exciting development, and will take a significant amount of planning and volunteer work to pull it off successfully. To help out in the planning of this event, contact Bill Clark at Auburn Ski Club, (530) 426-3313. For sponsorship information, contact Bill Sterling, bill@farwestnordic.org.





MASTERS TEAMS & MORE continued...

Molly has been instrumental not only for getting the new vests for the FW Team 2004, but also for securing new sponsors. And Molly is now on the FW Board. It's good to know that the FW Masters are so ably represented.

The old guard is retiring (again), but not without a word of appreciation. **John Goodman**, ex-FWN President, ex-FW Masters Co-Chair, ex-Coach, was also the guy who kept track of racers and races and points earned, in order to pick each year the best and fairest FW Nordic Team. Thanks for your time and effort.

Following are the final standings for the Master's Team. (* 18 points automatically qualifies. ** denotes World Master).

DIVISION	NAME	BEST SIX
Senior Women	MARY WHOLEY	11
Master 1 Women	MOLLY ZURN	18*
Master 2 Women	JULIE YOUNG	18*
Master 3 Women	LAURA STERN	18*
	BETH REID	18*
Master 4 Women	DEBBIE HAKANSSON	18*
Master 5 Women	JULIE BRADLEY	15
	CAROLYN TIERNAN**	11
Master 6 Women	JUNE LANE	18*
Master 7 Women	LOUISE WHOLEY	18*
Master 8 Women	HELGA SABLE	18*
Senior Men	TAV STREIT	18*
Master 2 Men	TIM HILL	18*
Master 3 Men	TERRY DALEY	18*
Master 4 Men	RICK REYNOLDS	17
Master 5 Men	RUSSELL REID	18*
Master 6 Men	RALPH JOHNSON	18*
Master 7 Men	FRANK SARNQUIST	16
Master 9 Men	ULRICH LUSCHER	18*

SIERRA SKI CHASE CONCLUDES FOR 2004

We finished our last race for the Sierra Ski Chase and what a wonderful race it was. Great turn out, tough racing, exciting finishes! Thank you, Royal Gorge, for a super event. Teeshirts were handed out at the Gold Rush Party, if you didn't get yours, please contact me. We do not send them, let's figure out a drop-off point around Tahoe/Truckee or Reno. For final results, go to the Sierra Ski Chase results page.

The lucky raffle winners were: Fischer Skis: Peter Werbel Super Top: Ralph Johnson Native Eyewear: Louise Wholey Native Eyewear: Molly Zurn Patagonia Top: Ben Grasseschi Jacket: Laura Stern.

The two top racers, women and men, have never been closer, 5 points, that's half a race! Laura clinched it by doing the Gold Rush, while Debbie did the Silver Rush and Louise Wholey is not far behind with 335 points. Stan Eriksson and Mark Nadell had a running battle, separated by only 5 points followed by Ralph Johnson and Terry Daley in a tie, 350 p. each.

The Sierra Ski Chase is sponsored by the Far West Nordic Ski Association, Dr. Wm. Krissoff, Sierra Nordic.com, Native Eyewear, Fischer Skis, Lowe Alpine, Richard Bozzio M.P.T., & ProCare Physical Therapy.

For full results on both the Masters Team & Sierra Ski Chase, go to www.farwestnordic.org/results.html.

Helga Sable

WOMEN	Points	MEN	Points
1) Laura Stern	350	1) Stan Eriksson	380
2) Debbie Hakansson	345	2) Mark Nadell	375
3) Louise Wholey	335	3) Ralph Johnson	350

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