



# FAR WEST NORDIC ANNOUNCES THE 2006 SUMMER CAMPS

Once again, Far West Nordic is planning a series of great camps during the Summer of 2006 to enable Junior cross country ski racers an opportunity to train with some of the best coaches in the entire country. Whether you are an experienced Junior Olympian or a young, developing racer, there is a camp to suit your ability. Check out the camps and the sign-up application on the following page to learn more about these very fun and informative camps, or click to [www.farwestnordic.org](http://www.farwestnordic.org) for more information and on-line signups.



# THE YEAR IN REVIEW THE 2005-2006 NORDIC SKI SEASON

BY BEN GRASSESCHI, FAR WEST NORDIC HEAD COACH

Wednesday, June 1, 2005, began xc ski training for the Auburn Ski Club and Far West Junior Teams. That Wednesday rolled into Thursdays, into Fridays, into weeks, into a year. This year, for the first time, all Junior camps came under the umbrella of Far West Nordic.

The first camp in June was a benefit for the top Far West Juniors to go workout, socialize, and kick butt in Ultimate frisbee against other top Juniors in the west. This camp was held in Sun Valley, Idaho and was a great success for the handful of "elite" Far West athletes who attended. The only disappointment was that more athletes who were eligible were not able to attend this high intensity camp.

July marks the annual June Lake camp near Mammoth Lakes. Led by World Cup and Olympic XC ski veteran, Nancy Fiddler, this has always been a quality, technique minded, camp. We will be doing this camp again this year.

August was a busy month with two camps going on. The first was Yosemite camp in Tuolumne Meadows for Junior Olympic-level athletes. Lots of high altitude, high intensity, high volume, high fun, training going on down there. We are doing this

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[WWW.FARWESTNORDIC.ORG](http://WWW.FARWESTNORDIC.ORG)  
 Download this newsletter in living color!

## Next Far West Nordic BOARD MEETING

June 12, 2006 • 7 pm  
 @ Julie Bradley's Home

## DIVISION NEWS

### JOIN FAR WEST NORDIC FOR 2006/2007!

It's time to re-join Far West Nordic and support cross country skiing in the West for the 2005-2006 season. Fill out our application form or go on-line to [www.farwestnordic.org](http://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!** Go to our website to pay On-Line for all your memberships, camps, trips, & clinics!

### FAR WEST NORDIC BOARD

Congratulations to the incoming Far West Nordic Board of Directors for 2006/2007. Returning board members include **Gary York** (President!), **Bill Sterling** (VP), **Mike McElravey** (Secretary), **Joan Jones** (Treasurer), **Bill Clark**, **Dan Hill**, **Sally Jones**, **Jeff Schloss**, **Anna Voegelé**, **Molly Zurn**, **June Lane**, and **Elyah Gordon**, with **Julie Bradley**, **Sara Snyder**, and **Ben Grasseschi** as our latest additions to the board.

# FAR WEST NORDIC'S RACE SEASON IN REVIEW

## MASTERS

For 2005-2006, Far West Nordic Masters enjoyed one of the most successful, spirited, supported, team efforts on record.

It all started with many Masters joining ASC Master's Technique and Training sessions weekly at Auburn Ski Club. This weekly social training group turned in to a real, 'team dreaming' culminating with a trip to US Master's Nationals in Bend, Oregon, in late March. Set in motion by the emulate Energizer Bunnies, June Lane and Molly Zurn, and accompanied, for the first time ever, by a coach and wax helper, the Far West gathered 12 athletes and stormed—literally, and figuratively—into Bend. When all was said and done, FW Masters brought home several podium medals, a couple of cool US Masters Team vests, great gastronomic memories, fun stories, an appreciation for Northwest weather and snow accumulations, and, above all else, an encouraging Team Spirit.

They hope to do it again next year; same bat-time, same bat-channel. They'll be starting in the Fall with a Master's dryland training group and Fun Run Fundraiser.

For the coveted Masters Team, we had fierce competition this year among several age groups. Congratulations to all who raced and especially those who made the team!

**Mary Wholey, Molly Zurn, Julie Young, Laura Stern, Beth Reid, Martha Bellisle, Carolyn Tiernan, Julie Bradley,**



*Rick Reynolds leads Jeff Schloss at the 2006 Skogsløppet at Tahoe Donner.*

*Photo by Olof Carmel*

**June Lane, Hedda Anya, Louise Wholey, Jakub Benes, Chris McGovern, Ben Grasseschi, Steve Axt, Terry Daley, Rick Reynolds, Peter Taylor, Ralph Johnson, Bill Thauvette, Jack Wilson, Ulrich Luscher, Art Sable.**

The Masters Team consists of the top scoring skier in each five year age division. Scores are based on a skier's best six results from 11 qualifying races, at least one of which must be classic style technique. Skiers must complete at least six races and must be members of Far West Nordic. Skiers may race in as many qualifying races as they wish.

## SIERRA SKI CHASE

The Sierra Ski Chase had another exciting and closely-fought competition this past winter. The Chase featured 11 races this season, with points given for participation, placement and age handicaps. **Rick Reynolds** was clearly the fastest Master overall on the local circuit, and he easily cruised to win the Chase points total for the men 415 points, the highest points total. **Mark Nadell** took second place for the second time in 3 years, finishing with 370 points, ahead of **Peter Taylor** and **Russell Reid**. On the women's side, **Laura Stern** earned an unprecedented 3rd win in a row, followed closely by Beth Reid and Martha Bellisle. Their names will appear on the trophy skis at ASC.

## FISCHER CUP

The Fischer Cup is a six race series that offers a \$300 CASH prize for the 'Fastest' man and woman in the division, a pair of SWIX TEAM poles for second and SWIX CERA-F wax for third. There are no age classes. Racers must finish at least one Classic style race and the Gold Rush. This year's event went to **Beth Reid** for the women, followed closely by 2-time winner **Judy Rabinowitz** and newcomer **Cathy Howard**. The men's division was dominated by semi-local **Tav Streit**, who managed to return to Tahoe often enough from his studies at the University of Utah to prevail over **Jakub Benes** and **Rick Reynolds**.

# FAR WEST'S MATT GELSO NOMINATED FOR U.S. SKI TEAM!

Far West Nordic's own Matthew Gelso has culminated his incredible year of ski racing with a nomination to become a member of the U.S. Ski Team's Continental Cup Team for 2007.

Matt is only one of 7 men nominated for the U.S. Ski Team. There will be 5 men on the "World Cup" Team who will travel overseas and compete in those events. Athletes will include Chris Cook, Kris Freeman, Andrew Johnson, Torin Koos, and Andy Newell. Gelso, along with Bozeman's Leif Zimmerman, will be a member of what is termed the "Continental Cup" Team, and will train and compete in the United States and Canada in 2006-2007. There are also 7 women named to the Continental Cup Team, along with one female (Kikkan Randall), who is designated for the USST's World Cup Team.

At 17 years old, Gelso is, by far, the youngest member of the

U.S. Ski Team, and will be going to school and competing for Colorado University next winter. Matt won every individual event at the 2006 Junior Olympics in Houghton, Michigan (including having the fastest time of any racer in each division, including Older Juniors). Gelso also traveled to Slovenia this winter as a member of the U.S. World Junior Team, with his best result being 16th in the world in the 10 kilometer Classic.

*Photo by Jim Stimson*



## 2005-2006 Ski Season Wrap-Up, Continued...

camp again this year but have added a day as 3 days was too short.

The final summer camp was the First Annual Bliss State Park/Lake Tahoe camp held late in August. This camp was designed to welcome and encourage new blood into the ASC/FW pipeline of skiers, allowing younger Sonic Team members to interact, train, and play, with older Devo and Comp Team members. It seemed to work well and we will be doing the Second Annual Bliss Camp this summer.

September and October found nothing but school, and training, training, training. Fall Lactate Testing with Dr. Max Testa and the UC Davis Sports Medicine Team was one of the highlights. Start praying for snow. Snow came; and went, and then it was a struggle to get out of the rain until February, March, and April, when it wouldn't stop snowing! Back to November, our annual Thanksgiving camp was a huge success with great snow in West Yellowstone, Montana providing those athletes with a big jump start to on-snow skiing for the season. A local camp at Auburn Ski Club made sure that the bulk of our juniors weren't left out, with 3 days of excellent training of roller skiing, running, and strength.

In December, we finally held our first JO Qualifier — the ASC Sprint Competition. Athletes finally got the cobwebs out with a Classic 1.2km sprint in a raging blizzard. Lots of successes and a few disappointments; both incentives to try harder next time.

Early January, the older Far West athletes shipped off to Senior Nationals in Soldier Hollow, Utah. All the best skiers in the country were there hoping to make the US Olympic Team and/or, several other distinguished teams. FW athlete Matt Gelso earned himself a spot on the US World Junior Team travelling to Kranj, Slovenia by placing well in three races. Far West Senior athlete and Coach, Mel Scheffer, surprised many, including herself, by placing top 15 and top 20 in two races as well. All other FW skiers had a least one good race that they were proud of.

Back at home, two more JO Qualifiers with the Sawmill freestyle at Northstar and the first ever JOQ in Mammoth Lakes. What a boost for Mammoth area athletes to host and be locally included.

A final trip before JO's; the Super JOQ in Soldier Hollow, Utah. A quick trip out and back with only one race, but; a lot of qual-

ity skiing around the site of Junior Olympics, 2007. Again, FW was well represented with some top finishes by up-and-coming racers, and quality, hardy racing by all.

At last, the remaining JOQ in mid-February was held. The JO team was finally decided, and a few athletes moved up from Devo to Comp Team. Everyone skiing together now for quality team training leading up to JO's.

And finally, the Big Kahuna; Junior Olympics in Houghton, Michigan. We were promised cold nights, powder snow, and blue hard wax by Houghton ex-patriot and now Far West coach, Sara Salo-Snyder. We received warm nights, weird snow, and the complete waxing spectrum—all in the first race! FW coaches dialed in the waxing for the second classic race and had much better success from then on through. Again, all athletes claimed at least one good race with Matt Gelso earning National Champion status in 3 of 4 races. Matt's great successes at Houghton, Slovenia, and Soldier Hollow, as well as a outstanding career so far, have earned him a spot on the US Continental Cup Ski Team for 2006-2007. This is a huge honor for Matt, and complimentary to FW, as he is one of 7 athletes to be named to this team. (See article on Page 3)

This new year, 2006-2007, many of the great aspects of FW will stay the same, camps, technique focus, positive energy, etc., but some new things to look forward to are; more training, more workouts, new faces, more focus, fun trips—West Yellowstone; JO's in Soldier Hollow, Utah; Senior Nationals in Houghton, Mich; others. Get ready, we start up again June 1!



*Ben Grasseschi at the Tahoe Donner Relays in 2006*

## BERNIE NELSON & AUGUST BRAUTIGAM AWARDED SCHOLARSHIP

The Far West Nordic Ski Education Association is proud to announce the winners of the annual **Ted Beauchamp Scholarship**, awarded each year to young cross country ski racers who are participants of the sport, and who show a dedication and character that serves as a positive example to all of those involved in Nordic competition. This year's winners of the \$300 Scholarship Award are **Bernie Nelson** and **August Brautigam**, both from Truckee, California. Each of these skiers have shown

a passion for skiing, have an interest in skiing at a national level, and most importantly, have shown a quality of character that Far West Nordic and the Ted Beauchamp Family can be proud of.

Ted Beauchamp, a mentor to young athletes for many years, and was a Far West Board Member prior to passing away in 1998, and the Beauchamp Family and Far West Nordic have established this Scholarship Fund in his honor.

# FAR WEST NORDIC SUMMER 2006 JUNIOR CAMPS

## JUNE LAKE EASTERN SIERRA CAMP JULY 13-16, 2006

**COST: \$145** (SIGNUPS MUST BE RECEIVED NO LATER THAN JULY 6, 2006)

Open to any athlete age 12 to 19. This is a training-oriented camp with a focus on dryland techniques such as ski walking, rollerskiing and strength. Coaches will include former Olympian and National Champion Nancy Fiddler, along with Auburn Ski Club Head Coach Ben Grasseschi, and more. Athletes will be camping out in the beautiful June Lake area. Peak bagging, lake jumping, rollerskiing, and hiking are just some of the fun activities. Trip cost will include all transportation (by van), meals, and camping fees. All camps have limited spaces, so sign up early and avoid late registration charges.

## YOSEMITE HIGH SIERRA CAMP AUGUST 20-23, 2006

**COST: \$145** (SIGNUPS MUST BE RECEIVED NO LATER THAN AUGUST 13, 2006)

Open to Junior Olympic athletes only. This is a high intensity camp with a focus on hard training in one the most spectacular settings in the entire world—Tuolumne Meadows in Yosemite National Park. Activities will include roller skiing, running, hill bounding, long hikes, and more. If you're serious about nordic

racing, this is the summer camp to attend. Coaches are still be announced. Trip cost will include all transportation (by van), meals, and camping fees.

## LAKE TAHOE SUMMER CAMP AUGUST 25-27, 2006

**COST: \$120** (SIGNUPS MUST BE RECEIVED NO LATER THAN AUGUST 18, 2006)

Far West Nordic will once again be hosting a Development Skier-oriented camp, this year in August at Bliss State Park on the beautiful Lake Tahoe westshore, for younger nordic skiers looking to get a head-start on training for the 2005-2006 race season, or older skiers just wanting to have a great time training at Lake Tahoe. Any ability is welcome, but athletes are encouraged to be in good enough shape to be able to run and hike for moderate distances. Kayaking, Hiking, Swimming, Ski Technique and more are scheduled for activities. Trip cost will include all transportation, meals, and camping fees.

### SIGN UP & CANCELLATION POLICY

SIGN UPS MUST BE RECEIVED NO LATER THAN ONE WEEK BEFORE CAMP!  
100% Refund if Cancellation occurs more than 7 days prior to camp.  
50% Refund if Cancellation occurs less than 7 days prior to camp.

To Sign Up On-Line for Summer Camps, go to [www.farwestnordic.org](http://www.farwestnordic.org) and click on the link to Junior Program

## 2006 FAR WEST SUMMER TRAINING CAMPS APPLICATION

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_ PHONE: (     ) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PARENTS NAMES: \_\_\_\_\_ WORK PH. \_\_\_\_\_

E-MAIL ATHLETE: \_\_\_\_\_ E-MAIL PARENT: \_\_\_\_\_

CELL # (Athlete) \_\_\_\_\_ CELL # (Mom): \_\_\_\_\_ CELL # (Dad): \_\_\_\_\_

• CAMPS ATTENDING — Remember, you MUST be a current Far West Member to attend. Use form on back page:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> JUNE LAKE • July 13-16<br>\$145 (Sign Up by July 6, 2006) | <input type="checkbox"/> YOSEMITE • August 20-23<br>\$145 (Signup by August 13, 2006)<br>(JO Athletes only) | <input type="checkbox"/> LAKE TAHOE • August 25-26<br>\$120 (Signup by August 18, 2006) |
|--|---|---|

Pay by Check or Credit Card (Please, no Debit Cards): \_\_\_\_\_ TOTAL CAMP AMOUNT DUE \_\_\_\_\_

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Mailing Address of Card (if different from above): \_\_\_\_\_

Please send your registration form, waivers/releases, and check or credit card information to:

FWNSEA • P.O. Box 10046 • Truckee, CA 96162

Registration is on a First Come/First Served Basis. Camps will fill up early. Sign-up online at [www.farwestnordic.org](http://www.farwestnordic.org)

# START YOUR TRAINING SEASON NOW!

by Mark Nadell

**Fast skiers are made in the Summer and Fall.** I think we've heard that said so many times, but we sometimes lose focus on the simple fact that if you wait until winter to be trained and ready for nordic racing season, you've waited much too long. Sure, there are those genetic mutants out there who can get up off the couch, train for a week or two, and kick butt in their next race. But if you're like myself, you need to at least *think* about skiing almost year-round to have any semblance of hope to be competitive starting in December.

And it's not just older master skiers who need to hearken to the cry of year-round training. At the top junior levels, the competition is so fierce that if you're not roller skiing and performing ski-specific exercise starting in the early-summer, you're going to be significantly behind the curve once Fall rolls around. Juniors, especially, need to focus on summer training, and increase their hour volume in the warmer months, because they need to take advantage of extra time to train during the day, both because of the longer daylight hours, but also without the distractions of school and homework. A training volume of 150 hours for a full summer is not out of the question to achieve top results at next year's Junior Olympics

## DISTANCE TRAINING

Without putting physical stress on your body, improvement in overall conditioning won't happen. That's why Summer is also the best time to stress your body.

One way we put extra stress on our bodies is by incorporating longer distances into our training program. We're basically asking our bodies to work longer, and therefore harder, by going for longer distances. Summer is the best time for this, with warmer weather, longer days, available time off, and more. Distance training will vary for different athletes and for different workouts. A highly-trained, older skier might benefit the most from 3-5 hour bicycle rides, while a younger junior's over-distance workout might be an hour to hour and a quarter low-intensity run.

## INTENSITY TRAINING

By the end of June, a nordic athlete needs to start incorporating a regime of harder, faster training in order to continue to put stress on the body and improve their conditioning. You can even start earlier if you've done enough volume and had a decent break from the winter and spring racing season. April and May are good months to take it easy and recover, both mentally and physically, but by June, it's time to ratchet it up. You can start with relatively short sprints of 30 seconds to a minute, and incorporate specific strength elements into your workout. Slowly, you can start adding longer and harder intensity, even using 15-30 minute races on the bike or foot to include this aspect of training. By the end of August, athletes should be training hard

for 15-30 minutes twice a week at levels 3 and 4, focusing on longer, less intense intervals earlier in the fall and adding in shorter, harder intervals more towards race season.

## RECOVERY

Adequate recovery is certainly an element that is often overlooked, but it is essential to realize any of the goals of hard training. Simply put, you need time to recover from any difficult

workout, usually 48-72 hours after a particularly long or intense training session. Make sure to take your pulse every morning and record it, monitor whether your heart rate is any higher waking up on a particular day, watch out for sickness or fatigue, and plan your training accordingly.

## CAMPS AND TRAINING PROGRAMS

Juniors should definitely take advantage of any regimented training program during the summer. Ski specific camps, such as the ones on the previous page, are great ways to keep in a nordic frame of mind throughout the summer. They're fun, often go to incredibly beautiful areas here in the Far West, and are great opportunities to join other athletes in a common goal. The Auburn Ski Club teams, either Competition or Development groups, are excellent vehicles for keeping in shape during the summer and fall. Adults can also benefit from organized training, whether it's a bunch of friends who get together on a regular basis to run, bike, or kayak, or whether it's a sponsored workout, such as a local bike ride or run from a retail store.

So, whether you're an elite Junior, an up-and-coming development-age athlete, or a Master skier looking to improve for next winter, take advantage of the summer months and keep your racing goals in mind while having fun. Whether you're a kayaker, runner, cyclist, or something different, keeping winter in sight during the warmer months is the best way to get fast on skis.



Colin Shane shows his roller skiing style in a time trial at Tahoe Donner.

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



# 2006/2007 FAR WEST MEMBERSHIP FORM

Register NOW for 2006/2007! Or use your credit card to register on-line at [www.farwestnordic.org](http://www.farwestnordic.org)!

Far West Membership Year runs from September 1, 2006- August 31, 2007. MAIL TO: FWNSEA, P.O. BOX 10046, TRUCKEE, CA 96162

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

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

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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 Ski Programs. If you would prefer 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) \_\_\_\_\_

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**FAR WEST NORDIC SKI EDUCATION ASSOCIATION**

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