

FAR WEST NEWS

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

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WHAT A SEASON!

From Autumn snows, to the Olympics, to the 2002 Masters Nationals, last Winter was one to remember!

For many of us, the Winter of 2001/2002 provided some of the finest skiing in many years. We had a great early season snowfall (good skiing by Thanksgiving is always a plus), insuring us quality tracks throughout the holidays. Abundant sunshine throughout the winter made skiing a real joy to experience, and even the occasional rainy or icy days still yielded good skating. Throw in an Olympic experience for many of us at our backdoor, and a National Championship set of races on our front porch, and XC skiers were truly blessed this year.

It's now officially the "off-season" for nordic athletes, but that doesn't mean we'll all be sitting around watching summer re-runs and eating bowls of *Cherry Garcia* ice cream all summer long. Check our website regularly for information on summer training, camps, training days for both Juniors and Masters, Physiology Testing for JO athletes, and much more. We have summer camp applications, updated Junior Olympic qualifying information, Ted Beauchamp Scholarship Awards, plus our usual lineup of Race Results and Contact information for cross country skiing in the West.

FAR WEST UNVEILS NEW MASTERS JACKETS FOR SALE

Just in time for next ski season, we will have a new, attractively designed ski jacket available for Far West members. This jacket made by **VOMax** is a water and wind resistant supplex shell with transport mesh lining, a perfect weight for skiing in our winter climate. The cost of the jacket is **\$99.50** (which is the actual cost passed along to you), and full payment will be required by first week of October with delivery the second week of November. We need to do a minimum of 12 jackets to make this go, so if you would like one, please contact June Lane as soon as possible at 530-644-4545 or e-mail: jlane@d-web.com. Whether you are just skiing locally, to an out of town race, or perhaps heading to Masters or Worlds, it always fun to support our part of the of the country and put FAR WEST on the map. VOMAX sizings are unisex as follows:



XS: 30-33" | Small: 32-35" | Medium: 35-38" | Large: 39-42" | XL: 43-46"

NEXT FAR WEST NORDIC BOARD MEETING

June 10th • Truckee High School
 Room #210 • 7 pm

All Members are highly encouraged to attend. PLEASE BE THERE!

Welcome to new board members Bill Clark, Michael Henriques, and Gary York. A huge thank you goes to the Rassuchine Family—Jeff, LaVan & Jenny—for their many years of hard work and dedication to Far West Nordic.

For a complete list of Board Members, Officers, and Committee members, log onto www.farwestnordic.org.

FAR WEST NORDIC "MATCHING GRANT" DRIVE ANNOUNCED

Exciting news is afoot for Far West Nordic: We have been selected to receive a grant of **\$10,000** from a private donor, with the stipulation that we **MUST** raise an **EQUAL** amount in donations between now and December 12, 2002, to be used as a "LEGACY FUND" to accrue interest over an extended period of time. This is an incredible opportunity for our Nordic programs, but it will take a LOT of effort on our part to match this grant. We need your help! There is an additional line on our 2002/2003 Membership Application on which you can specify a specific donation to Far West Nordic. By including this extra amount with your membership dues, you can essentially "double your money" if we are able to achieve this goal.

PLEASE HELP US FUND THIS GRANT! Also, if you know of any potential donors out there who might be interested in our Junior Nordic programs, let us know at the Far West office. As always, all donations are Tax Deductible and go directly to help fund our programs.

FAR WEST SUMMER 2002 JUNIOR TRAINING CAMPS

Camps are limited to 30 Junior athletes, (24 athletes for the Mammoth/June Lake Camp). Remember: To participate in any Far West sponsored event or camp, Juniors MUST be Far West Nordic members. If you're not sure you're a member, please contact the Far West Nordic office at (530) 587-0304 or please write us at info@farwestnordic.org. Sign-up early! Fee includes food, coaches and camping fees. Use the attached registration form. Attendees of the camps at Auburn Ski Club must be ASC members, or else need to send an additional \$10 check made out to Auburn Ski Club to cover their membership (their insurance carrier requires membership to use the facilities.) If you do not currently have a 2002 Waiver on file with us, you must download those forms from the Far West web site at: http://www.farwestnordic.org/Forms/fw_releases.pdf

JUNE 15-18, 2002 • JUNIOR OLYMPIC CAMP AT ASC
OPEN TO ANY FAR WEST SKIER WHO QUALIFIED FOR JUNIOR OLYMPICS.
\$80 • DAY CAMP ONLY (WITH AN OCCASIONAL EVENING SESSION)
 Coaches include Glenn Jobe, Jeff Schloss, Debbi Waldear, Tav Streit, and special guest coaches Marcus Nash & Chris Grover (*U.S. Ski Team Nordic Development Coach*). A new twist will be having a few of the elite junior racers from the Pacific Northwest Division joining us! Plus, look for physiology testing for JO athletes in July.

JUNE 29-30, 2002 • AUBURN SKI CLUB CAMP
DEVELOPMENT CAMP FOR YOUNGER SKIERS (AGES 12-15)
\$40

This camp will focus on teaching athletes dryland training techniques to improve their nordic skiing, with an emphasis on FUN activities such as soccer, Ultimate Frisbee, hiking and more.

JULY 11-14, 2002 • EASTERN SIERRA CAMP
CAMP FOR OJ, J1, & J2, (14-19) OF ALL LEVELS
\$75 (\$20 OPTIONAL TRANSPORTATION FEE)

The emphasis on this camp will be a combination of technique skills for cross country, along with activities to build a summer training base with dry-land work-outs. Great rollerskiing, High Sierra hikes, and superb coaching will be included. Coaches include Nancy Fiddler, Jeff Schloss, and Glenn Jobe.

SEPTEMBER 13-15, 2002 • GROVER HOT SPRINGS CAMP
YOUNGER SKIERS (12-15 YEARS OLD) OF ALL LEVELS.
\$40 (\$20 OPTIONAL TRANSPORTATION FEE)

Geared toward younger racers (ages 12-15). Get ready for winter with Debbi Waldear, with help from Glenn Jobe, Jeff Schloss, and other great coaches.

SUMMER CAMP 2002 APPLICATION

Please send your registration check or Credit Card Info (see below) to: FWNSEA • P.O. Box 10046 • Truckee, CA • 96162.
 Include an extra \$10 if you are not a 2001/2002 Auburn Ski Club member and will be attending the FIRST camp.
 Registration is on a First Come/First Served Basis. Make sure that you include Far West membership with your check if you are currently not a member. Membership form is on back page.

NAME: _____ DATE OF BIRTH: _____

MAIL ADDRESS: _____ PHONE: () _____

CITY _____ STATE _____ ZIP _____

PARENTS NAMES: _____

WORK PH. _____ FAX #: _____

E-MAIL: _____

Camps Attending: (Check all that apply)

- ASC JUNIOR OLYMPIC CAMP • JUNE 15-18 • \$80**
- ASC DEVELOPMENT CAMP • JUNE 29-30 • \$40**
- EASTERN SIERRA • JULY 11-14 • \$75**
 TRANSPORTATION TO JUNE LAKE (\$20)
- GROVER HOT SPRINGS • SEPTEMBER 13-15 • \$40**
 TRANSPORTATION TO MARKLEEVILLE (\$20)

AUBURN SKI CLUB JUNIOR OLYMPIC CAMP \$80 DAY CAMPER (JO ATHLETES ONLY!)	_____
AUBURN SKI CLUB AND/OR GROVER HS \$40 EACH	\$ _____
EASTERN SIERRA CAMP \$75 EACH	\$ _____
TRANSPORTATION TO JUNE LAKE AND/OR MARKLEEVILLE (\$20 EACH)	\$ _____
AUBURN SKI CLUB MEMBERSHIP: \$10 (NECESSARY IF ATTENDING THAT CAMP AND YOU ARE NOT CURRENTLY AN ASC MEMBER)	\$ _____
FAR WEST MEMBERSHIP: \$10 JR./\$35 FAMILY (NECESSARY IF NOT CURRENTLY FW MEMBER)	\$ _____
TOTAL ENCLOSED	\$ _____

Credit Card Information:

Card Number: _____

Expiration Date: _____ Name on Card: _____

Mailing Address of Card: _____

FW MASTERS TEAM

The 2001-2002 Far West Team is the largest ever. The team is comprised of the competitor who finishes first overall in his or her age group in a series of 16 predetermined and published Far West races, and Far West members with a requisite number of local races who place in an individual race at the U.S. National Masters or the World Masters competitions.

The Subaru National Masters Championships were in the Tahoe area this year at Tahoe XC and Royal Gorge. Our people had outstanding results as twenty-three Far West skiers placed in the top three in his/her respective races. Age groups start with Seniors: 20-29, Master I 30-34, Master II 35-39, etc.

Age group	Name	Far West	National Masters	World Masters
FEMALE				
SR	Brandy Stewart	X		
II	Karen Radebold	X	X	
III	Debbie Hakansson	X		
IV	Debbie Baker	X		
	Julie Bradley		X	
	Sue Burak		X	
V	Maggie Fillmore	X	X	X
	Carolyn Tiernan		X	
	Karen Seaward		X	
VI	June Lane	X	X	X
VII	Louise Wholey	X		
	Hedda Anya		X	
	Helga Sable		X	
VIII	Louise Goodman	X	X	
MALE				
I	Bryant Tolles	X		
II	J.C. Legras	X		
	Brian Pinkerton		X	
III	Terry Daley	X	X	
IV	Mark Nadell	X	X	
	Dave Stover	X	X	
V	Byron Beagles	X		
VI	John Cobourn	X	X	
	Tom Regan	X	X	
VII	Philippe Mollard	X	X	
VIII	Jack Wilson	X	X	
	John Goodman		X	
IX	Art Sable	X	X	
X	John Daegling		X	

Glenn Jobe and **Barbara Cameron** also placed at the National Masters. Special recognition for the Far West members who made the U.S. National Masters Team:

Brian Pinkerton, John Daegling, Carolyn Tiernan, Hedda Anya

Congratulations to **Maggie Fillmore** and **June Lane** who each scored a grand slam, qualifying for the team by finishing first in her age group locally, and placing in the top three in an individual race in both the National and World Masters. And congratulations to all who competed and to all who placed on the 2001-2002 Far West Team. For information or questions call Helga Sable (530) 546-3675 or John Goodman (530) 426-9549.

SIERRA SKI CHASE

This was the 11th season for the Sierra Ski Chase and it was even more fun than the first one (yes, I have done them all). The participation has been growing since day one and our mission is still the same: "Challenge the super racers, provide the fun of competition for the rest of us and promote the healthy sport of xc skiing."

We thank all our Far West Nordic Centers for giving us the pleasure of great races, great courses and great grooming. We are indeed privileged that we can always count on you.

Congratulation to **Maggie Fillmore** and **Philippe Mollard** who ran away with the points this year. They are not only mature racers but they are also darn fast. Both their names are up on the Sierra Ski Chase Trophy at ASC and please take note, not for the first time either. (That's a challenge!) Some of you covered quite a distance in order to do the required races but nobody travelled further than **Joe Heiserman** who came from Paradise, Arizona. **Richard Lea** did one day trips from Chico on race days and **Bill Kraus** and **Dave Thompson** came regularly from the Peninsula to participate. **Raoul Kaufman**, I believe, did the most races. Every time I looked at a result, up popped his name. TO ALL RACERS, thank you for participating in this fun race series, we marvel at your dedication, we admire your sense of competition and we appreciate your style. Full results are available on-line at the Far West Nordic website.

Our sponsors are simply the greatest and their enthusiastic support makes the Sierra Ski Chase a wonderful experience:

Richard Bozzio, ProCare Physical Therapy, Tahoe City, Dr. Wm. Krissoff, Orthopedic Surgeon, Truckee and **Noel Charonnat, Sierra Nordic.com**, contributed toward the exclusive 2002 sweatshirts together with Far West Nordic, and our 2 product sponsors are **Peter Ryan** with **Native Eyewear** and **Dan Hill, Fischer Skis** and **Lowe Alpine**. They always come up with great raffle prizes. Thank you all for your continued support. Enjoy your summer and we'll see you again when the snow flies.

Helga Sable

FAR WEST NORDIC LOOKING FOR INPUT ON ANNUAL FUNDRAISER

Plans are a-foot (a-ski?) for next season's Annual Far West Auction/WineTasting/Party, and the Fundraising Committee is looking for your input. A change in season has been proposed, moving the event from it's usual January date to early November, to use as a "kick-start" for the ski season. They are also thinking about moving the location from it's traditional home at the Truckee Community Center to a larger, possibly more "up-scale" environment, such as Squaw Creek Resort or the North Tahoe Convention Center in King's Beach.

Please let us know your thoughts! E-mail the office at info@farwestnordic.org, or drop us a note to the P.O. Box. We'd love to hear from you.



2002/2003 FAR WEST MEMBERSHIP FORM

Far West membership year runs from September 1, 2002- August 31, 2003
 Send in your registration 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 _____

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 \$10

Donation to the Far West Legacy Fund for Matching Grant \$\$ (Tax Deductible!) _____

Donation to Far West Nordic Junior Programs (Tax Deductible) _____

TOTAL ENCLOSED _____

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...

Check this box if this is a Coach Membership

Far West Nordic would like to know if you want us to send 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 so, please check this box.

I would like to help with: Auction & Raffle Races (course set-up, etc.) Junior Trips/Camps

"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:

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Thanks for all your support!