



TRAINING TIPS FROM THE "REAL" MASTERS OF SKIING

Ever Wonder How Those Fast Locals Train? Here's Your Answer...

Too often, we read about what *Kris Freeman* or *Kikkan Randall* are doing to increase their fitness to win at the World Cup Level. What Far West Nordic skiers REALLY need are real-world examples — folks who have real lives, real jobs, real families, and yet manage to dominate their division rivals on the local level. Far West News has asked your own Masters Team Division Winners for THEIR take on off-season training and ski fitness. The following are ideas, in their own words, of how these folks plan on defending their titles in the 2007-2008 season.

MAGGIE FILLMORE, AGE 57 • WINNER: WOMEN'S M6 DIVISION

Maggie has been a mainstay on the Far West local race circuit for as long as anyone can remember, and, when healthy, is always at the top of her game. She's managed to overcome some serious accidents to return to her impressive high standards of skiing in 2007.

I am full of all sorts of invaluable training tips which can all be traced to a single theme: try not to do some-

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SUMMER JUNIOR CAMPS

Great Training Opportunities for Juniors and More!



Far West Nordic has scheduled another incredible summer of Junior Training Camps, where young athletes from 12 years old to 20 learn xc ski skills and develop training disciplines. From the high-level Regional Elite Group camp in June at Claire Tappaan Lodge, to our June Lake camp in July, the new Gold Lakes Camp in August and our Lake Tahoe camp for younger athletes in September, this is guaranteed to be another great summer for our young athletes. Another great camp will be specifically for Senior-age (20-29 years old and college) athletes up in beautiful Taylorsville, California.

There's no better way to train for cross country skiing than to join in on one of these fun camps. Led by some of the best coaches in the West, including Ben Grasse-schi, Jeff Schloss, Sara Salo, Nancy Fiddler, and more, these camps emphasize the skills necessary to become FAST skiers in the winter months. All camps have limited spaces, so sign up early and avoid late registration charges.

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LOG ON FOR THE LATEST NEWS...

WWW.FARWESTNORDIC.ORG
 Download this newsletter in living color!
 Keep up with all the happenings
 in the sport of Cross Country Skiing!

**Next Far West Nordic
 BOARD MEETING**

Monday, August 13, 7pm
 @ Joan Jones Home, Truckee

FAR WEST NEWS

JOIN FAR WEST NORDIC NOW FOR 2007/2008!

It's time to re-join Far West Nordic and support cross country skiing in the West! Please fill out our application form on the back page, or go can 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 newsletters (including our famous, annual NORDIC NEWS), eligibility for the Sierra Ski Chase and Master Teams, and much more. Your membership is IMPORTANT for us to fund our programs! If you've ever logged onto our highly informative WEBSITE, you've benefited from our efforts. Please support our organization!

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

ON-LINE PAYMENTS AVAILABLE
 Go to our website to pay for your memberships, camps, trips, & clinics!

Design & typesetting is courtesy of MACBETH GRAPHICS of Truckee. Please contact us at:

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www.farwestnordic.org

JUNIOR SUMMER TRAINING CAMPS, CONTINUED...

JUNE LAKE EASTERN SIERRA CAMP JULY 12-15, 2007 • COST: \$145 (SIGNUP DEADLINE: JULY 5)

Open to any Junior athlete over age 13. 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. 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, coaching, meals, and camping fees.

TAYLORSVILLE SENIOR SUMMER CAMP JULY 27-29, 2007 • COST: \$50 (SIGNUP DEADLINE: JULY 19)

Train with your older peers in this no-frills, no-nonsense high-intensity camp in the beautiful Northern Sierra Nevada. Led by Glenn Jobe, the cost for this camp will include lodging, food, and coaching, staying at the Violett family cabin in Taylorsville. Hiking, Biking, Roller Skiing and more! We've kept this camp very affordable for all of you athletes who want great coaching and a fun time with your friends.

LAKE TAHOE SUMMER CAMP SEPTEMBER 1-3, 2007 • COST: \$130 (SIGNUP DEADLINE: AUGUST 24)

Far West Nordic hosts a Development Skier-oriented camp once again at Bliss State Park on the beautiful Lake Tahoe westshore. For younger nordic skiers looking to get a head-start on training for the 2007-2008 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 transportation, meals, kayak rental, & camping fees.

GOLD LAKES SIERRA CAMP AUGUST 7-10, 2007 • COST: \$145 (SIGNUP DEADLINE: JULY 31)

Open to Junior Olympic and ASC Competition Team athletes only. This is a new high intensity camp with a focus on hard training in a great spot for lots of activities — the Gold Lakes area northwest of Sierraville, California. Training will include roller skiing, running, hill bounding, long hikes, and more. If you're serious about nordic racing (or want to become more serious), this is the summer camp to attend. Trip cost will include all coaching, transportation, meals, and camping fees.

SIGN UP & CANCELLATION POLICY

SIGN UPS MUST BE RECEIVED NO LATER THAN ONE WEEK BEFORE CAMP!
90% 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, go to www.farwestnordic.org
and click on the link to the Junior Program

2007 FAR WEST SUMMER TRAINING CAMPS APPLICATION

NAME: _____ DATE OF BIRTH: _____

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. If you're not a current member, please sign up now. Members: This is your chance to sign up for 2007-2008! Please Use the form on back page to sign up for membership:

JUNE LAKE • July 12-15 \$145 (Sign Up by July 5) SENIOR CAMP • July 27-29 \$50 (Sign Up by July 19) GOLD LAKES • August 7-10 \$145 (Signup by July 31) LAKE TAHOE • September 1-3 \$130 (Signup by August 24)

TOTAL CAMP AMOUNT DUE _____

Pay by Check or Credit Card (Please, no Debit Cards):

Card #: _____

Expiration Date: _____ Name on Card: _____

Mailing Address of Card: _____

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

MASTERS TRAINING TIPS, CONTINUED...

thing where you have to wear a cast or use a walker, because it really gets in the way of training.

Having generally NO plan, I encourage cross training so that when one body part hurts, you always have another one to fall back on (bad pun). Swim when your knees hurt running, run when your shoulders hurt or are waiting for surgery, bike but stay on it or stick to the stationary one, row....just a variety of activities (including the hum-drum of the gym) so that you can let your body recover adequately. Try to do something (Yoga counts) every day for an hour.

My goals for the off-season are not to hurt anything. In terms of defending my title next season, I just don't pay attention to it. Always do your best on a given day, and enjoy it when it works out. I still have a day job, and no sponsors.

RUSSELL REID, AGE 56 • WINNER: MEN'S M6 DIVISION



Editor's Note: The following is a highly-shortened version of Russell's response to our training question. Not only was his answer too long for this particular newsletter, but it was so hilarious it deserves to be featured in next Autumn's NORDIC NEWS magazine.

My first thought was "My buddy Ralph will kick my keyster if I divulge my training secrets!"

Then I remembered that I don't have any training secrets. And I especially don't have any that Ralph didn't know ten years ago. And I remembered that my wife kicks my butt even when I spy on her training methods.

So let's see: 1) Arrange to be younger, 2) Shut up and ski. A solid start... (For the full text, you'll have to wait until November...)

JULIE YOUNG, AGE 41 WINNER: WOMEN'S M3 DIVISION

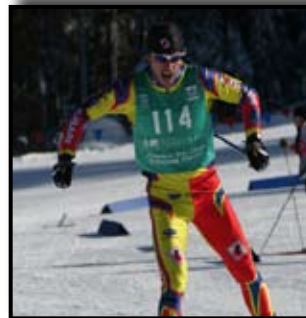
Julie is a relative newcomer to nordic racing, but is certainly no newbie to athletic success as a former National Champion road cyclist.

Honestly I am not that focused on ski training at this point, but more focused on enjoying summer, awesome weather, great trails, flowers, aromas. My general training outline thru September:

- 2x easy days - off or easy flat run or road ride
- 2 x interval days
- 1 x running on flat to rolling terrain trails
- 1 x ski walking or hilly run on trails
- 1 x mountain bike. More time on the trails and solitude, but I also think mountain biking complements cross country skiing by picking a line down the trail, balance, finesse, agility and great strength. Mostly just because it fun and can totally lose myself on the trails. I will start getting more ski focused later in the summer and incorporate rollerskiing.



TAV STREIT, AGE 32 • WINNER: MEN'S M1 DIVISION



Tav is arguably Far West's top nordic racer, a threat to win every competition he's entered into, including National-caliber events. Tav now sounds ready to settle down and dominate the local Masters division.

Wow, am I considered a Master now? What a dream come true, I am becoming more like Jeff Schloss every day! I wish I had a magic training bullet for performance, but I don't!

I included three principles that guide my training now that I am in the real world (ie., school, work and limited time to train).

1. The best way to succeed is to lower your goals.
2. Finish every training session a better skier than before.
3. Follow the yin/yang or stress/rest principle. If life is stressful, training should be easy—used more for its psychological benefits, not necessarily the physiologic ones.

JOHN COBOURN, AGE 60 • WINNER: MEN'S M7 DIVISION

John's another one who's been skiing for a long time. He's managed to stay near the top of his division for many years.



After the last race, all the books say to recover and recharge by enjoying other activities. I like to eat, drink and be merry, because I know sometime during the summer I will need to start training again.

- Check all moving parts for cartilage tears, torn ligaments, or other non-functional joints, muscles, or bones. Schedule all corrective surgeries for spring or early summer.
- Do your income taxes. April 15th is after the last race.
- Trash talk your 13 year old son. Tell him that even though he can beat you up a short hill, it will be a LONG time, before he can beat you up a long hill.
- Enjoy ice cream sundaes, Oreo cookies, and beer.
- Do all those household chores and repairs that you have ignored all through the fall and winter seasons. Well, at least clean out the garage. Have a garage sale.
- In early June, check your spare tire. How much weight have you gained? Start thinking about resuming training.
- Mountain bike with your kid. If he can get higher on a steep hill than you can before losing steam and falling over, make a resolution to start training soon.
- Check the Sierra Ski Chase results, where you can find out the ages of other skiers. If either Ralph or Russell is coming into your age group next winter, forget about training. It won't do you any good.

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



2007/2008 FAR WEST MEMBERSHIP FORM

Register NOW for 2007/2008! Or register on-line at www.farwestnordic.org! Far West membership year runs from Sept. 1, 2007- Aug. 31, 2008. MAIL TO: FWNSEA, P.O. BOX 10046, TRUCKEE, CA 96162

Please check the boxes below ONLY if you are planning on participating in either the MASTERS TEAM COMPETITION and/or the SIERRA SKI CHASE, and want your results to be included in the overall standings.

Individual or Primary Family Member:

FIRST NAME _____ LAST NAME _____ BIRTH DATE

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 MASTERS TEAM SIERRA SKI CHASE

Additional Adult Member (List Last Name if Different from primary above):

FIRST NAME _____ LAST NAME _____ BIRTH DATE

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 MASTERS TEAM SIERRA SKI CHASE

Additional Junior Family Members (Under 20 yrs. Old) (List Last Name if Different from primary above):

FIRST NAME _____ LAST NAME _____ BIRTH DATE

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FIRST NAME _____ LAST NAME _____ BIRTH DATE

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FIRST NAME _____ LAST NAME _____ BIRTH DATE

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MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE (_____) _____

E-MAIL _____ ADDITIONAL EMAIL _____

- INDIVIDUAL (ADULT) MEMBERSHIP \$20
- FAMILY MEMBERSHIP (2 or more immediate household family members or Jr. Dependents) \$35
- JUNIOR MEMBERSHIP only (single member under 20) \$10
- DONATION to the Far West "Current Fund" (Tax Deductible-Operating Expenses).....
- DONATION to the Far West "Future Fund" Program (Tax Deductible-Endowment)
- TOTAL ENCLOSED (Enclose Check or fill out Credit Card info Below - No Debit Cards)

If you would like us to send you information via e-mail, check this box.

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 (VISA or MASTERCARD ONLY)

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EXPIRATION DATE

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 NAME ON CARD _____

MONTH YEAR

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