

FAR WEST NEWS

Far West Nordic Ski Education Association
 P.O. Box 10046 • Truckee, CA 96162
 Phone: (530) 852-0879
 www.farwestnordic.org

Autumn, 2008



PRESIDENT'S LETTER

Mitch Dion's State of the Association Address

Dear Far West members,

Mitch Dion here, your new Far West Nordic President, welcoming you to the coming season. Far West Nordic has been like a second family to myself and my kids, these past years, and I look forward to helping the Association provide dynamic programs and stay on solid financial ground.

Thanks to 'Coach Jeff' Schloss and his service as President the past year. The Association made some great strides, thanks to the work of Jeff, and indeed, the entire Board. Remember, our great Board members serve on a voluntary basis and do an unbelievable amount of work to the benefit of the sport and the Nordic ski community. Thanks to Elyah Gordon, and Sara Salo, retiring board members, and we appreciate their contributions over the years.

On a sad note, we are losing the brilliance and passion of long-time Nordic Administrator Mark Nadell. Mark has been instrumental in building the Association to what it is today, and we wish him the best in future endeavors. The good news is that we have found two excellent replacements (yes, it takes two to replace one Mark), Kelly McElravey and Ian Case. Kelly will be on top of membership/ administrative issues and Ian communications in the form of our website.

Far West Nordic will push on as the focus for communicating information about the sport in this area. Our website will continue to offer race information, and results, plus a plethora of details, wrap-ups, tips and particulars about the sport and of benefit to our members. In addition, we continue to publish



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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, October 13, 7 pm @ Tahoe XC, Tahoe City

IT'S AUCTION TIME!

Saturday, November 1, 2008
 Mount Judah Lodge @ Sugar Bowl

This year's ever-popular Fundraiser is promised to be the largest and MOST FUN. Now in its 23rd year, Far West Nordic's Auction/Raffle Party will be held on Saturday, NOVEMBER 1 at 6 pm once again at the Mt. Judah Lodge at Sugar Bowl Ski Area. This is always the "CAN'T MISS" EVENT of the season for anyone interested in cross country skiing in California and Nevada. The Auction and Raffle prizes promise to be some of the best in history, with ski equipment and outdoor gear, plus great prizes from XC Ski Areas, bike shops, local restaurants, and lots of gear and goodies — plus, an incredible raffle GRAND PRIZE—a **DREAM SKI PACKAGE** from Salomon, Swix and Fischer worth over \$1,000! 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 or contact the Far West Office: info@farwestnordic.org or (530) 852-0879. Auction prize updates will be available on our website at www.farwestnordic.org, so check it out!



Please contact us at:

FAR WEST NORDIC SKI EDUCATION ASSOC.

P.O. Box 10046 • Truckee, CA • 96162

Our NEW Phone & Fax Number: (530) 852-0879

e-mail: info@farwestnordic.org

www.farwestnordic.org

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PRESIDENT'S LETTER, CONTINUED...

and distribute the high quality "Nordic News" on an annual basis. Our Auction and Raffle is a great way to get your psyche on and re-connect with your skiing friends. We will again be at the Mt. Judah Lodge, Saturday evening, November 1.

And that leads me to this plea. Don't take us for granted. If you love the sport, help us by renewing your membership and supporting the work we do. If you use the website, and pick up the Nordic News, then absolutely renew your membership or send in a donation. Where else can you get that information? I assure you, unlike your government or a Wall Street brokerage, that FWNSEA is a lean, mean machine. The vast majority of our work is done with volunteer hours, supported by a small but efficient staff. And with our outstanding treasurer Joan Jones, you can rest assured that your dues and donations will go directly to programs.

COMING UP THIS YEAR

The big story is Auburn Ski Club has again been selected to host the Junior Olympics, March 8-14, 2009. Races will be at the ASC Training Center, and events at various locations in the community. This is truly a community effort, and many of our members have taken on major roles in putting on the JO's. We could use your help. If you have a little extra time, and a desire to 'give back' to the sport, we have a lot of fun. For volunteer info, contact Auburn Ski Club or go online to www.xcjuniorolympics2009.org.

SENIOR TEAM: We are hoping to grow participation in this area by providing consistent coaching and a hospitable train-

ing environment. See Ian Case's article in the upcoming NORDIC NEWS Magazine in November for the lowdown.

MASTERS FALL TRAINING: We want our Master skiers to have as much fun training and skiing together as our junior teams. This year, the "Nordic Symposium" put on by the Professional Ski Instructors of America will be open to our members. You are invited to attend three days of on-snow clinics and training with top clinicians. The event is the Dec. 10-12, 2008 at Tamarack Lodge in Mammoth Lakes. Morning and afternoon clinics for all levels will be offered with top coaches. Check the PSIA website, www.psia-w.org, click on 'Nordic Symposium' for information. We have arranged 'cheap' lodging at the Pine Cliff Resort, and dormitory style at the Davison Street Guesthouse. To register, get in touch with me at the PSIA office, admin@psia-w.org.

MEMBER SURVEY: Expect to see us distributing a short survey via email. We would like your help in understanding how to better serve our membership. Please take a few moments to fill it out.

MISSION STATEMENT: Our Board has been working on an update to our mission statement, with the goal of clarifying both to ourselves, our members, and the community at large just what the heck it is that we do. On the next page is the draft language; let us know if you have feedback.

Thanks for your membership, and I hope to see you on the trails!

Mitch Dion

UPCOMING RACE SCHEDULE

Mark Your Calendars for these December Race Dates and more....

DECEMBER RACES

December 7	Sunday	Kirkwood 10K	Kirkwood XC	10 km Freestyle
December 14	Sunday	Tannenbaum 10K	Tamarack XC	10 km Classic
December 21	Sunday	Paco's Fun Race	Auburn Ski Club	5 km / 10 km Freestyle
December 28	Sunday	Snowshoe Thompson Classic	Auburn Ski Club	5 km / 10 km Classic

JUNIOR OLYMPICS QUALIFIERS

December 28	Sunday	Snowshoe Thompson Classic	Auburn Ski Club	5 Km / 10 km Classic
January 18	Sunday	ASC JOQ Freestyle	Auburn Ski Club	15 km. / 10 km. / 5 km. Freestyle
February 8	Sunday	Allan Bard Memorial Classic	Tamarack Lodge	Classic 10 km./5 km.
February 15	Sunday	Auburn Ski Club JOQ Sprints	Auburn Ski Club	1 km. Sprint Format Freestyle

As always, check the Far West Nordic website often for upcoming events, schedules, races, results and more, plus this Fall's NORDIC NEWS magazine for the full Competition Schedule of Events. Coming up: a Junior trip to Soldier Hollow, Utah in January; Seniors Nationals in Anchorage, Alaska in early January; a big CLASSIC RACE and Far West fundraiser — the TAHOE RIM TOUR — on January 25; and, of course, Junior Olympics 2009 in March at Auburn Ski Club.

SUMMER 2008 JUNIOR CAMPS REVIEW

Far West Nordic Athletes Complete Another Great Summer of Training

It was another unbelievably awesome summer of Nordic training in the Far West region, with the division wrapping up it's final training event of the season over in late September at the second annual Virginia Lakes Training Camp. For lots more photos, you can click to www.farwestnordic.org and go to the Photo Gallery pages for a complete list of camps and images.

JUNE LAKE CAMP

Our first "all-comers" camp of the season was the ever-popular, traditional June Lakes Camp, held in the beautiful eastern Sierra Nevada area in July. Led by Far West's Head Coach Ben Grasseschi, with able assistance from Nancy Fiddler and Martin Benes, twenty four Far West Junior athletes from Truckee to Bishop gathered at the Oh! Ridge campground for 4 days of training, including running, strength, hill bounding, swimming, hiking, including some extensive high-altitude hiking climbing Mt. Conness or circumnavigating North Peak in Yosemite National Park.

MARIN HEADLANDS CAMP



track at the College of Marin and the famous Dipsea Trail run from Mill Valley.

After a 4 year hiatus, Far West decided to re-visit the popular Marin Headlands venue near San Francisco for their August "Low Elevation-High Intensity" camp. This camp is designed for athletes to get a real taste of interval training where the air is nice and thick, and not of the rarified High Sierra variety.

Led by Ben Grasseschi and Jeff Schloss (with some help from Mark Nadell), the Camp included interval roller ski sessions, a 3,000 meter time trial on the beautiful

LAKE TAHOE BLISS CAMP

The final event of the summer was the traditional Labor Day D.L. Bliss Park Camp on the shores of the incomparable Lake Tahoe. Designed more for younger Nordic athletes, this camp featured a little bit of everything, from running to kayaking to peak climbing to rollerskiing.

Led by Maryellen Benier, Lea McKinstry and Mark Nadell, the Tahoe camp featured the traditional "Emerald Bay Run/Kayak Switcheroo," a Blackwood Canyon rollerski session, team-building exercises, swimming, and a discussion of Fall and Winter goals for this group of young athletes was also on the agenda. Sunday featured a climb up to 9,183 ft. Rubicon Peak.

VIRGINIA LAKES TRAINING CAMP

For the second year in a row, 14 top athletes from the division met in the Eastern Sierra for an all-too-brief weekend of high-altitude/high-intensity workouts at the Virginia Lakes Fall Training Camp.

Led by coaches Nancy Fiddler, Jeff Schloss and Mark Nadell, this camp included a stiff double-pole session up the Virginia Lakes road, Moosehufs and Skiwalking at June Mountain and a spectacular skate rollerski up the newly-paved Lundy Canyon road near Mono Lake. The final day featured a LONG ascent of Matterhorn Peak on the northern Yosemite border, one of the 50 Classic Climbs of the Sierra Nevada.

After such a successful season of summer camp and high-level workouts, the Far West Junior athletes are looking forward to the Fall and Winter training, culminating with the rest of the nordic-oriented country visiting them on their "home court" at Auburn Ski Club for Junior Olympics 2009 (www.xcjuniorolympics2009.org).



PROPOSED FAR WEST NORDIC MISSION STATEMENT

We believe competitive cross-country skiing offers great benefits to the community and to individuals of all ages and abilities. As a division of the United States Ski Association (USSA), our mission is to promote, develop, and expand XC (Nordic) racing within the USSA Far West Region (California, Nevada, and Arizona). We accomplish this by working with ski clubs, ski areas, and directly with our membership of individuals and families. We accomplish this mission by:

- Promoting and supporting XC ski clubs, ski venues, coaching, and race development within the Far West Region
- Attracting new individuals and groups to XC racing
- Developing junior, senior, and masters athletes to their full potential through education and world-class coaching
- Providing financial support to high school junior ski programs and through individual grants and scholarships
- Selecting junior, senior, and masters regional teams and support members competing at national and international levels
- Creating lifelong successful athletes at all levels of ability



2008/2009 FAR WEST NORDIC MEMBERSHIP FORM

Register NOW for 2008/2009! Or register on-line at www.farwestnordic.org!

Far West membership year runs from September 1, 2008- August 31, 2009.

MAIL TO: FWNSEA, P.O. BOX 10046, TRUCKEE, CA 96162

If you are planning on participating in either the MASTERS TEAM COMPETITION and/or the SIERRA SKI CHASE, please check the appropriate box below. Please only check if you are competing in these events and want your results to be included in the overall standings.

Individual or Primary Family Member:

FIRST NAME _____ LAST NAME _____ BIRTH DATE
MONTH DATE YEAR MASTERS TEAM SIERRA SKI CHASE

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

FIRST NAME _____ LAST NAME _____ BIRTH DATE
MONTH DATE YEAR 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
MONTH DATE YEAR

FIRST NAME _____ LAST NAME _____ BIRTH DATE
MONTH DATE YEAR

FIRST NAME _____ LAST NAME _____ BIRTH DATE
MONTH DATE YEAR

FIRST NAME _____ LAST NAME _____ BIRTH DATE
MONTH DATE YEAR

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)

Far West Nordic would like to send you 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...

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

CREDIT CARD NUMBER (VISA or MASTERCARD ONLY) - - -

EXPIRATION DATE NAME ON CARD _____
MONTH YEAR

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