


FAR WEST NEWS

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



Autumn, 2006



HIGH SIERRA TRAINING CAMP

"Skip the Trip" Camp Opportunity for Masters



Finally — a world-class Nordic training camp for Master-age skiers right here in the Sierra Nevada. For years Nordic skiers have made the early ski season pilgrimage to West Yellowstone. The **High Sierra Nordic Camp** is the alternative to this long travel and its high gas prices for the early season, shake-out-the-summer-cobwebs ski camp. It is ideally timed, in-between holidays, yet still early in the season to provide that all-important jump-start to your ski season.

The High Sierra Camp offers the peak experience of a full-service, intimate camp. The camp will take place at Royal Gorge with nationally-renowned coaches Jeff Schloss, former UNR and Auburn Ski Club Head Coach, and Glenn Jobe, 1980 Olympic Biathlete, heading a talented team of coaches. Olympian Alpine skier

Kristen Krone will give an afternoon downhill clinic. Coaches will use **Dartfish** for on-snow video analysis. Physiological testing will be offered.

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IT'S AUCTION TIME!

At a NEW LOCATION in KINGS BEACH!!!

November 11, 2006 — North Tahoe Convention Center

This year's ever-popular Fundraiser is promised to be the largest and MOST FUN in its . Now in its 21st year, Far West Nordic's Auction/Raffle Party will be held on Saturday, NOVEMBER 11 at 6 pm at the North Tahoe Convention Center in Kings Beach. 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 (each Junior receives a percentage of their sales to their "Far West Bucks" account for camps and trips) or contact the Far West Office (inf@farwestnordic.org or (530) 587-0304). Auction prize updates will be available on our website at www.farwestnordic.org, so check it out!



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 9, 7pm
 @ Wild Cherries, Truckee

DIVISION NEWS

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

If you are receiving this newsletter in the mail, and you DON'T get a 2006/2007 Membership Card with it, that means it's time to re-join Far West Nordic and support cross country skiing in the West. Fill out our application form or 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 regular newsletters (including our annual NORDIC NEWS), eligibility for the Sierra Ski Chase, and much more. Your membership is IMPORTANT for us to fund our programs! Please support our efforts!

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:

FAR WEST NORDIC SKI EDUCATION ASSOC.
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FAR WEST NORDIC UPCOMING JUNIOR CAMPS & TRIPS

Thanksgiving Week Junior XC Ski Training Opportunities: West Yellowstone & Local Camps



Junior Olympic athletes train by climbing 13,750 ft. Mt. Morgan near Rock Creek Canyon

Far West Nordic completed another incredible summer of Junior Training Camps, where young athletes from 12 years old to 20 learned xc ski skills and developed training disciplines. From the high-level Regional Elite Group camp in June, to our Easter Sierra June Lake camp in July, the Tuolumne Meadows Yosemite Camp and our Bliss State Park Lake Tahoe camp for younger athletes in August, this has been a great summer for our young athletes.

LOCAL THANKSGIVING TRAINING CAMP NOVEMBER 23-26 • \$60

Far West will sponsor a local training camp on Friday Through Sunday of Thanksgiving weekend, November 23-26th. The camp will be open to any Far West Juniors aged 12 and above. Cost will be \$20 per day or \$60 for all four days and will include one to two training sessions per day, lunch, coaching and video. The idea will be to be on snow, or dry-land if no snow is available. Location will depend on snow but possible locations are Royal Gorge, ASC, or other snowy areas in North Tahoe.

WEST YELLOWSTONE RACING CAMP • NOVEMBER 18-26

Far West will offer a trip to West Yellowstone, Montana over the Thanksgiving week as an on-snow training camp and to participate in the Super Tour Races on November 24th and 25th. This trip is geared towards highly motivated racers who are interested in getting in some big race starts before US Nationals. Junior Olympic Qualified athletes, Auburn Ski Club Competition team members, and Development Select team members who are interested in lowering their USSA point profile, achieving some quality race experience, and getting good early on-snow time are encouraged to attend. If this sounds too intense for you consider the excellent local training camp in Tahoe which will be training-focused instead of race-oriented. West Yellowstone trip dates are November 18-26 and will cost \$815. Check the Far West website for updates on dates and cost.

SOLDIER HOLLOW JUNIOR TRIP: JANUARY 18-21, 2007

For the third year, Far West will lead a trip to the Inter-Mountain/Rocky Mountain Super JOQ's at the 2002 Olympic venue, Utah to prepare for this year's JUNIOR NATIONALS at Soldier Hollow. Although this is **not** an official *Far West JO qualifier*, it ends up being great high-level race experience and a really fun trip, and a great chance to pre-ski the race courses for this year's JO's. Check the website for full details soon.



DECEMBER'S FAR WEST NORDIC RACE SCHEDULE

START OFF YOUR SEASON WITH SOME OF THESE GREAT LATE-AUTUMN NORDIC RACES!

December 3, 2006	Sunday	Kirkwood 10 K	Kirkwood XC	Freestyle 10 km.
December 10, 2006	Sunday	Tannenbaum Classic	Tamarack Lodge	Classic 10 km.
December 10, 2006	Sunday	Sierra Nordic Duathlon (NEW)	ASC Training Center	Classic/Freestyle 10 km.
December 17, 2006	Sunday	ASC Sprints	ASC Training Center	1 km. Freestyle Sprint

CNISSF 2006/2007 RACE SCHEDULE

December 15, 2006	Friday	ASC Relays	ASC Training Center	Freestyle
January 12, 2007	Friday	Mammoth Classic	Tamarack Lodge XC	Classic
January 26, 2007	Friday	THS Freestyle Sprints	Truckee High School	Freestyle
February 2, 2007	Friday	Kirkwood Classic	Kirkwood XC	Classic
February 9, 2007	Friday	North Tahoe Pursuit	Tahoe Cross Country	Classic/Freestyle
February 16, 2007	Friday	State Championships: Freestyle	ASC Training Center	Freestyle
February 17, 2007	Saturday	State Champs: Classic Pursuit	ASC Training Center	Classic

GO TO WWW.FARWESTNORDIC.ORG FOR UP-TO-DATE RACE INFORMATION

HIGH SIERRA NORDIC TRAINING CAMP CONTINUED...

The camp culminates with the Sierra Nordic First Annual Duathlon, Sunday, December 10 at the Auburn Ski Club – the perfect opportunity to practice what you have learned.

All ability levels are welcome, but don't wait—there are a limited number of spots for the ultimate High Sierra Nordic Camp. Pre-registration is required. Check the Far West Nordic website for future details and links to registration.

A percentage of the proceeds will be donated to the Far West Nordic Junior Race Team.

CAMP COST: \$389 – WHAT'S INCLUDED:

- Four days of instruction
- Dartfish video analysis
- 4 day pass at Tahoe Forest Hospital Center for Health and Sports
- Yoga
- Evening presentations
- One group dinner
- Single Day Sessions available at \$101/day
- Royal Gorge Season Pass Holders receive \$64 Credit off their cost. (\$16 per day)

ADDITIONAL COSTS:

- Lactate and Functional Movement test: \$95 (a \$215 value). Three month training program included (a \$300 value)
- Massage available upon request

OPTIONAL LODGING

- Ice Lakes Lodge, Serene Lakes Special Camp rate of \$100/night for two people (a \$165 value)



GO TO WWW.FARWESTNORDIC.ORG FOR REGISTRATION AND ADDITIONAL INFORMATION.

MATT GELSO NAMED TO U.S. SKI TEAM!

Far West Nordic's own Matthew Gelso culminated his incredible year of ski racing with a designation to become a member of the U.S. Ski Team's Continental Cup Team for 2007. In addition to the 5 men and 2 women named to the U.S. Ski Team's World Cup Team, the Continental Cup team includes an elite group of 2 men and 6 women.

"It's refreshing for the veterans to have some young skiers around them," Luke Bodensteiner, the U.S. Nordic Director, said. "This is the largest team we've had for quite a few seasons, and we have good, diverse personalities. The Continental Cup Team is going to be spending much of the season in Europe, along with the World Cup group, because we want them exposed to not only the rigors of travel but also to racing regularly against their peers, to have friends on other teams and do what the World Cup group does. we want them to get ahead of the development curve."

Matt is currently balancing studies at Colorado University with his new role in representing the United States (and Far West!) overseas.



PHOTO BY JIM STIMSON

UPDATED JO TEAM QUALIFICATIONS!

If you're a Junior Racer (or a parent of one), check out our updated web page with this year's new Junior Olympic Qualification Standards.

This year's system will include a two-step process of qualifying for the Far West Nordic JO team. The first will be achieving a qualifying time determined by a competitor's percentage-back from a combination of the leaders of the race (in races with over 5 competitors in a division, an athlete must be within 12% back of the 2nd, 3rd, and 4th place finishers). The second part of the process will involve a quota system determined by the competitor's Continental Cup points amassed throughout the season in the 4 JO Qualifier races. Each division (J2 Boys, J2 Girls, etc.) will have a quota based upon the number of racers in each division throughout the season.

As before, athletes will need to complete 3 out of the 4 races in the JOQ series, and must have a qualifying time in at least one freestyle and one classic race. There is still a petition process available for those who must miss any races due to illness, injury, or college commitments.

Click to <http://www.farwestnordic.org/juniors/joselection.html> for the latest information for preparing for this year's JO's at Soldier Hollow, Utah, March 4-11. Please write us at info@farwestnordic.org with any questions.

2007 JUNIOR OLYMPIC QUALIFIER SCHEDULE

December 17	Sunday	ASC Sprints	Auburn Ski Club	1k Freestyle Sprint Format
December 31	Sunday	Snowshoe Thompson Classic	Auburn Ski Club	10 km./5 km. Classic
January 15	Monday	Sierra Skogsloppet	Tahoe Donner XC	Freestyle 15/10/5 km.
February 4	Sunday	Allan Bard Classic	Tamarack Lodge	Classic 10 km./5 km.



2006/2007 FAR WEST NORDIC MEMBERSHIP FORM

Register NOW for 2006/2007! Or register on-line at 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

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 your 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) _____