



MIDNIGHT SUN RAMBLER, CONTINUED...

force the techniques I've learned up till now. It was great getting different ideas from a variety of coaches."

When ski season started, Hill was ready to go, placing first in the High School relays at Kirkwood, and then placing second in the first High School race at Auburn Ski Club. Then it was time for the "big show" at Nationals. His goal was to gain experience by racing against some of the "big guns" in Utah. Along with Tony Bozzio and Ian Case, Scott studied the courses every night to develop a race strategy for the two important events of the week, the 10 km. skate race and the 15 km. classic pursuit the following day.

"My skate race was fairly good," says Scott. "I was the 10th J1, 132 overall, but I was focusing on the other J1's. I was hurting pretty bad, and I heard from the splits that I was the 4th J1, but I forgot about the people behind me, and I got knocked down to 10th."

"The next day, I was worried about not getting enough recovery, but by the time the race started, I wasn't even breathing hard at all. I was totally on my game, and Glenn (Jobe) and JD (John Downing) had waxed my skis *perfectly*. Other people were slipping a bit, but I could just *glide* up the hills, my skis were so good. I've never felt like that in a race before."

Scott was able to move up 47 places, but didn't even know he had placed 2nd until the banquet that evening. His reaction? "*Oh my God!*" After about 10 minutes of recovering from the shock, it was time to call the parents to prepare them for the next event: by placing in the top 6 skiers, Scott was on his way to Europe for the Scandinavian Cup Races in Sweden and Estonia!

Luckily, having received his passport the day before he left for Utah, Hill was able to make his first trip overseas. But it wasn't until he was halfway to Sweden that it hit him — he was going to Scandinavia, along with a team of juniors, mostly from the west and Alaska. They

flew into Stockholm where they rented the vans for the 4 hour trip to Mora, Sweden, a town of legendary historical significance to the cross country community. He says the hardest part was "staying awake in the van, and being made to keep awake till 9 o'clock. The coaches wanted us to get through the jet lag by keeping us up, so we could adjust quickly. It was hard for the next few days."

After some easy ski days and a couple of races with the local ski Gymnasium, it was off to Estonia by boat for the Scandinavian Cup races in Otepaa for J1 skiers from the Nordic countries. The U.S. was there by invitation. Scott, unfortunately, came down with a head cold the day before the first race, and unlike his experiences in Utah, found it hard to breathe. After coming in 30th, Scott could only say, "Those kids are *fast*. But we're definitely skiing with them. They were just stronger, and they could double pole harder." The relays went better, with Scott's team able to place 8th (out of 13), beating the No. 1 U.S. team and even beating a team from Sweden.

Even though his racing was a bit disappointing on the trip, Scott felt a huge amount of experience was gained by travelling overseas and competing with some of the best in the world. He's having to "unbury" himself from some of the homework that accumulated while he was gone, but is looking forward to some fun skiing and good race results now that he's back in his regular schedule. His remaining goals for this season are to be in the top 10 at Junior Olympics next month in Jackson, New Hampshire, and to have some top finishes in the Spring Series in McCall, Idaho. First up were the State Championships at Auburn Ski Club, where he achieved his goal of "top 3" in the High School race (he placed 3rd, behind Louis Van Blarigan and Ian Case).

As he says, "This is fun! I just want to make it fun, do a little skiing, a little snowboarding. It's just fun for me to ski with my family and friends. It's what I do."

And, we might add, he does it well. Good luck, Scott.



THANKS TO NORTHSTAR CROSS COUNTRY

February's Sawmill 15 Km. Race at Northstar Cross Country was produced as a benefit to the Far West Nordic Junior Programs. Thank You to Jen Noerdlinger and the Northstar crew for donating \$700 to our programs, and to all the adult and junior volunteers who helped with this fun event.

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Far West News

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“MIDNIGHT SUN” RAMBLER

Local High School Racer Scott Hill Earns a Trip at U.S. Nationals to the Scandinavian Cup Races

It must be in the genes, and we're not talking Calvin Klein here. While his Uncle and Dad have been dominating the local race scene with no fewer than three 1-2 finishes just last month, 16 year old Scott Hill has been on a racing "mission" of his own. Scott, son of Stan and nephew to Tim (and nephew of Dan Hill, who would be as fast as the other two if he only had *time* to train) recently travelled to U.S. XC Nation-

als at Soldier Hollow, Utah, the site of the upcoming 2002 Winter Olympic Games. *Far West News* recently had the opportunity to talk to Scott about his recent triumphs and travels, and we were able to get some insight into one of the "rising sons" of Far West Nordic.

Like many of our up-and-coming next generation racers, Scott started skiing when he was just 4 years old, and was racing by the time he was in 3rd grade. He emphasizes, "I was never *pushed* to race, though. My family just made a commitment to skiing, and I was allowed to keep going from there." He currently attends the Prosser Creek Charter School in Truckee, which allows him to school "a little more at my own pace. It helps my training by allowing me a more flexible schedule and more rest, and there's no school on Friday. They've been very supportive of my racing."

Scott lists last year's Junior Olympics as being some of his best achievements in racing. As a second year J2, he placed 10th in the skate race, and 7th in the Classic. His relay team with Tony Bozzio and Nick Sterling finished a strong 3rd as well. These competitions were able to stir the fires into a strong summer season of training, in which he mountain biked quite a bit, and even went to the Junior Nationals in mountain biking in Deer Valley, Utah, where he was able to place first in the Junior expert category in the cross country race. After Nationals, Scott got more "specific" for ski training, with an emphasis on gym work and strength, training almost every day with Tony Bozzio. He said of the Summer Far West camps he attended, "They were very helpful to rein-

...continued on back page

ANNUAL FAR WEST MEETING...
April 10th • Auburn Ski Club • 7 pm
All Members are Encouraged to Attend

VISIT THE FAR WEST WEBSITE FOR THE LATEST DIVISION NEWS, RESULTS, & INFORMATION

www.farwestnordic.org

We're really making an effort to create a website that is up-to-date, easy-to-follow, and fun. It contains up-to-the-minute Race Results, Junior News, Event Schedule information, and late-breaking news and articles of interest to all of our members. Log-on and see. If you have any articles of interest or photos to contribute, please e-mail us at info@farwestnordic.org.

FAR WEST AUCTION/ RAFFIE HUGE SUCCESS!

The Far West Nordic Ski Education Association held its most successful (and most fun!) annual Auction/Raffle/Party on January 22. We would like to sincerely thank all of the individuals, resorts, retailers, and companies who donated the tremendous amounts of great equipment and services. Thanks to them, Far West Nordic was able to raise over \$13,000 to help continue its Junior XC Ski Programs. Prizes ranged from a personal ski clinic from Marcus Nash all the way up to a Royal Gorge Wilderness Lodge Trip for 2, a complete Telemark package from Sierra Mountaineer, Alpenglow Sports Gift certificates, and much more. Thanks also to our food and beverage sponsors, including Trader Joe's, Earthly Delights, Stohlgren Bros., Lake Tahoe Brewing Co., Jakes of Tahoe City, Truckee River Winery, and more. And finally, kudos to all of the individuals who worked so hard for this event, especially Jody & Bill Sterling, Mike McElravey, and MacBeth Graphics of Truckee. Thanks again for making this event such a great success!



MARK YOUR CALENDARS FOR GOLD RUSH WEEKEND ROYAL GORGE, MARCH 19

Far West Nordic's second largest fund-raiser is at the California Gold Rush, slated this year for March 19, 2000. Whether you're a high-level competitor, citizen racer, junior skier, spectator or volunteer, this fun-filled weekend has something for everyone.

Events include the spectator-friendly Lexus Nordic Sprint Tour Race on Saturday at 12:30 pm. Come watch some of the best XC skiers in the country duke it out in a series of short, intense sprint races, all visible from the comfy deck of Royal Gorge's Summit Station. Or get there a little earlier and watch the area's Junior races vie for top spot in either the low-key Gold Nuggets Kids' Race or the "jumps & bumps"-heavy Fischer SuperCross event.

Sunday's events are the highlight of the weekend, with a variety of races to suit any athlete. Top billing goes to the 50 kilometer Gold Rush, but heavy competition is also found in the shorter variety races, including the 30 km. Silver Rush, 15 km. Bronze Rush, or the 4 km. Junior Rush for racers 15 and under.

So come and cheer, or help volunteer at an event where proceeds go to the local Junior Development Programs. For more information, call or write the Far West office.

FAR WEST NAMES LARGEST JUNIOR OLYMPIC TEAM IN ITS HISTORY

On the heels of having the best Junior Olympic results in its history in 1999 in Anchorage, Alaska, Far West Head Coach Glenn Jobe has announced the largest team to ever travel to Junior Olympic competition from this division. At press time, no fewer than 24 racers will be heading to Jackson, New Hampshire on March 4 for the 2000 JO Competitions. Based on speedy times in at least 3 out of 4 of the Jr. Olympic qualifier races this season, the Far

OJ GIRLS:

Emma Garrard: First year OJ from Anchorage, Alaska. 8th place at last years Junior Olympics. Travelling team freshman at UNR, with a 25th place finish at the Montana State Invitational.

Emily Robins: First year OJ from Tahoe City. 1st place at Auburn Ski Club All-League. North Tahoe High School Athlete of the Year.

J1 GIRLS:

Esther Bottomley: First year J1 from Soda Springs, in guest class from Australia. First in 2 of the JO qualifiers at Auburn Ski Club.

Jessica Ford: Second year J1 from Lee Vining, fresh off of a convincing win in the State Championships at Auburn Ski Club.

Anne Spohr: Second year J1 from Tahoe City, California. A 4-time Junior Olympics participant.

Laura Spohr: First year J1 from Tahoe City. 2nd at State Championships, Multiple First Place High School race finishes.

J2 GIRLS:

Rory Bosio: Second year J2 from Tahoe City, California. Second at the All-League race at Auburn Ski Club. First Place at Skogsloppet.

Margaux Joffe: Second year J2 from Kentfield, California. First Place at Paco's qualifier, second in two other qualifiers.

Natalie Joffe: One of our two unprecedented J3 skiers, from Kentfield, California. Third overall at Snowshoe Thompson for women.

Shannon Lankenau: Second year J2 from Truckee, California. 2nd place at Paco's, fifth at Snowshoe Thompson.

Kara LaPoint: Our other J3 skier, from Truckee, California. Winner of just about every Intermediate School race this season.

Betsy Van Blarigan: Second year J2 from Truckee, California. 3rd at State Championships. State Champion in Cross Country Running.

West skiers will be eager to improve upon its record-setting performance of 1999. What's more, 13 of these racers are veterans of last year's competition, and this added experience could propel them to even greater performances.

See the information below for a list and a short bio for each of our JO competitors. For results from New Hampshire, check our website at www.farwestnordic.org and follow the links to the JO competition.

OJ BOYS:

Ian Case: First year OJ from Grass Valley, California. 8th place in last year's JO Skate event. Winner of multiple High School races this season.

Eric Ford: Second year OJ from Lee Vining, California, and a Development Team sophomore at UNR. Competing in his third Junior Olympics.

Eric Wieman: Second year OJ from Anchorage Alaskam now on the UNR travelling team. 18th in the Junior Olympics last year.

J1 BOYS:

Louis Van Blarigan: Second year J1 from Truckee, California. State Champion in the 7 km. skate race at Auburn Ski Club.

Jakub Benes: Second year J1 from Oakland, California. Consistently in the top 5 in just about every high school race this year.

Tony Bozzio: First year J1 from Tahoe City, California. 8th Place at the 1999 Junior Olympic J2 Classic race, plus a medal in the relay.

Scott Hill: First year J1 from Carnelian Bay, California. 7th Place at the 1999 Junior Olympic J2 Classic race. See our feature article for more information.

Corey Martin: Second year J1 from South Lake Tahoe, California. 4th at Mammoth HS race, 5th at Snowshoe Thompson.

Dana Mosman: First year J1 from Nevada City, California. Third at High School race at Tahoe Donner, 2nd in the Skogsloppet.

J2 BOYS:

Nick Sterling: Second year J2 from Truckee, California. Consistent winner of J2 division this year.

Andrew Van Blarigan: First year J2 from Truckee, California. 2nd place at Snowshoe, 1st at Tahoe Cross Country.

Phillip Violett: Second year J2 from Brownsville, California. Multiple Intermediate school wins this year.

FAR WEST ANNOUNCES DATES FOR SUMMER TRAINING CAMPS

We'd like to help Junior skiers and their parents become better informed, and be able to plan for the coming training season. Please keep this information so you can mark your calendar and budget for expenses. To keep this all going, we ask parents to help us by staying informed, and volunteering some time, services, skills, ideas and positive energy.

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 (you will have needed to sign up and pay the \$10-\$20 membership fee), please contact the Far West Nordic office at (530) 587-0304 or please write us at info@farwestnordic.org.

WESTERN REGION SPRING TRAINING CAMP

Mt. Bachelor, Oregon • June 19-24, 2000

This is a training camp where we take our "elite" Juniors (those who have qualified for the Junior Olympics the past season) for a week of total submersion in XC on-snow and dryland training with other junior racers and divisional coaches from across the country.

2000 SUMMER TRAINING CAMPS

JUNE 24-25 • AUBURN SKI CLUB CAMP • FOR J3 SKIERS ONLY

This change from last year will concentrate on our younger developmental skiers, ages 12-13. This camp will focus on teaching athletes dryland training techniques to improve their nordic skiing, with an emphasis on FUN activities. It will include soccer, hiking, kayaking, and other activities to help build camaraderie in a team setting.

JULY 20-23 • MAMMOTH CAMP AT JUNE LAKE

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.

AUGUST 17-20 • TRUCKEE CAMP AT PROSSER LAKE

This camp will emphasize specific training techniques to get ready for the upcoming race season.

DATE TBA • MARKLEVILLE CAMP AT GROVER HOT SPRINGS

Get ready for winter with Debbi Waldear and friends.

Camps are limited to 30 Jr. athletes, no exceptions. You must be a Far West member to attend. Sign-up as soon as possible. Costs will be announced in the near future.

THE ETHICS OF CROSS COUNTRY SKIING

by Nat Brown

Nat Brown has worked with both the U.S. Biathlon and Cross Country Ski Teams since 1979, and more recently has been the ski service technician for the Slovenia teams since 1995. He currently operates Nordic Ultra-Tune Systems, a high-technology stone-grinding service in Edmonds, Washington. He can be reached at natxcgrind@yahoo.com, or at www.ultratune.net.

It took me quite a while to come to the realization that skiing is an ideal medium for teaching ethics, by which I mean teaching the acceptance of responsibility, and learning how hollow the word "cool" can be.

The "biggest" skiers I have known — Josh Thompson, Orjan Blomquist, Thomas Wassberg — have each in his way been very humble, honest people. You need to be totally honest with yourself to be really good in skiing, to go beyond talent and into exceptional performance. I have also noticed that often the slightly less-talented athlete, the one who has learned how to work, will in the end perform better than the highly gifted athlete who wins everything on talent. Why? Simply because the less-talented athlete has learned to confront his needs. As the old saying goes "race your strengths, train your weaknesses." Let me give you some examples.

I remember back in the early '80's, when I was taking videos of the Swedes at Dachstein. Anders Blomquist told me, "Don't film us — film that guy over there. He hasn't done much yet, but he's going to be good." Later, we would hear about Torngy Mogren, who never won even his age class as a junior, but kept on working at perfecting technique until he became one of the finest World Cup and Olympic competitors.

Last summer, Thomas Wassberg and his family were guests at our ranch in British Columbia. Thomas showed up with an ancient Jette bag (anyone old enough to remember Jette boots?) and a pair of running shorts that I swear he was using when I first knew him in the 80's. He spent most of the time sharpening all of my saws and cutting firewood: "Real Folks." And he told an interesting story. When he decided to give skiing a real go, he realized he'd have to move north from Värmland, so he applied to the Järpen ski gymnasium — and was refused! Thomas was third on the waiting list. Of course, he finally made it, and was European Junior Champion in 1975 — but it took work and learning, not just talent.

The point I want to make is that skiing provides us with such a wonderful opportunity to help our young skiers to learn responsibility and self-reliance. As former Biathlete Don Nielsen once said, "If you stink, you stink on your own." But it goes deeper; through skiing we can help young people to learn to look at themselves and analyze and confront their weaknesses — and, in a relatively short time span, do something about it. I can think of few other areas in life where you can get such clear and "instant" feedback.

Yes, we are in a competitive sport, and in one sense, winning is the goal. But I want to suggest that winning is not just being "first;" it is also being totally prepared and doing your absolute best. If you have done that, it does not matter greatly if some other person performed better that day — you have learned and grown.

SIERRA SKI CHASE RESULTS

TOP 10 RESULTS THROUGH FEBRUARY 6, 2000. FOR FULL RESULTS CHECK THE RESULTS SECTION OF THE FAR WEST WEBSITE AT WWW.FARWESTNORDIC.ORG

	ASC	ASC	TD	TXC	TXC	NS	TOTAL
WOMEN							
Laura Stern	0	54	54	54	54	54	270
Mary Feeney Hall	39	49	49	39	49	0	225
Maggie Fillmore	50	60	50	60	0	0	220
Juliet Bradley	48	48	38	38	48	0	220
Helga Sable	53	53	43	43	0	0	192
Chris Karkow	38	38	48	0	0	48	172
Dot Mace	46	46	0	36	36	0	164
Debbie Hakansson	43	53	58	0	0	0	154
Char Root	39	39	34	0	34	0	146
Janis Sarnquist	44	34	0	34	34	0	146
MEN							
Phillipe Mollard	55	65	65	10	65	75	335
Stan Hill	53	58	53	10	58	58	290
Lindsay Crawford	45	45	10	65	55	65	285
Tim Hill	50	55	55	10*	55	55	280
Byorn Beagles	46	46	10	56	56	66	270
Doug Karkow	47	47	57	0	57	62	260
Jack Wilson	39	49	10	49	59	59	255
Tim Treacy	43	43	43	43	43	10	225
Ulrich Luscher	43	43	43	43	0	53	225
Tom Altenbach	0	52	52	52	62	0	218

THE ETIQUETTE OF CROSS COUNTRY SKIING

by Mark Nadell

As the Division Administrator, it is my unfortunate lot to have to remind our members of some of the basic tenets of life as cross country skiers. It is becoming increasingly necessary to call attention to the fact that we all need to be a bit more aware of responsibilities on the trail, in races, and at our local resorts. There have been a few instances this year in which members of Far West have drawn negative attention to themselves by being, well, downright rude at some of our sponsoring ski areas. Herewith follows my simple list regarding basic etiquette and sociability on our trails:

BE COURTEOUS to ALL employees of our local ski areas. These resorts give Far West members discounts for skiing on their trail systems. They don't HAVE to do this. Accept their rules and regulations for skiing on their trails. Please do not be rude to any employee or owner; you need to follow these rules in order to qualify for discounted skiing. Please don't blow it for the rest of us!

DON'T BE RUDE while skiing or racing on our local trails. People have asked me to publish a "Race Etiquette" article. This shouldn't be necessary if folks would just be courteous to their competitors. If you're faster than the person ahead, carefully go around them. A well-timed "Way to Go!" is often appreciated as well. Nobody's winning money at these races, so don't treat them so seriously. This goes for simply skiing on our trail systems as well. When passing a slower skier/tourer, smile and tell them to "have a nice day." When you've stopped, don't you or your group block the trail so that others have to go around you. Basic social skills 101. Please use your noggin and be courteous to others around you. If you have any additions to this list, feel free to submit them for future newsletters.