



FAR WEST NORDIC JUNIOR OLYMPIC RECAPS

Far West Skiers Compete in Ishpeming, Michigan

16 skiers (OJ Boys: Ian Case, Casey Watson • J1 Boys: Tony Bozzio, Scott Hill, Dana Mosman, Nick Sterling • J1 Girls: Jessica Ford, Shannon Lankenau, Laura Spohr J2 Boys: Joaquin Goodpaster, Nicki Henriques, Andrew Van Blarigan, Phillip Violett • J2 Girls: Lindsay Collin, Natalie Joffe, Kara LaPoint) traveled halfway across the country to compete in this year's event that included 4 separate races: A short-course "Sprint" race, a longer-distance "Freestyle" (skating) event, a short distance "Classic" technique race, and a 3-person mixed (1 leg classic/2 legs freestyle) Relay. Also traveling with the team were 6 Far West coaches (including Head Coach Glenn Jobe and Assistant Head Coach Nancy Fiddler), and a variety of parents as helpers for such a huge crew. For more reading, see our Junior Olympics articles starting on Page 4.



NEXT FAR WEST MEETING
September 11th • Auburn Ski Club • 7 pm
All Members are Encouraged to Attend!

LOG ON FOR THE LATEST NEWS...
WWW.FARWESTNORDIC.ORG
You can even download this newsletter in living color in Acrobat format! Save a Tree!

FAR WEST NORDIC ANNOUNCES MEMBERSHIP DUES FOR 2001/2002

Far West Nordic encourages you to renew your membership now for the upcoming 2001/2002 year. Even though the membership year is from September through August, signing up now means you're assured of continued membership throughout the next season. Membership is again \$20 for individuals, \$35 for families, or a Junior Membership for \$10. Don't forget your \$5 "Competition License" for Junior Olympic competitors. Of course, tax deductible donations are ALWAYS welcome. Membership Form is on back page.

FAR WEST NORDIC BOARD OF DIRECTORS FOR 2001/2002

On April 9, 2001, Far West Nordic Ski Education Association held its Annual Meeting and the election of its Board of Directors. The following is the result of those elections:

PRESIDENT: BILL STERLING	BOARD MEMBERS: • COLYN CASE • DAN HILL • GLENN JOBE • SALLY JONES • JEFF RASSUCHINE • JENNY RASSUCHINE • LAVAN RASSUCHINE
VICE PRESIDENT: MIKE McELRAVEY	• JEFF SCHLOSS • ANNA STERNER (NEW)
SECRETARY: NANCY GORDON	
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2000-2001 RACE SEASON CHASE & CUP RECAPS

FAR WEST SUMMER CAMPS FOR 2001

FAR WEST MASTERS TEAM

2002 MASTERS NATIONALS SCHEDULED FOR TAHOE XC & ROYAL GORGE

Exciting news, Far West Masters skiers! The American Cross Country Skiers (AXCS) has announced that the 2002 Masters Championships will be right here in California at Tahoe Cross Country and Royal Gorge next March 12-17. Stay tuned for more info!

SURVIVING SUICIDE BOWL

A Skier's View of the 2001 Junior Olympics, by Ian Case

I remember looking at the website of the 2001 JO's last November, and feeling somewhat apprehensive as I read the name of the trail system where the races were to be held: SUCIDE BOWL. Four months later, over-trained and exhausted, I was there, in the stadium, with the rest of the Far West team, waxing skis. It seemed strange to be there after waiting so long. I stopped waxing for a moment, looked up, and thought of what had led to this day, our first day in Michigan.

I had trained more than ever this year, but my results were worse; I had pushed too hard and needed a rest. I stopped racing in the middle of the season to try and recover. I then hoped to restart my season and come back with of redeeming results from Suicide Bowl. As the weeks went by and March drew closer and closer, I still felt tired. I didn't have much money left after the early season races, and wasn't sure I could earn enough to make it to my last Junior Olympics. I considered staying home. And then I thought of my *first* JO's, when I had been one of the youngest skiers on the team. A big part of that experience was feeling the strength of the team around me, and the support I felt from the older racers. What would it have been like without them? So I decided the best thing I could do was to go with the team, for the team.

As I skied up the first gradual hill, I was surprised to find that, despite all the travel and lack of sleep the day before, I felt great. No matter how fast I skied I couldn't get tired. I was barely even breathing hard. What a feeling! I tried to go easy to conserve my energy for the four upcoming races, but it was like trying to hold back a big river, swollen by spring rains and melting snow. I charged ahead of my group, skiing fast and smooth. This was the happiest I had been all year, and I hoped it was a sign of things to come. To do well now, after a disappointing season, would make it all worth it.

We woke up to a furious snow storm, with cold screaming wind. BANG! I accelerated quickly, trying to stay relaxed but fast on the first part of the course. I tried to stay low and let the wind pass over me but it felt like a huge hand was forcing me backwards. My legs were gone, full of lactate, and my breathing was painful. After what seemed an eternity I was heading back into the stadium, as fast as my dead limbs would allow. Sixteen skiers would make it to the semifinal heats. Natalie Joffe and I had made it!

In the first heat, 4 skiers would advance to the finals and 4 would be eliminated and ski the "consolation round" which would decide who received the remaining medals. As the gun went off my pole slipped and I was suddenly behind everyone. I quickly recovered and was tied for third at the end of the stadium, when two Alaskan skiers on either side of me rudely closed in, elbowing and stepping on my skis and poles, forcing me out of the way. I couldn't believe it. I expected a certain amount of jostling, but nothing like this. The whole way around the course I tried to get around on the outside and into a higher position, but was cut off every time. When the pack reached the stadium, I was still near the back and unable to move up, with 100 meters to go I knew I was out of the finals.

But there was still the consolation round. This time I exploded from the start, sprinting as hard as I could. By the first turn I was leading the pack, and by the halfway point I heard Nancy yelling that I had a 4 second gap on everyone. Entering the stadium

my legs had had enough, I sank like a rock and got passed by two people in 100 meters. Still, third place for the heat did not necessarily put me out of medal contention. But as it turned out, I was the 7th Older Junior for that day.

Wednesday brought better weather and the 15k Freestyle race. I tried to start out slow but couldn't help myself. At the top of the long hill known as "the grinder", I was in first place of the skiers that had gone by so far, but I was already tired and had most of the race ahead of me. Throughout the race, I fell further and further back. On my last lap I was getting the worst splits I had ever heard. It was like a bad dream. I was trying so hard but nothing was happening. Then, two kilometers from the finish, something clicked. I found myself charging up the hills at a pace that put my sprint race to shame. I was still tired but somehow I was skiing faster than I ever had in my life, and I suddenly realized what it means to give it everything. I charged to the finish, feeling my arms move faster than I thought they could. Then it was over. I knew I would not have a great result, but for the first time ever I was excited about a race in which I finished 17th. I was excited because for 2k I had been able to do something that possibly even the winner hadn't experienced. Maybe I could do it again, for a longer time.

After another day of rest and waxing, it was time for the 10k classic. I felt tired but hopeful, I had done better in the classic races this season. This time I started slower, and settled into what seemed like a steady, medium fast pace, and kept it for the entire two laps. When the results came out, I was in 13th place. My last individual race in my last JOs, and I was 13th.

Finally, I was discouraged. I couldn't understand how I could train so hard all year and not even manage to *match* my results from last year, let alone make any progress. I didn't mind having bad results, but I couldn't stand the idea that my training could not bring about improvement. I had always believed that anything was achievable with enough hard work. But if that wasn't true, I might never make it as a skier, I might never be an Olympian or national champion no matter how hard I worked at it. All year I had been waiting for things to take a turn for the better, some wonderful result that would make everything okay again, and carry me into the long months of training ahead. With the last individual race over, it seemed there was nothing left to hope for.

I went to bed discouraged. I did not sleep well, and woke up tired. It was time for the relay. I didn't worry about what I ate at breakfast—I didn't care. Any tiny measure of hope I had had was gone. I felt too tired to walk, let alone compete on a demanding course with the toughest juniors in the country. I went through the morning in a daze.

Standing in my starting lane, I almost collapsed of tiredness. There was simply nothing left. Then the gun went off. Somehow, I started moving. I had almost expected nothing to happen, but I guess that's what it means to be a true racer, no matter how bad you feel, you make yourself go when it's time. I took two steps and then almost fell as my skis crossed. I had to stop and untangle myself as the entire field zoomed ahead. Finally I got going, putting as much power into my double poling as I could muster. I was shocked at how easily I moved up through the throng. Within 30 seconds I found myself sharing the lead

with Zach Hill, the winner of the 10K classic the day before. After another minute, the rest of the field was dropping away. I focused on matching his stride and sticking with him. The silence seemed strangely out of place in contrast with the intensity and excitement of the race. It occurred to me then that I was *really* in second place. Not bad.

Zach was hammering up the steep, long incline, seemingly un-phased by the effort. I hung on, two seconds behind. Several times I figured I was about finished, but then immediately I would refuse the idea and quicken my tempo. Finally we reached the flatter terrain on top of the hill, I closed in with some hard double poling, then I stepped out from behind him and took the lead just before a long downhill. For a few minutes I stayed in front, then he charged up ahead of me on another tough hill. I was so full of lactic acid I didn't think I could move another step, but I kept going. Zach pulled several seconds ahead but I didn't let up. In the rolling section of shorter hills, I accelerated again. On the last hill, Nancy Fiddler was saying, in her no-nonsense, serious voice: "Ian, you're in second place, first OJ. Let's get moving!"

And move I did. I bounded up that hill at a tempo I had never imagined before, pushed over the top and crouched into a tuck for the downhill. Then across a long flat section, I saw Zach again. I was closing on him! There was just a minute left in the race. I flew down the last downhill and sprinted to the tag zone where Nick was waiting. "Come on, Nick!" I yelled breathlessly as I tagged him. Then I stumbled off to the side, trying to breathe, watching the other skiers come in.

I then realized how happy I was and how fun it had been. How something like that could happen when I had been struggling to even stand up at the start was beyond me. But I knew that this kind of experience was the reason I had trained so hard. Not for a medal. Our team didn't win a medal that day. But for the joy of overcoming seemingly impossible circumstances, seemingly devastating fatigue. I hoped that everyone else on the team, everyone else from every team, who felt disappointed or frustrated or weak during those races in Michigan, might remember this too—this is what cross country racing is about. The hardship is *why* we race, isn't it? What would be the joy of racing if it were simple and easy and there was really nothing to overcome?

Although technically, I didn't have any outstanding results in those races, I learned something that I will help me more than any medal in my future years of racing. I will welcome every challenge, every disappointment, every failure, because I know that just one step beyond them are the successes that all of us strive for.

JO's: A PARENT'S PERSPECTIVE

By Nancy Humphrey Case

Sitting at the table in the dining room of our New Hampshire farmhouse, I listened to our then 15-year-old daughter present her case for going to JO's. She had been doing well at the qualifying races and thought it would help her to see kids skiing at a level she had yet to envision for herself. I was resistant, not seeing the need at first, but in the end I agreed, not wanting to hold her back. So she went to Bend, Oregon (1994), and then to Fairbanks, Rumford, Biwabik (Minnesota), and McCall. Her brother competed in McCall, too, and then in Anchorage, Jackson (N.H.), and recently at his last JO's in Marquette/Ishpeming (Michigan). My husband and/or I have accompanied our kids to six of these grand events.

It's a strange position to be in—a parent spectator. On the one hand, you are not involved. You don't have an official job. You wear neither a racing bib nor a coaching bib. But, on the other hand, you are very involved. You search your child's face the morning of the race and just before the start. You watch him warming up and can read the slightest variations in his impulsion. Then you stand by and watch, but your heart follows him out on the course. You strain to see him come back into view, reading the bibs or counting the skiers in front of him. And behind your cheering are years of immeasurable love. When it's over, you share his feelings, whatever they are—from crushing disappointment (which you must never reveal), to elation.

If anyone saw me after Ian's relay in Ishpeming I hope they are charitable in their opinion. I mean, it probably isn't proper for a mother to run across fifteen lanes of track and throw her arms around the neck of her grown son ten seconds after he has left the tag zone. But my joy in Ian's victory—proportional to the difficulty of his season—was irrepressible!

Stepping back and observing the larger JO's picture, I have to say how impressed I've become with our Far West coaching staff. They are an exceptionally well-organized team, each fulfilling his or her own integral role precisely and reliably. They are conscientious, alert, on top of every detail, from testing wax to making sure no one misses her start. One evening in Ishpeming I walked into Far West's waxing barn "after hours". A number of waxing benches stood equally spaced apart, each with a power cord taped neatly to the floor. Along one wall, shelving brackets installed just for the occasion held the team's newly-waxed skis. Each set of brackets was labeled: J2 girls, J2 boys, J1 girls, etc. There wasn't a flake of wax on the floor. What could a mother add to such an excellent support system?

My role, I came to feel, was to give moral and spiritual support—not only to my child or our team, but to the whole event. During one race I followed another parent's lead and used my start list to call out and encourage every competitor by name. This surprised some of them—especially the Canadians! I also argued mentally during the races that every child had a right to succeed—to do his or her very best.

My view of competition has changed in the years since that dining room conversation in New Hampshire. Of course I'm still happy to see my kids place well. But it seems to me that all the athletes, coaches, and parents are in the same boat, pulling oar to oar for the same shore—excellence of individual achievement. Not one skier or one team would do as well alone as with the others pulling with them, pushing the boundaries together. This explains why you often hear coaches cheering for kids who are not on their team. The *striving* is what it's about, I think, and there are honors enough for everyone in that race.

In that same relay recounted above, one Far West skier gave his all during his anchor leg, passing out at the finish. He had to ski the difficult skate leg, and even though he didn't finish close to the medals, I gave him one in my mind!

Sometimes parents are accused of pushing their kids in sports to gratify their own egos. The model I prefer is to support your kids' racing with your whole heart, not for the sake of vicarious achievement (heaven forbid!) but to help them succeed in reaching *their* potential and goals. Your kids may tell you that supportive parents are an important ingredient in that success. That's the only gratification a parent needs.

FAR WEST JUNIORS COMPETE WITH THE BEST: *Junior Olympics 2001, by Nancy Fiddler • Far West Assistant Head Coach*

Sixteen Far West Junior racers traveled in early March to the Upper Peninsula of Michigan to compete in the USSA Junior Olympics. The annual event, which took place in Ishpeming, is a series of four races in six days, and offers the top junior competition in the country. These races are the end of a long road for Far West junior skiers, who have trained specifically for a year, and then qualified among many racers in our region for a spot on the Far West team.

Traveling to the Upper Peninsula of Michigan might as well have been a trip to another continent for our young skiers. We had definitely arrived in the Great White North: land of mining, farming, Great Lakes, and snowmobiling. An uneventful trip by air to Duluth was followed by a five hour drive along the shore of Lake Superior to Ishpeming, during which I overheard a few comments about the flatness of the terrain. After the first day of training on the race courses at Suicide Bowl, this opinion changed.

The Junior Olympic events kicked off with the sprint races, which took place on an exposed golf course near Marquette on Monday, March 5. We had trained on the 1 km course the day before and found it relatively flat and technically unchallenging. Race day served the 350 competitors a whole new set of challenges. A brisk, steady 30 mph wind was blowing *lake effect* snow sideways and showing no sign of letting up. Far West skiers carefully planned warm-ups to stay warm and motivated for the all-out sprint effort while snow piled up on the course. Two Far West skiers proceeded to the next round: Natalie Joffe in the J2 Girls event and Ian Case in the J1/ OJ Boys event. Natalie and Ian both skied well in their semi-final heats, but each managed only to qualify for the finals in the consolation round. Despite the continuing blizzard, Natalie and Ian skied aggressively in their final heats, each taking the lead for much of the race. Ian came out in the medals with a 7th place finish in the OJ category and Natalie was 12th in her race. Other great Far West results include our performance in the J1 Boys race. Even without qualifying beyond the preliminary round,



Ian Case at the Sprint Event

Nick Sterling, Tony Bozzio, and Dana Mosman placed 11th, 13th, and 15th respectively. In the J2 Boys race, Phillip Violett was the top Far West finisher in 26th place and Jessica Ford was our top J1 girl in 48th.

Wednesday, March 7 dawned clear and cold for the freestyle races at Suicide Bowl. Nestled beneath the two ski jumps, this ski area offers excellent cross country ski terrain. The race courses feature a long, gradual climb out of the stadium, followed by a number of short, steep ascents and descents, and end with some long, run-out downhill. The J2 Boys ran their 5 km race first, with Intermountain Northern making an impressive showing by placing 3 skiers in the top 4. Phillip Violett was the top Far West finisher again, taking 28th place, 1:24 behind first place finisher Bret Bedard from New England. The J2 girls were up next, skiing the same course as the boys. Far West's Natalie Joffe skied a strong race to finish 14th, one minute behind Midwest's Courtney Dauwalter. Kara LaPoint was 23rd, a good finish considering she was suffering from a chest cold. Both Joffe and LaPoint are first year J2's and show great promise in ski racing. In the J1 Girls race, Jessica Ford, now a second year J1 skier for UNR, placed a respectable 15th and was the top Far West finisher. Over the two lap, 10 km course, Ford was 1:59 behind Intermountain's Kristina Trygstad-Saari. J1 and OJ Boys skied a tough 7.5 km course twice for their 15 km event. Far West J1 skiers did not show the speed they exhibited on Monday during the sprints. Dana Mosman had a solid finish in 32nd, just over 2 minutes out of the top ten. This age group offers a competitive field, and the fastest boys were flying over the 15 km course. In the OJ race, Ian Case also discovered the depth and speed of the field, finishing 17th, 2:18 behind winner Ben Crawford of the Alaskan powerhouse team.



Kara LaPoint at the Freestyle Event

The individual classic races took place on the same 5 km course on Friday under cloudy skies and gradually warming temperatures. Rode Multigrade violet was the Far West kick waxing team's *wax du jour*, and was used alone or as an ingredient on every Far West skier's skis. The J2 Boys went first again in near perfect classic skiing conditions. The course was fast and times were tight, with Alaska's Espen Haugen capturing the win by 2 sec-

onds. Phillip Violet moved up in the results to 23rd, 1:07 out of first place. Conditions remained stable for the J2 Girls race, and Natalie Joffe, confident after two solid finishes in the previous races, blasted out of the start with her eye on the win. Early splits proved that she was having a great race, and she kept the pace for 5 km, coming home in 5th place, less than a second out of fourth, and 3 seconds out of the top three. Kara LaPoint skied an outstanding race as well, taking 11th place, only two seconds out of the top ten (medals are awarded for the top ten). It was a thrill to watch these two girls race; they had great focus and pushed themselves from start to finish. I should mention that Kaelin Kiesel, from the Intermountain team, won the race by 41 seconds, a huge margin in a 5 km event.

In the J1 Boys 10 km classic race (2 laps on the 5 km course), Tony Bozzio picked up the pace and put his good classic technique to work to take a 15th place finish. This was a good result for Tony, who missed the top ten by just 16 seconds. A minute behind Tony was Scott Hill, who finished a disappointing 27th. Scott was recovering from being sick the week before and was struggling to regain his early season form. Zach Hill of Alaska took the win by 34 seconds over New England's Ryan Foster. Jessica Ford again led the Far West charge in the 10 km J1 Girls race, taking 19th place in a super tight race. An Alaskan skier once again rose to the top in this race with Paige Brady taking first place honors. The Boys OJ 10 km event was commanded by yet another Alaskan, Jesse Carlstrom, who won in 29:17. Far West's Ian Case, who was two seconds out of the top ten after the first lap, ended up 13th. Case, who has had problems finding the right pair of classic skis, was racing on a pair of skis he had never skied on before. There were some tough lessons for Far West skiers to learn at this year's JO's. The warm-up had to be good, no matter what, and you had to be on the right pair of skis. On top of that, you had to start fast and ski hard up and over every single hill. Ian was poised to have a great JO race, but would have to wait for the relay.

Saturday, March 10 was relay day. We were all excited about the possibilities of being competitive in several relays, and had put our best teams together. The heat of head to head competition has in the past stimulated Far West skiers and teams to great races. Athletes and coaches alike were hoping that this day would be no exception. Fifteen J2 Boys teams pushed the pace on an overcast, 25 degree morning. Andrew Van Blarigan skied the classic style scramble leg and hung in there to tag off to Phillip Violet in 11th place. Phillip skied a solid second classic leg to post the ninth fastest leg time and handed off to first year JO skier Joachin Goodpaster, who skied the daunting 3.8 km (it was straight up for 2km with some nasty steep sections) skate loop to bring the team home in 10th place. The Far West team was two minutes out of the top 5 (medal) places.

One of the most exciting races of the day for Far West was the J2 Girls 3x5 relay. With Natalie and Kara improving with every race, we knew they would be competitive. These two first year J2 girls teamed up with Truckee's Lindsay Collins, who was skiing her first Junior Olympics in Ishpeming. Kara skied the



Tahoe City's
Laura Spohr

first leg and clung to the lead pack like her life depended on it, coming into the tag in 6th position, just 19 seconds behind the leader. The top 6 skiers had opened a 49 second gap over the rest of the teams. Natalie was fired up and ready for the challenge, skiing a great second leg to move the team up a couple of spots. Lindsay gave the skate leg everything she could, but Far West slipped to 6th place, one place out of the medals by 40 seconds. This relay was one of the high points of the 2001 JO's for Far West.

The J1 Boys field was mixed with the OJ Boys field for the 3x5 relay, bringing 44 starters to the line. This was one race where you weren't going anywhere unless you started very fast. Our two teams (Tony Bozzio, Dana Mosman, and Scott Hill for the J1 race and Ian Case, Nick Sterling, and UNR skier Casey Watson for the OJ race) were ready for the challenge. Unlike the day of the classic race, the sun never came out and we never had to change our Rode Multigrade wax, which had great kick all day long. We had good skis. Ian had one of the best races of his career, looking great on his skis and very focused. He skied up front from the start and was the first OJ to the tag, 8 seconds ahead of the very strong New England team. I have never seen Ian ski classic so well, it was a great day for him. Nick and Casey put in solid efforts, but the competition was fierce in this race, and we wound up 15th. Meanwhile, in the J1 race, Tony Bozzio had a superb race, tagging off to Dana in 5th place, just 18 seconds behind the New England leader. Tony's classic technique clicked, and he skied a tremendous leg for the Far West team. Dana skied the second classic leg, taking advantage of the gap Tony had created for him before tagging off to Scott who skated the big hills of the final leg. This was a great race for Dana, who skied the 6th fastest leg time, and we had a very good chance at a medal at this point. We were all holding our breaths while Scott worked his way around the skate course, but when he came out of the woods, we counted 5 J1 skiers ahead of Scott. They missed the medals by 13 seconds!

We always come back from JO's wiser and with much more experience. This year was no exception. We were only 16 skiers in comparison to the 48 or more that most of the nine teams brought. We took our very best skiers to this competition and had some excellent performances. We brought home two medals and were very close to medals a few times. Some of our athletes came home happy, others disappointed in their performances. As a coach, I am very hopeful about the future for Far West. We can be competitive with the best in the country, even with a smaller group of skiers. Our younger skiers like Kara LaPoint and Natalie Joffe have shown great promise. These two have another season in the J2 age group, as do JO first timers Joachin Goodpaster and Nicky Henriques. There are many younger skiers behind this group. There is no doubt in my mind that the competition at JO's is getting tougher, but we have made great progress in the last five years of Junior Olympic competition, and there is no reason for us not to be looking forward to seeing one of our Far West juniors on the winners podium in the near future. Let's all work together to keep the Far West momentum going!

FAR WEST SUMMER JUNIOR TRAINING CAMPS

Camps are limited to 30 Junior athletes, no exceptions (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 as soon as possible. Fee includes all food, coaches and camping fees. Use the attached registration form and send in your money A.S.A.P. Attendees of the first camp 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.)

JUNE 23-24, 2001 • AUBURN SKI CLUB CAMP
DEVELOPMENT CAMP FOR J1, J2, AND OLDER J3 SKIERS (13-17)
\$40

This camp will focus on teaching athletes dryland training techniques to improve their nordic skiing, with an emphasis on FUN activities. (12 yr old skiers subject to coaches approval)

JULY 12-15, 2001 • MAMMOTH/JUNE LAKE 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.

AUGUST 24-26, 2001 • TRUCKEE CAMP
CAMP FOR "SERIOUS" OJ, J1, & OLDER J2, SKIERS (15-19)
\$60

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

SEPTEMBER 8-9 • GROVER HOT SPRINGS CAMP
FOR OJ, J1, J2, & OLDER J3 SKIERS (13-19) OF ALL LEVELS.
\$40 (\$20 OPTIONAL TRANSPORTATION FEE)

Get ready for winter with Debbi Waldear and friends. (12 yr old skiers subject to coaches approval).

You can also download the necessary Waiver and Medical Release forms by going to the Far West Web page at: <http://www.farwestnordic.org/Forms/summercampapp.html> and follow the appropriate links.

SUMMER CAMP 2001 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 2000/2001 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 in 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)

- AUBURN SKI CLUB • JUNE 23-24 • \$40**
- MAMMOTH/JUNE LAKE • JULY 12-15 • \$75**
 - TRANSPORTATION TO MAMMOTH (\$20)**
- TRUCKEE • AUGUST 24-26 • \$60**
- MARKLEEVILLE • SEPTEMBER 8-9 • \$40**
 - TRANSPORTATION TO MARKLEEVILLE (\$20)**

AUBURN CAMP & MARKLEEVILLE CAMP	
\$40 EACH	\$ _____
MAMMOTH CAMP	
\$75 EACH	\$ _____
TRUCKEE CAMP	
\$60 EACH	\$ _____
TRANSPORTATION TO MAMMOTH AND/OR MARKLEEVILLE (\$20 EACH)	\$ _____
AUBURN SKI CLUB MEMBERSHIP: \$10 (NECESSARY IF ATTENDING FIRST 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: _____ Name on Card: _____

Expiration Date: _____ Mailing Address of Card: _____

FAR WEST TEAM 2002

We introduce with great pleasure our "Far West Team 2002". These racers have completed the required number of races and rose to the top of their age groups. Congratulations to all!

THE WOMEN'S TEAM

Sr.	Julia Lilienfein*
M1	None
M2	Laura Stern
M3	None
M4	Carolyn Tiernan
M5	June Lane Maggie Fillmore Karen Seaward
M6	None
M7	Helga Sable

THE MEN'S TEAM

Sr.	Ben Grasseschi*
M1	J. C. Legras* Bryant Tolles*
M2	Tim Hill Stan Hill
M3	Peter Kirchner
M4	Mark Clifford Tom Altenbach
M5	Ralph Johnson Doug Read*
M6	Will Spiegelman*
M7	Lindsay Crawford Philippe Mollard
M8	John Goodman

Ladies, we are looking for more participation; there are still several spaces open on the women's side of the F.W. Team. However, it's great to see so many new (*) names on the F.W. Team roster. Some of you don't live in the mountains and we are especially proud of your effort and dedication.

This season is done and we would like to thank all Nordic Centers for their support in putting on the races in the Far West.

Next season we have a special event to look forward to, "The Masters Nationals" at Tahoe X-C. This competition has not been in our region since 1989 when it was held at Royal Gorge. This is a great venue to showcase our many talented racers, please plan to attend. Have a great summer with lots of happy hours spent training and we'll see you again when the snow flies.

Helga Sable and John Goodman

JEFF SCHLOSS: NEW AUBURN SKI CLUB COACH

The great news this spring is that the Auburn Ski Club will be welcoming Jeff Schloss to the Club's coaching staff. Jeff coached Truckee High School team for 5yrs, and was Head Coach for the University of Nevada, Reno, Cross Country Ski Team for 7 years.

Jeff will be joining our already strong coaching team at the Club. As most of you already know Glenn Jobe was an Olympic skier himself, has been an active coach in Far West since the 1970s. He knows what it takes to succeed in our sport. As Head Far West Coach Glenn works with our program as well as leading Far West's coaching staff on camps and trips. Anna Sterner, the other main member of our coaching staff was on the Swedish Junior National Ski Orienteering Team, and a top NCAA ski racer at UNR. Add to our staff local Olympians and former National Champions Nancy Fiddler and Marcus Nash, World Masters Champion Debbie Waldear, and Auburn Ski Club now has one of the best coaching staff in the Nation.

An important change for athletes and parents to understand are the changing roles between Auburn Ski Club and Far West Division. We are fortunate to have two such strong organizations working so well together towards the same goals. We have now reached the point where, in order to continue our growth in participation, enthusiasm and success of junior cross country skiing, we need to begin specializing in the different roles of "club" (ASC) and "division" (Far West).

The avenue for consistent coaching and training is now the junior teams at Auburn Ski Club. Far West will continue to concentrate on regional and national level camps, trips and race support.

Auburn Ski Club has added coaches and teams that will be able to fulfill the day to day high-level training and racer management needs of our athletes. We invite you and your parents to take a close look at what membership of the Auburn Ski Club Teams has to offer you as an athlete. We feel that together with the enthusiasm of our juniors and parents we are an unstoppable combination and we hope you will join us! There are year-round training opportunities for 12-13 year olds and above. For more information on the summer Junior Training Programs through Auburn Ski Club, please call me at (530) 426-3313 (ext. 103), or contact Jeff at (530) 582-5397.

Sally Jones, ASC Nordic Director

SIERRA SKI CHASE

We had great participation in this fun racing series, and it gets better every year thanks to our generous sponsors. Dr. William Krissoff, Orthopedic Surgeon, Richard Bozzio, Procure Physical Therapy, Noel Charonnat of Sierra Nordic and Far West sponsored your teeshirts. Tom Rassuchine and Mark Nadell worked together to create the new design.

Some lucky people walked away with great raffle prizes donated by Dan Hill (Fischer Skis & Lowe Alpine), Sierra Designs Sportswear and Timberland Eyewear.

This year's winners were June Lane and Philippe Mollard, both superb racers. However, they had to defend their first place against strong competition and they didn't clinch the title until the last race was done. Their names were added to the Sierra Ski Chase Trophy displayed at Auburn Ski Club.

Helga Sable

FISCHER CUP RESULTS

One of the most closely contested Fischer Cups in history resulted in narrow wins by Debbie Hakansson and Tav Streit, who both needed points in the Gold Rush to pull off victories over Karen Radebold and Stan Hill, respectively. Third place spots went to Laura Stern and Tim Hill. Thanks to Dan Hill of Fischer for his generous sponsorship of this great event.

FAR WEST JACKETS

We have an opportunity to reorder Far West Jackets if we get a big enough order together. We will try to stay with the same colors: purple and red.

Think about it and if you want one, please let us know early enough in the fall to see if it is a go. Louise Goodman volunteered to be your contact person.



2001/2002 FAR WEST MEMBERSHIP FORM

Far West membership year runs from September 1, 2001- August 31, 2002.
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** family members) \$35

Junior Membership only \$10

Junior Competition License(s) (to qualify for Junior Olympic Points) **\$5 each** _____

Donation to the Far West Junior Program (Tax Deductible!) _____

TOTAL ENCLOSED _____

*Please include Birth date to help us administer results for races and eligibility for events.

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

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

Far West Nordic is extremely interested in your opinion on sending newsletters and information to individuals 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 or the WorldWideWeb, please check this box so we may contact you.

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Thanks for all your support!