

FAR WEST NORDIC JUNIOR OLYMPIC TEAM SET

16 Juniors plus Coaches Head for Ishpeming, MI

The Far West Nordic Ski Association is proud to announce its Junior Olympics team for the year 2001. Based on its 4 Junior qualifier events, this is probably the most experienced team (in terms of previous Junior Olympics experience) the Far West has ever fielded. In light of its strong showing at the last two JO events, Far West has extremely high hopes for bringing home a variety of medals from this year's competition.

Named to this year's team were:

OJ Male: **Ian Case** (Grass Valley, CA), **Casey Watson** (Reno, NV)

J1 Male: **Tony Bozzio** (Tahoe City, CA), **Scott Hill** (Carnelian Bay, CA), **Dana Mosman** (Nevada City, CA), **Nick Sterling** (Truckee, CA)

J1 Female: **Jessica Ford** (Lee Vining, CA), **Margaux Joffe** (Kentfield, CA), **Shannon Lankenau** (Truckee, CA), **Laura Spohr** (Tahoe City, CA), **Betsy Van Blarigan** (Truckee, CA).

J2 Male: **Joaquin Goodpaster** (Truckee, CA), **Nicki Henriques** (Tahoe City, CA), **Andrew Van Blarigan** (Truckee, CA), **Phillip Violet** (Brownsville, CA)

J2 Female: **Lindsay Collin** (Truckee, CA), **Natalie Joffe** (Kentfield, CA), **Kara LaPoint** (Truckee, CA)

Ishpeming, Michigan (near Marquette on the Upper Peninsula), is the venue for this year's Junior Olympics events. They'll begin on Monday, March 5th with the Sprint Races. Wednesday, March 7th will be the Long Distance Freestyle races, Fri

...CONTINUED ON PAGE 2

Mark Your Calendars for **GOLD RUSH WEEKEND** *Royal Gorge, March 18, 2001*

Far West Nordic's second largest fund-raiser is at the California Gold Rush, slated this year for March 18, 2001. 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 Junior races, as our top nordic kids vie for top honors in either the low-key Gold Nuggets Kids' Race or the "jumps & bumps" 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 6 km. Junior Rush for racers 15 and under.

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, or contact Royal Gorge at (530) 426-3871.

ANNUAL FAR WEST MEETING

April 9th • Auburn Ski Club • 7 pm

All Members are Highly Encouraged to Attend this Annual Meeting, which includes Board of Directors elections, Board Officer elections, and lots of important future planning. **BE THERE!**

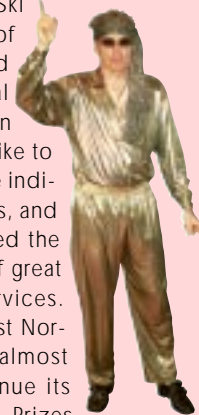
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2001 FAR WEST AUCTION/RAFFLE A HUGE SUCCESS!

The Far West Nordic Ski Association held one of its most successful (and the most fun!) annual Auction/Raffle/Party on January 20. 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 almost \$13,000 to help continue its Junior XC Ski Programs. Prizes ranged from autographed XC World Cup Fischer Ski Ties all the way up to a Royal Gorge Wilderness Lodge Trip for 2, skis from Fischer and Atomic, 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., Truckee River Winery, and more. And finally, kudos to all of the individuals who worked so hard for this event, especially Pati Johnson, Jody & Bill Sterling, Mike McElravey, and MacBeth Graphics of Truckee. And finally, thanks to all of you who came, bid, bought, and had such a rousing great time. Thanks again for making this event such a great success!



Junior Olympics Team continued...

home on Sunday evening, March 11th.

This year's JO qualifier events began with the 10 kilometer (5 km. for girls and younger juniors) Snowshoe Thompson Classic citizen race at Auburn Ski Club, the oldest race in the Sierra Nevada. The four Junior 1 boys previewed their dominance by taking 4 out of the top 10 spots overall in this race, with Scott Hill scoring an unprecedented overall win in a strong field. In the J2 boys division, Violet, Van Blarigan, and Goodpaster finished 1-2-3, a result that was to be repeated throughout the year. The girls J2 racers proved their strength with LaPoint, Joffe and Collin finishing ahead of almost the entire J1 division, sandwiched around Van Blarigan's first win of the year for the J1 girls.

The 15 km. Sierra Skogsloppet at Tahoe Donner Cross Country was the qualifier on the next weekend. Another Junior was the overall finisher again in this race, with Zach Violet, an OJ skier currently studying in Norway, taking the top spot. The Junior boys again dominated the top ten, with Hill, Mosman, and Case finishing 3rd, 4th, and 5th overall. Violet, Van Blarigan, and Goodpaster repeated their top finish in the junior race, while Natalie Joffe, Spohr, and LaPoint took the top spots for the girls.

NEW SPRING NORDIC CAMP FOR JUNIORS *Kirkwood XC • April 20–April 22*

Due to the success of our regional Mammoth camp we are adding an additional development camp this spring. Open to experienced skiers 13 yrs and older (12 yr. old skiers subject to coaches discretion). 2 days of skiing the spring snow at Kirkwood with Debbie Waldear.

Friday, April 20th (meet 5 pm @ Truckee High School for transport) through Sunday April 22nd (back by 3pm).

\$120 include transportation, accommodations, food, coaching & ski passes. Space is limited, so sign up A.S.A.P. Applications available from the FW office or on-line at www.farwestnordic.org.

Sign-ups are accepted **ONLY** with full payment returned to the Far West office at P.O. Box 10046, Truckee, CA 96162.

Next up was the High School race at Auburn Ski Club, the only high school race of the 4 qualifiers. A dominating win by Bozzio highlighted this race, winning outright over Sterling, with a strong 3rd place result from J2 Van Blarigan and 4th from Violet. For the girls, Spohr started coming on strong, finishing ahead of Joffe, LaPoint, and Collin.

The final qualifier was the Tahoe City Classic 10 K (5k) on February 4th. Bozzio was the lead finisher for the juniors in this race, with Hill second, and UNR skier Watson third. The 5 km. race found Van Blarigan with a dominating win over Violet and Goodpaster, with a strong finish by Henriques in 4th place. For the girls, Joffe took the top spot, with another UNR skier Ford finishing second ahead of LaPoint. Spohr, Van Blarigan, and Lankenau rounded out the juniors who qualified during this event.



Nevada City's Dana Mosman
Photo by Mark Nadell

Far West's medal hopes took a small blow when Zach Violet, a favorite to finish high in Ishpeming, decided that he will stay in Norway and ski in the Norwegian Junior Nationals this year. But with 12 out of the 18 veterans of at least 1 previous Junior Olympics, Far West has high hopes for strong finishes in this year's event.

Also traveling to Michigan as Far West coaches include: Glenn Jobe, Nancy Fiddler, Anna Sterner, Lynn Harriman, Bill Sterling, and Dan Hill, along with parents Larry Ford and Don Mosman.

You'll be able to follow this year's crew as they head to Michigan by logging onto the continually updated Far West website at www.farwestnordic.org. Or go directly to the JO Race Organizing Committee website at www.jo2001.f2s.com.

EXPERIENCE THE "SPRINGLOPETT FIVE CHALLENGE"

New on the race circuit this year is the Springloppet Five Challenge, a series of 5 of the longer races on the Far West schedule. There will be prizes to all the citizen racers who complete **THREE** out of the **five** races in 2001 (this is a change from the original plan). Each person will receive a **Yoko hat** and **Toko headband**. There will also be prizes to the top male/female overall winner who wins the most races of the series. In addition, each of the participating resorts will donate a season ski pass for two which will be given away, together with other prizes, at a drawing at the end of the series. Everyone who has completed three out of the five races will be entered in the drawing for the prizes generously donated by sponsors of this series.

THE RACES...

- Great Ski Race • March 4th • Tahoe XC
- Bjornloppet 20K • March 10th • Bear Valley
- Gold Rush 50K /Silver Rush 25K • March 18th • Royal Gorge
- Echo to Kirkwood Race/Tour • March 24th
- Mammoth Marathon 42 K/Half Marathon 21K • April 1st

Flyers on the Springloppet Five Challenge are available at all of the participating cross country ski resorts: Auburn Ski Club, Bear Valley Cross Country, Kirkwood Cross Country, Mammoth Cross Country, Royal Gorge, Tahoe Cross Country.

GLENN JOBE CHOSEN FORE-RUNNER FOR 2002

Far West's Head Coach to Coordinate Junior Fore-Runners for Olympics

Glenn Jobe, Head Coach for the Far West Nordic Juniors, has been chosen as one of the two coach coordinators for a team of junior skiers from across the nation to "fore-run" the Olympic cross country ski events at Soldier Hollow next February, 2002. Glenn, along with Laura McCabe of Washington, will organize and assist the skiers prior to and following the races. Just recently, Glenn travelled to Utah for the "Pre-Olympics" World Cup races at Soldier Hollow, where he attended a "training session" for the fore-runners, in addition to skiing each course just prior to each race taking place. Some days, he and his crew had to ski before 3 different races, putting him on the snow more than many of the competitors.

"Standing at the start and finish and witnessing some of the best skiers in the sport, and skiing through the course before the race is one of the most exciting experiences I've had," stated Glenn. "It's an honor to be chosen as just one of the 2 coaches in the entire United States to do this."

As many of you know, Glenn's last Olympic experience was at the 1980 Winter Games in Lake Placid, New York, where he competed as a member of the U.S. Biathlon Team. Now dedicated to helping our Far West juniors achieve their skiing goals, Glenn thinks that this role might be even more exciting than competing himself.



Glenn and his crew of juniors before the Women's 5 km. Classic Race at Soldier Hollow's World Cup events.

Photo by Mark Nadell

FLURO APPLICATION POINTERS

Waxing Tips From former XC Olympic Team Member Jim Galanes

Thanks to Len Johnson of Jenex for allowing us to re-print some of his great tidbits of information that can be found on the Jenex website at www.jenex.com. For fans of technical information about racing, training, World Cup items, and more, Len does a great job of keeping the xc ski community informed.

With many of our warmer snow condition races coming up, we figured this was a timely article on how to apply pure Fluorocarbon waxes such as Cera F, Jetstream, and the like.

After experimenting with many different methods of applying fluor powder or pure Fluoro sticks, here is Jim's best method to date: Base layers, low to high fluoro paraffin, scraped and brushed very thoroughly. Put an even layer of fluoro powder

or Fluoro stick down the base. Tap the iron down the ski to attach the fluoro, then one pass down the ski with the iron at moderate speed. After that spray with water and cork, cork, cork and more cork and cork again. (Use a hard polyethylene cork). Then finish with horsehair brushing. Jim said if you have corked enough, there is virtually no fluoro to be brushed away. He is convinced this is the best method for really fast fluoro skis.

TRAINING INSIGHTS FROM PER ELOFSSON

Important Pointers from the Current World Cup XC Ski Leader

Once again, thanks to Len Johnson for permission to re-print some of his topical and helpful information from the Jenex.com website. Not that any of us can train at the level of a World Cup racer, but there are always important points to be made by anyone who skis and races at the level of Per Elofsson.

Here is some interesting information on how Per Elofsson trains, found an interview in a Swedish newspaper on Per's training. He trains five days a week, then takes two days of complete rest. He has found that two days of complete rest helps his body recover and get stronger much faster than if he takes only one rest day. He works on a typical 28 day program. In the dry land training period he trains four hours a day, broken up into two or three sessions per day. Three times a week he does strength training which mainly consists of very tough double pole up hill roller ski sessions. The rest of the training sessions are for endurance and speed.

In October and November, when on snow, he trains five hours a day, five days a week. He never skis more than three hours

in a single session, but he said in three hours he usually covers between 50 and 60 kilometers depending on technique and workout. He averages 90 kilometers per day of skiing in this heavy fall training period broken up into generally three sessions per day. After lunch he tries to get complete rest before his next training session. His VO2 test values have skyrocketed in the last few years. He eats about 8,000 calories per day of simple nutritious foods. In his heaviest training period he takes multi vitamins and iron supplements, otherwise nothing. He said he averages about 8 hours of sleep. Per is know to be very smart regarding not over-training, but last fall he said he was both mentally and physically exhausted. He slowed down, and two weeks later he was ready to rock and roll again.

2000/2001 FAR WEST MEMBERSHIP FORM

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

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

TOTAL ENCLOSED _____

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.

FAR WEST RACING CUP UPDATES

Sierra Ski Chase & Fischer Cup Highlight the List for Season-Long Racing

Interest in Far West's series of races has never been greater! Both the Sierra Ski Chase and the Fischer Cup are creating lots of excitement and participation on the Far West Nordic race schedule. Our thanks to Helga Sable for all the incredible work that she does organizing the Sierra Ski Chase, and thanks also to Dan Hill for sponsoring the 5 race Fischer Cup series. Following is a mid-season update on how these two events are shaping up.

SIERRA SKI CHASE

With 8 out of the 10 races completed (the second race at Tahoe XC was cancelled due to lack of snow), this year's Chase is tighter than ever. In the lead for the women is June Lane, with 305 points, followed closely by Debbie Hakansson with 300 points. Tied for third and close behind are Karen Radebold and Laura Stern, with 280 points, followed by Helga Sable (265), Louise Wholey (245), and Juliane Lilienfein (215). Rounding out the top 10 are Maggie Fillmore (204 in 4 races), Brandy Stewart (175), and Susan Reynolds (173 in 4 races).

For the men, Phillippe Molland and Lindsay Crawford are showing that age *does* pay when it comes to SSC points. Both turned 60 last year, with Phillippe tied with Lindsay for the top spot with 320 points. Stan Hill (300) holds down the 3rd spot, followed closely by Ralph Johnson (290) and Mark Nadell (285). Rounding out the rest of the top 10 are Tim Hill (280), Pete Kirchner (280), Stan Eriksson (275), Byron Beagles (270), and Paul "Martini" Harris (260). Of the top ten participants, all have completed their requisite 5 races. Next Up: Tahoe Donner Relays, a participation-only point-getter.

FISCHER CUP

With 3 out of the five Fischer Cup events have been completed, the Fischer Cup is turning into a nail-biter! The FC uses no age handicaps, scoring points only for the top 30 finishers in each of the 5 races.

For the men, it's a Hill *d'affaire* in the top 4, with Scott Hill holding a slim 4 point lead over his dad, Stan. Tony Bozzio is third with 68 points, with Scott's uncle, Tim, a slim point behind with 67 and tied with North Tahoe High School coach Lars Spurkland. Rounding out the top ten are Dana Mosman (66), Tav Streit, fresh off his win at the TDXC President's Cup (57), Eric Wieman (57), Mark Nadell (56), and Nick Sterling (48).

On the women's side, Debbie Hakansson is looking for a Cup sweep, in first with 87 points, just one point ahead of Karen Radebold. Close behind are Laura Stern (82), Juliane Lilienfein (76), and Brandy Stewart (67). The rest of the top ten consists of Julie Bradley (67), Katerina Hanusova (with two big wins for 60 points), Joey Meldrum (54), Maggie Fillmore (46), and Lindsay Basher (45). Next Up: Tahoe Donner Relays, a participation-only point-getter (15 points for participating).

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