



WELCOME TO FAR WEST NORDIC *Cross Country Skiing in the New Millenium*

As we print this newsletter, it's pretty obvious that winter is nearly here. Nights in the Sierra are getting well below freezing. Daytime hours are getting shorter, and we're noticing that shorts and a t-shirt just ain't cutting it for our training sessions. From extensive past experience, this all can mean only one thing — skiing on snow is coming soon!

With this in mind, we'd like to welcome you to the 2000-2001 season for Far West Nordic. This newsletter is going out to our entire mailing list, whether you're currently a member or not. If you are paid-up for the current year, then you will have received one of our brand new membership cards.

If you DIDN'T receive a new card, that means you are currently NOT a member. Please take the time to fill out a new membership form located on the back page of this newsletter. With discounts at

most of the XC ski areas in California (see more information on these on page 2), monthly newsletters, Sierra Ski Chase sponsorship, race information, our up-to-date website, and much more, we feel that being a member of Far West is a "no-brainer" for just about any cross country skier in the region.

For Junior competitors, it's important to join, because you must be a Far West Nordic member to participate in most of our camps and clinics. One important note: ALL Junior skiers receive our free JUNIOR NEWS, published 2-3 times a year (including this issue). **Receiving the Junior News DOES NOT MEAN you're a member of Far West Nordic! Please join today!**

So welcome to another great ski season, and look for our Annual NORDIC NEWS magazine in late November, complete with lots of information about cross country skiing and racing in our area.

AUBURN SKI CLUB NEWS

Far West Nordic is committed to working closely with nordic clubs throughout our governing region. In the Tahoe region, the most active club for our junior competitors is Auburn Ski Club. Much of the day-to-day overseeing of our great junior program is done through the ASC Training Center. If you have a club that's involved in a training program for junior skiers, please let us know at Far West Nordic.

AUBURN SKI CLUB VOTED BEST IN THE NATION

Glenn Jobe recently traveled to Vermont to accept the USSA "Best Cross Country Ski Club of the year" award. This is the first time Auburn Ski Club has received such an award, and is a reflection to all the hard work our staff and volunteers put into the program. A big thanks to everyone who has helped us reach this standard...and please keep the help and support coming - there is still room for growth.



PHILLIP VIOLETT ACCEPTS SCHOLARSHIP:

The newly formed Sugar Bowl Academy located on Donner Summit recently accepted Phillip Violett to their school. The Academy has been modeled on Stratton Mountain school in the East which has a long tradition of supporting nordic & alpine skiers, providing a schedule promoting both academic & athletic excellence.

Phillip has settled in well, enjoying the individual attention of the small class

...CONTINUED ON PAGE 3

NEXT FAR WEST MEETING...
November 13th • Auburn Ski Club • 7 pm
All Members are Encouraged to Attend

LOG ON FOR THE LATEST NEWS...
WWW.FARWESTNORDIC.ORG

FAR WEST NORDIC ANNOUNCES MEMBERSHIP DUES FOR 2000/2001

Far West Nordic dues are now \$20 for individuals, \$35 for families, and we have added a Junior Membership for \$10. We've also added a \$5 "Competition License" for Junior Olympic competitors. Please see our article on Page 3 for more information.

NEWEST FAR WEST BOARD MEMBER

Welcome to Dan Hill as the newest member of the Far West Nordic Board of Directors. We're excited to have Dan join us and bring his years of expertise in Nordic Skiing to our community!

Far West is also looking for a "Liason to the Board" to represent our Junior Skiers. If you are a Junior and interested, please contact our office.

AUCTION/RAFFLE DATE SET!

Saturday, January 20th, 2001 @ 7 pm
Truckee Community Center • BE THERE!

NEW FAR WEST LOGO DEBUTS

You'll soon be seeing our new Far West Logo (see top of page) on our printed materials. Let us know what you think! Thanks to MacBeth Graphics of Truckee and PrintArt in Kings Beach.

2000-2001 FAR WEST RACE SCHEDULE

The long-awaited 2000-2001 Race Schedule for the Far West Ski Association is almost completed. Following is a *tentative* schedule of races for this winter. This way, you can start planning your race travel schedule. Please note that these dates could change, but are not expected to deviate significantly from what you see here. The final race schedule will be published in our annual Nordic News, expected in November/December. Please check our website at www.farwestnordic for any last minute updates or changes.

Note that Classic technique races are listed in italics. An * before the date indicates one of the Sierra Ski Chase races.

* Sunday	December 3, 2000	KIRKWOOD 10 K	Kirkwood XC	10 km. (Jrs. 5 km.)
Sunday	December 10, 2000	TANNENBAUM 10 KM. CLASSIC	Tamarack Lodge XC	10 km. (Jrs. 5 km.)
* Sunday	December 17, 2000	READY OR NOT 10K	Tahoe XC	10 km. (Jrs. 5 km.)
* Sunday	December 31, 2000	PACO'S FUN RACE	ASC	10 km. (Jr & Novice 5 km.)
Wednesday	January 3, 2001	TAHOE DONNER NIGHT RACE	Tahoe Donner XC	5 km. all
* Sunday	January 7, 2001	SNOWSHOE THOMPSON	ASC	10 km. (Jrs. 5 km.)
Sunday	January 14, 2001	LAKES BASIN 15 KM.	Tamarack Lodge XC	15 km. (Jrs. 7.5 km.)
* Monday	January 15, 2001	SIERRA SKOGSLOPPET	Tahoe Donner XC	15 km. (Jrs. 7.5 km.)
Wednesday	January 17, 2001	TAHOE DONNER NIGHT RACE	Tahoe Donner XC	5 km. all
* Sunday	January 21, 2001	ALPENGLOW FREESTYLE 20K	Tahoe XC	20 km. (Jrs 10 or 5 km.)
* Saturday	January 27, 2001	PURSUIT "CLASSIC"	Eagle Mountain XC	10 km.
Sunday	January 28, 2001	PURSUIT "FREESTYLE"	Eagle Mountain XC	15 km.
Wednesday	January 31, 2001	TAHOE DONNER NIGHT RACE	Tahoe Donner XC	5 km. all
* Saturday	February 3, 2001	SAWMILL 15 K	Northstar	
* Sunday	February 4, 2001	TAHOE CITY CLASSIC	Tahoe XC Center	
Wednesday	February 7, 2001	COBBLESTONE RELAYS	Tahoe City Golf Course	Fun Relays for all skiers
Sunday	February 11, 2001	ALLAN BARD MEMORIAL CLASSIC	Tamarack Lodge XC	20 km. (Jrs. 5 km.)
* Monday	February 19, 2001	PRESIDENT'S CUP RACE	Tahoe Donner XC	15 km. (7.5 km. Jrs.)
Wednesday	February 21, 2001	TAHOE DONNER NIGHT RACE	Tahoe Donner XC	5 km. all
Saturday	February 24, 2001	CHIMNEY ROCK CHALLENGE	Montecito-Sequoia XC	15 km. all
Sunday	February 25, 2001	CHIMNEY ROCK CHALLENGE	Montecito-Sequoia XC	15 km. all
* Sunday	February 25, 2001	TDXC RELAYS	Tahoe Donner XC	5 km. Seniors (Jrs. 2.5 km.)
Saturday	March 3, 2001	YOSEMITE NORDIC HOLIDAY	Badger Pass, Yosemite	17 km. (Jr. 10 km.)
Sunday	March 4, 2001	GREAT SKI RACE	Tahoe XC	30 km.
Saturday	March 10, 2001	BJORNLOPPET SKI RACE	Bear Valley XC	20 km./10 km. (Jr. 10 km.)
Sunday	March 11, 2001	BJORNLOPPET SKI RACE CLASSIC	Bear Valley XC	10 km.
Saturday	March 17, 2001	GOLD NUGGETS/SUPERCROSS	Royal Gorge	
* Sunday	March 18, 2001	CALIFORNIA GOLD RUSH	Royal Gorge	50 km./30 km./15 km./6 km.
Saturday	March 24, 2001	ECHO TO KIRWOOD TOUR/RACE	Echo Summit	13 miles Ski or Snowshoe
Sunday	April 1, 2001	10 TH MT. DIVISION BIATHLON	ASC	9 km./6 km. (Jrs. 6 km./3 km.)
Sunday	April 1, 2001	MAMMOTH MARATHON	Tamarack Lodge XC	42 km. or 21 km.
Saturday	April 7, 2001	TOM'S RACE 10K CLASSIC	Bear Valley XC	10 km.
Sunday	April 8, 2001	BILLY DUTTON UPHILL	Squaw Valley USA	3.2 km. Uphill

NEW MEMBER RATES FOR FAR WEST NORDIC

As you might have noticed, Far West Nordic is increasing its membership dues, beginning in September for the 2000/2001 season. There are a variety of reasons for this increase, and it was a decision that was weighed and debated quite a bit at our last board meeting. We'd like to take a moment and let you know some of the reasons we're experiencing the dues increase.

We believe, even at \$20/individual and \$35/family, that membership in Far West Nordic is still an incredible value. By offering our members **Trail Pass Discounts** at virtually every xc ski resort in the Sierra Nevada, we feel that membership basically pays for itself. Last season, you could ski for the Afternoon Rate All Day at Royal Gorge, Tamarack XC, Tahoe Donner, Northstar, and Tahoe XC. \$5 off at Bear Valley, Kirkwood, and Spooner Lake, and 2 for 1 passes at Eagle Mountain. By using these discounts just a few times, you've paid for your membership! Add this to our **Sierra Ski Chase** series of ski races, with a **Free T-shirt** and a **Great Raffle** for just participating in 5 races. Plus, with 5 or 6 **Newsletters** keeping you up to date on lots of information about cross country skiing here in the west (including our annual 4-color Nordic News) and our great **website** with the latest race results and ski information, our members are assured of being ready for the tracks and trails of the Sierra. In other words, membership is still a great deal. And we're working on even more items for you for next season to make membership in Far West an even better bargain!

Also, this year we've implemented a **Competitors' License** for our more serious Junior ski racers. Every Junior racer who wants to be scored for Junior Olympics points will need to have this \$5 license. Make sure you check this box on your renewal form.

We hope you understand these increases, and that you'll join us in making Far West Nordic the best ski organization in the country.

AUBURN SKI CLUB INFORMATION CONTINUED...

size & plenty of time to train.

This is an exciting addition to the opportunities for our athletes. The Academy is still taking applicants for this year. Day tuition & boarding options are available 8th – 12th grades.

For more information contact Andy Biederman at Sugar Bowl Academy (530) 426-1844.

NEW ZEALAND TRIP WAS A GREAT SUCCESS

6 juniors—Dana Mosman, Daniel Adams, Kayla Evans, Katie Chaplin, Whitney Prosor, & Phillip Violett traveled to the “other side of the world” this summer and enjoyed excellent skiing & amazing scenery. The trip, led by Sally Jones, was geared for junior athletes serious about training & with a quest for adventure. Snow conditions were ideal during the two weeks spent in New Zealand’s South Island near the town of Wanaka. Exploration of the local sights included a sea kayak trip in Fiordland, visiting a sheep farm, jet boating & various scenic hikes. Our juniors competed in several fun races and stayed with new friends in their homes. Look for a full report in the next newsletter.

ANNA STERNER TAKES ASC COACH POSITION

Long-time ASC coach and University of Nevada, Reno XC ski team graduate Anna Sterner will be the year-round coach for the Auburn Ski Club Junior Nordic program. We’re excited about having Anna around full-time to oversee this great ski program.

ASC TRAINING HAS STARTED

Auburn Ski Club’s **Competition Team** has been training all summer twice a week under the watchful eyes of Erica Alexander and Glenn Jobe. All reports are that these Junior Olympic Level athletes have been training hard and that this summer training program has been a success. The team will continue to train through the Fall & Winter and it’s not too late for any JO qualified athlete to join. Call Sally at the Club for information.

The Development Team had its first meeting on Sept 16th and will be training every Saturday through the fall and winter. This team also complements school team training and is a MUST for any athletes with JO dreams. Call Sally at Auburn Ski Club for information. (530) 426-3313.

FAR WEST JUNIOR CAMPS & CLINICS INFORMATION

CAMPS AND CLINICS

OJ, J1, J2 SKIERS:

THANKSGIVING CLINICS

Wednesday, November 22nd @ Royal Gorge or ASC (depending on conditions) 10am – 2pm

Saturday, November 25th @ ASC • 10am – 3pm

Sunday, Nov. 26th @ TDXC or ASC • 10am – noon

COST: \$20 / day \$40 for all 3.

Payable to Far West Nordic @ FW office.

Membership in Far West Nordic required.

(Members of ASC Competition or ASC Development Team – no fee or registration required)

DECEMBER CLINIC

Thursday, December 28 @ ASC 10am – 3pm

COST: \$20. Payable to Far West Nordic @ FW office. Membership in Far West Nordic required.

(Members of ASC Competition or ASC Development Team – no fee or registration required)

JANUARY REGIONAL CAMP

January 26th – 28th • @ Mammoth • **COST: TBA**

(These clinics are open to dedicated Junior racers with experience level from intermediate to advanced)

J3 / J4 SKIERS:

THANKSGIVING CLINIC

Friday Nov. 24th @ TDXC or ASC 10am – noon

COST: \$20. Payable to Far West Nordic at the FW office. Membership in Far West required.

(These clinics are open to intermediate level skiers interested in improving their racing skills)

JUNIOR RACE SKILLS CLINICS @ ASC:

November 12th • November 18th • November 25th

December 3rd • December 10th • December 17th

COST: \$25 for all six or \$10 per clinic.

(Clinics are open to Middle School and High School racers Call Auburn Ski Club at (530) 426-3313 for information)

FAR WEST RACE TRIPS

NOVEMBER 20TH – 27TH

• **Silverstar Canada** • Points Races

(Open to Junior Olympics-qualified OJ and J1 skiers)

DECEMBER 31ST – JANUARY 6TH

• **USSA Nationals / World Junior Qualifiers**

(Open to Junior Olympics-qualified OJ and J1 skiers)

MARCH 2ND – 11TH

• **Junior Olympics** (qualified OJ, J1, J2 skiers)

APRIL (TBA) • **SPRING SERIES** (Open to JO-qualified and serious OJ, J1 and 2nd year J2 skiers who have been skiing in the JO qualifier races)

JUNE (TBA) • **BEND CAMP** (Junior Olympics-qualified OJ, J1, and J2 skiers)

JUNIOR SKI CLASSES FOR THE 2001 COMPETITION YEAR	
Class	Year of Birth
OJ	1981/1982
J1	1983/1984
J2	1985/1986
J3	1987/1988
J4	1989/1990

QUALIFIER RACES FOR JUNIOR OLYMPICS

NOTE: You Must Have a Junior Competition License (\$5) For Your results to Be Counted in Qualifier Races for Junior Olympics!

Sunday, January 7th • **Snow Shoe Thompson Classic @ Auburn Ski Club**

Saturday, January 20th • **CNISSF All League Freestyle @ Auburn Ski Club**

Monday, January 15th • **Skogsloppet Freestyle @ Tahoe Donner XC**

Sunday February 4th • **Tahoe City Classic @ Tahoe Cross Country**

JUNIOR OLYMPIC QUALIFYING CRITERIA:

There are two routes to make the JO team. You can qualify by racing fast in 3 out of 4 selected races or you can petition the Junior Committee (2nd year J3 through OJ classes will be considered for the petition process). Junior racers must ski in 3 of the 4 races, and have a qualifying time in both a classic and a Freestyle (skate) race. You must be a member of Far West & not be currently registered in another USSA division. With 6 or more competitors in an age group a qualifying time is 6% back of the average of the top 3 finisher’s times in the age group. With 5 or less it is 4% back of the average of the top 2. In the OJ class (18-19 yr. old) the minimum standard will be the J1 qualifying time. OJ’s times will not be used in the J1 calculation, nor will they displace a J1 in the qualifying process. Also, any individual who qualifies for the World Junior Team or the Scandinavian Junior U.S. Ski Team trip automatically qualifies for the Far West Junior Olympics Team. This individual(s) does not count against the quota of athletes eligible for the team. The number of athletes selected within each age category is determined by the Junior Committee. Each USSA Division may send a maximum of 21 Men & 21 Women, with no more than 12 athletes allowed in any given class.



2000/2001 FAR WEST MEMBERSHIP FORM

Far West membership year runs from September 1, 2000- August 31, 2001.
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) each \$5
- 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.

*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 News" is a production of the Far West Nordic Ski Education Association, and is published on a regular basis throughout the year. Design & typesetting is courtesy of MACBETH GRAPHICS of Truckee. Any submissions, questions, or corrections, please contact us at:
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