

# WELCOME TO "NORDIC NEWS" 2007

**A**ahhh, the feel of snow underfoot. After a great summer of biking, running, and, yes, roller skiing, there's still nothing like clipping into your skis for the first time of the season and feeling that exhilaration of glide as base meets snow crystal for that silky smooth feeling under your toes.

Whoever invented the wheel might be considered the first genius, but for me, I'll take that fellow (or lady) who first figured out how to strap a couple of pieces of wood onto their feet and slide across the frozen terrain. That's what I call true inspiration.

While others throughout the country relegate themselves to "dealing" with the wintry cold, we here at Far West Nordic celebrate the snowy season. We look for different ways to sneak out and explore new trails, improve our technique, train harder to go faster over the tracks at our local xc area. Our discussions with friends revolve around a National Weather Service's Special Weather Statement describing the next front to reach the California coast. The pros and cons of Rode Multigrade Violet vs. Swix 45. And yes, the best ways to brush the wax from your skis (see Nat Brown's article on page 14).

But more than just having our lives intertwined with the amount of

snow cover on the ground, I am constantly amazed and heartened by the number of skiers (and parents of skiers) who work so hard to make this organization thrive and grow. This was witnessed just recently by the unbelievable amount of hard work and dedication by Far West Nordic volunteers to make our latest Fundraiser, the 21st annual Auction and Raffle, such an incredible success. Moving to a new venue is always risky, but these volunteers gave so much effort into putting on a great event that we were able to raise a record amount of donations to keep our organization thriving. And along with a VERY generous matching grant donation of \$10,000 from John Slouber (formerly of Royal Gorge), Far West Nordic is in the best financial position in its history.

And finally, we've recently experienced 2 of our "home-grown" racers taking 2nd and 4th place overall in a national-caliber race in West Yellowstone (Zach Violett and Matthew Gelso, respectively), plus we've put a record number of Far West athletes in major college programs, and we're viewing a booming interest in our local school teams and Auburn Ski Club training programs. It's obvious we're succeeding on the Junior level as well.

Please take this opportunity to join us in supporting Far West Nordic. Your membership is what makes our world go 'round. And join us in welcoming another great Winter and Spring of gliding over the frozen terrain.

*Mark Nadell, Nordic News Editor*

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COVER PHOTO: THE 2005 SUPER JOQ COMPETITIONS WERE AT SOLDIER HOLLOW, UTAH, SITE OF THE 2007 JUNIOR OLYMPICS. PHOTO BY MARK NADELL

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## JOIN FAR WEST NORDIC FOR 2007

Far West Nordic would like you to be a member of our organization. WE NEED YOUR MEMBERSHIP TO KEEP OUR PROGRAMS GOING! It doesn't cost much to join and enjoy the benefits of Far West Nordic, but more importantly, your membership dollars are critical to us. It's easy to join online or send in the form on page 4. Some of the benefits of membership include:

- Discounts at participating ski areas (see list below)
- Regular newsletters throughout the ski season (they're usually a lot smaller than this one, but still chock-full of important stuff and up-to-the-minute info).
- The eligibility to attend one of our many clinics, camps and ski trips, both for juniors and adult skiers.
- Eligibility to enter the Sierra Ski Chase, with its great ski races and prizes (sign-up at one of the first four races or on your Membership Form).
- Our constantly-updated, easy-to-follow website, complete with ski information, race results, and more!

## SKI AREA DISCOUNTS

Discounts from the following Cross Country Ski Areas and Resorts are available to current Far West members. All that's required is your Far West Nordic Membership card and a sincere "thank you."

**SQUAW CREEK • SPOONER LAKE  
KIRKWOOD CROSS COUNTRY**  
\$5.<sup>00</sup> Off Full Day Pass • Valid Anytime

**ROYAL GORGE**  
Ski Midweek All Day for Afternoon Rate  
Valid Midweek & Non-Holiday only

**TAHOE XC • BEAR VALLEY XC**  
All Day Pass for Afternoon Rate  
Valid anytime except holiday weekends

**NORTHSTAR-AT-TAHOE**  
\$10.<sup>00</sup> Full Day Rate  
Valid Sunday-Friday, Non-Holiday only

**TAHOE DONNER XC**  
\$4.<sup>00</sup> Off Full Day Rate  
Valid anytime

**TAMARACK LODGE XC**  
All Day Pass for Afternoon Rate  
Valid anytime

These discounts are provided as a privilege to Far West members, and are subject to the rules and restrictions of the participating areas. Please be courteous.

# ICE CREAM, DOUBLE POLING, & MARIT

## An interview with Russell Kennedy

By Ben Grasseschi

**E**arlier this summer I was driving the ASC ski team van to a workout. In the back of the van, several athletes were talkin' and jivin' over the 2006-2007 Swix catalog Russell Kennedy had brought back to Truckee from his 5 day intensive ski camp in Norway. (Swix is a Norwegian company making ski wax, ski poles, and, ski wear). Russell thumbed through the 'zine and said, in his usual mild-mannered way, "See this lady here—she was my coach."

No "oohs" or "ahhs" from the van riders, just more imaginative interpretations of the Norwegian language printed in the catalog. The picture he pointed to was of a Norwegian woman in a Norwegian XC National Team suit with several World Cup medals around her neck, holding a huge, clear globe—the 2005 and 2006 World Cup overall women's champion, Marit Bjorgen. This 'lady' just happens to be the best XC skier in the World.

That did not matter to the van riders; they continued to practice their Norwegian as they flipped through the pages: "Swix Sport er stolte over a kunne tilby en helt ny"- Come on now, sing-song a little more, you can do it- ..."kolleksjon av drikkebelter, bager, sekker"- That's a better nowa, yumping up an downa-..."de eldre avrundete snokrystallene...derfor mykere voks"... Yah sure, yah-betcha.

After the van ride, I thought, "It would be good to know a little bit more about Marit and what goes on at a Norwegian dry-land ski camp"- Maybe you would too.

So, here it is: the 'Norwegian Way'; according to Russell:

*So, RUSSELL; WHAT IS MARIT LIKE?*

"I had no idea she would be there. She just showed up one day. I couldn't understand her well, but she talked to me personally. She was really nice. She told me how to run better, a little straighter, a little more forward. She was really strong. We were running in this workout and she was easily in intensity level 1, while I was in level 3. She was great. Unfortunately, I did not get her autograph..."

*HOW LONG WERE YOU THERE?*

"I was there 5 days training. We had workouts 2 times a day. We would wake up, do some activity and stretch, have a delicious breakfast and work out until noon. After lunch and a little rest, we would workout again. It seemed like every workout I was Level 3 or higher. We did running, rollerskiing, ski walking, moose-hooves- they call it that there too, and biking. We did a running race one day; I was 15th of 40, I think. It was

good. We did a rollerski Classic Sprint; that was so-so for me. The rollerski race was sponsored! They had boots from Alpina and Fischer and roller-skis from Swenski. The roller skis were nice & fast."

*WHAT WERE SOME OF THE DIFFERENCES BETWEEN YOU AND THE NORWEGIAN JUNIORS?*

"I was the only non-Norwegian at the camp. There were 160 athletes, age 13-20'ish. It was hard to make friends because of the language barrier, but I had two really cool roommates; "Joachim" and "Change" were their nicknames. They were really funny. Most of the kids there could speak decent English. All the kids were super tall, skinny, and seemed more fit than me.

"In terms of technique, most of them clicked their heels together when they skate—something we try not to do. They have a big focus on upper body awareness, strength, core, with weight always going over the poles. When they double pole their skis come off the ground in the back from so much force going forward"! (Remember Bjorn Lund yumping at the Olympics?...ed.)

*WHAT WERE SOME OF THE SIMILARITIES?*

"Technically they told me to have my arms closer to my body—both in front and to the side. To crunch down hard—straight down, not hinging, just like we talk about. They do a lot of Classic roller-skiing but focus on double pole, not Classic technique. They encourage a taller stance going in to the crunch. They do a lot of running workouts. They like to have fun!

They really like techno music, a lot like rock and roll too. We went to a disco one day and they all thought I danced like a goofy American but I thought they danced funny too. They wear different clothes than we do too".

*WHAT DID YOU DO WELL?*

"My skate technique. I was much closer to everyone in skate roller-skiing than classic. I think our skate timing is more efficient—they do that heel click thing you know. It throws the timing off. I did pretty well in the hill climb run, especially on the downhills (laugh). I learned to say

"rollerski," "pole," and "hello" in Norwegian!"

*WHAT DIDN'T YOU DO SO WELL COMPARED TO THEM?*

"My classic technique, in general, compared to them. Especially my double pole—they are really strong on that. Also, in biking. I got dropped quickly road biking. I don't know why, but I did. Learning Norwegian was hard. I was there only five days but my Norwegian stunk."

*WHAT WAS YOUR FAVORITE NORWEGIAN FOOD?*

"They had lots of desserts! (laughs) They had rectangles of ice-cream piled atop each other with creamy stuff between them, then covered in chocolate syrup.

I lived in a dorm style room with 3 roommates but our food was served in a restaurant, family style. They served big plates of everything; jello, pudding, fluffy-crust pizza, beef, mashed potatoes...It was all really good."

*WHICH IS BETTER: GREEK OR NORWEGIAN FOOD?*

"Norwegian food is more fatty; they have more desserts. But I didn't mind (smiles)."

*WOW! NOW THAT YOU ARE BACK, IT'S A GOOD THING YOU ARE TRAINING HARD. YOU'LL NEED HELP TO FLUSH OUT ALL THOSE DESSERTS...WHAT ARE YOUR GOALS FOR THIS COMING SKI SEASON?*

"The camp inspired me to train more, to be more fit like those kids over there. I want to race the Scandi Cup as I am sure some of those kids will be there and I would like to beat them. I am a second year J2 so hopefully soon..."

At JO's I would like to be in the top 20, maybe top 15, in my age group. I would like to be better at double pole, get stronger, have better technique. I would like to be top 3 or 4 in the High School races this year".

*HOW DO YOU THINK YOU CAN ACCOMPLISH THOSE GOALS? ANY GOOD TRAINING IDEAS YOU LEARNED FROM THE NORWEGIANS?*

"Lots of strength. Use medicine balls for core. Lots of explosive throws. Lots of plyometric, explosive type exercises.

For intervals one day we did a fun relay race where you have 2-person teams; each person

runs a .5km loop and you tag off. We each did it 6 times. It was on a trail. It was hard but you got to rest while your teammate ran his lap.

We ran stairs one day. First one foot hops every other stair, then every step, then both feet, then two-foot hops, then skips. The stairs were 5 flights high! It was hard."

*THAT'S REALLY GREAT THAT YOU HAD THE OPPORTUNITY TO GO OVER THERE AND SHOW THEM YOUR STUFF (AND YOUR DANCE MOVES), LEARN SOME COOL THINGS, TALK PERSONALLY TO MARIT BJORGEN, AND BRING BACK SOME INSPIRATION.*

*WOULD YOU DO IT AGAIN?*

"I am so happy I went. It was Awesome!"

*Russell Kennedy has the unique distinction of*

*having been a Junior Olympian in BOTH Nordic and Alpine disciplines in 2006. He races for Truckee High School, and is currently training with the Auburn Ski Club Competition Team in preparation for this year's Junior Nationals in Soldier Hollow, Utah.*

# THRESHOLD TRAINING

## Maximizing your Ski Workouts

By Jeff Schloss

**S**ometimes it feels like it is all uphill around here. We certainly have some of the most scenic cross-country ski trails in the country here in the Sierra Nevada, but these trails put a premium on fitness. Think about coming out of Euer Valley at Tahoe Donner, or climbing back to the Summit Station at Royal Gorge after a long day; we have trails that seem to climb forever. And the race trails are no different. Tahoe's premier race, The Great Ski Race, climbs at a steady 6% grade for ten kilometers, and almost every other race has a huge climb that ends up determining the days final results. To tame these long uphills into molehills the most important workout you can do is to improve your Anaerobic Threshold (A-T).

The anaerobic threshold is the maximum effort at which our bodies can work for a sustained amount of time. It is usually about 80–90% of an all out effort and you will feel that you are working hard, but you know you can sustain the effort for 15–30 minutes or more. At threshold you are breathing hard but it's controlled, unlike the rapid gasping that happens above the anaerobic threshold. Try to really tune into your breathing and see if you can feel the point where breathing changes from controlled to "break-away" breathing. Passing this breathing change point is a good indication that you have moved into purely anaerobic exercise. Anaerobic training will help you with sprinting or hammering over a very short uphill, but to tackle the monster climbs of the Sierra we need to increase our A-T by training just under and right at our threshold.

Long intervals are the tool to bring about this raising of the Anaerobic Threshold. The intervals should be any where from 6 minutes to 12 minutes long with a recovery of only about half the work time. The key to success with this session is to not go too hard. Keep the effort hard but controlled. Monitor your breathing so that it remains below the stage of breakaway exha-

lations. Remind yourself that the value of this workout is in spending a lot of time right below your threshold. If you go too hard you won't be able to do the full duration of the intervals and you will also create excess lactate acid, which won't be doing your muscles any good. If you are using a heart rate monitor, shoot for around 85% of your max heart-rate for these. Start with sessions that provide about 20–22 minutes of "On" time (3x7 minutes with 4 minute recovery) and add more "on" time as you get fitter. After several months of this type of training, once to twice a week, you should build up to 30–40 minutes of on time. 4x8 minutes and 3x12 minutes are two of my favorite A-T workouts when I am in peak shape. This workout is deceptively tiring. The effort is hard but not the white-hot searing pain of pure anaerobic intervals. However the large amount of time spent at a fairly high workload will definitely hammer you. When you finish the workout you should feel "euphoric, not exhausted." But don't worry; the exhaustion will set in later that day. This is a hard session and should be followed with an easy day of training the next day.

These long A-T intervals should be done once to twice a week throughout the fall and early

winter. As you might guess, the best terrain for these intervals is long gradual uphills. I like to do two sessions per week in the fall, and then do one session per week in the winter with either a hard anaerobic interval session or a race for the other hard workout of the week. As you do these workouts your body will adapt by increasing it's a-T closer and closer to your maximum heart rate. World-class endurance athletes like Lance Armstrong and Kris Freeman can still be below their A-T at 90% of their max heart rate. With a high A-T you can glide right up the endless climbs of the Sierra ski trails with a smile on your face, no excess lactate acid in the muscles, and an inner confidence that knows you are staying in a mostly aerobic state. Of course, you may still have to sprint at the finish to beat your buddy, so there is a place for those shorter, harder, anaerobic intervals. But for pure climbing fitness nothing will reap bigger rewards than long, medium-hard, A-T interval.

*Jeff Schloss is a former NCAA Nordic Head Coach, and has been the Head Coach for both Far West Nordic and Auburn Ski Club, as well as coaching the 2006 U.S. World Junior Championship Team.*

# ULTRA MARATHONING FOR XC SKI TRAINING

## Why Would a Nordic Skier Spend the Summer Running Ultra-Distance Trail Races?

By Molly Zurn

**R**acing ultra-distance trail runs during the off-season may seem like a questionable activity for Nordic ski racers. Running distances of 50k and longer could diminish skiers' speed, most races start at an uncivilized early hour, they take all day, and it's rare to finish without feeling sick, being in pain, and sustaining at least a few minor injuries (not to mention being exhausted).

Why then do some Far West Nordic skiers race ultras in the summer? Why would skiers (or anybody for that matter) run these long distances on their own without the advantages of an organized race? Are there any benefits to spending the summer running and racing ultra-distances?

For me, first and foremost, training for ultra-distance trail races is fun. It is a great excuse to spend hours with my friends and family and see in a day what would take me a week to see hiking. This past August, for example, Bruce Eisner, June Lane, Ralph Johnson, Tucker Thole, (and Spot and Skippy) celebrated birthdays and a retirement by running 23 miles from Twin Lakes to Buckeye Campground. We got to spend six hours together, laughing and chatting, all the while enjoying a backdrop of lakes, wildflowers, high alpine meadows, and mountain ranges.

It's also fun to come up with the routes for these single-day running adventures. Usually, one of us has been climbing or backcountry skiing and spots a run-able trail. From there, we study topographic maps for accessible water sources and entry and exit points (or, if we're lucky, a loop) that we think we can complete in a day. We even have fun naming our routes—"The Big Loop", "The Too Big Loop", "The Way Too Big Loop", "The Grande Traverse" and "The Enchainment" are among some of our more memorable ones. We've run from The Whitney Portal to Onion Valley (44 miles), North Lake to South Lake (54 miles), and South Lake to Onion Valley (62 miles). These events can have some low points and usually have at least a few route-finding adventures. But for me, they are one of the best ways to spend time with my favorite people (and dogs). They remain among my fondest memories.

Running six, ten, twenty hours builds my endurance. That has always seemed obvious to me. What wasn't always obvious was how long I could enjoy the benefits of ultra running. Last

year, I never skied over two hours. My off-season training for ultra-races and Sierra runs carried me through the winter. I was able to put aside endurance training and concentrate on speed, strength, and technique.

Scenery, friendship, and endurance can be accomplished on a training run. So, why race? A lot of people enjoy racing for the satisfaction of finishing, the camaraderie of their fellow racers, and the event festivities. I enjoy all this too. For me though, racing long distances is really about testing what my mind and body can handle. A race, with its aid stations, medical facilities, and sag wagons, is a safe place to see if I can run a particular distance. If I can't, I know I can hobble to the next checkpoint and (humbly) ask a volunteer to drive me back to my car.

Ultra trail races are about overcoming issues. It's about staying with it when things aren't going well. At the turn-around of this summer's Tahoe Rim Trail 50 Mile Endurance Run, for example, I saw I was only five minutes behind the leader (Note to Nordic ski racers: five minutes is close in a 50 mile run.). The problem was that my calves were starting to cramp and I knew I had at least four hours of racing ahead of me. Several times, I stumbled as a leg muscles seized. If this had been a 10k ski race, there probably wouldn't have been time to recovery so I would have simply glided off the course and waited for the next weekend's race. But this was a 50-mile trail race that would likely take me over nine hours to complete. Surely, if I stayed with it, if I stopped for a minute here and there and stretched, my calves would get better and I could carry on. So I waited (even after a particularly humiliating moment of passing the leader only to stumble to the ground) and eventually, my legs did relax. In fact, they recovered enough that on this particular day, I was able to pick up the pace and be the first woman across the line. I know there were physical and physiological factors in my favor—as well as luck for who didn't show up at the

start line—but being patient and optimistic was what really made for a successful race that day. I've had many more races where patience and a finish is all I take from a race. Last summer, I walked the last 20 miles of Western States 100 Mile Endurance Run because no amount of mental will could overcome my physical and physiological issues (instead, it was my awesome crew and pacers who kept me going). A race finish is always satisfying for me but on that rare occasion when everything works in my favor, nothing beats the thrill of racing fast.

I am able to apply the physical and mental benefits of ultra trailing racing to Nordic ski racing. The cross country ski races I do take less time to complete than my ultra-trail runs and they certainly contain more complex elements (technique, waxing, equipment, snow conditions etc.), but the races are still about suffering and risk-taking. Can I go straight downhill without braking? How many uphills am I willing to sprint? Without a doubt, racing ultra distance trail runs gives me lots of opportunities to work on my mental strength which I can then apply to trying to go fast as I can on skis. I am always looking for ways to practice my mental strength because it seems to me the more I can work on this the more successful—or at least enjoyable—any of my racing experiences can be.

Ultra trail running does nothing for my speed. It doesn't strengthen my upper body nor does it improve my ski technique. It also takes all day, time I don't have during the work week. For all these reasons, I spend most of my summer weekdays going on short runs, lifting, doing intervals, and lately, even roller skiing. But, during summer and fall weekends, I love nothing more than spending all day running with friends in beautiful places.

**Molly Zurn is a Far West Nordic Board Member, co-Chair of the Masters Committee, and is the winner of the Tahoe Rim Ultra 50 Miler in 2006.**

# WHAT'S MORE FUN THAN NEW SKI EQUIPMENT?

## Latest and Greatest for 2007

By Andrew Hall

**T**his year there is a great line up of new equipment, new technology and cosmetics. High tech materials are everywhere—Kevlar, Titanium and, of course, Carbon fiber. The latter in particular is being used extensively to make xc skiing faster, more fun and even more fashionable. This material is super stiff, light, lively and moldable to just about any shape so its application for cross country skiing seems to be limitless. The following is a brief description (in alphabetical order) of some of the great new offerings for 2006-2007.

### SKIS

Let's start with the most fun piece of equipment—skis.

Atomic has a new line of skis, with a new profile, (the thickness of the ski when viewed from the side), new base and graphics. It is reportedly the lightest ski on the market and feels even lighter. The swing weight, or lack of it, is amazing. Atomic skis have always been very stable and predictable, and now you can add liveliness and excitement to their description. These are not your grandma's Atomics.

Fischer is utilizing carbon extensively in their new RCS Carbon Light, skate and classic skis. Tips and tails are made from a Multi Axial Carbon Fiber; this is a super stiff grade that is used to reduce swing weight dramatically. A more traditional carbon fiber is used in layers for the rest of the ski which is layered up on a new air core. The upshot of all this is a ski that weighs under 1000 grams, feels like a lot less, and is sure to be fast. Did I mention that they come laser-waxed with fluoro wax?

Madshus skis have only slight modifications this year to their racing lineup: new cosmetics (which the Norwegians always do well) and changes in side cut so their soft snow skis have a bit more float. These are great skis, made in Norway by the oldest ski company in the world; tradition meets technology in the nicest possible way.

Rossignol have not made any real changes to their existing lineup—if it an't broke, don't fix it. Their Dualtech design, which incorporates the best of cap and laminate constructions, has been tweaked over the years and delivers longitudinal flexibility and torsional stiffness where best needed. Look to their classic skis for a sophisticated camber design that took 3 years of research in Finland to develop. Rossignol is justifiably proud of the results.

Salomon, whose skis were hit the market with a bang last year, are a great performing ski. They have a super-thick layer of carbon in the mid

section of the ski that, when properly fitted to the skier, gives a great rebound effect after the skate or diagonal kick. When mounting these skis drilling through the topsheet takes some real effort because there is a thick plate of carbon fiber, not just a few strands so they can put "carbon" on the graphics. Their striding skis, which were in limited supply last year, have a great feel; easy to flatten but give a nice rebound for a dynamic feeling kick.

### POLES

Poles are an area that gets plenty of attention from the carbon engineers. Atomic is in the pole market in a big way this winter with great performance and value, not to mention cosmetics. Their world cup line of poles, boots, bindings and skis are all color coordinated, as we all know, its not how fast you ski but rather how fast you look.

Exel is back in the U.S. with quality poles from Finland. Their Black Feather model commemorates their first carbon fiber pole from the eighties, "the" pole to own at the time. This year's Black Feather has Exel's own take on grip angle.

Swix's new Force 10 pole is a one-piece monocoque construction; the handle is all carbon and is integrated into the shaft, which is a deep aerofoil wing shape. These are the stiffest, lightest and reddest poles available—they scream "fast!"

### BOOTS

There's lots of news on the boot front for 06/07. Alpina, long known as a great fitting boot, has really gotten their act together and made performance boots with quality and features as good as anyone. This year their skating boot not only utilizes carbon but also titanium, making it the lightest boot on the market. Fit is great, and it has a minimalist design so it is not too bulky. The striding boot offers fantastic downhill control. Alpina uses Rottefella NNN bindings.

After dabbling with boots last year, Atomic has hit the ground running this winter with a complete line up using the Salomon Pilot system. They look fast, seem to fit a medium to wide

foot, the sole is not overly stiff so good snow feel is assured, and they are a well-priced boot.

Fischer's boot is unchanged for this year except for the top-end boots, the 9000 series being available in both low and high volume fits. The feature that sets Fischer apart is their integrated footbed system; they do not use a high cuff for stability but rather a foot bed design that they believe aids control without the weight or ankle locking design of a high cuff. Demo this boot sometime and see if it is right for you. Fischer is compatible with the Salomon binding system.

Madshus, now owned by K2 Corporation, has decided to get into the cross country boot business this year using the technology and manufacturing expertise of K2's inline skate department. Lots of carbon in their skate boots, which seem to fit a medium to wide foot, and a ladies line with fit and colors is designed just for women. Madshus, being proud Norwegian, uses the NNN system.

Rossignol boots, although unchanged from last year, are light, stiff and extremely responsive. Carbon is used in the skate model, with both the heel counter and lateral arms of the cuff being made of the black stuff. This year the X-ium models are available in both a low and medium volume fit, and use the NNN system sole.

Salomon boots are all new, all black and all "rad." Where do you begin? The fit, which really is the most important thing, has been tweaked with the new boot so that the S-Lab, their top boot, is slightly wider than the earlier Carbon Pro; it is sure to fit more people, but is still a snug-fitting high performance boot. There is more carbon this year—in the sole and in the heel counter—reducing weight and increasing stiffness where it is needed most. I skied in this boot last spring, and the weight reduction and stiffness was really noticeable in the kick off when skating.

Salomon's striding boot, the RC Carbon Pilot, has been through the same work out—lightened, stiffened where needed, and also slightly wider.

Arguably the most dramatic improvement is with their classic binding. When Salomon brought out the Pilot system for skating with its twin axis connection I thought it was a good idea, but classic skis and boots were what I thought would really benefit from the increased control offered by this system. Well, a few years, lots of prototypes, and a ton of CAD time later and Salomon has the Pilot Classic. I skied it last spring and not only has the downhill control improved, but the kick is sensational. It took only my second stride to realize that I was able to keep my wax in contact with the snow much longer than with the Profil system, leading to a much stronger kick. This system uses a Kevlar band that is spring-loaded and whose tension is adjustable through an allen key adjustment on the back of the binding. The band

attaches to a second bar on the boot, similar to the pilot skate system. Discerning classic skiers will want to check this new binding out; you will need to upgrade your boots to take advantage of it. Compatible boots are available from Salomon, Atomic and Fischer.

New last year for Rottfella and Rossignol was the NNN4 NIS; it remains unchanged for this year and offers great performance and adjustability. Instead of screwing into the ski, the NIS system slides onto a plate that is constructed into the ski. This means no screws, no holes, no hassles. The binding simply slides onto the ski and can be moved a couple of centimeters up and down the ski to elicit a different feel from the ski. I have found it to be really effective with waxable clas-

sic skis—the ability to move the binding forward and back to affect my position over the wax can have a real impact on kick and glide. These bindings are simple, light and can be moved from one of skis to another in a matter of seconds. Madshus and Rossignol produce skis with the NIS plate built-in, ready-to-use.

Best of all, there are lots of opportunities locally to try before you buy. Look to local retailers and xc centers for demo's and special Demo Days before you hand over the money for new gear. Try before you Buy to make sure you have the best gear for your personal skiing needs.

**In addition to being the co-owner of Sierra Nordic XC Ski Shop in Soda Springs and the former manager of Tahoe Donner XC, Andrew Hall is one of the fastest skiers in the Far West.**

# BRISTLING OVER BRUSHES

## De-Mystifying One Of the Cross Country Ski Racer's Most Important Tools

By Nat Brown

This article is part of a chapter from Nat Brown's Guide to Cross-Country Skiing, and is reprinted with permission of Nordic Ultratune ([www.ultratune.net](http://www.ultratune.net)) and Mark Waechter.

**W**hy do we brush out skis? Basically, to get crud or wax off the base and out of the structure on the base. "Structure" refers to the little "grooves" or "pattern" on the base of the skis that allow the ski to break the suction of whatever moisture is in the snow. There are many different structures, some of them quite complex and that can only be done by stone grinding. But a ski without structure will almost always be a slow ski.

When we ski, crud gets into the structure – and crud does two things: it seals the base so it won't absorb and retain wax, and it adds drag, slowing the ski. Crud is a Bad Thing.

When we wax a ski, wax gets into the structure. Scraping removes the wax on the surface of the base, but not the wax in the structure. So, we brush.

There is a lot of confusion about brushes because the various producers of ski tools have flooded the market with brushes of every imaginable description, with complex and confusing descriptions of what each brush is for. Gear West has introduced a new line of brushes which cuts through some of this: there are six brushes, three for cold and three for warm conditions, and the purpose of each brush is printed on the top of the brush.

But you don't need all that stuff, and you don't need all the roto-brushes out there, either. Roto tools are great for speed, which is important if you're doing a lot of skis, but there is no quality difference between a roto'ed ski and a hand-brushed ski, and very little difference between all the various lengths and stiffnesses and colors and types of bristles and horsehair brushes with horse hair from Iceland, or Shetland or Wy-

oming. The last time someone missed an Olympic medal because someone used the wrong brush hasn't happened yet, and NO ONE wins races on brushing (or eyewear or logos, for that matter – or even aerodynamic suits.)

Somewhere in all this confusion, people lose sight of three old-fashioned Facts:

1. *PEOPLE WIN RACES BECAUSE THEY SKI BETTER (TECHNIQUE)*
2. *PEOPLE WIN RACES BECAUSE THEY TRAIN WELL (NOT MORE, OR HARDER – JUST MORE INTELLIGENTLY)*
3. *PEOPLE WIN RACES BECAUSE THEY HAVE GOOD SKIS THAT FIT THEM AND WORK FOR THEM.*

Next comes wax, but it's worth remembering that *almost* the right wax is generally as good as the right wax – and the same goes for structure. A well-waxed, "open", flat base is going to be faster, too – which is why we stone grind.

Which brings us back to brushes. You don't need a huge quiver of brushes. I suggest a basic two:

1. Fine bronze, copper, brass – this is for cleaning the base out after skiing, or for brushing out the base when there is a hard/cold wax in it. Fine to reach down into the structure, and metal so it's stiff enough to do a thorough job of cleaning or de-waxing.

2. Fine, stiff nylon – for finishing and polish-

ing the base after the ski has been waxed and scraped. Stiff and fine so it will reach down into the structure.

Two more brush types are handy:

1. A combi brush: bronze/copper/brass mixed with nylon. If you can only have one brush, this is the one to get.

2. A fluoro-dedicated brush if you use pure fluoros. A non-dedicated brush will smear paraffin or dirt over the fluoros, slowing the ski down. There are horsehair and artificial fluoro brushes. Each has its own slight advantage, but either will do. Don't stress.

Keep It Simple, Skier ("KISS"...)

The whole thing can be summed up with those last words, which sum up about 90% of the Wisdom of the Ancient Skiers: Don't stress. Let the other guy get all worked up and miss his warm-up or loose his focus while he's worrying that he gave the base seven strokes with a medium-fiber goathair brush, rather than eight passes with the blue anti-static polishing brush. Brushes don't win races. Good skiers do.

**Nat Brown is a former U.S. Ski Team coach, and was the founder of Nordic Ultra-Tune in Washington. He is still in high demand as a wax technician for top-level nordic World Cup national teams.**

# YOUR "FAT BURNING" ZONES

## Fine-Tuning A "Weighty" Strategy

By Andy Pasternak, Silver Sage Medical Center

**L**osing weight is a common goal for both recreational and competitive skiers, but it is also sometimes a difficult goal to achieve. At our office, we always get questions about the magical "fat burning zone." Many of the cardio machines in gyms now have displays and programs targeting your heart rate for these special "fat burning zones." As a result, many people will try to stay in these heart rate zones exclusively when trying to melt away fat. Is this the right strategy? Will you lose weight? Let's try to shed some light on this tricky subject. First, a couple of facts...

The only way to lose weight is to put fewer calories into your body versus calories being expended by your basal metabolic rate and activity combined. From a dietary standpoint, your body will either use carbohydrates or fats as an energy source.

A pound of fat equals 3500 calories (Kcal).

Metabolically, depending on the intensity of your workouts, your body will use stored glycogen as a fuel source for the first 45-60 minutes of working out. Without refueling, muscle and liver glycogen depletion can lead to "bonking" during longer workouts.

As your exercise intensity increases, the percentage of energy you get from fat decreases. Graphically based, fat metabolism usually looks something like this:

Your peak utilization of fat calories burned per minute is usually at a fairly low heart rate and exertion level. This peak is sometimes referred to as your aerobic base. As you increase your exertion and workload, the total number of calories/min goes up but the percentage of calories coming from fat vs. carbohydrates goes down. As your body reaches your anaerobic threshold (the point at which your carbon dioxide production is greater than your oxygen consumption), you are using carbohydrates as the primary fuel source.

Let's assume you are trying to lose weight and have an hour to workout. What kind of workout would be best? Here are four different workouts at three different exertion levels.

While you burn more fat calories at a lower heart rate level, your overall caloric expenditure is greater at higher rates of exertion. As we established in fact #1, when caloric output is greater than calories in (food), you will lose fat. Thus, exercise at a higher exertion will result in greater caloric deficit although fewer calories will be "fat calories."

So what do we recommend? Obviously working out at your highest levels of intensity may consume the most calories per minute, but it will lead to burn out and overtraining. Exercising for longer periods of time at a lower exertion level will burn more calories than shorter workouts at higher intensities; unfortunately, with our busy schedules, we don't always have time to workout for hours. In addition, if you only work out in lower heart rate zones, your body won't learn to adapt and use fats more efficiently in higher heart rate zones.

Generally, a blend of workouts of varying intensity can train your body to more efficiently use fat as a fuel source. Workouts in the heart rate zones between your aerobic base and anaerobic threshold will train your body overtime to better use fat as fuel source. Long, sustained workouts will help to deplete you stored glycogen and force your body to use fats for energy without over taxing your body.

How do you know where your heart rate zones are? Fortunately, the technology to do metabolic testing is no longer limited to elite athletes. With

a simple 10-20 minute exercise test at a qualified exercise physiology lab, you should be able to find out how your body is using fats and carbohydrates. Armed with this data, a structured training plan and a sensible healthy diet, you should be able to shed those unwanted pounds.

**Andy Pasternak runs the Silver Sage Sports Performance Center and is one of Far West Nordic's Sierra Ski Chase sponsors, as well as being an active Nordic racer.**

*Exercise at low intensity  
(Maximal Fat burning/min)*

*60 min x 5 Kcal/min= 300 fat calories*

*60 min x 10 Kcal/min= 600 total calories*

*Exercise at moderate intensity*

*60 min x 3 Kcal fat/min= 180 fat calories*

*60 min x 15 Kcal/min= 900 total calories*

*Exercise at anaerobic threshold*

*60 min x 0 Kcal fat/min=0 fat calories*

*60 min x 17 Kcal/min= 1020 total calories*

*Longer workout at low intensity*

*120 min x 5K cal/min=600 fat calories*

*120 min x 10 Kcal/min=1200 total calories*

# 2007 SIERRA SKI CHASE

by Juliet Bradley

**S**ixteen years ago, Helga Sable, an avid racer and a passionate skier, desired to attract more skiers to the local racing scene. Her enthusiasm for the sport inspired her to seek sponsors and support for an all inclusive low-key race series focused on participation rather than performance. The Sierra Ski Chase was born.

## SIERRA SKI CHASE POINTS SYSTEM

WOMEN		MEN	
TOP 20 .....	5 POINTS	TOP 40 .....	10 POINTS
TOP 15 .....	10 POINTS	TOP 30.....	20 POINTS
TOP 10.....	25 POINTS	TOP 20 .....	30 POINTS
TOP 5 .....	35 POINTS	TOP 15 .....	35 POINTS
TOP 2.....	40 POINTS	TOP 10.....	40 POINTS
		TOP 3 .....	45 POINTS

Skiers of all abilities are encouraged and welcome to enter the Sierra Ski Chase. It is free to Far West Members. (\$20 per year). Non-members are asked for a \$15 contribution to defray the cost of participation prizes. The top man and woman will have their names inscribed on the Sierra Ski Chase Perpetual Trophy on display at the Auburn Ski Club. All prizes donated by our sponsors go into a raffle and, in that way, everyone who completes the series can be a potential winner. Please acknowledge our sponsors and let them know how much you appreciate their participation in the Sierra Ski Chase.

This year, we are delighted to have a new major sponsor, Silver Sage Sports Performance Center of Reno and sincerely thank Dr. Andy Pasternak for his support.

Helga, after years of cheerful encouragement and dedication in managing and promoting this inclusive race series, is stepping down from her role as director. Helga hopes to see her skiing friends at some of this year's races. If you run into her, please take a moment to extend a big thank for her countless years of dedication to this program.

Julie Bradley has kindly volunteered to take over the position in the hopes of continuing Helga's legacy of encouraging a wider participation in the local races.

Everybody is welcome to enter the Sierra Ski Chase. It is free to valid FW members (only \$20 per year/\$35 family membership). We ask non-FW members for a contribution of \$15 to defray

## SIERRA SKI CHASE RACES

DECEMBER 10, 2007 ... SIERRA NORDIC DUATHLON .....	AUBURN SKI CLUB .....	5K CLASSIC/5K FREESTYLE	
DECEMBER 31, 2006 ... SNOWSHOE THOMPSON CLASSIC...	AUBURN SKI CLUB .....	10 KILOMETERS CLASSIC	
JANUARY 7, 2007 .....	PACO'S FUN RACE .....	AUBURN SKI CLUB .....	10 KILOMETERS FREESTYLE
JANUARY 15, 2007.....	SIERRA SKOGSLOPPET .....	TAHOE DONNER XC.....	15 KILOMETERS FREESTYLE
JANUARY 21, 2007.....	SAWMILL 15 K.....	NORTHSTAR.....	15 KILOMETERS FREESTYLE
JANUARY 28, 2007 ....	TAHOE CITY CLASSIC .....	TAHOE CROSS COUNTRY.....	15 KILOMETERS CLASSIC
FEBRUARY 4, 2007.....	ALLAN BARD MEMORIAL.....	TAMARACK LODGE, MAMMOTH..	20 KILOMETER CLASSIC
FEBRUARY 11, 2007 ....	ALPENGLOW FREESTYLE 20K.....	TAHOE CROSS COUNTRY.....	20 KILOMETERS FREESTYLE
FEBRUARY 19, 2007.....	PACO'S XC PRESIDENTS CUP .....	TAHOE DONNER XC.....	15 KILOMETERS FREESTYLE
FEBRUARY 25, 2007 ...	SIERRA NORDIC RELAYS .....	TAHOE DONNER XC.....	3 PERSON RELAY (1 LEG CLASSIC)
MARCH 18, 2007 .....	CALIFORNIA GOLD RUSH .....	ROYAL GORGE.....	50/30/15 KILOMETERS FREESTYLE

the cost of the tee-shirts. All prizes donated by our sponsors will go into the raffle and in that way everyone who completes the series can be a potential winner. The top man and woman will have their names inscribed on the SIERRA SKI CHASE PERPETUAL TROPHY on display at the Auburn Ski Club.

You have to complete a minimum of 5 races. Age handicap points will be given to the best 5 races per participant, that means 1 point will be added per year over age 34. Everybody will receive 10 points for finishing a race plus placing points. After you fulfill your requirement of 5 races, each additional race will be worth 10 points. The Tahoe Donner Relays\*, will be scored with 10 points, no age or finishing points. Royal Gorge's Gold/Silver/Bronze Rush will be scored with 30/20/10 points depending which distance you enter and again no age or finishing points.

Races with 40 participants or less will be scored with 10 points across the board.

Ski Chase participants from Mammoth and Bear Valley may have up to 3 races in their own area count as a straight points races to fulfill Sierra Ski Chase Criteria. At the same time, our local racers may have 2 out-of-the-area races count as long as they are in the Far West region.

As always, the end of the Ski Chase, the raffle and handing out of teeshirts to successful participants will coincide with the Gold Rush Party at Auburn Ski Club. You MUST sign-up for the Sierra Ski Chase to be eligible. Sign-ups will be taken at the first 4 races for those who haven't signed up online through membership. Please see Julie Bradley.

**Any questions or suggestions about the Sierra Ski Chase, please contact Julie Bradley at (530) 582-4685 or by email: julietbradley@usamedia.tv**

# SKI-ORIENTEERING

## U.S. & Sierra Ski-Orienteering Championships

By Tony Pinkham

**W**hether you are a first-time ski orienteer or a seasoned veteran, the first-ever week of Ski Orienteering (Ski-O) racing events is a unique adventure racing opportunity not to be missed in 2007. This series of events includes seven Ski-O races in nine days, two US Ski-O championships (U.S. long course and U.S. short course), and the Sierra Ski-O Championships.

Each of the championships offers a separate set of medals to the top three finishers of each fully competitive class. Even if you do not envision yourself winning medals, you get seven great days of Ski-O competition, each day with a different course and adventure that you will remember for a lifetime.

In Ski Orienteering, the only thing you know about your course before beginning is its optimal length and climb. Your first glimpse at your map comes when you start your course. At that time, you quickly look for the different routes to your first flag (called a "control")—pick a route, and begin skiing. When you arrive at the control, you punch in and then repeat the process for the next control shown on your map.

If you have never been ski orienteering before, take a 20-minute beginner clinic, which is available at each event. Depending on your skiing and navigation skills, you can then do the easy beginner course or one of the more challenging intermediate or advanced courses. Do a course that best matches your abilities. If you are not sure which course is best for you, ask the registrar to help you decide.

The 2007 Sierra Ski-O Week begins with two events at Bear Valley Cross Country, and then continues with five more events in the North Lake Tahoe area.

Your competitive class is made up of others of the same gender and age group. The 0-16 and 55+ age groups do the shorter courses, the 17-20 and 40-54 age groups do the medium length courses, and the 21-39 age groups do the longer courses. The longer courses are significantly more physical and offer more complex navigational choices.

Each Ski-O event uses electronic punching to verify that you have arrived at every control in the order shown on your map. When you find one of your controls, you press your "finger stick" into an electronic box at the control to record your arrival, and then go for the next control. Finger sticks can be rented for each race day.

The Sierra Ski-O Championships are open to everyone. As soon as you finish a course for your competitive class, you are eligible to win a medal. Your overall placement in your class is determined by the number of points you accumulate.

The U.S. championship events occur the last two event days of the Sierra Ski-O Championships. The U.S. Long Course Championship has the longest courses for the week on very challenging terrain at Tahoe Donner Cross Country. The US Short Course Championship has courses that are about two thirds as long on flatter, faster terrain at Tahoe Cross Country. Each of these US championships competitions are open to all skiers, but to place or win medals you must be a member of the US Orienteering Federation (USOF) For more information and fees, see the USOF Web page at [www.us.orienteering.org](http://www.us.orienteering.org). Those who place well in the US Championships are encouraged to join the US team for the World Championships in Russia in March 2007.

For more information or to pre-register with special discounts, see [www.baoc.org](http://www.baoc.org). Discounts are available for early-bird registration (until December 15, 2006) and basic pre-registration (until January 17, 2007). You can also register at the event without discounts. We look forward to racing with you and sharing our many racing experiences.

## DECEMBER

**DECEMBER 3, 2006**  
**KIRKWOOD 10 K**  
 10 am • Sunday • Kirkwood XC  
 10 km. (Jrs: 5 km) • \$15 by 12/2 (Juniors Free) • \$20 on 12/3  
[www.kirkwood.com](http://www.kirkwood.com) • (209) 258-7248

**DECEMBER 10, 2006**  
**TANNENBAUM 10K CLASSIC**  
 10 am • Sunday • Tamarack Lodge XC  
**DIAGONAL STRIDE ONLY** • Packstation Start  
 10 km. Classic (Jrs. 3.5 km.) • \$12 by 12/4 (Jrs. \$5) • \$15  
[www.tamaracklodge.com/xcountry](http://www.tamaracklodge.com/xcountry) • (760) 934-5293

**DECEMBER 10, 2006** (MT) (SSC)  
**SIERRA NORDIC DUATHLON**  
 10 am • Sunday • ASC Training Center  
 5K Classic • 5K Freestyle Continuous Pursuit  
 \$20 (Jrs. \$10) by 12/9 Noon (ASC members \$5 Off) • \$25/\$15  
[www.auburnskiclub.org](http://www.auburnskiclub.org) • (530) 426-3313  
 Ski Bag Required for Transitions

**DECEMBER 17, 2006** (JO)  
**ASC SPRINTS**  
 10 am • Sunday • ASC Training Center  
 1 Kilometer Sprint Course • JO Qualifier  
 \$20 (Jrs. \$10) by 12/6 Noon (ASC members \$5 Off) • \$25/\$15  
[www.auburnskiclub.org](http://www.auburnskiclub.org) • (530) 426-3313  
 Pre-Registration required for seeding • JOQ RACE

**DECEMBER 31, 2006** (FC) (MT) (SSC)  
**SNOWSHOE THOMPSON CLASSIC**  
 10 am • Sunday • ASC Training Center  
 10 km./5 km./Kids courses  
 \$20 (Jrs. \$10) by 12/30 Noon (ASC members \$5 Off) • \$25/\$15  
**DIAGONAL STRIDE ONLY**

## JANUARY

**JANUARY 3, 2007**  
**TAHOE DONNER NIGHT RACE**  
 6 pm • Wednesday • Tahoe Donner XC  
 5 km. Under Lights • \$12 (Jrs. \$6) • **DIAGONAL STRIDE**  
[www.tdxc.com](http://www.tdxc.com) • (530) 587-9484

**JANUARY 7, 2007** (MT) (SSC)  
**PACO'S FUN RACE**  
 10 am • Sunday • Auburn Ski Club  
 10 K (Jrs: 5 km./3 km.) • Interval Starts  
[www.auburnskiclub.org](http://www.auburnskiclub.org) • (530) 426-3313  
 Pre-Registration required for seeding

**JANUARY 7, 2007**  
**LAKES BASIN 15 K**  
 10 am • Sunday • Tamarack Lodge XC (Packstation)  
 15 km. (Jrs. 5 km.) • \$12 by 12/31 (Jrs. \$5) • \$15

**JANUARY 9, 2007**  
**SQUAW CREEK RACE SERIES**  
 5 pm • Tuesday • Squaw Creek XC Center  
 5 km. • \$5 • Prizes for Series points participants and winners  
[www.squaw.com/winter/crosscountry.html](http://www.squaw.com/winter/crosscountry.html) • (530) 583-6300

**JANUARY 14, 2007**  
**LEMURIAN LOPPET**  
 10 am • Sunday • Mt. Shasta XC Center  
 15 km. or 8 km. • \$15 (Jrs.: \$10)  
 (530) 926-2142 • [www.mtshastanordic.org](http://www.mtshastanordic.org)

**JANUARY 15, 2007** (SSC) (JO)  
**SIERRA SKOGSLOPPET**  
 10 am • Monday • Tahoe Donner XC  
 15 km. • \$25 (Jrs. \$18)  
 Fundraiser for Truckee School Nordic Teams  
 Junior Olympic Qualifier Event

### CNISSF SCHOOL RACES

December 15, 2007 • Auburn Ski Club Relays  
 January 12, 2007 • Mammoth High Classic  
 January 26, 2007 • Truckee High School Sprints  
 February 2, 2007 • Kirkwood Classic  
 February 9, 2007 • North Tahoe Pursuits  
 February 16, 2007 • ASC State Champs Freestyle  
 February 17, 2007 • ASC State Champs Classic Pursuit

## JANUARY

**JANUARY 17, 2007**  
**TAHOE DONNER NIGHT RACE**  
 See January 3rd for Details • Freestyle Technique

**JANUARY 21, 2007** (MT) (SSC)  
**SAWMILL 15 K**  
 9:30 am • Sunday • Northstar  
 15 km. (Jr. 5 km.) • \$20 (\$10 Juniors) by 1/20 • \$25 (\$15 Jrs.)  
 \$5 Discount for Far West Members  
 Registration 7 - 8:30 am in Village Area  
[www.skinorthstar.com](http://www.skinorthstar.com) • (530) 562-2475  
 Fundraiser for Far West Nordic Junior Program

**JANUARY 23, 2007**  
**SQUAW CREEK RACE SERIES**  
 See January 9th for details

**JANUARY 28, 2007** (FC) (MT) (SSC)  
**TAHOE CITY CLASSIC**  
 10 am • Sunday • Tahoe XC  
 15 km. (Jrs. 5 km.) • \$20 by 1/27 (Jrs. Free) • \$25 after 1/27  
[www.tahoexc.org](http://www.tahoexc.org) • (530) 583-5475  
**DIAGONAL STRIDE ONLY**

**JANUARY 31, 2007**  
**TAHOE DONNER NIGHT RACE**  
 See January 3 for details • Freestyle

## FEBRUARY

**FEBRUARY 4, 2007** (MT) (SSC)  
**ALLAN BARD MEMORIAL CLASSIC**  
 10 am • Sunday • Tamarack Lodge XC  
 20 km. (Jrs: 15/10/5 km.) • \$12 by 1/29 (Jrs. \$5) • \$15 Late  
**DIAGONAL STRIDE ONLY** (JO)

**FEBRUARY 4, 2007**  
**DUCKY'S PURSUIT RACE**  
 10 am • Sunday • Mt. Shasta XC Center  
 15 km. Classic/15 km. Freestyle OR 7.5 km. Classic/7.5 Freestyle  
 \$20 (Jrs: \$10) • (530) 926-2142 • [www.mtshastanordic.org](http://www.mtshastanordic.org)

**FEBRUARY 6, 2007**  
**SQUAW CREEK RACE SERIES**  
 See January 9th for details

**FEBRUARY 11, 2007** (MT) (SSC)  
**ALPENGLOW FREESTYLE**  
 10 am • Sunday • Tahoe XC  
 20 km. (Jrs: 5 km) • \$20 by 2/10 (Jrs. Free) • \$25 after 2/10

**FEBRUARY 14, 2007**  
**TAHOE DONNER NIGHT RACE**  
 See January 3rd for Details • Freestyle

**FEBRUARY 15, 2007**  
**TAHOE XC to NORTHSTAR TOUR**  
 Benefit for Far West Nordic & TXC Foundation

**FEBRUARY 19, 2007** (FC) (MT) (SSC)  
**PACO'S XC PRESIDENTS CUP**  
 10 am • Monday • Tahoe Donner XC  
 15 km. • \$25 (Jrs. \$18)

**FEBRUARY 20, 2007**  
**SQUAW CREEK RACE SERIES**  
 See January 9th for Details

**FEBRUARY 24, 2007** (FC) (SSC)  
**YOSEMITE NORDIC HOLIDAY**  
 10:30 am • Saturday • Badger Pass, Yosemite  
 16 km. (Jr. 10 km.) • \$30 by 2/11 (Jrs. \$20) • \$40 (Jrs. \$30)  
 Price incl Sat/Sun Races (8 Tele race Sat.), 1/2 day lift & Party  
[www.yosemitepark.com](http://www.yosemitepark.com) • (209) 372-8444  
**DIAGONAL STRIDE ONLY**

**FEBRUARY 25, 2007**  
**SIERRA NORDIC TDXC RELAYS**  
 10 am • Sunday • Tahoe Donner XC  
 \$18 (Jrs. \$9) • 3 x 5 km. • FIRST LEG CLASSIC STYLE

### RACE SCHEDULE LEGEND

FREESTYLE CLASSIC STYLE MIXED RACE

## FEBRUARY

**FEBRUARY 25, 2007** (MT)  
**GLACIER POINT SKATE RACE**  
 9:00 am • Sunday • Badger Pass, Yosemite  
 35 km. • \$30 by 2/11 (Jrs. \$20) • \$40 (Jrs. \$30) after 2/11  
 Price incl. Sat/Sun Races (Tele race Sat.), 1/2 day lift/Party

## MARCH

**MARCH 4, 2007** (FC) (MT)  
**THE GREAT SKI RACE**  
 9 am • Sunday • Tahoe XC to Truckee  
 30 km. • \$40 by 3/3 • \$60 race day • [www.thegreatskirace.com](http://www.thegreatskirace.com)  
 P.O. Box 7260 • Tahoe City • CA • 96145 • (530) 583-5475  
 Benefit for Tahoe Nordic Search & Rescue

**MARCH 10, 2007** (SSC)  
**BJORNLOPPET RACE & FESTIVAL**  
 11 am • Saturday • Bear Valley Cross Country  
 20 km./10 Km. • \$35 by 2/23 (Jrs: \$20) • Late Reg: \$40 (Jrs: \$25)  
 Official Entry Form • [www.bearvalleyxc.com](http://www.bearvalleyxc.com) • (209) 753-2834

**MARCH 11, 2007**  
**BJORNLOPPET CLASSIC RACE**  
 10 am • Sunday • Bear Valley Cross Country  
 10 km. • \$22 by 2/23 • \$25 • Call for Official Entry Form  
 T-Shirt, party, prizes • **DIAGONAL STRIDE ONLY**

**MARCH 15, 2007**  
**TAHOE XC to NORTHSTAR TOUR**  
 Benefit for Far West Nordic & TXC Foundation

**MARCH 17, 2007**  
**GOLD NUGGETS KIDS' RACE**  
**SUPER CROSS JUNIOR'S RACE**  
 10 am / 11:30 am • Saturday • Royal Gorge  
 Gold Nuggets: Free • Supercross: \$5

**MARCH 18, 2007** (FC) (MT) (SSC)  
**CALIFORNIA GOLD RUSH**  
 8 am • Sunday • Royal Gorge • 50/30/15/6 km.  
 By Mail or Online (\$2 Fee): \$40 by 1/29 • \$50 by 3/9  
 OnLine only (\$2 Fee): \$60 by 3/16  
 Juniors Receive 50% Discount on Registration  
 for the Silver or Bronze Rush  
 Jr. Rush: \$5 by 1/29 • \$10 by 3/9 • \$15 by 3/16  
 On Site Reg.: \$60 (\$15 Jr. Rush) • No Race Day Registration  
 Register On-line (\$2 fee): [www.royalgorge.com](http://www.royalgorge.com)  
 A Benefit for the Far West Nordic Ski Association

**MARCH 25, 2007**  
**10TH MT. DIVISION BIATHLON**  
 10 am • Sunday • ASC Training Center  
 \$25 (Jrs. \$10) by 3/24 Noon (ASC members \$5 Off) • \$30/\$15  
 6 km. or 3 km. • Rifle Clinic Required

## APRIL

**APRIL 1, 2007**  
**MAMMOTH MARATHON**  
 9 am • Sunday • Tamarack Lodge XC  
 42 km. or 21 km. (Jr: 10 or 2 km.) • \$45 by 3/25 (Jrs. \$15) • \$55  
 Price includes Saturday Trail Pass • T-Shirt • Meal

**APRIL 7, 2007**  
**TOM'S 10K CLASSIC RACE**  
 10 am • Saturday • Bear Valley Cross Country  
 10 km. • \$22 by 3/27 • \$25 after 3/27  
**DIAGONAL STRIDE ONLY**

**APRIL 8, 2007**  
**BILLY DUTTON UPHILL**  
 8 am • Sunday • Squaw Valley  
 3.2 miles Uphill • \$15 Day of race only • Registration @ 7 am  
 Fundraiser for the Far West Nordic Junior Program

(FC) FISCHER CUP RACE  
 (SSC) SIERRA SKI CHASE RACE  
 (MT) MASTER TEAM QUALIFIER  
 (JO) JUNIOR OLYMPIC QUALIFIER

Go to [www.farwestnordic.org](http://www.farwestnordic.org) for Updates & Complete Results