



# The FORERUNNER

FAR WEST MASTERS

SEPTEMBER, 2008

# Membership Issue

MEMBERSHIP APPLICATION AND MEMBER INFORMATION INSIDE THIS ISSUE!



THIS ISSUE IS DEDICATED TO ROBERT "BOB" BERNARD

1923-2008

**Masters Ski Racing Series  
of the Far West**

**Sponsored By**



## 2008-2009

Far West Masters  
Ski Racing Schedule

DATE	LOCATION	EVENT	FEE/LIFT	SEND ENTRIES TO:
<b>Dec. 6-7</b>	Mammoth Mountain (760)934-0642	SL, SL Dave McCoy SL's	\$25/ \$46 \$23 seniors	Mammoth Mountain Race Dept. P.O. Box 24 Mammoth Lakes, CA 93546
<b>Dec. 20-21</b>	Alpine Meadows (530)581-8234	SL, SL Kangaroo	\$25/ TBA	Alpine Meadows Race Dept. P.O. Box 5279 Tahoe City, CA 96145
<b>Jan. 9</b>	Heavenly (775)586-7000 x6208 (530)542-5133	SL Viva Italia Trophy	\$25/ TBA	Heavenly Race Dept. c/o Rick Buxton P.O. Box 2180 Stateline, NV 89449
<b>Jan. 10-11</b>	Sierra at Tahoe (530)659-7453 x280	SL, GS	\$25/ TBA	Sierra at Tahoe Resort Competition Department 1111 Sierra at Tahoe Road Twin Bridges, CA 95735
<b>Jan. 23-25</b>	Mammoth Mountain (760)934-0642	SG, SG, SG, S Combined training run Fri. \$5 optional	\$35 SG's/\$45 SC \$46/\$23 seniors	Mammoth Mountain Race Dept. P.O. Box 24 Mammoth Lakes, CA 93546
<b>Feb. 5-8</b>	Western Regional Championships Park City, UT	TR SG, SG, GS, SL		See Masters Handbook
<b>Feb. 20</b>	Northstar (530)562-2472	DH	\$35/ TBA	Northstar at Tahoe Attn: Race Department P.O. Box 129 Truckee, CA 96160
<b>Feb. 21-22</b>	Northstar	SG, SG	\$35/ TBA	See above
<b>Feb. 23-26</b>	Mammoth DH w/Juniors (760)934-0642	2 Training, 3 DH races	\$20 training \$38 races \$46/\$23 seniors	Mammoth Mountain Race Dept. P.O. Box 24 Mammoth Lakes, CA 93546
<b>Mar. 7-8</b>	Alpine Meadows (530)581-8234	GS, GS Preb Motley	\$25/ TBA	Alpine Meadows Race Dept. P.O. Box 5279 Tahoe City, CA 96145
<b>Mar. 21-22</b>	Squaw Valley USA (530)581-7188	GS, GS Bernard Cup	\$25/ TBA	Race Services P.O. Box 2007 Olympic Valley, CA 96146
<b>Mar. 23-28</b>	Masters National Championships Sunday River, ME	DH, SG, GS, SL		See Masters Handbook
<b>Apr. 3-5</b>	Mt. Rose (775)849-0704 x 221 (775)345-6709	GS, SL, Dual GS McKinney Cup	\$25/ \$30	Rees Palermo P.O. Box 428 Verdi, NV 89439



**Forerunner**

September 2008

## From the President's Corner...

A big thank you to Teddy and Max for hosting our summer meeting at their lovely home in Gardnerville. And a personal thank you to Sam Crowell for running the meeting in my absence. It was well attended. Your board is constantly working to improve our program. You can find our meeting minutes on our website, [www.farwestmasters.org](http://www.farwestmasters.org). The question of FWM converting to the National Age class is still under discussion, thanks to input and comments received thus far. We look forward to any ideas from our membership on any subject, including this one.

Rees worked very hard to put together our schedule for this year. Once again our first race will be at Mammoth Mountain, preceded by a race camp. With Mammoth's capability of making snow this race is almost a guarantee, as well as our second race at Alpine Meadows. For those of you who want to run an early GS, because of California's recent late winters slaloms seem to be a better bet. With modern technique, just think of them as mini GS's.

Along with thoughts of racing, I received an interesting email sent out by Rocky Mountain division. They are having difficulties scheduling races for the coming season as areas are complaining there are not enough racers entering to break even. We are lucky in that we are still being supported by most of our ski areas, but a few of ours are also complaining. We need more entries, so I will make the same plea as Rocky Mountain. Put one more race this season on your schedule, and bring a buddy!

UNR's head coach has contacted us. They would like to put on two clinic days for us before two races. Your cost would be a donation to their ski team. Sounds like a great opportunity to train with top coaches. Look for the announcement in this edition.

Remember to always check our website, [www.farwestmasters.org](http://www.farwestmasters.org) before races for any news, and I'll see you on the hill!

Marietta

## *In Memoriam*

Bob Bernard was an enormously influential member of our racing community. The masters racing programs we enjoy today are in large part due to the passion and organizational skills he brought to our sport. Coming to ski racing later in his life, Bob found challenge and joy in the sport and became a worthy champion. In his own quest for excellence, his standards were high and he set his goals to pursue the best - while he might not have beaten Alberto Tomba, he saw no reason not to try to reach that level!

Beyond the enjoyment he found in his own racing, Bob supported the sport of ski racing with his involvement with USSA, the US ski team, and in the Far West. He was one of the founders along with Joe Lausmann of the Far West Masters scholarship fundraising program, which has grown into a very successful and appreciated program that helps support junior ski racers in the Far West.

For many years, no Masters championship event or race in the Far West was complete without Bob setting the standard for all us younger folk both on the race hill and off. In recent years he raced less often after health problems knocked him off the hill for a period, but he continued to have an active and satisfying life with family and travel as well as continuing to ski.

He will be deeply missed, yet his legacy lives on with all of us and he will not be forgotten. Bob was a fierce competitor, a good friend, and a true gentleman.

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## Fall Board Meeting and Officials' Clinic

The fall board meeting will be held on Saturday October 25, 3 pm to 5 pm, at the Palermos' home in Verdi, NV. It will follow the Officials' Clinic, which will start at 9 am, and includes the Referee Exam. If you are planning on attending the Officials' Clinic, please let Rees know in advance (775.345.6709) or [danielle.palermo@sbcglobal.net](mailto:danielle.palermo@sbcglobal.net). Far West will have the officials' clinic for TD and other exams on Nov. 8, and Rees can provide further information about these.

Our board meeting is open to all members who wish to attend. The Palermos live at 1105 Silver Fox Circle, Verdi, NV.



## Forerunner Changes

Your board is always looking for ways to make our organization more efficient and responsive to our members. You'll notice in your membership packet that we ask you to indicate your preference as to how to receive the Forerunner. Some members have suggested going to an electronic format, but we realize that many of us still like a traditional format ("hardcopy"). So, we'll let you decide as individuals by checking **your** preference: mailed hardcopy, download from the website, or direct electronic mailing. The latter two choices will cut down on our considerable mailing costs.

Another change that you will notice is that we will no longer include pages of race results with the Forerunner. Those results are always posted on the web soon after the race, and those of you who attend the races often take a hardcopy home with you. This will also cut down on our mailing costs by reducing the size of the Forerunner. If you have other ideas as to how we may improve our organization, please share! One of our fall board meeting agenda topics will focus on how we can reduce costs to the ski areas while maintaining our efficiency.



## University of Nevada Ski Team Master's Clinic

**When:** December 18-19 (SL) and March 19-20 (GS). Come for both days or just for one!

**What:** Get dialed in for the Kangaroo SL and the Bernard Cup GS with race simulation training. Each clinic will focus on race day execution including: inspection, warm-up, and pre-race routines. Training will be held in a mock-race format, with a warm up course and race course, followed by timed training.

**Coaches:** Nevada Head Coach and former U.S. Ski Team member Evan Weiss, Nevada Assistant Coach and 2002 Olympian (Slovakia) Michal Rajcan, Nevada Assistant Coach and NCAA All-American Scott Hume, as well as current and alumni athletes to be announced.

**Where:** Sugar Bowl Ski Resort

**Cost:** Free! (Lift ticket not included). All donations to support University of Nevada Skiing.

**Contact:** Evan Weiss: 775-682-6942 or [eweiss@unr.edu](mailto:eweiss@unr.edu) Space is limited. Please call for more details.



*Forerunner*

September 2008

**Dear Racer,**

Enclosed you will find this year's membership renewal packet. This packet includes:

- Information about the program
- The schedule (it's still tentative, so watch the newsletter and Web site for changes when we get closer to the beginning of the season).
- A membership application with release notice. Please remember, you must completely fill out **and sign** the release notice before you can race.

Please ensure that the membership application is completely filled out. Most importantly, I need to make sure that I have your correct e-mail address. Over the past few seasons, we've been able to give schedule updates and provide other pertinent program information via e-mail, making it easier for our racers to have up-to-date information throughout the season. We're also moving toward internet and e-mail distribution of membership renewals and items like the newsletter, so don't get left out of the loop!

We're looking forward to another exciting season of racing. If you have any questions, don't hesitate to contact any of the board members:

Have a good summer and see you in December!

**Marcie Pettigrew, Membership VP**



## **FWM Scholarship Program**

The following article, taken directly from **“First Tracks!! Online Ski Magazine** talks about one of our former scholarship winners, and how she continues to contribute to our outstanding program.

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### **First Tracks!! Online Ski Magazine Article on Stacey Cook – “U.S. Ski Team’s Stacey Cook Raises Money for Children”**

Scofield, UT – For the U.S. Ski Team’s Stacey Cook (Mammoth, CA), running in the Scofield Triathlon on July was about more than triumphing over physical goals, it was also about giving back to organizations that helped her become the ski racer she is today.

Cook’s participation in the triathlon was motivated by the athlete’s desire to raise funds for the 49’ers Foundation and the Far West Masters Junior Scholarship Foundation; both are foundations targeted at helping youth in every-day life as well as in sports.

“The 49’ers Foundation does a lot of cool stuff for underprivileged children in the Bay Area. They’re a great group where 100 percent of their donations go to children and they have gone as far as creating a school,” Cook explained. “The Master’s Foundation gives over 30 scholarships a year to kids in the far west. The Masters racers collect money over the season and then they distribute it in the fall to children. What they’ve been able to do in our region is amazing.”

According to Cook, there was a special factor from her childhood that made her want to raise money for the Master’s Foundation.

“Well, when I was younger I received scholarships for multiple years from the Masters Foundation, so that was something that meant a lot to me to be able to give back because they mean so much to me and have allowed me to do what I love. For other kids in the area to experience that is special to me,” Cook said.

In the end, Cook finished the marathon and says she plans on doing it again in the future.

“The swim was hard for a mountain girl like me, but I made it. Then the biking and the running was natural to me,” Cook said. “It was tough but I had a smile on my face the whole time and I want to do it again.”

Cook raised funds for the marathon through her website and split the proceeds between the two organizations.

“It’s just something really small that I can do,” Cook said

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By the time our next edition is out, we’ll know who the scholarship winners for 2008-09 will be, as the application deadline ends on Sept. 15. Last year, we had 53 athletes receive approximately \$35,000 from the FWM Scholarship Program, Inc. Since its founding over 15 years ago, we’ve raised more than \$260,000, and distributed it 100% to athletes.

The FWMSP is a 501(c)(3) public charity. Eddie Mozen, Doug Fulton, and Miles Anderson put in a lot of time and effort to make this an outstanding program, and if you’d like to help out, please contact Eddie at (530) 581-4523, or [mozen@concentric.net](mailto:mozen@concentric.net)



Forerunner

September 2008



**Masters Series Ski Racing of the Far West, Inc.  
Membership Application**

All information must be filled out for your application to be valid. You will be charged a late fee if incomplete information causes your application to be filled out after 10/31/08 due date.

Name \_\_\_\_\_ Sex:  Male  Female  
 Date of Birth: \_\_\_\_\_  
 Address \_\_\_\_\_  
 (write "same" if info has not changed)  
 City/State/Zip: \_\_\_\_\_ Bib Number \_\_\_\_\_  
 (N/A for new members)  
 Phone(s): \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Membership Dues and Contributions**

	<u>Renewing</u>	<u>New Members</u>
<b>Membership Fee*</b>	<b>\$20</b>	<b>\$20</b>
<b>Lost/replacement bib fee (add \$15)</b>	_____	<b>N/A</b>
<b>LATE FEE (if postmarked after 10/31/08, add \$5)</b>	_____	<b>N/A</b>
<b>TOTAL*</b>	_____	<b><u>\$20</u></b>

**\*Note: do not pay the USSA "Far West" fee unless you want to race or officiate with the juniors**

Make Check payable to: Masters Series Ski Racing  
 Mail to: Marcie Pettigrew  
 P.O. Box 7181  
 Mammoth Lakes, CA 93546

**Roster Information: You WILL be included unless you specifically say "NO"**

	YES	NO
Is it OK to send news messages to your email address?		
Is it OK to print your name and address for members only?		
Is it OK to print your name and address for sale to vendors?		
How would you prefer to receive your <i>Forerunner</i> Newsletter?		
<input type="checkbox"/> Hard copy mailed to you		
<input type="checkbox"/> Emailed to you		
<input type="checkbox"/> Downloaded from Far West Website		

For your USSA membership and competition license, please contact the USSA office or visit  
[www.ussa.org](http://www.ussa.org)  
 USSA Competition/Masters  
 P.O. Box 100  
 Park City, UT 84060 – (435) 649-9090

**ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AND RELEASE**

I know that alpine, Nordic and freestyle skiing are action sports carrying significant risk of serious personal injury, death or property Damage. I also know that there are natural, mechanical, and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others. I agree that I alone am responsible for: (a) my safety while participating in competitive events and/or training for competitive events and (b) providing, utilizing and maintaining that equipment necessary for the safe enjoyment of my participation in such events and specifically acknowledge that the following persons or entities including Masters Series Ski Racing of the Far West, Inc., United States Skiing, the United States Skiing Association, the United States Ski Team, the United States Ski Coaches Association, the ski area, the promoters, the sponsors, the organizers, the promoter clubs, the officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my safety, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions, and hazards which may occur whether they now be known or unknown. Being fully aware of the risks, conditions and hazards of the proposed activity as a competitor, coach or official, I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in competitive events or training for competitive events, against any condition of any equipment utilized by me in such competitive events without regard to whether such equipment is specified or recommended by such personas or entities identified above. I further agree to HOLD HARMLESS AND INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in competitive events or training for competitive events. I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities identified above from providing coverage to me. I agree that I will accept and abide by the rules and regulations of the U.S.S.A. and any other rules or regulations imposed by the organizers of any particular competition. This Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assign

Date \_\_\_\_\_ Signature \_\_\_\_\_ USSA Number \_\_\_\_\_

From the Archives...



## The Forerunner

Have you moved? Please let us know. Send your new address, phone number, and email information to:

Marcie Pettigrew  
P.O. 7181  
Mammoth Lakes, CA 93546  
Or email [1skigal@earthlink.net](mailto:1skigal@earthlink.net)

Your submissions and photos to this publication are always welcome! Please send articles to Sandy Hogan at [sandyhogan@verizon.net](mailto:sandyhogan@verizon.net) Please send photos to Elizabeth Kennedy at [skiscience@rcsis.com](mailto:skiscience@rcsis.com)

### Far West Masters Board of Directors, 2008-2009

Marietta Frinell – President	760.934.6972
Rees Palermo – Vice President	775.345.6709
Marcie Pettigrew – VP Membership	760.924.5883
Elizabeth Kennedy – VP Communications	(or) 310.546.2172 916.797.1805
Mark Smallhouse – Treasurer	775.851.0559
Sandy Hogan – Secretary	760.924.2034
Sam Crowell - Past President	775.831.2506

## Granite Chief Far West Masters Ski Racing Series

C/O Marcie Pettigrew  
P.O. 7181  
Mammoth Lakes, CA 93546

Forwarding Service Requested

### Forerunner

[www.farwestmasters.org](http://www.farwestmasters.org)

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