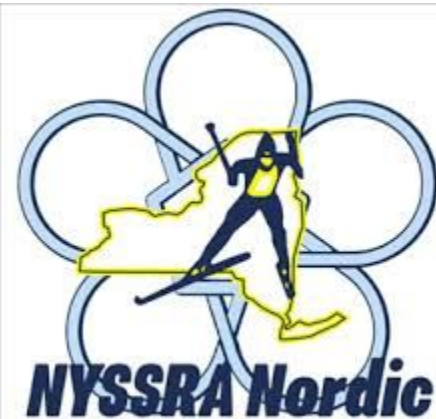


NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



UPCOMING EVENTS

- **Summertime!!!!**
- **Get out and enjoy nature and see the world in this time.**
- **Be safe and stay healthy**

I had high hopes for a great last newsletter to finish off the season. I have to admit I have been struggling to think of things to write after the abrupt end to our ski season.

2020 will go down as a tough year all the way around. Things started out strong in November and I as I am sure many of you were thinking this would be a banner year for Nordic skiing.

Between the weather, with not real major snowstorms, Rain on I believe the first 8 weekends of the season, Mid season meltdowns, and finally the

Covid 19 pandemic. It has been a rough year all around.

Some areas of the state did get some good snow and had great conditions. We were lucky to have the northern areas and high elevation areas with good reliable snow. Unfortunately a lot of our southern areas had a tough year.

Our biggest storm here in Glens Falls came on March 24th with 10 inches of snow. Only to be 48 the following day.

I am looking forward to a nice summer and a great year next



year with lots of snow and many new and exciting things to happen. In the meantime, stay healthy and safe and dream of the snow to come for next year.

INSIDE THIS ISSUE:

STRUGGLING TO WRITE A NEWSLETTER	1
JUNIOR NATIONAL UPDATE	1
JN RESULTS	2
SUMMER SKI PREP AND STORAGE	2
MID A BKSL PHOTOS	3
BILL KOCH FESTIVAL IN ROCHESTER	3
MESSAGE FROM EDITOR	4

JUNIOR NATIONAL SHORT BUT GREAT TRIP

The 2020 Junior Nationals was held at Auburn Ski Club in Truckee, California. The Auburn ski club has an extensive trail network and is located in the Sierra Nevada Mountains. The Mid A athletes enjoyed ample snow and breathtaking views. Like so many sporting events, the athletes had an abbreviated event due to ongoing concerns with the Corona virus. Despite the shortened trip, the athletes were happy to be able complete two of the four scheduled races. The event began with opening ceremonies where athletes

had a parade entrance into the village at Squaw Valley (home of the 1960 Winter Olympics). Racing began with a classic individual start race on Monday March 9th. The 2nd day of racing was Freestyle Sprints pm Wednesday March 11th. (Official Results Here). <https://www.xcjuniornationals2020.com/official-results>

Troy Corliss has photos available for viewing/ purchase: Pictures from Junior Nationals.

<https://troycorliss.smugmug.com/Sports/2020-XC-Junior-NationalsASC>



JUNIOR NATIONAL RESULTS.

2 days of racing were held and I hope that I have found all the names on the results. I have listed the results with the Classic day 1 results first and day 2 sprints as the second result.

U18 Boys

Kai Franz 33rd, 87th
Lucas Jenkin 70th, 31st
Van Ledger 76th, 33rd
Teddy Warfle 89th, 56th
Mike Skutt 91st, 63rd
James Flannagan 92nd, 44th
Nick Logan 93rd, 53rd
Teddy Borgos 94th, 93rd

Sam Bordeau 97th, 99th

Gabe Smith 98th, 61st

U18 Girls

Grace Mattern 25th, 63rd
Madison Relyea 35th, 40th
Marli Damp 47th, 70th
Zofia Stefankivic 63rd, 24th
U20 Boys
Brian Beyerbach 17th, 26th
Joe Wilson 30th, 51st
Rylan Hodgson 32nd, 35th
Jacob Alberga 39th, 38th

George Gowdy 51st, 53rd

U16 Boys

Max Flannigan 52nd, 50th
Andrew Scanio 68th, 54th

U16 Girls

Sophia Kelting 26th, 13th
Katrin Schreiner 52nd, 42nd
Anne Rose-McCandlish —, 49th

Congratulation and great job to all the racers.

Preparing your skis for summer

With most of the Nordic season over for many of us, it is time to think about storing your skis for the summer months. Taking the time to prep them properly for summer storage will allow the skis to be race-ready next fall.

Summer Ski Prep

Cleaning your ski bases and proper base wax saturation are perhaps two of the best ways to protect your ski bases during the summer. Store skis properly and you'll be ready to go come early winter.

CLEANING

The first step is to clean your ski bases, both the kick and the glide zones. For your kick zones, clean with wax remover / base cleaner. Wipe clean and let air dry. You are finished with the Kick Zones.

BASE CLEANING FOR FLUOR USERS

If you are an avid user of HF waxes, powders, solids and

liquids, you may want to use a fluoro base cleaner. Swix, Toko, and many of the companies carry this product. Fluoro waxes create a layer that will prevent you from doing a deep cleaning of the ski. Use the fluoro base cleaner and let it dry.

BASE SATURATION

Now that bases are clean, it is time to saturate the pores of the glide zones with glide wax. Your goal here is to fill the pores with a wax that will prevent the base material from drying out and oxidizing. This wax will also protect the base from dust and other contaminants as well as disruptive contact. Use a very soft warm wax which will be excellent for easy saturation & protection. Apply wax & iron in. The temperature of the waxing iron should be regulated to be hot enough to give immediate melting of the wax. Follow wax temp instructions. Start at the ski tip

and move the iron in one continuous motion toward the tail. This technique prevents overheating the base. Do 2-3 passes. Let ski cool down approx. 10 minutes. Apply more wax, iron in, and wait 10 minutes. Repeat until base is completely covered & saturated. No scraping in between. I usually take 3 steps here.

STORAGE:

Store skis in a cool dry environment where there is little fluctuation in temperature. Please don't put them in the attic of your garage where the temps will soar and can potentially warp the ski. Avoid direct sunlight. Keep skis in ski ties (or tape) on tips & tails. Do not bind the skis and compress the camber of the ski.



PHOTO CREDIT- DAN JUDD

BILL KOCH FESTIVAL IN ROCHESTER

Mid-Atlantic Bill Koch Festival hosted by RXCSF Youth Skiing on March 7th / 8th , 2020

The 2020 Mid Atlantic Bill Koch Festival was held at Bristol Mountain Nordic Center in early March. The festival welcomed 75 skiers from Buffalo, Cayuga Nordic; Polar Bear Ski Club; Osceola Ski Club; and NYSEF. It was great to see representation from so many parts of the state.

Both days of racing benefitted from blue bird skies and a fresh couple of inches of snow to make for perfect conditions. Race activities over the two days consisted of an individual start freestyle prologue followed by King's Court style sprint races and a mass start classic race event. Both days of racing concluded with a Lollipop Race.

The non-race events were the true highlights of the weekend! On snow activities included tandem skiing, snow agility course, make your own ice cream (on skis), hodge podge relays and some time at the terrain park (even Nordic kids love terrain park tricks!).

Our non-snow activities included a celebration of the 2020 Mid Atlantic Graduates: Amer Armbruster, Calvin Burke, Henry Burke, Alivia Hopsicker, and Miles Mattern. There was also the naming of the 2020 Secretary's Cup recipient- Bradyn Ashby from the Osceola Ski Club.

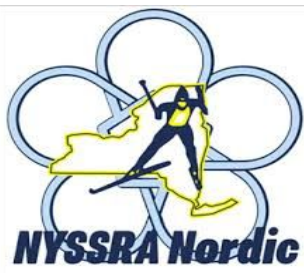
It was a wonderful event and we wish to thank all that put in the time to plan and organize it as well as all that travelled to the event to participate. Dan Judd, longtime BKL parent, kindly photographed the event and compiled this great video to capture some of the highlights.

Check it out here:

<https://www.youtube.com/watch?v=H6rU3oDSA2s&feature=youtu.be>

Thanks so much to the Rochester area clubs for running a great event and thanks to Rachel Mattern for the write up.





NYSSRA-Nordic, Inc. is a not-for-profit 501 (c) (3) tax-exempt public charity organization under the Internal Revenue Code. A contribution beyond membership fees paid is fully tax-deductible under Section 170 of the Code. NYSSRA-Nordic works in conjunction with state and national governing bodies to support the development of Nordic Skisport in New York State. NYSSRA currently supports programs and races for the Nordic disciplines of Biathlon, Cross Country Skiing and Ski Orienteering.

A MESSAGE FROM THE EDITOR

These are uncertain times and NYSSRA Nordic is hoping that everyone stays safe and healthy. While many of you are home from work and have some unintended extra time, I would encourage you to get outdoors and enjoy nature. While doing this please be responsible and follow guidelines of social distancing. Please think about the consequences of your recreation and be safe, as an unnecessary hospital visit is not something that is needed right now. Stay close to home, disconnect, and enjoy the solitude and quiet. To the many of you that are still working in essential jobs, we thank you and are indebted to you for your continued work during this time.

It has been a tough year for snow around the state and the season has ended rather abruptly. Many of our races and events were cancelled this year, but many were held due to the flexibility and hard work of the organizers. Putting on a race or event is no easy task and with the uncertainty of snow, it is even more nerve wracking. Please take time to thank the organizers and the race venues for all they do to make these things happen.

When I took on the duties of Executive Director of NYSSRA Nordic, I had no idea of what I was getting myself into. Over the years, I have been involved in all aspects of NYSSRA Nordic from racing, coaching, and in small ways of trying to help in shape decisions and the direction of the organization. My first idea was trying to improve the communication of NYSSRA Nordic. I initiated a bi monthly newsletter and hopefully you enjoyed them. I will continue this again next year and hopefully I can improve upon them. I have to give a big thank you to Tom Moffett, Janet Findley, Rachel Mattern, Larry Wilkinson, and others for helping me with write ups about their sport.

So how do we plan for the coming year in these uncertain times? I believe we need to plan and have flexibility to change plans as things come up. I personally look forward to better times ahead. How can you help??? Send suggestions to me on the direction you would like NYSSRA Nordic to go in. Wants, Needs, New Programs, Changes, etc. I will try to compile these and we can use these in planning for the coming years. Please send ideas and suggestions to Bob Underwood at underdogracetiming@gmail.com

Until then, stay happy, healthy, and safe. Enjoy the summer and we will be back on the snow soon enough. Thank you as always for being part of NYSSRA Nordic.

