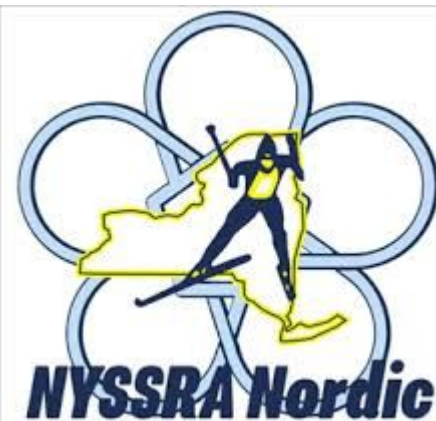




NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



UPCOMING EVENTS

- January 1 - Garnet Hill Ski-O
- January 4 - Shenendehowa Classic move to Gore Mountain
- January 5 - GHN-ADK Vauhti Skiathlon at Lapland Lake
- January 11 - HURT Mega Relay at Garnet Hill Lodge
- January 12 - Mendon Ponds Winterfest Ski-O
- January 18 - Gore Mountain JNQ, Osceola Biathlon Sprint, Mt. Van Hoevenberg Ski-O
- January 19 - Gore Mountain JNQ, Oled Forge Biathlon Pursuit

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WARM START TO 2019-2020 SEASON

The 2019-2020 NYSSRA Nordic season is off to a warm start with many races being cancelled and postponed. Nordic centers are still open but have been hindered by warm temperatures and melt downs. With few trails open and thin cover, many races have been moved or cancelled.

Gore Mountain Nordic Center has been the saving grace for many races in the eastern area of the state as they have a 1.5K man made snow loop. Recently the Lake Placid Harry Eldridge Races which are a Junior National Qualifier were moved to Gore. There have been 4 High School Races in Section 2 and three of them have been held at Gore. Bristol Mountain Nordic Center in the Rochester area has been the go

to for racing in the western part of the state. The crew at Bristol Mountain worked hard to get the Nordic area up and running.

Even if you are down to the dirt and grass, there is still snow to be had at most touring centers and very good snow at Gore Mountain and Bristol. Get out there and ski, the snow will be here soon and we will be back to racing.



Mass Start of the Queensbury Relays High School Race at Gore Mountain Nordic Center



MID ATLANTIC JUNIOR RACE SEASON STARTS

The Harry Eldridge Memorial Junior National Qualifier races were held in warm conditions on December 21 and 22. The races were moved from Lake Placid to North Creek. Gore Mountain did a great job managing their snow to hold the races. There were some hotly contested races and points were gained by racers toward qualification for junior nationals. Racers will use their best 3

races to fight for spots on the Junior National team. Points will also be used to determine the eastern U16 and eastern high school teams. Points can be found here: <http://www.midaxc.com/home/points-list>

Next qualifier will be held on January 11 and 12 in Rochester.



HIGH SCHOOL SKI SEASON GETS STARTED

The High School Race season is well underway around the state.

In Section 5 Birstol mountain has hosted 2 races before Christmas for the High school teams. Over 200 racers were out there racing over the 2 days of racing.

In Section 3, McCauley mountain was able to host a high school race and section 3 teams were well represented.

Section 2 has hosted 4 races. 3 on the man made loop at Gore Mountain Nordic Center and 1 on natural snow at Garnet Hill Lodge.

Section 9 teams have been up to Gore mountain to attend several of the Section

2 races.

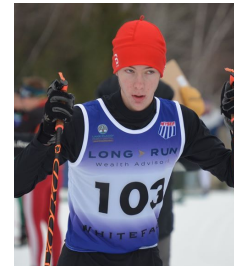
Races are run in both Freestyle (skate) and Classic techniques.

Races are scheduled through mid February with the State Championships to be held on February 24 and 25 in Rochester.

This years NYSPHSAA State Championships will feature Skate races for the individual championships and Classic races for the 3 person team relay championship.



High School racers on the course in Section 2



“Now I get to focus on doing what I love best: fighting my way back,” (Jessie Diggins)

SKI O - WHAT IS IT AND HOW DO WE GET INVOLVED???

Ski-O stands for Ski Orienteering, an activity in which participants make their way from point to point around a course. The points are marked on a map and are usually located on or close to trails. Route choice is a key factor in ski-o, as time may be gained by taking short cuts between trails or lost by taking a shorter route which turns out to be very hilly and tiring. An electronic timing system is used, which means you punch a timing box at each control with a chip worn on your finger.

Like biathlon, ski orienteering is very popular in Europe but is not common here in the U.S. However NYSSRA features an avid group of ski orienteers and several meets are held around the state each winter, most commonly in the Lake Placid, Albany and Rochester areas. Many competitors travel to Vermont, NH, Montreal or Ottawa for additional races.

Ski Orienteering has a good chance of being included as a demonstration sport at the upcoming 2023 World University Games in Lake Placid. If this happens it will be the 3rd consecutive

Games where it's been offered, meaning it will become a regular sport at subsequent Games, and the U.S. will be directing more effort towards recruiting and training a viable ski-o team.

Besides one day local meets ski-o is also included in the Empire State Games and the NYSSRA Championships. These are normally 2 day events and attract additional competitors from all over the north-east US and Canada.

It's easy to participate in local ski-o events – just show up, register and pay the entry fee. Compared to cross country the events are very low key - there's normally a 2 hour start window, meaning you can start any time you want within the 2 hours. Instruction is available and map holders and electronic chips can be rented for a small fee. Most events offer 3 different courses with distances from 3 – 10 km. Distances are measured in direct lines between points, but because it's impossible to ski directly in most cases racers normally cover up to 50% additional distance, and even more de-

pending on the number of mistakes made.

After downloading your timing chip at the finish you can see your overall time as well as the time taken to reach each individual control, which makes it easy and fun to compare with other racers. It can be difficult to admit your errors until you hear others talk about theirs. Many cross country and biathlon racers participate in ski-o events, finding it a fun way to get in more skiing, meet new people and keep their brains active. Most ski orienteers leave a meet determined to do better at the next one, and some like it so much they carry on with foot and mountain bike orienteering in the summer months!

For more information about ski-o check the NYSSRA website at <http://skio.nyssranordic.org/> or contact Janet Findlay at jfindlay@roadrunner.com



NYSSRA NORDIC BIATHLON RACER HEAD TO AUSTRIA

A group of athletes from Saratoga Biathlon are headed to Innsbruck for the World Winter Masters Games in Innsbruck, Austria from January 11th to the 19th. All the Nordic competition will be in Seefeld, about 20 minutes away. Sean Halligan, Tom Moffett, Rene Harde, Brian Weighaus, and Brian Burr will be racing three races. A Sprint on Tuesday, Individual on Thursday, and a relay on Friday. Brian Burr tells us: "We've got a pretty large contingent of USA masters going with others from Colorado and California (I think 23 total?). Also Sean's

son Brian is going as our wax tech and coach. He is currently the junior biathlon coach at Auburn Ski Club in CA. We're pretty excited! "

More news to follow in the mid January newsletter. Good luck and have a great adventure over there.



NYSSRA NORDIC SEEKS SPONSORS

Have a business or know of a business that is interested in supporting NYSSRA Nordic and their mission. NYSSRA Nordic is seeking sponsors both monetary and prizes for races and programs throughout the season. If your organization or a company you know would like to offer a sponsorship to NYSSRA Nordic, get in touch with Bob Underwood at :

underdogracetiming@gmail.com

NYSSRA Nordic can offer exposure on our website, facebook page, as well as recognition at races and our championships.

NYSSRA Nordic is looking to fund prizes and awards, new bibs, and help to race organizers and clubs throughout the season. Please help support NYSSRA Nordic.



MAN MADE SNOW COURSES SAVE START OF RACE SEASON

Most of us can remember the good old days when there was lots of snow to start the season. With global warming and increasing warm temperatures in the early season, manmade snow facilities are now needed for early season racing. Gore Mountain Nordic and Bristol Mountain Nordic centers have come through this year and made early season racing possible. This lack of snow is not just in New York State as New England has experienced the same problems.

As winters continue to warm, snow making will become increasingly important to help

span the warm ups.

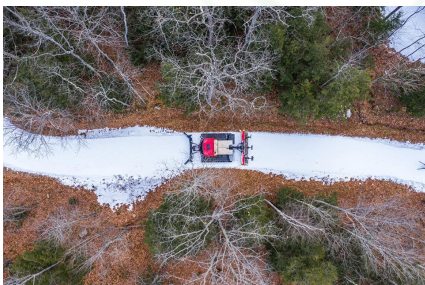
Mt. Van Hovenberg has a 1 k man made loop and next year will have extensive snow making on their new competition trails.

Trail systems around New England have begun to depend on snow making to get them through the warm ups.

Like them or not, man made snow loops are now part of our Nordic experience.



Gore Mountain Nordic Trails A ribbon of snow



Quarry Road Trails in Maine



Nyssra Nordic

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.

[http://
nyssranordic.org/](http://nyssranordic.org/)



This year we hope to have a Bi-Monthly newsletter for our NYSSRA Nordic members. Feel free to send stories, photos, and information you wish shared to Bob Underwood. Send to :

underdogracetiming@gmail.com

BILL KOCH SKI LEAGUES - GET INVOLVED AND HAVE SOME FUN

Whether a child loves the adventure of cross-country skiing, of playing with friends on skis, or wants to grow up to be a ski racer, the NYSSRA Bill Koch League has something for him or her. There are many local clubs around the state and they all do some great work to get our kids out there enjoying ski sports.

Bill Koch League Age Groups:

Age Groups are classified by year in school.

Lollipop: Ages 0-7

U6: Ages 4-5: Grade PreK – K

U8: Ages 6-7: Grades 1 & 2

Junior 5 / (U10): Ages 8-9 Grades 3 & 4

Junior 4 / (U12): Ages 10-11 Grades 5 & 6

Junior 3 / (U14): Ages 12-13 Grades 7 & 8

The mission of the NYSSRA Bill Koch League is to

introduce young people to the lifelong sport of cross-country skiing and all of its recreational, social, fitness, and

competitive opportunities. NYSSRA Nordic believes that children should have the opportunity to have fun while learning to cross-country ski. NYSSRA Nordic believes in creating a safe and healthy environment where children can develop physically, psychologically, and socially. All activities and competitions are designed to teach each young athlete to participate to the best of his or her respective abilities. Bill Koch Leagues are one of the most valuable ways to introduce youth to sport, a love of the outdoors and an outlet for play

Teaching centered on Play.

NYSSRA Nordic believes children learn best through games and play. Sessions will involve games and incorporate skill activities in a fun and active environment. Skiing skills of balance and strength will help in all sports and give kids an outlet for bound up energy during the winter months. Parents are invited to play and help in activities.

Parents are encouraged to ski along with the groups and continue to ski with the family on other days. Bill Koch Ski Leagues are focused on community and seek to create a lifelong love for being active outside. Skiing is a low impact sport that can be done for life as a family activity.

