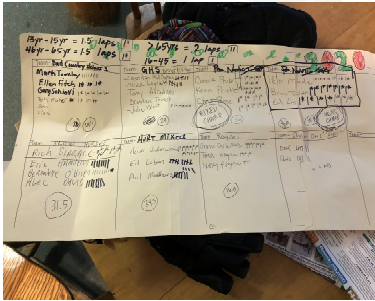


NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



Professional scoring sheet!!

UPCOMING EVENTS

- February 8 - Nino Manzella Memorial HURT-ATHON
- February 8 - Winona Forest Tourathon
- February 8 - Saratoga Individual Biathlon
- February 15 - Garnet Hill Citizens Race
- February 16 - Glenville Hills Classic
- February 22 and 23 - NYSSRA Championships and Sacandaga Marathon

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RACERS LOOK TOWARD END OF SEASON

With the ESG past, racers around the state are gearing up for the end of the season and the Championship races. In the team standings, GHN ADK Vauthi has the lead followed closely by HURT and Peru Nordic. Can Vauhti be caught??? Only time will tell but get out there and race. Peru Nordic has been putting in some strong races and dominated the Mega Relay. The relay was shortened due to freezing rain and Peru Nordic put on a huge push to overtake the HURT Nordic team in the last hour. The team of Connie Prickett, Kevin Prickett and

Chris Rose skied the most laps and won the hotly contested mixed class. They edged the team of Phil Matthews, Heidi Underwood, and Ed Luban. The Peru Team of Ed Lis, Peter Minde, and Brian White won the Mens class.

All in all the end of the season is shaping up to be a battle for the coveted team championships. Get out there and race and score points for your team. See you all at the NYSSRA Championships on February 22 and 23 at Saratoga Biathlon.



MID ATLANTIC JUNIOR NATIONAL TEAMS CHOSEN

Mid A finished up the qualifiers on February 1st and 2nd in Rochester at Bristol Mountain. 11 women and 20 men were named to the JN team and are heading to Donner Summit, California. Racing and training will begin March 7th and continue until March 15th. On the women's side Sophia Keltling Katrin Schreiner, and Annie Rose-McCandlish will lead the U16 while Madison Relyea, Grace Mattern, and Zofia Stefankovic will lead up the U18/U20 group. In the men's side, Ben Jenkin, Brayden Bellizzi, and Andrew Scanio will lead the U16, while Scott Schultz, Van Ledger, and Brian Beyerbach will lead the group

of men. Good luck to all the racers heading out to California for this event.

For those not heading to California. There are still two great racing opportunities to be had. The Eastern U16 Championships will be held on March 6-8 at Mountain Top Ski center in Chittenden, Vermont. Three great days of racing against teams from Vermont, New Hampshire, Maine, and Massachusetts. The other races are the Eastern High School Championships held locally at Gore Mountain Nordic Center in North Creek, NY.

Any athletes interested in these

2 events should get involved and speak to their coaches about entering and becoming part of the team. Good luck to all the athletes for the remainder of the season.



HIGH SCHOOL TEAMS GEAR UP FOR SECTIONALS

High School Nordic teams around the state are gearing up for their Nordic Sectional Championships. These championships serve as qualifiers for the state championships held February 24th and 25th at Bristol Mountain in Canandaigua, NY. Teams will be chosen from 5 Sections of the state that participate in Nordic skiing. In all 48 boys and 48 girls will qualify for the 2 day meet.

Day one of racing will be the individual championships with a 10K Skate for the boys and 7.5K Skate for the girls. Day two features a 3 by 3K Classic relay. Individual and High school team championships are crowned in this exciting event. Hopefully the weather cooperates and we are given perfect snow for the championships. Come out and watch 2 great days of racing.



BUSY SKI-O SCHEDULE

Two ski-o events were held this past weekend in the Lake Placid area as part of the Empire Games competition. There was a great turnout, with competitors hailing from all reaches of New York State, Vermont, Quebec and Ontario, representing age groups from 6 to 76. Saturday's event was held at Dewey Mt. in Saranac Lake. Course setter Eric Hamilton made the most of the limited terrain by placing controls not only on every ski trail on the map but also on many snowshoe trails, forcing athletes to choose their route as well as their mode of locomotion (ie skis or on foot) well in advance. The scratchy conditions on the upper ski trails and on snowshoe trails were an added challenge and most racers took their skis off at least once during the competition for safety reasons. Many had never raced on such a dense trail network before and numerous wrong turns were taken before athletes learned to slow down and consider their route well in advance of upcoming trail junctions. On Sunday the competition moved out to the VIC at Paul Smith's. Snow was much more

abundant here and course setter David Hunter designed longer courses in order to take advantage of the more extensive terrain. The Long course included the new race trails at the west end of the trail system, while the Short and Medium courses involved routes on the trails closer to Heron Marsh. The Long course was set at 10.8 km but as this was measured on a straight line between the controls, most racers ended up travelling closer to 16-18 km depending on their route choices. A few hardy souls ventured off-trail in an effort to reduce the distance between controls and some harrowing adventures involving unforeseen climbs, rocky terrain and impenetrable vegetation were recounted after the race. Most racers had never skied at the VIC, and all were overwhelmed with the beauty of the area.

All competitors had high praise for the weekend's events including the hospitality of the two venues, the high quality of trail design & maintenance, and the standard of competition. The next event on the winter calendar is scheduled for Sunday, Feb. 9 near Berne, NY and

is more of a winter adventure than a ski-o race. It is being organized by Phil Hawkes-Teeter of the EMPO club and is a "score-o" format, where competitors have a maximum of 3 hours to find 30 controls in any order they choose. Besides skis, there will be categories for athletes on foot, snowshoes and bikes (fat bikes or otherwise). This is a great format for athletes who love winter activity but are new to orienteering as team participation is encouraged and you can use equipment with which you are most familiar and comfortable. More details about this weekend's event can be found at <http://skio.nyssranordic.org/>.



Largest ESWG Turnout for Biathlon in Over a Decade



Forty-four biathletes and two adaptive athletes took to the range and trails of Mt. Van Hoevenberg on February 1st and 2nd for the 40th annual Empire State Winter Games. This was the largest field for Empires since 2006! Athletes from four states and Canada enjoyed perfect conditions for both days, with temperatures near freezing and no wind (a rarity in Lake Placid).

Day one featured a 7.5 km sprint race (4.5 km for the boys class). Sean Halligan was the fastest male finisher, coming in 12 seconds ahead of Eli Walker, despite skiing two more penalty loops. Bran Burr was third overall, 1:25 behind Halligan. Christine Dillon was the top female finisher, followed closely by Shannon Valera and Eve Racette. Vermont swept the medals in the boys category, with medals going to Brady Morigeau, Taylor Carlson, and Carl Prignac.

The Vermont boys and New York boys formed relay teams for day two. The

remaining athletes were divided into three groups based on their time in Saturday's sprint race, with relay teams then formed containing one member from each group. This time everyone skied the same distance, 6 km. The Vermont boys skied away early and never looked back, winning by nearly 11 minutes. The New York boys (Galen Halasz, Adam Jansen, and Luke Moffett) were second overall. Third overall went to Zach Weller, Helene Thomas, and Scott Thomas.

The biathlon season will continue into March.

February 8 – Saratoga*

February 23 – Old Forge*

February 29- March 1 – New York Biathlon Championships – Lake Placid

March 7-8 – Eastern Region Open – Jericho, VT

March 21 – Osceola*

The races marked with an asterisk (*) are open to novices. Rifles and safety instruction are provided. No need to worry about skiing with a rifle, novices don't carry. All you need to bring is your skis!

Be sure to check out the New York Biathlon Facebook page for hundreds of photos from the Empire State Winter Games (<https://www.facebook.com/nybiathlon/>). You don't need to have a Facebook account to view the photos.



www.facebook.com/nybiathlon/. You don't need to have a Facebook account to view the photos.

ESWG sprint results - <https://tinyurl.com/ESWGsprint2020>

ESWG relay results - <https://tinyurl.com/ESWGrelay2020>



BILL KOCH TEAMS HINDERED BY LACK OF SNOW

It has been a tough year for the Bill Koch clubs around the state. With the lack of snow, many clubs have had to go back to dryland drills and games to keep the kids going. Many races have been cancelled and moved making it hard to get to races.

Hopefully things will get better for the remainder of the season. As I sit here the snow is falling and things are at least looking white. There is lots of time left in the season and with longer days, we will have some great skiing in February and March.





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.

EMPIRE STATE GAMES RECAP. 3 DAYS OF GREAT RACING



This three day Tour de ski kicked off Friday night under the lights at Dewey Mountain. The course was fast, with temps in the low 20's. The 1k Youth freestyle started off the night. The overall fastest time on this course was shared by two NYSEF Skiers, U12 boys River Gray and U12 Girls Samantha Damico in 4:49. Next came the 2.5K freestyle with dual starts. the hottest matchup of the night was between U16 ADK-Vauhti's Molly Sweeney and U16 Shenedehowa's Iris Wiedmann battling from start to finish with Iris taking the win on the line for the women's fastest time of 7:01. The men's fastest time came From Paul Smiths college's SR Jack Fogarty taking the win in 5:22, 6 seconds faster than Shenedehowa's U18 Thomas Wiedmann

Saturday, the Race moved to Mt Van Hovenberg for the 5k/20k freestyle. Sunny with temps in the high 20's the race got under way at 1PM with the Men's 20k

mass start. Peru Nordic's M2 Jan Wellford took an early lead and never looked back finishing in 58:21 nearly 4 min over M3 Matt Cook. The Women's 20k followed with Peru Nordic's M5 Connie Prickett taking top honors in 1:16:05 over second place Peru Nordic's M2 Amanda Zullo. In the 5k, Shenedehowa's U16 Phillip Matthews cruised to victory in 15:31, 31 sec faster than Saranac Lake's U14 Liam Nobels. In the Women's 5k freestyle U16 Iris Wiedmann once again proved to be the better skater posting the fastest time of 18:00, 46 seconds over U16 Molly Sweeney

Saturday concluded with the Sprint Championships on a short 200 meter freestyle course near the biathlon range. 8 men and 8 women Athletes were selected from Friday's prologue. At the end the night the Gold medals went to Shenedehowa's Thomas Wiedmann and ADK-Vauhti's Molly Sweeney.

Sunday returned to Mt Van Hovenberg for the Classical races. The gun went off at 12:45 for 2.5k youth race. As the group raced out of the stadium, over the roar of the crowd the voice of our youngest skier, Lake Placid's 7 year old Tyler Erenstone could be heard saying, Hey, wait for me. When the skiers returned to the finish it

was NYSEF's U12 Samantha Damico leading the way in 12:23, next, NYSEF's U12 Leo Hatch took the top spot in the boys race finishing in 12:53. The 5 and 7.5k races were started pursuit style in 15 sec intervals based on Saturday's finish. In the men's 5k, Shenedehowa's U16 Phillip Matthews showed us how its done, besting the field by 3:20 with a winning time of 17:24 over GNH-ADK Vauhti's U16 Trey Naselli. In the Women's 5k race U16 Molly Sweeney, had the better classical race taking the win from Iris Wiedmann winning by 25 sec in a time of 22:11. In the Men's 7.5k Jan Wellford won his second straight race in a time of 26.24 with Paul Smith's College Sr Jack fogarty taking 2nd. In the Women's 7.5k, M2 Amanda Zullo reversed Saturdays results to win in 35:28, 31sec over M5 Connie Prickett.

The Final and most sought after honor is to be named the NYSSRA Tour-Nado Series Champions. The top skier from each age class for the three days of events were named at the conclusion of Sunday race. Results for the weekend can be found at www.webscorer.com/wilkinsontiming or at www.empirestatewintergames.com