



NYSSRA NORDIC NEWSLETTER



NYSSRA NORDIC

NYSSRA CHAMPIONSHIPS ARE ON!!!

UPCOMING EVENTS

- Feb 6—Garnet Hill Citizen and NYSSRA Races
- February 20—NYSSRA Championships Classic Races—Lake Placid
- February 21—NYSSRA Championships Skate Races—Lake Placid
- We are hoping for more races so lets get some on the schedule!!!

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It has been a long and trying year and our chances to get together have been few and far between. Many of the races that have been run have been small but there have been a dedicated group of racers who have made the best of the season.

NYSSRA Nordic made some changes this year to try to make racing possible. Sanction fees were waived, we ordered Tyvek bibs for every racer and made membership free of charge for our junior racers.

With the cancellation of the NYS Public High School Skiing State Championships, we have worked to make an end of the year championship event for all juniors and havetried to encourage new members from the High School teams.

We also did not want to forget our popular Senior/Masters races and have been working all season to try to ensure a championship at the end of the season. We

wanted to have some sense of normalcy in this crazy mixed up year.

Working together with the staff at ORDA and the NYSEF Nordic club, we were able to get the OK from the State to run our NYSSRA Championships.

Races will be a little different this year but we are excited for the format which will keep our athletes safe and happy, All races will be interval start races to maintain distances between racers. We ask that racers wear their masks at all times they are not racing and leave the venue after their group I finished to keep crowding to a minimum.

Races will be run on Saturday February 20th and Sunday February 21st.

Saturday will feature Classic racing with a 9AM start for Junior Girls, followed by a 10:30 AM start for Junior Boys. Senior/Masters racers will start at 12:00. Females will

race 7.5K Classic and Males will race 10K Classic.

Sunday's races will run with the same start times and feature skate races. All Juniors will race 7.5 K Skate races with Junior girls again at 9AM and Junior Boys at 10:30AM. The Seniors/Masters will race 15K and the course will incorporate some of the older existing trails as well as the new world cup trails.

We are excited to be able to hold these events. Please follow all rules and wear you mask at all times. Maintain social distance and keep everyone safe.

We hope to see you all there.



Citizen's Races are going strong

Several areas around the state are sponsoring citizens race series and they have been quite successful.

Every Wednesday night Gore Mountain Nordic Center has hosted a citizens series for community members and anyone who wants to come out and race. Racers can choose from 1,2,3,or 4 laps of a 1.25 K course in Classic skiing, Skate skiing, or snowshoe. They have averaged about 30 racers per week and the final series race is this coming Wednesday February 17th.

The Friends of Coles Woods have been running 4 weeks of Citizens races in commemoration of the 50th year anniversary of the Coles Woods Lighted trail.

The races have followed the original 2K loop and racers can race 1 or 2 laps in Classic, Skate, or Snowshoe.

The races attracted over 60 racers on the last week and over 120 different racers over the 4 week series.

The Polar Bear Ski club ran a great race on February 7th with many happy racers.

Conditions have been great around the state with cold temperatures and snow that has lasted since mid December. Many other groups around the state have conducted informal get togethers and races and it is great to get out and see friends on the trails.

Opportunities are out there and if there are not Citizen's races offered in your area, get your friends together like Peru Nordic and hold an informal race. They have some great informal races and always have a lot of fun.

Make the best of the season and get out there and enjoy all there is about Nordic Skiing and racing.



Friends of Coles Woods Races under the Lights

MANY SKI ORIENTEERING OPPORTUNITIES AROUND NEW YORK STATE

Despite covid restrictions there have been many opportunities for ski-o enthusiasts around the state this winter. Earlier in the season no-contact events were held at Switzkill, Lapland Lake and Garney Park , and there are presently courses out at Mt. van Hoevenberg and at several locations in the Rochester area.

These are all "non contact" or DIY events: there is no registration process and no map fee (although trail passes may be required). Maps can be downloaded online and the courses can be skied anytime. Participants time themselves if they wish, and can submit their times to the event organizer. The courses

will stay out as long as snow conditions permit, which hopefully means well into March.

All courses are entered in the Usylingo phone app data base, so it's a great opportunity to try out the app – it's free and will provide an overall course time as well as your time between controls. It can also show you where you are on the course and give you information about the next control if you need it.

You can find more information about these courses at <https://empoclub.org/ski-o/2020-21-ski-orienteeing-schedule/>. It's been a very different ski-o season but there are still lots of opportunities for beginners to learn

about the sport and for experienced competitors to brush up on their skills!



2021 NY BIATHLON SEASON HAS BEGUN!!!!

With four events taking place over the course of two days at Saratoga Biathlon, NY biathletes are still finding ways to get out and compete! January 24th marked the first races of the season with a morning and afternoon 7.5K sprints. Van Ledger (NYSEF) was the class of the men's field in the morning race while Abigail Van Dorn capitalized on excellent shooting (2 penalties) to edge past fellow NYSEF teammate Bella Wisler in the women's race. In the afternoon race, Gary Brackett (Saratoga Biathlon) held off a charging Doug Diehl (Saratoga Biathlon) to claim top honors. After the January 31 race in Old Forge had to be cancelled due to extreme cold, athletes returned to Saratoga Biathlon to compete in another round of 7.5K Sprint races. This time it was Deb Nordyke (Saratoga Biathlon) who battled through snowy conditions to win the AM women's race, while New Palz native Diego

Schillaci (NPHS) nipped NYSEF's Andrew Scanio in the AM men's race. Snow continued into the afternoon for the Men's race and saw Brian Burr claim the win aided by his first ever bout of clean shooting. See top 3 results from each field below:

January 24 All Races 7,5K

AM Women

- 1st Abigail VanDorn NYSEF
- 2nd Bella Wissler NYSEF
- 3rd Jenna Stainken NYSEF

AM Men

- 1st Van Ledger NYSEF
- 2nd Mark Ruoff unattached
- 3rd Diego Schillaci New Paltz High School

PM Men

- 1st Gary Brackett SBC
- 2nd Doug Diehl SBC
- 3rd Brian Burr SBC

February 7th All races 7.5k sprint

AM Women

- 1st Deb Nordyke SBC
- 2nd Abigail VanDorn NYSEF
- 3rd Bella Wisler NYSEF

AM Men

- 1st Diego Schillaci NPHS
- 2nd Andrew Scanio NYSEF
- 3rd Eric Seyse GHN ADK Vauhti

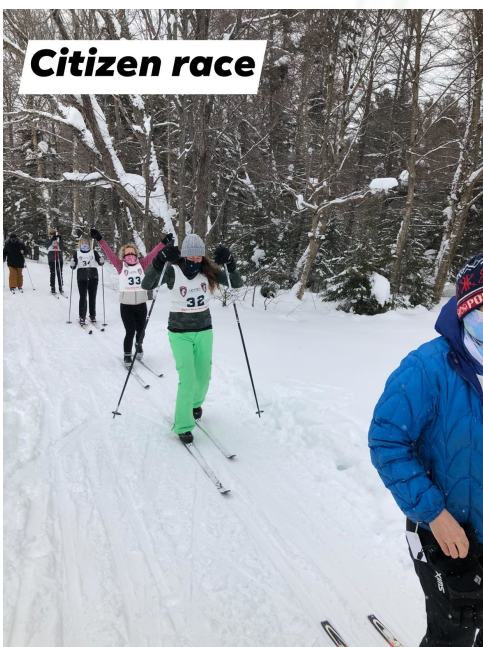
PM Men

- 1st Brian Burr SBC
- 2nd Gary Brackett SBC
- 3rd Tom Moffett SBC



POLAR BEAR SKI CLUB ACTION

Citizen race





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.

BILL KOCH SKI LEAGUE UPDATES

UPDATE on the Mid-Atlantic Bill Koch Festival.....ORDA and NYSEF are working on the final approval for a BKYSL New York Championship style race. The weekend of **March 5th-7th** is what we are aiming for, stay posted and check back for more information.

Tentative schedule: 1 competitive individual race and another fun, low key activity at the venue, such as a relay, SKI O event, etc., followed by a 2nd day where NYSEF can recommend some Adventure type skis for families to explore the area.

February 20,2021 at Osceola ski and sport venue, 1573 Osceola Rd, Camden, NY 13316

Osceola Ski Club will host a fun and safe event for kids on skinny skis! An orienteering scavenger hunt can be done independently throughout the day with a prize for all who complete it. [register here](#) online registration closes , Thursday, February 18 5:00pm. There will be no day of registration, due to covid 19 restrictions. NYSSRA and NY State COVID guidelines. The Osceola Ski & Sport Resort has a beautiful lodge with indoor changing and bathroom facilities. You must be wearing

a mask to enter the building. Hot food and drinks can be purchased for consumption with both distanced indoor and outdoor seating options.

All participants must wear a secure mask or face covering when participating in group activities and prior to racing. Racers will be instructed to lower their mask just prior to their interval start time.

After the races, a number of fun, on-ski activities will take place. In order to minimize risk, kids will rotate through activities in an assigned group of 6-8 with 1-2 coaches leading. Kids must wear a mask for these events and not change groups. Each group will compete in relay races, noodle tag, obstacle course, slalom, etc. Kids will be grouped based on age/ability. Tentative Schedule:

Noon-2:00PM: 30 second, interval start, freestyle races by age group

12:00 - U18 Girls/Boys (6k)

12:20 - U14 Girls/Boys (4k)

12:40 - U12 Girls/Boys (3k)

1:00 - U10 Girls/Boys (2k)

1:20 - U8 Girls/Boys (1k)

2:00: Organize groups for stations.

2:15-4:20PM: Groups rotate through activity stations

