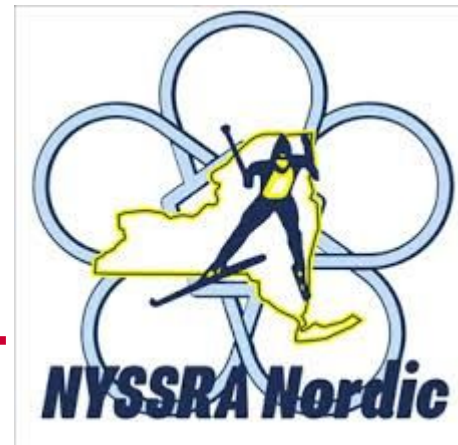


NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



UPCOMING EVENTS

- **February 28-March 1 - Nyssra Biathlon Championships**
- **March 7-8 - Mid-Atlantic Bill Koch Festival**
- **March 14 - Lake Placid Loppet and Nordic Festival**

LOOKING FORWARD TO SOME GREAT SPRING CONDITIONS

.Most of our championships are over but there is still lots of skiing out there to be had. The Lake Placid Loppet and Nordic festival will be held on March 14th so get out there and keep up the training . There are 50K, 25K, 12K, 6K, and 3K races. A little bit of something for everyone. This years theme is a Beach Party so find that Hawaiian shirt and sunglasses.

There are some great back country adventures to be had out there. This is a great time of the year to get out in the back country with warm tem-

peratures and great snow conditions. Get out and enjoy the sun and outdoors and explore the fantastic trails out there.

Osceola Nordic center will be closing it's doors this spring. Get over and ski the trails one last time and see Hugh and say thank you for all his years of running that great Nordic ski area. Get out and ski and I will see you on the trails!!!!



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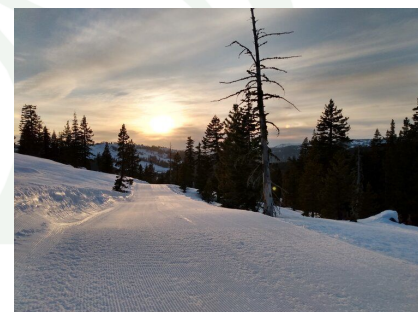
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JUNIOR NATIONALS TEAM GEARING UP FOR TRIP

Junior Nationals 2020 is quickly approaching and the Mid Atlantic Junior National team is gearing up to compete in Truckee, CA. This year's team will include 25 athletes from New York that have competed in three Junior National Qualifying races throughout the winter. By qualifying, each athlete will be competing against the country's best junior athletes (ages 14-19) from March 7-14. The week of racing is packed with a full gamut of

races starting off with the individual start classic distance on Monday the 9th. This is followed by the skate sprint on Wednesday the 11th, Skate mass start distance on Friday the 13th and the classic team relays to finish out the week on Saturday the 14th.

To keep up to date and support your local athletes all of the race information and live timing can be found at <https://www.xcjuniornationals2020.com/>



HIGH SCHOOL TEAMS FIGHT IT OUT AT NYSPHSAA STATE MEET



The NYSPHSAA State High School Nordic Championships were held Monday and Tuesday in Rochester at Harriet Hollister Park and Bristol Mountain Nordic Center. The weather held off and we had 2 great days of racing. Grace Mattern and Rylan Hodgson were the individual winners. Just 5 seconds separated the first 3 finishers for the boys and only 18 seconds for the top 5. When the dust cleared, Queensbury went into day 2 with a 7 point lead in the team standings. The

girls race was just as close as 17 seconds separated the top 4 girls. Saranac Lake went into day 2 with an 8 point lead over Mayfield.

Day 2 met the teams with rain in the early morning but the rain stopped and racers were granted some great conditions for the classic relays. In the girls race, Brighton led from the beginning and won a convincing victory over 2nd place Mayfield. Brighton jumped ahead to first place and won the overall team championship for the girls. On the boys side, Queensbury started out fast and had the lead after leg one. The Section 7A team which featured a trio of Saranac lake boys caught the Queensbury Boys on leg 2 and had a 5 second lead over Queensbury. Honeoye Falls-Lima was just 8 seconds behind. Queensbury's Nick Logan passed the Section 7 team on the last hill



and was able to hold on for the victory for Queensbury. Section 7A held off Honeoye Falls-Lima with Teddy Warfle putting in a huge effort to close the gap on the 2 leaders. The Queensbury Boys were the overall team champions for the 2 day event .

Rylan Hodgson was named the overall top skier with the fastest split on both days and Madison Relyea of Mayfield came back to win the overall title with the fastest split on day 2.

NYSSRA SKI-O Championship Wraps up NYSSRA



The NYSSRA Ski Orienteering Championships took place on Saturday, Feb. 22 at Mt. van Hoevenberg. The format for the event - a one-person relay - was unique for NYSSRA and for most of the competitors. Racers pre-registered for either the Long course, which consisted of 4 separate loops, or the Short, consisting of 2 loops. Each loop involved a different map, meaning racers had to discard their used map and pick up their next one at the map exchange zone which was located adjacent to Josie's Cabin. Although ski-o races usually have staggered starts to prevent competitors from latching on and following one another, this race had a mass start at 12 noon. However there were several different sequences of

loops so there was no advantage to following somebody else as they might have been on a different sequence and heading for a control on a different loop!

Competitors came from all over - Rochester, Ottawa, Montreal, Crafts-bury, Albany & area, and we even had a couple of drop-ins who noticed the event flyer in the cross country lodge and came over to try it out. They were actually very experienced orienteers from Finland who are currently posted in NYC and loved the unexpected taste of home they encountered!

Winners of each class are listed below:

- Long Course ,Women <55: Stina Bridgeman, Rochester OC, 1:29:07
- Long Course, Women 55+: Elaine Glen, Montreal Ramblers, 2:26:30
- Long Course, Men <21: Nathan Collinsworth, Cayuga Nordic, 1:56:50
- Long Course, Men 21-55: Adrian Owens, Crafsbury, 1:09:57
- Long Course, Men 55+: Andrew Cornett, Ottawa OC, 1:34:37
- Short Course, Women <65: Anita Bratland, Ottawa OC, 1:11:39
- Short Course, Women 65+: Sue Hawkes-Teeter, 1:37:16
- Short Course, Men 65+: Vladimir Gav-

rilov, Montreal Ramblers, 1:07:01

Full results can be found at skio.nyssranordic.com.

This event marked the end of the NYSSRA ski-o season but there are races scheduled well into March in Ottawa, Montreal, Crafts-bury and Sleepy Hollow, VT, to be followed shortly by the first national event of the foot orienteering season in PA!



NYSSRA Biathlon season Championships to be held this weekend

The 2020 New York Biathlon season will continue this weekend with the New York Biathlon Championships at Mt. Van Hoevenberg in Lake Placid. Saturday will feature a sprint race, and Sunday a pursuit. The start order for the pursuit will be based on the results from the sprint, with competitors starting in 10 second intervals. The first person to cross the line will be the winner.

These may end up being the final biathlon races held at the 1980 Olympic range. Mt. Van Hoevenberg is currently building a brand new range and trail system, which are slated to open next October. The new range is located in the former parking lot for the cross country lodge. A brand new lodge which will overlook the range is also being constructed. The range will feature 30 Kurvinen targets, along with 4 km of modern trails, which will include snow-making, and eventually lights, and a paved rollerski loop.

Two successful races have been held in New York since the Empire State Winter Games. Saratoga was able to hold a shortened individual race on February 9th just days after a storm brought down hundreds of trees. Luckily they were able to get enough volunteers to come out the day before the race to open up a loop for the race. Old Forge was finally able to hold a sprint race on February 23rd after cancellations and postponements earlier in the season.

After five individual races, Eli Walker and Stina Bridgeman are leading the season point totals. The top scoring athlete in each class who completes at least three races (including one at the NY Biathlon Championships) and are active NYSSRA Nordic members will be named to the State Biathlon Team after this weekend. Races at the Championship count for double points, so many slots are still up for grabs. The



current points list can be viewed here at <https://tinyurl.com/nybiathlon>

Just because the NY Biathlon Championships are being held this weekend does not mean that biathlon is done for the year. The following weekend the 2020 Eastern Biathlon Open will be held in Jericho, VT. The Syracuse Biathlon Club will hold a race on March 21st at Osceola. This may unfortunately be the end of an era, as Hugh Quinn has already stated that he will not be operating his ski area next year, and has so far not been able to find an interested buyer. Everyone should try to make it to Osceola to make it a great sendoff.

BILL KOCH FESTIVAL TO BE HELD IN ROCHESTER

March 7 th ,/ 8 th - 2020 Mid-Atlantic Bill Koch League Ski Festival

Please join RXCSF for the 2020 Mid-Atlantic Bill Koch Festival. This year our theme is

“Keep Winter Cool!” All skiing events will be held at the Bristol Mountain Nordic Ski Center

with snowmaking to ensure the event will happen.

Events will kick off on Saturday at 10:00 AM with Freestyle Sprint Races (King's Court format)

After that, there will be the Tour de Ski. A non- competitive tour of on-snow games and challenges.

Afternoon Terrain Park shredding (helmet required) -

(tentative, pending final decision by Bristol Mtn.)

Evening Banquet will be held at the Honeoye Falls Middle School. We will honor all ski

participants for the day and our 2020 BKL Graduates.

On Sunday, the day will begin with a Classic mass-start race starting at 9:30. Next we will have

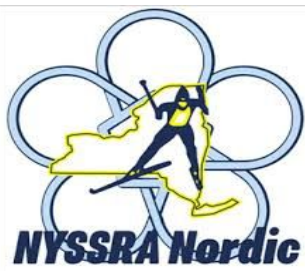
our Annual Friends and Family Sprint Freestyle Relay and the day will conclude with lunch

(provided by RXCSF), Awards and the Naming of the 2020 Secretary’s Cup Recipient.

All registration information can be found on SkiReg:

2020 Mid Atlantic Bill Koch League Festival <https://www.skireg.com/rxcfsf-festival>





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.

NYSSRA NORDIC 2019-20 CHAMPIONSHIPS RECAP



This weekend brought the NYSSRA Nordic XC competition season to a close. Saratoga Biathlon had an abundance of natural snow. A 5.5KM loop was used for the u16 race, the 11Km Micro Marathon, and the 22Km Mini Marathon. Conditions were perfect, just about 32 degrees with firm trail softening slightly as the day went on. Saratoga has always had excellent ski trails. They relatively recently added a nice log cabin warming hut right next to the range, and an enclosed Honda UTV groomer which makes first rate trail.

These competitions were critical for determining the Season long points standings for Individuals and clubs. This year's event had to compete with the [Berkie](#) (costing HURT and GHN-ADK their presidents and top skiers), the [Stowe Derby](#), and the NYSPHSAA state championships at Bristol this week. With many NYSSRA regulars out of state, or resting for their big day- The podiums and overall scores changed drastically

RNR's Jason Hettenbaugh returned to claim this year's title as the NYSSRA Nordic Champion. He led from the gun and broke contact after lap 1. Over the following 3 laps Hettenbaugh put 7 minutes between him and his closest competitor. Peru and GHN ADK Vauhtis skiers played cat and mouse on the course.

Drafting strategically, and surging by on the rolling trails. GHN-ADK's Eric Seyse was just fast enough to hold off a hard charging Chris Rose from Peru Nordic. They started the day nearly tied in the season points competition (Seyse 364, Rose 354, Truppelli 352). Had Truppelli raced the short course, he would likely have snagged the overall title. All 3 raced the full Mini Marathon and when the snow settled, Seyse led the men's field by [just 4 points](#)- it has never been a closer season in NYSSRA Nordic history.

In the Women's Race Saratoga Biathlon's: Deb Nordyke challenged for the mens podium, on her way to a gold medal in the Women's race, followed By Peru's Amanda Zullo. In the 11K race Brian Burr (Saratoga Biathlon), Brian Wieghaus (Saratoga), and Jim Bourne took the top 3 spots. Saratoga Biathlon's Marque Moffett was followed by Hurt's Sherry Dixon.

Fianna Halloran GHN-ADK Vauhti skied the fastest U16 time on the single lap U16 course. This was more than just an easy warm up for states. She expanded on her top score (367) in the NYSSRA point series for the second year running, this year beating all the men in her race too! Her first place finish also allowed her to rise to the top of the podium in this year's Wilkinson Cup, snatching the title from her teammate Maddie Ralyeah who was resting for states. Fianna is clearly the MVP of her club.

Competitors enjoyed some good food, and nice prizes including poles, wax, clothing, and plenty of fresh local maple syrup.

When the snow settled, Peru came out on top for Day 1, rising

to 24 points behind GHN-ADK, and placing their club in pole position to grab the Club Championship banner. Sunday's Relay events are each racing blocks worth 20 points a piece. With HURT and GHN-ADK a tad short handed, fast Peru squads could eliminate the that lead and claim the title. However all the clubs were equally shorthanded. Saratoga took the day with the top spots and the most teams. GHN-ADK followed and Held on to the Banner for another year Final Team Points total: (167), Peru held on to Silver (111), Hurt took Bronze (109).

NYSSRA results : <http://nyssranordic.org/results/>

Nyssra points : <http://nyssranordic.org/points/points-2019-20/>

