

NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



2019-2020 SKI SEASON HAS BEGUN!!!!!!

The 2019-2020 NYSSRA Nordic season has begun. The season kicked off with the Gore Mountain HURT Season Opener. We had 40 racers in the NYSSRA race with additional 21 in the BKSL race. The Polar Bear Ski Club was out in full force for the BKSL race.

Ann Rose-MCCandlish of NYSEF start out the racing as the first starter of the day. Racing was fast and furious on the 1.2 K loop. A great start to the season. NYSEF brought down a good contingent from Lake Placid and Castleton Nordic was well represented as well. We had a good group of masters racers all happy to be back out there and racing for another year. Hopefully the snow sticks around and we can have

a fun year of racing.

The NYSSRA race was followed by a Section 2 High School Season Opener. We had teams from Section 2 (Capital District area), Section 9 (New Paltz area), as well as Mt. Greylock High School from Massachusetts.

UPCOMING EVENTS

- December 21— Harry Eldridge Races Classic
- December 22 - Harry Eldridge Races Skate
- December 29 - Old Forge Biathlon Sprints
- December 29 - Polar Bear Resolution Races Cross Country
- December 29 - Lapland Lake Sprints Cross Country
- December 29 - Mt Van Ho Ski Orienteering
- January 1 - Garnet Hill Ski-O

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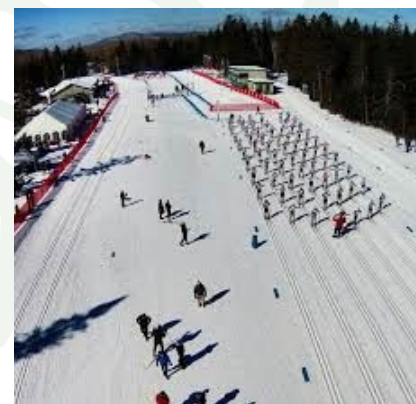
HARRY ELDRIDGE RACES MOVED TO GORE MOUNTAIN

The Harry Eldridge Memorial has been moved to the Gore Mountain Nordic Center because of the warm temperatures and inability to make snow on the trails in Lake Placid. Saturday's races are classic technique and will start off with a BKSL race followed by 5K for U16 and 10K for U18

and older. Sunday's race are mass start Freestyle races. 5k for U16 and 10K for U18 and older. Races are sponsored by NYSEF Nordic. Come on out and do some racing. Gore Mountain has great coverage now and it will only get better.



Nyfef Racer Ann Rose-McCandlish #1 out of the start. #1 in U16 Girls



MID ATLANTIC JUNIOR RACING

The Mid Atlantic Junior Race season kicks off on Saturday December 21st and Sunday December 22 at Gore Mountain Nordic Center. There are some great opportunities for juniors to race this year. Racers can qualify for the teams by racing in the 6 Mid Atlantic Qualifiers. Junior Nationals will be held in Truckee, California March 7th -14th.

Not ready to head to JR Nationals?? Don't worry, there are 2 Eastern Championship races close by. The U16 Eastern Championships will be held at Mountain Top Nordic Center just over the border in

Chittenden, VT March 6-8th. The Eastern High School Championships will be held here in NY at Gore Mountain Nordic Center, March 13-15.

Racers will be ranked based on finishes at the 6 Mid Atlantic Qualifiers during the season.

For more details go to :

www.midaxc.com



Mid A Racers at Nationals. Get out and race. This year's nationals are in Truckee, California



"I love combining power and technique to push your body to the limit — to the point of surreal awareness." (Kikkan Randall)

SKI O RACE AT LAPLAND HAS BEEN POSTPONED UNTIL DECEMBER 21.

The Lapland Lake Opener in Ski Orienteering has been postponed until December 21st. There is still coverage and skiing at Lapland Lake but with the warm temperatures and rain, the decision was made to move to December 21st. Lapland is ready and we look forward to a great day of Ski -O on their trails. Snow

is in the forecast for Tuesday and cold temperatures and lake effect snows for the remainder of this week. Let it snow!!!



Fun on the snow. The next generation getting it done

BKSL - TEAMS ARE STARTING PRACTICE AND RACING HAS BEGUN

The Polar Bear Ski Club brought 20 athletes to the BKSL opener at Gore Mountain Nordic Center. We had some great racing and it was fun to see all the smiles on the faces. With snow in the forecast, other clubs are gearing up and races are starting around the state. Most races charge a very minimal entry fee and the races are low key

and fun. Get those kids out there and have some fun. If you have some spare minutes, volunteer to help at practice and ski around with the kids. It's fun to be a kid again and it will help your skiing.

BIATHLON RACERS PREPARE FOR RACING

The 2019-2020 Biathlon season kicks off on December 29th with the Old Forge Sprint. Racers are gearing up and I have seen lots of laps out there getting ready for the season. Tom Moffett has been hard at work getting the schedule together and we should be out racing soon.

Get those rifles sighted in and be ready. It is going to be a great season.



Biathlon races start soon.

DECEMBER 29TH IS A BIG DAY OF RACING

December 29th will host the entire slate of racing around New York State.

Old Forge will host the Old Forge Biathlon Sprint as well as the Polar Bear Resolution Cross Country Races. They will hold a BKSL race as well.

Lapland Lake will be hosting the Lapland Lake Sprints on the Lapland Lake

trails. This interesting format will be head to head heats of 4-5 racers and all racers are guaranteed 3 rounds of racing. They will hold a BKSL race as well.

Mt. Vanhovenberg in Lake Placid will be hosting the Van Ho Ski Orienteering races.

Get out and race you could wear that hat.



Nobody ever won a race while sitting on the couch

COACHES NEEDED FOR U16 AND EASTERN HIGH SCHOOL RACES

This year the Eastern High School Championships are being held in New York at Gore Mountain. The U16 Eastern Championships are being held close by in Vermont. These are great opportunities for development of our junior athletes. We need coaches for both these trips. Jessica Jordan has agreed to

be the Team Leader for both these events. Get involved and help New York to race a full team for these events. This is a weekend commitment and is a great opportunity for our athletes to race against the teams from Vermont, New Hampshire, Maine, and Massachusetts.



Eastern High School Championship team



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

FLORINATED WAX CONCERNS RAISED

NYSSRA Nordic & Fluorinated Waxing Concerns

Recent actions have been taken by environmental regulatory bodies in Europe and the US to regulate the importation and use of fluorinated materials in ski wax products. However, some companies are being allowed to import since they are not listing banned ingredients. For Nordic athletes, parents, coaches, waxing technicians, team volunteers, and spectators, concerns focus on the potential health implications of exposure and environmental effects of fluorinated waxes -- Perfluorinated compounds (PFASs) used in the form of paraffin, powders, blocks, liquids, or gels.

NYSSRA Nordic shares these concerns for the health of its racers -- BKYSL, high school, juniors, Mid-Atlantic, and masters across its Nor-

dic racing disciplines. NYSSRA Nordic supports the position expressed by NENSA, USSA, Craftsbury Nordic, and other racing bodies in their Nordic racing wax policies for 2019-2020.

Special concerns are conveyed about no ironing of Perfluorinated finishing waxes ("pure fluoro" top coats -- powders, liquids, blocks) in glide zones. This would not include LF and HF wax lines.

The situation continues to develop for Nordic ski competitors everywhere -- including New York State. The wax industry has been working to ensure that their chemistry is compliant with new regulations going into effect. They are developing new paraffin formulations with similar ski glide performance without relying on materials posing potential health and environmental risks. As

new waxes are brought to market any position or waxing policy will need to evolve.

The 2019-2020 season will be new territory for everyone. While NYSSRA Nordic has not yet banned the use of Fluorinated waxes in NYSSRA Nordic sanctioned races, we are considering as much in the future. In the meantime, we are asking all concerned to consider reducing or eliminating "fluoros" in their waxing routine. With no way to test for Fluorinated wax jobs, we may need to encourage an honor system.

NYSSRA Nordic will follow the leads of NENSA and USSA on these topics. We will continue to review the trends and discuss concerns before making a waxing policy