

NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



SNOW IS BACK!!! LET THE SEASON BEGIN

Finally, some cold weather and a little snow. Most areas of the state picked up some snow this weekend. Now is the time to get out on the skis and get ready for mid and late season racing.

Get out and do some racing in the next couple of weeks and have some fun. It is a great workout and a great way to be social and meet other racers from around the state.

See you on the snow!!!!

Empire Games is coming up in 2 weeks with races on Friday, Saturday and Sunday. Lake Placid has picked up some good snow and they have all their trails open and are ready for the coming races.

Who will be the Points team champion this year??? Can HURT Nordic come back after the loss of the crown last year??? Will RNR or NYSEF take the crown this year?? Only you can know as you have to be in it to win it.



UPCOMING EVENTS

- January 25th Satatoga Sprint Biathlon
- January 25th Charles Lamendola Classic Race
- January 25th HURT Mega Relay
- January 26th Saratoga Biathlon Pursuit
- January 26th Harriet Hollister Ski—O
- January 26th GHN-ADK Skitthon
- February 1 and 2nd Empire Sports Games in Lake Placid ALL EVENTS

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MID ATLANTIC JUNIOR RACES HELD AT GORE

Another excellent 2 days of racing were held this weekend at Gore Mountain Nordic Center. We had over 100 racers racing both days in the JNQ events.

just to make the A climb a little harder. The final qualifying races will be held in Rochester on the weekend of February 1 and February 2.

Saturday started off with a classic 5K race on Saturday followed by a Skate 5K for the U16 and 10K for U18 and older on Sunday.

You can find up to date Points at: <http://www.midaxc.com/home/points-list>

Sunday welcomed new snow



NYS HIGH SCHOOL TEAMS COME TO GORE MOUNTAIN

This year's Queensbury invitational/JNQ was held at Gore Mountain Nordic Center. High School teams from around the state were well represented with some great performances. In addition to the normal Section 2 teams from the area, teams from Section 9 (New Paltz), and most of the teams from Section 3 were in attendance. Several Section 5 athletes were in attendance and competed in the JNQ portion of the event.

The Saturday race serves as both a High School race as well as a JNQ. Many of the athletes will be scored in both the High School Portion and their results will be pulled to score in the JNQ as well. This has been a yearly event and gives the

kids a look at the competition for the NYSPHSAA Championships to be held in February.

Queensbury ended up winning the Boys Varsity Competition while the Mayfield Girls captured the Varsity Girls Competition.

Racing continues for 3 more weeks until the Sectional Championships and selection for the NYSPHSAA State High School Championships.



High School racers on the course in Section 2



“Today was a good race for me, although it was kind of funny because, with the super deep, sugary snow, it never felt like I was moving very fast, especially stepping through the sugar on the uphill,” Jessie Diggins

NYSSRA SKI –O SEASON OFF TO A GOOD START

Despite inconsistent weather, the New York ski-o season has had a surprisingly healthy start. Our first event was optimistically scheduled back in the late summer for November 23 at Mt. van Hoevenburg. Although we'd had a good mid-November snowfall, it was difficult to come up with a reliable map for the racers as construction of the new trails and cross country lodge continued into the winter months, and several of the regularly-used trails were inaccessible and/or ungroomed. However this didn't stop the avid participants and though there were some scratched ski bases (from crossing sanded roads) and one bloody nose (from a faceplant on an icy ungroomed downhill) a good time was had by all.

The November event was fol-

lowed by 2 others – a pre-Christmas race at Lapland Lake on Dec. 21 along with the annual New Year's Day event at Garnet Hill. Since then things have been a little bleaker, with several events both in NYS and further afield being cancelled due to poor conditions.

The next big ski-o event on the horizon is the Empire State Winter Games, which will feature a 2 race weekend on Feb. 1-2. Saturday's event will be held at Dewey Mountain in Saranac Lake while Sunday's will move out to the Paul Smith's VIC. Although terrain is limited at Dewey, it presents one of the most challenging trail layouts for ski orienteers, as intersections come up quickly especially when travelling downhill and route decisions must be made on the

fly. The course at the VIC, on the other hand, will offer much more extensive terrain to navigate with the inclusion of the new biathlon trails, and if a wrong trail is taken there will be significant backtracking required to find the correct route!

Pre-registration is required for the ESG races but newcomers are welcome to show up at any regular NYSSRA ski-o meet and try out a course. The schedule, race details, updates and results are posted at <http://skio.nyssranordic.org/>.



UPDATE ON OUR NYSSRA NORDIC BIATHLON RACERS IN AUSTRIA



From the looks of the photos, our NYSSRA Nordic Biathlon racers are having a great experience in Austria at the World Winter Masters Games. In the 2 individual races Brian Burr has had a 21st and 23rd place finish, Sean Halligan has placed 27th and 18th, and Brian Wieghaus has place 17th and 23rd all in their age groups. They finished up with relay events on Friday. Sean's team placed 6th, Brian Burr's team placed 12th and Brian Weighuas's team ended up 11th. Great show and we will see them soon in NYS .



BIG CHANGES TO MT. VAN HOEVENBERG

Construction on Lodge



Temporary Parking Lot



In March 2018, the International University Sports Federation (FISU) awarded the 2023 Universiade, or World University Games, to Lake Placid. That event will bring approximately 2500 athletes and support staff to compete in cross-country and alpine skiing, ski jumping, hockey, speed skating, figure skating, and other events. Lake Placid last hosted the Universiade in 1972. With that, Big improvements are on the way. While things may seem a little crowded now, expect a great experience in the future

Improvements to Mount Van Hoevenberg will include a new lodge, an eight million gallon snow-making reservoir, and

a traditional snow-making system covering five kilometers of trail, augmenting what is already known as the Snow Factory. Four kilometers of new trails will be developed and paved to accommodate rollerskiing in the summer. The biathlon range will be relocated and enlarged to accommodate World Cup cross-country and biathlon events. The new Biathlon range will be located where the old Van Ho parking lot once was.

Mount Van Hoevenberg's new lodge will house 30,000 square feet over three stories. The lodge will be used by the sliding athletes and hikers and is scheduled for a 2021 completion date. New trailheads to the popular Cas-

cade and Porter mountains will start from the lodge area in an effort to ease overcrowding at existing trailheads during summer hiking season.

While ORDA will install a traditional snowmaking system, Pratt said that it would keep and continue to maintain the Snow Factory. At the time of writing, none of the existing ski trails are expected to be closed during construction but there will be some disruption with the parking now located in the main stadium. Our patience will be rewarded next winter when the new trails open. We can't wait!!!!



New trails and new Biathlon Range



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 - BIG TURNOUT FOR GORE MOUNTAIN RACE

We had over 40 BKSL racers toe the line on Sunday at Gore Mountain Nordic Center for the BKSL races. Racers raced 3, 2, or 1 lap based on age group. Lots of smiling faces and some great performances.

We had teams representing the Polar Bear Ski Club, NYSEF, RXCSF, ADK Vahuti, HURT, and some unattached racers.

It was great to see all the young kids out there doing some great skiing.

There are lots of Bill Koch Races still to come this year, so get out there and get your kids involved. If they don't enjoy racing, there are great club activities and various clubs around the state.

