



# NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



## COLES WOODS NORDIC SKI TRAILS 50TH ANNIVERSARY

Coles Woods or Crandall Park as most of us know it has been a racing and skiing staple for over 50 years. This year marks the 50th anniversary of the creation of the trails.

The idea for developing a lighted cross country ski trail in Cole's Woods was first conceived by former Olympian and owner of Inside Edge Ski & Bike Shop Tom Jacobs, and Glens Falls Recreation Department Director Dan Reardon.

### THE TRAIL

The original trail was 2 kilometers (approximately 1.2 miles) long. It officially started next to a now razed Little League building on the northeast/Glen Street corner of the track. The start/finish was marked by two large 6 x 6 posts, which are still there today.

The course went West down the track, and into the woods to the 4 corners intersection where it turned right, went across the 1st bridge, and then left half way up the small hill onto what is known as The Ridge Trail. It continued west to what was then referred to as *Third Hill* (because it was the third hill running along the Ridge Trail). The course descended third hill, went

across the bridge and then turned east running behind the houses on Dixon Court & Northup Drive. At Northup Drive it went left, descended a small hill and then made a right onto a now little used trail that paralleled Halfway Brook. At the end of this trail it turned right by the parking lot on Fire Road and then back to 4-Corners where it turned right toward the YMCA and made a counter clockwise loop around the track to finish back at the two posts.

### THE LIGHTS

Once the trail had been developed, local leaders had the vision to expand the utility of the trails by adding lights. Several local corporations and businesses then pitched in to underwrite the purchase and installation of the lights, which provided Glens Falls with the distinction of having "*The first lighted cross country ski trails in North America*". This attribute pushed Glens Falls to the forefront of cross country skiing, and resulted in top cross country skiers from around the world traveling to Glens Falls as we became a regular stop on the Nordic Series Ski Tour. The year was 1971. And while much has

changed in the 50 years since, the community commitment to Cole's Woods, and our love affair with the trails, has remained as strong as ever. We are proud to celebrate the 50th Anniversary of Cole's Woods with the community that made it possible, and look forward with excitement and anticipation to what the next 50 years will bring.

### Celebration of 50 years.

The Friends of Coles Woods now maintains and grooms the trails as well as funds projects and lighting in the winter. This winter the Friends of Coles Woods and the Glens Falls Recreation Department have brought back 4 weeks of citizen racing on Thursday nights. There is no cost and races are offered in Classic, Skating, and Snowshoeing. Check out:

<http://coleswoods.weebly.com/>

### UPCOMING EVENTS

- Jan 24—Saratoga Biathlon Sprint
- Jan 30-31GNH-ADK Pursuit races
- Jan 31—Manzella Hurt-a-thon Skate at Gore Mountain
- Jan 31—Polar Bear Biathlon Sprint
- Feb 6—Garnet Hill Citizen and NYSSRA Races
- Feb 6—Winona Forest Tourathon
- Feb 7—Saratoga Biathlon Sprint
- Feb 13—Glenville Hills Classic

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## Ski O Events back on track.

With the recent snowfalls around the state we're finally able to run some ski orienteering events! At present there are 2 on the schedule, one at Mt. van Hoevenberg near Lake Placid and the other in the Switzkill area south-west of Albany. In keeping with COVID guidelines, this season's events will be a little different from normal. Participants will register and pay online, and then download their map. The courses will be left out for at least a week so that participants can ski them at their convenience. They will time themselves and then email their time to the race organizer. There will be no electronic timing units or manual punches on the course and control locations will be marked with bright colored tape streamers. We ask all participants to observe public health protocol including face

coverings and social distancing. The van Ho course will be regular format, meaning each control must be found in order as designated on the map. The Switzkill event will be a Score-O, where participants find the maximum number of controls within a specified time limit. Rather than follow a pre-determined order, they can find controls in any order they choose. The UsynligO phone app can be used for both of these events. This app is a handy orienteering tool – it lets you know when you have reached a control, and if you run into trouble it will show you where you are on the course along with the direction and distance to the next control. After you finish you can check your route, your stage times and even compare your event to others on the same course! You can find more information about UsynligO

at <https://empoclub.org/usynligo-phone-app/>. Details for both events will be posted at <http://skio.nyssranordic.org/> and on our Facebook page at [www.facebook.com/N-Y-S-S-R-A-S-O-102545774516228/](http://www.facebook.com/N-Y-S-S-R-A-S-O-102545774516228/). Beginners are welcome – just email [jfindlay@roadrunner.com](mailto:jfindlay@roadrunner.com) if you'd like some instruction or further information. We hope you can get out and try this



Ski O Ready to go

## NYSSRA Nordic Cross Country Racing up and running.

Several Races have already been run and there are plans for many more this season. Shen Nordic ran their classic races at Gore Mountain and has a good field of racers. The following weekend, Gore Mountain hosted their JNQ and hosted nearly 100 racers each day. Races were held on Saturday Classic, and Sunday Skate.

There are several races coming up on the schedule including the Winona Forest Try it races, The GNH-ADK Pursuit races on January 30th and 31. The Nino Manzella HURT-A-THON at Gore Mountain on the 31st.

February brings a multitude of races and we are in the process of planning a NYSSRA Championships for all racers sometime in the last weeks of February.

Plans are still underway and we will let you know as soon as we can about race details.

This year, there will be no NYSPHSAA High School State Championships and we want to offer a final race of the season for all our athletes to participate in a championship event.

Rumor has it that the Lake Placid Loppett is also in planning stages and hopefully will be able to happen under some COVID safe restrictions.

Stay tuned for updates. We are really excited for the season and are committed to bringing you save and fun events.



Lets get out there an race!!

## BIATHLON NEWS FROM THE IBU AND STATE

Biathlon in NYS is off to a slow start but races are set to start this week with races at the Saratoga Biathlon Club course. I saw Curt Schreiner today and he said that conditions are excellent.

With no local racing to report on we bring you exciting news from the IBU circuit. Several New York racers competed. Check out the press release from USA Biathlon.

🌸🌸🌸🌸 Flower Ceremony

Alert! 🌸🌸🌸🌸

Clean Shooting Maddie Phaneuf grabbed 4th place in today's IBU Cup Sprint in Arber, GER! Congrats, Maddie!!

Women's IBU Cup Sprint:

- 4. Maddie Phaneuf (0,0)
- 31. Chloe Levins (0,0)

- 56. Hallie Grossman
- 82. Jackie Garso
- 100. Lucy Hochschartner
- 101. Emma Stertz

Maddie grew up in Old Forge and started as a BKYSL NYSSRA Nordic, skied with Polar Bear Ski Club, Old Forge, NY and currently trains w/NYSEF, Lake Placid, NY. Other names you may recognize are St. Lawrence University skiers Jackie Garso who grew up and skied for Saranac Lake and Lucy Hochschartner.

With lack of snow and a venue to race, Biathlon has had a slow start. Who would have thought that we could go from over 2 feet of snow on Christmas eve to bare ground on Christmas day.

That being said, our biathletes are focused and out there training and are ready when racing can proceed.

These events and dates are subject to change, but fingers crossed! Details for each event will be on SkiReg from event organizers. Stay tuned!



Congratulations Maddie

## BKSL YOUTH ACTIVITIES ARE ON TRACK

Our Bill Koch clubs are active around the state. Practices have started and we have a ton of kids out there having fun and enjoying the outdoors and the snow.

Racing groups have been small but our practice sessions have been well attended. Races are going on each week and we hope you can encourage your racers to come out and race.

February 7th, the Polar Bear Ski Club will host a

BKSL and a citizens race at Adirondack Woodcraft Camps. If you have never skied there you do not know what you are missing.

Keep up the practice and racing and we love to see all the younger skiers on the trails.





## *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 again 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 :

## HOW LUCKY WE ARE TO HAVE OUR SPORT

As I sit here and think about what to add to each newsletter, I sometimes am searching for things to write about. How lucky are we to have an outside sport with unlimited opportunities.

This year has brought many challenges and I feel lucky to be able to get out every day and enjoy the outdoors on my Nordic skis.

We are so lucky to have trails with snowmaking in Gore Mountain, Bristol Mountain, and Mt Van Hoevenberg. While the snow has been limited in many areas, we have been able to keep skiing in many other areas.

So many people are constrained by going to a gym or other closed or restricted area to workout. How lucky are we.

We can go out our back door on the trails which are safe and easy to maintain social distance. What a gift to see our friends on the trails and be able to greet them with a smile and a wave from 6 feet away.

I feel lucky to be able to be out there on the trails and in the back country with all of you. Keep active, stay healthy and I will see you on the snow!!!



Mt. Van Hoevenberg View from the new stadium. You can not get a better view. Enjoy the outdoors!!!!