



## NYSSRA Nordic Newsletter # 2

News from NYSSRA Nordic for January 2022

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### Upcoming Events and Races. Slow start to Nordic Race season.

Races have been few and far between this season and the lack of snow is being felt all over the state. As of today, there has only been one NYSSRA Nordic Competition and just a few High School races. With the lack of snow, races are changing venues to our man-made snow courses. Looking ahead to this weekend, we have the following news.

The Rochester JNQ weekend has been cancelled. For more information, click here to access the [Mid-A page](#).

The GNH-ADK Skiathlon on Saturday January 8th has been moved to Gore Mountain Nordic Center.

The Shenendehowa Classic races have also been moved to Gore Mountain Nordic Center. There is still time to sign up. Go to [Skireg.com](#) and sign up. There will also be day of race registration at the venues. Go to the [Schedule page](#) to see all the details. Let's get out and race!!

[NYSSRA Nordic Schedule Page](#)



**Manmade snow saves the season so far!!!**

If you have



done some skiing this winter, chances are you have been on Man-made snow. Natural

snow has been hard to find this season and as of today, there does not seem to be much in the near future. We did have some natural snow early up north in Lake Placid and some limited skiing at some of our Nordic venues, but that has since melted away.

Thankfully we do have a few options with Man-made snow. Mt. Vanhovenberg has about 3K open on their competition trails and the skiing has been really good. Lots of ups and downs with few flats, but it is some great skiing. Gore Mountain Nordic Center has had 1.5K open with fantastic skiing on the loop. Gore has made a ton of snow in the past 2 days and will open up the 2.5K loop soon. Again, lots of ups and downs with perhaps a little more flats and graduals to ski on. Bristol Mountain Nordic Center has just under a 1K loop of flat terrain.

Get out and ski now and let's hope we can get our touring centers open soon so we have a little more terrain to ski on.



**No Snow around your area?? Get out and do some dryland training and be ready when it comes.**

In the Nordic skiing community, January is usually the month when the racing season is kicking into gear. There is plenty of snow along with a variety of venues to ski and explore. Mother Nature seems to have different plans for the 2021-22 skiing season. Many of us have been travelling outside our normal range in order to train and race. Along the same lines, with the paucity of snow, many of us have had to adapt and convert back to dryland training. Dryland training is usually utilized during the summer and fall months to build a strength and cardio base for the upcoming ski season...not something that anyone would envision for the beginning of January! While not optimal, here are some suggestions that can carry a skier through a dry period until the snow arrive:,,,,, Click



on the link below to see the full article.  
Thanks to Phil Matthews our 2nd VP for the info

[See the full article here!!](#)



## Fluorocarbon free wax policy

**NYSSRA Nordic maintains a policy that prohibits the use of fluorinated waxes.**

As of November 1, 2020, all NYSSRA Nordic sanctioned events will abide by U.S. Ski & Snowboard and FIS guidelines and be fluoro free (see link directly below). We respectfully ask of our competitors and technicians that they comply with the spirit of this regulation which is intended to protect the health of our environment and community.

This is consistent with the ban on fluorinated waxes that has been taken and continues by NYS Public High School Athletic Association., U.S. Ski & Snowboard, NENSA, Craftsbury Outdoor Nordic, and other racing organizations. The ban covers both glide and kick waxes.



[US Ski and Snowboard Wax Policy](#)



## Ski-O Winter Adventure Fun

Ski Orienteering opportunities around the state have been limited so far this season due to covid as well as the lack of snow. However a great adventure awaits those willing to make the trek down to the Partidge Run Wildlife

Management Area near Berne, where for the entire month of January you can embark upon a personal outdoor navigation adventure! A series of controls marked by yellow streamers has been set out around the area and participants can use any

mode of non-motorized transportation, including skis, snowshoes, bikes, sleds etc. or any combination to access the locations. You can start at any one of several locations and can return at any time during the month to find more controls. The event has been organized by the Empire Orienteering Club of Albany and participation is at your own risk. More information is available at <https://empclub.org/2022-partridge-run-rules-and-notes/>. This is a great opportunity to get out, practice your navigation skills and experience a wonderful area.

Meanwhile, a more traditional ski-o event is being planned for the Empire State Games at Mt. van Hoevenberg in early February. While some allowances will be made to provide for distancing between participants and volunteers, we hope to offer electronic SI timing and on-site downloading. Details will be posted online as they become available.

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### **Gore Mountain Season Opener - First Race of the NYSSRA Season**

The Gore Mountain NYSSRA Nordic Season opener was a great way to start the season. We had 14 BKSL, 14 Juniors, and 24 Masters/Open toe the line in 3 races. Antonio Mannino and Heidi Underwood took home the top spots in the Masters/Open. In the Juniors, Clara Avery and Forest Slingerland were the girls and boys top finishers. In the BKSL, we had some great races with Caitlyn Armendola and Mason Stoddard taking the top spots. Looking forward to some more racing coming up this weekend. See you there!!



[Results found here](#)



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### **US Olympic Team Trials for Nordic Combined held in Lake Placid December 24th.**

The upgrades to all the venues in Lake

Placid ahead of the upcoming World University Games is starting to pay off already!!!

December 24th was the first of what looks like to be a revival of World Class Racing and Events in Lake Placid.

Starting it all off was the Nordic Combined Olympic Team Trials on December 24th.

Athletes started the competition on the Jumping Hill and were scored before moving over to the Mt. VanHovenberg competition trails for part 2. It's been a long time since we had live coverage of a National level Nordic event on major TV Networks and it looks like we will see more of this in the future.

In the Jumping competition, Ben Loomis led the way followed by Jasper Good, Jared Schumate, and Taylor Fletcher. Now comes the excitement. Racers are started in a pursuit (Gunderson) start with the jump leader going off first. Ben Loomis was first out on course with the top 4 separated by just 56 seconds. Taylor Fletcher starting 56 seconds back stormed the field and caught Loomis just before the last major uphill. For all of you that have skied that hill, you know what an effort Fletcher put out on that climb. In the end Taylor Fletcher won the day with 12 seconds to spare guaranteeing his spot on the team for the 4th time.

There are tons of events planned in Lake Placid for the next few years. Volunteer and see things close up or just come out and spectate!!



[Full Results here \(Thanks to Bullit Timing\)](#)