

2008-2009
COMPETITION MANUAL





New York State Ski Racing Association – Nordic, Inc.

Welcome to the 2008 – 2009 Nordic Ski Season

As I stride into the new ski season, I take over the responsibility of being the new NYSSRA Nordic President.

One of my primary goals is to enhance the current club system. I feel we need strong member clubs in order to best serve ski racers. Member clubs organize races, recruit members, promote events and bring ski racing to their communities. To help support these efforts, the new look NYSSRA website www.nyssranordic.com has devoted space for clubs. As club leaders make blog posts to the website, it becomes a timely forum for news and events that are generated by clubs and shared throughout our ski community. NYSSRA also continues to sponsor the Club Championship Series. Any member of any sanctioned club who races in a NYSSRA event scores points for their club. Last season, NYSEF and Peru Nordic battled down to the final event before sorting out the club championship. This season even more clubs are stocking up to take up the quest for the coveted Club Champions Banner. There are other benefits to being a NYSSRA club. NYSSRA provides liability insurance for training event. There are grants available for clubs. There is a movement to change our organization's leadership structure to be more club-based. Members are encouraged to join a local club, or even start one of their own. I am open to suggestions for improving services and benefits for member clubs. Contact me (kobak1791w@yahoo.com) with your ideas.

I have only been president for a couple of months, but many exciting events have already taken place. The NYSSRA Newsletter has been replaced with a new publication. This twice-a-year magazine will feature a season preview in November and a season review in April. The website has been revamped and dedicated to getting timely news to our members. Next season membership will only be available online. Members will receive a renewal reminder postcard, but will not have to mail in their membership forms. NYSSRA and NENSA have agreed to an updated membership partnership. Anyone who joins NYSSRA also becomes a full-fledged member of NENSA, thus saving extra entry fees and also being eligible for NENSA's points series and championships. And, the Saratoga Biathlon Club has successfully bid to host the NYSSRA Champions Cup weekend (Feb 27- March 1, 2009). They will be hosting the XC championships and Biathlon Championships on that weekend, and will be hosting our first NYSSRA Nordic Awards Banquet on Saturday Feb 28.

It is an exciting time for me as I move in to this new role. When you see me at NYSSRA races, don't hesitate to say "hello." And, don't hesitate to let me know what you think NYSSRA Nordic can do to make your ski racing experience the best it can be.

Jim Kobak
President - NYSSRA Nordic

Be sure to visit –

www.nyssranordic.com

*Your Internet portal to the world of
Nordic Skiing in New York State!*

2008 – 2009 Competition Manual

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NYSSRA-Nordic Manual Supporters

The New York State Ski Racing Association – Nordic, Inc. extends its thanks to both our new and returning sponsors. These organizations have helped make this publication possible.

Empire Orienteering Club

Shenendehowa Nordic Club

Mohawk Towpath Byway

Winona Forest Recreation Area

Cross Country Ski Area Association

INTRODUCTION

The New York State Ski Racing Association - Nordic, Inc. is incorporated under the laws of New York State as a not-for-profit corporation. It is a membership organization, which works in conjunction with state and national governing bodies to support the development of Nordic sport in New York State. NYSSRA currently supports programs and races for the Nordic disciplines of biathlon, cross country skiing, ski orienteering, ski jumping, Nordic combined, and telemark skiing. NYSSRA holds general meetings in the spring and fall of each year, which are open to all membership. Look for the date of the next spring meeting on the NYSSRA website (held sometime in April), and the fall meeting will be scheduled at the spring meeting. Meetings take place at SUNY Institute of Technology, Utica. Please attend and become involved in New York Skiing!

The annual Competition Manual is the official pre-race season publication of NYSSRA-Nordic Inc. It is distributed only to current members. The publications committee thanks the contributors of information to and advertisers in this edition. Suggestions for the next Competition Manual should be made to the manual editor (see Directory pages).

Race changes or cancellations: organizers should note that corrections, cancellations, and additional information about events should be posted to the NYSSRA-Nordic Website www.nyssranordic.com The NYSSRA web site contains up to date information on all Nordic events in New York. Organizers should report change in venue, event cancellation or postponement directly to the NYSSRA web site manager, Larry Wilkinson, no later than 6 p.m. on Thursday preceding a race scheduled for Saturday or no later than 6 pm on Friday for a race scheduled for Sunday. Timely notification of these changes is necessary. To keep our membership informed. Contact Larry Wilkinson via e-mail at nordic@roadrunner.com or by Phone at 315-797-9341.

The NYSSRA-Nordic Website

www.nyssranordic.com

Check for the most up-to-date race information

It is especially important for racers to keep informed by checking the NYSSRA-Nordic Website, read the *NYSSRA-Nordic Newsletter*, or contact event organizers (listed in the schedule pages) for updated information

NYSSRA DIRECTORY

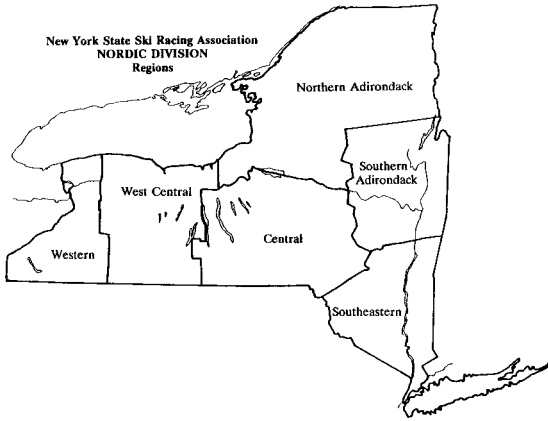
NYSSRA-Nordic Officers

2008 – 2009 Officers		
President	Jim Kobak	418 River Road; Peru, NY 12972 518-643-0821 / kobak1791w@yahoo.com
First Vice President	Darwin Roosa	115 Bozenkill Road; Altamont, NY 12009 518-861-7093 / roosmean@acmenet.net
Second Vice President	David Kvam	303 N. Second St., Mechanicville, NY 12118 dakvam@naz.edu
Secretary	Eric Hamilton	67 Pico Road; Clifton Park, NY 12065 518-383-8565 / ejh_bkh@juno.com
Treasurer	Lee Mahood	9249 Route 20A Hemlock, NY 14466 (585) 367-3524 / lmahood@cnyti.com
Immediate Past President	Chris Rose	28 Ormsby Circle; Peru, NY 12972 518-643-2670 / chrisrose7@hotmail.com

NYSSRA-Nordic Committees

2008 – 2009 Committees		
Cross Country Skiing	Larry Wilkinson	7 Ramblewood Dr. South; Utica, NY 13502 315-797-9341 / nordic@roadrunner.com
Cross Country Masters	Jim Kobak	418 River Road; Peru, NY 12972 518-643-0821 / kobak1791w@yahoo.com
Biathlon	Tim Halliday	326 Main St., Corinth, NY 12822 518-654-7575 / tdhalliday@adelphia.net
Ski Orienteering	Eric Hamilton	67 Pico Road; Clifton Park, NY 12065 518-383-8565 / ejh_bkh@juno.com
Bill Koch Youth Ski League	Eric Hamilton	67 Pico Road; Clifton Park, NY 12065 518-383-8565 / ejh_bkh@juno.com
Local Clubs	Jim Kobak	418 River Road; Peru, NY 12972 518-643-0821 / kobak1791w@yahoo.com
Jumping and Nordic Combined	Matt Cook	NYSEF, 52 Ski Jump Ln, Lake Placid, NY 12946 518-523-1900
Telemark	Kirby Van Vleet	19 Amethyst Drive; Queensbury, NY 12804 518-789-3962
Membership	Sean Forney	501 Boyden Street; Syracuse, NY 13206 315-472-6518 / sxf36@hotmail.com
Manual Editor	Bruce Mosberg	bruce.mosberg@crossmark.com
NYSSRA Magazine	Tom Chappell	tomanddianne86@yahoo.com
Empire State Games	Lisa DelSignore	ESG Agency Building #1 Empire State Plaza, Albany, NY 12238; 518-474-8889
Public Relations	Ron Farra	5 Emerald Lane; Saratoga, NY 12866 518-584-2256 / farra@capital.net

NYSSRA-Nordic Regional Representatives



Regional Representatives		
Western		
Dan Schwenk 8811 Hartshorn Road Corfu, NY 14036 585-762-6072		
West Central		
Barb Pudiak, 282 Jefferson Ave Fairport, NY 14450 585-377-2096 <i>pudiak@frontiernet.net</i>	Anna Gorbold 3 S. Pittsford Hills Circle Pittsford, NY 14534 716-586-5096	Ruth Hayes 22 York Street Honeoye Falls, NY 14472 585-624-2946
Central		
Russ Myer 4153 Coye Road Jamesville, NY 13078 315-469-0785	John Nabors 10324 Woods Road Utica, NY 13502 315-732-7439 <i>john_nabors@Olympic.net</i>	Clara Bingham 3530 Van Brocklin Road Carthage, NY 13619 315-493-3469
Northern Adirondack		
Jim Kobak 418 River Road Peru, NY 12972 518-643-0821 <i>kobak1791w@yahoo.com</i>	Margaret Maher <i>margm@nysef.org</i>	
Southern Adirondack		
Darwin Roosa 115 Bozenkill Road Altamont, NY 12009 518-861-7093	Doug Diehl P O Box 615 Bolton Landing, NY 12814 518-644-3499	Eric Hamilton 67 Pico Road Clifton Park, NY 12065 518-383-8565
Southeastern		
Janice Sibilia 6 Orbit Lane Hopewell Junction, NY 12533 845-896-5761	Paul Kuznia 75 Laurel Lane Cold Spring, NY 10516 845-265-3773	

The responsibilities of the regional representative's include:

- Working with other NYSSRA-Nordic members and other related persons to increase membership (disseminating literature to pertinent businesses, presenting on NYSSRA-Nordic to groups/ organizations).
- Attendance at spring and fall meetings with information about the happenings in their region.
- Contribution to the NYSSRA newsletter (short articles on what's going on in their region).

NORDIC SKIING AND WINTER SPORTS RESOURCES

DIRECTORY OF DEVELOPMENTAL & SUPPORT GROUPS	
<p>AMERICAN CROSS COUNTRY SKIERS (AXCS) PO Box 604 Bend, OR 97709 (541) 317-0217 www.xskiworld.com</p>	<p>The AXCS started in 1997 as an organization to provide services to cross country skiers over 30 years old (masters), and to support cross country skiing at all levels in the US. AXCS sponsors a US Masters National Championship race series. AXCS has absorbed the World Masters Cross Country Ski Association and is the US sanctioning body for the Masters World Cup. Either AXCS or USSA licenses can be used. The Mid-Atlantic AXCS representative is Alec Davis: alecdavis@earthlink.net.</p>
<p>CROSS COUNTRY SKI AREA ASSOCIATION OF NY S Dick Carlson Garnett Hill North River, NY 12856</p>	<p>Represents the owners and operators who provide a variety of ski trails for sport and recreational skiing. Send for a list of the areas in Your region and the activity calendar for this season.</p>
<p>CROSS COUNTRY SKI AREAS ASSOCIATION Chris Frado 259 Bolton Road Winchester, NH 03470</p>	<p>Represents more than 200 Nordic ski centers in the USA. The CCSAA sponsors the annual Ski Fest to bring new skiers to our sport. Send for a list of all CCSAA ski centers, and Ski Fest activities.</p>
<p>EASTERN AMATEUR SKI EDUCATIONAL FOUNDATION 8 John Brown Road Lake Placid, NY 12946</p>	<p>Provides financial assistance to top Eastern competitors for the development of competitive skiing in the U. S. Grants are awarded according to criteria established by the trustees of EASEF based on ability to ski, competitive potential, geographic location, and financial need.</p>
<p>NY SKI EDUCATIONAL FOUNDATION PO Box 300 Wilmington, NY 12997 518-523-1900 www.nysef.org</p>	<p>NYSEF offers full-time Nordic Training programs in cross-country skiing, Biathlon, Nordic combined and ski jumping in Lake Placid. Cross-country skiing is also available in the Gore/North Creek Region. Visit our webpage for more information.</p>
<p>NYS TRAILS COUNCIL Trails Coordinator, Planning and Research NYS Dept of Environmental Conservation, and NYS Dept of Parks, Recreation & Historic Preservation, Albany, NY 12238 518-474-0414</p>	<p>This citizen's advisory council to the governor ensures citizen participation in trail planning and management. Members discuss issues with officers of NYSOPRHP, NYS Department of Environmental Conservation, and NYS Department of Transportation. Ron Farra, and Jim Underwood represent NYSSRA.</p>
<p>U S SKI ASSOCIATION PO Box 100 Park City, UT 84060 801-649-9090 www.ussa.org</p>	<p>The national governing body of amateur skiing in the United States is responsible for the development of amateur ski programs and amateur competitors. Mainly benefits those competitors at a national or elite level.</p>

DIRECTORY OF DEVELOPMENTAL & SUPPORT GROUPS

<p>NORDIC SKI PATROL Jerry McGraw 20 Sleepy Hollow Drive Clifton Park, NY 12065 518-371-3762</p>	<p>Nordic patrollers are trained volunteers who assist skiers and ski area managers by patrolling at ski touring centers, wilderness trails, public ski trails, at races and on organized group tours. Patrollers help skiers with information about skiing; first aid; and organizing and assisting in search and rescue.</p>
<p>OLYMPIC REGIONAL DEVELOPMENT AUTHORITY Olympic Center Lake Placid, NY 12946 518-532-4437 www.orda.org</p>	<p>The official authority that manages the State's Olympic facilities including the venues at Mount Van Hoevenberg in Lake Placid. Greg Stratford is the Olympic Sports Complex venue manager and can be contacted at 518-523-2811.</p>
<p>PROFESSIONAL SKI INSTRUCTORS OF AMERICA 1 A Lincoln Avenue Albany, NY 12205-4900 518-452-6095</p>	<p>PSIA is a not-for-profit organization with a full-time staff to administer a certification program for Nordic ski instructors. A large staff of conductors and examiners insist that every member be an expert skier with equal emphasis placed on their enthusiasm and ability to teach. PSIA-E publishes a newsletter, offers job placement service and provides other membership benefits.</p>
<p>U S BIATHLON ASSOCIATION 49 Pineland Dr Suite 301A New Gloucester, ME 04260 www.usbiathlon.org</p>	<p>The USBA is the national governing body for biathlon (cross country skiing and rifle marksmanship). Competitors, coaches and interested in supporting members may join individually or through a club affiliation. Summer biathlon is a rapidly growing aspect of the sport.</p>
<p>U S OLYMPIC TRAINING CENTER 421 Old Military Road Lake Placid, NY 12946 518-523-2600</p>	<p>Serves Nordic skiers as well as other Olympic sports with sanctioned training and development programs and room and board for eligible athletes.</p>
<p>U S ORIENTEERING FEDERATION P. O. Box 1444 Forest Park, GA 30051</p>	<p>Ski orienteering combines cross-country skiing and navigational ability. Seven clubs in New York and other states hold ski-Orienteering meets. Each meet incorporates informal instruction for novices as well as competition.</p>
<p>U S SKI COACHES ASSOCIATION P O Box 1747 Park City, UT 84060 801-649-9090.</p>	<p>Provides educational and technical materials, supplies and equipment necessary for ski coaches; offers training clinics, certification and accreditation for coaches; establishes and maintains the highest standards of coaching. Membership dues entitle coaches to liability insurance for coaching activities at USSA sanctioned events.</p>

NORDIC SKIING AND NYSSRA

NORDIC SKIING IN PERSPECTIVE

The various disciplines of Nordic skiing served by NYSSRA include biathlon, cross country skiing, ski orienteering, ski jumping, Nordic combined, and telemark. As a group, these sports have several things in common. They are all winter sports, they all involve the use of a ski with a loose heel, and they all offer regional, national, and international levels of competition.

Nordic skiing offers participation at many levels from a purely recreational level to that of the elite athlete. The emphasis is on the word participation; our goal in NYSSRA is to get as many people as possible involved in the sport. As such, NYSSRA encourages **all** persons to participate, whether as a weekend tourist or as a serious competitor.

In New York State, we have numerous sites where cross-country trails are available. Programs of instruction and training opportunities exist from basic lessons to advanced competition programs. Youth can join their local Bill Koch Youth Ski League, starting at the age of 5 or 6.

It is important to remember that skiing is first and foremost a sport, which should be enjoyed, and only second a competition. Your participation should be for the fun of the sport and your goals should be based on the joy of the competition. Persons wishing to compete beyond the local New York level should join the national governing body of their respective sport such as USBA, USOF, USSA, AXCS, etc.

BENEFITS OF MEMBERSHIP

- Belonging to an organization of Nordic skiers whose purpose is to promote and develop skiing and competition in the State of New York.
- Access to a cohesive competition event schedule for Nordic disciplines.
- Support for developmental programs, races and clinics for all age levels.
- Annual Competition Manual, membership card, ID number, and the opportunity to participate in the Empire State Games or NYSSRA-Nordic Championships.
- An electronically published NYSSRA-Nordic Newsletter and season update email distribution
- Representation in local, state, and national legislation affecting Nordic skiing.
- General information and recommendations about skiing, people, places and products.
- Sharing opportunities with other Nordic ski enthusiasts.

HOW TO JOIN NYSSRA

Use the membership link at www.nyssranordic.com. Membership period begins October 1. Membership fees are listed below on the application form. For NYSSRA purposes, a family is one or two adults in the same household and any additional children, age 18 or under and still actively enrolled in school below the collegiate level. Collegiate team membership is available to college clubs or college teams of more than two members. As with each family membership each team member must complete a membership application to join or renew. Only one copy of the newsletter or Competition Manual will be sent to a household, family or collegiate team.

New York State Ski Racing Association - Nordic, Inc

2008 - 2009 Membership Application

Individual family members must fill out a separate form using same address.

<input type="checkbox"/> Renewal Membership	NYSSRA Number: <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>
<input type="checkbox"/> New Membership	

Last Name _____ First _____ MI _____
 Street Address _____

 City _____ State _____ Zip _____
 Phone (____) _____ Gender M _____ F _____
 Date Of Birth ____/____/____
 Local Club(s) _____
 e-mail Address _____@_____

Please indicate preference – I would like to receive my newsletter:

Via regular mail (USPS)
 Via e-mail (newsletter maintained on the web site. E-mail notices are sent to those requesting this option.

Age Division: (check one) Youth (BKYSL) Scholastic
 Open Masters
 Interests: Biathlon Cross Country Ski Orienteering
 Nordic Combined Ski Jumping Telemark

Each member must complete the waiver and release of liability below

In consideration for the rights and privileges associated with membership in the New York State Ski Racing Association - Nordic, Inc. I acknowledge and agree to be bound by the following:

1. **Identification of Risks** - I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inaction's or negligence of myself or others.
2. **Assumption of the Risk** - I agree that I am responsible for my safety while participating in activities associated with NYSSRA-Nordic, Inc., and that such responsibility includes participation only; a) when I am both physically and psychologically repaired to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.
3. **Waiver** - Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the New York State Ski Racing Association - Nordic, Inc., its affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (Released Parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in activities associated with NYSSRA-Nordic, Inc., except where caused by the gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, and next of kin or assigns who may pursue any legal action or claim on my behalf.
4. **Insurance** - I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

Member Signature _____ Date _____

For Members of Minor Age: This is to certify that, as parent/legal guardian of this above named minor, I do hereby acknowledge and consent to his/her agreement to be bound by each of the terms and conditions identified above.

Parent / Guardian Printed Name _____

Parent / Guardian Signature _____ Date _____

Remittance: YOUTH (BKYSL), Age 13 or younger \$15
 INDIVIDUAL \$20 before 12/1; \$25 after
 FAMILY \$40 before 12/1; \$45 after
 INDIVIDUAL LIFE MEMBERSHIP \$400

Membership Dues: \$ _____
Donation for Junior Development: \$ _____
Total Enclosed \$ _____

Make checks payable to NYSSRA-Nordic, Inc. and mail to:
 NYSSRA-Nordic, PO Box 413, Peru, NY 12972.

BI-ANNUAL STATE MEETINGS

NYSSRA-Nordic, Inc. officers, committees and regional representatives meet twice annually, usually in Utica, New York. Any member is invited to attend the meetings and is encouraged to become involved with the committees, which make organized Nordic competition happen in New York State. Meetings are scheduled in the spring and fall. Details are announced in the *NYSSRA-Nordic Newsletter*. If you are interested in assisting to develop and expand Nordic sports in your region, please contact one of the regional reps in your region to offer your help.

NYSSRA-NORDIC MAGAZINE

The *NYSSRA-Nordic Newsletter* is all about Nordic skiing and is published two times a year. The first issue is a season preview and is published in November. The second issue is a season review and is published in April. Each issue is available on the website to all individual members or to heads of households for family members. Club leaders and Committee Chairpersons are expected to contribute to this publication. If you would like to write an article or a ski column or have any other Nordic news items, please contact the discipline chair to see if he would add the material in his blog. You may also contact the magazine editor directly. Members are interested to hear what's going on concerning biathlon, cross-country skiing, Nordic combined, ski orienteering within the NYSSRA-Nordic community.

NYSSRA-Nordic Magazine Editor	
Tom Chappell	tomanddianne86@yahoo.com

NYSSRA SUPPORT PROGRAMS

NYSSRA COACHES SUPPORT PROGRAM

A program for reimbursement of coaches expenses for up to \$200 is available to coaches who are NYSSRA members and who demonstrate a year round commitment to training Nordic skiers. Coaches must be current NYSSRA members and submit an itemized post race season expense account with receipts, if possible. Funds are limited to taking races to Empire State Games (ESG) qualifiers and /or Junior National qualifier races. Coaches should submit a cover letter with detailed expense account by or before the spring meeting to the NYSSRA-Nordic President.

NYSSRA RACER SUPPORT GRANT PROGRAM

As a demonstration of NYSSRA's support to Nordic racers, 24 \$100 grants will be awarded (12 to women, 12 to men) on an application basis for each Nordic ski race season. Criteria for selection of grant recipients will include (1) the proposed use of the grant, (2) past racer performance, (3) geographic balance of applicants from regions of the state. Applicants must be current NYSSRA members and submit a letter of application, which states specific reason for request and cites performance with examples of results. Deadline to submit letters of application is January 1, 2009. Letters should be mailed to Lee Mahood, Treasurer, NYSSRA-Nordic, 4 Thomas St., Woodstock, VT 05091

BRIAN E. McDONALD MEMORIAL FUND

In memory and honor of the achievements and contributions of one of NYSSRA Nordic's finest athletes, a fund has been established in cooperation with the family of Brian E McDonald. Brian started with the Bill Koch Youth Ski League and competed throughout high school in both cross country skiing and biathlon. He competed primarily in biathlon after high school and had developed into a genuine international competitor and Olympic hopeful. The Memorial Fund will provide stipend of \$100 to the highest finishing scholastic

biathlete at the New York Empire State Winter Games who goes on to participate in the U. S. National Biathlon Championships.

BILL THAYER MEMORIAL CITIZEN'S RACE

In memory of Bill Thayer and his many years of outstanding grass-root contributions in Cross Country Skiing in New York State, NYSSRA-Nordic would like its member clubs to designate a race in his honor. To assist, NYSSRA will provide a grant to reimburse a local club for the initial costs of hosting a competitive event to honor our memory of Bill Thayer. Reimbursement would be for 100 printed logo bibs, course marking flags, and promotional material. The initial \$50 sanction fee will be waived, but it is the local club's responsibility to enter into a sanctioning agreement with the landowner and NYSSRA-Nordic, Inc.. The Bill Thayer Memorial Citizen's Race grant will be awarded annually to the first club, which has never previously taken advantage of this grant, which applies in writing to Eric Hamilton, NYSSRA Secretary, 67 Pico Rd., Clifton Park, NY 12065.

THE AWARD (All Winter Accumulated Race Distance)

In an effort to promote more ski racing, NYSSRA has an awards program for those members who compete in and complete many races. NYSSRA skiers who complete 250 kilometers of race distance over the course of the season are eligible for a gold A. W. A. R. D.; 225k or greater a silver; and 175 k or greater a bronze. To arrive at the accumulated distance members total the kilometers completed in any biathlon, cross country ski, and/or ski orienteering races. To receive your A. W. A. R. D. pin and certificate send a summary including dates raced, race names, locations, distances and overall total over your signature, address, and NYSSRA number to NYSSRA-Nordic, Eric J. Hamilton, Secretary, 67 Pico Road, Clifton Park, NY 12065 by April 1, 2009.

**Ski along the Mohawk Towpath Byway following the historic
Erie Canal – the Waterway West**

Join a family moonlight ski into history from the Vischer Ferry Nature and Historic Preserve entrance
At 7 pm on December 20, January 17, February 21, or March 20.
Call 518-371-6667 for more information.



NYSSRA-NORDIC CLUB AFFILIATION

JOIN A LOCAL CLUB!

Local clubs play a vital part in fostering Nordic ski sports across the State and throughout the Mid Atlantic Region. Informal arrangements and working relationships between clubs and club members have been quite successful over the years in providing an environment where our skiers of all ages can participate, develop skills, foster broader interests, and promote excellence in Nordic ski sports. For many years local biathlon and orienteering clubs have provided a feeder program for NYSSRA-Nordic, state, national and international level competition. Your local Nordic ski club fosters interest in all facets of Nordic ski sport, encourages participation at all levels and provide coaching where the individual shows a need or interest.

As a NYSSRA-Nordic member you are encouraged to join your local club. These local clubs provide:

- Year round social support.
- Access to training partners.
- Friendly environment for new comers interested in learning about our sport.
- Mentoring and/or coaching programs and instruction.
- Better communication between members of the Nordic ski community.
- Access to information on training, coaching, camps, and clinics.
- Eligibility to compete in club championships.

NYSSRA-Nordic maintains liability insurance that covers affiliated clubs and all NYSSRA-Nordic sanctioned events.

WHY SHOULD MY CLUB JOIN NYSSRA-NORDIC, Inc.

- An affiliated club is eligible to enter a team of club members in the NYSSRA-Nordic Club Championship.
- Affiliated clubs are highlighted on the NYSSRA Nordic website.
- Affiliated clubs are allowed to publish news on the NYSSRA Nordic website and in the NYSSRA Nordic magazine.
- NYSSRA-Nordic will maintain liability insurance that covers all NYSSRA-Nordic club affiliates and all NYSSRA-Nordic events.
- It is inexpensive. Clubs can join NYSSRA-Nordic for the same membership rate as family membership: \$40 prior to December 1 and \$45 on or after December 1. This entitles the club to one copy of the Competition Manual, and each issue of the NYSSRA Magazine.
- As a club member the local organization has connections with other clubs, with national governing bodies, and with officials, coaches, and local leaders through out the Mid Atlantic Region. Several clubs can partner and achieve objectives that may be out of reach for smaller clubs.
- Note that in order to be an affiliate or club member in good standing the President (or chief executive officer), Vice President, Secretary and Treasurer must each be members of NYSSRA-Nordic with either an individual or family membership. This establishes a stronger connection between the local club and NYSSRA-Nordic

ADDITIONAL CLUB INFORMATION

Additional information about the NYSSRA-Nordic club system, including a listing of current affiliated clubs, and how your club can earn the prestigious Presidential Citation can be found on NYSSRA-Nordic website: www.nyssranordic.com.

If you don't have a Nordic ski club in your area contact Jim Kobak, Club Committee Chair; Eric Hamilton, NYSSRA-Nordic secretary; or any other NYSSRA officer. Check the NYSSRA Directory for current contact information.

New York State Ski Racing Association - Nordic, Inc
2008 - 2009 Club Affiliation Application

Club Information

Name: _____
Web Site: _____
Prime Contact:
Name: _____
Address: _____
Phone () - - _____ e-mail: _____

Club Officers

(All club officers must be current NYSSRA-Nordic Members)

President: _____
Address: _____
Phone () - - _____ e-mail: _____
Vice President: _____
Address: _____
Phone () - - _____ e-mail: _____
Secretary: _____
Address: _____
Phone () - - _____ e-mail: _____
Treasurer: _____
Address: _____
Phone () - - _____ e-mail: _____

Club Coaches

BKYSL: _____
Junior: _____
U23/Sr: _____
Master: _____
Club Description: _____

Club Membership Costs, Qualifications To Join, etc.:

Registration Fee: (\$40 before December 1, \$45 on or after December 1)

Return with registration fee to:

NYSSRA-Nordic, Inc.
PO Box 413
Peru, NY 12972

1. CROSS COUNTRY SKIING

Chairman: Larry Wilkinson
315-797-9341 / nordic@roadrunner.com

NYSSRA-Nordic sanctions a series of cross-country ski races each year at many venues across New York State. Skiers may compete in individual events, accumulate points for season-long individual or club championships, or attempt to qualify for the Empire State Games (ESG).

Nordic Racers Must Pre-Register - NYSSRA members are urged to pre-register for all ESG/NYSSRA-Nordic qualifying races (biathlon, cross-country, and ski-o). All pre-registrations must be received by deadlines listed in the competition schedule section of the manual to avoid late fees. Note: Entry fees do not need to be included with pre-registration unless the statement "pre-registration must include entry fee" is specifically stated in the race listing for that particular race. Also note that day of registration normally closes 30 minutes prior to the race. Non-NYSSRA Members will be charged a \$5 insurance fee at all NYSSRA-sanctioned events.

COMPETITOR RESPONSIBILITIES

1. All competitors who wish to enter and compete in events must enter in their own age class. It is unfair and unsportsmanlike to enter another age class where competition may be easier. In special cases a competitor may compete in an age class where competition is more difficult (i.e., a scholastic skiing in the open class), but only in accordance with guidelines established by the respective national governing bodies (for example USBA, USSA, USOF, and AXCS).
2. The competitor is responsible for knowing all schedules, deadlines and special instructions. The NYSSRA-Nordic web site www.nyssranordic.com will be periodically updated and skiers should use this service as well as the *NYSSRA-Nordic Newsletter* for updated information as the season progresses.
3. Events will be held in accordance with the rules of the national governing organization(s). This includes the USBA, USOF, USSA, or American Cross Country Skiers (AXCS) for masters. The competitors should be familiar with these rules and will be responsible for compliance. This includes properly filling out and signing all race waiver forms.
4. The competitor is responsible for knowing his or her start time and is responsible for knowing and following the course in its entirety and without benefit of outside assistance and or enhancing substances. If for any reason the competitor is unable to complete the course, it is his or her responsibility to notify the starter and the finish line judge that the competitor is no longer on the course.
5. Sportsmanship and fair competition is the primary goal of amateur competition. Departure from these principals will result in sanction and possible suspension from further NYSSRA competition.
6. Protests shall be handled in accordance with rules set forth in the appropriate national governing body rulebook or by appeal to the NYSSRA Board where appropriate. All protests must be submitted in writing accompanied by a \$10 fee. If the decision is in your favor, the fee will be returned.
7. Each competitor must properly fill out an entry form for each race including date of birth, class, and the necessary waiver of liability or he/she will not be scored.

NYSSRA-Nordic Scoring System

All skiers will score NYSSRA-Nordic points for each race of the NYSSRA-Nordic Series that they complete. Designated events are listed in the cross-country race schedule at the back of this manual. Earned points will be awarded using the formula and tables below, and will accumulate over the course of a given season.

NYSSRA-Nordic points = participation points + age class placing + overall placing
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- **Participation:** NYSSRA-Nordic members will receive 10 points for each sanctioned race completed. (Non-members are not issued participation points)
- **Age class placing:** Each racer is awarded points based on placing within their respective age class.

NYSSRA-Nordic Age Group Scoring			
Place	Points	Place	Points
1	20	6	7
2	16	7	5
3	13	8	3
4	11	9	2
5	9	10	1

- **Overall Placing:** Racers will be awarded points for finishing in the top 10 of a given event

NYSSRA-Nordic Overall Scoring			
Place	Points	Place	Points
1	10	6	5
2	9	7	4
3	8	8	3
4	7	9	2
5	6	10	1

Note: All points are doubled during the NYSSRA Champions Cup 25 k race.

NYSSRA-NORDIC Cross Country Point Series

To encourage participation by individuals in NYSSRA-Nordic sanctioned events, NYSSRA Nordic sponsors a season-long points series. Racers of all age classes will score points during sanctioned races, with those accumulating the most points in each age group over the course of the season will win points series awards, and be officially recognized as NYSSRA-Nordic's New York State Nordic skiing points series champions.

- Racers' points are totaled after each race, and accumulate during the season. All races in which points are scored count towards a racer's season total.
- Points standings will be maintained and updated by the Masters Committee Chairman and posted on the NYSSRA-Nordic website www.nyssranordic.com
- Awards in each age class (male and female J2, J1, OJ, Senior, M1, M2...M12) will be presented following the NYSSRA-Nordic Champions Cup race. Awards will be based on total accumulated points throughout the current NYSSRA-Nordic racing season.
- To be eligible for NYSSRA Points Series awards, racers must complete two NYSSRA sanctioned races. In addition, racers must enter and complete the NYSSRA Champions Cup 25 k race.
- All racers are scored based on finish. (non-nyssra members do not score participation points). Racers must be members prior to the start of the race in order to score participation points during that race. Racers who join NYSSRA after the race will be able to count their race points, but will not be awarded participation points.

For more information on the NYSSRA-Nordic Points Series contact Jim Kobak, PO Box 413, Peru, NY 12972; (518)-643-0821; kobak1791w@yahoo.com

NYSSRA-NORDIC POINTS SERIES: FAQs

How do racers score points? – Any racer who completes a NYSSRA-Nordic sanctioned race scores points for that race.

Do you get points for finishing the race? – Yes. NYSSRA-Nordic awards 10 points to each NYSSRA member who finishes a sanctioned race.

Do you get points for doing well in your age group? – Yes. NYSSRA-Nordic will also award age-group points, 20 pts for first, 16 for 2nd, etc...

Do you get points for doing well overall? – Yes. NYSSRA-Nordic will award overall place points (10 for 1st overall, 9 for 2nd, ... 1 for 10th overall). So, you score points three ways in each race.

What about the Empire State Games? – No NYSSRA-Nordic points will be awarded during the ESG events. These races are NOT part of the NYSSRA-Nordic series

What about the NYSSRA-Nordic Champions Cup Race? – NYSSRA-Nordic will award double points for this race. It is also a mandatory event to finish for anyone who wishes to be eligible for the season-ending age group awards.

When are Points Series awards given? – The season-long points series awards will be presented after the completion of the Champions Cup race. Racers must finish that race in order to be eligible for awards.

NYSSRA-Nordic Club Championship Series

The NYSSRA-Nordic Club series uses the same set of races as the NYSSRA Points Series to be counted toward the season-long Club Championship. The series culminates with the NYSSRA-Nordic Champions Cup weekend; with the club accumulating the most points from these events will be crowned, “*current season*” NYSSRA-Nordic Club Champions”, and will be awarded the Club Championship banner. Designated NYSSRA Series events are identified in the Cross Country schedule.

To be eligible to participate in the Club Championship Series:

- The participating club must be NYSSRA-Nordic affiliated prior to scoring points in any event. Points scored before the affiliation process is completed will not be counted toward the clubs overall total. (See NYSSRA-NORDIC Club section for details on the affiliation process).
- Club members participating in an event must have a current NYSSRA-Nordic membership. And may only earn points for the club that they designated on their NYSSRA-Nordic membership form. In the absence of designation on the membership form, a skier will earn points only for the first club they represent during club series events
- Club members must designate club affiliation on their race registration prior to the start of the event.

Points will be scored using the NYSSRA-Nordic points system. Club championship standings will be maintained and updated on the NYSSRA-nordic website www.nyssranordic.com.

We encourage New York State ski clubs & organizations to send members to these and other NYSSRA-Nordic sanctioned events. Clubs should have their members designate club affiliations on the NYSSRA-Nordic membership form, as well as on race registration materials.

NYSSRA CLUB CHAMPIONSHIP SERIES: FAQs

Can any club/team/group be involved? – Yes, as long as that group has officially been sanctioned by NYSSRA.

How do clubs score points? – Each member of a club who finishes a NYSSRA series race scores points for his/her club. The points scored are equal to his/her NYSSRA series points scored for that race. Clubs accumulate points over the course of the season.

What is a NYSSRA club series race? – All races designated as NYSSRA series races. Clubs score points for these races only.

What are this season's club races? – All races listed in the cross country schedule as NYSSRA Series Races. The final two club events are held during the NYSSRA Champions Cup weekend. There is a Club Championship Relay on Saturday, and the NYSSRA Champions Cup race on Sunday.

Who can I have on my club/team? – Anyone who is a NYSSRA member can count for your club. Skiers may only ski for one club during a season. Just make sure your club members designate their affiliation on their race entry form in order to be counted as part of your club.

So, I can have Bjorn Dahlie and Thomas Alsgaard race for my club? – Yes, as long as they join NYSSRA and write their club affiliation on their race entry forms.

When are the awards Presented? – A single NYSSRA-Nordic Club Champion designated each season. This award will be given at the conclusion of the NYSSRA Champions Cup race. The winning club will be awarded the official NYSSRA-Nordic Club Championship Banner.

NYSSRA-Nordic Championship Events

The NYSSRA-Nordic Championships will be held at the Saratoga Biathlon Club, Day NY. Check www.saratogabiathlon.20m.com for details and updates on this event. The schedule for the event is as follows:

Friday Evening, February 27, 2009

2009 NYSSRA-Nordic Club Championship Relay: Sanctioned clubs may enter teams of 2 or 3 to ski the 6-lap *Freestyle* race. Skiers must alternate each lap around the 2 km course. Clubs may enter as many teams as they wish. Scores will count toward the NYSSRA-Nordic Club Series only. Team age classification will be determined by the average age of all team members.

Saturday, February 28, 2009

AM 2009 NYSSRA Biathlon Sprint Championship Race.

PM 2009 NYSSRA Champions Cup Race: 21 km Classic (J2's 7k). Wave Start. Featuring the twisting and rolling terrain of the Saratoga Biathlon Club trail network, the **NYSSRA Champions cup** will be used to crown the top skiers in New York State. NYSSRA points are doubled for this race. Points will be used to crown **NYSSRA Points Series** champions and to determine the overall 2008 **NYSSRA Club Series** Champions

AWARDS Banquet: On the evening of Saturday, February 28, The Saratoga Biathlon Club will host the NYSSRA awards banquet. End of Season Awards in Cross Country and Biathlon will be presented.

Sunday, March 1, 2009

2009 NYSSRA Biathlon Sprint Relay Championship.

NYSSRA-Nordic Championship Events – Hosting Requirements

To maintain the year-to-year consistency of the NYSSRA-Nordic Championship events, the following standards will be followed in the organization and format of the Championship weekend. NYSSRA member Clubs are welcome to host this race. If you are interested in hosting this race in the future, please prepare a bid packet to be presented at the NYSSRA Spring meeting, May 4 in Utica.

Weekend Format	The NYSSRA-Nordic Championship Events will be a two-day event Day one: Short race and/or club relay competition. Day two: Champions Cup Race.
Course Design	Day one: Short course not to exceed 5 km. Relay should be alternating 6 x 2 km, allowing for teams of 2 or 3 skiers. Day two: Champions Cup Race of at least 15 km, but not to exceed 25 km. (follow Masters World Cup guidelines regarding course elevations)
Technique	Day one: Race should be (but not required) opposite the technique of day two. Day two: Race technique alternates annually (e.g., 2008–Skate, 2009-Free).
Scoring	Day one: Short race should be scored for all age groups (overall place, age group place, NYSSRA points series and club points series). Relay should be scored for age groups (overall place, age group place, club points series). The relay marks the end of the overall NYSSRA club points series. Relay team ages will be determined by taking the average age of the participants (ex. 50 yo + 30 yo averages to a 40 yo, or M3). Day two: Long race is scored for age groups, AND over all series points.
Awards	Day one: Awards for top 3 overall male and female. Relay awards for top team. Raffle items encouraged. Club Championship Banner will be awarded by NYSSRA after the relay. Day two: NYSSRA provides medals for age group placing and the official Champions Cup trophy for overall male and female winner. Raffle prizes are the responsibility of race organizer. NYSSRA will award overall points series awards following the race awards.
Timing/ results	Timing is the responsibility of the race organizer. Results should be posted at the event in a timely manner. Provide a separate set of results, including name, NYSSRA #, class, club and overall place and age place to the points committee for each race.

EMPIRE STATE WINTER GAMES

Cross Country Skiing Events - The Empire State Winter Games races will be run as a two-day pursuit format. Races will be held **Saturday, February 21** and **Sunday, February 22, 2009** at the Olympic Sports Complex at Mt. Van Hoevenberg, Lake Placid, NY. Race details can be found in the competition schedule section of this manual. In the event of no snow, check the web site, www.nyssranordic.com. In the event of last minute changes the Empire State Games staff will contact each qualified competitor. Medals will be awarded to the top three finishers in the following four categories: scholastic men, scholastic women, open men, and open women for each of the two individual races and the pursuit finish. Masters will receive medals in 5-year age classes from ages M1 through M8+ for both Saturdays finish and the Sunday pursuit.

In addition there will be a non-medal 5k open fun race each day for ages 20+. See the cross-country schedule in the pages at back of this manual.

Qualification Points List - ESG Qualifier cross-country races will be scored using the world cup scoring system and point allocation detailed below. All competitors in each ESG qualifier will score points based on the World Cup scoring system. In addition, participation points will be awarded each current NYSSRA member. Each of the following classes will be scored separately; scholastic men, scholastic women, open men (Age 18+), open women (Age 18+). Each member's rank will be determined by the total accumulated number of points that they received for all qualifiers held during the season. Non members will not be ranked on the ESG points list. Feb 1st is the deadline to join NYSSRA to be considered eligible for the ESG points list.

ESG points = participation points + place points

- Participation: NYSSRA-Nordic members will receive 10 points for each ESG race completed. (Non-members are not issued participation points)
- Age class placing: Each racer is awarded points based on placing within their respective age class.

World Cup Scoring System							
Place	Points	Place	Points	Place	Points	Place	Points
1	100	9	29	17	14	25	6
2	80	10	26	18	13	26	5
3	60	11	24	19	12	27	4
4	50	12	22	20	11	28	3
5	45	13	20	21	10	29	2
6	40	14	18	22	9	30	1
7	36	15	16	23	8		
8	32	16	15	24	7		

Cross Country Skiing Qualification Rules - In order to compete in the Empire State Games Cross Country skiing events a competitor must:

- Be a current member of NYSSRA-Nordic prior to competing in an ESG Qualifier.
- Complete a minimum of two ESG qualifiers one of which must be classical and one free technique.
- Be New York State resident or a full time student at a New York State school.
- Qualify in the top of your respective competition class as stated below.
-

Competition classes (Age as of Dec 31st 2008)

- **Scholastic (Ages 12 - 17)** - Top 60 male and 60 female on the point's list will qualify to compete in the Empire State Games races. Scholastic competitors will receive an ESG uniform.
- **Open (Age 18 and older)** - Top 40 male and 40 female Open skiers on the point's list with the exception of Masters age skiers (30+) unless said Masters have declared their eligibility in the Open

class to the cross country chairman (Larry Wilkinson 315-797-9341 / nordic@roadrunner.com) by February 1st. Open class competitors will receive an ESG uniform.

- **Master (age 30+)** - All masters who meet the minimum requirements will automatically qualify to compete in their respective age class. Masters wishing to compete in the Open Class must declare their intention to the cross country chairman no later than February 1st. Masters who choose to compete in the Open Class will not be eligible for Masters age class medals. Masters do not receive ESG uniforms but these may be purchased at times designated by the ESG organizers in the letter to competitors.

NOTE: Masters who declare their eligibility in the open class must also compete in the open class in all Nordic sports for which they qualify. It is the athlete's responsibility to make sure they qualify in the same age class for each sport in which they compete. ESG will not allow competitors to compete in more than one age class

Registration for Empire State Games - All NYSSRA members who are trying to qualify for the games must check the NYSSRA-Nordic web site www.nyssranordic.com to see if they have qualified. Athletes will not receive notification that they have qualified they must check the web site. It is the athlete's responsibility to check the race results, point's lists and qualified lists on the NYSSRA web site. The list of qualified competitors will be posted starting Feb. 1st. Qualifying for this event does not automatically register you to compete. If you wish to compete you must pre-register by notifying the NYSSRA XC chairman as directed on the web site. If you qualify and are unable to compete, notifying the XC Chairpeson will allow the next athlete on the ESG points list to qualify. You must also print out the ESG letter and waiver form and return them to the ESG registration in Lake Placid or at the race site as directed

Internet registration - pre registration will be available through the NYSSRA-Nordic web page www.nyssranordic.com beginning Feb. 1.

Send Entries to: Larry Wilkinson
7 Ramblewood Drive South
Utica, NY 13502
315-797-9341

Race Information:
www.nyssranordic.com
Larry Wilkinson
315-797-9341
nordic@roadrunner.com

5K open fun race registration

To compete in the non-medal 5k Classical or 5k free technique races, you pre-register for each day's event by Feb. 19. Due to the nature of this event, day of registrations will not be accepted. See the web site and schedule pages of this manual for more details. Online registration will open on Feb. 1, at the same time as the main event.

NATIONAL COMPETITIONS

To qualify for entry to the 2009 US Senior National Championships, skiers must be USSA licensed competitors prior to registration. Please refer to the 2008-2009 USSA Nordic Competition Guide for more information about these championships or the World Junior Team Tryouts. Or check the USSA web site at: www.ussa.org

2. Masters Skiing

2009 MASTERS NATIONAL CHAMPIONSHIPS

The 2009 AXCS (American Cross Country Skiers) Masters National Championships will be held in conjunction with the 2009 Tour of Anchorage in Alaska. The results from this race will be used to determine placings for the National Championships. This is an official AXCS event and an AXCS membership or event license is required for participation. For more information contact AXCS at www.xcskiworld.com or email axcs@xcskiworld.com.



2009 MASTERS WORLD CUP

The Masters World Cup for 2009 will be held in Autrans, France from January 27-February 7. Participation in these races requires either an AXCS or USSA competitor's license. For more information, contact AXCS at www.xcskiworld.com or email axcs@xcskiworld.com.



3. Biathlon

Chairman: Tim Halliday
518-654-7575/ tdhalliday@adelphia.net

RIFLE SAFETY REQUIREMENT - All biathletes must acknowledge the need for the highest level of safety during all events.

- All competitors must pass a rifle safety certification course before they can compete. These safety courses are frequently provided prior to the start of an event. The event organizer should be contacted as part of advanced registration to confirm that such a course will be offered.
- Every athlete is expected to present a rifle safety certification card at registration. If the athlete does not have a card at registration, the points list can be used as a back-up. If an individual does not have a card and is not on the points list, then they must participate in the Safety Clinic before they compete.

SAFETY FIRST: BIATHLON

Safety must always be the first consideration whenever handling a firearm. Please read and practice the following safety rules for biathlon as disqualification (DSQ) can occur if they are not followed. Every biathlete should be responsive to the actions of all persons handling firearms on and off the range. Any person observing a dangerous situation may call, "Cease fire." Any person observing an unsafe act has the responsibility to correct that act.

- Whenever the rifle is not on the competitor's back, the **bolt must be open**.
- Whenever a rifle is transferred between any two people, the **bolt must be open**.

Safety rules to be observed behind the firing line:

- The rifle will have the chamber empty, **bolt open**, and magazine out at all times.
- The rifle may not be aimed, dry fired, or brought to shoulder except in designated areas.

Safety rules to be observed on the firing line:

- Ammunition should be inspected for cleanliness and serviceability.
- The rifle bore should be inspected to ensure it is clear.
- Rifles should be pointed up or down range at all times.
- All loading and unloading must be done with the barrel pointed in the direction of the target.
- After firing, the rifle should be cleared by **opening the bolt** and visually inspecting the chamber.
- Follow all special safety rules that pertain to the competition or practice.

General safety rules to be followed at all times:

- Treat every rifle as if it were loaded.
- Keep the muzzle pointed in a safe direction.
- Action should be kept open with bolts to the rear unless the shooter is on the firing line and the range officer gives the proper command.
- All commands given by the range officer must be followed immediately.
- Never handle a firearm on the line when someone is down range.
- Upon finishing the race, all rifles are inspected. A live round in either the chamber or a magazine in the receiver will result in immediate disqualification.

NYSSRA-Nordic Biathlon Scoring System

All skiers will score NYSSRA-Nordic Biathlon points for each race of the NYSSRA-Nordic Series that they complete. Designated events are listed in the biathlon race schedule at the back of this manual. Earned points will be awarded using the formula and tables below, and will accumulate over the course of a given season.

NYSSRA-Nordic Biathlon points = participation points + age class placing

- **Participation:** NYSSRA-Nordic members will receive 1 point for each target hit during NYSSRA-Nordic Biathlon Series races.
- **Age class placing:** Each racer is awarded points based on placing within their respective age class.

NYSSRA-Nordic Age Group Scoring			
Place	Points	Place	Points
1	20	6	7
2	16	7	5
3	13	8	3
4	11	9	2
5	9	10	1

EMPIRE STATE WINTER GAMES Biathlon Events - **The Empire State Winter Games** races will be run as a two-day pursuit format. Biathlon races will be held Friday, February 20 and Saturday, February 21, 2009 at the Olympic Sports Complex at Mt. Van Hoevenberg, Lake Placid, NY. Race details can be found in the competition schedule section of this manual. In the event of no snow, check the web site, www.nybiathlon.org. In the event of last minute changes the Empire State Games staff will contact each qualified competitor. Medals will be awarded to the top three finishers in the competition classes described below.

Biathlon Qualification Rules – In order to participate in the Empire State Games Biathlon events, a competitor must:

- Be a current member of NYSSRA-Nordic, a NY Biathlon Club, and the USBA.
- Finish at least two ESG Biathlon qualifier races.
- Be New York State resident or a member of a NY Biathlon Club.
- Qualify in the top of your respective competition class as stated below.

Qualification Points List - ESG Qualifier biathlon races will be scored using the NYSSRA-Nordic Biathlon Scoring System described above. Points will be earned from designated ESG qualifier races, and the accumulated totals for each racer will be used to rank all participants by age classes as defined below.

Competition classes

- **Scholastic (age 12 – 17)** - Top 13 males and 7 females on the points list will qualify to compete in the Empire State Games races. Scholastic competitors will receive an ESG uniform.
- **Open (18 - 39)** - Top 13 males and 7 females on the points list will qualify to compete in the Empire State Games Races. Open class competitors will receive an ESG uniform.
- **Master (age 40+)** - All masters who meet the minimum requirements will by default automatically qualify to compete in their respective age class. Masters will compete in two divisions: Master (age 40-49) and Grand Master (age 50+). Masters wishing to compete in the Open Class must declare their intention to the biathlon chairman no later than February 1st. Masters who choose to compete in the Open Class will not be eligible for Masters age class medals. Masters do not receive ESG uniforms but these may be purchase at times designated by the ESG organizers in the letter to competitors.

NOTE: Masters who declare their eligibility in the open class must also compete in the open class in all Nordic sports for which they qualify. It is the athlete's responsibility to make sure they qualify in the same age class for each sport in which they compete. ESG will not allow competitors to compete in more than one age class

Registration for Empire State Games - It is the responsibility of all NYSSRA members who are trying to qualify for the Games to check the NY Biathlon web site www.nybiathlon.org for race results, points lists, and to see if they have qualified for their respective sports and to obtain registration information. Empire State staff will also post the names of the qualifying athletes on their web site www.empirestategames.org after February 14th with additional information on how to complete the registration process and registration hours in Lake Placid.

Qualifying for this event does not automatically register you to compete. If you wish to compete you must pre-register by following the directions as set forth of the NY Biathlon web page (www.nybiathlon.org). You must also print out the ESG letter and waiver form and return them to the ESG registration in Lake Placid or at the race site as directed.

If you do not have Internet access you may register by mailing a NYSSRA-Nordic entry form. This form should be mailed at least one week prior to the event to ensure that your name is on the start list. **NO DAY OF RACE REGISTRATION.**

Internet registration - pre registration will be available through the NY Biathlon web page www.nybiathlon.org

Send Entries to: Bill Lilly
9 Park Circle Drive
Fairport, NY 14450
585-223-9513

Race Information:
www.nybiathlon.org
Bill Lilly
585-223-9513



SHENENDEHOWA NORDIC CLUB

Sponsors a classic technique
Empire State Games qualifying and
club series cross country ski race

January 17, 2009

Interval start beginning at 11 am.
Saratoga Biathlon, Day, N. Y.

NEW YORK BIATHLON CHAMPIONSHIP EVENTS

February 28 and March 1, 2009 – Saratoga Biathlon Center, Day, NY

Biathletes that have completed at least one NYSSRA - Nordic Biathlon event are eligible to participate in this event.

Events:

Saturday, February 28 - A sprint event.

Sunday, March 1 - The Relay Event will consist of two competition categories: Club and Sport. It will be a 6 km event with three loops of 2 km and two shooting stages with three (3) additional rounds available for each shooting stage. It is difficult to plan a relay event without a commitment from all qualifiers. If, for any reason, you will not be able to participate in the relay you MUST notify the State Chairman by March 3rd.

- Each Club team will consist of the top three athletes from a club. There will be no restrictions by gender or competition class. The names of the three-team members will be provided to the State Chairman by the club president by March 3rd.
- There will be a minimum of 5 Club teams for this event. Each club may field a maximum of two teams. It is expected that each club will use its highest ranked athletes to form these teams.
- All other qualified athletes will compete in the Sport relay division. Based upon the record of the year's competition, the State Biathlon Chairman will divide these athletes into three groups based on the %-back list. On February 26th, the State Chairman will publish these lists on the web site.
- Athletes can request to be placed on a team with other athletes so long as the request is mutual and each resulting team consists of one athlete from each of the three groups.
- If athletes from two different groups request to be on the same team, the Chairman will randomly select an athlete from the un-represented group.
- All other teams will be formed by randomly selecting one athlete from each group.
- All qualifiers will be notified of their team selection and teammates prior to the start of the Games.

NEW YORK STATE BIATHLON COMMITTEE

The State Biathlon Committee was established in 1989 as the organization for mediation and resolution of biathlon issues in New York State. It is endorsed by the Empire State Games, NYSSRA-Nordic, Empire Athletic Association, and the USBA. The Committee handles issues such as petitions for ESG competition, relay team selection; schedule changes, venue changes due to inclement weather, and rules clarifications. Every biathlete has the right to bring any concern to the State Biathlon Committee and State Chairman. The committee will assess all sides of the issue(s) and render a final decision(s) to disputes, conflict and disagreements between individuals or clubs in the State.

The State Biathlon Committee is composed of the State Chairman, three representatives from NYSSRA-Nordic biathlon clubs and an athlete's representative. One club representative will be selected by the members in attendance at each spring NYSSRA-Nordic meeting and will serve for a term of three years. Also at the spring meeting, each club president will submit one athlete nominee to the State Chairman who will randomly select the athlete's representative after this meeting. The selected Athlete serves a one year anonymous term. The committee meets on an as-needed basis with each member having one vote. As appropriate, issues may be discussed and resolved via phone and e-mail communication.

New York State Biathlon Committee			
Name	Term Expires	Phone	E-mail
Tim Halliday (chair)		518-654-7575	tdhalliday@adelphia.net
Russ Myer	Spring 2009	315-469-0785	rwmmyer@twcny.rr.com
Darwin Roosa	Spring 2010	518-861-7093	roosmean@acmenet.net
Athlete (anonymous)	Spring 2009		

The Biathlon Development Fund

The development fund is financed by an assessment of \$2 per participant in each of the regularly scheduled biathlon events and is used to cover club ammunition/equipment needs, supplementary expenses incurred by directors/volunteers/race organizers year-round, trailer expenses and entry fees/expenses if necessary for New York championship events. Any requests for payment from the Development Fund are to be submitted through the Biathlon Chairman.

The Brian McDonald Marksmanship Award

This award will be presented to athletes who demonstrate marksmanship skill throughout the season. Biathletes who shoot 80% will earn a gold pin, 70% a silver and 60% a bronze pin.

Clean Shooting Award

The NY Biathlon Association presents this award to any biathlete that shoots clean in a race. In a race with two shooting bouts, the athlete must hit 10 targets with 10 rounds. Hitting 20 targets with 20 rounds in a race with 4 shooting bouts will earn the Clean Shooting Gold Award. Race organizers should contact the Biathlon Chairman when an athlete achieves this distinction. This award is for a single event only.

Annual NYS Biathlon Volunteer/Official Award

In recognition of the invaluable services these individuals provide to the sport of biathlon in New York, each year one individual will be recognized as Volunteer/Official of the Year. After each event, every participant will have the opportunity to nominate one of the volunteer/officials on a form provided. These nominations may be turned into the event organizer or mailed directly to the State Chairman. Members can also submit a nomination by writing a letter or e-mail. These nominations along with the other factors such as the number of events where an individual volunteered, as well as the quality of the service offered will be considered by the State Committee in making this award. Previous winners are eligible to repeat within a 5-year period.

2007–2008 NYSSRA-Nordic Biathlon Team

Selection to the NYSSRA-Nordic Biathlon Team is determined by the sum of the percent backs for THREE BEST seasonal finishes and the New York Biathlon Championship Sprint race in the competitive category. If more than one qualifying race is canceled, the State Biathlon Committee will consider reducing the number of BEST finishes in the seasonal events.

2007 – 2008 NYSSRA-Nordic Biathlon Team		
	NOT AVAILABLE AS OF PUBLICATION DEADLINE	
Category	MEN	WOMEN
Youth		
Open		
Masters		
Grand Masters		

Biathlon Information on the Web

NY Biathlon Websites	
New York Biathlon	www.nybiathlon.org
Lake Placid Biathlon	www.nybiathlon.org (click on link to LPBC)
Saratoga Biathlon Club	www.saratogabiathlon.20m.com
Syracuse Biathlon Club	www.syracusebiathlon.com
Western NY Biathlon	www.westernnybiathlon.com

4. Ski Orienteering

Chairman: Eric Hamilton
518-383-8565 / ejh.bkh@juno.com

Ski Orienteering (known as Ski-O, for short) is a sport where skiers use a detailed map to find locations in unfamiliar territory. Local meets are held throughout the state in the winter. Ski orienteering competitors can ski shorter courses, or more advanced courses, which require greater navigational skill and endurance. Foot orienteering races are also held throughout the spring and fall seasons. Orienteering on foot is a great way to improve your skills for ski orienteering.

To be placed on (or deleted from) the ESG Ski-O e-mail list, used to send out news on event cancellations, changes, new events, etc., send an e-mail to: ejh.bkh@juno.com.

New York State Orienteering Clubs	
Adirondack Orienteering Klub (AOK) c/o Nancy Allen, 46 Maine Road, Plattsburgh, NY 12903	Web: http://webpages.charter.net/aok/aok e-mail: nancy.allen@plattsburgh.edu Tel: 518-563-5038
Buffalo Orienteering Club (BFLO) c/o Phillip Wolfing, 263 Morris Ave., Buffalo NY 14214	Web: http://www.buffalo-orienteering.bfn.org e-mail: wolfing@buffalo.edu Tel: 716-832-9758
Central New York Orienteering Club (CNYO) c/o Barb Sleight, 6187 Smith Rd., North Syracuse NY 13212-2513	Web: http://cnyo.us.orienteering.org e-mail: bsleight@aol.com Tel: 315-458-6406
Empire Orienteering Club (EMPO) PO Box 51 Clifton Park NY 12065	Web: http://empoweb.us.orienteering.org/ski-o e-mail: empoweb@nycap.rr.com Tel: 518-872-1993
Hudson Valley Orienteering Club (HVO) PO Box 61, Pleasantville NY 10570	Web: http://hvo.us.orienteering.org Tel: 973-625-0499
Long Island Orienteering Club (LIOC) c/o John Pekarik, 238 Loop Dr., Sayville NY 11782	Web: http://www.liorienteeing.org e-mail: ja171@aol.com Tel:
Rochester Orienteering Club (ROC) c/o Eric Barbehenn 191 Pleasant Way, Penfield, NY 14526-2235	Web: http://roc.us.orienteering.org e-mail: eric@johnmeyersphoto.com Tel: 585-325-4547

Internet links and e-mail addresses for all clubs can be found on the United States Orienteering Federation web site: <http://www.us.orienteering.org>

Empire State Games Ski Orienteering Competition

The 2009 Empire State Games Ski Orienteering Competition will be held at Mount Van Hoevenberg on February 21, 2009. Ski Orienteering competitors who intend to qualify for the 2009 Empire State Winter Games may not ski at Mt. Van Hoevenberg and/or Cascade Ski Center after January 31, 2009, other than in a scheduled competition event staying on the course for that specific event.

Ski Orienteering Qualification Requirements

- There are eight competitive classes - four age classes with separate divisions for men and women. The age classes are:
 - Scholastic - racers must be at least age 10 (as of December 31, 2008) but not older than 17.
 - Open - any racers who are not classified as scholastic competitors.
 - Masters - racers must be 40 to 54 years of age
 - Grand Masters - racers must be aged 55 or older
- A maximum of 10 racers in each class will be invited to compete at the Empire State Games. In classes where more than 10 persons qualify, the top 10 who express intent to compete will participate in the ESG Finals. Ranking is determined by the Points Standings, which are outlined below.
- Each competitor must be:
 - A current member of the NYSSRA - Nordic or,

- A current member of an Orienteering Club based in New York state, and chartered by the United States Orienteering Federation (USOF); or,
 - A current member of the United States Orienteering Federation (USOF) or the Canadian Orienteering Federation (COF).
4. All other United States Orienteering Federation (USOF) rules governing the sport of Ski Orienteering shall apply at all ESG Ski-O events.
 5. Each competitor must enter a minimum of two ESG Qualifying races and successfully complete one, in the class in which you wish to compete at the Empire State Games. Note that Empire State Games rules now require that all individuals must compete in the same generic class in all sports in which they enter into the Empire State Games. Thus, while you may compete in any class possible for your age, you cannot compete (for instance) in a "Masters" class in Cross Country or Biathlon, and then compete in the "Open" class in Ski-O. You will have to compete either "Open" in all, or "Masters" in all (in the appropriate grouping as divided by the different competitions). This is not true in Qualifying events (you can race on whatever course you like), but your results and point totals will NOT be cumulative across classes.
 6. Scholastic competitors may qualify by entering and successfully completing only one race, IF they submit a written petition the Ski-O Chairperson, and can demonstrate that they could not enter more Ski-O races due to conflicts with other XC Races. Petitions must be received by Eric J. Hamilton not later than Saturday, February 7, 2009, at ejh.bkh@juno.com or 67 Pico Road, Clifton Park, NY 12065.
 7. At ESG Qualifying races, points will be scored for the first six places in each class and for completing three or more races in a single class:

Ski-O Points Standard			
Race Points		Bonus Points (based on races finished)	
Place	Points	Finish Race	Points
1	10 pts	1 race	0 pts
2	8 pts	2 races	0 pts
3	6 pts	3 races	1 pt
4	4 pts	4 races	2 pts
5	2 pts	5 races	3 pts
6	1 pt	Each additional race finished	3 pts

8. Points can be earned in multiple classes, but will NOT be added together. **Competitors are responsible to see that their times and points are correctly recorded in the class they intended to enter.** If someone qualifies in more than one class, it will be assumed they will compete at the ESG's in the class wherein they earned the most points. Otherwise, they MUST advise Eric J. Hamilton of their preferred class by Saturday, February 7, 2009.
9. A Ski-O Meet Director, and a maximum of one additional event official (whose identity must be reported along with the Meet Results), receive credit for completing an event and 5 bonus points.
10. The ski-O Points standings will be used to determine who qualifies for the Empire State Games Ski-O. They will also determine the order of starts at the ESG Ski-O, with competitors having lower point totals starting earlier, and those with higher points starting later.
11. NYSSRA "Season" recognition will be based on the "regular season" points standings. ESG Results will NOT be factored into this determination.

Questions regarding these Rules should be directed to the chairman, Eric J. Hamilton (see above or below).

Points Standings, plus schedule updates and other relevant information, will be posted on the Empire Orienteering Club (EMPO) web site: <http://empoc.us.orienteering.org/ski-o>. The selection committee will choose the ESG Finals participants by the end of the day

February 7, 2009. The Selection Committee will choose the ESG Finals participants by the end of the day February 8, 2009. Note that the NYS ESG Office will no longer notify participants that they qualify for the ESGs. Prospective athletes should check the ESG web site www.empirestategames.org after February 13, 2009, to find their name, and obtain information on how to complete the registration process, registration hours in Lake Placid, etc.

Ski-O Meet Directors: To help with timely posting of the standings, meet directors must e-mail results to the chairman, Eric J. Hamilton as soon as possible, preferably by Monday night after their event. (Meet directors of meets on the February 9 and 10 must report by the end of the same day as the event.) More detailed reporting requirements will be provided to organizers once this Manual and enclosed calendar are published. Among other reporting requirements you must identify which of the following membership categories a participant is using to qualify for the Empire State Games:

- NYSSRA (Identify as "NYSSRA". Entry fees for NYSSRA ESG Ski-O qualifiers should include the \$2 NYSSRA head tax. Within 10 days after their meet, directors must forward the head tax along with another copy of the results to NYSSRA treasurer, Lee Mahood.)
- A Local NY Orienteering Club (Identify in which NY Club the entrant is a "paid-up" member; this will be verified with Club Officials.)
-

NYSSRA SKI ORIENTEERING TEAM 2008			
Female Scholastic	Katie Christoffell	Katie Findlay	Sylvia Klossen
Male Scholastic	William Freilinghaus	Kestrel Owens	
Female Open	Katie Kangro-Hallik	Stina Bridgeman	Maria Tikhomirova
Male Open	Margus Hallik	Pavel Korniliev	Scott Pleban
Female Masters	Elinor George	Beth Gurzler	Ann Christoffel
Male Masters	Jim Pamper	Phil Grant	David Zdunczyk
Female Grand Mstrs	Sue Hawkes-Teeter	Betsey Hawes	Verna Engstrom-Heg
Male Grand Masters	Jim Russell	Phil Hawkes-Teeter	Len Cormier

Try Ski Orienteering, the thinking Nordic ski sport!

December 21, 2008 at Lapland Lake Resort, Benson, N. Y. Register before 1 PM.
 December 28, 2008 at Garnet Hill Cross Country Center, North River, N. Y. Register between 10 AM and noon.
 January 10, 2009 at Partridge Run State Forest, South Berne, N. Y. Register between 10 AM and noon.
Empire Orienteering Club, P O Box 51, Clifton Park, N Y 12065-0065

5. Ski Jumping and Nordic Combined

Information:
Matt Cook NYSEF 518-523-1900
mattcook99@hotmail.com

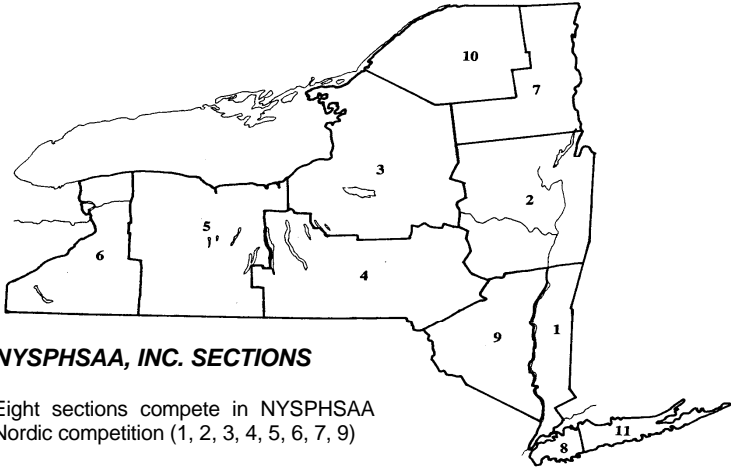
NYSSRA Nordic members and others wishing to try ski jumping or Nordic combined are welcome to contact Matt Cook at the Olympic Ski Jumps, Lake Placid, NY at 518-523-1900. There are development camps in the summer as well as opportunities to ski with the Lake Placid Ski Club/NYSEF programs in the winter.

The NYSEF program is aimed at teaching skiers to ski jump so they can safely jump the small hills and progress to the larger hills as their skills allow. Coaches encourage beginners to observe first then try a few runs on jumping skis down the landing slope. Jumping begins on the 15-meter hill and progresses to the 40-meter hill. NYSEF coaches hold cross-country ski training at Mt. Van Hoevenberg.

See the NYSEF Nordic website at nysef.org (click Nordic tab) for additional information.

6. NYS Public High School Athletic Association (NYSPHSAA)

The NYSPHSAA is designed to provide organization, leadership, and direction to all public high schools within the state. It plans and conducts all sectional, intersectional, and state competitions including high school ski racing programs. New York is divided into 11 sections.



NYSPHSAA CHAMPIONSHIPS

The New York State Public High School Athletic Association Championship cross-country ski races will be held in February. High school racers will compete in team relays, free technique, and classic technique races. Nordic skiers can contact their local school athletic department for additional information on cross-country ski racing in New York State.

7. Mid Atlantic Cross Country Junior Olympic Team

Information:

Chairman: Julie Hinsdill zimmerjm@yahoo.com

Head Coach: Margaret Maher NYSEF

margm@nysef.org

The Mid-Atlantic (Mid-A) District of the United States Ski Association (USSA) is committed to developing excellence in cross-country ski racing. Mid-A will again be selecting a team this season for competition in the Junior Olympics (JO's). The Mid-A District includes New York, New Jersey, Pennsylvania, Delaware, West Virginia, Maryland and the District of Columbia.

The 2009 Junior Olympics will take place in Truckee, California, March 7 – 15, 2009.

Qualifying for the 2009 Mid-Atlantic Junior Team:

- The Mid-A Junior Committee has developed a team selection process for naming the JO team. **Please reference the 2008-2009 Mid-Atlantic/USSA Division Junior XC Skiing Handbook for complete information and team selection criteria (found under the Junior page on the NYSSRA website).**
- **Athletes MUST have a NYSSRA membership prior to the first JOQ.** Sign up on-line via nyssranordic.com or mail an application to the address indicated on the form.
- To compete in the Junior Olympics, athletes must be a cross-country competition-licensed member of the USSA. Contact USSA (ussa.org) for membership information.
- The JO team will be named immediately following the final Mid-A JOQ in Old Forge. All named athletes planning to attend Junior Olympics are expected to attend the final Mid-A JOQ. If the athlete is unable to attend the final JOQ, the athlete must contact Margaret Maher (margm@nysef.org) and Bill Brooker (bbrooker@frontier.net) prior to the final JOQ.

Mid Atlantic Rules & Guidelines

All athletes who have qualified and will compete for Mid Atlantic at JO's will be expected to follow the rules and regulations established by the MACC and follow the USSA Code of Conduct (see section 4 of Mid-A handbook). This includes competing in all races, both classic and skating, and staying with the team at designated housing throughout the duration of the event.

Scholarship funds for JO trip

There may be financial aid available to Mid-A skiers through sponsorships and/or donations made to the Mid-Atlantic Fund. From the total of all money donated within that year, 50% will go into the Mid-A account to serve as support money for JO trip expenses. The remaining 50% will be distributed as follows:

- 1) Athletes who obtained All-American Status at the 2008 JO's and will be competing in the 2009 JO's will split the remaining money up to 25% of the trip cost. If 25% of the trip cost in the consecutive year will receive up to 25% of the cost of the JO trip is paid to those athletes and there is money remaining, it will go to a scholarship fund.
- 2) Any athlete competing in JO's can apply for a scholarship on an application basis for each cross-country season. Applicants must be current NYSSRA members and submit a letter of application, which states specific reasons for request and cites performance with examples of results. Deadline to submit letters of application is February 2, 2009. Letters should be mailed to Julie Hinsdill,

Secretary- Mid-Atlantic Cross Country Division, 9160 Dean Rd., Boonville, NY 13309.

For questions, contact the Mid-A Junior Sub Committee Chairman, Margaret Maher, margm@nysef.org

See NYSSRA-Nordic web site – www.nyssranordic.com for Junior Olympic trip information.

8. Eastern J2 Championship Team

Information & Trip Leaders:

Julie and Rob Hinsdill zimmerjm@yahoo.com

The Eastern J2 Championships and National Invitation is an annual event that highlights the end of the ski season with competitive racing against the top J2 skiers in the East.

The 2009 J2 Championships and National Invitational will be held March 13-15, 2009 at the Holderness School in Plymouth, NH. The team will probably depart NY on Thursday, March 12.

Trip cost is typically around \$350. New York race suits are provided for the weekend.

New York can qualify a team of up to 40 skiers (20 male/20 female). The 2009 NY J2 Team will be named following the final JOQ in Old Forge.

The selection criteria in order which athletes will be named to the New York State Eastern J2 Championships team will be as follows:

- 1) Top 20 J2s having an average 450.00 or less than the athlete's best 2 JO Qualifiers (please reference the 2008-2009 Mid-Atlantic/USSA Division Junior XC Skiing Handbook for complete information on JOQ scoring, found under the Junior page on the NYSSRA website). Athletes must count at least one freestyle point race and one classic point race.
- 2) Two alternates of each gender will be named should an athlete decline his or her spot.
- 3) There is force majeure and Mid-A committee discretion to make exceptions to these qualifying standards.

All junior skiers wishing to qualify for this team should sign up through the leader. The team will be selected using the above criteria first, then others that have signed up will be considered at the discretion of the trip leader and Mid-A committee. All competitors attending the Eastern J2 Championships must be born between 1993-19934 and either a member of NYSSRA.

All athletes who have qualified and will compete on the NY Team at the J2 Championships and National Invitational event will be expected to follow the rules and regulations laid out by the MACC and follow the USSA Code of Conduct (see part 4 of Mid-A handbook). This includes competing in all races (both classic and skating), traveling with the team and staying with the team at designated housing throughout the duration of the event

For more information contact NY Trip Leader Julie Hinsdill and see the junior page of the NYSSRA Nordic web site - www.nyssranordic.com

**9. Eastern High School
Championship Team**

Information & Trip Leader:
Margaret Maher, NYSEF margm@nysef.org

The Eastern High School Championships is an annual event that highlights the end of the ski season with competitive racing against all the top high school skiers in the East.

The 2009 Eastern High School Championships will be held March 20-22, 2009 in Rangely, Maine. The team will depart NY on Thursday, March 19.

Trip cost is typically around \$350. New York race suits are provided for the weekend.

New York can qualify a team of up to 48 skiers (24 male/24 female). The 2009 NY EHSC Team will be named following the final JOQ in Old Forge.

The selection criteria in order which athletes will be named to the New York State Eastern High School Championships team will be as follows:

- 1) Top 24 athletes having an average 450.00 or less than the athlete's best 2 Junior Olympic Qualifiers (please reference the 2008-2009 Mid-Atlantic/USSA Division Junior XC Skiing Handbook for complete information on JOQ scoring, found under the Junior page on the NYSSRA website). Athletes must count at least one freestyle point race and one classic point race.
- 2) Two alternates of each gender will be named should an athlete decline his or her spot.
- 3) There is force majeure and Mid-A committee discretion to make exceptions to these qualifying standards.

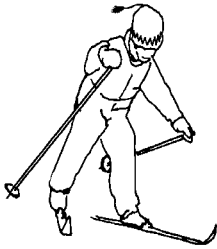
All junior skiers wishing to qualify for this team should sign up through the trip leader. The team will be selected using the above criteria first, then others that have signed up will be considered at the discretion of the trip leader and the Mid-A committee. All competitors attending EHSC must be in high school (grades 9-12) and either a member of NYSSRA or NENSA.

All athletes who have qualified and will compete on the NY Team at the EHSC will be expected to follow the rules and regulations laid out by the MACC and follow the USSA Code of Conduct (see part 4 of Mid-A handbook). This includes competing in all races (both classic and skating), traveling with the team and staying with the team at designated housing throughout the duration of the event.

For more information contact New York Trip Leader Margaret Maher and see the junior page of the NYSSRA-Nordic web site - www.nyssranordic.com

10. Bill Koch Youth Ski League

Chairman: Eric Hamilton
518-383-8565 / ejh.bkh@juno.com



The Bill Koch Youth Ski League (BKYSL) is an exciting Nordic skiing program for children 13 and under. The intent of BKYSL is to encourage life long participation in Nordic ski sport through fun filled involvement as children. NYSSRA youth members 13 and under) receive all the benefits of membership outlined in the early section of this manual entitled "NYSSRA – Nordic Membership Information".

You can experience more fun within the BKYSL program by being a member of a local club and participating in a wide variety of cross country skiing activities. A club near you can provide opportunities for instruction, ski touring, coaching, and special skiing and competition events. Club activities may

include classical and free technique skiing, ski jumping, ski orienteering, biathlon, and a lot of healthy family fun, both on and off snow. If you'd like to join in on the fun or have a neighbor or friend who might be interested contact one of the club leaders listed on the following pages.

BKYSL Events & Races:

Again this year, NYSSRA will offer a complete series of events located around New York State. The scheduled events are listed in a Bill Koch Race Section in the back of the manual. If you are promoting a Nordic event open to youth skiers and it is not listed, please have your race listed in the NYSSRA newsletter or posted to the NYSSRA web site www.nyssranordic.com.

Bill Koch skiers are divided into four age groups for event participation shown in the table to the right.

<u>Date of Birth</u>	<u>Age Group Classification</u>
Since 2000	Junior 6 (J6)
1999 – 2000	Junior 5 (J5)
1997 – 1998	Junior 4 (J4)
1995 – 1996	Junior 3 (J3)

This season's events will culminate with a two-day **Mid-Atlantic Bill Koch Festival** to be held in Lake Placid, March 21 and 22, 2009. The weekend full of fun and games will include:

- Saturday events at the MacKenzie-Intervale Ski Jumping Complex. Freestyle sprint races, obstacle course, K6 and K18 Ski Jumping. Saturday evening banquet.
- Sunday events at Mt. Van Hoevenberg. Classic technique distance races, Biathlon, and Orienteering.
- Fun for all Parents race on Sunday to follow BKL event.

Event details and entry forms will be posted on the NYSSRA and NYSEF websites as soon as they are available. For results from the 2008 Bill Koch Festival hosted by the Rochester XC Ski Foundation, please visit: <http://xcrochester.com/new/2008MidAtlanticBillKochFestival.htm>

NYSSRA clubs and individual NYSSRA J3-J6 members are invited to participate in the Mid-A Festival, so please plan to be there for the fun and games on snow!

K's for Kocher's

The Ks for Kocher's program encourages Bill Koch skiers to get out and enjoy the winter outdoors on skis. Youth NYSSRA members will receive a Ks for Kocher's log sheet with their membership packets. Participants keep track of the distance and time they spend on skis during the season either with family, with their club or on their own. NYSSRA will award a patch that says, "I went the distance!" to those that cross an age specific distance threshold. Even if you don't make one of these threshold distances, send in your form at the end of the season for a ribbon for trying!

Last season (2007/2008) we had a record number of youth who received Ks for Kochers recognition:

2007 K's for Kochers Awards			
Gold:	Austin Huneck (J3)	Shenendehowa Club	765 k
	Valentina Annunziata (J4)	RXCSF/GVBKYS	725 k
	Wyatt Brown (J4)	RXCSF/GVBKYS	521 k
	Aaron Huneck (J4)	Shenendehowa Club	445 k
	Hadley Moreau (J4)	Genesee Valley Clu	638 k
	Anna Witkowski (J4)	Genesee Valley Club	554 k
	Keith Bollt (J5)	Potsdam Club	420 k
	Jen Broderick (J5)	RXCSF/GVBKYS	376 k
	Laura Broderick (J5)	RXCSF/GVBKYS	307 k
	Dawson Brown (J5)	RXCSF/GVBKYS	515 k
	Emily Cheney (J5)	Salmon Hill Screamers	380 k
	Louis Annunziata (J6)	RXCSF/GVBKYS	550 k
	Katlyn Broderick (J6)	RXCSF/GVBKYS	337 k
	Hanna Collinworth (J6)	Salmon Hill Screamers	297 k
	Nathan Collinworth (J6)	Salmon Hill Screamers	297 k
	Matthew Moreau (J6)	RXCSF/GVBKYS	367 k
	Nathan Moreau (J6)	RXCSF/GVBKYS	650 k
	Erik Schreiner (J6)	Saratoga	244 k
	Adam Witkowski (J6)	RXCSF/GVBKYS	561 k
	Scott Bollt (J6)	Potsdam Club	322 k
	Emma Karn (Lollipop)	RXCSF/GVBKYS	170 k
Silver:	Cameron French (J3)	RXCSF/GVBKYS	517 k
	Evan Carr (J4)	Salmon Hill Screamers	375 k
	Amy Ducios (J4)	Shenendehowa Club	330 k
	Sarah Ducios (J4)	Shenendehowa Club	330 k
	Shane Kennedy (J5)	Salmon Hill Screamers	288 k
	Travis Koziol (Lollipop)	Shenendehowa Club	80 k
Bronze:	Colby Kennedy (J4)	Salmon Hill Screamers	288 k
	Keena Wildman (J4)	RXCSF/GVBKYS	241 k
	Jon Schreiner (J5)	Saratoga	190 k
	Abby Chapman (J5)	Salmon Hill Screamers	260 k
	Tyler Koziol (J6)	Shenendehowa Club	120 k
Ribbons:	Megan Murata (J4)	Genesee Valley Club	96 k
	Nicholas Pogharian (J5)	RXCSF/GVBKYS	159 k
	Brook O'Keefe (J6)	NYSSRA-Nordic At Large	30 k
	Anna Pogharian (J6)	RXCSF/GVBKYS	82 k
	Alex Pogharian (Lollipop)	RXCSF/GVBKYS	49 k

For 2008-2009, NYSSRA is challenging ALL clubs and youth members to participate in the Ks for Kocher's program. We have noted a strong correlation between "Ks" participation, racing performance in the Mid-A Festival, and long-term participation in the sport of XC skiing.

Let us not forget the Bill Koch Ski League pledge. "The toughest competition is always against ourselves. We compete to be our best, not to be better than the rest. Above all, we ski to have fun."

Local Bill Koch Clubs

Events and activities of the BKYSL are centered on local clubs. Adults are needed as club leaders and organizers. If you are interested in starting or helping someone else start a local club contact Eric Hamilton, 67 Pico Road, Clifton Park, NY 12065 or call 518-383-8565. NYSSRA-Nordic, Inc. has a booklet with all the details and everything you need to start a local club. By relying on local talent and family participation, program costs and travel are kept to a minimum. There is typically a small membership fee and a club sanction fee primarily to provide insurance coverage.

Mid-Atlantic Region Bill Koch Youth Ski Clubs		
Contact	Club	Contact
Eric Hamilton	Shenendehowa & Mid-Atlantic Coordinator	67 Pico Rd, Clifton Park, NY 12065 Tel: 518-383-8565 e-mail: ejh.bkh@uno.com
Sarah Bencze	Tupper Lake	156 Underwood Rd, Tupper Lake, NY 12986 Tel: 518-359-2856 e-mail: bigbdf@Olympic.net
Randy Young	Saranac Lake	98 Cherry Tree Ln., Saranac Lake, 12983 Tel: 518-891-0428 e-mail: youngran@slcs.org
Sean Halligan	Saratoga	5 Elizabeth Lane, Gansevoort, NY 12831 Tel: 518-583-6132 e-mail: shallig1@nycap.rr.com
Erik Bollt	Potsdam	Clarkson U. Dept of Math, Potsdam, NY 13699 e-mail: bolitem@clarkson.edu
Andree Sapp	Randhill Racers	19 Alfreda Ct, Morrisville, NY 12962 Tel: 518-563-7598 e-mail: ramesapp@charter.net
Steven Smith	Holland Patent Wolverines	8978 Church St, Remsen NY 13438 Tel: 315-896-2814 e-mail: sas2@roadrunner.com
Lori Vezendy	Salmon Hills Screammers	984 County Route 2, Richland, NY 13144 Tel: 315-298-5804 e-mail: bigborebob@msn.com
Bob & Dianne Witkowski	RXCSSF/ GVBKYS	1012 Oak Ridge Dr, Victor, NY 14564-9414 Tel: (585) 924-9645 e-mail: bobski50k@aol.com , anadamom@aol.com
Ann Hirvonen	Lapland Lake	139 Lapland Lake Rd, Northville, NY12134 Tel: 518-863-4974 e-mail: vacation@laplandlake.com
Dave LoParco	Cortland/Ithaca	2604 Carson Rd., Cortland, NY 13045 Tel: 607-849-4073 e-mail: dave1@odyssey.net
Janine Phaneuf	Polar Bears	PO Box 951, Old Forge, NY 13420 Tel: 315-369-3240 e-mail: neen54@gmail.com
Jim Underwood	Glens Falls	99 Mannis Rd, Queensbury, NY 12804 Tel: 518-798-5309
Tom Cook	Ohio Nordic Hilltoppers	8968 Elm St, Brecksville, OH 44141 Tel: (440) 746-0872 e-mail: thomas.cook@case.edu
Don Rodbell	Glenville	2977 Ridge Road, Scotia, NY 12302 Tel: 518-377-8262 e-mail: rodbeld@union.edu
Judy Gianforte	Sunnycrest	738 Allen St, Syracuse, NY 13210-2602 Tel: 315-655-4733 e-mail: judyzg@aol.com
Lori & Jim Farquhar	Glenfield	6751 Pine Grove Rd, Glenfield, NY 13343-9785 Tel: 315-376-1917 e-mail: jimlori@northnet.org
Margaret Maher	NYSEF	e-mail: margm@nysef.org

2008 – 2009 Nordic Events Calendars

2008 – 2009 Cross Country Calendar

Empire State Games Qualifier Events

Note – Current membership in NYSSRA and pre-registration for events are requirements for ESG and NYSSRA Series points list participation. Use the NYSSRA ENTRY FORM (photocopy several from the one in this manual) for required pre-registrations. Age group is determined by the year of birth as shown on the entry form. Racers must join or renew membership before scheduled races for points to be scored. Membership applications may be obtained from coaches or by photocopying the one in this manual.

Race Organizers' Checklist for ESG and Jr. Olympic Qualifiers

- Pre-Registration is defined as sending a registration form, not a race entry fee unless "pre-registration must include entry fee" is specifically noted in the manual.
- Late registration occurs after the Wednesday before the race. Each race organizer sets a late registration fee.
- Day of race registration can mean an additional late fee if so stipulated by the race organizer.
- Day of Registration should be closed 30 minutes prior to the start to give starters a chance to have a complete start list. Races should not be delayed for late entrants or no shows in consideration of those that register and arrive on time.
- Have membership forms for NYSSRA available.
- Race results will not count towards Empire State Games if skier is not a member of NYSSRA on the day of race. Please have forms available, as many skiers seem to show up day of race.
- Race fee obligations are as follows:

NYSSRA – ESG Qualifiers & Other Sanctioned Races

\$50 nonrefundable sanctioning fee is paid to NYSSRA-Nordic for each race scheduled
\$4.00/skier fee is paid to NYSSRA-Nordic, to include: \$2 head tax + \$2 insurance
All fees sent to: Lee Mahood, Treasurer; Check payable to: NYSSRA Nordic

NYSSRA – Mid-A JO Qualifier Races

\$50 nonrefundable sanctioning fee is paid to NYSSRA-Nordic for each race scheduled
\$6.00/skier fee is paid to NYSSRA-Nordic, to include: \$2 head tax + \$2 insurance + \$2 Mid-A Fund
All fees sent to: Lee Mahood, Treasurer; Check payable to: NYSSRA Nordic
Sanction and insurance fees can also be paid to USSA, but it is not necessary.

- NRL races are exempt from paying the \$50 sanction fee and the \$2/competitor insurance fee
- Race fee should be paid as soon as possible after completion of the race
- Race results should be forwarded as soon as possible after completion of the race to the following:
(MS excel format attached to an email preferred)

Larry Wilkinson 7 Ramblewood Dr South, Utica, NY 13502
315-797-9341 / nordic@roadrunner.com

As a courtesy to race organizers, racers are asked to limit telephone calls to emergencies or vital information and make calls before 10 PM. Please use the NYSSRA web site www.nyssranordic.com for updated information on ESG qualifier races. REMEMBER all ESG qualifier entries must be pre-registered by deadlines.

2008 – 2009 Cross Country Schedule

Dec 6	Event:	Tripp Lake - Freestyle
	Site:	Green Mansion Golf Course, Tripp Lake Rd. Chestertown, NY
	Info:	ESGO/NYSSRA Series Qualifier, 5k Scholastic Mass start 10:30 am; 10k Open/Masters mass start 11 am; Awards Noon. Alternate date: 12/27 Sponsored by Inside Edge/Reliable Racing Door Prize: Swenor Roller Skis
	Registration:	9 – 10 AM at Green Mtn. Golf Course Clubhouse. \$20 by 12/3; \$25 day of
	Contact:	www.adirondacknordic.com

Dec 14	Event:	NYSEF Season Opener - Freestyle
	Site:	Mt Van Hoevenberg, Lake Placid, NY
	Info:	ESGO/NYSSRA Series Qualifier, Free Technique. Start time: 10:30am wave start by age. 5km all J2's, 10km all others. BKYSL to follow
	Registration:	Registration 8-9:30am \$20 by 12/6; \$25 after* Payable: NYSEF Nordic. Register online at alpine.reg
	Contact:	Margaret Maher / margem@nysef.org

Dec 20	Event:	World Famous Osceola Christmas Race JO Qualifier - Freestyle
	Site:	Osceola Ski Center, Osceola, NY
	Info:	Sec III/JOQ/ESGO/NYSSRA Series Qualifier, Free technique. Start time: 11:00am BKYSL, 11am scholastic/open. 5km all racers
	Registration:	Registration 9-10:30am. \$15 by 12/17; \$25 after* Payable: Camden Ski Club. Register online nysrannordic.com
	Contact:	Julie Hinsdill, 9160 Dean Rd, Boonville, NY 13309, 315-942-5570

Dec 21	Event:	Lapland Lake Reindeer Roundup - Pursuit
	Site:	Lapland Lake Nordic Vacation Center, Northville, NY
	Info:	ESGO/NYSSRA Series Qualifier. Counts as one race, can be used as classical or freestyle. Start times: 10am 5 km Classic, immediately followed by 5 km Free technique. BKYSL to follow
	Registration:	Registration 8-9:30am \$20 by 12/17; \$25 after* Payable: Lapland Lake Inc. Register online nysrannordic.com
	Contact:	Lapland Lake Nordic Ski Center, 139 Lapland Lake Rd. Northville, NY 12134; 518-863-4974 / www.laplandlake.com

Dec 21	Event:	Rochester Nordic Cup race #1 - Freestyle
	Site:	Harriet Hollister Spencer Park, Candice, NY
	Info:	ESGO/NYSSRA Series Qualifier. Start time: 11am 5 km Jr Men/Women; 10km all others
	Registration:	Registration 9-10:30am \$20 by 12/14; \$25 after* NON NYSSRA \$5 additional
	Contact:	www.xcrochester.com

Jan 1	Event:	News Year Resolution Day Race – Freestyle
	Site:	McCaughey Mtn., Old Forge, NY
	Info:	ESGO/NYSSRA Series Qualifier. Freestyle 5k scholastic, 10k open/master. Start time: 12 noon BKYSL to follow approx. 1:30pm
	Registration:	Registration closes 11:30am. \$15 by 12/29 - \$25 after* Payable: Polar Bear Ski Club. Register online nysrannordic.com
	Contact:	Patty Foley, race secretary, PO Box 696, Old Forge, NY 13420: 315-369-2134

Jan 4	Event:	Glens Falls JOQ - Freestyle
	Site:	Crandall Park, Glens Falls, NY
	Info:	SEC II/JOQ/ESGO/NYSSRA Series Qualifier. Freestyle. 10:00am start; juniors first, 5k all Junior women, 7.5k all Junior men, 7.5k all others, BKYSL to follow
	Registration:	Registration closes 9:30 AM, \$15 Payable: Bob Underwood. Register online nysrannordic.com
	Contact:	Bob Underwood, 12 Pilot Knob Road, Kattskill Bay, NY 12844, 518-656-3127

\$5 insurance fee for non-NYSSRA / non-NENSA members

2008 – 2009 Cross Country Schedule

Jan 10	Event:	Tupper Lake ESG – Classic
	Site:	Big Boulder Deer Farm, Tupper Lake, NY
	Info:	ESG/NYSSRA Series Qualifier. Start:10:00am; bkysl race, 11:30; citizens race, 1:00 pm. Fun park and refreshments to celebrate Jim Frenettes 80 th b-day
	Registration:	ESG race \$15 by 1/7, \$20 after. Bill Koch, \$5; Citizen race \$10. Payable: Tupper Lake Nordic Ski Club Register online: nyssranordic.com
	Contact:	Sarah Bencze 518-359-2856 bigdf@verizon.net

Jan 10	Event:	Cayuga Nordic ESG – Classic
	Site:	Salmon Hills Cross Country Ski Center, Redfield, NY
	Info:	ESGO/NYSSRA Series Qualifier. Classic, Wave Start, Start time: 10:30am. 5km Scholastic, 10k all others bkysl to follow
	Registration:	Registration closes 10am. \$20 by 1/7 - \$25 after* Payable: Cayuga Nordic Ski Club. Register online nyssranordic.com
	Contact:	Dan Karig, 71 German Cross Rd Ithaca, NY 14850, 607-277-3380 / dek9@cornell.edu

Jan 10	Event:	Byrncliff Governor Cup – Freestyle
	Site:	Byrncliff Resort, Varysburg, NY
	Info:	NYSSRA Series qualifier Start Time: 11am 5k scholastic, 10k all others. Wave start by class.
	Registration:	Registration 9AM to 10:30AM Cost for scholastic \$10 by 1/7 -\$15 day of. All others \$20 by 1/7 - \$25 day of payable: Bryncliff Resort Register online www.nyssranordic.com
	Contact:	Byrncliff Resort, Route 20A Varysburg, NY 14167. Ph 585-535-7300 email: info@byrncliff.com . Web www.byrncliff.com

Jan 11	Event:	Salmon Hills ESG Classic
	Site:	Salmon Hills Cross Country Ski Center, Redfield, NY
	Info:	ESGO/NYSSRA Series Qualifier Classic, Wave start, Start time: 10:30 am, 5km Scholastic, 10k all others bkysl to follow
	Registration:	Registration closes 10am. \$20 by 1/7 \$25 after *Payable: Salmon Hills. Register online: nyssranordic.com
	Contact:	Hans Karlsen, 100 Noble Shores Drive, Redfield, NY 13437 info@salmonhills.com / www.salmonhills.com

Jan 17	Event:	"Winona Forest Try-It " – Freestyle
	Site:	Winona State Forest, Boylston, NY
	Info:	ESGO/NYSSRA Series Qualifier. Freestyle. Start at CCC Camp. Start time: 10:30am 15 km Open/Masters, 10:45am 8 km Scholastic. Part of Winona State Forest Fun Festival - musher rides/skijoring/snow sculpture. Electronic timing by Score-this. Portion of proceeds will go to Sandy creek HS Senior Scholarship Fund.
	Registration:	Register/Bib Pick-up: Sandy Creek High School; 7:30-9:30am. Open/Master \$25; Scholastic \$20 Payable: Winona Forest Rec Assoc. Printable entry form
	Contact:	Winona Forest Rec Assoc 4920 N Jefferson St 3R, Pulaski, NY 13142; 315-298-6993 / www.winonaforest.com

Jan 17	Event:	Shenendehowa ESG – Classic
	Site:	Saratoga Biathlon Center, Day, NY
	Info:	ESGO/NYSSRA Series Qualifier. Classic, Start time: 11am. 5k scholastic; 10k all other classes.
	Registration:	Registration closes 10:30am. \$18 by 1/14 \$24 after* Payable: Shenendehowa Nordic Club. Register online nyssranordic.com
	Contact:	Tim Hunek, 16 Stony Brook Dr., Rexford, NY 12065; 518-371-7548

\$5 insurance fee for non-NYSSRA / non-NENSA members

2008 – 2009 Cross Country Schedule

Jan 17	Event:	Rochester JO Qualifier –Duathlon
	Site:	Pittsford Middle School, Pittsford, NY
	Info:	Sec V/JOQ/ESGQ/NYSSRA Series Qualifier. Duathlon classic/freestyle mass start. Start time: 11am 6.4 km all women J2/J1/OJ/Open/Master; 9.8km all men J2/J1/OJ/Open/Masters Counts as either classic or freestyle
	Registration:	Registration closes 9:30am \$15 by 1/14 - \$20 late * Payable: Anna Gorbold. NOTE: Write "Jan 17 Race" on checks. Register online – www.nyssranordic.com
	Contact:	Anna Gorbold, 3 S. Pittsford Hill Circle, Pittsford, NY 14534 (585)586-5096

Jan 18	Event:	Rochester JO Qualifier – Classic Sprint
	Site:	Pittsford Middle School, Pittsford, NY
	Info:	JOQ/ESGQ/NYSSRA Series Qualifier. Classical Sprint race, qualification in rounds. . Start time: 10am
	Registration:	Registration closes 9:30 am \$15 by 1/14 - \$20 late. * Payable: Anna Gorbold . Note: write "Jan 18 race" on checks. Register – www.nyssranordic.com
	Contact:	Anna Gorbold, 3 S. Pittsford Hill Circle, Pittsford, NY 14534 (585)586-5096

Jan 18	Event:	Great Sacandaga Mini Marathon – Freestyle
	Site:	Saratoga Biathlon Center, Day, NY
	Info:	ESGQ/NYSSRA Series Qualifier/NYSSRA Club Series. Free technique, Start time: 11am. 14 km Scholastic; 28km open/masters
	Registration:	Registration closes 10:30am. \$20 by 1/14 - \$25 after* Payable: Saratoga Biathlon Club entry form on Saratoga Biathlon Club - Mini Marathon Online Entry
	Contact:	Jim Schriener, Box 514, 3016 S. Shore Road, Day, NY 12835; 518-696-3961 / www.saratogabiathlon.com

Jan 24	Event:	Holland Patent Wolverines ESG – Classical
	Site:	Trenton Fish and Game Club, Holland Patent, NY
	Info:	ESGQ/NYSSRA Series Qualifier. Start time: 10am 5k scholastic women /10k scholastic men; 10:30am 10k open/master men; 10:45am 10k open/master women. BKYSL to follow.
	Registration:	Registration closes 9:30 am. \$15 scholastic, \$20 open/master by 1/21 - \$30 after.*Payable: Wolverine Ski Club. Register – www.nyssranordic.com
	Contact:	Wolverines Ski Club P.O. Box 419, Barneveld, NY 13304

Jan 24	Event:	Rochester Nordic Cup race #2 Freestyle
	Site:	Mendons Pond Park, Rochester
	Info:	ESGQ/NYSSRA Series Qualifier Start Time: 9am 5k Jr men and women; 10k all others
	Registration:	Entry free \$20 by 1/18 \$25 after. Non-NYSSRA \$5 additional.
	Contact:	www.xcrochester.com

Jan 24	Event:	NYSEF JOQ/USSA NRL/ESG - Classic
	Site:	Mt Van Hoevenberg, Lake Placid, NY
	Info:	NRL/JOQ/ESGQ/NYSSRA Series Qualifier. Classic technique, Start time: 12 Noon
	Registration:	Registration from 9:30-11:30am. \$30 by 1/21, \$35 after*. BKYSL \$5 Payable: NYSEF Nordic. Register online at alpinereg.com .Closes Wednesday 1/21 8 PM
	Contact:	Margaret Maher / margem@nysef.org http://www.nysef.org

Jan 25	Event:	NYSEF JOQ/ESG - Freestyle
	Site:	Mt Van Hoevenberg, Lake Placid, NY
	Info:	JOQ/ESGQ/NYSSRA Series Qualifier. Free Technique, Start time: 10 AM, 5k J2, 10k J1/OJ/Open Women, 15k J1/OJ/Open men. BKYSL to follow Lollipop 0.5k, J5 1k, J4 2k, J3 4k
	Registration:	Registration closes 9:30am. \$30 by 1/21, \$35 after*. Payable: NYSEF Nordic. Register online at alpinereg.com . Closes Wednesday 1/21 8 PM
	Contact:	Margaret Maher / margem@nysef.org http://nysef.org

\$5 insurance fee for non-NYSSRA / non-NENSA members

2008 – 2009 Cross Country Schedule

Jan 25	Event:	Higley Hustle Race - Classic
	Site:	Higley Flow State Park, Colton, NY
	Info:	ESGQ: Classic 5Km scholastic 10 Km open/masters; 10am start; Citizens races; 5k Classic 10 am and 5k Freestyle 12 Noon. BKYSL; 12noon Awards, refreshments and games on snow to follow.
	Registration:	Closes at 9AM \$20 for ESG \$10 citizens race; \$5 BKYSL by /12 \$25/\$15/\$5 after. Payable: Higley Association
	Contact:	Judy Fuhr 315-262-2362 / jfuhr@twcny.rr.com

Jan 31	Event:	Mid-Atlantic JO Championships - Classic
	Site:	McCauley Mt, Old Forge, NY
	Info:	SecIII/JOO/ESGQ/NYSSRA Series Qualifier. Classic technique. Start time: 12noon 5 km all racers. BKYSL at 1:30pm
	Registration:	Registration closes 11:30am. \$15 by 1/28 - \$25 after* Payable: Polar Bear Ski Club. Register- www.nyssranordic.com
	Contact:	Patty Foley, race secretary, PO Box 696, Old Forge, NY 13420; 315-369-2134

Feb 1	Event:	Mid-Atlantic JO Championships - Freestyle
	Site:	McCauley Mt, Old Forge, NY
	Info:	JOO/ESGQ/NYSSRA Series Qualifier - free technique; Start time: 10:00am. 5km All J2's; 10km J1/OJ/open/master women; 15km J1/OJ/open/master men. JO Team/Eastern High school Team and J2 Team named following this Event.
	Registration:	Registration closes 9:30am. \$15 by 1/28 - \$25 after* Payable: Polar Bear Ski Club. Register- www.nyssranordic.com
	Contact:	Patty Foley, race secretary, PO Box 696, Old Forge, NY 13420. 15-369-2134

Feb 7-8	Event:	McCauley Mountain 50th Anniversary
	Site:	McCauley Mountain, Old Forge, NY
	Info:	As available
	Registration:	
	Contact:	

Feb 7	Event:	Saranac Lake ESG/High School Freestyle
	Site:	Dewey Mtn., Saranac Lake
	Info:	ESG/NYSSRA Series Qualifier. 10AM Start. 5k Freestyle, BKYSL to follow
	Registration:	As available
	Contact:	Randy Young

Feb 7	Event:	Lake Placid Loppet
	Site:	Verizon Sports Complex, Lake Placid, NY
	Info:	NYSSRA Series Qualifier, American Ski Marathon. See ORDA web site at www.orda.org for details
	Registration:	ORDA/Olympic Center, Lake Placid, NY 12946/Register online active.com
	Contact:	ORDA, 216 Main St., Lake Placid, NY 12946 518-523-1695, Web: www.orda.org , Email: info@orda.org

*\$5 insurance fee for non-NYSSRA / non-NENSA members

2008 – 2009 Cross Country Schedule

Feb 21	Event:	Empire State Games – Classical
	Site:	Olympic Sports Complex at Mt Van Hoevenberg, Lake Placid, NY
	Info:	Classical Technique; 7: 30am bib pick-up at the biathlon stadium; Start time: 9:00am 10k open, 9: 15am 5k open fun race, 9:45am 5km scholastic, 10:30am 10km masters. 5k open fun race Classical- Non Medal event for NYSSRA-Nordic members who did not qualify for the empire state games but would still like to compete. This is a mass-start race no age divisions must be at least age 20. No qualifiers needed to enter. Participants must pre register by 2/19 NO EXCEPTIONS . Mass start 9:15am. Register- www.nyssranordic.com for this event
	Registration:	Must qualify to compete, all qualified skiers must register to compete by 2/19. No day of race registration. One entry for two-day pursuit. No entry fee. See cross-country section of manual for details. All info will be posted to www.nyssranordic.com - including qualified lists and registration procedures. please use online registration at www.nyssranordic.com starting Feb. 1 Empire State Games office will not mail out post cards to qualified athletes you must check the nyssra web site.
Contact:	Larry Wilkinson, 7 Ramblewood Drive, Utica, NY 13502; 315-797-9341 / nordic@roadrunner.com / www.nyssranordic.com	

Feb 22	Event:	Empire State Games – Freestyle Pursuit
	Site:	Olympic Sports Complex at Mt Van Hoevenberg, Lake Placid, NY
	Info:	Freestyle Technique pursuit start; 7: 30am bib pick-up at the biathlon stadium; Start time: 9:00am 10k open, 9: 15am 5k open fun race, 9:45am 5km scholastic, 10:30am 10km masters. Awards for both days immediately following conclusion of last race approx 12:30pm. <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> Bill Koch Kids Race following Empire State Games on Sunday 2/24 at Mt. Van Hoevenberg. Classical TECHNIQUE! \$5 Entry Fee, Payable:NYSEF 11-11:45 Registration; 12 Noon start. Mass start by age class. J5 2km, J4 3km, J3 4km Non-racing skier must purchase a trail pass </div> 5k open fun race - Non Medal event for NYSSRA-Nordic members who did not qualify for the empire state games but would still like to compete. This is a mass-start race no age divisions must be at least age 20. No qualifiers needed to enter. Participants must pre register by 2/10 NO EXCEPTIONS . Mass start 9:15am. Register- www.nyssranordic.com for this event
	Registration:	see above Feb 21. Register online at nyssranordic.com Please use online registration for this event. This is considered a single event with one registration for both days
Contact:	Larry Wilkinson, 7 Ramblewood Drive, Utica, NY 13502; 315-797-9341 / nordic@roadrunner.com / www.nyssranordic.com	

Feb 26 – Mar 1	Event:	NYSSRA Championships/NY Biathlon Championship																																					
	Site:	Saratoga Biathlon Competition Center, Day, NY																																					
	Info:	Thursday 2/26/09 Official Training; Trails open all day. Range open 10 am – 2pm Friday 2/27/09 Official Training; Trails open all day until 5 pm. Range open 10 am – 2pm XC Team Relay registration 3:30 (teams of 2 or 3 6 x 1.5k) Saturday 2/28/09 Biathlon Sprint Race. (Reg-8AM, Zero 9AM, Start 10AM) XC 21k Classic (Reg. 12:30 PM, Start 2 PM, Wave start by class) Sunday 3/1/09 Biathlon Relay 2x6k (Reg 8 AM, Zero 9 AM, Start 10 AM) Awards NOON																																					
	Registration:	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">ONLINE at active.com</td> <td style="text-align: center;">PRE-REG</td> <td style="text-align: center;">PRE-REG</td> <td style="text-align: center;">LATE FEE</td> </tr> <tr> <td style="text-align: left;">EVENTS</td> <td style="text-align: center;">w/payment</td> <td style="text-align: center;">w/o payment</td> <td></td> </tr> <tr> <td style="text-align: left;">4 events w/banquet</td> <td style="text-align: center;">\$55</td> <td style="text-align: center;">\$60</td> <td style="text-align: center;">\$65</td> </tr> <tr> <td style="text-align: left;">3 events w/banquet</td> <td style="text-align: center;">\$55</td> <td style="text-align: center;">\$60</td> <td style="text-align: center;">\$65</td> </tr> <tr> <td style="text-align: left;">2 events w/banquet</td> <td style="text-align: center;">\$50</td> <td style="text-align: center;">\$55</td> <td style="text-align: center;">\$60</td> </tr> <tr> <td style="text-align: left;">2 events</td> <td style="text-align: center;">\$40</td> <td style="text-align: center;">\$45</td> <td style="text-align: center;">\$50</td> </tr> <tr> <td style="text-align: left;">1 event</td> <td style="text-align: center;">\$20</td> <td style="text-align: center;">\$25</td> <td style="text-align: center;">\$30</td> </tr> <tr> <td style="text-align: left;">Additional Banquet</td> <td style="text-align: center;">\$20</td> <td style="text-align: center;">\$25</td> <td style="text-align: center;">\$30</td> </tr> <tr> <td style="text-align: left;">Ticket</td> <td></td> <td></td> <td></td> </tr> </table>	ONLINE at active.com	PRE-REG	PRE-REG	LATE FEE	EVENTS	w/payment	w/o payment		4 events w/banquet	\$55	\$60	\$65	3 events w/banquet	\$55	\$60	\$65	2 events w/banquet	\$50	\$55	\$60	2 events	\$40	\$45	\$50	1 event	\$20	\$25	\$30	Additional Banquet	\$20	\$25	\$30	Ticket				
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Ticket																																							
Contact:	Tom Moffet, Peru, NY 518-643-8477 saratogabiathlon@charter.net Curt Schreiner, Day, NY 518-696-5495 skishoot@hotmail.com																																						

2008 – 2009 Cross Country Schedule

Mar 7-15	Event:	2009 Junior Olympics
	Site:	Truckee, CA
	Info:	Qualify through USSA Mid Atlantic Division See Mid-Atlantic section in this manual also see Jr. Handbook at www.nyssrnordic.com junior page
	Registration:	must qualify through Mid-A
	Contact:	

Mar 7-9	Event:	2009 Eastern J2 Championships
	Site:	Holderness School, NH
	Info:	Friday, 3:30PM: individual 5k freestyle, seeded wave start. Saturday, 10AM: individual 5k classic, seeded wave start. 2pm freestyle 1.2k sprint seeded wave start. Sunday, 10am: 4x2k mixed gender, mixed medley relay.
	Registration:	Qualify through State Teams – see junior page of www.nyssranordic.com for details also see Eastern J2 Championships section in this manual. Team will be named at the Feb 1 JO Championship race in Old Forge
	Contact:	NY Trip Leader: Julie Hinsdill 9160 Dean Road, Boonville, NY 13309. 315-942-5570 email: zimmerjm@yahoo.com ; www.nyssranordic.com <i>head coach: Rob Hinsdill</i>

Mar 14	Event:	29th Winona Forest Tourathon
	Site:	Winona State Forest, Boylston, NY
	Info:	NYSSRA Series Qualifier 2009-10 season. Classic 45K/30K/15K . Mass Start time: 9am 45k, 30k, 15k. Electronic scoring by score-this. See www.winonaforest.com for complete race info. drive to start. Saturday post race meal served by Sandy Creek HS Dollars for Scholars. Portion of proceeds to benefit Sandy Creek HS Senior Scholarship Fund.
	Registration:	Park and register and bib pick-up at Sandy Creek School. Printable registration form. Registration times Mar 13, 6:30 – 8:30 pm and mar 14, 7-8 AM
	Contact:	Winona Forest Rec Assoc, 4920 N Jefferson St 3R Pulaski, NY 13142; 315-298-6993 / www.winonaforest.com

Mar 21-22	Event:	2008 Mid-Atlantic Bill Koch Festival
	Site:	Mackenzie-Intervale Ski Jumping Complex, and Mt. Van Hoevenberg, Lake Placid, NY
	Info:	Freestyle race Saturday, Classic race Sunday, with lots of fun on snow for the whole family wrapped around the weekend. Event details will be posted on the NYSSRA and NYSEF websites. \$55 per kid for the weekend, includes: t-shirt and banquet.
	Registration:	Pre-registration only at: alpinereg.com . NO DAY OF EVENT REGISTRATION
	Contact:	Matt Cook, NYSEF

Mar 20-22	Event:	2009 TD Banknorth Eastern High School Championships
	Site:	Rangley Lakes Trail Center, Rangley, ME
	Info:	Fri 3/20 - 3pm - Freestyle 5km interval start race, 3:00 Boys, then 4:00 PM Girls. Sat. 3/21 – 9:30 AM-Classic 1km boys and girls Sprint; 2:30PM - Mixed Gender 4 X 2.5k relay, 6:00PM - Spaghetti Banquet, Sun. 3/22 - 9:30 AM - Boys 7.5k CL - mass start, 10:45 AM - Girls 7.5k CL - mass start, 12:15PM - Awards
	Registration:	Qualify through State Teams – see junior page of www.nyssranordic.com for details also see Eastern High school Championship section in this manual. Team will be named at the Feb 3 JO Championship race in Old Forge
	Contact:	NY Trip Leader: Margaret Maher email: margem@nysef.org

*\$5 insurance fee for non-NYSSRA / non-NENSA members

2008 – 2009 Biathlon Schedule

Dec 14	Event:	Early Winter Jubilee
	Club:	NYSSRA & Osceola Ski Center
	Site:	Osceola Tug Hill Ski Center, Osceola, NY
	Info:	Start the season off right at the 1st annual NYSSRA/Osceola Jubilee. You can learn about other winter sports, get discounts on equipment, get tips from wax company technicians and much more. Participants will have the opportunity to get instruction in the basics of cross country skiing, biathlon, ski orienteering and the SWIX wax technician will be on hand to demonstrate the latest waxing supplies and techniques. All this for a \$15 entry fee to cover expenses. Jubilee will run from 10 AM to 3 PM
	Contact:	Russ Myer, 518-729-3780, rmyer@nycaop.rr.com ; OR Hugh Quinn @ 315-599-7377, www.uxcski.com
	Online Entry:	www.nybiathlon.org
Dec 14	Event:	Clinic
	Club:	Saratoga Biathlon Club/ Lake Placid Biathlon Club
	Site:	Olympic Sports Complex, Mt. Van Hoevenberg, Lake Placid, NY
	Info:	Members of the Saratoga and Lake Placid Clubs will provide an instructional clinic for all levels of experience. Those who have never participated in Biathlon will receive the basics of rifle safety and race strategy. Experienced athletes will receive coaching in shooting and range procedures appropriate to their skill level. The all-inclusive \$10 fee covers trail fee, safety clinic, use of a rifle and ammunition. Groups of 5 or more can register for a single fee of \$50. Rifles and ammunition will be provided.
	Contact:	Tom Moffett – saratogabiathlon@charter.net / 518-643-8477 Rick Costanza – rtcostanza@adelphia.net / 518-891-6538
	Online Entry:	www.nybiathlon.org
Dec 21	Event:	ESG Qualifier
	Club:	Syracuse Biathlon
	Site:	Osceola Tug Hill Ski Center, Osceola, NY
	Info:	8 AM Registration; 9 AM Zero; 10 AM Start - Sprint; \$20 Entry* by 12/19, \$25 later* Payable: Syracuse Biathlon Club
	Contact:	web site: www.syracusebiathlon.com
	Online Entry:	www.nybiathlon.org
Jan 1	Event:	ESG Qualifier
	Club:	Polar Bear Biathlon Club
	Site:	McCauley Mt., Old Forge, NY
	Info:	8 AM Registration; 9 AM Zero; 10 AM Start - Sprint; \$20 Entry* by 12/28, \$20 later* Payable: Polar Bear Biathlon Club
	Contact:	Janine Phaneuf, P.O. Box 677, Old Forge, NY 13420 / 315-369-3240
	Online Entry:	www.nybiathlon.org
Jan 3 or 4	Event:	ESG Qualifier
	Club:	Saratoga Biathlon Club
	Site:	Saratoga Biathlon Center, Day, NY
	Info:	9 AM Registration; 9:30 AM Zero; 11 AM Start - Sprint; \$20 Entry* by 1/2, \$25 later* Payable: Saratoga Biathlon Club
	Contact:	Jim Schreiner, 3016 South Shore Rd., Day, NY 12835 /518-696-3961, Tom Moffett - saratogabiathlon@charter.net ; website: www.saratogabiathlon.20m.com
	Online Entry:	www.saratogabiathlon.20m.com
Jan 9 & 10	Event:	NorAm Cup #5
	Club:	Ethan Allen Biathlon Club
	Site:	Ethan Allen Firing range, Jericho, VT
	Info:	Sprint, Individual
	Contact:	Teresa Benevento: Teresa.Benevento@us.army.mil
	Online Entry:	

*\$5 insurance fee for non-NYSSRA / non-NENSA members

2008 – 2009 Biathlon Schedule

Jan 11	Event:	ESG Qualifier
	Club:	Syracuse Biathlon
	Site:	Osceola Tug Hill Ski Center, Osceola, NY
	Info:	8 AM Registration; 9 AM Zero; 10AM Start – Pursuit; \$20 Entry* by 1/9, \$25 later*; Payable: Syracuse Biathlon Club
	Contact:	web site: www.syracusebiathlon.com
	Online Entry:	www.nybiathlon.org

Jan 17	Event:	ESG Qualifier
	Club:	Western NY Biathlon Club
	Site:	Salmon Hills Outdoor Adventure Area, Redfield, New York 13437
	Info:	9 AM Registration; 10 AM Zero; 11 AM Start - Sprint; \$20 Entry* by 1/8, \$25 later* Payable: Western NY Biathlon Club
	Contact:	Frank Wojick, 159 Ashbourne Rd., Rochester, NY 14618/ 585-259-2621; fwojcik@rochester.rr.com ; web site: westernnybiathlon.com
	Online Entry:	www.nybiathlon.org

Jan 18	Event:	ESG Qualifier
	Club:	Syracuse Biathlon
	Site:	Osceola Tug Hill Ski Center, Osceola, NY
	Info:	8 AM Registration; 9 AM Zero; 10AM Start – Pursuit; \$20 Entry* by 1/16, \$25 later*; Payable: Syracuse Biathlon Club
	Contact:	web site: www.syracusebiathlon.com
	Online Entry:	www.nybiathlon.org

Jan 25	Event:	ESG Qualifier
	Club:	Western NY Biathlon Club
	Site:	Rochester Brooks Gun Club, Honeoye Falls #6 Road, Rush, NY
	Info:	11 AM Registration; Noon Zero; 1 PM Start - Sprint; \$20 Entry* by 1/ 23, \$25 later* Payable: Western NY Biathlon Club
	Contact:	Marty Maynard, 269 Farmington Rd., Rochester, NY 14609 / 585-507-1845; ritcatcher11@hotmail.com ; web-site: westernnybiathlon.com
	Online Entry:	www.nybiathlon.org

Jan 31	Event:	ESG Qualifier
	Club:	Saratoga Biathlon Club
	Site:	Saratoga Biathlon Center, Day, NY
	Info:	9 AM Registration; 9:30 AM Zero; 11 AM Start - Sprint; \$20 Entry* by 1/29, \$25 later* Payable: Saratoga Biathlon Club
	Contact:	Jim Schreiner, 3016 South Shore Rd., Day, NY 12835 /518-696-3961, Tom Moffett - saratogabiathlon@charter.net ; website: www.saratogabiathlon.20m.com
	Online Entry:	www.saratogabiathlon.20m.com

Feb 1	Event:	ESG Qualifier
	Club:	Saratoga Biathlon Club
	Site:	Saratoga Biathlon Center, Day, NY
	Info:	9 AM Registration; 9:30 AM Zero; 11 AM Start - Pursuit; \$20 Entry* by 1/30, \$25 later* Payable: Saratoga Biathlon Club
	Contact:	Jim Schreiner, 3016 South Shore Rd., Day, NY 12835 /518-696-3961, Tom Moffett - saratogabiathlon@charter.net ; website: www.saratogabiathlon.20m.com
	Online Entry:	www.saratogabiathlon.20m.com

Feb 8	Event:	ESG Qualifier
	Club:	Polar Bear Biathlon Club
	Site:	McCauley Mt., Old Forge, NY
	Info:	8 AM Registration; 9 AM Zero; 10 AM Start - Sprint; \$15 Entry* by 12/28, \$25 later* Payable: Polar Bear Biathlon Club
	Contact:	Janine Phaneuf, P.O. Box 677, Old Forge, NY 13420 / 315-369-3240
	Online Entry:	www.nybiathlon.org

*\$5 insurance fee for non-NYSSRA / non-NENSA members

2008 – 2009 Biathlon Schedule

Feb 13 - 14	Event:	Nor-Am Cup #8
	Club:	Lake Placid Biathlon Club
	Site:	Mt. Van Hoevenberg, Lake Placid, NY 12946
	Info:	Sprint, Pursuit
	Contact:	<i>Rick Costanza; rcostanza@adelphia.net; 518-891-6538</i>
	Online Entry:	TBD

Feb 20-21	Event:	Empire State Winter Games
	Club:	New York Biathlon
	Site:	Olympic Sports Complex, Mt Van Hoevenberg, Lake Placid, NY
	Info:	Must qualify and pre-register to compete. No day of race registration. 2/20 - Sprint, 2/21 2 person sprint relay, Zero at 12 PM; 1 PM Start. all ESG participants must present a photo ID at check in
	Contact:	Tim Halliday, 326 Main St., Corinth, NY 12822; 518-654-7575 tdhalliday@roadrunner.com
Online Entry:	www.nybiathlon.org	

Feb 28 & Mar 1	Event:	New York Biathlon Championships
	Club:	Saratoga Biathlon Club
	Site:	Saratoga Biathlon Club, Day, NY
	Info:	2/28 Sprint; 3/1 2 person Sprint relay
	Contact:	All details and registration information can be found on the Saratoga Biathlon Club website
Online Entry:	www.saratogabiathlon.20m.com	

Mar 19-22	Event:	US National Championships
	Club:	
	Site:	Fort Kent, Maine
	Info:	Sprint, Pursuit, Mass Start
	Contact:	Nancy Thibodeau: jthibo@sjv.net
Online Entry:		

March 25-26	Event:	North American Championship 10 @ Canadian Championship
	Club:	
	Site:	Valcartier, Quebec
	Info:	ID, Sprint, Mixed Relay
	Contact:	Bruno St.-Onge; bstonge@oricom.ca
Online Entry:		

**\$5 insurance fee for non-NYSSRA / non-NENSA members*

2008 – 2009 Ski Orienteering Schedule

Dec 21	Club:	EMPO
	Site:	Lapland Lake Resort, Benson, NY
	Info:	Register 1 pm to 2 pm; ESG qualifier has an entry fee of \$10 includes an all day ski pass. Reduced entry fee for novice groups using one map
	Contact:	Eric Hamilton, 518-371-7548 / ejh.bkh@juno.com
Dec 30	Club:	EMPO
	Site:	Garnet Hill XC, North River, NY
	Info:	Registration - 10 am – noon; \$16 includes day ski pass. Remote registration site is possible. Directions: Turning from Route 28 onto CR78 (13 th Lake Rd) toward Garnet Hill and watch for possible O direction signs. Plan for the possibility of no restrooms at registration.
	Contact:	Aims Coney, 978-562-2805 before 12/25, 518-352-7364 / aims.coney@hp.com
Dec 28	Club:	AOK
	Site:	Dewey Mountain, Saranac Lake, NY
	Info:	Pre-Registration is required via e-mail to n1cm@yahoo.com . Start times between 11 am and 1 pm [Back up date January 4, 2009]
	Contact:	Len Cormier, 518-561-9204 / n1cm@yahoo.com
Jan 3	Club:	ROC
	Site:	Letchworth State Park
	Info:	Registration 12 noon – 1:30 pm at Trailside Lodge
	Contact:	Carol Moran, 585-377-5650 / pwtmoran@frontiernet.net
Jan 10	Club:	EMPO
	Site:	Partridge Run State Forest, South Berne
	Info:	Registration 10 am – Noon
	Contact:	Phil Hawkes-Teeter, 518-872-1993 / philht@nycap.rr.com
Jan 11	Club:	BFL0
	Site:	Hunter's Creek Park, East Aurora
	Info:	Registration time TBA
	Contact:	David Cady, 716-837-3737 / davidcady@gmail.com
Jan 11	Club:	AOK
	Site:	Point au Roche, Plattsburgh
	Info:	Registration between 11 am and 1 pm
	Contact:	Ted Meskunas, 518-492-2660 / kc2ldn@charter.net
Jan 18	Club:	ROC
	Site:	Mendon Ponds Park, Rochester, NY
	Info:	Registration at Hopkins Point Lodge 12:00 noon – 1:30pm
	Contact:	Carol Moran, 585-377-5650 / pwtmoran@frontiernet.net
Jan 25	Club:	CNYO
	Site:	B. R. E. I. A. Trails, New Map of Carpenter Rd. Trails, Turin, NY
	Info:	Pre-Registration Required. 11AM-1PM Starts.
	Contact:	Ed Kobos, 315-797-6096 / kk2b@aol.com
Jan 31	Club:	CNYO
	Site:	Hammond Hill, Dryden
	Info:	Registration – 11 am – 1 pm
	Contact:	Ann Leonard, 607-844-8706 / redflea210@frontiernet.net
Feb 1	Club:	CNYO
	Site:	Highland Forest
	Info:	Registration - 11am-1pm
	Contact:	Eric Smith, 607-347-4844 / ens5@cornell.edu

2008 – 2009 Ski Orienteering Schedule

Feb 7	Club:	CNYO
	Site:	"Snowfari" Roscoe Conklin Park, Utica, NY
	Info:	Registration – 11 am - 1 pm
	Contact:	Ed Kobos, 315-797-6096 / kk2b@aol.com

Feb 8	Club:	ROC
	Site:	Webster Park
	Info:	Registration at Parkview Lodge from 12 noon to 1 pm
	Contact:	Eric Barbehenn, 585-377-5650 / eric@johnmyersphoto.com

Feb 21	Club:	EMPIRE STATE GAMES
	Site:	Mt. VanHoevenberg, Lake Placid, NY
	Info:	Qualification Required. If you anticipate that you will qualify notify Eric Hamilton, chairman prior to February 7, 2009, with your intent to compete. Pre-assigned Starts between 1 pm and 2 pm
	Contact:	Eric Hamilton, 518-383-8565 / ejh.bkh@juno.com

March 1	Club:	NYSSRA – Nordic Club Championships
	Site:	Saratoga Biathlon, Day, NY
	Info:	Club team pre-registration required. Pre-assigned Starts between 1 pm and 2 pm. Teams consist of one female and two male representing a club. Each team member must be in a different (ESG qualifier) age class. Even though all three team members may be on the course at the same time the team finish time will be the sum of the finish times of the individual team members.
	Contact:	Eric Hamilton, 518-383-8565 / ejh.bkh@juno.com

2008 – 2009 Bill Koch Schedule

Nov-Mar	Club:	RXCSF Genesee Valley Bill Koch Youth Skiing Program
	Site:	Bristol Mountain/Mendon Ponds Park/Harriet Hollister Spencer Rec. Area
	Info:	Lessons, recreational & Sport Development Programs. See http://xcrochester.com/new/GVBKYSL/htm for more information
	Contact:	Bob & Diane Witkowski, 585-924-9645 / info@xcrochester.com
Nov-Mar	Club:	Shenendehowa Nordic Bill Koch Youth Ski League Practice
	Site:	Koda Middle School, Clifton Park, NY
	Info:	Start at 3:50 PM from room207 every Tuesday that is a school day. Check http://ShenendehowaNordic.homestead.com/ during school vacation
	Contact:	Eric Hamilton, 518-383-8565 / ejh.bkh@juno.com
Dec-Mar	Event:	Sunnycrest Park Bill Koch Youth Ski Program
	Site:	Sunnycrest Ski Lodge (Golf Club House) at 5 pm. Caleb St, Syracuse.
	Info:	Every Tuesday 6 PM and Sunday 1:30 PM December 2008 to March 2009; See www.sunnycrestparkassociation.com for more information.
	Contact:	Russell Houck, 315-423-3145 / russell_houck@partech.com
Dec 11	Event:	Family Moonlight Ski
	Site:	Vischer Ferry Preserve, Clifton Park, NY
	Info:	Start at 7 PM at preserve Entrance. 2k casual ski, warm up fire, marshmallows, and hot drinks
	Contact:	Town of Clifton Park, Parks & Recreation 518-371-6667
Dec 14	Event:	BKYSL Fun Freestyle Technique Race
	Site:	Mt Van Hoevenberg, Lake Placid, NY
	Info:	BKL race following the NYSEF Season Opener. Registration at noon. Entry fee \$5 (checks to NYSEF). Lollipop ½ k, J5 1 k, J4 2 k, J3 3 k. Non-racing skiers must purchase a trail pass.
	Contact:	Margaret Maher / margm@nysef.org
Dec 21	Event:	BKYSL Fun Race
	Site:	Lapland Lake XC Ski Center, Benson, NY
	Info:	Register at Finish Line Ski Shop. Race start right after completion of the ESG Pursuit Qualifier. Approximately 1 PM
	Contact:	Ann Hirvonen; 518-863-4974 / vacation@laplandlake.com
Dec 21	Event:	Ski Orienteering for Beginners
	Site:	Lapland Lake Resort, Benson, NY
	Info:	Course for youth and/or families. Register between 1 & 2 PM. \$5 entry for BKYSL members or group of 3 on fun course. Cost includes one map. Each participant must have a trails pass \$5 additional.
	Contact:	Eric Hamilton, 518-383-8565 / ejh.bkh@juno.com
Dec 29/30	Event:	RXCSF Holiday Youth XC Ski Racing Camp
	Site:	Bristol Mountain Summit XC Center
	Info:	2 nd Annual Camp for aspiring ski racers J6 thru J2. 9:00am to 3:00pm both days; BYOL. Includes instruction & video analysis in Classic & Freestyle techniques, skill-building games, sprint & relay races, race prep/tactics, intro to grip waxing & more. Camp Fee \$40 (add \$5 non-NYSSRA; checks to "RXCSF Youth Skiing") includes camp t-shirt, evaluation, energy drinks & healthy snacks. Pre-registration via mail by Dec. 23, '08 suggested, but day-of registration available. Purchase trail passes separately.
	Contact:	Bob & Dianne Witkowski, 585-924-9645 / info@xcrochester.com
Jan 1	Event:	New Years Resolution Day BKYSL Fun Race
	Site:	McCauley Mtn., Old Forge, NY
	Info:	Race start right after the ESG Qualifier – about 1:30 pm
	Contact:	Marie Birtle, 315-369-1011 / mbirtle@frontiernet.net

2008 – 2009 Bill Koch Schedule

Jan 3	Event: BKYSL Fun ski race Free Technique
	Site: Crandall Park, Glens Falls, NY
	Info: Start after the last ESG qualifier finishes.
	Contact: Jim Underwood: 518-798-5309
Jan 8	Event: Family Moonlight Ski
	Site: Vischer Ferry Preserve, Clifton Park, NY
	Info: Start at 7 PM at preserve Entrance. 2k casual ski, warm up fire, marshmallows, and hot drinks
	Contact: Town of Clifton Park, Parks & Recreation 518-371-6667
Jan110-11	Event: Harry Potter Festival
	Site: Salmon Hills: Redfield, NY
	Info: Start after the ESG qualifier finishes, http://www.salmonhills.com/BKYSL_calendar.htm
	Contact: Lori Vezendy, 315-298-5804; bigborebob@juno.com
Jan 17	Event: BKYSL Fun Race Classical
	Site: Saratoga Biathlon Center, Day, NY
	Info: \$4 trail fee; start will be after the ESG qualifier, about 12:30 pm
	Contact: Eric Hamilton, 518-383-8565 / ejh.bkh@juno.com
Jan 17	Event: BKYSL Mini Loop Classic Technique
	Site: Tug Hill Trails 2 – 3 K Youth Ski
	Info: Start at CCC Camp east of Mannsville at 10:45, nominal entry fee.
	Contact: Rose Driscoll, 315-298-6993 / raceinfo@winonaforest.com
Jan 18	Event: GVBKYS Youth XC-Ski Race at Mendon Ponds Winterfest
	Site: Mendon Ponds Park (Stewart Lodge / Beach Parking Area)
	Info: Annual Bill Koch event for all Bill Koch skiers J6 thru J3. Freestyle; 11:00am start. Day-of registration (included in GVBKYS program registration; \$5 non-NYSSRA others free/donation). Ribbons for all participants. Check GVBKYS website for condition status updates the week of the event.
	Contact: Bob & Dianne Witkowski, 585-924-9645 / info@xcrochester.com
Jan 25	Event: BKYSL Fun Freestyle Technique Race
	Site: Mt Van Hoevenberg, Lake Placid, NY
	Info: BKL race following the NYSEF JOO. Registration at noon. Entry fee \$5 (checks to NYSEF). Lollipop ½ k, J5 1 k, J4 2 k, J3 3 k. Non-racing skiers must purchase a trail pass.
	Contact: Margaret Maher / margm@nysef.org
Feb 1	Event: BKYSL Fun Classic Technique Race
	Site: Highley Flow State Park, Canton, NY
	Info: Start at 11am, \$5.00 entry
	Contact: Judy Fuhr, 315-262-2362 / jfuhr@twcny.rr.com
Feb 5	Event: Family Moonlight Ski
	Site: Vischer Ferry Preserve, Clifton Park, NY
	Info: Start at 7 PM at preserve Entrance. 2k casual ski, warm up fire, marshmallows, and hot drinks
	Contact: Town of Clifton Park, Parks & Recreation 518-371-6667
Feb 7	Event: BKYSL Fun Classical Race
	Site: Kinns Park, Clifton Park
	Info: Registration at 1 pm; interval start at 1:30 pm. This is part of the Clifton Park Winter Festival. Other family fun relay and sprints immediately follow.
	Contact: Eric Hamilton, 518-383-8566 / ejh.bkh@juno.com
Feb 14	Event: Winterfest at Sunnycrest
	Site: Sunnycrest Park Golf Clubhouse, Caleb St, Syracuse
	Info: Adult and Youth Cross Country Ski races; adult 5K. BKYSL times, distances and fees will be provided on website www.sunnycrestparkassociation.com .
	Contact: Russell Houck, 315-423-3145 / russell_houck@partech.com

2007 – 2008 Bill Koch Schedule

Feb 22	Event:	BKYSL Fun Classic Technique Race
	Site:	Mt Van Hoevenberg, Lake Placid, NY
	Info:	Registration 11-11:45 am. Start at noon, mass start by age class (following ESGs). Entry fee \$5 (checks to NYSEF). J5 2 k, J4 3 k, J3 4k. Non – racing skiers must purchase a trail pass
	Contact:	Margaret Maher / margm@nysef.org
Feb 28/Mar 1	Event:	RXCSF Youth XC-Ski Festival
	Site:	Bristol Mountain/Harriet Hollister Spencer Rec Area
	Info:	2 nd Annual Ski Festival for all Bill Koch skiers J6 thru J3. See http://xcrochester.com/new/GVBKYS.htm for information. Festival Fee \$35 (add \$5 non-NYSSRA; checks to "RXCSF Youth Skiing") includes races, demo events, Saturday Bristol Trail Pass, t-shirt, dinner banquet, refreshments and awards for all. Pre-registration via mail by Feb. 21, '09 requested, but day-of registration available.
	Contact:	Bob & Dianne Witkowski, 585-924-9645 / info@xcrochester.com
Mar 5	Event:	Family Moonlight Ski
	Site:	Vischer Ferry Preserve, Clifton Park, NY
	Info:	Start at 7 PM at preserve Entrance. 2k casual ski, warm up fire, marshmallows, and hot drinks
	Contact:	Town of Clifton Park, Parks & Recreation 518-371-6667
Mar 21 - 22	Event:	Mid Atlantic Bill Koch Festival Hosted by NYSEF
	Site:	Interval Ski Jump Area, Lake Placid
	Info:	Free Technique Race Saturday, Classic race Sunday, with lots of fun on snow for the whole family wrapped around the weekend including obstacle course, ski jumping on the K6 and K18 jumps, banquet dinner with awards Saturday evening, air-rifle biathlon, and a fun ski orienteering treasure hunt. Any NYSSRA member no matter how "young" is eligible for the Secretary's Cup. Weekend details and entry forms will be posted on the NYSSRA and NYSEF websites in December.
	Contact:	Matt Cook 518-523-1900 / mattcook99@hotmail.com
Apr 2	Event:	Family Moonlight Ski
	Site:	Vischer Ferry Preserve, Clifton Park, NY
	Info:	Start at 7 PM at preserve Entrance. 2k casual ski, warm up fire, marshmallows, and hot drinks
	Contact:	Town of Clifton Park, Parks & Recreation 518-371-6667
Jun-Sep	Event:	RXCSF Summer Multi-Sport Program
	Site:	Various in Greater Rochester NY area
	Info:	Program helps to keep Bill Koch skiers active and fit in the off-season while introducing new experiences and reinforcing friendships. See http://xcrochester.com/new/GVBKYS.htm for May '09 sign-up.
	Contact:	Bob & Dianne Witkowski, 585-924-9645 / info@xcrochester.com

In addition to the above many of the Empire State Games qualifiers for biathlon, cross-country ski and ski orienteering have fun events for Bill Koch Youth and their families. Call the race organizer and ask. Make a family event part of your Nordic ski experience!

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The official website of Cross Country Ski Areas Association, the only national organization focusing on recreational cross country skiing and snowshoeing in the U.S. and Canada.



Winona Forest Tourathon



NYSSRA Series Races — ESG Qualifiers

Jan. 17, 2009 Try-It Freestyle 8/15 K

March 14, 2009 Winona Forest Tourathon Classic 45/30/15K

**Electronic timing & results by Score—This
Portion of proceeds to benefit local Dollars for Scholars**

Winona Forest Recreation Association

4920 N Jefferson St 3R, Pulaski, NY 13142

Email: raceinfo@winonaforest.com www.winonaforest.com