



THE PENNSYLVANIA NORDIC SKIER

Pennsylvania Cross Country Skiers' Association

February, 2011

2011 PA Nordic Championship Race

80 adults and 39 kids participated in this year's race on Feb 6. Thanks to Race Director, Dave Jenkins, PACCSA volunteers, Nordic Ski Patrol, DCNR and the Laurel Ridge concessionaire. Thanks especially to everyone who came out to race. It was a great day! Pictures and complete results inside!

Right: Yellowjackets made us proud on Feb 6 at the PA Championship Race. Below: Several Yellowjackets travelled to Ohio to race last month.



Yellowjackets were buzzing around the trails at Chapin Forest for the Nordic Flurry races on January 22nd. The weather was invigoratingly cool (single digits!), with no wind. The course wound its way through the woods, a nice mix of up, down and around, and the trails were in great shape. Skating was a little slow at first but improved as the day went on and the sun warmed the snow. The classic tracks were slick from the start. Yellowjackets came home with a nice collection of medals. Some high-

lights include **Nandini Satsangi** first in the 2km overall and **Aislinn Zimmermann** in the 1km.

Here are some comments from the kids:

"I like the up hills and down hills and next time I want to try the 3 k! "

"The trails were great and they have a fun downhill with the jump! I also liked the long downhill on the 3k loop."

"The tracks were very good and well groomed. The course fun and fast!"

"I skated up the gigantic hill where people were doing herringbone. I liked the finish line with the TV showing my time."

"It was fun to ski over the little bridges."

"I liked the playground."

Free Ski Lessons A Huge Hit

PACCSA offered free ski lessons at Laurel Ridge on three Sundays in January and one in February with much success. The first two sessions drew over 20 people each, and the session on January 30th brought out close to 50 new skiers!

Many thanks to our instructors, Bob Dezort, Rick Garstka and Robert Kaschak. Thanks also to Dave Hellwig and Norb for just helping out. Thanks also to Sally Smales for coordi-

nating the whole thing.

We have one more session scheduled for Sunday, February 20 at 1pm.

Those needing to rent skis should show up earlier to get fitted, buy trail pass, etc. Lessons take place in area right behind main concession. On a busy Sunday, there could be a limited number of skis/boots available to rent so it may be wise to rent earlier in the morning.



Close to 50 new skiers took advantage of PACCSA's free ski lessons on Sunday, January 30th at Laurel Ridge.

Must Have Item!



PACCSA Fleece Shirt

Available for purchase at Laurel Ridge XC Concession. Microfiber with PACCSA left chest screen \$24.95

\$4.00 of each shirt bought goes to the Yellowjackets



PACCSA members trekked from Laurel Ridge to Seven Spring on November 28, 2011. After a 5 mile hike, some visited the Sporting Clays clubhouse for food and libations. Photo by Kate Fissel.

2011 PA Championship Race Results

Sunday, February 6, 2011, Laurel Ridge XC Ski Center

Winner 6K Classic

F- Olga Ratchitskiy

M- Gerald Audet

Winner 6K Freestyle

F- Ann Satsangi

M- Gerald Audet

Winner 12k Freestyle

F- Jenifer Martin

M- Jason Zimmerman

| <u>6K Classic</u> | | | | | | |
|-------------------|------------|-----|-----------|-----|------------|-------|
| Last name | First Name | Age | Age group | M/F | 6k classic | |
| Audet | Gerald | 25 | | M | | 22.11 |
| Burrows | Clayton | 28 | | M | | 22.15 |
| Merka | Jan | 37 | | M | | 22.22 |
| Matousek | Tomas | 58 | | M | | 23.29 |
| Tissue | Stan | 50 | | M | | 24.37 |
| Kaschak | Robert | 54 | | M | | 24.47 |
| Rugh | Scott | 62 | | M | | 24.59 |
| McDonough | Denny | 60 | | M | | 25.18 |
| Gray | Edwin | 55 | | M | | 25.21 |
| Borge | Frederick | 14 | | M | | 25.38 |
| Borge | Lars-Erik | 46 | | M | | 25.39 |
| Ratchitskiy | Olga | 55 | | F | | 26.10 |
| Matoukova | Susana | 53 | | F | | 26.39 |
| Huang | Ray | 45 | | M | | 27.13 |
| Tuscano | Barry | 59 | | M | | 28.55 |
| Merkova | Dagmar | 40 | | F | | 29.06 |
| Apte | Gautam | 10 | | M | | 30.12 |
| Porter | Jefree | 50 | | M | | 30.29 |
| Kolpin | Sarah | 30 | | F | | 31.33 |
| Helwig | Dave | 60 | | M | | 31.37 |
| Blackburn | Gordon | 60 | | M | | 32.01 |
| Nelson | John | 69 | | M | | 32.32 |
| Jones | Mark | 40 | | M | | 32.34 |
| Pope | Bill | 73 | | M | | 34.07 |
| Cox | Bruce | 61 | | M | | 34.23 |
| Tuscano | Kitty | 59 | | F | | 35.19 |
| Clark | Spencer | 37 | | M | | 36.18 |
| Rugh | Diane | 60 | | F | | 36.31 |
| Pastor | Colin | 11 | | M | | 36.35 |
| Nelson | Naomi | 69 | | F | | 36.43 |
| Walker | Carl | 69 | | M | | 38.01 |
| Schneider | Robert | 48 | | M | | 39.08 |
| Pierce | Tom | 61 | | M | | 41.20 |
| Gibson | Rich | 56 | | M | | 46.52 |
| Pastor | Greg | 54 | | M | | 47.20 |
| Zampedro | Carla | 36 | | F | | 47.27 |
| Martin | Charles | 83 | | M | | 54.24 |
| Artis | Dave | 59 | | M | | 74.30 |
| Martin | Sally | 80 | | F | | 74.37 |

| <u>6K Freestyle</u> | | | | | | |
|---------------------|------------|-----|-----------|-----|----------|-------|
| Last name | First Name | Age | Age group | M/F | 6k skate | |
| Audet | Gerald | 25 | | M | | 18.28 |
| Kaschak | Robert | 54 | | M | | 20.09 |
| Borge | Frederick | 14 | | M | | 20.46 |
| Borge | Lars-Erik | 46 | | M | | 20.47 |
| Coyle | Dan | 45 | | M | | 21.27 |
| Satsangi | Ann | 42 | | F | | 21.55 |
| Apte | Gautam | 10 | | M | | 22.11 |
| Rains | Melissa | 14 | | F | | 22.31 |
| Ratchitskiy | Olga | 55 | | F | | 22.39 |
| Beaver | Bill | 62 | | M | | 23.27 |
| Schneider | Will | 11 | | M | | 23.28 |
| Kolpin | Sarah | 30 | | F | | 23.42 |
| Mathie | Tony | 12 | | M | | 27.08 |
| Reese | Dan | 44 | | M | | 27.16 |
| Barnes | Nancy | 44 | | F | | 28.52 |
| Cox | Bruce | 61 | | M | | 28.55 |
| Maring | Lydia | 50 | | F | | 29.14 |
| Garstka | Rick | 64 | | M | | 29.26 |
| Pope | Bill | 73 | | M | | 29.28 |
| Jarvis | Naomi | 44 | | M | | 30.56 |
| Walker | Carl | 69 | | M | | 32.20 |
| Fuerst | Ann | 34 | | F | | 36.54 |
| Balkey | Ken | 60 | | M | | 42.50 |

12k Freestyle

| Last name | First Name | Age | Age group | M/F | 12k skate |
|-------------|------------|-----|-----------|-----|-----------|
| Zimmerman | Jason | 41 | | M | 33.39 |
| Degenhardt | Sheldon | 45 | | M | 34.25 |
| Maring | Mike | 51 | | M | 35.06 |
| Burrows | Clayton | 28 | | M | 35.30 |
| Apte | Suneel | 49 | | M | 37.08 |
| Sawin | Tucker | 26 | | M | 37.37 |
| Walsh | David | 52 | | M | 37.40 |
| Sletten | Mark | 49 | | M | 38.21 |
| Henscher | Zach | 29 | | M | 38.38 |
| Wychock | Steve | 45 | | M | 39.13 |
| Merka | Jan | 37 | | M | 39.20 |
| Gray | Edwin | 55 | | M | 39.20 |
| Collins | Mike | 40 | | M | 39.25 |
| Mathie | Bill | 47 | | M | 39.39 |
| Joly | Brian | 51 | | M | 39.42 |
| Martin | Jennifer | 49 | | F | 40.08 |
| Heynes | Josh | 35 | | M | 40.33 |
| South | James | 40 | | M | 40.40 |
| Coyle | Aidan | 15 | | M | 40.51 |
| Ratchitskiy | Val | 58 | | M | 41.17 |
| Nickov | Tom | 34 | | M | 41.37 |
| Klinke | David | 42 | | M | 42.04 |
| Matousek | Tomas | 58 | | M | 42.10 |
| Anderson | David | 58 | | M | 42.16 |
| Reade | Melanie | 26 | | F | 42.21 |
| Tissue | Stan | 50 | | M | 44.30 |
| Bell | Steve | 60 | | M | 44.55 |
| McDonough | Denny | 60 | | M | 45.21 |
| Villella | Jim | 48 | | M | 45.47 |
| Eglinton | Dick | 57 | | M | 46.00 |
| Culley | Debra | 57 | | F | 46.16 |
| Rugh | Scott | 62 | | M | 46.49 |
| Merkova | Dagmar | 40 | | F | 48.27 |
| Anglin | Jim | 64 | | M | 48.29 |
| Bell | Nina | 44 | | F | 49.03 |
| Porter | Jefree | 50 | | M | 52.29 |
| Mason | Sherry | 58 | | F | 54.10 |
| Helwig | Dave | 60 | | M | 54.24 |
| Murray | Tommy | 69 | | M | 62.20 |

Youth ResultsWinners Youth2.5K - GIRLS

OLIVIA COOK 9:12

2.5K - BOYS

WILL SCHNEIDER 9:25

1K GIRLS

AUDREY HUANG 10:12

1K BOYS

NICHOLAS POGGIO 9:14

2.5K - GIRLS

OLIVIA COOK 9:12

MEGAN HAMILTON 9:59

HAILIE MARTIN 10:13

YAMUNA SATSANGI 10:14

BROOKE PULLIAM 10:49

GWEN WRIGHT 10:58

NANDINI SATSANGI 11:56

KATIE COYLE 12:09

LUCIA DEL RINCON 12:21

AISLINN ZIMMERMAN 12:51

ANABEL PEDERSON 13:49

AMELIA SEAGER 16:23

2.5K - BOYS

WILL SCHNEIDER 9:25

COLTON MARTIN 9:41

TONY MATHIE 9:59

VEMUND BORGE 10:02

MICHAEL MARING 10:10

NICK FISHER 11:35

WILLIAM TURNER 12:44

NOLAN MARTIN 13:06

COLIN WADSWORTH 13:27

JAMES FENN 13:40

MAX JOHN 19:34

1K GIRLS

AUDREY HUANG 10:12

KARA SCHNEIDER 11:05

PAOLA DEL RINCON 11:17

ALEXIS MERKA 12:22

KYLIE BLACKBURN 12:27

ZOEY COYLE 13:46

1K BOYS

NICHOLAS POGGIO 9:14

SIGMUND BORGE 9:14

GABE LATUCH 10:14

JOSH FISHER 10:26

KIRBY BISCHOFF 11:00

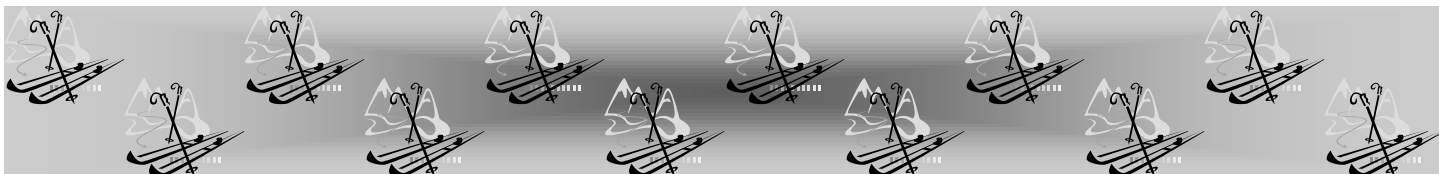
OBI HUANG 11:21

OTTO KLINKE 11:56

MAX LEASOCK 11:57

RODRIGO DEL RINCON 12:15

ANDRE POGGIO 12:49



A Letter from the President

I took over as president of PACCSA as of April 2010 and it was a tough campaign with lots of mudslinging. The voting process was complicated, "who wants to do it?" "I'm not sure, what about you?" "Ok, I'll do it." And that was the end of my free time. I started going to meetings to represent PACCSA and promote cross country skiing. I met with the DCNR at Laurel Ridge and Laurel Mountain, the Laurel Mountain Volunteer Group, and many other business and individuals. My email box started filling up with PACCSA news and so it went. Oh, right, I forgot that we formed a board of directors. There are 11 active members on the board sharing what one person, Rick Garstka did before. How Rick did it all is beyond me. Rick remains on the board and is our treasurer. Thanks Rick for all your support in the past and future.

Ok, so what's new? Not much, let's go ski. No, really we have been doing a lot. We have tried to have some consistency with our newsletter, webcam, website, race, free lessons, Yellowjackets, and other past practices. This fall with the help of the Ski Touring Section (STS) of the Potomac Appalachian Trail Club (PATC), we were able to add a new alternate hill to the red trail at Laurel Ridge. We have added and are developing a PACCSA Facebook page and "friends" and "likes" continue to grow. We have a "discussions" page which allows people to vent about whatever and give conditions reports or just say hi. Your mom said you shouldn't, but you can even write on our "wall." Facebook is a social network and seems to work well for PACCSA and should continue to grow.

New Projects:

Laurel Mountain Groomers—In January working in conjunction with DCNR, the Laurel Mountain Volunteer Group (LMVG) and the Pennsylvania Cross Country Skier's Association (PACCSA) we formed the Laurel Mountain Groomers (LMG). The Laurel Mountain area is east of Ligonier off of Route 30 and is part of Forbes State Forest. Its extensive trail system includes parts of the Laurel Highlands Hiking trail and connects to the trails at Linn Run State Park which is a short hike, bike or ski away. LMG will operate under the PA Parks and Forest Foundation which is a 501c3 non-profit organization. Our plan for this season is to groom Interstate, Lippo's loop, and part of Bill Albert's trail. This is less than 5% of the total trails and our future plans are to groom less than 10%. We are still organizing and plan to acquire funding to purchase the proper equipment and storage building. If you would like more information on this project or would like to volunteer your time or donate to this project, please contact me.

Laurel Nordic Ski Patrol—I met one of the National Ski Patrol patrollers and we agreed that the Laurel Ridge Nordic area should have some coverage. They cover the Kooser, North Woods, and Laurel Mountain areas currently and maybe others that I'm not aware of. This year they were kind enough to help with our race at Laurel Ridge and who knows what the future will hold. They are looking for new candidates so this might be something of interest to you. Please thank them when you see them for their support and time.

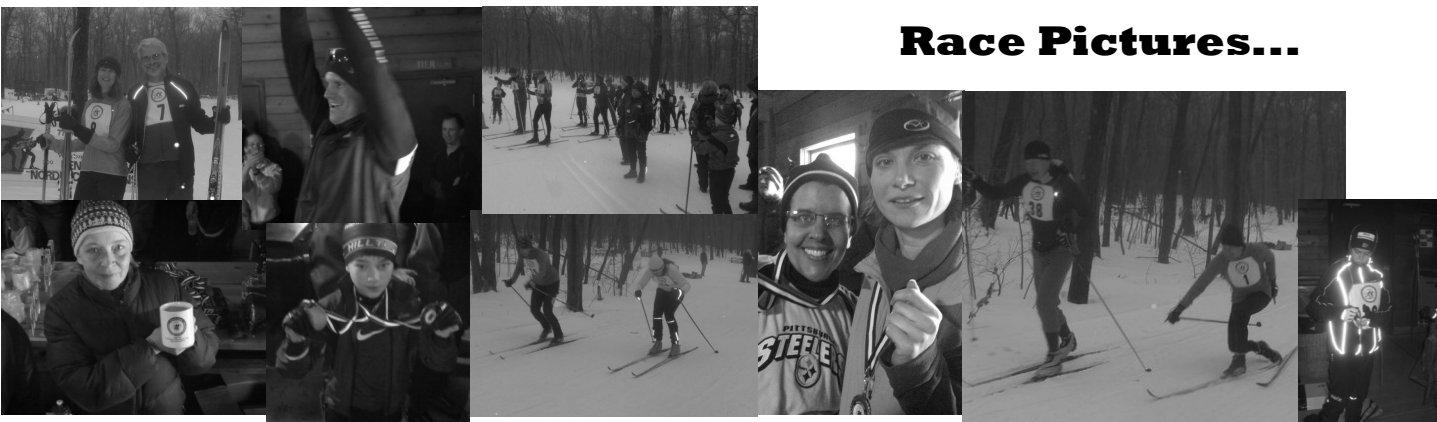
Now let's get out there and ski!

Bruce Cox, PACCSA President

president@paccsa.org



We are proud of our President! Bruce finished strong in the 6K Classic race and went on to take second in his age group (no, we aren't telling you which group) in the 6K freestyle.



Race Pictures...



PACCSA Membership Has Benefits

In addition to the newsletter in your hands, PACCSA members also enjoy other benefits.

Your membership card gets you discounts on trail passes at the following ski areas: \$1 off at Laurel Ridge, \$2 off at Whitegrass and \$1 off at Wilderness Lodge.

PACCSA is currently looking into other possible discounts for its members.

If you have recently renewed your membership or are a new member, your membership card came attached to this newsletter. If you have lost your membership card or have a family membership and need an extra card, feel free to use this one.

Note, your membership expiration date also appear on the mailing label opposite the card.

If your membership has expired, this is the last newsletter you will receive until you renew.

PACCSA Membership Card

Please cut out this card and present it to receive discounts

The person(s) named on the opposite of this card are members of PACCSA and entitled to its membership benefits.

Membership expiration date is indicated on label on opposite side of card.



"I've fallen and I CAN get up!" Instructor Bob Kaschak shows some new skiers how to right themselves after one of those inevitable first timer falls.



Skiers participated in a ski orienteering event at Laurel Ridge sponsored by the Explorer's Club of Pittsburgh. Check out more pics on our Facebook page!

More Race News...



Race Director, Dave Jenkins congratulates Gerald Audet. Audet had a strong showing, finishing first in both the 6K Classic and 6K Freestyle races.

I Scream, You Scream, We All Scream for Night Skiing!

If you were driving on Rt. 30 west of Ligonier on Friday, January 21, you might have seen something strange on the mountain. Forty eight individual lights of various sizes and intensity, bobbing around the mountain.

No, they weren't UFOs. They were skiers and snowshoers participating in a night outing sponsored by the Ligonier Country Inn in Laughlontown. After cramming into the small warming hut at Laurel Mountain for a safety briefing, the snowshoers took off and the skiers were separated into

three groups based on ability and desired speed. Each group had a leader and tail very familiar with the trails. Both PACCSA members and Nordic Ski Patrol helped out in this capacity.

After a ninety minute or so outing, everyone convened back at the Inn for hot food and drinks. A great time was had by all and everyone is looking forward to doing it again.

In addition to these larger outings, a small group of PACCSA members and friends have been meeting weekly at

Laurel Mountain for night skis and après ski food and drink at the warming hut. The day of the week varies and it is generally posted on the PACCSA Facebook page and/or website a few days in advance. A possible Saturday night ski is also in the works for sometime in the near future.

The next night ski sponsored by Ligonier Country Inn is scheduled for Friday, February 18. For more info, visit www.ligoniercountryinn.com/



These PACCSA members love to ski at night at Laurel Mountain. We suspect they equally enjoy their much deserved après ski food and drink in the warming hut.



**Pennsylvania Cross Country Skiers'
Association**

PACCSA
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Munhall, PA 15120

www.paccca.org

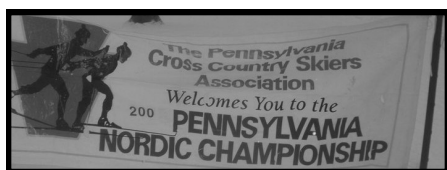
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Promoting the sport of cross country skiing
in Pennsylvania and its tri state area



Race Results Inside!

**PACCSA Board
of Directors**

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Dave Jenkins, VP and Race Director
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Rick Garstka, Treasurer
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Sally Smales, Secretary
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Alice Cottone, Volunteers
Naomi Jarvis, Yellowjackets
Brian Joly
Kelly Kruper
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mazurrj@paccca.org

General comments and inquiries can be
sent to: board@paccca.org

*"All things are possible,
except for skiing through a
revolving door." Anonymous*

2010-11 PACCSA Membership Form

You can also renew your membership using PayPal! Just visit www.paccca.org.

Click on Donations/Membership.

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____ (We will not fill your inbox. You may
receive an occasional e-mail from us regarding volunteer opportunities. Your information will not be
shared or sold.)

Date _____

Membership Information

_____ Single \$6/yr _____ Family \$9/yr _____ New _____ Renewal

Name (s) _____

Make checks payable to PACCSA
Mail to PACCSA
Rick Garstka, Treasurer
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Munhall, PA 15120