



## THE PENNSYLVANIA NORDIC SKIER

The Pennsylvania Cross Country Skiers' Association

January 2013

### PA NORDIC CHAMPIONSHIP SCHEDULE

Keep doing that snow dance! The 2013 Pennsylvania Nordic Championship is scheduled for February 3, to be held at Laurel Ridge State Park. No make up date is scheduled.

#### Schedule of Events

- 9:00 am: men and women 5k classic
- 9:45 am: kids races
- 11:00 am: men and women 5k and 10k freestyle (skate)
- Award ceremony will follow the end of the last race.

There will be medals for the top 3 overall finishers in each of the adult races, plus awards for the top finishers in each age group, and a souvenir medal for all children racers. All adults receive a long-sleeve t-shirt as well.

We will be posting updates on the race, and especially snow conditions, as the race date approaches, so please check [www.paccca.org](http://www.paccca.org) for the latest race status before making the trip to Laurel Ridge.

Volunteers are always needed, so please contact our race director, Dave Jenkins at [racedirector@paccca.org](mailto:racedirector@paccca.org) if you are interested in helping out.



### PACCSA Obtains 501(c)(3) Status

On October 30, 2012, PACCSA was recognized as a charitable 501(c)(3) organization by the Internal Revenue Service. This means that memberships and donations to PACCSA may now be deducted from your federal taxes under Section 170 of the Internal Revenue Code. As a 501(c)(3) charitable organization, PACCSA hopes to attract new members, sponsors and donors who will help us expand upon everything we have done for the Nordic skiing community. We truly appreciate your continued support. The future looks bright!

The PACCSA board would like to especially thank Jim South for his tireless efforts on this project. It was not an easy process. Special thanks also to Rick Garstka for his close work with Jim, providing important records necessary to our application and answering questions only he can answer.

### Free Ski Lessons

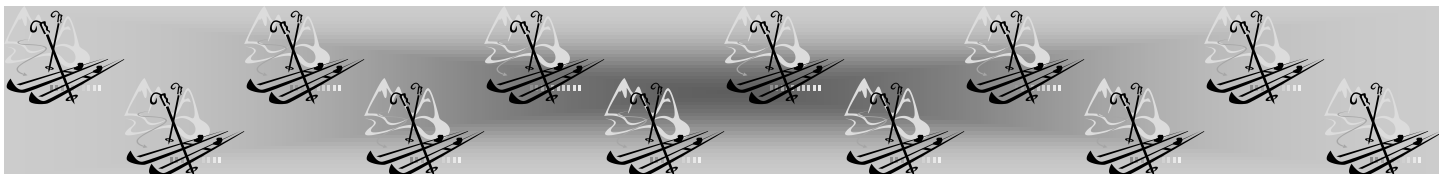
*The first free cross country ski lesson at Laurel Ridge took place January 6th with Rick Garstka leading 30-35 beginner skiers!*

*Many thanks to Robert Kaschak, Bob Dezort, Norb Duritsa and Dave Helwig for helping with the lessons. It was a great snow day and the skiers were divided into four groups. We received all positive feedback on the instruction provided by all these well-seasoned skiers.*

*Another lesson is planned for Saturday, February 2. Bob Dezort will be the instructor. Check website for any changes or additional dates.*

*If you are interested in helping with ski lessons, please contact Sally Smales at [secretary@paccca.org](mailto:secretary@paccca.org).*

Receive your newsletter via e-mail and help us reduce costs and save the earth. If you are ready to "go green" please send an e-mail to [newsletter@paccca.org](mailto:newsletter@paccca.org). Make sure you include your name and the e-mail you would like us to use. NOTE: if you requested a PDF newsletter last year, you will continue to receive your newsletter in that format unless you let us know otherwise.



## A Letter from the President

Happy New Year! Wow, what a great start to our ski season! As of January 3ed I had already skied more times than I did all of last year. Charlie's head is wood and it did. As your may know, Charlie Becker is our unofficial weather-man and gives candid forecasts on our website. Thank you Charlie and please keep it coming. Speaking of our web-site, have you seen the new one yet? Naomi Jarvis is our new webmaster and designer and has done a great job on the new PACCSA website. Go check it out sometime if you haven't already. It's at [www.paccca.org](http://www.paccca.org). Thanks Naomi. Your board of directors has been busy this past year. In October we received official notification from the Internal Revenue Service that PACCSA is exempt from federal taxes under section 501(c)(3) of the Internal Revenue Code. Read the article in this issue from Jim South for more information. Basically, what Fay Penn did for us with the red trail expansion grant at Laurel Ridge, we can now do ourselves. When you see Jim South please shake his hand and thank him for all his effort in getting PACCSA this most important exemption. Thank you Jim. Using this exemp-tion we have applied and received some grant funding for our Laurel Mt grooming project. Our funding coordinator, Mike Blessington has been actively pursuing funds for this project so shake his hand as well. Thank you Mike. Everyone has been working hard and looking forward to the ski season and now that it's hear we can reap the benefits of our labors. Race preparation is well along the way and the February 3ed date is quickly arriv-ing. Please mark your calendar and join us on race day as either a participant or supporter. Volun-teers are always welcomed so please contact us if you would like to help with the race. A big thank you goes out to all the board members that volunteer their time and talents to grow our organization into the best that we can be. Thank you also to all the members that have joined or renewed. Your dues and donations are critical to our existence. Thank everyone. See you on the trails. Bruce.



Bruce Cox, PACCSA President  
[president@paccca.org](mailto:president@paccca.org)

## Real Backcountry Skiing



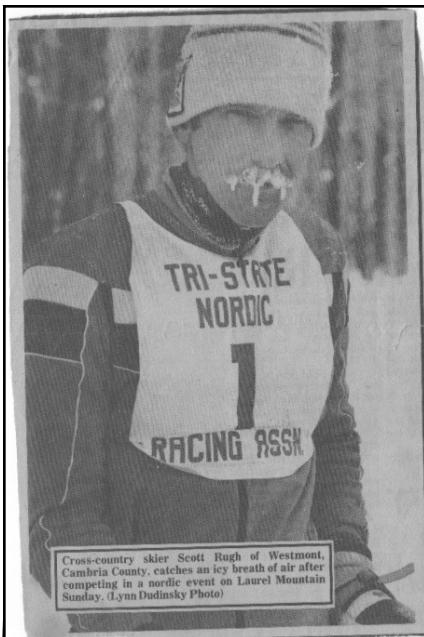
The holiday snow brought many opportunities for PACCSA members to do all the kinds of skiing they love to do. Here are a few pictures provided by Naomi Jarvis from a real backcountry adventure. Mark Spear (left) and Dave Helwig (right) navigating a stream crossing. Is that a ski portage Dave?





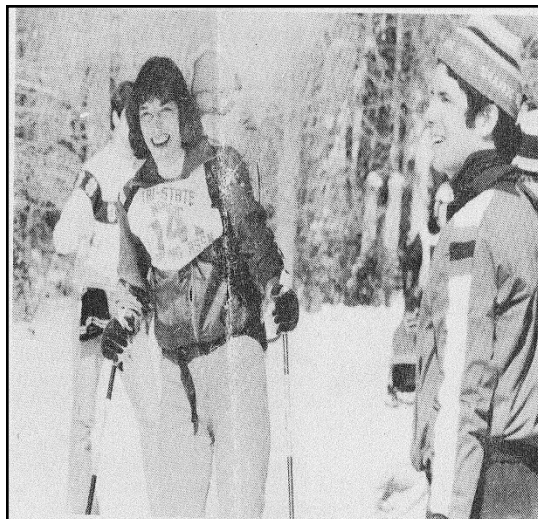
## Remember When Skiing Was “Kindahard?”

The work we have been doing at Laurel Mountain has brought with it stories and reminiscing about the history of the area. One memory that keeps coming up is from a race called the “Kindahard.” This race was held over an 18 year span on Laurel Mountain with the course sometimes changing drastically from year to year. The race was the brainchild of E. K. Myers, owner of Ligonier Mountain Outfitters at the time. Based on some research, we think the race began in 1976 (although a 1983 article from the Ligonier Echo claims that year’s race was the 10th) PACCSA member Scott Rugh won the 10K Nordic race four years running. Another frequent competitor and winner was PACCSA member Denny McDonough. The 1994 race results also contain some familiar PACCSA names, Ambrose Tuscano was the winner in the Male 12-17 category while his mom, Kitty Tuscano finished first in the women 40-49 group, followed closely by Diane Rugh. Another long time PACCSA member, George Yoder won the Men 18-29 age group that year. We have collected some pictures from the race over the years. So take a stroll down memory lane and if you would like to share your own memories and pictures from the “Kindahard” please send them to newsletter@paccsa.org. Special thanks to Denny McDonough and Scott Rugh for the info and pictures.



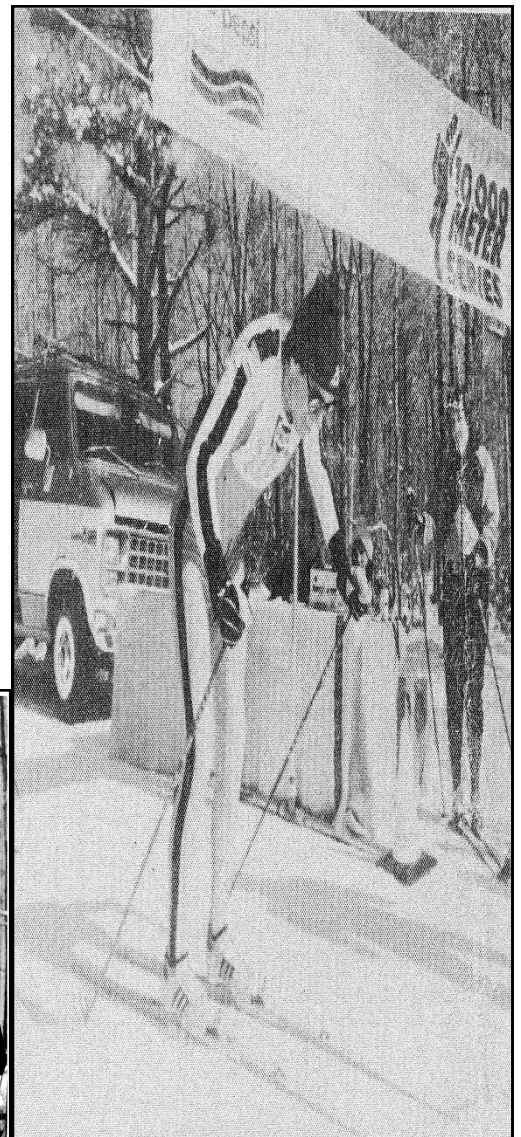
Cross-country skier Scott Rugh of Westmont, Cambria County, catches an icy breath of air after competing in a nordic event on Laurel Mountain Sunday. (Lynn Dudinsky Photo)

Scott Rugh gets a little icy during the race.



Diane Rugh of Westmont was the only Kindahard competitor with a “co-pilot” this year. Her son, David, 1, seemed pleased to be able to watch the action up close as Mom skied the 10-kilometer course in 74 minutes, 14 seconds. Diane’s husband, Scott, placed second overall in the race.

Ligonier Echo photo



Denny McDonough finishing first in the 1983 “Kindahard” in 41 minutes, 33 seconds. Photo from the Ligonier Echo.



This “Kindahard” race bib can be found on the wall of Fat Daddy’s bar on Rt 30 in Ligonier.



“Kindahard” - Laurel Mountain. Photo by Richard Schmitt



# Swix Sport Announces New Swix Sonic Adjustable Poles

Adapted from skitrax.com

Swix Sport is set to launch a new adjustable pole collection for the 2013/14 season called Swix Sonic, designed to be the most advanced adjustable pole to ever hit the market.

With an emphasis on detail and advanced materials, the design has been tested and manipulated to guarantee superior performance with stiffness and ease of use never seen before in an adjustable pole.

At the heart of the pole is a revolutionary new locking system that will change the way people use poles.

The Swix Sonic collection will include four different models ranging in size and price from \$99 up to \$249. The collection ranges from aluminum poles at the lower end to lightweight carbon poles at the high end – all featuring the new adjustable locking system.

## **The advanced construction of the new Swix Sonic poles includes four unique elements:**

- *Handle and Strap* – Easily adjustable handle and strap system with universal ergonomic fit for hand and glove. The handle offers two unique functions. A beveled straight edge is designed into the handle to help clean the top surface of skis for packed snow and can also be used to adjust rando bindings without having to bend over.
- *Adjustable Locking System* – Provides 100 percent reliable fixation and intuitive usage. Constructed with a silicone-coated grip that will stay soft even in the most extreme conditions. Unlike other adjustable poles, the locking system is located higher up on the pole to improve performance and reduce weight. The all alloy locking mechanism can be completely disassembled without tools for bombproof durability and reliability in the backcountry.
- *Disc Basket System* – Features interchangeable baskets for varying snow conditions made from super lightweight PVC coated nylon that provides for superior swing weight.
- *Shaft* – Made from an ultra-lightweight composite carbon technique to ensure maximum strength stiffness and durability. The collection offers four models ranging from the R4, which includes aluminum shafts, up to the R1, made with 100% Carbon-fiber in top and bottom portions of the pole. With over 25 years of racing heritage, Swix Sport has extensive experience in composite and aluminum racing pole construction.

“We’ve been studying the pole market for the past four years with the goal of building the best adjustable pole in the market,” said Steve Poulin, President of Swix Sport USA.

Poulin said one key area emerged as the company researched the market – a need for better locking mechanism’s on adjustable poles. Swix Sonic features a locking technology that provides the industry with a more stable, easy to use locking mechanism.

“No stone has been left unturned and every detail has been thought through in the design and execution of these poles.”



It looks like this guy plans to relax with the newspaper after a tough day on the trails. He better not go into the warming hut!

# Your PACCSA Dollars At Work

from the PACCSA Board of Directors

For more than two decades, your memberships, donations and volunteer hours have helped PACCSA further its mission of expanding the sport of Nordic skiing within Southwestern Pennsylvania. But exactly what has PACCSA accomplished over the years?

Our annual trail clearing and maintenance efforts keep area trails open and ready for skiing. We've constructed drainage ditches and culverts which help preserve the snow base during thaws. We've developed new trails, improved existing trails, and have donated time and money towards facility improvements at Nordic skiing areas located within state-owned parks and forest preserves. Most recently, PACCSA spearheaded a \$100,000 grant for improvements at the Laurel Ridge XC Skiing Center, including the construction of new trails, the expansion of the parking lot, and the purchase of a new UTV maintenance vehicle. PACCSA has also purchased and donated equipment to DCNR, including a state-of-the-art Tidd Tech snow groomer.

## Need to Renew?

Please go to our website and renew your membership online or use the form provided here in the newsletter.

We won't e-mail you much, but an accurate e-mail address will help us to keep our membership current and informed.

## 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.



PACCSA has embarked on a volunteer snow grooming project which will expand the availability groomed trails in our region. For a second year we are working in cooperation with DCNR, Rolling Ridge Snowmobile Club, and the Laurel Hill National Ski Patrol to provide grooming on some of the trails at Laurel Mountain East of Ligonier. Grooming will primarily be for classic skiing with a set track and 4 foot flat corduroy section for other trail users. Volunteers and donations are needed to keep this project alive.

PACCSA's webcams provide the public with real-time information regarding skiing conditions at the Laurel Ridge and Laurel Mountain ski areas. The Yellowjackets youth program, as well as the countless free skiing lessons provided by PACCSA volunteers, have introduced the sport of Nordic skiing to new generations. PACCSA's annual "PA Nordic Championship" race highlights our local trail system and attracts skiers from West Virginia, Virginia, Ohio, Maryland, New Jersey, Washington D.C., and New York. Currently, PACCSA is embarking on a volunteer snow grooming project which will expand the availability groomed trails in our region.

Your contributions, as well as generous grants from regional benefactors, have allowed PACCSA to do these things. However, your continued support is needed. For more information on PACCSA programs, please contact Bruce Cox, PACCSA President at [president@paccsa.org](mailto:president@paccsa.org). Also, tax deductible donations to support PACCSA's activities can be made via our website, [paccsa.org](http://paccsa.org). Click on "join" from the homepage. If you are already a member and want to make an additional donation you may do so using the online form and simply skip the membership questions. Donations may also be sent directly to our Treasurer, Rick Garstka. The address is on the address panel of this newsletter.

## PACCSA Member Benefits

Discounts on daily trail fees at the following touring centers:

- White Grass (\$5)
- Wilderness Lodge (20%)

Gear Discounts

- 10% at Cycle Sport and Ski in Greensburg, PA

Race Fees

- Members receive discounted entry fees to the PA Nordic Championship races.



Saturday, January 12th Yellowjackets session 2 dryland training (aka bike ride) on Southside Trail - found iron ingots, a hot metal car... and snow.



**Pennsylvania Cross Country Skiers  
Association**

**PACCSA**  
309 W. Marion St  
Munhall, PA 15120

Find us on



Search PACCSA



@PACCSA

Name: \_\_\_\_\_

Single of Family: \_\_\_\_\_

Expiration: \_\_\_\_\_

*Snow: a form of precipitation that usually occurs three weeks prior to and the morning of your departure from your ski vacation. ~Author Unknown*

### **PACCSA Board of Directors**

Bruce Cox, President  
president@paccca.org  
Dave Jenkins, VP and Race Director  
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Rick Garstka, Treasurer  
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Brian Joly  
Bob Mazur, Volunteer Coordinator  
James South, Legal Advisor

General comments and inquiries  
can be sent to: board@paccca.org  
or submitted via our website.

### **PACCSA Membership Form**

You can also renew your membership using PayPal! Visit [www.paccca.org](http://www.paccca.org)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Date \_\_\_\_\_

#### **Membership Information**

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

Name(s) for family membership \_\_\_\_\_

Please indicate if you are interested in volunteering in any of the following areas:

☐ Trail Maintenance ☐ Race Organization ☐ Serving on the board

How would you like to receive your newsletter? ☐ E-mail (PDF) ☐ Regular mail

What type(s) of skiing do you do? ☐ Backcountry ☐ Touring ☐ Classic ☐ Skating

Make checks payable to PACCSA

Mail to PACCSA ♦ 309 W. Marion St. ♦ Munhall, PA 15120