



THE PENNSYLVANIA NORDIC SKIER

The Pennsylvania Cross Country Skiers' Association

November 2012

Happy Halloween!

While last year's Halloween surprise was short lived, skiers and snowshoers have gotten an early treat from Superstorm Sandy. With the webcam at Laurel Ridge up and running as of October 28, we were able to catch a few enthusiastic folks enjoying the early snow!



Just for Fun



Skiing cross country, Sam ran out of snow near Muncie



Crested Butte Nordic Center shared FIS Cross-Country Skiing's photo on their Facebook page.

PA Championship Race

The tentative date for this year's PA Championship Race is

SUN. FEBRUARY 3, 2013.

There will be no alternate date.

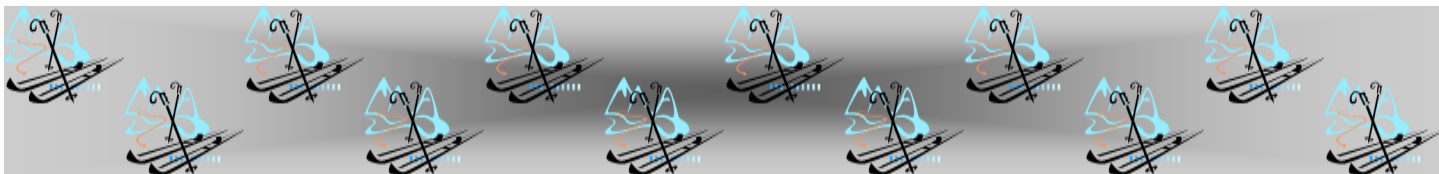
Check the website, paccsa.org, for confirmation or more info.

PACCSA will again offer free ski lessons this year. We are hoping to expand our offerings to Laurel Mountain as well. If you are interested in volunteering, please contact Sally Smales at secretary@paccsa.org.

Check the website for more details.

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@paccsa.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.

We Have A New Look!
Check out our cool new website design at www.paccsa.org



A Letter from the President

The fall season not only brings out our first newsletter of the season but a welcome relief from the summer heat. The colored leaves and shorter days are a sign that winter is coming and time to dust off the skis. I can't wait until I can get back out there skiing to show how all my off season training will pay off: Right. Anyway, PACCSA has been busy this year. The new red trail expansion project at Laurel Ridge Park is complete and ready to ski. Your membership dues, donations, and volunteer hours helped provide the required local match to the state grant used to pay for this project. Thank you. PACCSA members also worked with DCNR to improve the trail system at Laurel Mountain and the North Woods areas. The webcams at Laurel Mountain and Laurel Ridge will be back again this year providing proof positive that there really is snow in Western PA. The Yellowjacket youth program is alive and well and the free lesson schedule will be posted on the website once the dates and times are established. To all the PACCSA members that freely give their time and donations, I thank you. My name is Bruce Cox, and I approve this message.



Bruce Cox, PACCSA President
president@paccsa.org

Update on Kooser Cabins

By Mike Mumau

Kooser State Park is often a wonderland during the winter months. It's geographic location often receives heavy snowfall which creates ideal conditions for cross country skiing. About three years ago, the park began to set track for classical cross country skiing on the 3 mile loop trail around the park. Recent upgrades to all of the bridges over Kooser Run have allowed the sled to pull the track setter for the entire length. The loop trail takes you around Kooser Lake, along Kooser Run and through the rustic cabin colony. Kooser is home to nine rustic cabins that were built by the Civilian Conservation Corps during the 1930's. New in 2012, the park will operate the rustic cabins on a year round basis. You are literally able to ski out the door! If you are looking for a great getaway during ski season, consider renting a cabin at Kooser. You can make a reservation by logging on to www.visitpaparks.com and click on Reservations, or call the Reservation Center at 1-888-PA-Parks. The Laurel Highlands is home to some of the best Nordic skiing in the mid-Atlantic region. Nearby Kooser is the Northwoods, Laurel Mountain, and Laurel Ridge trail systems. Downhill skiing is also very close at Hidden Valley and Seven Springs. Kooser is an ideal location to setup shop for winter-time recreation and fun with family and friends.



An interior view of one of the Kooser cabins.

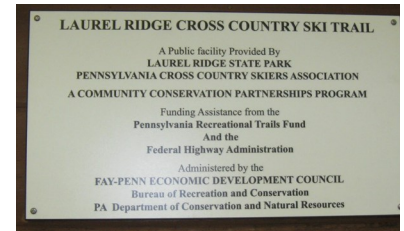
PACCSA Sponsored Grant Makes New Trail Possible

By Scott Rugh

The trail improvement project at Laurel Ridge is now complete. Two new trails were constructed, and two existing trails were improved. All of these trails are within a quarter mile of the warming hut and are ready for the snow!

For those of you who are familiar with the Laurel Ridge trail system:

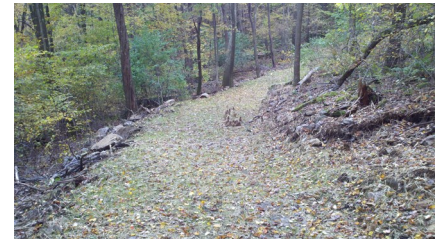
- A new intermediate trail now provides a bypass for the steep hill on the orange trail. It starts two hundred feet behind the warming hut and turns left. The gentle hill is wide enough for two-way traffic. It connects to the existing orange trail at the bottom of the big hill. The four-way intersection here is cleared enough to see oncoming downhill skiers. From the bottom of the hill, a left turn sends you toward Route 653. Straight ahead leads to the uphill, switchback trail. The hill on this switchback trail was opened up and graded, allowing improved grooming, and smoother downhill turns.
- The top of the switchback hill intersects with the original orange trail. From this intersection, the green trail continues straight ahead to the red trail. A right at the top of the hill follows the original orange trail past the top of the infamous hill, then to the warming hut.
- The steep, fifty foot section at the top of the of the hill was smoothed out. A new expert loop starts from the red trail. The State Park is considering calling this the “black trail”, for it is not for the faint of heart nor for anyone on an icy day. This one-way, quarter mile loop drops off the ridge to a sharp turn followed by a steep uphill. That’s right, the only flat is the bottom of the hill.



This sign has been posted at the warming hut at Laurel Ridge.



A PA Dept of Conservation and Natural Resources (DCNR) Grant was awarded in 2009. The Grant Sponsor's are PACCSA, Fay-Penn Economic Development Council, and Mike Mumau, Laurel Ridge State Park Superintendent. Grant funds, matched by volunteer labor was used to enlarge the parking lot, purchase an off road vehicle for trail maintenance, and add these trail improvements.



A completed section of the trail

Preparing for Ski Season

Adapted from Hammer Nutrition's *Endurance News*—Article by Sam Naney, Hammer Nutrition-sponsored pro skier

How does a multisport athlete go about preparing for a successful winter of skiing, whether it be racing or just fitness? The most important aspects of ski technique lie in one's ability to stand on one leg. Honestly, this is the place where most burgeoning skiers falter. Especially for those who spend their warmer months on a bike, being able to confidently stand on one leg with the bulk of the load carried by the larger hip extensors and abductors (gluteal muscles) is crucial to enjoying a winter of skiing without risk of injury or discomfort. Some great single-leg exercises are also quite intuitive. In both of the following exercises, the key is to keep the hips squared to the shoulders and feet (perpendicular to forward-facing direction):

Forward “T” – Pivot your squared

hip over a planted, straight leg and “T” forward with your upper body extending to the front and unweighted leg to the rear. Progress this by holding a medicine ball in your outstretched hands.

Side lunges – Start with feet hip-width apart, and lunge slowly to one side, keeping both feet pointed forward. This increases hip abductor (and adductor) strength in a focused manner. You can add a weighted bar to increase intensity.

The other important focus should be the core. Given the emphasis on balance and single-leg power in skiing, having a strong core protects the smaller lower back muscles from fatigue or injury.

Finally, a general regimen of upper body exercises—pull ups, dips, push ups, lat pulls, etc.—will help cyclists and runners prepare for the demands that skiing places on these upper extremities.

Find the Perfect Gift for Snow Lovers on Your List at REI!

By Peter Greninger



Winter is just around the corner and here at REI we can't wait for snow. REI is excited to be your one stop shop for all of your cross country skiing needs. Each skier, like snowflakes, are unique so whether you are a beginner or an expert, our experienced staff will help you pick out the right combination of gear for you. This year REI South Side Works will once again carry a wide selection of cross country touring skis, boots, bindings and poles as well as top of the line apparel to keep you comfortable out on the trails. If you can't find what you are looking for at the store, shop REI's extensive assortment of cross country touring and race/performance skis online at www.REI.com and receive free shipping.

THE REI DIFFERENCE

100% SATISFACTION
GUARANTEED

GEAR & ADVICE
YOU CAN TRUST

10% ANNUAL MEMBER
REFUND*

Let our full service shop at either REI South Side Works or Settlers Ridge get your skis ready for the season with our Nordic Ski Waxing service (\$5 for REI Members/\$10 non-members). REI members receive FREE binding mount with the purchase of a new pair of skis (\$25 for non-members or \$20/\$30 without ski purchase).

If you are new to skiing, REI will be hosting a Cross Country Skiing Basics workshop in January (visit www.REI.com/Pittsburgh for details) or check out our expert advice articles online at www.rei.com/learn to learn about outdoor gear and skills; share your suggestions too.

REI is a national outdoor retail co-op dedicated to inspiring, educating and outfitting its members and the community for a lifetime of outdoor adventure and stewardship. Founded in 1938 by a group of Pacific Northwest mountaineers seeking quality equipment; REI is committed to promoting environmental stewardship and increasing access to outdoor recreation through volunteerism, gear donations and financial contributions.



In 2012 REI donated \$3.9 million to support conservation efforts nationally.

Sign up for REI Gearmail on REI.com to find out about REI sales, local events and classes and get 15% off selected items!



*In store
climbing
wall*

The Pittsburgh REI stores are located at 412 S. 27th Street in Pittsburgh's South Side and 600 Settler's Ridge Center Drive in Robinson Township.

PACCSA Member Benefits

As a PACCSA member, make sure you are taking advantage of the benefits available to you. Members receive nice discounts on daily trail fees at the top touring centers in the region: White Grass (\$5) and Wilderness Lodge (20%) and also discounted entry fees to the PA Nordic Championship races.

Members receive a 10% discount at Cycle Sport & Ski, located at 863 Georges Station Road, behind Valozzi's Restaurant on Route 30, about two miles from Twin Lakes Park. They can be reached at 724-834-6801. Make sure you show them your card! Their hours are listed below.

Hours of Operation

(thru March 31)

Mon 10-8

Tue 10-6

Wed 10-6

Thur 10-6

Fri 10-6

Sat 10-5

Sun 12-4



Owner Bob Krolick

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.



Need to Renew?

Please go to our website and renew your membership online using PayPal. You may also use the form provided here in the newsletter.

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

If you are familiar with an establishment that might be willing to offer a discount to our members, please let us know. You can e-mail newsletter@paccsa.org.

The intangible benefits of membership are much more rewarding - belonging to the local ski community, finding an opportunity to give back to your sport and even your State Parks by participating in trail work and outreach, and the knowledge that your membership fee or donation has been used to support these activities.

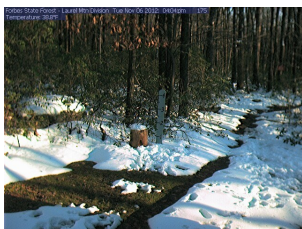
Winter Volunteers Needed at Laurel Mountain/Forbes/Laurel Summit Area

The all-volunteer Laurel Summit Nordic Ski Patrol needs your help this winter *at the Warming Hut and on the trails* (on Summit Road just off Route 30 between Laughlintown and Jennerstown). Your assistance is very important, as it will give the Patrol more time to maintain the trails and provide aid to those who use the trails.

The Warming Hut is staffed most weekends, weather permitting, from 9am until 5pm in January, February and March. We are looking for people willing to help others, and the area, and can commit to a minimum of 2 - 5 hours each month. The time you donate can be spent *in and around the Warming Hut* during the busiest times of the day, or *on the trails*. You do not need to be a skier, snowshoer or winter outdoor enthusiast to help.

We would like to invite all those interested (and those who helped us last winter!) to attend an Orientation Session on Saturday, December 1st. Come at 9:30am for coffee, tea, juice and pastry - the meeting will start at 10am and conclude around noon. Meet the Patrollers and other Volunteers, see what assistance is needed with Opening and Closing the Warming Hut, learn where all the supplies are stored, become familiar with the Patrol Room (where you can store your equipment while volunteering) and what help is needed on the ski and snowshoe trails.

To RSVP for December 1st, for additional information, or to volunteer, please contact Ann Rahn, Laurel Summit Nordic Ski Patroller, at annski@verizon.net.



A recent shot from the Laurel Mountain web cam

Last winter PACCSA expanded its web cam offerings by installing and operating a web cam at Laurel Mountain. The area provides access to multi use trails in both Forbes State Forest and Linn Run State Park. A warming hut and primitive restroom facilities make the area a great destination for skiing. In recognition for our efforts, the Laurel Summit Nordic Ski Patrol awarded PACCSA a Certificate of Appreciation at their Volunteer Recognition event last April.



**Pennsylvania Cross Country Skiers
Association**

PACCSA
309 W. Marion St
Munhall, PA 15120

Find us on



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@PACCSA



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

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PACCSA Membership Form

You can also renew your membership using PayPal! Visit 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

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