

OLYMPIC SHOWCASING ATHLETICS AROUND LAKE PLACID

REGIONAL SPORTS



LAKE PLACID NEWS

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NORDIC RACERS HIT THE TRAILS FOR THE NYSEF SEASON OPENER - 16

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Demong wins nordic combined World Cup event

RAMSAU, Austria — The U.S. Ski Team's Billy Demong (Vermontville) landed one of the best jumps of his career to win his fourth career World Cup nordic combined event in Ramsau on Saturday.

"On the jump hill it was tough conditions. It was a little bit windy and snowy. I think it was a decent competition, but in those kind of conditions you just have to have confidence and go for it," Demong said. "On the cross country course it was dumping and it was windy but I was able to just go out and ski my own race and hang on to the victory."

"Bill did great today. He was given an opportunity and he took advantage of it," Nordic Combined Coach Chris Gilbertson said. "There was some luck involved, but he jumped well so he was able to use it."

Germany's Bjoern Kircheisen finished second and Jan Schmid of Norway was third.

According to Demong, who finished second in the jumping portion, his first win of the season leaves him with encouragement that athletically he is where he is supposed to be.

"It's pretty reassuring because it was a rough start but we did have a really good summer of jumping and training," Demong said. "It's good to get a podium and reinforce the fact that you did do the right

things over the summer." Gilbertson echoed Demong's sentiments about training.

"It's a boost. It gives him confidence and we know we were doing the right things in the summer. We'll just keep building on it."

According to Demong, he not only plans to build on this win for other World Cup victories, but he also wants to use it to bolster him for the World Championships in February.

"I think this gives a little bit of a boost, but also I think I'm looking up and up this season towards the World Championships," Demong said. "I have a ton of World Cups to come and hopefully I'll just be able to carry this momentum forward."

Demong second Sunday

Demong marked another day of success in Ramsau, finishing second in a World Cup nordic combined event Sunday. Demong won Saturday's competition and has moved up into third place in the World Cup standings.

"It was a lot of fun fighting for the victory again and finishing second was a good way to finish it off," Demong said. "It was a pretty exciting finish. The first three guys finished within .5 seconds of each other. I was in a group of guys fighting for the victory and I really went for it. It was really close and Bjoern [Kircheisen, Germany] went for it with less than 10 meters to go and just barely squeaked by."

Kircheisen won the event, finishing 10th in the jumps and third in cross country.

Rain and sleet in Ramsau forced organizers to cancel the round of jumping on Sunday and use a provisional round recorded during training earlier in the week in which Demong was seventh.

"Jumping went really well this weekend," Demong said. "Yesterday was one of my better jumping results in the last few years and I had a good race."

According to U.S. Nordic Combined Coach Chris Gilbertson, the consistency in Demong's week-



Anssi Koivuranta of Finland (left) Lukas Klapfer of Austria (center) and Bill Demong of USA (right) in action during their 10 km Cross Country race in the Nordic combined World Cup in Ramsau, Austria, on Sunday.

AP PHOTO/ANDREAS SCHAAD

OFFICIAL RESULTS

2009 DKB FIS WORLD CUP
NORDIC COMBINED
Ramsau, Austria - Dec. 20
Nordic combined (HS98/10K)

1. Billy Demong, Vermontville, NY, (2/23)
2. Bjoern Kircheisen, Germany, (6/4)
3. Jan Schmid, Norway, (8/6)
4. Wilhelm Denift, Austria, (1/38)
5. Mario Stecher, Austria, (9/9)
44. Johnny Spillane, Steamboat Springs, CO, (52/12)

- Dec. 21, 2008
1. Bjoern Kircheisen, Germany, (10/3)
 2. Billy Demong, Vermontville, NY, (7/7)
 3. Jason Lamy Chappuis, France, (9/4)
 4. Anssi Koivuranta, Finland, (3/15)
 5. Lukas Klapfer, Austria, (3/20)
 27. Johnny Spillane, Steamboat Springs, CO, (44/10)

end performance is an affirmation that his summer training has paid off.

"It just proves that we're doing the things right that we need to do and it helps build momentum," Gilbertson said. "When everything is working right, it just keeps building on itself."

Johnny Spillane (Steamboat Springs, CO), the only other U.S. athlete to compete, finished 27th.

For Demong, who has spent a lot of time competing there, being in Ramsau is like being at a second home.

"Ramsau has been a historical

place for me. This was my first competition in Europe circa August 1997 in which I jumped to fourth in a summer Grand Prix much to everyone's and my own surprise," Demong said. "It's also site of my first jumping victory, summer Grand Prix in 1999. So, I had a couple more firsts here in Ramsau and it is a little bit like coming home."

Demong, along with the rest of the Team, will remain in Ramsau through Christmas before moving on to Oberhof, Germany, for competitions Dec. 27-28. They will be

joined in Germany by Todd Lodwick (Steamboat Springs, CO) who swept the Continental Cups in Park City, UT, last weekend, as well as Brett and Eric Camerota (Park City, UT).

"We're excited to have a full Team again. It will just add to the enthusiasm and excitement that we're carrying out of Ramsau," Gilbertson said.

"Right now what I want to focus on a little more is getting some cross country training in. I just need to get some good sleep and good skiing in and take it to Oberhof," Demong added.

Ted Ligety finishes fourth in Alta Badia giant slalom

ALTA BADIA, Italy — After dialing in the third fastest first run of the day, Ted Ligety (Park City, UT) finished fourth overall in a World Cup giant slalom in Alta Badia Sunday. Switzerland's Daniel Albrecht won to take over the World Cup GS lead.

"I skied well. I just made a pretty big mistake in the soft snow on the second run," Ligety said. "Still, first run was awesome. This is my favorite giant slalom hill. It would have been nice to get on the podium, but fourth is always nice anyway."

Warm conditions between runs caused a loss of speed in the second runs of a majority of the field.



Warm conditions between runs caused a loss of speed in the second runs of a majority of the field.

"It was really warm today so the snow was deteriorating between runs. It was still good to ski, but you couldn't be as fast as when you went early," Men's Alpine Head Coach Sasha Rearick said. "That's why there's such a big first and second run time difference."

According to Rearick, in

addition to warm conditions, a small speed check at the bottom of the pitch was what kept Ligety off the podium.

"He had very clean aggressive skiing. In one of the holes he got shot out a little on the top of the pitch but then he got back in the rhythm very well and skied

well down the bottom of the pitch," Rearick said. "There's a delay at the bottom and he got caught inside there and lost a lot of speed and that was the difference between being on the podium and fourth place."

American skier Jake Zamansky's (Park City, UT) 24th place finish marked the first time he made the top 30 of a race and earned World Cup points.

"It's a huge accomplishment for Jake," Rearick said. "He's been looking for this. He's had a lot of World Cup starts and for him to accomplish that goal shows tremendous persistence and dedication to the sport."

For Ligety, the highlight

of the day - literally - was the debut of his Shred helmet in lime green.

"I just think it's funny to have bright colors. It's kind of retro '80s, which I think is a sweet style. The goal is to break the mold of the uniformity of normal race gear," Ligety said. "Maybe next race I'll be in a hot pink helmet and who knows what color of goggles!"

The men race a slalom on Monday in Alta Badia before breaking for the holidays. Fans can catch the action live on UniversalSports.com.

"We're excited for the slalom. Cody Marshall, Jimmy Cochran and Tim Kelley have been racing

some Europa Cups and they've had good results," Rearick said. "Those guys have been showing good speed and we're looking forward to an exciting race."

OFFICIAL RESULTS

- 2009 AUDI FIS WORLD CUP
Alta Badia, Italy - Dec. 21
Men's Giant Slalom
1. Daniel Albrecht, Switzerland, 2:32.71
 2. Ivica Kostelic, Croatia, 2:32.83
 3. Hannes Reichelt, Austria, 2:33.04
 4. Ted Ligety, Park City, UT, 2:33.16
 5. Didier Cuche, Switzerland, 2:33.20
 24. Jake Zamansky, Park City, UT, 2:35.35
- (only top 30 qualify for second run)
43. Jimmy Cochran, Keene, NH, 1:19.28
 44. Tim Jitloff, Reno, NV, 1:19.34

DNF1: Andrew Weibrecht (Lake Placid)
DNF2: Bode Miller (Franconia, NH)

Bomber girls shut out by Storm

LAKE PLACID — Saranac Lake's girls hockey team notched a 2-0 shutout victory over Lake Placid Monday at the Olympic Center's 1932 Rink.

Maegan Meade scored a second-period goal, Emily Kriwox tallied in the third stanza and Baylee Annis made 22 saves in the Red Storm nets to earn the shutout.

Both the Meade and Kriwox goals were unassisted and came with the teams at even strength.

Meade scored from in close at the 12:09 mark of the first period when she fired a high shot into the net during a scramble in front of Lake Placid goalie Chelsea Preston.

Kriwox iced the victory with a goal at the 8:08 mark of the final stanza, scoring against the same Blue Bombers squad that she played for a season ago.

Saranac Lake held a 27-22 advantage in shots on goal. Preston, a sophomore, stopped 25 shots in a losing effort between the pipes for the Blue Bombers.

"Defensively, we've been pretty solid, but we've haven't been putting the puck in the net."

Sandy Pane
Lake Placid head coach

"This was one of our best skating games this season," said Red Storm assistant coach Cindy Williams. "We skated hard and we passed really well. This game is always big. Bragging rights are on the line. "We had a ton of scoring chances," added Lake Placid head coach Sandy Pane, whose squad dropped its fourth game in a row. "Defensively, we've been pretty solid, but we've haven't been putting the puck in the net. Hopefully, we can break out of that slump."

With the win, Saranac Lake improved to 5-2 in New York

State league play, while another close loss dropped the Blue Bombers to 3-7 in the league and 4-7 overall.

The Lake Placid and Saranac Lake girls teams will be in action again on Dec. 29 and 30 in Vermont at the annual Middlebury Tournament. Saranac Lake's girls will next be at home on Jan. 2 and 3 for respective matchups against Skaneateles and Ithaca, with those games scheduled to begin at 6 p.m. and 11 a.m.

After competing in the Middlebury Tournament, Lake Placid will have a chance to avenge Monday's loss when it visits Saranac Lake on Tuesday, Jan. 6 in a game slated to start at 4:30 p.m.

SARANAC LAKE 2, LAKE PLACID 0

Red Storm 0 1 1 - 2
Blue Bombers 0 0 0 - 0

Second Period
1. SL, Meade, 12:09

Third Period
2. SL, Kriwox, 8:08

Shots on goal: Saranac Lake 27, Lake Placid 22

Saves: SL, Annis 22; LP, Preston 25

Bleiler wins first stop of Dew Tour

BRECKENRIDGE, CO — The women of U.S. Snowboarding dominated the Winter Dew Tour podium Sunday, led by none other than X Games gold medalist Gretchen Bleiler (Aspen, CO). Olympic gold medalist Kelly Clark (West Dover, VT) followed Bleiler in second and Olympian Elena Hight (South Lake Tahoe, CA) was third. Danny Davis (Highland, MI) of the Friends crew won the men's event.

"Winning a competition this early in the season is good for confidence," Bleiler said. "It's been hard for me to put a run together so to do it at the first stop of the Dew Tour feels good."

Bleiler threw down a frontside 9, backside air, rippler, backside 5, frontside 720 for her win.

"Gretchen just dug deep and she relied upon her preparation and sticking to her game plan in order to get those results," said U.S. Snowboarding Halfpipe Head Coach Mike Jankowski. "It's hard work, dedication and determination coming together for all those women. They've worked so hard and when you see them all standing on top of the podium together it makes you feel good."

According to Jankowski, the work put in outside the pipe counts as much for the U.S. riders as work inside the pipe does.

"All the women are all working so hard on

a daily basis, not only to progress their riding, but to improve their game," Jankowski said. "We're working together as a team for everything from on hill training to strength training to performance psychology, to our wax and board service. All those things are coming together and they're all ingredients for success."

Davis beat out Olympic gold medalist Shaun White (Carlsbad, CA) for first and U.S. Snowboarding's Scotty Lago (Seabrook, NH) was third.

"I couldn't be any happier. This whole month I've been working really hard at pipe and this was a big goal of mine to do well and I feel like all the hard work paid off," Lago said.

With a run of a frontside 1080, cab 7, frontside 9, backside 9, air to fakie, Lago led the entire competition until Davis and White's second runs. According to Lago, to have done so well against the stacked field is an added boost he hopes to carry with him to future competitions.

"It's definitely a great confidence builder. It's a good early season start and I'm stoked, really," Lago said.

The Dew Tour now moves on to Mt. Snow, VT for the second of three weekends of competition Jan. 8-11

