

**FRIENDS  
OF OIL  
CREEK  
STATE  
PARK**



Walkers With the Dawn  
Langston Hughes  
*Being walkers with the dawn and morning,  
Walkers with the sun and morning,  
We are not afraid of night,  
Nor days of gloom,  
Nor darkness-  
Being walkers with the sun and morning.*

Miller Farm Bridge from the top of the switchbacks...

# Park Manager's Report

Well, it is my favorite time of year once again. FALL!! Being an avid hunter, especially an archery hunter, I look forward to fall more than any other time of year because bugs aren't as bad, you can walk more than 50 yards and not break into a sweat, and I always learn something new. To me, hunting is not always about taking an animal. In fact, 99% of the time I never fire a shot or release an arrow. It's about being in the outdoors, taking in the sights & sounds, and learning something new. It's amazing what you can learn and see if you just stop, sit down, listen, and watch. I have had some interesting experiences in the field, and every year I seem to add a new one to my list. I have had a bear climb up in the tree with me, a grouse walk on my leg, and I have had fawns following me in the woods because they thought I was their mother. It is amazing what kind of experiences Mother Nature can provide you with over the years; often they are forgotten. This is why I started to journal my activities while I am afield.

Nature journaling is something I started about 10 years ago. Every time I hunt, hike or fish I always bring my journal and document my experiences of that day. Entries in the journal can be as simple as documenting the date, weather, location and what I saw on that particular day. It is always fun to look back on past entries and revisit those memories. It can even make you a better hunter/outdoorsmen. If you are looking for a new activity, I would encourage you to try nature journaling. All you need is a pen, paper, and the ability to sit still for a while. Here are a few tips if anyone is interested in this type of activity: 1- Find a location that is away from human activity. In other words, venture off of the trails. 2- Sit still for at least 1 hr. 3-Look high and low for signs of movement. 4-Trust your ears. Often I will hear thing coming before I see them. 5-Enjoy!

Be safe and have fun in the woods,  
Dave Hallman, Park Manager

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FRIENDS OF OIL CREEK  
MISSION STATEMENT :

"The Friends of Oil Creek State Park support the park's mission to preserve, protect, and interpret our natural environment while providing recreational and educational opportunities for residents and visitors to the Region."



This year's race - our 5th annual - went very smoothly thanks to the hundreds of volunteers that help each year. A big thank you goes out to all of the race volunteers and sponsors! I received nothing but rave reviews from the runners at the finish line - about the incredibly enthusiastic and supportive volunteers, the clearly marked trail, and how trimmed and well-maintained the Gerard Hiking Trail was. The near-80 degree temperatures attributed to more DNF's (did not finish) than normal, this was the first year that less than half (48%) of the 100 mile participants finished. Titusville's Jared Hazen won his first 100 mile race attempt, and record-shattering Ashley Moyer continues to set OC100 women's course records. Ashley now owns the 100 mile and 100K / 62 mile records and she is planning on returning in 2014 to break the 50K / 31 mile record. - *Tom Jennings*

Each year the Friends of Oil Creek serve the racers a pre-race pasta dinner on Friday night. Shelly Sampson spearheads the dinner. She with her co-worker Theresa Armstrong, both from the Titusville School District, are the nucleus of this dinner. The Friends' Group is indebted to them. They are so helpful with organizing and running the dinner. Shelly is incredible. Whenever problems arise Shelly always has an answer or has an alternative plan. Thank you so much!



During the dinner, the racers are excited. They are discussing and comparing past racing experiences at Oil Creek. They are sharing antidotes and giving advice to each other and especially to first timers. They also talk about course challenges and rough spots such as *Ray's Revenge*. It is a great evening for everyone.



Rene and Brian Martin, Samuel Lujan, and Judson Rolston all correction officers from New Mexico. They were very impressed with the pre-race arrangements and they noted that they thought Pennsylvania was a beautiful place.



These friends all hail from Virginia Beach. They too were having a great time, and were looking forward to racing.



# Cross Country Ski

## Wax Clinic

**Cross Country Skiing and Waxing Clinic  
to Be held at Oil Creek State Park**



Do you want to be ready and waiting for the very first day of Cross Country Skiing this season? Do you want to have your skis all cleaned, waxed and ready to go? Would you like to learn how to get more enjoyment out of your skiing? Are you ready to learn how to wax for various snow conditions or learn something new about Nordic Skiing? If you answered yes to any of these questions then come to the Friends of Oil Creek State Park sponsored Cross Country Skiing and Waxing Clinic.

The clinic will be held on Saturday, November 16th at the Park Office Amphitheatre. The clinic will held from 10:00 to Noon and will cover such topics as types of skiing and techniques, preparing for the season, injury prevention and safety, and fundamentals of waxing and ski preparation. Lunch will be provided from noon to 1:00. All this is provided for a fee of only \$10 per person. Pre-registration is required and the clinic is limited to 40 people.

After lunch, at 1:00, those who would like to stay and learn how to properly clean, prepare, and wax their skis may do so for the cost of \$4.00 per pair of skis. You can bring skis of any type including No-Wax skis. Having your skis waxed properly is very important for getting the most enjoyment out of a day on the ski trails.

The instructor for the Cross Country Skiing and Waxing Clinic is Russ Myers of Albany, NY. Russ is a Physical Therapist and has a PhD in Education Administration. Russ started skiing when he was in Graduate school at the University of Pittsburgh and has never looked back. He has competed in XC skiing and Biathlon since 1984, racking up numerous awards and accolades from state and national Nordic organizations. Currently, he is a TOKO Wax Technician, a PSIA Nordic Instructor, and an International Referee for the International Biathlon Union. He hopes to officiate at the upcoming Paralympics in Sochi, Russia. Russ started the not for profit, Capital Region Nordic Alliance, Inc., which provides year round Nordic sports for those with special needs. <http://capitalregionnordicalliance.org/about> We look forward to having Russ bring his energy, enthusiasm, wealth of knowledge, and experience to share at the Clinic on November 16th. Please come join us!



# Oil Creek Web Info

Keep in up to date with Oil Creek activities by visiting our new website at:  
[www.friendsocsp.org](http://www.friendsocsp.org)

Also find us on Facebook:  
[www.facebook.com/pages/Oil-Creek-State-Park/293530447356844](http://www.facebook.com/pages/Oil-Creek-State-Park/293530447356844)

# OIL CREEK BIATHLON



Jeanie Snyder is a member of the Friends' Board and an exceptional volunteer. When Jeanie says she will be there; she is. The Park and the Friends' Group are very grateful. She is the BEST!

Our Biathlon sponsors, volunteers, and participants are the greatest! Together they have raised \$1,772 for the Friends group. There were 63 participants this year and 34 volunteers who put in about 400 hours of their time to make this year's event a huge suc-

cess. A big thanks goes out to all of you!

The funds raised through the Biathlon will go towards the Friends of Oil Creek State Park's mission to support the Park in preserving, protecting and interpreting its natural environment while providing recreational and educational opportunities for the residents and visitors to the Oil Region. All the proceeds go directly back into the Park for the many and various needs such as trail maintenance, equipment, and programs.

Next year's Biathlon is scheduled for Saturday, August 9. If you would be interested in participating, volunteering, or donating, please go to our website for more information.

## Trail Maintenance Dates

Trail maintenance for parts of the Gerard and ski trail are set for October 27th and November 10th. Meet at the Ski Hut at 1PM.

Please bring any tools you might have such as nip-pers, shovels, and other digging implements.

Placing culverts in wet areas is the main concern, although moving debris from the trail as well as cutting back some of the small trees will also be addressed.

If you walk, run, ski, etc...these trails ...you know what a great condition they are in. You are probably also aware that there are areas which need maintenance.

So...thank you to the many that do come and help.

For our last two work dates we really could use some extra help..





# BIATHALON PICTURES



Competitors personal shooting equipment  
....near the entrance to the shooting range

Pre-race practice



Sighting in before the race..



Running the loop



Volunteer receiving instruction





# Thank YOU

The Friend's Group would like to thank everyone who renewed their membership and to thank the many new members (including the new corporations!).

The pictures around this article depict just a few of the projects your memberships have brought about. This assistance also helps with the endeavors to maintain what already exists. Your dues contribute to the trail maintenance of the Gerard trail, the bike trail, and the ski trails.

In addition, these resources help fund the "Over-The Hill Gang's" efforts to keep the trails clear and to erect and maintain the many bridges and benches along the Gerard trail.

If you haven't renewed your membership or would like to join the Friend's of Oil Creek follow the link on our web page ... [www.friendsocsp.org](http://www.friendsocsp.org). It is very easy and really quite affordable..single \$10, family \$25, and corporate/business/group \$100.





# Support Your Friends and Community



All proceeds benefit the educational programs, events and focus projects within Oil Creek State Park.

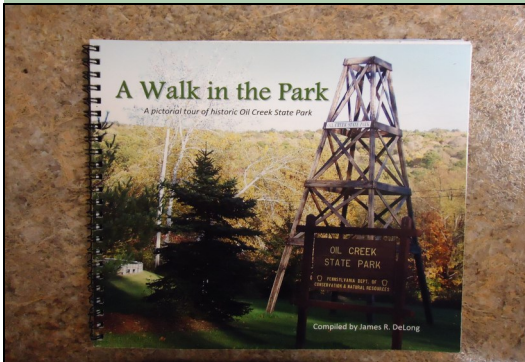
**Park Office Hours:**  
Monday through Friday 8 AM to 4 PM  
Saturday and Sunday 10 AM to 6 PM

Contact the Park Office at 814-676-5915



**Friends of Oil Creek State Park T-Shirts**  
\$ 15.00

**Pennsylvania State Park Calendars**  
\$8.49 + Tax



**A Walk in the Park Photo Guide to Oil Creek State Park**  
\$ 15.00 + Tax



**Oil Creek State Park Pin**  
\$ 5.00



**Friends of Oil Creek Patch**  
\$ 3.00



**Friends of Oil Creek State Park**

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