

FRIENDS OF OIL CREEK STATE PARK



Inside this issue:

| | |
|----------------------|---|
| Park Manger's Report | 1 |
| OC 100 | 2 |
| Chicks in the Sticks | 3 |
| CC Ski wax Clinic | 4 |
| CC Trail Work Days | |
| Biathlon | 5 |
| Membership | 6 |
| President's Report | 7 |

Art work from a Chicks in the Sticks workshop- Nature Printing.



"Roads go ever ever on,
Over rock and under tree,
By caves where never sun has shone,
By streams that never find the sea;
Over snow by winter sown,
And through the merry flowers of June,
Over grass and over stone,
And under mountains of the moon.
Roads go ever ever on
Under cloud and under star,
Yet feet that wandering have gone
Turn at last to home afar.
Eyes that fire and sword have seen
And horror in the halls of stone
Look at last on meadows green
And trees and hills they long have known".
The Hobbit JRR Tolkien

Park Manager's Report

This past summer has been the most challenging and productive since I started here in 2012. The never ending rains were good for the trout and plants but also caused significant damage to our trails, bridges and other areas. Maintenance crews removed nearly 40 trees from one storm alone on our bikes trails. Heavy rains also wash out culverts, bridges, and made some trails hard to navigate due to washouts. Thankfully, we have dedicated staff and volunteer groups that stepped up to that plate and where willing to help were needed.

This past August the park and the Keystone Trails Association organized a KTA (Code Orange) trail clean up. Over 40 volunteers and multiple other state parks and agencies showed up on a Saturday to help Oil Creek regain what the summer storms destroyed. Workers were able to install drainage along the shared use portion of our ski/hiking trail, removed trees and installed culvert pipes in several locations. Crews were also able to re-blaze, clear trail and improve foot bridges to nearly all of Wildcat Hollow trails. The work provide by all on this days was amazing!

Another big success of the summer was the "Chicks N-in-the-Sticks event that the parks Friends group hosted in September. They had been interested in hosting this type of programs for several years now. A huge amount of time and effort went into the planning and development of what turned out to be a huge success. Nearly 80 women showed up to take part in 20 different activities. My hat goes off to everyone that helped make this day such a wonderful and worthwhile event for this state park and the people that use it.

'Till next time,
Dave Hallman



Chicks -in-the-Sticks workshop-kayaking. Here a participant is becoming familiar with the kayak before entering the water.



Code Orange Volunteers receiving instructions before hitting the trails.



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.”



The Friends of Oil Creek State Park are a chapter of the Pennsylvania Parks and Forest Foundation



Pictures from the Friends of Oil Creek’s pre-race dinner. In the top photo - a regular Oil City group ... from left- Denise Brosius, Kevin With-erup, Jill Harry, and Paul Flickner The bottom photo –a Titusville group .. from the left- Heather, Griffin, and Taylor Nel-son...Arianna and Tambra Sabitina . Tambra has complet-ed the 50k in the past, but this is the first year she completed the 100k..Way to go!



It was another amazing and successful weekend for the sixth annual Oil Creek 100 Trail Runs. Other than becoming increasingly cold overnight (about 30 degrees) the day time weather was near perfect for all the runners. Working behind the scenes as an aid station captain and volunteer coordinator, I am fortunate enough to see both the highs and lows of the human spirit. When the plan goes well, it is the most amazing feeling of accomplishment you will ever feel. When the plan sinks, so do your emo-tions. This race is full of people who will pick you up both physically and emotionally when you need it most. If you want to be a part of this incredible event either through running or volunteering you can visit our website, www.oc100.org. Or check our Facebook page, Oil Creek 100 Trail Runs.

Adam Peterson



Miller Farm Overlook.

Chicks-in-the-Sticks

The Park's first annual Chicks-in-the-Sticks event was held on September



Dutch Oven Cooking

20th, and it was a complete success! This was a one day event designed to introduce women to a variety of outdoor related activities through education and hands-on experience. 79 women participated in their choice of four activities out of a total of twenty-one available. Each class was one hour and fifteen minutes long. The weather was perfect and the food was great! Ed's Smokin' Bar-B-Q provided a delicious catered lunch. All

of the presenters did a fantastic job too! Our sponsors were very generous in helping the cause, and the volunteers pulled it all together. It couldn't have happened without this team effort.

Because of the popularity of this event and comments made by the participants, we are expecting to hold the event next year in early summer. Hopefully this will accommodate more people's schedules. If you attended this year, we look forward to seeing you again next year. Bring a friend or family member with you. If you didn't get to be a part of it this year, keep watching for further information about it.



Kayaking on Oil Creek was a very popular workshop.

If you'd like to help prepare for next year's event, whether you participate in the day's activities or not, we'd be glad to have you. Contact Kirby Neubert at [\(814\) 677-4633](tel:8146774633) or via email at kirby@northcountrycreations.com.

The Friends of Oil Creek State Park would like to thank everyone who helped in any way, big or small, to make this year's event a tremendous success!!!

Kirby F. Neubert

ANNOUNCING**CROSS COUNTRY SKIING AND WAXING CLINIC****Sponsored by the Friends of Oil Creek State Park****SATURDAY, NOVEMBER 8, 2014****Oil Creek State Park Office Amphitheatre**

The Cross Country Skiing Clinic will be held all day starting at **10:00 AM**. The clinic will include such topics as:

Skiing techniques with roller ski demo**Preparing for the season****Dry Land Training and conditioning exercises (bring poles)****Ski specific stretching routine****Fundamentals of waxing and ski prep****Hands on ski clinic and waxing lesson (bring skis)****Questions and answers**

A lunch will be provided from Noon to 1:00. The cost for the clinic is **\$30** per person. This includes clinic, lunch, and ski preparation and waxing for 1 pair of skis. Participants will learn how to prepare and wax their own pair of skis. Wax and waxing equipment will be provided. There will be an additional cost of \$10 per pair for any additional skis prepped and waxed.

Participants should dress in warm comfortable clothes for the dry land training and conditioning exercises and stretching portion of the clinic which will be outside.

Ski Clinic Instructor:

The instructor for the clinic is Russ Myer of Albany, NY. Russ is a Physical Therapist and has his PHD in Education Administration. Russ is an avid skier having competed in Cross Country Skiing and Biathlon since 1984. He has won many awards from state and national Nordic organizations. Currently, Russ is a TOKO Wax Technician, PSIA Nordic Instructor, and a International Referee for the International Biathlon Union. Russ has a great enthusiasm for Nordic sports and a wealth of knowledge and experience to share with us.

PRE- REGISTRATION IS REQUIRED BY NOV. 3 RD and is limited to 30 people.

For more information go to our website at **www.friendsocsp.org**

contact: oilcreekfriends@gmail.com or Peg Sims (814)354-2802

Ski Trail Work Dates

The ski trails are in great shape. Thanks to all the work done this past summer. Some minor trail maintenance will be completed this fall. Plans include brush trimming, re-blazing, and possibly working on some wet spots.

The trail work dates are :

Oct. 26

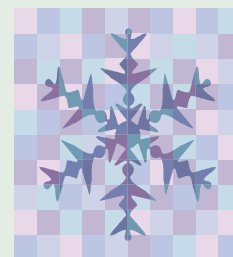
Nov. 16

Nov. 23

Dec 7 (if needed)

Meet at the Ski Hut parking lot at 1:00 PM

Please bring gloves and tools as usual



Summer Biathlon 2014

The summer 2014 Biathlon was a great success. There were a record number entries –80. The weather was beautiful. All conditions were near perfect.

Many thanks to all— the participants, sponsors and volunteers.



Peg and John Sims - Race directors.



Pictures from the Biathlon.. The range field and gun rack.



More pictures and information can be found on our Friends' web page

www.friendsocsp.org



Membership

The Friends of Oil Creek would like to thank everyone who renewed their membership and to thank the many new members.

Your membership helps maintain existing projects in the Park. Your contributions also support new initiatives throughout the Park. 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 Friends of Oil Creek, follow the link on our web page ... www.friendsocsp.org . The membership prices are : single \$10, family \$25, and corporate/business/group \$100.

You can become a member or renew your membership by contacting the FOCSP in one of the ways listed below. Our web site has a direct link.

- **Oil Creek Office**
305 State Park Road
Oil City, PA 16301
Park Office Phone: 814-676-5915
- **E-Mail: oilcreekfriends@gmail.com**
- **Website: www.friendsocsp.org**



Bridges throughout the park are done through combined efforts of the Park Staff, The Friends Group, and The Over-The-Hill Gang



Another picture from Chicks-in-the-Sticks. Here is a hands on bike maintenance workshop. Women were taught to change tires, fix loose chains, and do general bike maintenance. They were also given a handout with maintenance strategies and tips as well as pamphlet from *The League of American Cyclist* which explained basic biking protocol.

President's Report

“IT’S COMING”

We all have heard this remark made by our friends and acquaintances: “It’s coming it will not be long”. “The Farmers’ Almanac” say’s we are going to have a cold and snowy winter. I say bring it on. If you have lived most of your life in northwestern PA, like I have, then snow and cold weather come every year! You get physically and mentally ready for those “Polar Vortex” days. . But wait, the weather will not just change overnight! First we have autumn. The days get gradually shorter and cooler, and we put away our summer threads for the flannels and jackets of fall.

This transition also happens with the animal world. Deer change their light tan coats to that black/brown overcoat. They eat more acorns and farmers’ corn. The black bear too eat more food for the winter’s hibernation. The squirrels and chipmunks are running around with their mouths stuffed hiding nuts for winter feasts. The summer birds are replaced by the ever friendly Chickadee and the noisy Blue jay. The worry- some ticks and pesky nats take a 4-5 month sabbatical. Yea!!!!

Yes winter is coming. Let’s first enjoy the beauty of Fall, and what better place to do that than Oil Creek State Park! Go for a hike. The Gerald hiking trails are in great shape, thanks to the Over the Hill Guys. The bicycle trails may be covered with leaves, but the slower you go the more you can see the fall colors, the fleeting white tail, or the shy black bear and cubs. Don’t forget fishing. The trout are restocked in the catch and release sections of Drake Well and Petroleum Center. So before you hibernate for winter, come to the Park and see Mother Nature get ready for the always coming winter.

Friends of Oil Creek State Park

Rob McCall