



## nordic ski news

Volume 31, No. 7 April 2005

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Thursday, April 7th Meeting – 7:00 p.m.  
Twelve Corners Presbyterian Church  
1200 Winton Road South,  
Town of Brighton  
(A smoke-free, alcohol-free environment)

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### **APRIL MEETING**

**7:00 POT LUCK END-OF-SEASON GALA**  
Please bring a dish to pass

**8:00 PRESENTATION: Off-Season Ski  
Maintenance—Coleridge Gill**

**OPEN FORUM—Suggestions for  
Events for the 2005 – 2006 Season**

**ELECTION OF CLUB OFFICERS**

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#### **WHY BE A MEMBER OF ROCHESTER NORDIC SKI CLUB?**

- Ski lessons by experienced instructors
- Discounts on ski lessons
- Discounts at stores
- Club information meetings
- Map packets
- Day trips
- Extended trips at group rates
- Learning of new places to ski
- Newsletter
- Community activity involvement opportunities
- Opportunity to promote the sport

OTHER SKIERS TO PLAY WITH AND MAKE NEW FRIENDS

# PRESIDENT'S MESSAGE

April brings us to the end of another ski season although, for some, Tug Hill and Harriet Hollister may offer an additional week or two of spring conditions which can really be fun. While we are a ski club, we do try to get together in the summer for a couple of events just to keep in contact. Please watch the website, your e-mails and the summer newsletter for details.

Our April meeting also marks our annual election of officers. In addition to the election, we will have a dish to pass end of season party and a talk by Coleridge Gill describing how to properly care for your skis until the next season. We will also take a few minutes to get some input from you as to what events you would like to see your ski club hosting during the 2005 – 2006 season. This meeting also offers you the opportunity to thank those who served as officers, board members and committee members for their hard work during this past season. Please consider bringing pictures, souvenirs and sharing experiences of your trips and outings this past season with your fellow skiers. We will have a couple of tables set up for display purposes. See you in April.

Ken

## Weekend Trip Committee Chair Message

A large **THANK YOU** to all the trip leaders. You did a wonderful job. There is much positive feedback from our members. -Jackie

## Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, April 21. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

## Any items you wish to sell at the end of the season?

Run a free notice in the next newsletter. Call the newsletter editor and we'll arrange a "For Sale" column.

**Get Out & Stay Out Adventure**

**Outfitters Inc**

2705 W Henrietta Road

Offers a 10% discount to RNSC member

See the back of the newsletter or the Contact Us page on the club web site for the complete list of addresses for officers, board members, and committee chairs.

The **deadline** for the next newsletter is June 18<sup>th</sup>  
Contact the Newsletter editor if you would like to help us with the mailing. Help is always welcome.

Thanks to all who contributed articles and items for this issue of the Nordic Ski News. Articles of interest will be considered for future issues. Please e-mail to [info@rochesternordic.org](mailto:info@rochesternordic.org). If the item needs to be scanned, please mail it to the webmaster (see list of Officers, Board and Committee Chairs on last page).

**Advertisements. Tell businesses that run ads where you learned about them!** Rochester Nordic Ski Club is offering advertising space. Please note that all ads are reviewed and are at the discretion of the club for acceptance. Ads must be received before the second Tuesday of each month. Note: We only run one newsletter during the summer time. Please email [president@rochesternordic.org](mailto:president@rochesternordic.org) with information. Format should be in word form or a tiff document. Rates are as follows:

<b>For Season:</b>	<b>For One Issue</b>
\$200 Full Page	\$40 Full Page
\$150 Half Page	\$25 Half Page
\$ 50 Business Card	\$15 Business Card

## The following candidates are nominated for next year's Officers:

President	Mark Maas
Vice President	Jackie Cannizzaro
Secretary	Mary Ardell
Treasurer	Bob Jurena
Past President (not-elected position)	Ken Hann

## For next year's Board of Directors

Jo Ann Ardell  
Coleridge Gill  
Karen Nesbitt  
Jim Vallino

## Non-elected positions

Comm Affairs	Ken Hann
Day Outings	Sharon Galbraith
Historian	Barb Weiler
Instruction	Ruth Hyde
Membership	<i>Open</i>
Newsletter	Jo Ann Ardell
Publicity	Ken Hann
Racing	Coleridge Gill
Social	<i>Open</i>
Web Master	James Vallino
Weekend Trips	Jackie Cannizzaro
Weekday Trip Call List	Gretchen Schauss

### EMS Discount

EMS is offering a 10% discount on everything in the store.  
Show your membership card.

# Volunteer Opportunities

## Rochester Nordic Ski Club Positions

If you have an interest in serving the club, please give Ken Hann a call at 586-5205.

**Membership** - Receive dues and keep membership listing up to date. Provide listing to Newsletter and to Webmaster for mailing and information distribution to club members. Give Treasurer membership checks at nearest upcoming board meeting. Host Membership/Admissions table at monthly meetings.

**Maps and Trails** - Provide information to membership on new trails and keep abreast of events that may affect local trails of interest to our club.

**Social** - Maintain supply of paper and plastic ware for club meetings. Purchase cookies, coffee, tea, soda and other finger food as appropriate for monthly meetings and arrive early to set up coffee pot for hot water. Club members at large will be invited to help tear down and clean up at end of meeting.

## Trail Maps on the Web

A number of trail maps are now available on the web. Another good source is the book Snow Trails by Rich and Sue Freeman.

Black Creek Park: <http://www.monroecounty.gov/documentView.asp?docID=27>

Genesee County Park: They may get Lake Erie lake effect snow when Monroe County is bare.  
<http://www.co.genesee.ny.us/frameset.html?dpt/parks/index.html&l>

Harriet Hollister Spencer: [http://www.footprintpress.com/Snow\\_Trails/Harriet%20Hollister%20Rec.%20Area.htm](http://www.footprintpress.com/Snow_Trails/Harriet%20Hollister%20Rec.%20Area.htm)

Lehigh Valley Trail: This rail trail has been widened and given a smooth surface. It is pretty flat, but quite nice.  
<http://www.monroecounty.gov/documentView.asp?docID=3160>

Mendon Ponds Park: <http://www.monroecounty.gov/documentView.asp?docID=33>

Oatka Creek Park: The lodge has been upgraded, and can now be rented. (Wouldn't it be nice if skiers could use it as a warming hut?) <http://www.monroecounty.gov/documentView.asp?docID=3392>

Webster Park: <http://www.monroecounty.gov/documentView.asp?docID=37>

Wesley Hill: This is a Genesee Land Trust property near Cumming Nature Center. Some trails would be good skiing, but the small parking lot would be hard to get out of in the snow. <http://www.flit.org/preserves/wesley/wesley.html>

Winona State Forest: <http://www.dec.state.ny.us/website/reg6/dlf/winona.pdf>

Rick Lavine, maps committee.

# Ski Center Websites

Byrncliff  
Hardwood Hills  
Osceola

[www.byrncliff.com](http://www.byrncliff.com)  
[www.hardwoodhills.on.ca](http://www.hardwoodhills.on.ca)  
[www.tughillregion.com/ski-osceola](http://www.tughillregion.com/ski-osceola)

Cayuga Nordic Ski Club  
Onondaga Ski Club  
Mendon Ponds Winterfest

Garnet Hill  
Lapland Lake  
Winona Forest

[www.garnet-hill.com](http://www.garnet-hill.com)  
[www.laplandlake.com](http://www.laplandlake.com)  
[www.tughillskiclub.com](http://www.tughillskiclub.com)

<http://spidergraphics.com/cnsc/>  
<http://www.osc-ski.org/home.asp>  
[www.mendonpondswinterfest.org](http://www.mendonpondswinterfest.org)

For additional SC ski locations and conditions, go to [www.rochesternordic.org](http://www.rochesternordic.org)

**Do you know of other websites of interest?** E-mail [newsletter@rochesternordic.org](mailto:newsletter@rochesternordic.org) and/or [webmaster@rochesternordic.org](mailto:webmaster@rochesternordic.org)

## TRIP REVIEW

### Reminiscing About the New Hampshire Trip

by Carol MacInnes

Getting to New Hampshire was tedious for most of the 23 of us, but for Barb Gorski and Page Simpson, whose car broke down in Vermont, it was horrendous.

However, Sunday was sunny with plenty of packed powder under our skis at Great Glen. Most of us were delighted with the groomed trails, but Vicky O'Brien and Rod Johnson sought the back country trails they craved.

Every day we had some new snow and a new xcski resort to explore - Brettonwoods, Sunday River, Jackson, Nansen and the Balsams. After skiing, Barbara and Bob Weiler went to North Conway to shop and Gail Gucker and Rich Wilder went to see the elegant victorian Hotel Washington. JoAnn and Mary Ardell also managed to see the Adirondack Mountain Club. Coleridge Gill was delighted to just ski all day, returning to the hotel in time for dinner.

Dinner was an amazing choice of all kinds of delectable fish including shrimp and lobster, beef prime rib and tenderloin as well as pasta and chicken dishes.

Ann and Brent Penwarden brought their small son to learn to ski and ride behind Dad in a Pulka. A highlight of the trip was watching Brent Penwarden IV blowing out the sparkler on his third birthday cake. Bob Weiler and Rich Morrill also celebrated birthdays that week.

I think for the rest of us including Marcia Bryan, Phil Neuer and Nettie Hauck, Cobb Goff and Carol Tyler, and Peter and Kate VanDeMark it was a memorable trip.

**NOTE:** There are two new maps for the mapset on the pages before the membership application.

*Earn Your Turns  
Join the  
Nordic Ski Patrol*

[www.GVNordic.org](http://www.GVNordic.org)  
GVNordicRecruiting@MooseWareinc.com

Who is interested in a **Bike & Barge Tour through Holland May 2005?**  
You'll live on the boat. Bikes are included to transport you to the next town. See the countryside up close and personal. **At least 20 people are needed for this trip.**

Details will follow depending on response. If you are interested please call Greta Stephany **AS**  
**SOON AS POSSIBLE** at 342-4672 or e-mail her at GRETA1160@hotmail.com.

Rochester Nordic Ski Club  
**A NYSSRA club**  
**2004-2005 Membership Application**

**Each individual family member must fill out a separate form. All family members must use the same mailing address.**

Last Name \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_  Renewal  New  
Street Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip+4 \_\_\_\_\_ - \_\_\_\_\_  
Phone (\_\_\_\_\_) \_\_\_\_\_ Sex: M F Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
e-mail address (optional) \_\_\_\_\_

**PLEASE INDICATE: If the club offered electronic newsletter receipt would like to receive your newsletter (check one)**  
via:  regular mail (paper)  electronic only.

The newsletter is posted to the website. E-mail notices are sent to everyone who provides an e-mail address.

**INTERESTS:**  Racing  Day Trips  Weekend Trips  Instruction

**Each member must complete the waiver and release of liability below.**

In consideration for the rights and privileges associated with membership in the Rochester Nordic Ski Club (RNSC) and the New York State Ski Racing Association (NYSSRA) – Nordic, Inc I acknowledge and agree to be bound by the following:

**1. Identification of Risks.** I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inaction's or negligence of myself or others.

**2. Assumption of the Risk.** I agree that I am responsible for my safety while participating in activities associated with RNSC and NYSSRA - Nordic, Inc., and that such responsibility includes participation only; a) when I am both physically and psychologically repaired to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.

**3. Waiver.** Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the RNSC and NYSSRA - Nordic, Inc., its affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (Released Parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in activities associated with RNSC and NYSSRA - Nordic, Inc., except where caused by the gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who may pursue any legal action or claim on my behalf.

**4. Insurance.** I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entitles from providing this coverage for me.

Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ Date \_\_\_\_\_

**For Members of Minor Age:**

This is to certify that, as parent/legal guardian of this above named minor, I do hereby acknowledge and consent to his/her agreement to be bound by each of the terms and conditions identified above.

Parent/Guardian

Signature: \_\_\_\_\_ Parent/Guardian Printed Name: \_\_\_\_\_ Date \_\_\_\_\_

**Remittance:**

\$ \_\_\_\_\_ **MEMBERSHIP DUES:** INDIVIDUAL \$20; FAMILY \$28

**Make checks payable to Rochester Nordic Ski Club and mail to: Rochester Nordic Ski Club, PO Box 22897, Rochester, NY 14692.**

Date: \_\_\_\_\_ Amount paid: cash \_\_\_\_\_ check \_\_\_\_\_ # \_\_\_\_\_

Entered in database: \_\_\_\_\_

For all address changes and corrections, call or e-mail Geri Lessig, the maintainer of the mailing list, or send change to P. O Box.

## ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

President	Ken Hann	586-5205
Vice Pres.	Jackie Cannizzaro	425-1934
Secretary	Mary Ardell	313-8864
Treasurer	Bob Jurena	266-8512
Past President	Mark Maas	482-2679
Board	Jo Ann Ardell	323-2893
Board	Coleridge Gill	442-8634
Board	<i>Open</i>	
Board	Jim Vallino	425-1102
Comm Affairs	Ken Hann	586-5205
Day Outings	Sharon Galbraith	872-0327
Historian	Barb Weiler	
Instruction	Ruth Hyde	461-9266
Membership	<i>Open</i>	
Newsletter	Jo Ann Ardell	323-2893
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
Social	<i>Open</i>	266-3917
Web Master	James Vallino	425-1102
Weekend Trips	Jackie Cannizzaro	425-1934
Weekday Trip Call List	Gretchen Schauss	

Rochester Nordic Ski Club  
PO Box 22897  
Rochester New York 14692

[www.rochesternordic.org](http://www.rochesternordic.org)