

nordic ski news

Volume 32, No.8 April 2006



Thursday, April 6th Meeting – 7:00 p.m.
Carmen Clark Lodge, Brighton Town Park
Haudenosaunee Trail (the name of the road)
(~1/4 mile West of Clinton Avenue off of Westfall Road
south side)
(A smoke-free, alcohol-free environment)

APRIL MEETING

5:45-6:45: Pre meeting bike ride/ski/hike...

Meet at 5:45 for an hour of casual exercise.

7:00-‘til: **Pot luck dinner...**everyone bring a dish to pass
Subject: Elections

Hot Drinks and Water will be provided by the Club.

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

Another Winter Season Almost Behind Us...

Does winter have one last gasp for us skiers?? Skiing this year was not horribly bad if you were willing to go for a drive. In fact, Tug Hill still has enough snow on the ground to enjoy. The one big lesson we can take away from this season is if there is snow on the ground you better not wait till tomorrow. This may be the wave of the future. No matter what they say something is and has changed in the world environment. Maybe next year we will get the yards of snow Europe, Russia, and Japan received this year.

Elections are coming up in April. We lost our Treasurer, Newsletter Editor, Trips Organizer, Lessons Coordinator, so far... Why are these people stepping down?

Recreational clubs exist because people get involved. Our club rules indicate positions should be swapped out every two years. Our Treasurer, Newsletter Editor, Trip Organizer, and Lessons Coordinator have been doing their jobs for nearly ten years each!! Their efforts are commendable. Tremendous thanks to Bob Jurena, Jo Ann Ardell, Ruth Hyde, and Jackie Cannizzaro. Who is going to replace them??

Our membership is now down to 52. That is down from nearly 350 years ago. We are encountering the same problem every single club is encountering: Fewer members and fewer people willing to get involved. It is hard to criticize anyone. There are just too many other distractions/responsibilities. Just be ready for some changes. Ideas are warmly welcomed...

Mark

MEETING LOCATION

Our meeting place for this year is at Brighton Town Park, Carmen Clark Lodge.

Directions to the new meeting place will be posted on the website. Quick directions, the park is located about a quarter mile West of Clinton Avenue off of Westfall Road, left hand side if coming from the East. The road that leads to the park is called Haudenosaunee Trail.

REMINDER: We will no longer have the facility set up for us by a third party. It will be left up to the members to contribute with setup and teardown. We are starting sooner so that we can get everyone out of there at a more reasonable time.

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 January 20th

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. 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 with information. Format should be in word form or a tiff document. Rates are as follows:

| | |
|---------------------|----------------------|
| For Season: | For One Issue |
| \$200 Full Page | \$40 Full Page |
| \$150 Half Page | \$25 Half Page |
| \$ 50 Business Card | \$15 Business Card |

Board Meeting

The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for time and location.

DAY TRIPS

Please call me or email me if you plan on leading a day trip. My number is 585 872 0327, email is sharonbillgal@aol.com

Slate of Officers/Chairs for the 2006-2007 Year

President Mark Maas
Treasurer: Karen Nesbitt

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.

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.

Newsletter – Edit articles submitted. Prepare and mail newsletter. (The current newsletter editor will continue through the 2005-2006 season. This position will be open beginning May 2006.)

Treasurer –

Trip Organizer -

Lessons Coordinator -

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

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.flt.org/preserves/wesley/wesley.html>

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

Rick Lavine, maps committee.

Ski Center Websites

| | | | |
|----------------|--|---------------|--|
| Byrncliff | www.byrncliff.com | Garnet Hill | www.garnet-hill.com |
| Hardwood Hills | www.hardwoodhills.on.ca | Lapland Lake | www.laplandlake.com |
| Osceola | www.tughillregion.com/ski-osceola | Winona Forest | www.tughillskiiclub.com |
| | Cayuga Nordic Ski Club | | http://spidergraphics.com/cnsc/ |
| | Onondaga Ski Club | | http://www.osc-ski.org/home.asp |
| | Mendon Ponds Winterfest | | www.mendonpondswinterfest.org |

For additional SC ski locations and conditions, go to www.rochesternordic.org

Do you know of other websites of interest? E-mail newsletter@rochesternordic.org and/or webmaster@rochesternordic.org

EMS Discount

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

Earn Your Turns
Join the
Nordic Ski Patrol

www.GVNordic.org

GVNordicRecruiting@MooseWareinc.com

Rochester Nordic Ski Club
A NYSSRA club
2005-2006 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, contact one of the officers or board members, or send change to P.O. Box.

ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

| | | |
|------------------------|-------------------|----------|
| President | Mark Maas | 482-2679 |
| Vice Pres. | Jackie Cannizzaro | 425-1934 |
| Secretary | Mary Ardell | 313-8864 |
| Treasurer | Bob Jurena | 266-8512 |
| | | |
| Past President | Ken Hann | 586-5205 |
| | | |
| Board | Jo Ann Ardell | 323-2893 |
| Board | Coleridge Gill | 442-8634 |
| Board | Karen Nesbitt | 787-9384 |
| Board | Jim Vallino | 425-1102 |
| | | |
| Comm Affairs | Ken Hann | 586-5205 |
| Day Outings | Sharon Galbraith | 872-0327 |
| Historian | Barb Weiler | 533-1438 |
| Instruction | Ruth Hyde | 461-9266 |
| Membership | Dave Seymour | 533-1227 |
| Newsletter | Jo Ann Ardell | 323-2893 |
| Publicity | Ken Hann | 586-5205 |
| Racing | Coleridge Gill | 442-8634 |
| Social | Karen Nesbitt | 787-9384 |
| 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