



Volume 31, No. 4 December 2002

Thursday, December 5th Meeting – 7:00 P.M.
Twelve Corners Presbyterian Church, 1200 Winton Road South, Town of Brighton

DECEMBER MEETING

Cleaning, Waxing, and Ready to Go

7:00 - Social Gathering and Waxing to begin at 7:00

Bring *clean* skis to be waxed

Bring skis and equipment to sell

Enjoy socializing and refreshments. Hope to see you!

Hot Line 234-5808
www.rochesternordic.org

PRESIDENT'S MESSAGE

Shades of Gray...or White??

November can be a very trying month. Usually by now all of the leaves are off the trees and everything else is gray or brown. This year the leaves came off the trees late (and still are coming off) and the snow came early. Given the "perceived bleakness" of November, the white snow is a nice change from the typical November sky.

Many of you members have already been out skiing. Tug Hill Plateau received nearly two feet of snow several weeks ago. Harriet Hollister actually was ski worthy too. Remember HH is at ELEVATION. That means there is usually snow there when there is none in Rochester. Check out our web page if you are concerned about the conditions at HH. Our website has a wonderful trail condition section.

Next meeting we will be talking about and actually waxing skis. The meeting will also be a swap meet so bring along your old ski supplies and see what you can get for them!!

Hope everyone enjoys their Thanksgiving Holiday.
Mark

Club Email Addresses for Officers and Committees

You can now **send a message** to president@rochesternordic.org, weekendtrips@rochesternordic.org, newsletter@rochesternordic.org, etc. and be sure that your mail will be directed to the correct person. See the back of the newsletter or the Contact Us page on the club web site for the complete list of addresses.

The **deadline** for the next newsletter is December 19, 2003.

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 newsletter@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. 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
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 Business Card

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Excerpt from last month: The Waxing Corner – Ken Hann

If you would like to get more information on waxing your skis, come to the December meeting. We will have a couple of waxing benches set up and will be happy to show you how to and help you wax your skis. Because of the interest in this activity in previous years, please be prepared to do some of the work yourself. This will be good practice for waxing your skis at home.

I will have bars of glide wax for hot waxing and extra scrapers for you to use. If you have an old iron that you could use and share, that would be helpful. I will bring polishing pads to clean and brushes to buff the skis.

Hot waxing does take some time so I expect that we will be limited to the number of skis that can be waxed. The most important thing that I hope you leave with will be an understanding of the process so that you can repeat it at home. If you have any questions prior to the meeting, please feel free to give me a call at 586-5205.

One final thing, since wax scraping does involve making wax chips, we will have tarps under the benches to protect the floor. We need to be careful to keep the chips on the tarp.

VOLUNTEERS NEEDED:

WXXI Phone-in Pledge Campaign

Responsibility: Answer telephones during pledge breaks and record pledges
Date: Monday, December 9, 2002
Location: WXXI Studio on State Street across from Kodak
Time: 5:45 to 11:00

Key Entertainment Programming:
Mario Frangoulis (singer) and "Visions of Greece"

Mendon Pond Winterfest

Ken Hann is working with the Monroe County Park Department to secure permission to organize this event. Updates will be provided at monthly meetings and in the newsletter. Please *pencil in* the date of *Sunday, February 16* for this event. Volunteers will be needed to lead XC and snow shoe tours and to staff RNSC information tables. Other opportunities may develop. **Please contact Ken Hann if you are interested in helping** with the organization. His number is 586-5205.

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Winter Special Olympics

Responsibility: Set up XC course; help competitors put on boots and skis; assist competitors to and on the course (100' long); offer lots of encouragement; assist competitors in getting prize ribbons (furnished by Olympic Organization); returning competitors to start to get winter shoes back on. Competitor teams are assisted by a staff of many volunteers that travel with each team to each olympic event so our overall responsibility will be to provide the leadership to assure that the XC event runs smoothly. Most importantly, have fun.

Date: Saturday, February 8, 2002

Location: Potter Park in the village of Fairport.

Time: Set-up 8:00 AM. Competition 9:00 AM till around Noon.

For those interested, some of the organizers meet for breakfast at 6:30 AM. Hot chocolate, burgers, hots, coffee and soda are available for purchase at the event.

Note from Ken Hann: I am looking for someone to coordinate this year's club volunteers as I will not be available on February 8th. I will provide all necessary information for the day to this volunteer. I have been assured that the Special Olympic Committee will have a back-up plan for the day should the weather make this venue unusable. One year the competitors snow shoed and skied down the halls of Fairport H.S. Everyone still had fun.

December Race Report

Thanks to all the volunteers who signed up for the 1st Bristol Mountains Tour. We still need a few more so come prepared to sign up at the next meeting.

Here is a list of the local races in New York State.

Dec 21	Osceola	Dec 29	Chocolate Race - Rochester
Jan 4	Salmon Hills	Jan 5	Salmon Hills
Jan 12	Bristol Mts Tour	Jan 18	Tug Hill Try it
Jan 25	Rochester	Jan 26	Rochester
Feb 1	Tug Hill Tourathon	Feb 8	Salmon Hills Little Birkie
Feb 15	Tug Hill Open	Mar 9	Salmon Run Marathon
Apr 5	Patch to Patch Race - Salmon Hills		

Other races to consider

Jan 25 Lake Placid Loppet

Feb 22 Birkie - 30th Anniversary!!!

Feb 15 Keskinada - 25th Anniversary!!!

If you've never done the Birkie... just consider it mecca for a cross country skier.

Next season there will be a strong contingent from Rochester returning to Wisconsin for the 31st American Birkebeiner so if this season is out consider contacting me next fall about going to the best race in North America.

David Valvo

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A tentative schedule of future programs

January	Ski Extravaganza
February	History of Cross Country Skiing with slides, by Clyde Glover
March	The Arctic Circle Race, Erik Grimm
April	Ice Cream Social

Reminder. The January RNSC meeting is our **Ski Extravaganza**. Local outdoor gear and service businesses are being invited to participate. Please come to see and ask questions about the latest in XC and outdoor wear.

Ski Center Websites

Byrncliff www.byrncliff.com

Hardwood Hills www.hardwoodhills.on.ca

Osceola www.tughillregion.com/ski-osceola

Winona Forest www.tughillskiclub.com

Garnet Hill www.garnet-hill.com

Lapland Lake www.laplandlake.com

Salmon Hills www.salmonhillsresort.com

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

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ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2002-2003

CLASSES

Holiday Week BEGINNER:	Jackie Cannizzaro at Mendon Dec. 26,27,28 10:30 AM	\$20
Wednesday Night BEGINNER:	Coleridge Gill at Cobbs Hill Jan. 6,13,20,27 7 PM	\$25
Saturday BEGINNER:	Ruth Hyde and Jackie C. at Mendon Jan.4,11,25 and Feb.1 1 PM	\$25
Saturday INTERMEDIATE:	Ruth Hyde and Jackie C. at Mendon Jan. 4,11,25 and Feb.1 10 AM	\$25

WORKSHOPS

BRUSH-UP & TURN CONTROL:	Jackie Cannizzaro at Mendon Sun. Jan. 12 at 1 PM	\$7
SKATING for RACERS:	Dave Valvo at Harriet Hollister Sat. Jan. 18 at 10 AM	\$7
DIAGONAL STRIDE:	Jim Vallino at Mendon Sat. Jan. 11 and Sun. Feb. 2 at 1 PM (\$13 for both)	\$7

Workshops in skating and telemark can also be scheduled.

To register, send a check made out to Rochester Nordic Ski Club to

Ruth Hyde, 61 Fernboro Road, Rochester, NY 14618

Please include your phone no. and e-mail address.

For additional information including exact meeting places for lessons, call Ruth at 461-9266 or e-mail her at lessons@rochesternordic.org.

NOTE: PRICES LISTED ABOVE ARE FOR MEMBERS ONLY

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Overview of This Season's Trips

Lapland Lake, Northville, New York - 1/17-1/19, \$153, (3 nights),
Sharon Galbraith (872-0327) and Jo Taylor (473-6729).

Ottawa, Canada (bus trip with Bock Tours) - 1/31-2/3, \$229, (3 nights),
Bock Tours (624-3410).

Mount St. Anne, Quebec, Canada - 2/15-2/22, \$540, (7 nights),
Carol MacInnes (924-4077).

Silverstar, British Columbia, Canada - 2/15-2/22, \$899, (7 nights),
Ruth Hyde (461-9266) and Jackie Cannizzaro (425-1934).

Tug Hill Plateau, Sandy Creek, New York - 3/8-3/9, \$39-46, (1 night),
Coleridge Gill (442-8634).

TRIP SIGN-UP (*Contact trip leader for address*)

TRIPS REFUND POLICY: If the trip produces an "overage" of \$10-\$20 per person, there will be a \$10 rebate per person. If there is a \$20 "overage", any excess or \$10 will be refunded. Some of the trips are calculated to break even at 12 people and we actually get 18 or 20 and the cost per person goes down. If we get 10, the cost per person goes up. There are variables in the cost and unforeseen events as we are all non-professional trip planners. The intent is not to make money, but to keep from going into debt.

DRIVERS: All passengers will share equally in the cost of gas and tolls.

Trip Name:

Your Name(s)

Your Address

Your 'Phone(s)

Your e-mail:

Best time to call:

Are you able to drive or otherwise help the leader?

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Nordic Ski Club Day Trips – 2003

There are still lots of open dates for day outings. Call Jo Taylor 473-6729 or e-mail daytrips@rochesternordic.org if you are interested in leading a trip.

January		
Sun Jan 5	<u>Mendon Ponds Park -- Quaker Pond Outer Trails</u> At 1:00. Meet at the Quaker Pond trailhead. Call Jackie at 425-1934 for directions and to let her know you are coming.	Jackie Cannizzaro 425-1934
Sat Jan 11	<u>Tug Hill (Winona State Forest)</u> Car pool from Bushnell's Basin Park & Ride 8:00. Bring lunch and water. Please call if you plan to come.	Jo Taylor 473-6729 Sharon Galbraith 872-0327
Sun Jan 12	<p style="text-align: center;"><u>Bristol Mountain Tour/Race</u></p> <p>Volunteers are much in need for this event. 20K Freestyle Race/Tour ESGQ Date: January 12, 2003 Start: 10:00 AM (mass start) Harriet Hollister Park, Canadice New York Complete details at http://home.earthlink.net/~skitrax/_wsn/page3.html (or link to this page from the Rochester Nordic website).</p> <p style="text-align: center;">*** BOTH of these Sunday events need volunteers. *** Please help!</p> <p><u>Genesee Country Museum Nature Center</u> Mumford, NY. Group ski or snowshoe at 10:30am. Entry fee waived for club members. Nature Center has 4.5 miles of groomed trails. Volunteer to offer cross country ski tips from noon to 3pm. Call Bill for details.</p>	<p>David Valvo 657-7662 racing@rochesternordic.org</p> <p>Bill Pakulski 889-7694</p>
Sat Jan 25	<u>Weilers' Trails</u> (Beg.-Int) Meet 1:00 at Weilers, 7829 W. Henrietta Rd, Rush (1.5 mi south of Exit 11 on Rt. 390). Hike if no snow.	Barb and Bob Weiler 533-1438

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February		
Sat Feb 1	<u>Finger Lakes National Forest</u> Save this date. Details will appear in the January newsletter.	Mark Maas 482-2679
Sun Feb 2	<u>Durand Eastman Park</u> Save this date. Details will appear in the January newsletter.	Rich Wilder 467-4703
Sat Feb 8	<u>Tug Hill (Winona State Forest)</u> Car pool from Bushnell's Basin Park & Ride 8:00. Bring lunch and water. Please call if you plan to come.	Jo Taylor 473-6729 Sharon Galbraith 872-0327
Sun Feb 9	<u>Genesee County Park</u> Meet at west side of Holidome (Jefferson Rd. and E. Henrietta) at 10:00 a.m. to car pool to Genesee County Park. Bring lunch. Call Ruth Hyde at 461-9266 for description of trails etc. and to let her know that you plan to come.	Ruth Hyde 461-9266
Sun Feb 16	<u>Genesee Country Museum Nature Center</u> Genesee Country Village & Museum WinterFest - 10am - 4pm. Volunteer to offer cross country ski tips or take a group on a ski tour through the Village or on the Nature Center trails. Then enjoy the rest of the day skiing on the Nature Center trails or in the Village or participating in the other Winter Festival events. Admission will be free for volunteers. Call Bill for details.	Bill Pakulski 889-7694
	*** BOTH of these Sunday events need volunteers. *** Please help!	Ken Hann 586-5205
	<u>Mendon Ponds Winter Fest</u> Call Ken Hann (586-5205) if can help for a while; then spend some time enjoying the festival.	

If your mail label says “Last Issue—Renew Now”, remember to renew your membership. Membership form on second to last page.

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Rochester Nordic Ski Club
a NYSSRA club
2002-2003 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	Mark Maas	482-2679	president@rochesternordic.org
Vice Pres.	Ken Hann	586-5205	vicepresident@rochesternordic.org
Secretary	Mary Ardell	235-5758	secretary@rochesternordic.org
Treasurer	Bob Jurena	266-8512	treasurer@rochesternordic.org
Board	Jackie Cannizzaro	425-1934)
Board	Coleridge Gill	442-8634) board@rochesternordic.org
Board	Donna Silverman	244-2784)
Board	Barbara Weiler	533-1438)
Comm Affairs	Ken Hann	586-5205	community@rochesternordic.org
Day Outings	Jo Taylor	473-6729	daytrips@rochesternordic.org
Historian	Barbara Weiler	533-1438	historian@rochesternordic.org
Hot Line	Donna Silverman	244-2784	hotline@rochesternordic.org
Instruction	Ruth Hyde	461-9266	lessons@rochesternordic.org
Maps	Dayle & Rick Lavine	442-6358	maps@rochesternordic.org
Membership	Geri Lessig	266-3917	membership@rochesternordic.org
Newsletter	Jo Ann Ardell	323-2893	newsletter@rochesternordic.org
Programs	<i>Open</i>		programs@rochesternordic.org
Publicity	Coleridge Gill	442-8634	publicity@rochesternordic.org
Publicity	Donna Silverman	244-2784	
Racing	David Valvo	657-7662	racing@rochesternordic.org
Social	Donna Silverman	244-2784	social@rochesternordic.org
Summer Pgm	<i>Open</i>		summer@rochesternordic.org
Web Master	James Vallino	425-1102	webmaster@rochesternordic.org
Weekend Trips	Jackie Cannizzaro	425-1934	weekendtrips@rochesternordic.org

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