



nordic ski news

Volume 31, No. 4 December 2004*

Thursday, December 2nd Meeting – 7:00 p.m.
Twelve Corners Presbyterian Church
1200 Winton Road South,
Town of Brighton
(A smoke-free, alcohol-free environment)

DECEMBER MEETING

7:00 HOLIDAY BASH

Please bring a dish to share for an end of year Holiday party. Come early so you have plenty of time to socialize and sample goodies.

7:30 BUSINESS MEETING

8:00 PRESENTATION LATEST CONCEPTS IN XC SKIS, BOOTS AND MAINTENANCE MITCH OSUR, SNOW COUNTRY

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

*Volume and Number have been corrected. Incorrect in September, October, and November 2004 issues.

President's Message

Hello everyone,

As a lead into this coming ski season, Mitch Osur, from Snow Country, will be giving a presentation on the latest trend in XC skis. In addition, he will be talking about this year's ski boots and how to properly maintain your equipment for maximum life and enjoyment. This was a well-received talk at a recent ADK meeting, and I'm sure it will prove to be very informative to us as well. Please tell your friends, especially those new to the sport of XC skiing or thinking about trying it as some of the new equipment is designed especially for them.

I would like to remind everyone that we are a volunteer club. A person new to XC skiing, like we all were at some point in time, has the opportunity to learn from us, not only the technique of XC skiing but where to ski. Hopefully, they and each of us will then continue to share this knowledge with new skiers and current members as well. It has been my experience that people like to pass on what they know. Please think about leading a day outing. It can be anything from a one-hour local ski followed by a stop at a local shop for pastry and coffee to a four-hour roundtrip drive to Tug Hill with a 20K ski and a stop for food somewhere along the way. I will have a list of opportunities from our map set for starters. You can also co-lead a trip, so please don't feel shy about offering. This year, we are looking to have a Wednesday ski for those who have flexibility in their daily schedules. A few night skis under the stars or moonlight are also fun. You might be surprised how well you can see at night once you get your night vision. If you feel more comfortable with a flash light, you can get head mounted lights from most outdoor stores. They come in a variety of wattages depending upon your needs and budget.

I look forward to seeing everyone on December 2.
Ken

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 16th

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 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. 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 next Board Meeting will be held at 7:00 p.m. on Wednesday, December 8. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

Membership Notice

URGENT: Don't Let Your Membership Expire. If Your mail label says "Last Issue—Renew Now", Remember to renew your membership. You must renew this month to continue receiving the newsletter. Membership form on second to last page.

Volunteer Opportunities

Rochester Nordic Ski Club Positions

One is for RNSC Secretary. The responsibility for this position is to record the minutes of our monthly two-hour board meetings and then publish them for the board members to review for content and action items. Computer and internet skills are very helpful in this position as communication between members is greatly speeded up.

The second is for Membership. The responsibility of this position is to welcome people at the admission's table, maintain the membership list and report membership status at board meetings.

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

We have needed a Publicity Chair for some time. Who better to fill that position than someone who has held this position for us in the past? Thanks Donna Silverman for stepping forward!

Reminder:

WXXI phone-in pledge campaign. Tuesday, November 30, 6:30pm to 9:30 pm.

10th Winterfest

The **10th Winterfest** will be held on Sunday, January 23, 2005 from 11 am to 4 pm. We will be located at Stewart Lodge, and we will again be offering ski lessons and tours. Please consider helping out, as it has always been a good time for all. I am in need of members to staff the information table and to teach beginner lessons and lead tours. Please call Ken Hann at 586-5205 if you would like to be a part of Winterfest. By the way, Winterfest made it into the winter issue of "Life in the Finger Lakes", page 4.

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&1>

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.fllt.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	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.tughillskiclub.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

Day Trips

January

- Sunday, Jan. 2. Mendon Ponds Park, Quaker Pond Trail, easy.
Meet in parking lot, Pond Road, by the LookOut Shelter. 1 1/2 hours plus.
Jackie Cannizzaro, 425-1934.
Bring bird seed for the chickadees.
- Saturday, Jan. 8. Tug Hill.
8 AM--Meet in Bushnell's Basin Park & Ride
Jo Taylor, Sharon Galbraith, 872-0327.
- Saturday, Jan. 15. Cummings Nature Center.
9 AM--Meet in parking lot
Chris Baron, 315 986-1134.
- Wednesday, Jan. 26 Durand Eastman Full Moon
6:00 PM—Meet in old golf club parting lot (now a restaurant)
Get-together at Jo Ann Ardell's house after.
Contact Jo Ann, 323-2893 or Mary, 313-8864.
- Saturday, Jan. 29. Joint trip with Buffalo Club to Bryncliff.
10 AM--Meet there
Contact Sharon Galbraith, 872 0327.

February

- Saturday, Feb. 5. Cummings Nature Center.
9 AM--Meet in parking lot
Chris Baron, 315 986-1134.
- Saturday, Feb. 12. Tug Hill.
8 AM--Meet in Bushnell's Basin Park & Ride
Jo Taylor, Sharon Galbraith, 872 0327.
- Sunday, Feb. 13. Durand Eastman
2 PM--Meet in old golf club parking lot (now a restaurant).
Bread and soup afterwards at Rich Wilder and Gail Guckers.
If no snow, hike.
- Saturday, Feb. 19. Cummings Nature Center.
9 AM--Meet in parking lot
Chris Baron, 315 986-1134.

There are still a couple Saturdays and many Sundays available. Contact Sharon Galbraith, Day Outings Chair to get your favorite daytrip on the schedule!

FREE TO GOOD HOME: old car ski rack. Fit my old '92 Honda Accord, does not fit my 2000 Honda Accord. Save it from a landfill! Contact me, Sharon Galbraith, 872 0327.

TRIPS 2005

Welcome to the Winter 2005 ski season. Just fill out the coupon on the next page and send it with your deposit to the trip leader. Contact the trip leader for the address to send your payment to. Non-members will pay \$10 extra.

The ski trip to New Hampshire Feb. 19 - 26 has one opening left for a woman to room with another. For more information contact Carol MacInnes at 924-4077 or email at ccarolmac@aol.com.

Overview of This Season's Trips

South Meadow Farm Lodge, Lake Placid, New York - 1/14-1/17, \$210 members, \$220 nonmembers, (3 nights), Sharon Galbraith (872-0327).

~~Crystal Lake Ski Center Trip, Hughesville PA 1/28-1/30, \$168 members, \$178 non-members, (3 nights), Karen Pakulski (889-7694)~~

White Mountains, Shelburne, New Hampshire – 2/19-2/26, \$440 members, \$450 nonmembers, Carol MacInnes (924-4077)
(one opening for a woman to room with another.)

Tug Hill Plateau, Sandy Creek, New York, 3/5-3/6, \$39 – 46, Coleridge Gill (442-8634).

The Chic-Chocs: 7-day Cabin-to-cabin cross-country ski trips , 3/6 – 3/12, , \$1,533 (6 people), \$1,447 (7 people), \$1,390 (8 people), \$1,652 (5 people). The trip is organized and run by Tuckamor Trips Inc. 7123 Lac Noir Road, Ste-Agathe-des-Monts, Qc. Canada J8C 2Z8 Phone: (819) 326-3602, Fax: (819) 326-8617 e-mail: bill@tuckamor.ca, web site at www.tuckamor.ca.

Two additional trips are sponsored outside of RNSC

Winterlude in Ottawa, 2/3-2/5, Sponsored by Kodak Ski/Snowboard Club, \$245 double occupancy, see brochure for contact information.

Ottawa Winterlude Weekend, 2/4-2/7, Sponsored by Bock Tours, \$269 double occupancy, see brochure for contact **information.**

TRIP SIGN-UP (contact trip leader for address)

If a trip produces overages of \$10-\$20 per person, any excess amount over \$10 will be refunded. Some trips are calculated to break even at a certain number of people; but if more sign-up, the price per person goes down. Also, it is possible to get fewer people and then the price of the trip goes up. There are variables in the cost of a trip and unforeseen events may happen as we are all nonprofessional trip planners.

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

Trip leaders may be reimbursed for the cost of their trip. Co-leaders may divide the cost of a single trip.

Trip Name: _____

Your Name(s): _____

Your Address: _____

Your Phone Number: _____

Your e-mail: _____

Best time to call: _____

Are you able to drive or otherwise help the leader? _____

Trip Name: _____

Your Name(s): _____

Your Address: _____

Your Phone Number: _____

Your e-mail: _____

Best time to call: _____

Are you able to drive or otherwise help the leader? _____

EMS Discount

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

Get Out & Stay Out Adventure Outfitters Inc

2705 W Henrietta Road
Offers a 10% discount to RNSC member

SKI LESSONS 2004-2005

CLASSES

Holiday Week Beginner:	Jackie Cannizzaro at Mendon Dec. 28, 29, 30	\$30 (20) 10AM
Monday Night Beginner:	Coleridge Gill at Cobbs Hill Jan. 3, 10, 17, 24	\$36 (25) 7 PM
Saturday Beginner:	Jackie Cannizzaro at Mendon Jan. 8, 22, 29, Feb. 5	\$36 (25) 10 AM
Saturday Intermediate:	Ruth Hyde at Mendon Jan. 8, 22, 29, Feb. 5	\$36 (25) 10 AM
Tuesday Advanced Beginner:	Ruth Hyde at Mendon Jan. 4, 11, 18, 25	\$36 (25) 4 PM
Late Start Beginner:	Jackie Cannizzaro at Mendon Jan 22, 29 & Feb. 5,12	\$36 (25) 1 PM

WORKSHOPS

DIAGONAL STRIDE:	Jim Vallino at Mendon Sat. Jan.22 and Sun. Jan. 30	\$10 (7) for one \$19 (13) for both 1 PM
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Workshops in skating and telemark can also be scheduled.

To register, send an e-mail to lessons@rochesternordic.org or call Ruth Hyde at 461-9266. She will ask you for your phone number and e-mail address and give you information as to exact meeting places and skill levels of classes. Then send a check made out to Rochester Nordic Ski Club to Robert Jurena, Treasurer, 353 Winona Blvd., Rochester NY 14617.

NOTE: JOIN THE CLUB AND TAKE ADVANTAGE OF LOWER PRICES.

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	president@rochesternordic.org
Vice Pres.	Jackie Cannizzaro	425-1934	vicepresident@rochesternordic.org
Secretary	<i>Open</i>)
Treasurer	Bob Jurena	266-8512	treasurer@rochesternordic.org
Past President	Mark Maas	482-2679	pastpresident@rochesternordic.org
Board	Jo Ann Ardell	323-2893) board@rochesternordic.org
Board	Coleridge Gill	442-8634)
Board	<i>Open</i>)
Board	Jim Vallino	425-1102)
Comm Affairs	Ken Hann	586-5205	community@rochesternordic.org
Day Outings	Sharon Galbraith	872-0327	daytrips@rochesternordic.org
Historian	Rosie Sepos	223-5247	historian@rochesternordic.org
Instruction	Ruth Hyde	461-9266	lessons@rochesternordic.org
Maps	Dayle & Rick Lavine	442-6358	maps@rochesternordic.org
Membership	<i>Open</i>		membership@rochesternordic.org
Newsletter	Jo Ann Ardell	323-2893	newsletter@rochesternordic.org
Programs	<i>Open</i>		programs@rochesternordic.org
Publicity	Donna Silverman	244-2784	publicity@rochesternordic.org
Racing	Coleridge Gill		racing@rochesternordic.org
Social	<i>Open</i>	266-3917	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
Weekday Trip Call List	Gretchen Schauss		gschauss@exnet.net

Rochester Nordic Ski Club
PO Box 22897
Rochester New York 14692

www.rochesternordic.org