

nordic ski news

Volume 32, No.4 December 2005



Thursday, December 1st 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)

DECEMBER MEETING

5:30: DROP YOUR SKIS OFF FOR WAXING

"Get Your Skis Ready for the Season"

Bring your skis to the December meeting and have them based prepped. Ski bottoms must be clean

Donation required to cover cost of wax....\$5 - \$10

Be ready for the snow!!!!!!!!!!!!!!

6:30: BRING A DISH TO PASS TO CELEBRATE THE HOLIDAY SEASON

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

www.rochesternordic.org

December Meeting:

Bring a dish to pass to celebrate the Holiday season!!

We will begin eating at 6:30 PM.

Club will provide coffee, hot chocolate, tea.

Club will also provide cups, plates, and utensils.

Drop your skis off at 5:30 PM to have them waxed by our members!

Skis will be done by 9:00 PM (or sooner, depending on how many of us bring our skis!) You may want to stick around and learn first hand how waxing skis can be done.

Keep this date in Mind: January 29th...we will be meeting with the Buffalo Nordic Ski Club at Mendon Park...more information to follow...

PRESIDENT'S MESSAGE

Presidents Message:

Rochester Cross Country Ski Foundation has begun...

November 19th marked the launch date of the Rochester Cross Country Ski Foundation (RXCSF). We will all benefit tremendously from our participation in this organization. To date the RXCSF has met with the Monroe County Parks' personnel to discuss grooming of Mendon Park. There are still some issues to be addressed but hopefully by this time next year the RXCSF will be grooming trails at the Mendon Park. In early November a new Ski trail was created at the Harriet Hollister Park by RXCSF members. This new trail leads up to the Chalet that the NY State Park Administration took control of recently. We may have a place to go to soon where we can go inside and warm up while skiing in the Rochester area!! These are just a few things the RXCSF is working on. More information will follow as it becomes available.

Finally, I wish everyone a safe and happy holiday season. Think snow!!

Mark

The Winter Olympics are only 92 days away!

WNBC.com is taking a poll about what Olympic events people are most interested in. To take part in this survey and show your support for cross-country skiing,

go to: www.wnbc.com/olympics2006/index.html=20

In the right-hand margin is a poll, "What 2006 winter Olympic sport are you most interested in?"

Vote for cross country skiing!

Hopefully if enough people vote, NBC will consider covering a larger portion of cross-country skiing at the Olympics. There is no limit to the number of times you can vote so vote often!

NEW MEETING LOCATION

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

This is the same lodge we had our September picnic at last year.

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.

Board Meeting

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

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 November 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

Earn Your Turns

*Join the
Nordic Ski Patrol*

www.GVNordic.org

GVNordicRecruiting@MooseWareinc.com

www.rochesternordic.org

DAY TRIPS

JANUARY

Saturday, January 21 1-4pm.

Weiler's.

Hike, if no snow.

Sunday, January 29 **joint ski outing with the Buffalo Nordic Club,**

10:30 a.m. Mendon Ponds Park

Details in January newsletter.

Please call Sharon Galbraith at 872 0327 or email at sharonbillgal@aol.com if you are interested in leading a day trip.

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

OVERVIEW OF THIS SEASON'S TRIPS

There's space left—contact the trip leaders

Grey Bonnet Inn, **Rutland**, Vermont

2/11 – 2/16, \$299 (5 nights), Ruth Hyde (585-461-9266) or Jackie Cannizzaro (585-425-1934)

Hotel Val des Neiges, **Mont Sainte Anne**, Quebec, Canada
2/18 – 2/25, \$720 (7 nights), Carol MacInnes (585-924-4077)

Redwood Motel, **Tug Hill Plateau** (just south of Watertown)
3/11 – 12, \$39-46 (1 night), Coleridge Gill (585-442-8634)

Trips sponsored outside of Rochester Nordic Ski Club:

Holiday Inn – Hall, Ottawa Winterlude Festival Weekend.
2/2 – 2/5, \$285, (3 nights), Kodak Ski Club Trip (447-9126)

Lord Elgin Hotel, Ottawa Winterlude Festival Weekend
2/3 – 6, \$349 (3 nights), Bock Tours (624-3410)
(10% discount if 10 RNSC members sign up, so let them know you're a member), (3 nights),
Bock Tours

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? _____

ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2005-2006

CLASSES

Holiday Week Beginner:	Jackie Cannizzaro at Mendon Dec. 27, 28, 29 10AM	\$30 (\$20)
Monday Night Beginner:	Coleridge Gill at Cobbs Hill Jan. 2, 9, 16, 23 7 PM	\$36 (\$25)
Saturday Beginner:	Jackie Cannizzaro at Mendon Jan. 7, 14, 21, 28 10 AM	\$36 (\$25)
Saturday Intermediate:	Ruth Hyde at Mendon Jan. 7, 14, 21, 28 10 AM	\$36 (\$25)
Tuesday Advanced Beginner:	Ruth Hyde at Mendon Jan. 3, 10, 17, 24 4 PM	\$36 (\$25)
Late Start Beginner:	Jackie Cannizzaro at Mendon Jan. 14, 21, 28 & Feb. 4 1 PM	\$36 (\$25)

WORKSHOPS: workshops in skating, diagonal stride, and telemark may 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, Treas. 353 Winona Blvd. Rochester, NY 14617.

NOTE: JOIN THE CLUB AND USE LOWER PRICES.

[Shown in ()]

Ottawa Winterlude Festival Weekend

Lord Elgin Hotel

February 3rd – 6th, 2006, \$349 (3 nights)

Highlights: Annual Winter Festival, Lord Elgin Hotel (across the street from ice sculptures and Rideau Canal!), ice skating, special events, free time, cross country skiing at Gatineau Park and Chateau Montebello. New swimming pool, fitness facility and hot tub at hotel.

Bock Tours (624-3410)

(10% discount if 10 RNSC members sign up, so let them know you're a member), (3 nights),
Bock Tours

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.)

Social – Thanks to Karen Nesbitt for volunteering for this committee!

WINTERFEST 2006

Volunteers Needed – Winterfest 2006

The Mendon Ponds Park Winterfest is planned for Sunday, January 22, 2006 from 11:00 am to 4:00 pm. Volunteers are needed to staff the Rochester Nordic Ski Club Information Table, to give XC ski lessons and to lead ski tours. Contact Ken Hann at 586-5205 or e-mail Kehann@frontiernet.net if you are interested. Free ski loaners will again be supplied. If you would like to see what is being planned for the day, please visit www.mendonpondswinterfest.org

www.rochesternordic.org



Participate
in Ottawa's
"Winterlude"
Festival!

Kodak Ski/Snowboard Club Presents

Winterlude in Ottawa



February 2 - February 5, 2006

Cost per person: **\$400** single, **\$285** double, **\$250** triple, **\$225** quad occupancy
(for information about all the official winterlude activities, see www.capcan.ca/winterlude)

Price includes:

- Round trip transportation via luxury motorcoach
- 3 nights luxury accommodations at Holiday Inn - Hull
- Snacks, soda and movies on the bus rides
- Use of pool, hot tub, sauna and exercise room
- 3 delicious buffet breakfasts

Daily bus shuttles to and from ski areas on Friday, Saturday & Sunday

Bus shuttle to downtown Ottawa for dinner on Friday & Saturday

Bus shuttle to Casino de Hull on Thursday

Cheese and Snacks for Saturday evening party



Depart: Thursday, February 2, 2006 from Kodak Parking Lot 42

Bus loads at 12:30 PM, leaves promptly at **1:00 PM**

Return: Sunday, February 5, 2006 at Kodak Parking Lot 42 at approx. 10:00 PM

Chairpersons: Steve Singer (477-9126 / stephen.singer@kodak.com) and Joe O'Dea
(781-9771 / joesph.odea@kodak.com)



200 km of groomed cross-country trails at **Gatineau Park**
 18 miles of cross-country skiing around **Chateau Montebello**
 20 downhill trails at **Camp Fortune**
 ice skating on the **Rideau Canal**
 shopping, dining & **WINTERLUDE**



**** IMPORTANT TRIP SIGN-UP CHANGES **** The following are your sign up options:

1) Sign-Up Night - October 13th from 5 to 8 PM, at the River's Edge Restaurant, 31 Paul Road (just south of Olympic Bowl, at the Scottsville Rd intersection with Paul Rd). Hot Goodies will be served! Come out to find food, friends and maybe even a roommate for a trip! Please bring cash or check payable to "Kodak Ski and Snowboard Club". No credit card payments will be accepted.

2) Mail - Mail check payable to "Kodak Ski and Snowboard Club" along with a completed registration form for each trip to: Sonya Pease, Work: 6/15/KO MC: 01264 or Home: 26 Pumpkin Hill, Rochester, New York, 14624.

3) Charge - Credit card payments for trips and memberships will be accepted via the Kodak Ski Club website (kskiclub.com), starting in August 2005. All credit card transactions will be secure transactions processed by PayPal. A registration form will still need to be completed and mailed. **Credit card processing will be disabled one week prior to the trip departure date.**

Please direct all questions regarding any of the trips to the trip chairperson(s) listed on the trip flyer.

DEADLINES: for refunds is **January 7, 2006**; for sign-ups, when trip is **FULL!**

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.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

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	
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