

## Notes From Here and There:

### At the previous RNSC meeting:

Gary Reif talked about his trip to the Portland Oregon area, with plenty of pictures of waterfalls, giant trees, hiking trails, Timberline Lodge, and old growth forest. The highlight, though, was a vintage; Goofy learns to ski cartoon.

### Rochester Ski Foundation News

#### Call for volunteers

Trail Maintenance at **Mendon Ponds Park**  
this coming Saturday Nov.28, 2009 1pm

Please grab your work gloves and clippers and join your friends in the trail clean up at Mendon Ponds Park this Saturday!

We're meeting at 1pm at the Park Office on Douglas Road. May have to park at the Beach and walk up...or park on side of road.

Label and bring branch clippers, small pruning saws, and perhaps rakes and shovels to help spread mulch and for minor trail profile fixes. Wear layers, work gloves, etc. Wheelbarrow, shovel, fork shovel, rake, and bucket may be helpful.

Stay for as long or as short a time as you can fit. These are the very trails we'll be skiing on in a matter of weeks; let's prep them well!

Happy Hikers Ruth, Jackie, and Carol on November ski trail preview hike:



**Time to renew your membership** for the 2009-2010 season. Application here:

<http://www.rochesternordic.org/Forms/MembershipApplication.pdf>

## Thursday, Dec. 3 , 2009 Meeting 7:00 PM

### Topics:

- Basic Ski waxing
- How to repair skis
- Ski and Outdoor stuff swap/sale
- Bring stuff to sell or give away!**
- And the ever popular; Dish to pass!

As usual at these meetings, snacking, ski tales, (tall and standard) equipment chit-chat, and assorted camaraderie will also occur.

### Meeting Location:

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)

### Quote of the Month

We tend to make this sport more complicated than necessary, I was taught -  
"Turn right, turn left and repeat as necessary"  
- Unknown

### Contents:

- 2) XC Ski Foundation News: Trail changes at Harriet Hollister
- 3) RNSC XC Ski Lessons schedule
- 4) How to check if your skis fit.
- 5) RNSC XC trip to NH
- 6) Events Calendar
- 7,8) Huggers XC ski trips (PDF version only)
- 9) RNSC membership form

See PDF version of Newsletter for extended information on Trips,events,etc (pg7-9).

### Coming soon to a snow covered field near you:

Saturday 1/30/2010 Full moon ski in Penfield. More info to follow.

## Rochester Cross Country Ski Foundation News

### Trail Changes at Harriet Hollister;

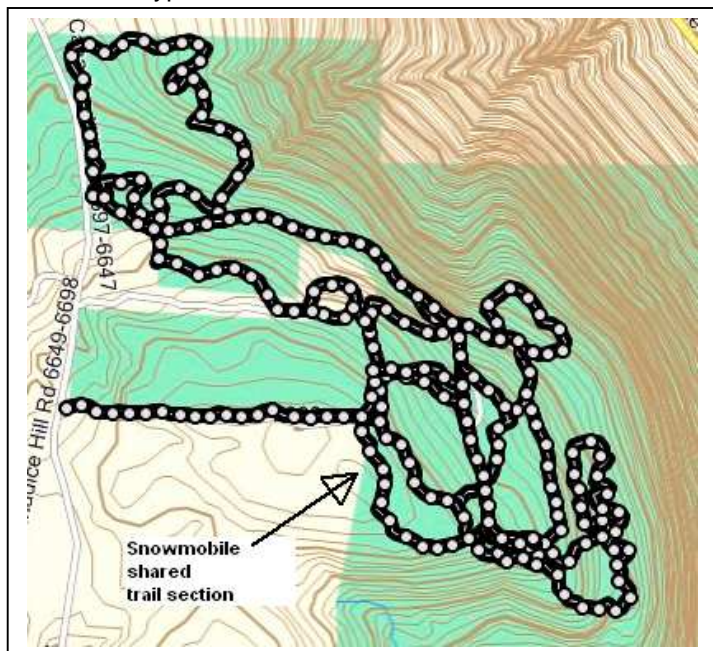
There was a meeting on 11-18-09 which had representatives of the Town of Canadice, the RNSC , RCXSF , several area xc ski coaches, the state manager of HH and area parks, and the Hill and Valley Snowmobile club, as well as Fred the Groomer.

The problem that has arisen is that private property permissions have changed for where the state sanctioned C4 snowmobile corridor can be in the area of HH. The cure for this was to go through the park and exit out at the southern border. Unfortunately the only path immediately available shared about 1200 feet of the existing Blue Spruce trail as it makes its way south. This is a rather narrow section (6-8 ft) and is used heavily in races.

The State manager was quite adamant in stating that the park was there for all to use, xc skiers did not have exclusive use of the trails, and that the snowmobilers were doing us a favor by staying off the ski trails.... so we have no special position. Much discussion occurred about safety , especially on race weekends and potential trouble of a shared trail.

It was also disclosed that the park is expanding in a big way. Land gifts to the state, and various arrangements with the Nature Conservancy are expanding the park to the West in several spots, in the South to County Line Road, with a connection to a large tract of land south of County Line Rd. This opened the possibility of cutting an alternative trail to the West of Blue Spruce, because land is available and terrain is flat in that area. This is only a possibility for this year... the State manager will be checking out the area and see if something could be cleared easily to connect up to the southern snowmobile corridor. Unfortunately, almost all of his help is now laid off for the season. It should be do-able for next year.

It was noted that such a meeting has not occurred for 4 or 5 years and needs to happen regularly. At the last meeting the snowmobilers agreed to stick to their corridor, and the ski race organizers were supposed to email and notify all concerned (snowmobile club, NYS, area schools, ski clubs , etc) when races were to happen and put up barriers to temporarily redirect snowmobiles. This happened for a year or two then mostly was dropped. Fred the Groomer has been doing some barrier work, and providing a groomed alternative path for the snowmobilers when possible (thanks Fred!). Because of safety concerns this needs to happen again. For this season it is planned to have the main road segregated with cones for snowmobile traffic and skiers, and if a second trail cannot be made around Blue Spruce, to have trail monitors at each end of Blue Spruce to stop snowmobiles when a race is in progress. All in all, everything worked out reasonably. It looks like with the new land additions, there will be room for a snowmobile bypass trail in the future.



Map shows existing Harriet Hollister trails. Arrow points to section of Blue Spruce which may need to be shared this year with snowmobile traffic (new snowmobile trail will continue on due South).

### The Rochester Cross Country Ski Foundation still needs your support!

Please renew your membership at:

Sign up for 2009/10 RXCSF Membership and Donations via <http://www.skireg.com/events/register.asp?EventID=3036> or use traditional paper Member Donor Form and mail.

<http://www.xcrochester.com/new/documents/RXCSFMemberDonorApplication20092010.pdf>



# ROCHESTER NORDIC SKI CLUB

## Cross Country Ski Lessons for 2010

- **Monday Night Beginner : Coleridge Gill at Cobbs Hill Park \$50 (\$40)\***  
January 4, 11, 18, 25 - 7 PM
- **Saturday Beginner: Jackie Cannizzaro at Mendon Ponds Park \$50 (\$40)\***  
January 9, 16, 23, 30 - 10 AM

For further information call Coleridge Gill 585-442-8634  
( )\* - Price for RNSC members

**Note: Number of lessons maybe cut by one lesson if weather conditions prevent having the total number.**

Send this application along with your check payable to RNSC to  
Coleridge Gill, 55 Fairmeadow Drive, Rochester, NY 14618

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE #'S (H) \_\_\_\_\_ (C) \_\_\_\_\_  
E-MAIL: \_\_\_\_\_

**JOIN THE SKI CLUB AND PAY THE LOWER PRICE SHOWN ( )\* !!!!**

### How to check out how well your skis fit!

This article is an excerpt from: <http://www.skipost.com/equipment.htm> - skifaq

#### Ski Fit

Any ski, skate or classic, must be properly sized based on your *weight and a few other factors*. Are you more or less fit than you were when your present skis were new? Do you ski more or less than when you purchased your skis? Has your technique improved or declined. Do you ski more aggressively now than in the past or now do you just go out and cruise? If any of this has changed you may need new skis to match the new you.

When I was racing fulltime I would enjoy and benefit from a much stiffer ski (both classic and skate then I do now). Now I ski a classical ski that closes at only 52% of my body weight. With these skis all I have to do is slightly shift my weight and I get tremendous kick with no compromise in glide. On my skating skis I would have raced at 125% of my body weight because I had a much more energetic weight transfer than I do now. I now ski at 110% of my body weight. I transfer the same weight but I do it more gradually now and wish to just cruise through the trails. So my present skis need to be softer to match the softer and gentler me. If your present skis fit you then you need to determine if the new ski technology and fresh ski bases will make skiing more enjoyable for you.

#### Are my classical and touring skis the correct stiffness for me?

If your classical skis are too stiff for your weight and technique, you will not be able to engage the bridge (kick wax or waxless Contagrip pattern) onto the snow during the push-off phase, and you will constantly slip due to lack of kick. If your skis are too soft for your weight, the kick wax will continually be dragging on the snow, and your gliding will be greatly impaired. If your skis are flexed correctly you will find that you will glide easily downhill and carry your momentum on the flats but with your slightest weight shift onto your kicking ski the bridge will close. This will allow your kick wax to bind with the snow crystals and your kick to

propel you forward. If you struggle getting kick or glide, your skis do not fit you. Most people have classical skis that are too stiff for them which makes going uphill very difficult and classical skiing very frustrating.

### **Testing the fit of new or old classical skis**

If you wish to conduct a rudimentary test of your classical skis place your skis together, base-to-base. Hold the skis on the binding plate. With one hand, squeeze the bases together as hard as you can. If you can force the bridge (kick zone) of the bases to touch with only one hand, your skis are most likely too soft. If the Kick zone remains apart with one hand then the skis are likely not too soft. Now try squeezing the skis together with two hands. If you squeeze the skis together as hard as you can with two hands and you cannot close the kick zone between your hands then your skis are likely too stiff. This is a simple test that will only work to expose skis that are way too stiff or way too soft. If your skis pass this test then they should be tested at a ski retailer with a perfectly flat testing board. Most retailers have testboards and knowledgeable staff that will help you test your old or new skis.

### **How to make sure your classical skis are not too soft or too stiff, with a testboard.**

1. Place the skis on the testboard.
2. Stand evenly with a flat foot on each ski with the front of your toes at the skis balance point or your ski boots in their bindings.
3. Place the testboard slider under the ball of your feet. Test to make sure the slider can move back and forth under your feet. If it cannot move the slider then the skis are too soft for you and you need stiffer skis and this test is over.
4. If the slider does move freely your skis are not too soft and you need to make sure they not too stiff. Put all your weight on one foot and pretend to kick. For an elite racer this will mean rising to the ball of one foot. For a beginner this will mean a slight weight shift to the front of one foot.
5. Try to pull the slider out from underneath the ski, if you can, the pair of skis is too stiff and you need softer skis. If you can't move the slider than the skis are soft enough to get kick on.

### **Determining your wax pocket.**

1. Place the testboard slider under the ball of your feet.
2. Stand evenly with a flat foot on the skis with the front of your toe at the skis balance point or in its binding.
3. Move the slider forward until it stops; mark this point on the skis sidewall. Repeat this procedure moving from the balance point rearward. Between these two points is your wax pocket for hardwax (thin cold kickwax layers) conditions.
4. Stand on one foot with pressure on one heel, repeat step 3. This determines your warm wax pocket for thicker sticky (klister and soft hardwax) wax conditions.

### **Are my skating skis the correct stiffness for me?**

Proper ski flex will greatly enhance your enjoyment of skate skiing by providing tremendous glide and stability in all snow conditions. If your skis are too stiff you will find yourself wobbling from edge to edge because your skis can only distribute your weight to a few inches of surface area at the extreme tips and tails of the ski. These stiff skis will be extremely unstable (and therefore slow) in hard snow conditions and very slow in soft snow conditions as they force their way through, rather than over, the soft snow. If your skate skis are too soft, you will flatten the bridge (or camber) of your ski. This will result in an unstable ski that rotates like a clock hand from under the ball of your foot. Without any residual camber (suspension) it is also a very slow ski that robs your energy as it is forced to bend over variations in terrain. A properly flexed ski floats over ski trail variations as it suspends the skier and absorbs the variations with its camber.

### **Testing the fit of new or old skating skis.**

If you wish to test the flex of your skate skis, place your skis together, base to base. Hold the skis on the binding plate. With two hands, squeeze the bases together as hard as you can. If you can force the mid-section of the bases between your hands to touch, your skis are most likely too soft. It is very difficult to test if skate skis are too stiff because you need your skate skis to be stiffer than your body weight. But if with two hands compressing your skis the skis do not close anywhere near the back of your binding plate the skis are likely too stiff. Most retailers have testboards and the knowledgeable staff that will help you test your old or new skis.

### How to make sure your present skating skis fit with a testboard.

1. Place the skis on the testboard with the front of your toe at the skis balance point or in its binding.
2. Put all your weight on the heel of one foot. Move the slider underneath your foot. If you can not move rearward to near your heel the pair of skis is too soft and you need stiffer skis.
3. If you can move the plate freely from the near your heel to a minimum of 25cm in front of the binding the skis are within range of fit.
4. If the skis do not close anywhere near your heel then the skis are likely too stiff.

#### Classical

*The skis are too stiff:* the consumer cannot get the bases to touch in the middle.

*The skis are too soft:* using only one hand the consumer can press the bases together.

*The skis are just right:* the consumer can get the bases to touch in the middle by squeezing with two hands but not with one hand.

#### Skate

*The skis are too stiff:* the consumer cannot get 2/3 of the base to touch when squeezing with both hands.

*The skis are too soft:* the consumer can squeeze the bases flat with both hands.

*The skis are just right:* the consumer can get about 2/3+ to -3/4 of the base to touch when squeezing with both hands, but not more.

## RNSC Trip to New Hampshire

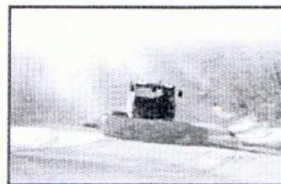


### *Town and Country Inn Shelburne, New Hampshire*

Saturday, February 13 – Saturday, February 20, 2010

*In* the heart of the White Mountains lies some of the best cross-country skiing terrain in the East. Ski resorts: Nansun, Balsam, Sunday River, and Bretton Woods are all within a half-hour drive. All levels of groomed trails are available.

Downhill skiing is also plentiful at Sunday River, Wildcat, Tuckerman's Ravine and Great Glen.



We will be staying at the lovely Town and Country Inn featuring rooms with two double beds and private bath. We will enjoy their indoor pool and Jacuzzi. The delightful cuisine will include breakfast and dinner.

We will arrange carpools for the long drive to eastern New Hampshire at a pre-trip wine and cheese party in January.

Group limited to 20 participants.

#### Price includes:

- ❖ Seven nights lodging in room for two with bath
- ❖ Seven breakfast
- ❖ Seven dinners
- ❖ Taxes and gratuities

# \$535

per person  
double occupancy

Leader Carol MacInnes  
8037 Main Street Fishers  
Victor, NY 14564  
585-924-4077

#### Payment Schedule

Deposit \$50 due Dec 7<sup>th</sup>  
Balance \$ 485 due Jan 7<sup>th</sup>



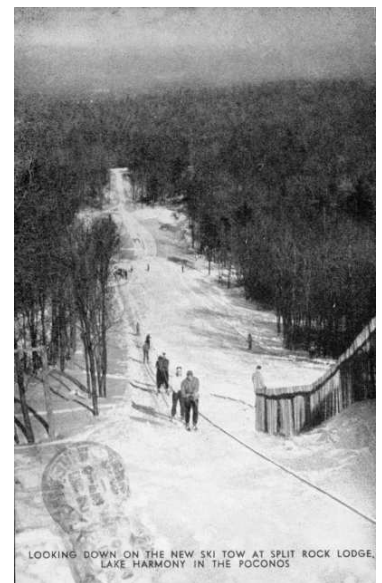
Make check payable to Rochester Nordic Ski Club and send to Carol at the above address.

Please include in the New Hampshire trip:

Name: \_\_\_\_\_ Enclosed is \$ \_\_\_\_\_ deposit

Address: \_\_\_\_\_

Phone: \_\_\_\_\_



1949 Postcard;  
The new ski tow at Split  
Rock Lodge, Lake  
Harmony in the Poconos

## Calendar of Upcoming Events:

**Nov. 28, 2009 Saturday** 1pm, Trail Maintenance Mendon Ponds Park

**Dec. 3, 2009 Thursday**, RNSC Meeting

**Dec. 4, 2009 Friday** Warren Miller Movie (sort of), 8pm Aud. Theatre

**Jan. 4 and Jan. 9, 2010** XC ski lessons start

**Jan. 17, 2010 Sunday** Mendon Ponds Winterfest

**Jan. 20, 2010 Wednesday** RNSC Daytrip, led by Coleridge; Destination TBD

**Jan. 30, 2010 Saturday** RNSC Moonlight Ski, hot cider, bonfire! Stay tuned to

<http://sports.groups.yahoo.com/group/rochesterxc/> for exact time and meeting place

**Feb. 5- Feb 8, 2010** Ottawa Winterlude Long Weekend, Huggers Ski Trip/Bock Tours, XC Ski trip,

**Feb. 13- Feb. 20, 2010** RNSC NH trip; White Mountains

**Around Feb. 27, 2010** to ??? Hog Loppet Ski Tour Trip (TBD)

**March 20- March 26, 2010** Huggers trip to Breckenridge

A RNSC member WILL COORDINATE a trip to the Hog Loppet in LEAVENWORTH, WA HELD ON Feb. 27, 2010 ANYONE INTERESTED SHOULD CONTACT STEVE GORSKI AT [sgorski@localnet.com](mailto:sgorski@localnet.com) TO SIGN UP FOR UPDATES

<http://www.skileavenworth.com/event/hog-loppet> This is a 30K , mostly downhill, non-competitive (ski-tour) with feed stations and beautiful country.

Some idea can be seen on Youtube: <http://www.youtube.com/watch?v=Hojr9bS1Yoc>

Rochester Nordic Ski Club  
PO Box 22897  
Rochester, NY 14692

ADDRESS CORRECTION REQUESTED

Huggers Ski Club (working with Bock Tours) Presents

# Ottawa Winterlude Long Weekend

**Friday, February 5 - Monday, February 8, 2010**



ttn: Cross-county Skiers, Snowshoers, and French-Canadian City Aficionados

**Picture yourself skating on the Rideau Canal, the world's longest skating rink! Cross country ski or snowshoe in beautiful Gatineau Park or at Chateau Montebello! Experience the fun of Winterlude, Ottawa's winter festival! Enjoy the beautiful city and culture of Ottawa!**

**DETAILS:** Sue Quackenbush will host a Bock Tours bus trip leaving **Friday** morning February 5th at 8:00AM, from Winton Place. Come early and enjoy a complimentary Continental Breakfast at Fox's Deli, and park free for the weekend. Arriving in Ottawa around 3 PM, there's still plenty of time to try skating the Rideau Canal or select a nice spot for dinner. The nearby Eaton Center will have plenty of shops to search for bargains.

**Saturday, Sunday, and Monday:** Cross-country skiing / snowshoeing or free time option. If you'd like, each of those days you can take the bus to that day's ski/snowshoe destination (approx. 8:30 a.m.- 2 p.m.). Gatineau Park has 190 kilometers of groomed cross-country ski trails plus 20 kilometers of snowshoe-only trails. A daypass for cross-country skiing is currently \$12 per day (only \$8 per day for age 60+). It doesn't appear there is a charge for snowshoeing if you bring your own (but assume the daypass fee). Snowshoe rentals are available for \$15 per day. Chateau Montebello has fewer trails but has a magnificent lodge to enjoy. Their cross-country ski day pass is currently \$7 per day. There are also plenty of Winterlude activities and Ottawa attractions (Museums, Art Galleries, and Parliament) to keep you entertained! On Monday we will leave Ottawa around 2 PM and arrive home around 9 PM.

**PRICE INCLUDES:** Round trip motorcoach transportation, 3 nights accommodations at The "Historic" Lord Elgin Hotel (centrally located at the center of the Winterlude activities and now with a new pool and hot tub!), a Wine & Cheese Party (Saturday evening), and plenty of free time for sightseeing. We will provide shuttles to the ski area(s). The city provides shuttles to the unique Winterlude venues! **NOT INCLUDED:** Trail fees, meals.

**PRICE PER PERSON: \$395 per person based on double occupancy.** Minimum 30 people required (Huggers plus public). Book now! PLEASE BOOK AS SOON AS POSSIBLE DUE TO HOTEL DEADLINES. THANKS!

To reserve spot, please fill out and mail info below along with \$100 deposit check payable to Bock Tours to: Bock Tours, PO Box 93313, Rochester, NY 14692. Or call them at 585-624-3410 for more info. Also, please send Sue Quackenbush an e-mail at [squackenbush@frontiernet.net](mailto:squackenbush@frontiernet.net) and/or call her at 388-9728 to let her know you're going.

Name(s) \_\_\_\_\_

Signature(s) \_\_\_\_\_

recommended

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

**Hotel accommodations requested:**

Smoking room \_\_\_\_ Non-smoking room \_\_\_\_

Other requests: \_\_\_\_\_

\$100 deposit per person at time of reservation. Balance due January 1.

Bus seating will be assigned based on when deposit is received.

Cancellation Penalty:

16-35 days prior - 50% withheld

0-15 days prior - 100% withheld

If seat is resold, a full refund will be made. Travel insurance is

and is available at additional cost. Ask for information.

Make checks payable to **BOCK TOURS** and mail to P. O. Box 93313, Rochester, NY 14692 or call **(585) 624-3410**. A confirmation of your tour booking will be promptly mailed.

A final itinerary will be mailed two weeks prior to tour departure.

## Huggers Ski Club Trip:

### **BRECKENRIDGE: Something for Everyone X-Country, Downhill, Snow Shoeing...**

**\$998/person (\$1028/non-members)**

**Saturday, March 20 – Friday, March 26, 2010**



#### **What's to do?**

- Numerous nearby opportunities for X-country skiing (free & fee-based)
- Downhill skiing at four ski areas within 10 miles (Breckenridge, A-Basin, Keystone, Copper Mountain). We will stay at the base of Breck's Peak 8 & 9 (<http://www.gobreck.com/>)
- Fly fishing, ice skating, snow shoeing, snow mobiling, sleigh rides close by
- Chalet is a block from downtown Breckenridge: sight seeing, shopping, restaurants, spas
- 18 bedroom chalet (2 bunks in each room; 2 people to a room) with 2 large living rooms, fire place, ping pong table, games, fully furnished kitchen, separate & recently remodeled bathrooms (<http://www.schussbaumer.org/homepage.php> – "our chalet")
- March is the Rockie Mountain's snowiest & sunniest month, so snow & weather should be great
- Free bus service throughout the county

\* Cost of trip does not include lift tickets or fees for other activities.

#### **Itinerary**

Pre Party, chalet parties every night (if you wish!), post party

Depart Rochester early morning on March 20, arrive in Denver at midday & rent vehicles at the airport.

Saturday afternoon will be free for grocery shopping & exploring the Denver area.

Arrive in Breckenridge by noon on Sunday in time for afternoon activities. We will provide breakfast each day, makings for lunch to carry & will cook at the chalet 4 out of the 5 nights we will be there.

Participants will be responsible for 2 dinners & activity fees.

#### **Payment schedule**

**\$400 non-refundable deposit is due on registration & will secure your spot.**

(Make check payable to Huggers Ski Club, Inc)

Remaining cost may be paid in installments & must be received by Nov. 1 & Jan. 1

Trip includes: air fare, lodging, rental vehicles (± 4 people/vehicle), trip insurance, many meals.

Cancellation less than 75 days before the trip will result in loss of your deposit.

**Questions:** Judy Harrigan – 703-2956 or [Judyharrigan@prodigy.net](mailto:Judyharrigan@prodigy.net)

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Name: \_\_\_\_\_ (as it appears on ID you will use when you travel)

Street: \_\_\_\_\_ Roommate: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Cell phone: \_\_\_\_\_ Name: \_\_\_\_\_

Email: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Mail registration & check to : Judy Harrigan, 739 Marshall Road, Rochester, NY 14624

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(Note: This is a Huggers Ski Club Trip)

**Rochester Nordic Ski Club**  
A NYSSRA club  
**2009-2010 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 \_\_\_\_\_

**PLEASE INDICATE: If the club offered electronic newsletter delivery would you like to receive your newsletter (check one) via:**  **regular mail (paper)**  **electronic only.** (electronic has more pages!)

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: \_\_\_\_\_