



nordic ski news

Volume 31, No. 6 February 2003

Thursday, February 6th Meeting – 7:00 P.M.

Twelve Corners Presbyterian Church, 1200 Winton Road South, Town of Brighton
(A smoke-free alcohol-free environment)

FEBRUARY MEETING

7:00 – Social Gathering

7:30 – General Meeting

“From King Hal to Bill Koch”

A History of Cross Country Skiing
Exhibits, and slides by Clyde Glover

Enjoy socializing and refreshments. Hope to see you!

Hot Line 234-5808
www.rochesternordic.org

PRESIDENT'S MESSAGE

Snow...Snow...Snow...

It is hard to believe that a year ago we were basking in balmy weather with no snow to be found. What a difference a year makes!! Nothing is more enjoyable then looking out a window on a winter day and seeing the ground covered in snow. Amazing how our friends and coworkers complain about it. Would they prefer the gray and brown?? How bleak...snow just makes everything bright in a time of year where we see so little sunlight.

We have a very active schedule this winter. Please spend a little time looking at our day trip schedule. There is something there for everyone. Be adventurous, go on a trip to a place you have never been. Little adventure always pleases the spirit. Besides, you can go to work on Monday with a big smile on your face. Maybe that will prompt some of those snow haters to get out an enjoy it!!

See you on the trails...

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 February 19, 2003.

The **mailing party** will be held Monday, February 24, 2003. Contact the Newsletter editor for more information.

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

Tell businesses that run ads where you learned about them!

Hot Line 234-5808
www.rochesternordic.org

Note from Ken Hann

I am still looking for a few more volunteers to staff the Special Olympics. We already have 12. The more the merrier. Mark Maas will lead the Special Olympics effort for the RNSC in my absence this year. Winterfest planning is going well. Please check out the Winterfest 2003 website. The address is: www.rochesternordic.org/winterfest

Here is the text of the press release sent to the media.

Beat the Winter Blahs

The Rochester Nordic Ski Club and the Monroe County Parks Department invite residents to attend the 8th annual Winterfest at Mendon Ponds Park on Sunday, February 16, 2003 from 11:00 a.m. to 4:00 p.m.

While Winterfest is geared towards families, we have put together an enjoyable day for everyone no matter how cold or warm the weather. The celebration includes horse drawn hay rides provided by Heberle Stables on a route overlooking beautiful Hundred Acre Pond, free cross country ski lessons and tours, snowshoeing, crafts, music and demonstrations by outdoor retailers and clubs. There will also be clowns and appearances by the Wegmans ZooMobile and the Monroe County Sheriff's Department Mounted Patrol and K-9 units. In addition, the Mercy Flight Helicopter is scheduled to land in front of Stewart Lodge at approximately 2:00 p.m.

Refreshments will be available at the Nature Center and at Stewart Lodge.

Mendon Ponds Park is located in the southeastern portion of Monroe County. You can enter the park from either Route 65 (Clover Street) or Pittsford-Mendon Center Road. Volunteers will be available to hand out programs and to answer your questions.

For further information:

Rochester Nordic Ski Club Hot Line at 234-5808

Visit us on the web: www.rochesternordic.org/winterfest

Hot Line 234-5808
www.rochesternordic.org

VOLUNTEERS NEEDED:

***The Mendon Pond Winter Festival is on
for Sunday February 16, 2003
from 11:00AM to 4:00PM***

I am still looking for RNSC to provide support at our club booths at Stewart Lodge.

If you have any questions, please e-mail me at kehann@frontiernet.net or call me at 586-5205.

Ken

2003 Winter Special Olympics:

Volunteers are still needed for the 2003 Winter Special Olympics to be held on Saturday, February 8, at Potter Park in the Village of Fairport. We will need to meet at 8:00AM for set-up. We have strongly supported this event in the past. Unfortunately, the weather did not co-operate the past couple of years and the event was cancelled at the 11th hour. The Special Olympics Committee has, as a result, developed a back-up plan so that we can be confident that the event will take place. A volunteer sign-up sheet will be available at the next meeting. You can e-mail me at kehann@frontiernet.net or call me at 586-5205.

Ken

Sunday, February 16, 2003

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. Food will also be available. Admission will be free for volunteers. Take advantage of this unique opportunity to see the 19th century buildings of this country village up close in the winter. Call Bill Pakulski at 889-7694 for details. Check out the Museum website at <http://www.gcv.org> for directions and more details.

Hot Line 234-5808
www.rochesternordic.org

February Race Report

In the midst of the best ski season in recent history, the Rochester Nordic Ski Club hosted the 1st Annual Bristol Mountain's Tour. This race proved to be the most challenging event ever run in the Western New York region. Eighteen kilometers of ups and downs really tested the durability of the skiers who dared accept the challenge. All expressed their pleasure with the course and with those who volunteered their time to make this event a success.

With the advent of February the racing season is swinging into full gear. The cold temperatures haven't frozen any hopes as the marathons begin their grip on many of the local ski racers. Four major marathons, all within five driving hours of the city are on the calendar and one, the Keskinada in Ottawa, has suggested the possibility of the attendance of the great one - Bjorn Daehlie.

January 25 Lake Placid Loppet
February 1 Tug Hill Tourathon
February 8 Little Birkie - Salmon Hills
February 15 Keskinada Loppet
February 22 30th American Birkebeiner
March 8 Salmon Run Marathon

Again, next season there is a contingent from Rochester planning to race the American Birkie in 2004. If you would like to join us, there will be information coming sometime in the future months.

Dave Valvo

A tentative schedule of future programs

March	The Arctic Circle Race, Erik Grimm
April	Ice Cream Social and Election of Officers

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 the www.rochesternordic.org

Hot Line 234-5808
www.rochesternordic.org

Genesee County Park Map

There have been improvements in signage at Genesee Co. Park.
Contact Ruth Hyde if you would like a map.



January 18th Harriet Hollister Day Trip – Geri Lessig / Ken Hann

It was a glorious sunny and crisp day when twelve people showed up for the Harriet Hollister day trip. The conditions were excellent and the park was not crowded. Different levels of skiers were in our group, from beginner to experienced. Brenda was our beginner, who after taking a couple of lessons from Coleridge, was able to tackle any trail that Ken led us through. After skiing, most of us stopped at George's Restaurant in Lima. Donna Silverman recommended George's and we are glad she did. The food, coffee, desserts and service was great.

Hot Line 234-5808
www.rochesternordic.org

Overview of This Season's Trips (You may wish to check the website for trip availability)

LAPLAND LAKE TRIP IS SOLD OUT

~~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).

TRIP SIGN-UPS FOR SILVERSTAR MUST BE RECEIVED BY 12/31/2002

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).

Roommate needed for Silverstar, British Columbia trip from 2/15 to
2/22. Female preferred. Contact Ruth Hyde at 461-9266.

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?

Nordic Ski Club Day Trips – 2003

January		
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
Sun Jan 26	<u>Mendon Ponds Park -- Quaker Pond Loop</u> Meet 10:30 am at Lookout Shelter parking lot on Pond Road.	Marty Sepos 223-5247
February		
Sat Feb 1	<u>Finger Lakes National Forest</u> Meet 9:30 AM at Bushnell's Basin Park and Ride. Bring lunch and water. For more information, call Mark.	Mark Maas 482-2679
Sun Feb 2	<u>Durand Eastman Park</u> Meet 10 AM at the golf course club house parking lot. If there is no snow we shall hike. Plan for two hours.	Rich Wilder 544-3602
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> RNSC members, call Ken Hann (586-5205) to volunteer. Visit the Winterfest website at www.rochesternordic.org/Winterfest for details of the activities planned.	

Anyone want to organize a trip to one of their favorite places? Pick a free date and call or email Jo Taylor 473-6729, daytrips@rochesternordic.org, if you are interested in leading a trip.

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

Rochester Nordic Ski Club
PO Box 22897
Rochester New York 14692

HOT LINE 234-5808
www.rochesternordic.org