



## nordic ski news

Volume 30, No. 6 February 2004

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**Thursday, February 5th Meeting – 7:00 P.M.**  
Twelve Corners Presbyterian Church, 1200 Winton Road South,  
Town of Brighton  
(A smoke-free alcohol-free environment)

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## **FEBRUARY MEETING**

**7:00 PM:**

**SOCIALIZING AND REFRESHMENTS**

**7:30 pm:**

**The Massasauga SAR: Search and Rescue,  
How Do They Do It?**

by Dan Groth, president of Massasauga SAR

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Enjoy socializing and refreshments. Hope to see you!

# PRESIDENT'S MESSAGE

## Frosty's Revenge

Winter is back!! Looks like it will be staying around for a while. This is wonderful news for us skiers. It has been very nice to ski on snow for this long of a period. Hope everyone has had the opportunity to get out and enjoy it.

We have a number of new members this year. It is nice to see them getting involved. Welcome to our new members.

Not too much to say this month...just get out and ski.

See you on the trails....

Mark

### Club Email Addresses for Officers and Committees

You can now **send a message** to [president@rochesternordic.org](mailto:president@rochesternordic.org), [weekendtrips@rochesternordic.org](mailto:weekendtrips@rochesternordic.org), [newsletter@rochesternordic.org](mailto: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 the 19<sup>th</sup> (change from normal schedule due to holidays)  
The **mailing party** will be held on the 23rd. 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](mailto: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](mailto:president@rochesternordic.org) with information. Format should be in word form or a tiff document. Rates are as follows:

<b>For Season:</b>	<b>For One Issue</b>
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 Business Card

## Upcoming Monthly Meetings

March 4, 2004      Vacation in New Zealand  
April 1, 2004      Elections; Wrap-up social

# 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

*If you haven't yet, pick up your membership card at the meeting.*

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## Calls for Volunteers

**Become active in your Club. Get to know new skiers and help the community at the same time!**

Contact Bill Pakulski @ 889-7694. Learn to ski day at Genesee Country Village, on Saturday, January 24

Call for Volunteers to help at the **Mendon Ponds Park Winterfest** on January 25, 2004. Help will be needed to staff club information tables, teach XC skiing and lead ski tours. Sign up sheets will be available at monthly meetings. You can also sign up by calling Ken Hann @ 586-5205.

Contact Bill Pakulski @ 889-7694. Learn to ski at Genesee Country Village Winter Day on Sunday, February 15

Call for Volunteers to help at the **Monroe County Winter Special Olympics**. Mark Maas will be leading this. The games will take place on Saturday, February 7, 2004. Help is needed between the hours of 8:00 am and 1:00 pm to set up the race course, sort ski equipment, help the competitors with the equipment, get them to the line and then, as necessary, offer assistance getting the competitors down the course. Also, lots of encouragement and cheering is needed too. All are welcome. Call Mark Maas to help.

Call for Volunteers at Please add February 21, 2004 as a Call for Volunteers Day at the **Genesee Country Village** on February 21, 2004 to lead a XC ski lesson effort that day. Help is needed with extra instructors and people to lead ski tours. A sign up sheet will be available at monthly meetings. Volunteers can also sign up by calling Ken Hann @ 586-5205. It has been indicated that Genesee County Museum will open the village for ski tours and that RNSC members would get in free that day to ski

**Biathlon** – earlier this month, the RNSC, Rochester Brooks Gun Club and the Western Region Biathlon Division of NYSSRA joined forces to hold the first area biathlon competition. The event was a success in spite of limited snow cover. Most people skated but there were a few who skied classic. Not only were there experienced biathlon participants, there were also new skiers trying the sport for the first time. Twenty racers, both male and female from their teens to our age competed.

For those not at our club meeting when Bill Lilly presented the sport, a person skis and then shoots a .22 cal rifle at targets 50 meters away. The skier then does an additional lap and then shoots again. Competitors shoot in both the standing and lying down positions. The targets get smaller when you are in the prone position. For every missed target, you get the opportunity to ski a shorter penalty lap.

I believe it was a positive experience for everyone, both competitors and sponsors so that I believe we will hold another race in the future. For someone wanting to try it for the first time, the Biathlon Club has extra .22 cal rifles that they will hand you when you are on the firing line. You will not ski with a rifle until you have gained some experience. Safety is number one.

Representing the RNSC as range officials were Jo Ann Ardell, Mary Ardell, Bob Jurena, Mark Maas, Jim Vallino and Ken Hann.

Representing the RNSC as a competitor was John Osowski.



## Ski Center Websites

Byrncliff [www.byrncliff.com](http://www.byrncliff.com)

Hardwood Hills [www.hardwoodhills.on.ca](http://www.hardwoodhills.on.ca)

Osceola [www.tughillregion.com/ski-osceola](http://www.tughillregion.com/ski-osceola)

Cayuga Nordic Ski Club <http://spidergraphics.com/cnsc/>

Onondaga Ski Club <http://www.osc-ski.org/home.asp>

A nice collection of information, mostly off line: <http://www.footprintpress.com/>

Interesting collection of local information and home to some great photographs:

<http://www.rochesternordic.org/info.com/>

<http://www.rochesternordic.org/info.com/>

Mendon Ponds Winterfest:

[www.mendonpondswinterfest.org](http://www.mendonpondswinterfest.org)

For additional XC ski locations and conditions, go to [www.rochesternordic.org](http://www.rochesternordic.org)

**Do you know of other websites of interest?** E-mail [newsletter@rochesternordic.org](mailto:newsletter@rochesternordic.org) and [webmaster@rochesternordic.org](mailto:webmaster@rochesternordic.org)

# ROCHESTER NORDIC SKI CLUB

## SKI LESSONS 2003-2004

### WORKSHOP

DIAGONAL STRIDE: Jim Vallino at Mendon \$7  
Sun. Feb. 8 1PM

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.

PLEASE NOTE: THESE PRICES ARE FOR MEMBERS ONLY.

### Day Trips

Jan. 31, Saturday. Weilers' Trails, beginning/intermediate. Meet 1pm at Weilers, 7829 W. Henrietta Road, Rush (1.5miles south of exit 11 on Rt. 390). Hike if no snow. Weilers, 533-1438.

Feb. 1st. Genesee County Park. Meet 10am at Holidome, west side parking lot. Bring lunch and water. Call Ruth Hyde, 461-9266.

Feb. 7th. Cummings Nature Center. Carpool from Bushnell's Basin Park & Ride, 9:30. Bring lunch and water. If there is no snow, we will hike. Trails easy/intermediate. \$3.00 trail fee use donation. Call Chris Baron, 315-986-1134.

Feb. 14th and Feb. 28th. Tug Hill Area. Carpool from Bushnell's Basin Park & Ride., 8:00am. Bring lunch and water. Call Jo Taylor, 473-6729 or Sharon Galbraith, 872-0327.

Contact Sharon Galbraith about signing up to lead additional trips

## JANUARY 10, 2004 - IMPROPTU SKI AT WEBSTER PARK

### Trip Leaders - Geri Lessig and Ken Hann

Brrr, frigid, that was the forecast when four Nordic skiers braved the trails at Webster Park. The temperature was about 0F when we started out. This impromptu ski was originally scheduled for Genesee County Park but we decided to ski locally rather than travel.

It was a winter wonderland, especially skiing through the pines. For me, the snow conditions were perfect. Most of the areas we shushed through had over a foot of snow.

Skiing with three tall men proved to be difficult. As I was able to ski under downed trees or overhanging tree limbs, my companions weren't able to clear them and some ended up with a pile of snow on their head. Yours truly was the only one who didn't fall during our ski until I was summarily knocked over. A word of advice, when you ski with Tom Smock, try falling down at least once.

### **Randonnee Tours**

Self-guided winter adventures in Canada - winter adventures located in Manitoba's Whiteshell Provincial Park and in Quebec's Eastern Townships and Laurentians. Randonnee Tours will give our organization a 10% commission on every tour purchased directly from us by one of your members. *(This 10% will be passed on to our members as a benefit of membership).*  
(Group discounts would not apply - the 10% is greater.)  
[www.randonneetours.com](http://www.randonneetours.com).

### **EMS Discount**

EMS is offering a 20% discount on everything in the store.  
Show a current newsletter with your address label

### **Get Out & Stay Out Adventure Outfitters Inc**

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

## Overview of This Season's Trips

Mount St. Anne, Quebec, Canada - 2/14-2/21, \$640, (7 nights),  
Carol MacInnes (924-4077).

Ottawa Winterlude Weekend – 2/6-2/9 (2 nights),  
Bock Tours (624-3410)

Tug Hill Plateau, Sandy Creek, New York - 3/6-3/7, \$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.

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Trip Name:  
Your Name(s)  
Your Address

Your 'Phone Numbers:  
Your e-mail:  
Best time to call:

Are you able to drive or otherwise help the leader?

**Rochester Nordic Ski Club**  
a NYSSRA club  
**2003-2004 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.**

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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	<a href="mailto:president@rochesternordic.org">president@rochesternordic.org</a>
Vice Pres.	Ken Hann	586-5205	<a href="mailto:vicepresident@rochesternordic.org">vicepresident@rochesternordic.org</a>
Secretary	Mary Ardell	235-5758	<a href="mailto:secretary@rochesternordic.org">secretary@rochesternordic.org</a>
Treasurer	Bob Jurena	266-8512	<a href="mailto:treasurer@rochesternordic.org">treasurer@rochesternordic.org</a>
Board	Jo Ann Ardell	323-2893	) <a href="mailto:board@rochesternordic.org">board@rochesternordic.org</a>
Board	Coleridge Gill	442-8634	)
Board	Jim Vallino	425-1102	)
Board	<b>Open</b>		)
Comm Affairs	Ken Hann	586-5205	<a href="mailto:community@rochesternordic.org">community@rochesternordic.org</a>
Day Outings	Sharon Galbraith	872-0327	<a href="mailto:sharonbillgal@aol.com">sharonbillgal@aol.com</a> <a href="mailto:daytrips@rochesternordic.org">daytrips@rochesternordic.org</a>
Historian	Rosie Sepos	223-5247	<a href="mailto:historian@rochesternordic.org">historian@rochesternordic.org</a>
Instruction	Ruth Hyde	461-9266	<a href="mailto:lessons@rochesternordic.org">lessons@rochesternordic.org</a>
Maps	Dayle & Rick Lavine	442-6358	<a href="mailto:maps@rochesternordic.org">maps@rochesternordic.org</a>
Membership	Geri Lessig	266-3917	<a href="mailto:membership@rochesternordic.org">membership@rochesternordic.org</a>
Newsletter	Jo Ann Ardell	323-2893	<a href="mailto:newsletter@rochesternordic.org">newsletter@rochesternordic.org</a>
Programs	<b>Open</b>		<a href="mailto:programs@rochesternordic.org">programs@rochesternordic.org</a>
Publicity	Coleridge Gill	442-8634	<a href="mailto:publicity@rochesternordic.org">publicity@rochesternordic.org</a>
Publicity	<b>Open</b>		
Social	<b>Open</b>		<a href="mailto:social@rochesternordic.org">social@rochesternordic.org</a>
Summer Pgm	<b>Open</b>		<a href="mailto:summer@rochesternordic.org">summer@rochesternordic.org</a>
Web Master	James Vallino	425-1102	<a href="mailto:webmaster@rochesternordic.org">webmaster@rochesternordic.org</a>
Weekend Trips	Jackie Cannizzaro	425-1934	<a href="mailto:weekendtrips@rochesternordic.org">weekendtrips@rochesternordic.org</a>
Weekday Trip Call List	Gretchen Schauss		<a href="mailto:gschauss@exnet.net">gschauss@exnet.net</a>

Rochester Nordic Ski Club  
PO Box 22897  
Rochester New York 14692

[www.rochesternordic.org](http://www.rochesternordic.org)