



nordic ski news

Volume 31, No. 5 February 2005

Thursday, February 3rd 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 SOCIALIZING & REFRESHMENTS

8:00 PRESENTATION:

I HAVE NEVER HAD A REAL JOB,
25 Years of fulltime Outdoor Leadership.

Join Rick as he takes you from stories of plane crashes in Antarctica to the jungles of Central America. Rick has logged time leading groups from the Himalayas to Africa to the other 5 continents. He will share stories of his experience but also what the lifestyle is like. What rewards and sacrifices are there in leading groups, full-time world-wide? What hardships are there in this line of work and what joys? What skills does it take? How has the professional outdoor adventure world changed in the last quarter century? Find out if this a job you would like to or could do.

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

President's Message

As we enter 2005, it is not too early to begin thinking about next season. While we have a great list of travel and local trips to enjoy including some day outings during the week, we need to be thinking about the future. This includes two things, (1) next year's board and officers and (2) where we want to go as a club. The board would like your input for discussions in our remaining meetings for this season so that we will have an opportunity to begin implementing your thoughts.

We are an all-volunteer club of people who are interested in promoting and enjoying the sport of XC skiing. This has been our focus for as long as I can remember. It is also the restated consensus of the board and committees present at a meeting when we visited this topic a few years ago. We have the organizational infrastructure in place to do this well. What I am not sure of is how we are meeting your needs and, accordingly, I am asking for your opinions as to what we can be doing better.

What are the things that you enjoy?

What are you looking for from the Nordic Ski Club?

What are we not providing that you would like to see in the future?

Do you like the number and type of trips that we are offering?

Would you be interested in leading or co-leading a trip to some favorite area?

Do you have an area of the county or state that you would like to go to but don't feel confident in organizing or leading an outing?

Are there areas you would like to ski but would feel more comfortable in going with a group?

What would you like to see listed or linked to in our website?

How can we improve our newsletter? Is there information that you would like to see listed or pertinent links suggested?

Other -

For those who are receiving this via e-mail, please consider writing out your comments and sending them to me (kehann@frontiernet.net). You can also drop off your comments at the admission table at our next meeting or just offer your comments to any officer or committee member either by telephone or in person at our upcoming meetings.

Also, please consider becoming involved in helping our club be successful as an officer, a board member or as a committee member. Something as simple as sticking around a few extra minutes at the end of a monthly meeting to help Social clean up is most appreciated.

Thanks.

Ken

Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, February 103. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

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 17th
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

Volunteer Opportunities

Rochester Nordic Ski Club Positions

The Membership position is open. 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.

*Earn Your Turns
Join the
Nordic Ski Patrol*

www.GVNordic.org
GVNordicRecruiting@MooseWareinc.com

Winterfest 2005

In spite of the weather, many ventured out for a great day in the park. For me, it started out with not being able to get my truck started. My apologies for arriving later than planned. All seemed to go smoothly though. Our volunteers did an excellent job as usual giving lessons, staffing our information table and taking lots of pictures



Jim Valino	Beginner XC ski lessons
Bonnie Bissette	Beginner XC ski lessons
Jackie Cannizzaro	Beginner XC ski lessons
JoAnn Ardell	Staff Stewart Lodge
Karen Nesbitt	Staff Stewart Lodge
Chris Baron	Staff Stewart Lodge
Barb Weiler	Staff Stewart Lodge
Jim Valino	Staff Stewart Lodge
Greta Stephany	Staff Nature Center
Ken Hann	Roving Photographers
Gerri Lessig	Roving Photographers
Donna Silverman	Roving Photographers
Gary Reif	Roving Photographers

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

Please call the contact number so that the leader knows you are attending!!!!

Check out the website (www.rochesternordic.org) for trip updates.

January

Saturday, Jan. 29.
10:00 am
Joint trip with Buffalo Club to Bryncliff.
Meet there
Contact Sharon Galbraith, 872 0327.

Saturday, Jan 30
10:00 am
Genesee County Park
Meet west side of Holidome parking lot
Bring lunch and water.
Ruth Hyde, 461-9266.

February

Saturday, Feb. 5.
9:00 am
Cummings Nature Center.
Meet in parking lot
Chris Baron, 315 986-1134.
(Chris, doesn't appear that we will need to hike if there's no snow! Yeah!)

Saturday, Feb. 12.
8:00 am
Tug Hill.
Meet in Bushnell's Basin Park & Ride
Jo Taylor, Sharon Galbraith, 872-0327.

Sunday, Feb. 13.
2:00 pm
Durand Eastman
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.
9:00 am
Cummings Nature Center.
Meet in parking lot
Chris Baron, 315 986-1134.

Sunday, Feb. 20.
January
Genesee County Museum. Details to follow

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

EMS Discount

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

TRIPS 2005

Welcome to the Winter 2005 ski season. Just fill out the coupon 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

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).

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? _____

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.**

Trips available to RNSC members that are offered by other clubs.

Sign-up and trip cancellation policies are set by each of the clubs.

Huggers Ski Club

They have weekend trips going to Garnet Hill, Old Forge and the Tug Hill Plateau area.

Buffalo Nordic Ski Club

The Buffalo Nordic Ski Club also has trips that are of interest to RNSC members. The information below is extracted from their November newsletter.

Trip	Date	Information	Price	Contact
Craftsbury, VT	2/27 - 3/4, 2005	The Buffalo club has been doing this trip for a number of years. It is one week of skiing at Craftsbury Outdoor Center. The group rents a van for the week to make the trip. If there is room in the van maybe an arrangement can be made for a pickup in Rochester.	\$410 \$60 for sharing in van	Tom 716-773-4424
Salmon Hills or Hardwood Hills	Mid-week trip in early February	The newsletter has an announcement asking if anyone is interested in a mid-week trip to Salmon Hills or Hardwood Hills. Each of these is the same distance from Rochester and Buffalo, respectively.		No contact information given. See Rochester nordic.org website for additional information.

Get Out & Stay Out Adventure Outfitters Inc

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

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	Mary Ardell	313-8864	secretary@rochesternordic.org
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
Publicity	Donna Silverman	244-2784	publicity@rochesternordic.org
Racing	Coleridge Gill	442-8634	racing@rochesternordic.org
Social	<i>Open</i>	266-3917	social@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