

nordic ski news

Volume 32, No.6 February 2006



Thursday, February 2nd 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)

FEBRUARY MEETING

6:00 Pre meeting ski or hike...
Meet at 6:00 for an hour of casual exercise.

7:00 Susan Siebert will introduce us to FITTREK. Susan is a MASTER TRAINER for FITTREK. This should be a fun, active meeting. She has limited supply of poles so bring your ski poles or hiking poles if you want too. Her presentation will last about 45 minutes. We will sit and chat after the Fittrek routine.

Hot Drinks and Water will be provided by the Club.

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

WHERE IS WINTER!!

Can you believe how warm it was in January?? I cannot recall such a long period of relatively warm weather during a winter month. December started out so promising for us skiers. Now my skis are really starting to dust up. Why? We can blame La Nina for most of this. But...why is La Nina so strong?? Up to the early 1990's scientists had a very good computer model that could predict the upcoming La Ninas with accuracy. Since then their model has not been very reliable. There is something else influencing their results. Global Warming?? Laugh if you want but they have some scenarios which turn the Amazon forest into a desert by 2050!! What does this mean to us skiers?? Ski when there is snow, it might be gone the next day. Remember Harriet Hollister Park, it is at elevation. If it is a cold rain in Rochester there are good odds it is snowing at Harriet Hollister. If you do not want to chance taking a ride down there then check out our new Trail Conditions page on our website.

Mark

MEETING LOCATION

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

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.

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 January 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

Board Meeting

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

DAY TRIPS

Please call me or email me if you plan on leading a day trip. My number is 585 872 0327, email is sharonbillgal@aol.com

JANUARY

Sunday, January 29 10:30 a.m. **joint ski outing with the Buffalo Nordic Ski Club,**
Canfield Road near the map sign.
Mendon Ponds Park

Saturday, Feb 12 6:00 p.m. Moonlight Ski at Durand Eastman followed by soup
Meet at Golf Course Parking lot.
Sunset at 5:36 am, Moonrise at 5:08 pm
We should be able to see this year!
Call for details, Jo Ann Ardell, 323-2893

INVITATIONS

The Buffalo Nordic Ski Club has reserved 3 cabins in Allegeny State Park for Friday and Saturday nights, Jan. 20 and 21st. If you are interested in joining them, contact Sandy Warner at 716 759 6345, or, email, swarner274 The cost is \$18.00 per night.

Buffalo Nordic SkiClub trip to Craftsbury Outdoor Center.
Thursday March 05, 2006 to Monday March 09, 2006

The cost, if we have 10 or more in our group, is \$296.00 per person, which includes lodging, food and trail fees.

If interested --- Please contact Jim Brade at (716 - 835 - 5867) for more information.

OVERVIEW OF THIS SEASON'S TRIPS

There's space left—contact the trip leaders

Grey Bonnet Inn, **Killington**, 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.

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TRIP SIGN UP

Trip Name: _____	Your e-mail: _____
Your Name(s): _____	Best time to call: _____
Your Address: _____	Are you able to drive or otherwise help the leader? _____
Your Phone Number: _____	_____

ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2005-2006

CLASSES

Editor's note: Adjustments have been made to the schedule due to lack of snow. Contact one of the instructors for up-to-date information.

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 ()]**

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.)

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
Hardwood Hills
Osceola

www.byrncliff.com
www.hardwoodhills.on.ca
www.tughillregion.com/ski-osceola
Cayuga Nordic Ski Club
Onondaga Ski Club
Mendon Ponds Winterfest

Garnet Hill
Lapland Lake
Winona Forest
www.garnet-hill.com
www.laplandlake.com
www.tughillskiclub.com
<http://spidergraphics.com/cnsc/>
<http://www.osc-ski.org/home.asp>
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

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

Earn Your Turns *Join the Nordic Ski Patrol*

www.GVNordic.org
GVNordicRecruiting@MooseWareinc.com

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	533-1438
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