

**“Easy click” snow reports**  
now on RNSC home page!  
[www.rochesternordic.org](http://www.rochesternordic.org)

## Winterfest 2010

Congratulations to Ken Hann for coordinating and doing massive amounts of legwork to set up another successful Mendon Ponds Winterfest! The snow was thin but sufficient and each of the lodges and shelters were full of local groups to help spread the joy of winter.



RXCSF/Genesee Valley Bill Koch Youth Skiers having fun at Mendon Ponds Winterfest!

**Time to renew your membership** for the 2009-2010 season. Application here:  
<http://www.rochesternordic.org/Forms/MembershipApplication.pdf>

## Thursday, Feb. 4, 2010 Meeting 7:00 PM

**Special Note: This meeting is not at the usual location!**

### Topics:

-Steve Gorski will present a trip report on his recent XC trip to the Cascade Mountains in Washington.

-Nordic Ski Club members will talk about and show XC ski preparation and maintenance techniques - from wipe and go, to the racers edge. Irons, materials, ski vices will be available for those who wish to wax their own skis.

-Dish to Pass- Valentines theme Chocolate feast! Bring a chocolate based dish if you are able!

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

### Meeting Location:

Meeting Location: \*\*Buckland Park Lodge, \*\*  
1341 Westfall Rd. ~1/2 mile West of Winton  
Avenue off Westfall Road (south side)

NOTE: (this time only, is not our usual location of Brighton Town Park)

### Quote of the Month

“Trust no snow you cannot hear”

### Rescheduled: RNSC Meet at Weilers

For RNSC members and guests only, Saturday Feb. 27, 2010 1-4pm, ski or hike if no snow. More info can be had by calling 533-1438. Address is 7829 West Henrietta Rd., 1.6 miles south of exit 11 on 390.

Cancelled due to lack of snow :  
RNSC Full moon ski in Penfield.

## Rochester Cross Country Ski Foundation News

News from your Rochester Cross Country Ski Foundation, as we all eagerly await the Vancouver Winter Olympics:

\* Thanks to all donors and members for supporting our recent purchase of a new Tidd Tech roller for use at Harriet Hollister Spencer. The new, narrower equipment will allow for faster packing of the trails; it replaces a unit that had exceeded its useful life. Next time you're there, bring food and thanks to Fred the Groomer!

\* 125 wonderful people have stepped forward to become current members of the Rochester Cross Country Ski Foundation, the sole provider of funding for all xc ski grooming at Harriet Hollister Spencer, Mendon Ponds and Webster Parks. NO, the county does not do this; we pay for the labor, gas, and equipment necessary, and it comes to \$8000 per winter season. We're preaching to the choir here and asking all Roch. Nordic Club members to talk up this grooming foundation to your friends, and go online to become members yourselves:

<http://www.skireg.com/events/register.asp?EventID=3036>

or by paper & mail:

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

\* The RXCSF Youth Ski Festival is this Sat/Sun (Jan. 30-31, 2010) at Bristol Summit XC Center. Over 50 youth skiers from our area plus skiers from Maryland, Pennsylvania, Potsdam, Ithaca, Tug Hill and Syracuse will be competing in skate and classic races as well as an olympic-themed team tournament that will build ski skills while developing the Olympic Spirit ideals of Excellence, Respect and Friendship. Any RNSC member is encouraged to come and cheer on the skiers; anyone wishing to volunteer can contact me. The event timeline is posted on the RXCSF Youth Skiing website: <http://www.xcrochester.com/new/GVBKYS/GVBKYS.htm>

### Want quality wicking socks, but don't want to pay \$8-\$20 a pair?

Here is the answer! Russell Athletic Performance Crew Sock - Mens 12 Pair Pack

\$19.97 for a 12 pair package. These are nicely cushioned, white, wicking, (Dri-Power) 88% Acrylic / 11% Nylon / 1% Lycra Spandex blend. Some web pages mention cotton by mistake, but they contain no cotton. I have used these as my base layer socks and they work as well as my previous Coolmax ones.

Be sure you are getting the Dri-Power version, since Russell Athletic also makes cotton socks. Russell also makes socks with Duraspun wicking fabric, but pricing and availability seem limited.

Through Amazon:

<http://www.amazon.com/Russell-Athletic-Performance-Crew-Sock/dp/B00022RYDM>

or directly to the seller (Sportsmans Guide):

<http://www.sportsmansguide.com/net/cb/12-prs-of-crew-socks-white.aspx?a=558377>

Item number is WX2-161939

Quantity or future availability may be limited!



Snowshoe race, Mendon Ponds Winterfest 2010



Fun at Mendon Ponds Winterfest 2010 !

## Calendar of Upcoming Events:

**Jan. 30 & 31, 2010** Nordic Hot Dog Days, Cumming Nature Center, 11:30-3pm

**Jan. 30 & 31, 2010** Bristol Summit XC RXCSF Youth Ski Festival - Classic and Freestyle, Games, Saturday Evening Banquet

**Jan. 30-31, 2010** Telemark Skiing Camp; Intro to Telemark, Gore Mountain

**Jan. 31, 2010** Ski Orienteering, Byrncliff, 716-652-9727 or [www.bfloorienting.com](http://www.bfloorienting.com)

**Feb. 6, 2010** Lake Placid Loppet <http://www.whiteface.com/events/lop.php>

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

**Feb. 11, 2010** Lake Placid Biathlon, North American Cup ; Olympic Sports Complex

**Feb.13, 2010** 10:00 – 11:30 am MPP NM or Bristol XC 4th Annual GVBKYS/RXCSF Mini Marathon (Freestyle)

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

**Feb. 13-14, 2010** Winona Forest, Tug Hill Challenge Sled dog competition at CCC Camp

**Feb. 20-21, 2010** Winona Forest, Mannsville Quest Sled Dog Competition, CCC Camp

**Feb. 21, 2010**, Byrncliff,, Cardboard Sled Olympics

**Feb. 27, 2010** , Saturday, RNSC Meet at Weilers, For RNSC members and guests only, 1-4pm, ski or hike if no snow. More info can be had by calling 533-1438. Address is 7829 West Henrietta Rd., 1.6 miles south of exit 11 on 390.

**Feb. 27, 2010**, Byrncliff, Moonlight Ski party and buffet (585) 535-7300

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

**Feb 27 & 28, 2010** More Nordic Hot Dog Days, Cumming Nature Center, 11:30-3pm

**Feb. 27-28, 2010** Telemark Skiing Camp, Trees, Steeps, Bumps; Gore Mountain

**March 6, 2010** Winona Forest Tourathon

**March 13-14, 2010** Lapland Lake Mid-Atlantic Bill Koch Festival

**March 20- March 26, 2010** **Cancelled (lack of sign ups)** 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=Hoir9bS1Yoc>

## XC Ski Hints and tips:

Is glide good?

Yes, surely glide is good.

- \* It's the main thing that makes the movements of skiing so special.
- \* It's what makes cross country skiing easier on our joints and bones than running.
- \* It's what makes true classic striding different from shuffling on the snow.
- \* It's fun -- the major separate sport of alpine downhill skiing has formed just to focus on the glide aspects of skiing.
- \* and it's not just fun for humans -- many animals enjoy gliding on water, snow, and air. It seems that most of us are genetically "wired" to feel the goodness of gliding.
- \* Glide is the "payment in kind" for our muscular effort. It's a special time when we get a body-motion reward in return for our body-motion work.

- Elite ski racers successfully go up steep hills on snow using [hill bounds](#) with no glide phase (though there is an air-borne phase).
- Beginning skiers move successfully on the flats with little or no glide -- by shuffling.
- Bicycle racers rarely use any glide on flat and uphill sections, yet they go significantly faster than skiers in both kinds of terrain.
- Runners never glide, yet they can go fast -- and on steep uphill, faster than skiers.

The above is an excerpt from an extensive web page on the subject, found here:

<http://www.roberts-1.com/xcski/classic/m/glide/index.htm>

# 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: \_\_\_\_\_



At the Mendon Ponds Winterfest 2010!

Rochester Nordic Ski Club  
PO Box 22897  
Rochester, NY 14692

ADDRESS CORRECTION REQUESTED

## WHY BE A MEMBER OF ROCHESTER NORDIC SKI CLUB?

Ski lessons by experienced instructors Discounts on ski lessons Discounts at stores Newsletter Club information meetings Map packets	Day trips Find out where the snow is! Community activity involvement opportunities Opportunity to promote the sport Learning of new places to ski Extended trips at group rates
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OTHER SKIERS TO PLAY WITH, MAKE NEW FRIENDS, FIND NEW PLACES TO SKI !

<b>Contact Information: <a href="mailto:info@rochesternordic.org">info@rochesternordic.org</a></b>		
ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS		
President	Mark Maas	482-2679
Vice Pres.	Gary Reif	218-0193
Secretary	Coleridge Gill	442-8634
Treasurer	Jo Ann Ardell	323-2893
Board	James Vallino	425-1102
Board	Ken Hann	586-5205
Board	Steve Gorski	
Board	David Lentz	
Day Outings	<b>OPEN</b>	
Historian	Barb Weiler	533-1438
Instruction	Coleridge Gill	442-8634
Membership	Steve Gorski	
Newsletter	Gary Reif	218-0193
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
Social	Ken Hann	586-5205
Web Master	James Vallino	425-1102

For all address changes and corrections, contact one of the officers or board members, or send change to the P.O. Box.

Rochester Nordic Ski Club PO Box 22897 Rochester, NY 14692
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### Up to the minute Snow Reports!

Join the RNSC Yahoo Groups (XCROCHESTER) and have XC snow reports sent directly to your e-mail. You can also use this as a bulletin board to ask questions, etc. Go to [groups.yahoo.com](http://groups.yahoo.com) and join the rochesterxc group!

How to sign up for the Upstate NY XC ski conditions Yahoo Group

- 1) Go to <http://sports.groups.yahoo.com/group/rochesterxc/>
- 2) Click "Join this group"
- 3) If you don't have a Yahoo ID click "Sign up" (you don't have to fill in real info about yourself, especially not the birthday). The alternate Email should be your regular email address.
- 4) Yahoo sends email to your regular address to verify you. You must click a link in the mail to start your account.
- 5) You should now have a window for Yahoo Groups with the rochesterxc snow conditions page. Answer the setup questions ( for #2 choosing "individual email" is best because you get snow reports right away ! ).
- 6) You can post messages by sending mail to; [rochesterxc@yahoo.com](mailto:rochesterxc@yahoo.com) (you must already be a member, and it has to come from your registered mailbox). You can also post messages on the group website.