



Volume 31, No. 5 January 2003

Thursday, January 2nd Meeting – 7:00 P.M.
Twelve Corners Presbyterian Church, 1200 Winton Road South, Town of Brighton

JANUARY MEETING

7:00 to 9:00

Ski Extravaganza

See the latest in ski clothing and equipment.

Talk with instructors and sign up for lessons in classical, skating and telemarking styles.

Learn about trail improvements at Harriet Hollister.

Meet the people who patrol the trails and provide aid to winter enthusiasts
in need of medical assistance.

Enjoy socializing and refreshments. Hope to see you!

Hot Line 234-5808
www.rochesternordic.org

PRESIDENT'S MESSAGE

The Sounds of Snow...

What a difference a year makes!!! Last year at this time we were still mowing our lawns. Only thing we have to worry about this year is did we prepare our lawn mowers for winter! Hope everyone had a chance to get out and enjoy the snow while it is around.

Keep in mind lessons start very soon and we have a very full day trip schedule for the months of January and February. Just a few good reasons for you to get out and mingle with your fellow ski club members. We still need volunteers for the Bristol Mountain Tour, Special Olympics, and Winter Fest. If you can spare some time it will be appreciated.

Hope everyone enjoys this wonderful holiday season. Special prayers go out to our women and men in the armed services. How is this for a nice present for us all: Actually settle something without conflict.... what a concept.

Happy Holidays,
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 January 19, 2003.

The **mailing party** will be held Thursday, January 23, 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

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www.rochesternordic.org

Commentary:

We continue to sustain and grow our community involvement. This is the good part. Unfortunately, this year some of our events occur on dates that conflict. In spite of this, I hope club members will step up to support all the ongoing events. Specifically, Bill Pakulski is representing the RNSC at two Genesee Country Village events. One is a ski outing on January 12 and the other is GCV's Winter Festival on February 16.

Both events will be lots of fun to help out at. I have helped Bill in the past so I speak from experience. I recommend that we strongly support his efforts. Bill has been an RNSC point person at GCV for several years now and we don't want that relationship to end.

The conflicts are that Dave Valvo is sponsoring a XC race at Harriet Hollister on January 12 and I am involved with the Mendon Pond Winter Festival on February 16. Dave has worked hard to revive RNSC XC ski racing and get the RNSC name back into the eyes of avid XC racing enthusiasts. The RNSC did sponsor races in the past, before I was a member. I'm sure Coleridge can share experiences of this time, as he is one of the charter members of our club.

Both Bill's and Dave's efforts are channels for future members to our sport and hopefully our organization. I also hope that members will come out to the Winter Festival as both volunteers and involved spectators to enjoy with winter activities.

Ken

WXXI Phone-In Pledge Campaign

I would like to thank those members who were able to help out in this year's phone-in pledge campaign. They are Mary Ardell, Don Cranson, Coleridge Gill, Judy Immesoete, Bob Jurena, Mark Maas, Carol MacInnes, Elly Mahler, Marty Sepos, Donna Silverman and Jo Taylor. We recorded over \$4500 in pledges.

A big change for this year was the computer input for each pledge. While it took us longer to record each pledge, it did save the WXXI office staff significant follow-on work. Specifically, all our entries went into building WXXI's database and when we clicked submit, all pledges made on credit cards were immediately charged.

Ken

VOLUNTEERS NEEDED:

Hot Line 234-5808

www.rochesternordic.org

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

The Winter Festival is on and I will be chairing it. After being involved these past seven years, I didn't want it to fade into history due to budget cuts. To my great disappointment, I saw exactly this happen to the Ithaca Winter Festival due to state budget cuts. In response to our county budget situation, I submitted a letter of intent to the Monroe County Park Department to organize the Winter Festival. I have been given approval to organize the festival and am seeking commitments from participants. I will be looking for RNSC to provide support at our club booths at both Stewart Lodge and the Nature Center. I will need RNSC volunteers to give XC lessons and lead ski and, possibly, snowshoe tours. I would like to thank the Park's Department for making the entire park available for this event.

A volunteer sign-up sheet will be at the Ski Extravaganza for Winter Festival events. If you have any questions, please see me at the Extravaganza or 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 Extravaganza. I can be reached at the Extravaganza or you can e-mail me at kehann@frontiernet.net or call me at 586-5205.

Ken

Sunday, January 12, 2003

Genesee Country Museum Nature Center, Mumford, NY

Group ski or snowshoe at 10:30am. Entry fee waived for club members. Nature Center has 4.5 miles of groomed trails. Volunteer to offer cross country ski tips from noon to 3pm. Call Bill Pakulski at 889-7694 for details.

Take advantage of this great opportunity to introduce a friend to skiing. Cross country skis and snowshoes are available for rent. Warm Nature Center has hot drinks available. Check out the Museum website at <http://www.gcv.org> for directions.

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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.

January Race Report

For those of you who signed up to help with the ski race in January, I will be contacting you after the New Year. The New York State Parks Department has granted us our permit to use Harriet Hollister Park and I have already started receiving entry forms. Remember, this race is being used to get our club into a good financial position besides promoting ski racing in Rochester. So its important that we get some solid backing from the club members. Its for you. If you can't help out consider doing the race or the tour.

By popular demand, two Wednesday night races have been added to the calendar. Both are at Mendon Ponds and have been designated "headlamp races". I am not going to put out the candles but I will run the races. If you don't have a headlamp pray for a full moon and no clouds. January 22: 5K Freestyle 6 PM start February 12: 5K Classic 6 PM start

The first local race of the year was held this past weekend in Osceola. The week before last saw the first ESGQ at Lapland Lake. Nearly everyone has good snow and it looks like the pattern will be for continued snow throughout the winter.

Check out the Harriet Hollister ski page (drvalvo.com) and get out and ski. Don't forget to bring a friend.

David Valvo

A tentative schedule of future programs

February	History of Cross Country Skiing with slides, by Clyde Glover
March	The Arctic Circle Race, Erik Grimm
April	Ice Cream Social

Ski Center Websites

Hot Line 234-5808

www.rochesternordic.org

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

Genesee County Park Map

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

Letter from Michael James about "Harriet" Hollister Spencer Park (letter dated 12/11/2002)

Dear Friends,

If you have been to "Harriet" this fall you know there are a great many improvements. Trails are wider, smoother; more culverts have been installed, 109 stumps were removed from trails, over 100 hazards were rectified, new trails signs installed, and the lower corner of Little White Face is great. Much of this is due to the combined efforts of Jim Zimpfer, Park Manager and the Park Advisory Board. Between Jim's staff and volunteer help the park has never looked better. Walt Dyer gave the park its first grooming last Sunday and declared conditions to be excellent.

With the wider trails we now have the ability to maintain a permanent classic track. Most of you have been to resorts where track is set to one side of the trail with skating toward the other. We would like to encourage classic and recreational skiers to set track to one side and ask that skate skiers try to stay on the opposite side and avoid cutting the track.. If you are the first classic skier on fresh snow please feel free to set track along one side. If everyone helps follow this policy classic skiers may be able to have a track all season.

Hopefully the snow gods will cooperate and continue to give us snow all season and everyone will be able to enjoy skiing at "Harriet" as much as they wish. Anyone with suggestions or comments about the park may contact me or David Valvo, club representative to the advisory board.

Thanks for your help,
Michael James
Advisory Board Chairman
>

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ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2002-2003

CLASSES

Holiday Week BEGINNER:	Jackie Cannizzaro at Mendon Dec. 26,27,28 10:30 AM	\$20
Wednesday Night BEGINNER:	Coleridge Gill at Cobbs Hill Jan. 6,13,20,27 7 PM	\$25
Saturday BEGINNER:	Ruth Hyde and Jackie C. at Mendon Jan.4,11,25 and Feb.1 1 PM	\$25
Saturday INTERMEDIATE:	Ruth Hyde and Jackie C. at Mendon Jan. 4,11,25 and Feb.1 10 AM	\$25

WORKSHOPS

BRUSH-UP & TURN CONTROL:	Jackie Cannizzaro at Mendon Sun. Jan. 12 at 1 PM	\$7
SKATING for RACERS:	Dave Valvo at Harriet Hollister Sat. Jan. 18 at 10 AM	\$7
DIAGONAL STRIDE:	Jim Vallino at Mendon Sat. Jan. 11 and Sun. Feb. 2 at 1 PM (\$13 for both)	\$7

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.

NOTE: PRICES LISTED ABOVE ARE FOR MEMBERS ONLY

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?

Hot Line 234-5808
www.rochesternordic.org

Nordic Ski Club Day Trips – 2003

January		
Sun Jan 5	<p><u>Mendon Ponds Park -- Quaker Pond Outer Trails</u> At 1:00. Meet at the Quaker Pond trailhead. Call Jackie at 425-1934 for directions and to let her know you are coming.</p>	Jackie Cannizzaro 425-1934
Sat Jan 11	<p style="text-align: center;"><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.</p>	Jo Taylor 473-6729 Sharon Galbraith 872-0327
Sun Jan 12	<p style="text-align: center;"><u>Bristol Mountain Tour/Race</u> A few more volunteers are needed for this event. 20K Freestyle Race/Tour ESGQ Date: January 12, 2003 Start: 10:00 AM (mass start) Harriet Hollister Park, Canadice New York Details at http://home.earthlink.net/~skitrax/_wsn/page3.html (or link to this page from the Rochester Nordic website).</p> <p style="text-align: center;">*** BOTH of these Sunday events need volunteers. *** Please help!</p> <p><u>Genesee Country Museum Nature Center</u> Mumford, NY. Group ski or snowshoe at 10:30am. Entry fee waived for club members. Nature Center has 4.5 miles of groomed trails. Volunteer to offer cross country ski tips from noon to 3pm. Call Bill for details.</p>	David Valvo 657-7662 racing@rochesternordic.org
Sat Jan 18	<p><u>Harriet Hollister</u> Car Pool from WINTON PLACE (Off Winton Rd by Henrietta Town Line Rd) at NOON or meet at HH parking lot at 1:00. Bring snacks and water. After skiing will stop in Village of Honeoye for dinner.</p>	Geri Lessig 266-3917 Ken Hann 586-5205
Sat Jan 25	<p><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.</p>	Barb and Bob Weiler 533-1438
February		
Sat Feb 1	<p style="text-align: center;"><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.</p>	Mark Maas 482-2679
Sun Feb 2	<p><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.</p>	Rich Wilder 467-4703
Sat	<p style="text-align: center;"><u>Tug Hill (Winona State Forest)</u></p>	Jo Taylor

Hot Line 234-5808
www.rochesternordic.org

Feb 8	Car pool from Bushnell's Basin Park & Ride 8:00. Bring lunch and water. Please call if you plan to come.	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. *** BOTH of these Sunday events need volunteers. *** Please help!	Bill Pakulski 889-7694
	<u>Mendon Ponds Winter Fest</u> RNSC members, call Ken Hann (586-5205) to volunteer.	Ken Hann 586-5205

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.

Club Mailing Lists

The club maintains two separate e-mail lists. This is a description of how they are used and what options you have.

Snow Conditions Mailing List

This is a public list with subscription available to anyone with an e-mail address. This list is used by club members and other area cross-country enthusiasts primarily to distribute information about snow conditions at local areas. Reports sent to this list are distributed to everyone who has subscribed to the list. The webmaster copies the snow conditions to the Snow Reports page on the club website for those who have not subscribed to the list. These reports are particularly useful when conditions are marginal. It might save you a drive to bad snow or convince you the drive is worthwhile when you are looking at grass in the Rochester area. The webmaster also posts notices about club meetings to this list. We do not automatically subscribe you to this list. You must do that yourself. Find subscription information on the Mailing List page on the club website (www.rochesternordic.org).

Membership Mailing List

This is a private list maintained by the webmaster. It contains the e-mail addresses that members provide when they join the club or renew a membership. There is no public access to this list. Only the webmaster holds the list. The club sends meeting notices, distribution of newsletters and announcements of other events to this list. If you provide an e-mail address on your membership form you are on this list. If your e-mail address changes be sure to alert the membership chair (membership@rochesternordic.org). On this year's membership form if you specified that you would prefer to receive the newsletter via e-mail we will stop sending you a paper copy with this January newsletter. If you want to change your preference let the membership chair know. There are plans for an on-line form for updating membership information.

Hot Line 234-5808
www.rochesternordic.org

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
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