



nordic ski news

Volume 30, No. 5 January 2004

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

JANUARY MEETING

7:00 PM:

SOCIALIZING AND REFRESHMENTS

7:30 pm:

Bicycling Across (most of) the US

- **Jim Vallino will show photos and talk about this summer bike tour. He and another friend toured fully-loaded from Anacortes, WA to Rochester. They spent 11 weeks on the road pedaling a total of 3178 miles. Get a sneak preview on [Jim's bike trip website](http://home.rochester.rr.com/vallino/biketrip2003) (home.rochester.rr.com/vallino/biketrip2003).**

**THE JANUARY MEETING WILL BE HELD
WEDNESDAY, JANUARY 7**

Enjoy socializing and refreshments. Hope to see you!

PRESIDENT'S MESSAGE

Winter Yo-Yos

The first part of December looked very promising for us snow bluffs. We actually had a few good weeks of skiing!!

Now we are in that dismal pattern of snow...warm...melt...

This also means the start of that nasty cold season (I had to cancel all of my Christmas activities because of a highly contagious cold, just ask the six coworkers who now hate me because I contaminated them just before Christmas!!). Hopefully this bizarre pattern will break to give us more traditional winter.

This is definitely a year we will all never forget. My heart is still saddened by the loss of our space shuttle crew. This will live long in my memory since I first heard the news on the way down to Harriet Hollister to ski with a number of our fellow members.

It is also the year that Saddam was caught. Nothing else needs to be said.

Let's hope 2004 becomes less "exciting". Let it be the year that peace is the major headline. Let it be the year our soldiers find their way home safely.

Happy New Year Everyone,

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 the 19th (change from normal schedule due to holidays)
The **mailing party** will be held on the 22nd. 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. 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
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 Business Card

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

Pick up your membership card at the meeting.

Upcoming Monthly Meetings

Massasagua Rescue Group (rescheduled to February)

February 5, 2004

March 4, 2004

Vacation in New Zealand

April 1, 2004

Elections; Wrap-up social

Hi all, just wanted to say that the trail grooming at Mendon during December has been just GREAT for xc tourers, high school racers and elite skiers.

Take a minute and call Eileen Kennedy - Mendon Ponds Park Supervisor and any one else who is connected with the Parks & Recreation Dept. and thank them for a job well done.

The squeaky wheel has received a lube job. Let's make those calls and send those cards and letters with a BIG THANK YOU.

Coleridge Gill

Calls for Volunteers

Empire State Game Qualifier Biathlon Race on Sunday, January 11, at Rochester Brooks

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

WXXI Volunteers:

I would like to thank those RNSC members who helped out at this year's phone-in pledge drive at the WXXI studio. They are Elly Mahler, Dan Katz, Donna Silverman, Coleridge Gill, Bob Jurena, Alie Pethick, Don Cranson, Bill Pakulski and Ken Hann. We took in about \$2000 that evening.

Ski Center Websites

Byrncliff www.byrncliff.com

Hardwood Hills www.hardwoodhills.on.ca

Osceola 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.rochester-info.com/>

Mendon Ponds Winterfest: www.mendonpondswinterfest.org

Garnet Hill www.garnet-hill.com

Lapland Lake www.laplandlake.com

Winona Forest www.tughillskiclub.com

For additional XC ski locations and conditions, go to www.rochesternordic.org

Do you know of other websites of interest? E-mail newsletter@rochesternordic.org and webmaster@rochesternordic.org

Salmon Hills is scheduled to open January 1st.

ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2003-2004

CLASSES

Holiday Week BEGINNER: Dec. 27, 28, 29	Jackie Cannizzaro at Mendon 1PM	\$20
Monday Night BEGINNER: \$25 Jan. 5, 12, 19, 26	Coleridge Gill at Cobbs Hill 7PM	
Saturday Beginner: Jan. 3, 10, 24, 31	Jackie Cannizzaro at Mendon 10AM	\$25
Saturday Intermediate: Jan. 3, 10, 24, 31	Ruth Hyde at Mendon 10AM	\$25
Tuesday Advanced Beginner: Jan. 6, 13, 20, 27	Ruth Hyde at Mendon 1PM	\$25
Late Start Beginner: Jan. 24, 31, &Feb. 7	Jackie Cannizzaro at Mendon 1PM	\$20
Wednesday Night Beginner January 7, 14, 21, 28	Coleridge Gill at Cobbs Hill Park 7PM	\$25.00

WORKSHOP

DIAGONAL STRIDE: Sat. Jan. 17 and Sun. Feb. 8 (\$13 for both)	Jim Vallino at Mendon 1PM	\$7
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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. 10, Saturday. Tug Hill (Winona State Forest) Car pool from Bushnell's Basin Park & Ride, 8:00am. Bring lunch and water. Please call if you plan to come. Jo Taylor, 473-6729 or Sharon Galbraith 872-0327.

Jan. 11, Sunday. Cummings Nature Center. Carpool from Bushnell's Basin Park & Ride, 9:30am. Bring lunch and water. Trails easy/intermediate. \$3.00 trail use donation. Hike if no snow. Call Chris Baron, 315 986-1134.

Jan. 24, Saturday. Genesee Country Museum Nature Center, Mumford, NY. 4.5 miles of groomed trails. Call Bill Pakulski 889-7694 for details.

Jan. 25, Sunday. Winterfest at Mendon Ponds Park. Call Ken Hann, 473-7888 for details. Jackie Cannizzaro will lead a trip this day also.

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

Feb. 7th, Saturday. Cummings Nature Center. Chris Baron. See details for Jan. 11 trip.

Contact Sharon Galbraith about signing up to lead additional trips

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.

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

**Remember to renew your membership.
Membership form on second to last page.**

Overview of This Season's Trips

South Meadow Farm Lodge, Lake Placid, New York - 1/16-1/19, \$200, (3 nights),
Sharon Galbraith (872-0327) and Jo Taylor (473-6729).

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)

Skiwelt, Austria - 2/13-2/21, \$1225, (8 nights),
Ruth Hyde (461-9266) and Jackie Cannizzaro (425-1934).

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.

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.

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	Jo Ann Ardell	323-2893) board@rochesternordic.org
Board	Coleridge Gill	442-8634)
Board	Jim Vallino	425-1102)
Board	<i>Open</i>)
Comm Affairs	Ken Hann	586-5205	community@rochesternordic.org
Day Outings	Sharon Galbraith	872-0327	sharonbillgal@aol.com 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	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	<i>Open</i>		
Social	<i>Open</i>		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
Weekday Trip Call List	Gretchen Schauss		gschauss@exnet.net

Rochester Nordic Ski Club
 PO Box 22897
 Rochester New York 14692

www.rochesternordic.org