



## nordic ski news

Volume 31, No. 4 January 2005

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Thursday, January 6th Meeting – 7:00 p.m.  
Twelve Corners Presbyterian Church  
1200 Winton Road South,  
Town of Brighton  
(A smoke-free, alcohol-free environment)

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### **JANUARY MEETING**

**7:00 SOCIALIZING & REFRESHMENTS**

**8:00 January Meeting presents:  
An Evening with Wild Wings**

Wild Wings is a not-for-profit corporation established in November 1995 to promote a better understanding of our natural world using birds of prey (raptors) as teaching aids.

Thousands of raptors are injured annually in the U.S. If their injuries are treatable, they are released back into the wild. However, the fate of many of these injured birds is euthanasia because they can no longer survive in the wild on their own. The alternative is placement in an educational facility such as Wild Wings. Wild Wings, houses and cares for permanently injured and non-releasable birds of prey including eagles, hawks, falcons, vultures, and owls.

To learn more about Wild Wings' educational programs and their current plans for expansion, the Rochester Nordic Ski Club is extending an invitation to attend our January 6, 2005 monthly meeting at the 12 Corners Presbyterian Church at 1200 South Winton Road right next to the Brighton High School. Social from 7:00 pm to 7:45 pm. Wild Wings show and tell at 8:00 pm.



*Ellen Post, Executive Director of Wild Wings, introduces Barf to participants of this past year's Mendon Ponds Winterfest.*

# President's Message

Hello everyone,

January will be an exciting and busy month for us. We begin 2005 with ski lessons for both members and non-members. At our January monthly meeting, Wild Wings will show us some of the raptors they care for and tell us about their current expansion effort. We have extended trips and weekend trips planned and weekday trips are in the planning. On Sunday, January 9, at Rochester Brooks Sportsman's Club, we are again co-sponsoring another local Biathlon. If you recall, Bill Lilly gave us a presentation on that Olympic sport last season. Later in the month, Sunday, January 23, to be exact, Winterfest 2005 will take place. This will be the 10<sup>th</sup> season for Winterfest. For details on trips and pictures of previous Winterfests, please access our website at [www.rochesternordic.org](http://www.rochesternordic.org). For information about Winterfest events, please go to the Winterfest website [www.mendonpondswinterfest.org](http://www.mendonpondswinterfest.org) or you can use the link directly from the RNSC website. This year, the Genesee Region Special Olympics, formerly the Monroe County Special Olympics will be making a greater presence at Winterfest with more athletes competing for entry into the State Special Olympics Games. Both XC and snowshoe competition events will be held along with some demonstration events by aspiring competitors. The event at Potter Park, that many of us helped at previously, will not be held this year as it is superseded by the competitions at Winterfest 2005.

In a search for places to ski, I drove over to Eagle Vale and they will again be offering XC skiing. They will track the golf course. Since they don't have the grooming equipment used at Mendon Ponds Park or Harriet Hollister, you can only expect to classic ski. Rentals will be available in the pro shop for use on the grounds only. They also have a restaurant there as well. Durand Eastman Park will have a similar set up but I can't comment on any grooming there.

See you all soon,

Ken

## Club Email Addresses for Officers and Committees

You can now **send a message** to [president@rochesternordic.org](mailto:president@rochesternordic.org), [weekendtrips@rochesternordic.org](mailto:weekendtrips@rochesternordic.org), [newsletter@rochesternordic.org](mailto: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 17<sup>th</sup>

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](mailto: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](mailto:president@rochesternordic.org) with information. Format should be in word form or a tiff document. Rates are as follows:

<b>For Season:</b>	<b>For One Issue</b>
\$200 Full Page	\$40 Full Page
\$150 Half Page	\$25 Half Page
\$ 50 Business Card	\$15 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

## Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, January 13. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

## Start Grip Tape

Submitted by Gary Reif

I got to try the new Start Grip Tape for the first time today. It is a roll of klister-like stuff you apply as kick wax for classic skiing. It is supposed to have a very wide temperature range, and well suited for someone like me, who doesn't want to mess with wax, and hasn't been able to make it work often, and has variable type snow conditions often (Eastern US). So I sanded the kick area of a pair of skis (seems like sacrilege to rough up bases this much!) and apply 380mm worth of the tape (about my shoe length) to each ski, then rub it on as instructed. They do not tell you how long a strip is needed, just a minimum (I think that was 150mm).

I did hit a few spots where the tape unrolled and there were holes in it. I was able to overlay a little more tape there and rub it in. The actual skiing was pretty good, nice glide and decent kick. I need to learn to kick better, so problems I had climbing hills were most likely me and not the wax. Conditions of the test were untransformed snow, some loose, some very packed, and some almost icy. Temp. Around 25 degrees F. No icing occurred at all. When I was done I scrapped the snow off the kick tape, and after it warmed up, placed the peel off paper back over it to keep it clean for next time. No wear or damage was noted to the kick tape, even though the snow was very thin and I went over dozens of icy and dirty spots and earth clumps, and twigs.

Skis used for the test were 50mm wide old Fischer Europa Glass, 205cm long. For comparison I then did a little skiing with a very similar pair of waxless/fishscale skis (Fischer crown elite, 50mm wide, 215cm). There was noticeable less glide, and of course the occasional annoying fishscale noise. The grip was much better (remember that this is the normal type of ski for me!) The grip pattern of this fishscale is easily 3 or 4 time the length of the Start grip wax, so maybe I was not using enough grip wax.

### EMS Discount

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

# Volunteer Opportunities

## Rochester Nordic Ski Club Positions

Thanks Mary Ardell for stepping forward and agreeing to be our secretary again!

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.

## 10th Winterfest

The **10th Winterfest** will be held on Sunday, January 23, 2005 from 11 am to 4 pm at Stewart Lodge in Mendon Ponds Park. Need XC tour leaders, XC lesson instructors and members to staff our information table and help with distributing XC skis. We will only be at Stewart Lodge this year. Contact Ken Hann at 586-5205 for information or to sign up. A sign up sheet will be at our January meeting.

**WNY Biathlon** – Sunday, January 9, 2005 at Rochester Brooks Gun Club, Honeoye Falls Rd. #6, Rush, NY. Need volunteers to be support staff for the race. This may involve being a timer, a target or penalty lap counter. The course will be groomed the day before and the targets will be set up so no heavy lifting will be involved. Dress warmly. An invitation to race is also extended. Here are the entry details:

### Sprint Format

Men: 10 km, Others: 7.5 km

Registration: 11:00 AM

Zero: 12:00 PM

Start: 1:00 PM

Fee\*: \$15 by 1/7, \$20 late

Payable: WNY Biathlon Club

Contact: Bryan Jajkowski  
1137 Penora St.  
Depew, NY 14043  
(716) 683-5407

For new participants, you will not ski with a rifle. One will be provided to you under supervision of an individual range officer at the firing line. Instruction will be given. Safety is number one. For those volunteering, if you get to the club at around 10:00 am you can get a bite to eat at the clubhouse. After the race, you can also get a bit to eat before going home. The event should be complete by 2:30 pm so you will have the rest of the afternoon to go out skiing.

## Get Out & Stay Out Adventure Outfitters Inc

2705 W Henrietta Road

Offers a 10% discount to RNSC member

# 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](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	<a href="http://www.byrncliff.com">www.byrncliff.com</a>	Garnet Hill	<a href="http://www.garnet-hill.com">www.garnet-hill.com</a>
Hardwood Hills	<a href="http://www.hardwoodhills.on.ca">www.hardwoodhills.on.ca</a>	Lapland Lake	<a href="http://www.laplandlake.com">www.laplandlake.com</a>
Osceola	<a href="http://www.tughillregion.com/ski-osceola">www.tughillregion.com/ski-osceola</a>	Winona Forest	<a href="http://www.tughillskiiclub.com">www.tughillskiiclub.com</a>
	Cayuga Nordic Ski Club		<a href="http://spidergraphics.com/cnsc/">http://spidergraphics.com/cnsc/</a>
	Onondaga Ski Club		<a href="http://www.osc-ski.org/home.asp">http://www.osc-ski.org/home.asp</a>
	Mendon Ponds Winterfest		<a href="http://www.mendonpondswinterfest.org">www.mendonpondswinterfest.org</a>

For additional SC ski locations and conditions, go to [www.rochesternordic.org](http://www.rochesternordic.org)

**Do you know of other websites of interest?** E-mail [newsletter@rochesternordic.org](mailto:newsletter@rochesternordic.org) and/or [webmaster@rochesternordic.org](mailto:webmaster@rochesternordic.org)

## Day Trips

[www.rochesternordic.org](http://www.rochesternordic.org)

## January

- Sunday, Jan. 2.  
10:30 am  
Mendon Ponds Park, Quaker Pond Trail, easy.  
Meet in parking lot, Pond Road, by the LookOut Shelter. 1 1/2 hours plus.  
Jackie Cannizzaro, 425-1934.  
Bring birdseed for the chickadees.
- Friday, Jan. 7  
7:00 pm  
Moonlight Ski Tour—Mendon Ponds Park, beginner to intermediate. Ski about 1 ½ hours  
Meet at the Mendon Ponds Nature Center Parking Lot. From there we will drive to one of the trailhead parking lots to ski. Bring headlamp or flashlight and be sure that you are appropriately dressed for the weather.  
Coleridge Gill, 442-8634.
- Saturday, Jan. 8.  
8:00 am  
Tug Hill.  
Meet in Bushnell's Basin Park & Ride  
Jo Taylor, Sharon Galbraith, 872-0327.
- Saturday, Jan. 15.  
9:00 am  
Cummings Nature Center.  
Meet in parking lot  
Chris Baron, 315 986-1134.
- Friday, Jan. 21  
7:00 pm  
Moonlight Ski Tour—Mendon Ponds Park, beginner to intermediate. Ski about 1 ½ hours  
Meet at the Mendon Ponds Nature Center Parking Lot. From there we will drive to one of the trailhead parking lots to ski. Bring headlamp or flashlight and be sure that you are appropriately dressed for the weather.  
Coleridge Gill, 442-8634.
- Saturday, Jan. 22.  
1:00 - 4:00 pm  
Weiler's Trails, beginner to intermediate.  
Call Barb Weiler, 533-1438.
- Friday, Jan 28  
6:00 pm  
Durand Eastman Full Moon  
Meet in old golf club parking lot (now a restaurant)  
Get-together at Jo Ann Ardell's house after.  
Contact Jo Ann, 323-2893 or Mary, 313-8864.
- 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.
- 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. Cummings Nature Center.  
9:00 am Meet in parking lot  
Chris Baron, 315 986-1134.

Sunday, Feb. 20. 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!

## 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

South Meadow Farm Lodge, Lake Placid, New York - 1/14-1/17, \$210 members, \$220 nonmembers, (3 nights), Sharon Galbraith (872-0327).

~~Crystal Lake Ski Center Trip, Hughesville PA 1/28-1/30, \$168 members, \$178 non-members, (3 nights), Karen Pakulski (889-7694)~~  
Above Trip has been Cancelled.

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).

~~The Chic Choes: 7-day Cabin to cabin cross-country ski trips, 3/6 – 3/12, \$1,533 (6 people), \$1,447 (7 people), \$1,390 (8 people), \$1,652 (5 people). The trip is organized and run by Tuckamor Trips Inc. 7123 Lac Noir Road, Ste Agathe des Monts, Qc. Canada J8C 2Z8 Phone: (819) 326-3602, Fax: (819) 326-8617 e-mail: [bill@tuckamor.ca](mailto:bill@tuckamor.ca), web site at [www.tuckamor.ca](http://www.tuckamor.ca).~~

Above Trip has been Cancelled.

## 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
Allegheny State Park	1/21 - 1/23, 2005	BNSC is renting three heated cabins with stoves and beds. You bring sleeping bag, food and utensils. Saturday morning blueberry pancake breakfast. Saturday evening pop luck dinner. Day ski with group for free.	\$15/night	Sandy 716-759-6345
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.

## 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 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? \_\_\_\_\_

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? \_\_\_\_\_

# SKI LESSONS 2004-2005

## CLASSES

Holiday Week Beginner:	Jackie Cannizzaro at Mendon Dec. 28, 29, 30	\$30 (20) 10AM
Monday Night Beginner:	Coleridge Gill at Cobbs Hill Jan. 3, 10, 17, 24	\$36 (25) 7 PM
Saturday Beginner:	Jackie Cannizzaro at Mendon Jan. 8, 22, 29, Feb. 5	\$36 (25) 10 AM
Saturday Intermediate:	Ruth Hyde at Mendon Jan. 8, 22, 29, Feb. 5	\$36 (25) 10 AM
Tuesday Advanced Beginner:	Ruth Hyde at Mendon Jan. 4, 11, 18, 25	\$36 (25) 4 PM
Late Start Beginner:	Jackie Cannizzaro at Mendon Jan 22, 29 & Feb. 5,12	\$36 (25) 1 PM

## WORKSHOPS

DIAGONAL STRIDE:	Jim Vallino at Mendon Sat. Jan.22 and Sun. Jan. 30	\$10 (7) for one \$19 (13) for both 1 PM
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Workshops in skating and telemark can also be scheduled.

To register, send an e-mail to [lessons@rochesternordic.org](mailto: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, Treasurer, 353 Winona Blvd., Rochester NY 14617.

NOTE: JOIN THE CLUB AND TAKE ADVANTAGE OF LOWER PRICES.

**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.**

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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	<a href="mailto:president@rochesternordic.org">president@rochesternordic.org</a>
Vice Pres.	Jackie Cannizzaro	425-1934	<a href="mailto:vicepresident@rochesternordic.org">vicepresident@rochesternordic.org</a>
Secretary	<i>Open</i>		)
Treasurer	Bob Jurena	266-8512	<a href="mailto:treasurer@rochesternordic.org">treasurer@rochesternordic.org</a>
Past President	Mark Maas	482-2679	<a href="mailto:pastpresident@rochesternordic.org">pastpresident@rochesternordic.org</a>
Board	Jo Ann Ardell	323-2893	) <a href="mailto:board@rochesternordic.org">board@rochesternordic.org</a>
Board	Coleridge Gill	442-8634	)
Board	<i>Open</i>		)
Board	Jim Vallino	425-1102	)
Comm Affairs	Ken Hann	586-5205	<a href="mailto:community@rochesternordic.org">community@rochesternordic.org</a>
Day Outings	Sharon Galbraith	872-0327	<a href="mailto:daytrips@rochesternordic.org">daytrips@rochesternordic.org</a>
Historian	Rosie Sepos	223-5247	<a href="mailto:historian@rochesternordic.org">historian@rochesternordic.org</a>
Instruction	Ruth Hyde	461-9266	<a href="mailto:lessons@rochesternordic.org">lessons@rochesternordic.org</a>
Maps	Dayle & Rick Lavine	442-6358	<a href="mailto:maps@rochesternordic.org">maps@rochesternordic.org</a>
Membership	<i>Open</i>		<a href="mailto:membership@rochesternordic.org">membership@rochesternordic.org</a>
Newsletter	Jo Ann Ardell	323-2893	<a href="mailto:newsletter@rochesternordic.org">newsletter@rochesternordic.org</a>
Publicity	Donna Silverman	244-2784	<a href="mailto:publicity@rochesternordic.org">publicity@rochesternordic.org</a>
Racing	Coleridge Gill		<a href="mailto:racing@rochesternordic.org">racing@rochesternordic.org</a>
Social	<i>Open</i>	266-3917	<a href="mailto:social@rochesternordic.org">social@rochesternordic.org</a>
Web Master	James Vallino	425-1102	<a href="mailto:webmaster@rochesternordic.org">webmaster@rochesternordic.org</a>
Weekend Trips	Jackie Cannizzaro	425-1934	<a href="mailto:weekendtrips@rochesternordic.org">weekendtrips@rochesternordic.org</a>
Weekday Trip Call List	Gretchen Schauss		<a href="mailto:gschauss@exnet.net">gschauss@exnet.net</a>

Rochester Nordic Ski Club  
PO Box 22897  
Rochester New York 14692

[www.rochesternordic.org](http://www.rochesternordic.org)