

nordic ski news

Volume 32, No.5 January 2006



Thursday, January 5th 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)

JANUARY MEETING

6:00 Pre meeting ski...
Meet at 6:00 for an hour of casual skiing.

7:00 Meeting—Movie Night, featuring

"ON SNOW".
(45 minutes)

Something different. There will be popcorn and
hot drinks.

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

"Winter's return...."

December was very enjoyable for once. We actually got some snow that was skiable!! This is a very good start to the cross country skiing season. Hopefully the weather will bless us with some more of the white bliss in January. Remember we are a ski club so get out and ski!! Better yet...volunteer to lead a day trip so the other club members can enjoy this wonderful winter.

Hope everyone had a wonderful holiday season. See you on the ski trails...

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.

Board Meeting

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

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

The Winter Olympics are only 92 days away!

www.rochesternordic.org

WNBC.com is taking a poll about what Olympic events people are most interested in. To take part in this survey and show your support for cross-country skiing,

go to: www.wnbc.com/olympics2006/index.html=20

In the right-hand margin is a poll, "What 2006 winter Olympic sport are you most interested in?"

Vote for cross country skiing!

Hopefully if enough people vote, NBC will consider covering a larger portion of cross-country skiing at the Olympics. There is no limit to the number of times you can vote so vote often!

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

Saturday, January 21 1-4pm.

Weiler's.

7829 W. Henrietta Rd., 1 1/2 miles south of Exit 11, Rt. 390.

Easy to intermediate.

Hike, if no snow.

Call to confirm, 533-1438.

Sunday, Jan. 22. 8 am

Tug Hill. Meet Bushnell's Basin Park and Ride

Call Jo Taylor, 473 6729, or Sharon Galbraith, 872 0327 to confirm.

Bring lunch and water.

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

Details in January newsletter.

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.

www.rochesternordic.org

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, **Rutland**, 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.

Sign-up sheet on a different page.

ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2005-2006

CLASSES

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.

Subject: RXCSF Status Update - All RSCSF Members

Hello to all and Happy Holidays!

It is a great time of year and a good time to give everyone who has supported RXCSF with a membership, donation and/or sponsorship an update regarding our status, programs, etc. Attached is a news release that we wrote specifically as input for a D&C article; turns out Gary F didn't use much of the content but I am sure he will in the near future, as he is supportive of what we are doing. ANYWAY, the document can serve as a general introduction and status update for RXCSF members and friends also.

Please take a minute and read it. Some of the highlights include:

WE are now an official NYS incorporated Foundation! Stefanie Svoren and the legal team at Adair Law have been great in getting this laborious process completed. Thanks to all of you for your patience!

Since we now actually exist, we can officially start operating. Minor things like obtaining a snowmobile or insurance coverage (done), purchasing a track setter (waiting for delivery), running a ski camp or obtaining IRS tax-deductible status (submission next week) can occur! Ok, they are not so minor! Our mere existence has motivated Monroe County Parks Dept to hire a full-time groomer for January thru March. We helped select the individual and are participating in his training. Mendon Ponds Park has obtained a new Yellowstone Roller/Comb and is taking delivery of a new snowmobile to supplement the now-repaired Track Truck. Next step is working with MPP to set a grooming plan, find them a better tracksetter, and start to resolve the trail marking and usage issues.

We have started an informal adult ski training group on Wednesday nights and occasional Sundays. We are starting initial preparations for running a year-round skier development group for all ages.

We also have a few other actions in process that could lead to even more smiles from our XC Ski community. We will let you know as soon as they are finalized.

We are planning our first official Board of Directors meeting on January 3rd. I have attached the draft agenda in case you are interested – please let me or another of the Board members know if you have any inputs to the topics of discussion. Note that one of the topics is a Member Survey. Stay tuned for the chance to voice your opinions regarding how we proceed.

A few additional items of interest:

1. I am about a week behind sending out membership cards. (We are now at 147 members from 71 families!) I will catch up in the next few days. Please be sure to use them at our sponsors Park Ave Bikeshop and Tri Running & Walking for your 10% discounts.
2. RXCSF hats are in production now. When completed, we will try and distribute in a creative manner to save postage and ease the logistic burden. Perhaps a big group ski and picture opportunity on a Sunday afternoon?
3. We are still trying to fill our Committees for Events, Trails, XCRochester Development Team and Education/Coaching/Officiating. Anyone interested please contact the Cmte Leaders or just reply to this email.
4. 7 individuals have volunteered to be on the Trail Grooming Team. This is fantastic as we can now set our ambition for grooming at Harriet Spencer Rec Area and perhaps other locations as well. Mike Moreland from Moreland Landscaping has volunteered to transport the grooming equipment as needed, with occasional help from Mark Vahue. Thanks so much guys!

Thanks again for your support of RXCSF. Please feel free to forward this mail and/or the news release to other potential members, or just to XC Skiers that you know might benefit. Have a great holiday, a happy new year, and think SNOW!

Sincerely,

Bob Witkowski
President, Rochester Cross Country Ski Foundation

www.xcrochester.com

bobski50k@aol.com

585-924-9645 (H)

585-770-3974 (M)

www.rochesternordic.org

Copy of News Release Dated 12/20/05

Subject:RXCSF Incorporation and Status Highlights

We proudly announce that the new Rochester Country Ski Foundation has now been formally Incorporated in NYS as a non-profit 501(c)(3) corporation. The RXCSF Founding Officers signed the official Articles of Incorporation on Thursday, December 8th, with NYS registration occurring on the 9th. Our final remaining formation step is the attainment of IRS confirmation of our non-profit/tax deductible contribution status, which is currently in process.

The mission of RXCSF is to (for the Greater Rochester NY area):

1. Provide a structure for the development of cross country ski recreation, sport, and racing for all ages and abilities.
2. Improve access to safe well maintained cross country skiing trails and facilities, primarily those of local parks, as needed to support development of the sport. Such progress entails expanded and enhanced trail development, including, but not limited to improvements in skier safety, snow grooming, track-setting, and better reporting of snow conditions.
3. Promote public awareness of and encourage participation in cross country skiing to support development of the sport, for example, through the distribution of a newsletter and the offering of clinics and other training programs open to the general public.
4. Serve as the coordinating organization for cross country skiing in the Greater Rochester New York region, and to both establish and expand already present links to regional, state, and national entities

RXCSF will accomplish this mission by leveraging a combination of existing XC Ski-related organizations plus internal functions.

The following organizations will coordinate actions with RXCSF and have members serve on the RXCSF Board of Directors:

Rochester Nordic Ski Club
Genesee Valley Bill Koch Youth Ski League
Monroe County High School XC Ski Racing League
Western NY Biathlon Club

RXCSF Board Meeting Agenda; 03Jan06, 7-10PM

Topics:

Meeting and Operational Protocols; how we will work...including future meeting schedules for the year

Legal, Membership/Sponsorship and Financial Status; includes Membership logistics (cards, dB, hats, etc.)

Functions/Committees; Cmte make-up, calendar/status, actions report for each (Trails, Education, Events, XCRochester)

Member Survey?

Potential Sponsorship Brainstorm Session

Website Development Plan

Prep for Near-Term Events; ESGQ/JOQs, Ski Education Sessions, Winterfest, Cummings Citizen Race, End-of-Season Membership Meeting, etc.

Discuss Actions to Start 1/3/10 Year Planning

Roundtable

Other?

Meeting Concludes

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

TRIP SIGN UP

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? _____

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	
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