



Volume 30, No. 7 March 2002

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**Thursday, March 7<sup>th</sup> Meeting – 7:00 P.M.**

Twelve Corners Presbyterian Church, 1200 Winton Road South, Town of Brighton

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## ***MARCH MEETING***

**7:00 - Social Gathering**

**7:30 - Business Meeting & Presentations**

### **19th Century Rochester Travels to the Lake**

A talk and slide show by Stan Marshall

One of our most popular programs last year was a talk and slide show on the history of Rochester, presented by Stan Marshall of Preferred Care. There were many requests to invite him back. This year's show will be about development along State Street and Lake Avenue and include information about the High Falls area and resorts on Lake Ontario.

Enjoy socializing and refreshments. Hope to see you!

**Hot Line 234-5808**

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

## **PRESIDENT'S MESSAGE**

Although, the season is beginning to wind down, it is now time to start thinking about officers for next year. Nominating committee members are Coleridge Gill, Ken Hann and Dan Wilson. Our task is to submit a slate of officers and board members for consideration and voting at the April meeting by the general membership. Open positions are President, Secretary and two Directors. If you are interested in serving as an officer, director or on any of the various committees, please contact any of the nominating committee members.

Despite, the lack of local snow, we still had a good ski season. Help your club have another good season of activities by volunteering for any of the open positions mentioned above. We need new people with fresh ideas to get involved with planning and administrating your clubs activities. So, get involved and help your club to remain viable and healthy.

Have you been watching the Olympics? Coverage has been better than in the past. All of the races I have watched have been very informative as far as technique and exciting. The finishes for the Men's pursuit, sprint and 4x10k relay as well as the Women's pursuit, sprint, 15k and 4x5k relay were especially exciting. Congratulations to Canada's Becky Scott, first North American woman to medal in Cross Country at the Winter Olympics.

The grass may be green and the snow may be missing in the woods but don't despair. There's snow at Tug Hill, Osceola and Salmon Hills. You'll be able to ski at these three venues until early April. Check their web page for trail conditions (see links on our web page). Sunny days, moderate temperatures and longer days make March one of the best months to ski the various trails in the Tug Hill area.

See you on the trails

Coleridge

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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 [webmaster@rochesternordic.org](mailto:webmaster@rochesternordic.org). Thank you.

## *Nordic Racing Column*

Midway through February and the race season is in full swing. Despite the warm weather and the lack of snow there have been only minimal cancellations, especially in the past month.

The Rochester Nordic Series was certainly a disappointment. Mendon Ponds park has only been skiable a handful of days. Fortunately for the high school league and those of us who need the snow to train on Harriet Hollister park has certainly come through. All the Rochester Empire State Game Qualifiers were held at Hollister with good conditions and great grooming from Wally Dyer.

The Olympics were a tremendous success for North America. Becky Scott with her Bronze for Canada and the best ever finish in Men's relay for the U.S. The exposure on NBC was fabulous and many people saw cross country skiing in its glory for the very first time. A letter from each of you to NBC would certainly encourage them to continue such coverage at the 2006 games in Italy.

The end of February signals the world master's championships in Quebec. Early March brings the master's national championships to Royal Gorge California. These are two events that you skiers 30 and older should be excited about doing.

This season our team has been to the Boulder Mountain Tour in Idaho. We had the pleasure of racing against Tor Arne Hetland, the Olympic sprint champion. I ran into the entire Norwegian men's team and spoke briefly with Thomas Alsgaard.

We were all at the Keskinada in Quebec in mid February. A couple of our members are at the American Birkebeiner as I write this article and two more are headed to the Great Race in Truckee, California in March. Next winter we are planning an extensive season with races in California, Wisconsin, Michigan, Canada and Scandinavia.

Racing is alive and well despite the snow conditions. Next season will probably be like last year so get in some training and come race with us next winter.

David Valvo

## **2002 Rochester Race Series**

Races start **promptly** at 7pm. **Races start on time!** You must be registered and signed in with race coordinator before race time.

Check the Nordic Extreme website (<http://home.earthlink.net/~skitrax>) for location information.

Venue sites, race distances and dates are subject to change depending on weather conditions. Status of race and trail conditions confirmed at 11 PM night prior to each race on the Nordic Extreme website (<http://home.earthlink.net/~skitrax>) and the Rochester Nordic ski club phone line (234-5808) by 11 p.m. the night before.

March 7 (Thursday night)  
March 13

Relay  
5K freestyle

## PROSPECT MOUNTAIN TRIP, JAN. 18-21, 2002

Leaving Rochester's drab brown winter and arriving in Woodford, VT, was truly miraculous. Yes, there really was snow! Enough for the residents to be shoveling it off their roofs and ample amounts for great skiing. Jo Taylor, Diana Neilsen and I arrived in time to sample the trails for a bit Friday afternoon. Then we went out to dinner in Bennington with the Rosie and Marty Sepos, Greta Stephany, Amy Thatcher and Chauncy Young. Saturday brought the Ledgers and Bill Holliday and Pam Reynolds and a full day of skiing and/or snowshoeing for all. Several of us climbed the mountain, enjoying the spectacular scenery and the quick trip down again! Saturday also brought the wine and cheese party and camaraderie by a warm fire in the suite. After dinner in Bennington, we all enjoyed Greta's decadent chocolate cake, which she brought from home and assembled with vanilla pudding, chocolate icing, cherries and walnuts - good thing we could all work it off Sunday back on the trail!

Prospect Mountain's trails were great: Beaver Pond Loop, Loose Moose, Troll Road, Hobbit Hollow (with a Hobbit House, but alas, no one was home!) and, of course, the Mountain Trails. The base restaurant was a warm comfortable place for us all to meet for lunch before tackling the trails again.

The entire trip was a delight. At this point, in drab brown Rochester, the white white snow, blue blue skies, and lovely scenery are a wonderful memory. Many thanks to those who planned and organized this trip.

Sharon Galbraith

### ***New! 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.

## **March Event Reminders**

### **Cross Country Skiing at Wesley Hill Preserve**

The Finger Lakes Land Trust's Wesley Hill Nature Preserve, located above the eastern shores of Honeoye Lake is open to the public and suitable for skiing, as well as snow shoeing, or hiking. The Land Trust is offering a series of guided nature tours on the second Sunday of each month, starting at noon. The March tour will be at the Wesley Hill Preserve. Depending on the snow depth and your preference, you can bring hiking boots, snowshoes, or skis. For more information, visit the land trust web site at [www.fllt.org](http://www.fllt.org) or call Jim or Sara Kersting at (716) 367-2301.

### **Cross Country Skiing on the Genesee Greenway**

Friends of the Genesee Greenway member Linda Mattice will be leading a series of Sunday cross country ski outings on the Greenway in Livingston County. Ski one way, or, for more miles, round trip.

**Sunday, March 3**, Piffard to Mount Morris, 8.5 miles one way. Meet 10 a.m. Greenway Motel parking lot 6459 Sonyea Road (Rte. 36), Mount Morris.

For more information, contact Linda Mattice at 716 768-4999.

### **Snow Shoeing at Mendon Ponds Park**

You can rent snowshoes at the Mendon Ponds Park Nature Center every day this winter (weather permitting) from noon to 4:00. The cost is \$2.00 per hour. Park Snowshoe Enthusiast Eric Johnson is also leading various snowshoe events this winter:

**Snowshoe Open House** from noon to 4:00 every Monday with basic lessons and tips for beginners.

**Snowshoeing Night Hike** by moonlight. \$3.00 per person includes snowshoe rental. 6:00 - 7:30 p.m. Monday, Mar. 11

**For more information or to register for a hike or clinic, call 256-4956 or 334-3780.**

**Mendon Ponds Snow Conditions: 359-1433**

## Community Outreach

### 2002 Winter Special Olympics:

Much disappointment surrounds this year's Winter Special Olympics. For a third year in a row, it was canceled due to weather conditions. I have been assured that, for next year's event, they will have a back-up venue. The organizers are currently exploring opportunities and will announce next year's plan in a matter of a few weeks. I would like to thank those who consistently volunteered, year after year, for this event and those for whom this would have been a new experience this year. You can be sure that I will be making telephone calls again next year. I hope to find the same level of support and enthusiasm our club has given each and every year.

### Mendon Pond Winterfest 2002:

I believe there is a line in *Of Mice and Men* that goes, "The best laid plans of mice and men ...." We did have a snow and a well laid out plan for the day. Unfortunately, attendance was low. I would suspect that the threat of rain and the lack of snow in areas surrounding the park discouraged many people from coming in the numbers we experienced in previous years. We had information tables set up at both Stewart Lodge and at the Nature Center. I personally had the opportunity to talk to a number of interested people at Stewart Lodge and we even got a new member sign-up at the Nature Center. We also gave a ski lesson. As we prepared to give a second lesson to several interested festival goers, the rain came down and the lesson was scrubbed. We did have our tables set up for the entire event so we made our usual supportive showing. Thanks go out to Jackie Cannizzaro and Coleridge Gill for providing lesson support and Linda Easton, Geri Lessig, Donna Silverman and Greta Stephany for staffing our information tables. We can't do much about the weather, but we have always planned a variety of activities that would provide for an enjoyable day, snow or no.

### Lessons to the Scouts at Camp Cutler:

About 20 Boy Scouts and Girl Scouts attended a workshop at Camp Cutler on Saturday, February 9. We spent about an hour and a half reviewing equipment and clothing and then went out for some snow fun. We skied on the fishing pond where some snow had drifted and had not yet melted. We had about a 100 yard stretch on the lake plus a bank to practice our hill techniques on. It was a successful day. The camp staff indicated that they would like us to present this program again next year. We will get a jump-start on blending our contribution with scouting principles so that the scouts can earn a merit badge for their participation.

Ken



# R.O.C.H.E.S.T.E.R NORDIC Ski Club

## 2001 – 2002 APPLICATION FOR MEMBERSHIP

Type of membership:	Status:	Sex:
Family \$28.00	New	Female
Individual \$20.00	Renew	Male

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street / P.O. Box \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Spouse's Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Would you like to receive the Newsletter via: \_\_\_\_\_ regular mail (US Postal)  
\_\_\_\_\_ e-mail notification

E-Mail address \_\_\_\_\_

### ***Special Interests:***

Racing                  Day Trips                  Weekend Trips                  Instruction

The club functions through the efforts of a number of committees. New ideas and help are always welcome. I am willing to help the Club by serving on the following committees:

Program	Newsletter	Social
Weekend Outings	Day Outings	Publicity
Map Packet	Racing	Historian
Membership	Summer Events	Instruction

Make checks payable to: **ROCHESTER NORDIC SKI CLUB**. Mail this form and check to:

**GERI LESSIG  
375 BROOKVIEW DR.  
ROCHESTER, N. Y. 14617**

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Date: \_\_\_\_\_

Amount Paid: Cash \_\_\_\_\_

Check \_\_\_\_\_ # \_\_\_\_\_

Pin/Patch \_\_\_\_\_ Map set \_\_\_\_\_ Entered in Database \_\_\_\_\_

For all address changes and corrections, call Stan Perry, the maintainer of the mailing list.

## ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

|                  |                        |                          |                              |          |                                   |
|------------------|------------------------|--------------------------|------------------------------|----------|-----------------------------------|
| President        | Coleridge Gill         | 55 Fairmeadow Dr         | Rochester NY<br>14618        | 442-8634 | president@rochesternordic.org     |
| Vice Pres.       | Ken Hann               | 8 Old Settlers Drive     | Pittsford NY 14534           | 586-5205 | vicepresident@rochesternordic.org |
| Secretary        | Carol MacInnes         | 8037 Main St<br>Fishers  | Victor NY 14564              | 924-4077 | secretary@rochesternordic.org     |
| Treasurer        | Sue Henion             | 54 Old Stonefield<br>Way | Pittsford NY 14534           | 586-3113 | treasurer@rochesternordic.org     |
| Board            | Jackie<br>Cannizzaro   | 8 Tilegate Glen          | Fairport NY 14450            | 425-1934 |                                   |
| Board            | Linda Easton           | 116 Mayfair Dr           | Rochester NY<br>14617        | 544-1926 |                                   |
| Board            | Barbara Weiler         | 7829 W. Henrietta<br>Rd  | Rush NY 14543                | 533-1438 | board@rochesternordic.org         |
| Board            | Donna<br>Silverman     | 92 French Woods<br>Cir   | Rochester NY<br>14618        | 244-2784 |                                   |
| Board            | Dan Wilson             | 402 S. Union St.         | Spencerport NY<br>14539      | 352-0196 |                                   |
| Comm Affairs     | Ken Hann               | 8 Old Settlers Drive     | Pittsford NY 14534           | 586-5205 | community@rochesternordic.org     |
| Day Outings      | Jo Taylor              | 967 Meigs St             | Rochester NY<br>14620        | 473-6729 | daytrips@rochesternordic.org      |
| Historian        | Barbara Weiler         | 7829 W. Henrietta<br>Rd  | Rush NY 14543                | 533-1438 | historian@rochesternordic.org     |
| Hot Line         | Donna<br>Silverman     | 92 French Woods<br>Cir   | Rochester NY<br>14618        | 244-2784 | hotline@rochesternordic.org       |
| Instruction      | Ruth Hyde              | 61 Fernboro Rd           | Rochester NY<br>14618        | 461-9266 | lessons@rochesternordic.org       |
| Maps             | Dayle & Rick<br>Lavine | 360 Rockingham St        | Rochester NY<br>14620        | 442-6358 | maps@rochesternordic.org          |
| Membership       | Geri Lessig            |                          |                              |          | membership@rochesternordic.org    |
| Membership       | Stan Perry             | 36 Round Trail Dr        | Pittsford NY 14534           | 586-8732 |                                   |
| Newsletter       | Jo Ann Ardell          |                          |                              | 323-2893 | newsletter@rochesternordic.org    |
| Programs         | <i>Open</i>            |                          |                              |          | programs@rochesternordic.org      |
| Publicity        | Coleridge Gill         | 55 Fairmeadow Dr         | Rochester NY<br>14618        | 442-8634 | publicity@rochesternordic.org     |
| Publicity        | Donna<br>Silverman     | 92 French Woods<br>Cir   | Rochester NY<br>14618        | 244-2784 |                                   |
| Racing           | David Valvo            | 2400 Elton Rd            | West Bloomfield,<br>NY 14469 | 657-7662 | racing@rochesternordic.org        |
| Social           | Donna<br>Silverman     | 92 French Woods<br>Cir   | Rochester NY<br>14618        | 244-2784 | social@rochesternordic.org        |
| Summer Pgm       | <i>Open</i>            |                          |                              |          | summer@rochesternordic.org        |
| Web Master       | James Vallino          | 61 Southridge Trail      | Fairport NY 14450            | 425-1102 | webmaster@rochesternordic.org     |
| Weekend<br>Trips | Jackie<br>Cannizzaro   | 8 Tilegate Glen          | Fairport NY 14450            | 425-1934 | weekendtrips@rochesternordic.org  |

Rochester Nordic Ski Club  
PO Box 22897  
Rochester New York 14692

**HOT LINE 234-5808**  
**[www.rochesternordic.org](http://www.rochesternordic.org)**