



nordic ski news

Volume 31, No. 6 February 2003

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

MARCH MEETING

7:00 – Social Gathering

7:30 – General Meeting

Greenland and the Arctic Circle Race

By
Erik Grimm

Local triathlete and cross country ski racer

Enjoy socializing and refreshments. Hope to see you!

Hot Line 234-5808
www.rochesternordic.org

PRESIDENT'S MESSAGE

Will it ever end??

It is quickly approaching the end of February and there is still plenty of snow to keep us skiers happy. Judging by the size of the snow banks at work it appears the snow will be around well into April. So that leaves us in the local Rochester area about two months more of some very good skiing. If you have not taken advantage yet please do. The way the past couple of years have gone next year might be like the area just west of Chicago, 10 inches of snow!!

We had a very busy time in February. The volunteers who helped out at the Special Olympics deserve a very good pat on the back. It was "freezing" the day of the Olympics. Amazing how the athletes would just get up on the skis and go. Hard to believe some of them had never been on skis before. Definitely a Saturday well spent.

On to the Winter Fest a few weeks later. Ken Hann organized this activity primarily on his own. He did a wonderful job in juggling all of the volunteers and the vendors. Once again Mother Nature provided a bitter cold day for the activities. That did not stop the public from getting out and enjoying what Ken had organized to offer. Big Thanks to Ken for a job well done. Another big thanks for all of the other volunteers.

One big advantage of this winter is it provided a wonderful opportunity for those who never skied before to ski. A bigger opportunity arose for our teachers to teach them. Classes were absolutely over flowing. Another big thanks to Jackie, Ruth, Coleridge, Jim and David for offering their time to teach others.

See you out in the snow....
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 March 19, 2003.

The **mailing party** will be held Monday, March 24, 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

Tell businesses that run ads where you learned about them!

Hot Line 234-5808
www.rochesternordic.org

MEMBERSHIP:

NEW MEMBERS FOR 2003

Tom Battley, Cathy & Jerry Cheplowitz, Linda & Joe Davies, Nancy Donals, Deborah Elliott, Karen Fellows, Eileen Flanagan & John Cochrane, Ann Glanton, Alice Grealy, Sue Green, Allen Grieco, Sandy & Jerry Gurev, Judy Immesoete, Fred and Kathy Kissinger, Janice Larson, Meg Leonard, Mary Jo McMannis, Roger Metherell, Michael & Esta Kiran, Rayno & Marjorie Niemi, Peter Parker, David Perry, Michael Radin, Brenda Reeb, Linda Reeder, Gretchen Schauss, David Seymour, Gary & Ardie Shaffer, Nancy Stucki, Carol & Francis Wojcik.

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 new places to ski
- Newsletter
- Community activity involvement opportunities
- Opportunity to promote the sport
- OTHER SKIERS TO PLAY WITH AND MAKE NEW FRIENDS

A tentative schedule of future programs

April	Ice Cream Social and Election of Officers
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Ski Center Websites

Byrncliff www.byrncliff.com

Hardwood Hills www.hardwoodhills.on.ca

Osceola www.tughillregion.com/ski-osceola

Winona Forest www.tughillskiiclub.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 to www.rochesternordic.org

Winterfest 2003

Hot Line 234-5808

www.rochesternordic.org

Despite the single digit temperatures, many people ventured out to enjoy the events at Winterfest 2003. It was also the 75th birthday of Mendon Ponds Park which we celebrated with a birthday cake provided by Tops Friendly Market. My only complaint for the day was that I wanted a second piece of cake and didn't have time to get it. Frank Allkofler, the Monroe County Parks Director, and Bill Carpenter, the Pittsford Town Supervisor, were on hand for the cake cutting and to say a few words. Jack Doyle, the Monroe County Executive, was not available and Jeanne Loberg, the Mendon Town Supervisor, was away at a meeting of town supervisors.

Many thanks go out to the both non-RNSC and RNSC volunteers who helped make Winterfest a success. Non-RNSC people included Greeters – Mike Deniz, Jerry Hanss, Ken Harbison, Tim Turner, Russel and Ruth Uhrenholdt; Crafts - Therese Hall, Mary Temelkovski and Chris Brush;

Wagon Ride Aids - Donna Dilella, Doreen Peters, Aliene Roberts, Dora Schaible; Story Telling - Lee Strong , XC Lessons and Tours – Bonnie Bissette and Refreshments at Stewart Lodge - Kathy Parker, Mary Graupman.

I would also like to acknowledge the tremendous effort of Joanne Heckman who designed the Winterfest website pages and Winterfest Program and artwork that formed the basis for every flier, poster and business card that was used to advertise Winterfest 2003. Thanks also go out to Jim Vallino who continuously modified the RNSC website with every Winterfest update, and there were plenty of them because we wanted to keep the website as up to date as possible so it was a real time reflection of the planning that was being done.

I would also like to thank those members who staffed club information tables and gave XC ski lessons. They are Jim Vallino, info table and lessons, Geri Lessig, Barb Weiler, Mark Maas, Mary Ardell, JoAnn Ardell and Donna Silverman, info tables. Thanks go to Pack Paddle Ski for providing loaner ski equipment to make the 40+ lessons that we offered possible. We also had two

new members, Joe and Linda Davies taking responsibility and doing a great job at the refreshment table in The Nature Center. For those who don't know, one of the food vendors cancelled Friday afternoon, leaving us with two unattended food locations citing that the weather was going to be too cold for him to work. Papa John's came to the rescue at Stewart Lodge by bringing in extra staff and equipment on instantaneous notice. And a very special thanks goes out to Geri Lessig who helped keep me sane during this time and helped me identify and pick up food supplies for The Nature Center and Stewart Lodge.

For those who were unable to attend Winterfest 2003, may I suggest that you access our website/Winterfest to see what you missed. One thing that is not listed is an appearance by the Bill Koch Youth League. They did a XC demonstration race in the hollow in front of Stewart Lodge. I was unable to get a Husky event but we did have three new events – The Rochester Curling Club, The Irondequoit Ice Boating Club and the Audubon Society. All drew much attention. I look forward to next year. I have already been asked by more than one person what the date will be for next year.

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

Northville/Lapland Lake Trip 2003

Fourteen happy skiers immersed themselves in an Adirondack experience over a four-day weekend. Unfortunately, my co-leader Sharon Galbraith was not able to join us due to a death in her family. We thank her for the effort she put into organizing this splendid trip. Next year, Sharon!

Extreme cold and extreme woodland beauty typified this trip. Those who arrived early enough on Friday went for a warm-up ski through a campground on the shore of Great Sacandaga Lake. On the drive back to the Inn the setting sun tinted the hills across the lake and the sky with wonderful purples and pinks. The entire group enjoyed an ample dinner at the Black Bear in Northville, complete with piano player. We lingered over dinner and conversation the whole evening with late arrivals joining the group as the night wore on.

Saturday morning we awoke to Adirondack cold – 15 below zero. Our cars were reluctant to start, but we all made it to the Lapland Lake Cross Country Ski Center after a hearty breakfast at the Inn. The Inn at the Bridge advertises “Our breakfast will keep you going all day.” and they mean it – a full breakfast and full skiers. Splendid skiing, beautifully groomed trails, sunshine, a blue, blue sky, evergreen trees frosted with snow. What more could you ask? Gary and Mike made a point of doing every trail. Over the weekend most of us skied all the black and double black diamond “expert” trails and climbed “The Wall”. A minor accident sent Ruth to the first aid station to care for a bloody nose, but we knew she would be fine when she went straight from First Aid to the ski shop to rent skis for the next day. Back at the Inn we relaxed in front of the fireplace and enjoyed a buffet dinner prepared by our innkeepers. After dinner most of our crowd

An Adirondack Experience

struggled to stay awake for a decent interval, but Gary, Jackie, Kathy and Janice went out to investigate the local night life at a sports bar frequented by the snowmobile crowd – another Adirondack experience.

Sunday was more skiing. We skied out the Lake Trail to visit Lapland Lake’s two reindeer. No trail went untried. Barbara Gorski, Kathy and Janice went for a tramp on the snow shoe trails, too. Sunday’s mishap was the disappearance of Bob’s skis for the better part of the day. Some clueless person had mistakenly removed them from the rack instead of their rental skis, apparently unaware that their boots did not match the bindings. You figure! Sunday evening at the Tuulen Tupa Grill at Lapland Lake we dined on Finnish specialties and drank glögg. Their desserts were special. Don’t miss the cheese cake if you go. Afterwards, five of us went for a night time ski on illuminated and moonlit trails. We skied out to Woods Lake where some families with children were enjoying a cheery bonfire on the shore. Skiing on the lake at night was special with the moon over the dark hills.

Monday morning we bid a fond farewell to the Inn and to each other after another skier’s breakfast. The trip home may have dampened our enthusiasm for snow temporarily – Monday morning’s blue skies and Arctic winds in Northville were traded for swirling, falling snow on the highways and a slippery Thruway. But we’ll be back, I’m sure.

Jo Taylor

The skiers: Cobb Goff and Carol Tyler, Barbara Gorski, Barb and Bob Weiler, Jackie Cannizzaro, Ruth Hyde, Jo Taylor, Gary Custozzo, Mike Radin, Janice Clements, Kathy Scherer, Rosie and Marty Sepos

WEILER'S TRAILS DAY TRIP – JAN. 25th (by Geri Lessig)

How exciting! Thirty people skied at Weilers' Trails. It was cold and somewhat windy in the open fields but no one complained because we were having so much fun. At one point during our ski the trail curved and as I looked ahead and saw the long line of skiers it gave me the feeling we were on an arctic expedition.

While we were skiing, Barb said a man came to the door and told her that he was driving by and saw all the skiers and wanted to know what was going on. Barb told him we were the Nordic Ski Club and gave him an application. Hope we hear from him so he can join in the fun.

And, from the Weilers' daytrip, the recipe for Carrot Soup

1 ½ lb. Carrots
4 T. Corn or Vegetable Oil
1 medium Onion, peeled and chopped
1 clove Garlic, peeled and chopped
¼ C. finely chopped Cashews
1 tsp. Ground Dill or Dill weed
1 tsp. Brown Sugar
2 C. Milk
2 C. Water
Salt and Pepper to taste

After our ski, Barb fed us with her great homemade soups and bread. Desserts were provided by some of our members. No one left hungry. We did have a late comer who missed out on the soup because she was giving XC lessons. Our latecomer, I won't mention Ruth's name, said a little wine was all she needed to warm her up. I think the next time I'll come a little late and warm up with Ruth.

Thanks Barb and Bob. We give this day trip a 9.8.

Peel the carrots and rinse them in cold water. Cut crosswise into ½" pieces. Heat the oil in a saucepan, add onion and garlic and saute over moderate heat for 2 minutes, then add the carrots, nuts, dill and sugar and turn into the oil. Lower the heat, cover, and let them sweat for 10 minutes, stirring occasionally. Add the water, cover and simmer 20 minutes until the carrots are tender. Remove from heat, turn into a food processor or blender and puree until smooth. Return the soup to the pan, add milk, and heat through. Add salt and pepper to taste. Serve with an optional tablespoon of yogurt or sour cream on top.

DURAND EASTMAN DAY TRIP, LED BY RICH WILDER.

The ski tour of Durand Eastman park on Sunday February 2 at 1 PM came off with great success. Although the snow was wet and a bit slow, the conditions made for easy climbing and great control going down. We met at the club house and skied a ridge trail overlooking one of the ponds and then along the shore of the same pond. While skiing around the pond, one skier got too close to the edge and fell in, but fortunately not through the ice. This gave a much needed rest to the others in the group while three of us helped her to get back on the trail. The highlight of the tour was

descending a hill with many corkscrew turns. Thanks to encouragement from our leader, we all made it without incident including one beginner who was cheered by all.

We were gone for 1 and 1/2 hours. The weather was overcast, but 16 jolly folks and Rich's brownies at the end made for a delightful afternoon.

Ruth Hyde and Rich Wilder

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 Boeck Tours) – 1/31-2/3, \$229, (3 nights),
Boeck 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).~~

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?

Summer Trip Anyone???

At our last board meeting we talked about possibly going on a three-day trip to Champlain Lake. This trip would be taken in either July or September. Our intentions are to take our bikes and explore the wonderful bike trails around the Lake. Initial plans are to leave about 4:00 PM on a Thursday, drive 6 hours, zonk out, and then ride at a very comfortable pace for two and a half days, drive 6 hours more, and arrive back in Rochester mid afternoon on Sunday. We are looking into possible hotels and B&B's for our overnight stays.

If you would like to check out some of the possible routes take a look at <http://www.champlainbikeways.org>
If you are interested in going, please contact Mark Maas at 482-2679 or president@rochesternordic.org

Nordic Ski Club Day Trips – 2003

SATURDAY - MARCH 1 @ 1:00 PM
BRISTOL HARBOR - Geri Lessig 266-3917 and Ken Hann 586-5205

Meet at Bushnell's Basin Park and Ride on Rt. 96 at 12:00 for car pooling or meet us at Bristol Harbor at 1:00. Snacks and water can be purchased if you forget to bring them. Trails are for all levels of skiers. If you are having difficulty with hills we can spend some time working on that technique.

After skiing we will eat at Bristol Harbor Restaurant or go into Canandaigua, At this time of year snow conditions may rapidly change so please call Ken Hann by 10:00 AM if you plan on meeting us at Bristol as other locations may be more appropriate for that day. Please call for directions to Bristol.

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.

Cooking is our specialty!
Homestyle Cooking:
Chicken-n-biscuits
Beef Stew
Scalloped potatoes & ham
Crisps: apple, blueberry & more
& many other selections

Open Every Day 6:30a.m. - 9:00 p.m.
Monday - Sunday
Also catering to go

George's Restaurant
1658 Rochester St., (Route 15A) Lima
624-1305

Hot Line 234-5808
www.rochesternordic.org

I can personally recommend the Cortland hike series. In 1997 I signed up for a similar series in Cattaraugus County. That was the beginning of a wonderful adventure. With friends I met on those hikes I have continued hiking a new section of the Finger Lakes Trail each year, now over 400 miles worth.

If you send your stamped self-addressed envelope to the address on the right, they will send you detailed information and a registration form. The \$25 registration fee covers bus transportation from the meeting place to the trail head. You hike back to your car. There is also a celebratory picnic after the last hike and an embroidered patch for everyone who completes the entire series. Make-up hikes on the honor system count toward completion if you have to miss a hike.

These hike series typically draw about 80 people, but it is not the huge herd you might imagine. Leaders and sweeps are provided for four different speed groups – speed-demons, nature-lovers, and two intermediate groups. The hikers tend to spread out into shifting subgroups of five or so hiking together.

The Finger Lakes Trail in Cortland County passes through beautiful country. George Pataki move over; you have nothing on Finger Lakes Trail hikers when it comes to the “I Love NY” department.

The deadline for receipt of registration is April 18th.

Jo Taylor

The Finger Lakes Trail Conference



announces

THE CORTLAND COUNTY HIKE SERIES

Here is your opportunity to hike 60 miles of the Finger Lakes Trail with a guide.

At the end of the series, there will be a picnic and those who complete all of the hikes be recognized.

The 2003 dates are:

April 26

May 10

June 7

July 12

August 9

September 13

October 11

For **more information** send a self addressed stamped envelope to

**Finger Lakes Trail Conference Hike
6111 Visitor Center Rd.**

Mt. Morris, NY 14510

or email

collier@eznet.net

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: _____

Hot Line 234-5808
www.rochesternordic.org

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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Rochester New York 14692

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