



nordic ski news

Volume 30, No. 7 February 2004

Thursday, March 4th 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 PM:

SOCIALIZING AND REFRESHMENTS

7:30 pm:

Vacation in New Zealand

Mark Maas

Enjoy socializing and refreshments. Hope to see you!

Club Email Addresses for Officers and Committees

You can now **send a message** to president@rochesternordic.org, weekendtrips@rochesternordic.org, newsletter@rochesternordic.org, etc. and be sure that your mail will be directed to the correct person. See the back of the newsletter or the Contact Us page on the club web site for the complete list of addresses.

The **deadline** for the next newsletter is the 19th (change from normal schedule due to holidays)
The **mailing party** will be held on the 23rd. Contact the Newsletter editor for more information.

Thanks to all who contributed articles and items for this issue of the Nordic Ski News. Articles of interest will be considered for future issues. Please e-mail to newsletter@rochesternordic.org. If the item needs to be scanned, please mail it to the webmaster (see list of Officers, Board and Committee Chairs on last page).

Advertisements. Tell businesses that run ads where you learned about them! Rochester Nordic Ski Club is offering advertising space. Please note that all ads are reviewed and are at the discretion of the club for acceptance. Ads must be received before the second Tuesday of each month. Note: We only run one newsletter during the summer time. Please email president@rochesternordic.org with information. Format should be in word form or a tiff document. Rates are as follows:

For Season:	For One Issue
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 Business Card

Upcoming Monthly Meetings

April 1, 2004

Elections; Wrap-up social

Your input is needed! What activities would you like the Club to sponsor during the summer. Come with ideas!

Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, March 11. Contact one of the Officers, Board or Committee Chairs for location.

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

If you haven't yet, pick up your membership card at the meeting.

Volunteer Activity Review

Thanks to Ken Hann

Winterfest 2004

On January 25, I woke up to the sun shining, 3 degrees and no wind. I knew it would be a great day in the park. This year marked the 9th year for the Mendon Ponds Park Winterfest. Many new events and groups participated this year. These included an astronomy display by the Rochester Astronomy Society, bird displays by Braddock Bay Raptor Research and Wild Wings, a large ice fishing display by the Avon Anglers, a Special Olympics XC ski race and face painting and a polar bear and clown provided by the Fairport Rotary Interact Kids. Many groups returned again this year including the RNSC. We again provided lessons, tours and information about XC skiing. All lodges were packed and parking was at a premium.

I would like to thank the following RNSC members for their help in making Winterfest 2004 a successful event: they are, Barbara Weiler, Donna Silverman, Gary Reif, Karen Nesbitt, John Osowski, Susan Athalye, Sal Athalye, Jo Taylor, Sharon Galbraith, Linda Daves, Joe Daves, Chris Baron, Coleridge Gill, Jim Valino, Bonnie Bisette, Jackie Cannizzaro, John Lam and Geri Lessig. I would also like to thank Pack Paddle Ski for providing skis for our ski lessons. A thank you to the RNSC is also extended for hosting the Winterfest web pages, www.mendonpondswinterfest.org. Please visit this site for pictures.

Park reservations have already been made for Winterfest 2005. It will take place on January 23, 2005. If you have enjoyed working at Winterfest in the past or would like to help out next year, please put a reminder on your calendar when planning for the next ski season (*Editorial Emphasis*).

Special Olympics 2004

I would like to thank the following individuals for helping at this year's Special Olympics at Potter Park in Fairport on Saturday, February 7. They are Chris Luehrsen, Karen Managan, Sue Green, Sue Henion and John Bishop. We also had the help of the Interact Kids from Fairport Rotary. A special thanks goes out to Fred Vojt for grooming the sledding hill and the snowshoeing and racing courses using equipment on loan from Dave Odgen.

New events were added to the Wintergames this year. As I may have mentioned previously, the Special Olympics has regionalized to include several counties that range all the way down to the Pa. line. About a dozen XC ski racers traveled from the southern tier to participate in this year's games racing on a 1K course. They were qualifying for the states that will be held in Ellenville, NY later in the season. A second new event was curling. I see these new events as opportunities for our local athletes. One of the challenges will be getting coaches to work with the Special Olympics athletes this next year. Winterfest showcased a longer race than has been traditionally held at the Wintergames. It is hoped that by doing this longer race again at the Wintergames, local athletes will rise to the challenge of a longer event. If anyone has an interest in working in the area of Wintergame events in an advisory or coaching capacity, please let me know and I will pass your name along to the main office.

Genesee Country Village Winterday

I would like to thank Jackie Cannizzaro and Joe Davies for helping at this year's Genesee Country Village Winterday. We handed out lots of RNSC information and gave ski lessons to about a dozen people. The day was warmer than predicted and the sun was brightly shining so it was a pleasure to be outside. Several short tours were also given around the nature center.

Visit the web page for full-sized photos

The Special Olympics



And Winterlude



Ski Center Websites

Byrncliff www.byrncliff.com
Hardwood Hills www.hardwoodhills.on.ca
Osceola www.tughillregion.com/ski-osceola
Cayuga Nordic Ski Club <http://spidergraphics.com/cnsc/>
Onondaga Ski Club <http://www.osc-ski.org/home.asp>
A nice collection of information, mostly off line: <http://www.footprintpress.com/>
Interesting collection of local information and home to some great photographs: <http://www.rochester-info.com/>
Mendon Ponds Winterfest: www.mendonpondswinterfest.org

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

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

Day Trip Reviews

Cumming Nature Center Day Trip

February 7, 2004 – Trip Leader - Chris Baron

We were greeted by two inches of fresh snow which made for very good trail conditions. Sharon Galbraith, Jo Taylor and Betty Schaeffer had arrived before the trails opened to get an early start. They said it was great skiing with only the deer to keep them company. Unfortunately, our paths never crossed while we were there. Dave Lentz, Debbie McClarin and I, the three “Intrepid Explorers” as Dave called us, skied not only the outer perimeter trails but also the two mile Wilderness Trail. We stopped for a lunch of chili and hot dogs purchased from the Nordic Ski Patrol, and then hit the trails once again for another hour and a half. Despite cloudy skies and a little wind, we had a real good time.

Day Trips

Feb. 28th. **Tug Hill Area.** Carpool from Bushnell's Basin Park & Ride., 8:00am. Bring lunch and water. Call Jo Taylor, 473-6729 or Sharon Galbraith, 872-0327.

Feb. 21, Saturday. **Cumming Nature Center.** Meet at Nature Center at 9:00 am. Bring lunch and water. Trails easy/intermediate. Hike if no snow. Call Chris Baron 315 986-1134

Contact Sharon Galbraith about signing up to lead additional trips

Randonnee Tours

Self-guided winter adventures in Canada - winter adventures located in Manitoba's Whiteshell Provincial Park and in Quebec's Eastern Townships and Laurentians. Randonnee Tours will give our organization a 10% commission on every tour purchased directly from us by one of your members. *(This 10% will be passed on to our members as a benefit of membership).* (Group discounts would not apply - the 10% is greater.)
www.randonneetours.com.

EMS Discount

EMS is offering a 20% discount on everything in the store.
Show a current newsletter with your address label

Get Out & Stay Out Adventure Outfitters Inc

2705 W Henrietta Road
offers a 10% discount to RNSC member

Extended Trip Reviews

SOUTH MEADOW LODGE/LAKE PLACID TRIP, JAN. 16 – 19, 2004

Thirteen hardy souls left Rochester on a blustery Friday morning. All had arrived safely by 10pm. We went out for dinner in town, enjoying some group time. Back at the lodge we chatted a bit and then hit the sack as we all wanted to ski early the next morning.

Next morning brought a temperature of minus ten, but, what a glorious day: bright sun, blue sky and sparkling white snow. After a marvelous breakfast (oh, those gingerbread pancakes!), the majority of us skied out the backdoor and up East Mountain on the Mt. Van Hoevenberg Trails to the Olympic Center. Mary and JoAnn Ardell opted for a morning of reading in the living room while Ken Hann chose to drive to town. That evening, the group split up for dinner. The Ardells and Ruth Hyde headed for Cranberry Lake, JoTaylor, Deb Elliott and Sharon Galbraith went for Mexican, Phil Neuer and Nettie Hauck found a restaurant which served rabbit and other game. All gathered later in the living room for conversation by the woodfire.

In the morning, we were surprised to find that the temperature was 23 degrees! A heat wave. After another hearty breakfast, all but Ken Hann and Geri Lessig went skiing. They opted for dogsled and toboggan rides. Sue Henion, Karen Nesbitt, Phil and Nettie and Jackie Cannizzaro skied the Porter Mountain Trails. Ruth, Deb and Jo skied the Ladies 5K, finishing just before a race began. Others of the group did the intermediate trails around the center. Just being at the center was exhilarating - on Sunday especially, as several races were going on, including the Junior Olympics tryouts. Sunday also was our wine and cheese party back in the lodge. Afterward, some went out for dinner while others curled up with books by the woodfire. At one point there were nine people reading in the living room. Someone asked if we were now the Rochester Nordic Book Club!

Monday morning after breakfast several people squeezed in one more ski before leaving for home. A great time was had by all in a beautiful place.

Overview of This Season's Trips

Tug Hill Plateau, Sandy Creek, New York - 3/6-3/7, \$39-46, (1 night),
Coleridge Gill (442-8634).

TRIP SIGN-UP (*Contact trip leader for address*)

TRIPS REFUND POLICY: If the trip produces an "overage" of \$10-\$20 per person, there will be a \$10 rebate per person. If there is a \$20 "overage", any excess or \$10 will be refunded. Some of the trips are calculated to break even at 12 people and we actually get 18 or 20 and the cost per person goes down. If we get 10, the cost per person goes up. There are variables in the cost and unforeseen events as we are all non-professional trip planners. The intent is not to make money, but to keep from going into debt.

DRIVERS: All passengers will share equally in the cost of gas and tolls.

Trip Name:
Your Name(s)
Your Address

Your Phone Numbers:
Your e-mail:
Best time to call:

Are you able to drive or otherwise help the leader?

Rochester Nordic Ski Club
a NYSSRA club
2003-2004 Membership Application

Each individual family member must fill out a separate form. All family members must use the same mailing address.

Last Name _____ First _____ MI _____ Renewal New

Street Address _____ Town _____ State ____ Zip+4 _____ - ____

Phone (____) _____ Sex: M F Date of Birth ____/____/____

e-mail address (optional) _____

PLEASE INDICATE: If the club offered electronic newsletter receipt would like to receive your newsletter (check one) via: regular mail (paper) electronic only.

The newsletter is posted to the website. E-mail notices are sent to everyone who provides an e-mail address.

INTERESTS: Racing Day Trips Weekend Trips Instruction

Each member must complete the waiver and release of liability below.

In consideration for the rights and privileges associated with membership in the Rochester Nordic Ski Club (RNSC) and the New York State Ski Racing Association (NYSSRA) – Nordic, Inc I acknowledge and agree to be bound by the following:

1. Identification of Risks. I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inaction's or negligence of myself or others.

2. Assumption of the Risk. I agree that I am responsible for my safety while participating in activities associated with RNSC and NYSSRA - Nordic, Inc., and that such responsibility includes participation only; a) when I am both physically and psychologically repaired to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.

3. Waiver. Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the RNSC and NYSSRA - Nordic, Inc., its affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (Released Parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in activities associated with RNSC and NYSSRA - Nordic, Inc., except where caused by the gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who may pursue any legal action or claim on my behalf.

4. Insurance. I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entitles from providing this coverage for me.

Signature: _____ Printed Name: _____ Date _____

For Members of Minor Age:

This is to certify that, as parent/legal guardian of this above named minor, I do hereby acknowledge and consent to his/her agreement to be bound by each of the terms and conditions identified above.

Parent/Guardian

Signature: _____ Parent/Guardian Printed Name: _____ Date _____

Remittance:

\$ _____ **MEMBERSHIP DUES:** INDIVIDUAL \$20; FAMILY \$28

Make checks payable to Rochester Nordic Ski Club and mail to: Rochester Nordic Ski Club, PO Box 22897, Rochester, NY 14692.

Date: _____ Amount paid: cash _____ check _____ # _____

Entered in database: _____

For all address changes and corrections, call or e-mail Geri Lessig, the maintainer of the mailing list, or send change to P. O Box.

ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

President	Mark Maas	482-2679	president@rochesternordic.org
Vice Pres.	Ken Hann	586-5205	vicepresident@rochesternordic.org
Secretary	Mary Ardell	235-5758	secretary@rochesternordic.org
Treasurer	Bob Jurena	266-8512	treasurer@rochesternordic.org
Board	Jo Ann Ardell	323-2893) board@rochesternordic.org
Board	Coleridge Gill	442-8634)
Board	Jim Vallino	425-1102)
Board	Open)
Comm Affairs	Ken Hann	586-5205	community@rochesternordic.org
Day Outings	Sharon Galbraith	872-0327	sharonbillgal@aol.com daytrips@rochesternordic.org
Historian	Rosie Sepos	223-5247	historian@rochesternordic.org
Instruction	Ruth Hyde	461-9266	lessons@rochesternordic.org
Maps	Dayle & Rick Lavine	442-6358	maps@rochesternordic.org
Membership	Geri Lessig	266-3917	membership@rochesternordic.org
Newsletter	Jo Ann Ardell	323-2893	newsletter@rochesternordic.org
Programs	Open		programs@rochesternordic.org
Publicity	Salil Athalye	248-3623	publicity@rochesternordic.org
Social	Geri Lessig	266-3917	social@rochesternordic.org
Summer Pgm	Open		summer@rochesternordic.org
Web Master	James Vallino	425-1102	webmaster@rochesternordic.org
Weekend Trips	Jackie Cannizzaro	425-1934	weekendtrips@rochesternordic.org
Weekday Trip Call List	Gretchen Schauss		gschauss@exnet.net

Rochester Nordic Ski Club
PO Box 22897
Rochester New York 14692

www.rochesternordic.org