



Rochester Nordic Ski Club Newsletter

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March 2009

Snow missing in Rochester area for most of February!

Cross-country skiers start to go into withdrawal!

Still, we are at 99 inches of snow so far, this year; just one inch shy of the normal average. Since we often get a couple good storms in March, there will still be some good skiing to come.

The grooming at Mendon Ponds Park has been outstanding (when they had snow!). Thanks out to the Rochester Cross Country Ski Foundation for working with the county to make the grooming happen.

In general, Harriet Hollister has been holding up well when all the Rochester snow is gone. Check the foundations trail report website www.xcrochester.com/new/conditions.htm# for up-to-date reports.

Report From Disneyworld (Florida):

This reporter just got back from a fact-finding mission to Disneyworld. There was no snow to be found. The closest skiing related section available was "Blizzard Beach Waterpark". (freak snow storm causes Alpine Ski resort to be built, but snow melts so it is turned into a waterpark).- GR

Quote of the month:

" You can always get a job.....but you can't make it SNOW"

Join the Yahoo Group " ROCHESTERXC" for up to the minute **snow reports** from fellow skiers.

Nordic Ski Club Meeting (Visitors are welcome!) Thursday, March 5, 2009 , 7pm

Meeting Topic:

Cross Country Skiing at Mount St. Anne, Canada

Mt. St. Anne Ski Touring Center

At our March meeting, Coleridge will discuss and show pictures of the Club's recent trip to Mt. St. Anne. It is the only 6 star ski touring center in the East. Come and find out why!

Just like Tug Hill....there is always snow at Mt. St. Anne. The difference is that's it always groomed.

As usual at these meetings, snacking, ski tales, (tall and standard) equipment chitchat, and assorted camaraderie will also occur.

Meeting Location:

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)

Why would anyone want to use 3 pin bindings (75mm Nordic Norm)?

A skier may want to use 3 pin bindings for a variety of reasons:

- They are standard for back-country, where a very simple (i.e.: break and jam resistant) binding is desired.
- Heavier boots are more readily available in 3 pin (good for warmth, walkability, and those who want better control).
- Readily available rock skis at garage sale prices.

Want to join or renew? The membership form can be found on our website at:
<http://www.rochesternordic.org/Forms/MembershipApplication.pdf>
Questions can be sent to: info@rochesternordic.org

Ski Club Meetings for 2008-2009:

(Visitors are welcome!)

The club meets on the first Thursday of the month and has meetings planned on;

Mar. 5, 2009; Photos and report of trip to Mt. St. Anne

April 2, 2009; 40 years of the RNSC!, Elections , dish to pass.

Board meetings are on the 2nd Thursday of each month, at Coleridge's house (subject to change).
Members are welcome to attend

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ADDRESS CORRECTION REQUESTED