

Winona Forest Tourathon (Tug Hill) is coming! Saturday March 6, 2010

Last day for on-line registration is:
Thursday, March 4, 2010 @ 5pm -Online
Registration www.SkiReg.com closes.
<http://www.skireg.com/events/register.asp?EventID=3025>

NOTE: NO Race Day Registration

Due to skier safety and enjoyment priorities, the WFT in March will be limited to 175 skiers so register now to save your space.(per the Winona webpage, way down at the bottom;)
<http://www.winonaforest.com/skiers.html>

Saturday 3/6/2010
7-8:30am - Bib and chip pick-up race day only at CCC
9am - MASS Start 12:15PM Cutoff
37.5Km 3 loop, 25Km 2 Loop, 12.5Km 1 Loop

Race HQ & First Aid: CCC Camp
County Rte 90 Mannsville NY 13142

11:30am-2:30/3pm Ziti Dinner for skiers
(included w/entry fee)
Sandy Creek Central HS Cafeteria.

Last minute in person registration will occur at
Mannsville Search & Rescue Bldg 1 mile North of
village, 3/5/10 from 6-9PM.



RNSC Monthly Meeting:

Thursday, March 4, 2010 Meeting 7:00 PM

Topics:

Gary Reif will be reporting and showing (many) pictures on the recent club trip to Northern New Hampshire with pictures and reviews of Great Glen, Bear Notch, Bretton Woods, Sunday River, and The Balsams Wilderness XC ski areas.

Also, if you can, in honor of St. Patricks Day, bring a green or Irish dish to pass!

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

Meeting Location:

Carmen Clark Lodge, Brighton Town Park
777 Westfall Road, Rochester, NY 14620
Haudenosaunee Trail (the name of the park road)
(~1/4 mile West of Clinton Avenue off of Westfall
Road south side)
(A smoke-free, alcohol-free environment)

Quote of the Month

"To be is to ski"

RNSC Trip to New Hampshire a Great Success!

12 adventurous skiers traveled to the somewhat snowy regions of Northern New Hampshire for adventure, eating, skiing and more skiing. What we found when we got there were comfortable rooms and great food at the Town and Country Motor Inn (Shelburne, NH) and not a lot of snow on the ground.

Fortunately, most ski places had enough snow for good trail coverage (and the higher elevations of places like Bretton Woods and The Balsams Wilderness had 2 feet or more snow to play in!). Come to the March 4 meeting for the full story and lots more pictures!

"Easy click" snow reports now on
RNSC home page!
Check the home page at
www.rochesternordic.org

Rochester Cross Country Ski Foundation News

The Rochester Cross Country Ski Foundation still needs your support!

- Reminder for everyone to DONATE...we still are working to cover our full grooming costs for this getting-long season. If you have not donated, please do so. If you have already donated and can donate more, that will be appreciated too! Also, don't forget to thank our groomers Denis Gordinier and Fred Vojt when you see them; what great jobs this year! Rumor has it that they both enjoy coffee and donuts and will accept hot and tasty donations!
- Bill Koch skiers will be attending the NENSA BK Festival this weekend in Maine, the Tourathon next weekend at Winona, and the NYSSRA BK Festival at Lapland Lake in two weeks
- Check out the latest pictures for the Genesee Valley Bill Koch Mid Winter Ski Festival at;
- http://nyssranordic.com/word_press/?p=1154

Please renew your Rochester Ski Foundation membership at:

Sign up for 2009/10 RXCSF Membership and Donations via <http://www.skireg.com/events/register.asp?EventID=3036> or use traditional paper Member Donor Form and mail.

<http://www.xcrochester.com/new/documents/RXCSFMemberDonorApplication20092010.pdf>

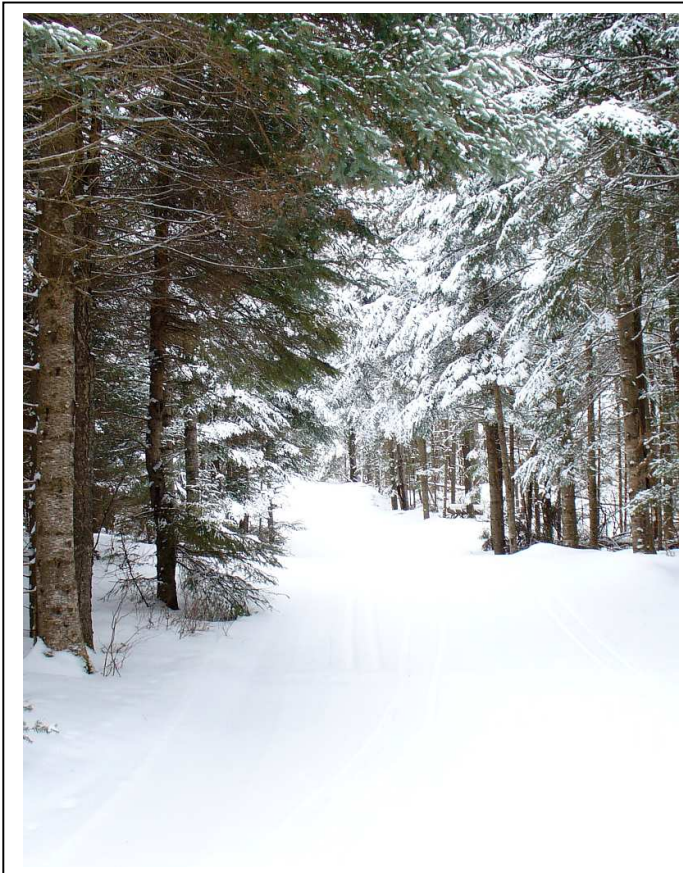
At the previous RNSC meeting:

Steve Gorski talked about his ski trip to the Washington Cascades, and various waxing methods and tips were demonstrated and discussed.

It is with sadness that we note the passing of a young xc skier, Peter Cannon. He skied with the Honeoye Falls-Lima Varsity XC ski team and was killed in an automobile accident while driving to Harriet Hollister. The RNSC offers its condolences to the friends and family of Peter.



Coleridge leads the way down the hill!



Typical Trail at The Balsams Wilderness

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 Find out where the snow is! Community activity involvement opportunities Opportunity to promote the sport Learning of new places to ski Extended trips at group rates
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OTHER SKIERS TO PLAY WITH, MAKE NEW FRIENDS, FIND NEW PLACES TO SKI !

Contact Information: info@rochesternordic.org		
ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS		
President	Mark Maas	482-2679
Vice Pres.	Gary Reif	218-0193
Secretary	Coleridge Gill	442-8634
Treasurer	Jo Ann Ardell	323-2893
Board	James Vallino	425-1102
Board	Ken Hann	586-5205
Board	Steve Gorski	
Board	David Lentz	
Day Outings	OPEN	
Historian	Barb Weiler	533-1438
Instruction	Coleridge Gill	442-8634
Membership	Steve Gorski	
Newsletter	Gary Reif	218-0193
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
Social	Ken Hann	586-5205
Web Master	James Vallino	425-1102

For all address changes and corrections, contact one of the officers or board members, or send change to the P.O. Box.

Rochester Nordic Ski Club PO Box 22897 Rochester, NY 14692
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Up to the minute Snow Reports!

Join the RNSC Yahoo Groups (XCROCHESTER) and have XC snow reports sent directly to your e-mail. You can also use this as a bulletin board to ask questions, etc. Go to groups.yahoo.com and join the rochesterxc group!

How to sign up for the Upstate NY XC ski conditions Yahoo Group

- 1) Go to <http://sports.groups.yahoo.com/group/rochesterxc/>
- 2) Click "Join this group"
- 3) If you don't have a Yahoo ID click "Sign up" (you don't have to fill in real info about yourself, especially not the birthday). The alternate Email should be your regular email address.
- 4) Yahoo sends email to your regular address to verify you. You must click a link in the mail to start your account.
- 5) You should now have a window for Yahoo Groups with the rochesterxc snow conditions page. Answer the setup questions (for #2 choosing "individual email" is best because you get snow reports right away !).
- 6) You can post messages by sending mail to; rochesterxc@yahoo.com (you must already be a member, and it has to come from your registered mailbox). You can also post messages on the group website.

Calendar of Upcoming Events:

Feb 27 & 28, 2010 More Nordic Hot Dog Days, Cumming Nature Center, 11:30-3pm

Feb. 27, 2010 , Saturday, RNSC Meet at Weilers, For RNSC members and guests only, 1-4pm, ski or hike if no snow. More info can be had by calling 533-1438. Address is 7829 West Henrietta Rd., 1.6 miles south of exit 11 on 390.

Feb. 27, 2010, Byrnclyff, Moonlight Ski party and buffet (585) 535-7300

Feb. 27-28, 2010 Telemark Skiing Camp, Trees, Steeps, Bumps; Gore Mountain

March 6, 2010 Winona Forest, Tug Hill Tourathon

March 13-14, 2010 Lapland Lake Mid-Atlantic Bill Koch Festival



Bretton Woods; outside the hut



Bretton Woods; inside the hut

Rochester Nordic Ski Club
PO Box 22897
Rochester, NY 14692

ADDRESS CORRECTION REQUESTED