



Volume 31, No. 3 November 2002

Thursday, November 7th Meeting – 7:00 P.M.
Twelve Corners Presbyterian Church, 1200 Winton Road South, Town of Brighton

NOVEMBER MEETING

7:00 - Social Gathering

7:30 – General Meeting

followed by

PREVENTING SKI INJURIES, including

✍️ Exercises

✍️ Stretches

✍️ A professional talk

Enjoy socializing and refreshments. Hope to see you!

Hot Line 234-5808
www.rochesternordic.org

PRESIDENT'S MESSAGE

Siberian Express....

Last year at this time Siberia had no snow on the ground. Result for us, very little snow over the winter. This year?? Siberia is buried under snow. Result for us?? Smiles....

More serious note, the county parks will not be closed during the weekdays next year. Funds were found to help keep the parks open. This is good news for the users of the parks. However, things are not as rosy as they appear. The county staff at the parks is greatly reduced. Time will only tell if the park staff will be able to keep up the huge maintenance task they are left with. One of our members contacted the park management. They indicated our club could go out and work on trails when needed. We will discuss this in more detail at the next meeting. Think we need to come up with a contingency plan in case we get a nasty ice storm or windstorm.

Still, we have to worry about the following year. Is it time to turn the parks over to the towns they reside in?? Just something to think about....

Just one more reminder, our insurance policy requires each member to fill out a form. This means that family memberships require each family member to fill out a form.

Enjoy,
Mark Maas

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 November 19, 2002.

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

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The Waxing Corner – Ken Hann

Some individuals feel that no-wax skis should not be waxed. While it is not necessary to wax a no-wax ski to do an occasional outing, there are many benefits in doing so.

When a ski company refers to a no-wax ski, they are referring to the kick zone. This is an area on the bottom side of the ski starting about a foot forward and running about a foot behind the area where the ski binding is mounted. On waxable skis, this is the area where kick wax is applied. On no-wax skis, this is the area with the fish scales or whatever design the manufacturer chooses.

Kick is what enables the skier to move forward. The kick zone is the area that allows the weighted ski to momentarily grip the snow to allow the skier to drive forward and glide on the other ski. On a no-wax ski, the mechanical pattern on the base of the ski locks to the snow just like running your finger along a saw blade against the direction of the teeth. On waxable skis, a special kick wax is applied. Grip is obtained when the crystals of the snow penetrate into this wax.

Glide is the forward movement of the skis over the snow and is done on the tips and tails of the skis (the area in front of and behind the kick zone). This area should be waxed with glide wax regardless of whether the skier has waxable or no-wax skis to get maximum speed and glide. This enables the skier to stay out longer and go further because it takes less energy to move the skis. Glide wax also protects the bases from abrasion and makes them turn easier enabling the skier to remain in better control.

There are different types of glide waxes. Some are a paste or liquid that you apply with a rag or applicator and buff up after the wax dries. Other types of waxes are applied with a hot iron. After cooling, the excess wax is scraped off and the base polished to give a smooth shinny appearance to the bottom of the ski.

Cream waxes are easy to apply but they also wear off quickly. They may, however, last long enough to complete a morning or afternoon ski. A couple of applications may be required if you plan to do an extended ski.

The benefit of hot waxing is that the heat opens up the pores in a ski base and the wax penetrates the base like a sponge thus providing a deeper layer of protection. Hot waxing a ski base, while taking longer, will last longer on the trail. Hot waxes come in a variety of temperature ranges and types depending on air temperature and snow conditions. This tailoring allows the skier to get even better performance out of the skis.

As a further note, kick waxes abound and like glide waxes, are designed for various snow conditions as snow crystal shape changes with the age and temperature of the snow.

If you would like to get more information on waxing your skis, come to the December meeting. We will have a couple of waxing benches set up and will be happy to show you how to and help you wax your skis. Because of the interest in this activity in previous years, please be prepared to do some of the work yourself. This will be good practice for waxing your skis at home.

I will have bars of glide wax for hot waxing and extra scrapers for you to use. If you have an old iron that you could use and share, that would be helpful. I will bring polishing pads to clean and brushes to buff the skis.

Hot waxing does take some time so I expect that we will be limited to the number of skis that can be waxed. The most important thing that I hope you leave with will be an understanding of the process so that you can repeat it at home. If you have any questions prior to the meeting, please feel free to give me a call at 586-5205.

One final thing, since wax scraping does involve making wax chips, we will have tarps under the benches to protect the floor. We need to be careful to keep the chips on the tarp.

Racing Column

Volunteers are much in need for the Bristol Mountain Tour, a 20Km tour/race to be held at Harriet Hollister on January 20, 2003. This is a club-sponsored event so please plan on signing up to help. I will make an announcement at our next general meeting in November. The money gathered from this event goes into the treasury fund and its a great way for young skiers to learn about the RNSC.

Anybody interested in skiing in Hawaii? Bill Koch is hosting a fall spectacular ski session on Papohaku Beach, one of the longest, most spectacular and least visited white sand (coral) beaches in the Hawaiian Islands. Koch claims that these training sessions will prepare you thoroughly for a terrific winter ski season.

The World Cup kicks off in October this year. Yes, October 25-26 is the set date for the first world cup nordic sprint races of the season. They are to be held in Germany. The 'outdoor' season begins in mid-November.

Hopefully our season will begin then as well.

David Valvo

VOLUNTEERS NEEDED:

WXXI Phone-in Pledge Campaign

Responsibility: Answer telephones during pledge breaks and record pledges
Date: Monday, December 9, 2002
Location: WXXI Studio on State Street across from Kodak
Time: 5:45 to 11:00

Key Entertainment Programming:
Mario Frangoulis (singer) and "Visions of Greece"

Mendon Pond Winterfest

Please watch upcoming newsletters for information on a winter festival at Mendon. It appears that, due to the budget cuts we have all been talking about, there is no budget for a winter festival. We, however, may be able to do a scaled-back version, like was done the first year, this time under RNSC's total leadership. Please contact Ken Haan **if you are interested in helping** with the organization. His number is 586-5205.

Winter Special Olympics

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Responsibility: Set up XC course; help competitors put on boots and skis; assist competitors to and on the course (100' long); offer lots of encouragement; assist competitors in getting prize ribbons (furnished by Olympic Organization); returning competitors to start to get winter shoes back on. Competitor teams are assisted by a staff of many volunteers that travel with each team to each olympic event so our overall responsibility will be to provide the leadership to assure that the XC event runs smoothly. Most importantly, have fun.

Date: Saturday, February 8, 2002
Location: Potter Park in the village of Fairport.
Time: Set-up 8:00 AM. Competition 9:00 AM till around Noon.
For those interested, some of the organizers meet for breakfast at 6:30 AM. Hot chocolate, burgers, hots, coffee and soda are available for purchase at the event.

Note from Ken Hann: I am looking for someone to coordinate this year's club volunteers as I will not be available on February 8th. I will provide all necessary information for the day to this volunteer. I have been assured that the Special Olympic Committee will have a back-up plan for the day should the weather make this venue unusable. One year the competitors snow shoed and skied down the halls of Fairport H.S. Everyone still had fun.

A tentative schedule of future programs

December	Waxing, Cleaning, and Ready To Go. Bring skis to sell and wax.
January	Ski Extravaganza
February	Slides of the Norway Museum, Clyde Glover
March	The Arctic Circle Race, Erik Grimm
April	Ice Cream Social

EMS Discount

EMS is offering a **20% discount** on everything in the store to those with membership cards:

Friday, October 25th from 4PM - 9:30PM and Saturday, October 26th from 10AM to 9:30PM.

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Attack of the Red Newts!!!

On October 5th five of us ventured out into the Finger Lakes wilderness. Shortly into our hike we encountered the skier eating Red Newt. To be honest, we actually stumbled across hundreds of them. They made the first part of the hike a very “tip toeing” experience. Both hikers and newts survived without injury.

After crossing the gorge we started our up hill hike through a very tranquil forest. Along the way we passed a large number of mushrooms. Luckily one of the hikers was an expert in the subject and provided a detail description of the “Newt Umbrellas”. All of the mushrooms were left in the woods unharmed, well, except the rare purple one our mushroom expert accidentally stepped on.

On top of the hill we were rewarded with a wonderful view of the south end of Seneca Lake. Very few trees had turned colors yet but it was still a wonderful view. We have a few pictures to share with everyone in the near future.

Our return path was not as dangerous as the trip up. Only a few Newts were encountered. We left our mark in the ledger and headed out to lunch and wine tasting. In short we stopped at 6 different wineries. Each one was a story in itself. To summarize, bigger is not always better!!

Next year we hope to have a few more skiers tag along. Thanks to Jackie, Jo Ann, Chris, and Elly for making this a fun trip!!

**Remember to renew your membership.
Membership form on second to last page.**

Overview of This Season's Trips

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 Bock Tours) - 1/31-2/3, \$229, (3 nights),
Bock Tours (624-3410).

Mount St. Anne, Quebec, Canada - 2/15-2/22, \$540, (7 nights),
Carol MacInnes (924-4077).

(The trip flyer was not in the last newsletter; check out the description.)

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?

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?

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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: _____

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		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		
Racing	David Valvo	657-7662	racing@rochesternordic.org
Social	Donna Silverman		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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