



nordic ski news

Volume 30, No. 3 November 2003

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

NOVEMBER MEETING

7:00 PM SOCIAL GATHERING

7:30 pm: STRETCH & GET READY

*** Stretch** with Jackie Cannizzaro

Wear comfortable clothes and sneakers

*** Get Ready** with Coleridge Gill

Bring a bungi cord and two 1 or 1/2 gallon plastic jugs
(fill up one jug half way with water)

We're going to have a little fun "Getting Ready"

Don't forget your jugs!!

Enjoy socializing and refreshments. Hope to see you!

www.rochesternordic.org

PRESIDENT'S MESSAGE

Witching Hour...

Halloween is almost here. County budget is almost here. Both of these events can be very "ghastly". \$42 million shortfall? 8.85% sales tax? Can anyone say Ontario County?

This year the trick is on all of us. It sounds very similar to last year...and the year before. What are we to do?

Lets go to the federal government to bail us out. That's right...they can give \$87 billion to Iraq. Why not \$42 million of Monroe County? We have unrest in our streets...more people killed this year in the city than last year's total count, and there is still two months left!! Have you been to a legislature meeting lately?? Complete chaos!!

We desperately need the US government to invade Monroe County. They can put 400,000 troops on the streets that will take care of the jaywalking problem in a hurry. They will bring in some soon to retire General to run the intern government. Just think, free food!!!

Wishful thinking...

We are officially entering the most boring time of year for anyone in Rochester. All the leaves will soon be gone; everything will be brown and gray. In my mind the first three weeks in November have a tendency to be the most depressing period of time in Western New York. So what do people do for these three weeks before the typical first snowfall? They take a gun and go out in the woods and kill something. Or...they come to the RNSC November meeting and learn about how to prepare for the upcoming ski season. Then for the next three weeks after the meeting they can use the new knowledge to prepare for that first ski.

See you at the next meeting!
Mark

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 the 19th.

The **mailing party** will be held on the 24th. 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

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

Calls for Volunteers

Call for Volunteers for the **WXXI Telephone Pledge Campaign**. This year, our date will be December 2, 2003 from 7:00 pm to 11:00 pm. at the WXXI studio on State Street across from Kodak Office. The program for that evening will be James Taylor and the BG's. Should be a popular evening. A sign up sheet will be at our November meeting. You can also sign up by calling Ken Hann @ 586-5205

Call for Volunteers at Please add February 21, 2004 as a Call for Volunteers Day at the **Genesee Country Village** on February 21, 2004 to lead a XC ski lesson effort that day. Help is needed with extra instructors and people to lead ski tours. A sign up sheet will be available at monthly meetings. Volunteers can also sign up by calling Ken Hann @ 586-5205. It has been indicated that Genesee County Museum will open the village for ski tours and that RNSC members would get in free that day to ski

Call for Volunteers to help at the **Mendon Ponds Park Winterfest** on January 25, 2004. Help will be needed to staff club information tables, teach XC skiing and lead ski tours. Sign up sheets will be available at monthly meetings. You can also sign up by calling Ken Hann @ 586-5205.

Call for Volunteers to help at the **Monroe County Winter Special Olympics**. Mark Maas will be leading this. The games will take place on Saturday, February 7, 2004. Help is needed between the hours of 8:00 am and 1:00 pm to set up the race course, sort ski equipment, help the competitors with the equipment, get them to the line and then, as necessary, offer assistance getting the competitors down the course. Also, lots of encouragement and cheering is needed too. All are welcome. Call Mark Maas to help.

Editor's Notes

Remember to sign up for that cross country ski trip you want to take this year! See the sign up sheet in this issue.

DayTrip leaders are needed. Where do you want to ski this year? Where have you always wanted to go locally? Call Sharon Galbraith and volunteer to lead a trip, co-lead a trip. Anyone can lead a trip; someone else will always know the way (so "they" tell me).

Gretchen Schauss has volunteered to coordinate a **call list for week day ski trips**. She may be available on Tuesdays and Thursdays. Contact her to get out in the middle of the week this winter!

There is additional trip information—see the notice about Bock Tours' Winterlude Weekend in Ottawa and the article from Randonnee Tours.

Remember to renew your membership.

Membership form on second to last page.

XC Ski Base Prep for Members

Get your xc skis ready for the season.

Bring your skis to the November Nordic meeting. Be sure to label both skis with your name and phone number.

Base Prep Cost is \$15.00. Make check payable to Rochester Nordic Ski Club and bring it to the October meeting.

Pick up your skis at the December Nordic Meeting.

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/>

Garnet Hill www.garnet-hill.com

Lapland Lake www.laplandlake.com

Winona Forest www.tughillskiclub.com

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 Trips

January 24, 2004

January 25, 2004

January 10, 2004

January 31, 2003

February 1, 2004

Genesee Country Museum Fest

Mendon Park Fest

Tug Hill led by Jo Taylor and Sharon Galbraith
the ski party at Weilers

Genesee County Park led by Ruth Hyde

Mushroom Mania

On the most perfect day of the fall 8 members of the RNSC took part in the second annual hike and wine tasting trip. The event took place on Oct 11th, the best possible day weather wise this fall. We started a little late due to the construction on route 590. The leader of the trip showed up 15 minutes late after sitting for 45 minutes in the Route 590 mayhem. This late time start prompted us to hit a few wineries first, eat lunch, take a hike, and then hit a few wineries on the way out

Wine this year is ten times better than last. Several members did their part in helping out the Seneca Valley chamber of commerce. Lunch was eaten at Wagner's Winery. Food was absolutely divine. Our eating provided us with a wonderful view of the lake with all the wonderful fall foliage.

If you have not been wine tasting lately you are in for a surprise. There is a “youth” movement at all the wineries. “Sweet” seems to be the flavor of the youth. Personally I like to call it “sickly sweet”.

One other comment about the “new look” at the wineries, if you go in the afternoon, prepare yourself for dealing with a bunch of drunks. These wine tours have become very popular. Seems everyone forgets that 5 to 10 one-ounce samples can leave a person legally impaired. On these wine tours they hit between 8 to 10 wineries, 5 to 7 samples at each winery, which yields a total of 40 to 70 ounces of wine! Just think once these people get back to their cars they have to drive home!!

After lunch we headed up the Finger Lakes National Forest for a wee hike. Last year Red newts attacked us. This year

was much different. Many of the trees had lost their leaves already. Also, the year before the ground was moister. This time it appeared somewhat dry. So, in place of the newts, we had mushrooms!! Absolutely a mushroom addict’s paradise. Yellow, brown, white, red, ...they were everywhere. After dodging all of the mushrooms we made it to the top of the hill. Trees were at absolute peak. A number of the hikers took advantage of the scenery by taking some wonderful pictures. We hiked back to the vehicles wishing we could bottle that day up to open it on one of those brown gray days in November.

One last stop at a winery...this one was in the afternoon. Drunks....

Thanks to everyone who attended. Look forward to doing it again next year.

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 early to the November and December meetings. Waxing demonstrations will be given along with the regular meeting.

SKI FOR LIGHT

The Ski for Light Equation: (Skills + Sharing) * Enthusiasm = FUN
by Christine Faltz

Eija Jacobsen is originally from Finland and, while not quite born wearing skis, she was introduced to cross-country skiing at the age of four. Yet, after applying to be and accepted as an instructor/guide for an international weeklong cross-country skiing event, she was "terrified."

Eija is an excellent skier and certainly knows how to demonstrate and teach the fundamentals of the sport. So why the fears and insecurities? She knew her pupil for the week would be blind.

Her pupil turned out to be Tom Torvie, a visually impaired resident of Anchorage, Alaska. Eija and Tom joined 110 other guide/skier pairs as participants at the 2003 Ski for Light (SFL) event.

Ski for Light is an all-volunteer, nonprofit organization founded in 1975. Its mission is to make available physical fitness opportunities to blind, visually or mobility impaired adults in an environment where "we can't" is replaced with "we can." Sighted guides are paired with disabled skiers for the week and together they decide how long, how often and on what type of terrain they will ski. First time guides are paired with experienced skiers while first time skiers are paired with more experienced guides.

"I knew all about SFL and I finally decided it was time to stop procrastinating and do something different, do something for someone else and share the fun of skiing." Eija says. This determination did not prevent Eija from feeling extremely nervous. And she wasn't alone.

Turk Ellis, another first time instructor/guide, recalls "I knew that I loved to ski and I've always enjoyed passing on this passion to anyone willing to give it a try. But this was so

If you are a strong, confident, classic cross-country skier, or if you are a blind, visually or mobility impaired individual who is interested in skiing, please consider attending the 29th Ski for Light week from February 8 - 15, 2004, in Green Bay, Wisconsin. Attendees will stay at the Radisson Hotel & Conference Center and ski at the Brown County Reforestation Camp. For applications and additional information please contact Brenda Seeger at 507-274-5502 or brenda@sfl.org or visit www.sfl.org.

Experience Ski for Light Close to Home: Attend a Regional Program!

If you're interested in seeing what Ski for Light, Inc.® is all about but you can't make it to the annual week-long event (or you just can't get enough of a good thing!), give your nearest Regional a try. Regionals are similar in structure to SFL but are shorter, generally held over a weekend. Regionals are being held on various dates January through March (many Regional programs are also active year-round) and include (contact Ski for Light for other regional programs).

New England Regional Ski for Light
Cross-Country Skiing/Snowshoeing
January 9 - 12, 2004
Craftsbury Outdoor Center, Craftsbury Common, Vermont
February 27 - 29, 2004
Royalty Inn/Great Glen Trails, Gorham, New Hampshire

very different. I didn't know if I was capable of guiding a blind skier."

Those fears were put to rest for Eija and Turk by the end of their first meeting with the guide trainers, pairs of seasoned skiers and guides who train the new guides. Both also had the opportunity to talk with other "rookies" who shared the same fears. By the end of their daylong training session Eija and Turk had mastered the necessary communication skills and guiding techniques and were ready to hit the trails with their skiers the next day.

"Tom was very understanding and forgave me my lack of experience." Eija laughs. "In the beginning, I would tell him 'Tom, we're coming to a hill,' and he would tease 'Yes, Eija, it would help to know if that's uphill or downhill?'"

"Eija was always cheerful, even when the weather and snow conditions did not merit such behavior," Tom grins. "At times Eija was the voice of reason as she would suggest breaks at good times or allow skiers of greater ability to ski ahead of us on difficult terrain. Although," he reflects, "I never imagined my voice of reason would have a Finnish accent!"

"It wasn't always clear who was the guide." smiles Eija. "Ski for Light is about sharing the experience of skiing, having fun, growing and learning. It was not so much my being Tom's eyes; it was Tom guiding me with such ease that I was finding new ways to look at the world around us."

"I have never felt so alive and so important and yet so small," echoes Turk. "I went to SFL to ski, to do something for someone other than myself. I came away with so much more. It was truly a life-changing experience."

Web site: <http://www.nersfl.org>
Contact: NERSFL
P.O. Box 2170
Brattleboro, Vermont 05303
Telephone: 781-667-9270
Email: info@nersfl.org

Northeast Pennsylvania Regional Ski for Light
January 25 - February 1, 2004
Land of the Vikings, Sherman, Pennsylvania
Contact: Bjorg M. Dunlop
Telephone: 518-731-8741
Email: bjorgmd@aol.com

As with SFL, no prior experience with visually or mobility impaired people is necessary. If you're confident on skis, you can share your love of the outdoors by being a Guide.

2004 Ottawa Winterlude Weekend

February 6 – 9, 2004

**Highlights: Winterlude celebrates 26 years! Bock Tours' 12th annual tour – come join the fun!
Annual WinterFestival.**

**Lord Elgin Hotel (across the street from ice sculptures and Rideau Canal).
ice skating, special events, free time,
cross country skiing at Gatineau Park and Chateau Montebello.
New swimming pool, fitness facility and hot tub at hotel.**

Contact: Bock Tours directly (624-3410)

Price: \$249

Randonnee Tours

Club members at the Rochester Nordic Ski Club may be very interested to learn about Randonnée's self-guided winter adventures in Canada - and we would love to have them experience our unique fun-in-the-snow tours.

Randonnée is North America's leading specialist in self-guided touring. Our winter adventures are located in Manitoba's Whiteshell Provincial Park and in Quebec's Eastern Townships and Laurentians. Our Whiteshell Winter Sampler has won two awards for being a unique, extraordinary tour experience.

The tour itineraries will either be in the next newsletter or posted on the web site. They will give you the details of our adventures, which include such activities as inn-to-inn cross-country skiing, and the opportunity to sample snowshoeing, ice fishing, curling, winter trail riding and more.

We will give your 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.)

If you'd like more information about Randonnée, our web site is www.randonneetours.com.

Sincerely,
Michelle Beaudry
Marketing Assistant
<http://www.travelpress.com/ctftp/03-24-03ctp.PDF>

Randonnée

800-465-6488

204-474-1888 (fax)

www.randonneetours.com

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offers a 10% discount to RNSC member

Overview of This Season's Trips

South Meadow Farm Lodge, Lake Placid, New York - 1/16-1/19, \$200, (3 nights),
Sharon Galbraith (872-0327) and Jo Taylor (473-6729).

Mount St. Anne, Quebec, Canada - 2/14-2/21, \$640, (7 nights),
Carol MacInnes (924-4077).

Ottawa Winterlude Weekend – 2/6-2/9 (2 nights),
Bock Tours (624-3410)

Skiwelt, Austria - 2/13-2/21, \$1225, (8 nights),
Ruth Hyde (461-9266) and Jackie Cannizzaro (425-1934).

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	Coleridge Gill	442-8634	publicity@rochesternordic.org
Publicity	Open		
Social	Open		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