



nordic ski news

Volume 30, No. 12 November 2004

NOVEMBER MEETING

**7:00 – SOCIALIZING AND
REFRESHMENTS**

7:30 - BUSINESS MEETING

**Stretch with Jackie Cannizzaro and Get Ready (Clothing,
Equipment & Exercises) with Coleridge Gill**

Wear comfortable/ stretchable clothing and sneakers. Bring 2 one-gallon plastic jugs filled half-way with water or 2 half gallon plastic jugs filled with water. Make sure caps are tight or you might get wet. Also, bring stretchable 24 - 36 inch rubber band, bungy cord or an old bicycle inner tube.

Enjoy socializing and refreshments. Hope to see you!

President's Message

Hello everyone,

Has anyone seen the sun? I recently vacationed with my son and daughter-in-law in Alaska. Same weather as we have had this past week. I did not spend much time on deck with the constant rain and the fact that the boat was cruising at about 26 mph. Not much fun sitting in the equivalent of a car wash. If the precipitation continues into the winter months, we will be up to our ears in snow.

This leads me into giving you a quick update on the Park's office. First of all, the groomer is in the shop for pre-season maintenance and is expected to be operational. If it breaks during the season, then grooming is problematic. Also, the Park's Department has taken additional hits to their staffing ranks. There are still, however, several individuals capable of driving the groomer as long as it is functional.

I often run into or get calls from people who want to know where to rent skis for the day. I looked around and the only shop I could find was Park Avenue Bike Shop. They will also be renting snow shoes. As you spread the word, please make people aware of our outing opportunities and the discounts that we receive at area sporting goods stores.

The 10th Winterfest will be held on Sunday, January 23, 2005 from 11 am to 4 pm. The format will be a little different this year. Heritage Christian Homes will be occupying the spot at the Nature Center that we have had for the past several years. Heritage Christian will be staffing the Nature Center during the week and will occupy the back room on the left. This is a great move in that the Nature Center will again be open during the week. I am not sure about the weekends yet. I do know that Wild Wings will be moving their birds to the Nature Center so this will be a wonderful addition to the park. Because of these changes, we will only be located in Stewart Lodge. We will again be offering ski lessons and tours. I am working on getting loaner skis for the day and hopefully will have enough so that everyone who wants to participate in our lesson and tour program can. Please consider helping out, as it has always been a good time for all. I am in need of members to staff the information table and to teach beginner lessons and lead tours. Please call me at 586-5205 if you would like to be a part of Winterfest.

We have also been offered Tuesday, November 30, for helping out at the **WXXI phone in pledge campaign**. This year, it will be an outdoor show "Alone in the Wilderness". It will be an early evening for us, as we will only be needed until 9:30 pm. Please arrive at about 6:30 so we can get set up. The format will be the same as in recent years. We will have the opportunity to either take pledges on the computer or on paper depending upon what you are most comfortable with. I know we all get annoyed with calls for donations. We do not do that. Viewers call in to us to make pledges so we don't have to sell them anything. For those who have not been to the WXXI studio before, it is located on State Street just across from the Kodak headquarters. You can park on State Street across from WXXI, in the WXXI parking lot in the building or in the municipal parking ramp next to WXXI. We usually walk out together so security is not a major concern. Please give me a call at 586-5205 if you are interested. Thanks.

I would again like to remind everyone that we are a volunteer club. We currently have two positions to be filled. One is for RNSC Secretary. The responsibility for this position is to record the minutes of our monthly two-hour board meetings and then publish them for the board members to review for content and action items. Computer and internet skills are very helpful in this position as communication between members is greatly speeded up. The second is for Membership. The responsibility of this position is to welcome people at the admission's table, maintain the membership list and report membership status at board

meetings. If you have an interest in serving the club and being part of the leadership team, please give me a call at 586-5205.

I look forward to seeing everyone at our upcoming meeting where we will be talking about pre-season and ski conditioning. Bring loose cloths as this will be an interactive presentation. Also, please think about leading a day outing. I will have a list of opportunities from our map set for starters. You can co-lead a trip so please don't feel shy about offering.

Ken

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 19th

Contact the Newsletter editor if you would like to help us with the mailing. Help is always welcome.

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 |
|---------------------|----------------------|
| \$200 Full Page | \$40 Full Page |
| \$150 Half Page | \$25 Half Page |
| \$ 50 Business Card | \$15 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

Board Meeting

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

EMS Discount

EMS is offering a 10% discount on everything in the store.
Show your membership card.

Get Out & Stay Out Adventure

Outfitters Inc

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

TRIPS 2005

Welcome to the Winter 2005 ski season. Just fill out the coupon at the bottom of the next page and send it with your deposit to the trip leader. Contact the trip leader for the address to send your payment to. Non-members will pay \$10 extra.

Overview of This Season's Trips

South Meadow Farm Lodge, Lake Placid, New York - 1/14-1/17, \$210 members, \$220 nonmembers, (3 nights), Sharon Galbraith (872-0327).

Crystal Lake Ski Center Trip, Hughesville PA -1/28-1/30, \$168 members, \$178 nonmembers, (3 nights), Karen Pakulski (889-7694)

White Mountains, Shelburne, New Hampshire – 2/19-2/26, \$440 members, \$450 nonmembers, Carol MacInnes (924-4077)

Tug Hill Plateau, Sandy Creek, New York, 3/5-3/6, \$39 – 46, Coleridge Gill (442-8634).

The Chic-Chocs: 7-day Cabin-to-cabin cross-country ski trips , 3/6 – 3/12, , \$1,533 (6 people), \$1,447 (7 people), \$1,390 (8 people), \$1,652 (5 people). The trip is organized and run by Tuckamor Trips Inc. 7123 Lac Noir Road, Ste-Agathe-des-Monts, Qc. Canada J8C 2Z8 Phone: (819) 326-3602, Fax: (819) 326-8617 e-mail: bill@tuckamor.ca, web site at www.tuckamor.ca.

**Two additional trip brochures are included in this issue of the newsletter.
These trips are sponsored outside of RNSC**

Winterlude in Ottawa, 2/3-2/5, Sponsored by Kodak Ski/Snowboard Club, \$245 double occupancy, see brochure for contact information.

Ottawa Winterlude Weekend, 2/4-2/7, Sponsored by Bock Tours, \$269 double occupancy, see brochure for contact **information.**

TRIP SIGN-UP (contact trip leader for address)

If a trip produces overages of \$10-\$20 per person, any excess amount over \$10 will be refunded. Some trips are calculated to break even at a certain number of people; but if more sign-up, the price per person goes down. Also, it is possible to get fewer people and then the price of the trip goes up. There are variables in the cost of a trip and unforeseen events may happen as we are all nonprofessional trip planners.

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

Trip leaders may be reimbursed for the cost of their trip. Co-leaders may divide the cost of a single trip.

Trip Name: _____

Your Name(s): _____

Your Address: _____

Your Phone Number: _____

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 Number: _____

Your e-mail: _____

Best time to call: _____

Are you able to drive or otherwise help the leader? _____

SKI LESSONS 2004-2005

CLASSES

Holiday Week Beginner: Jackie Cannizzaro at Mendon \$30
Dec. 28, 29, 30 10AM

Monday Night Beginner: Coleridge Gill at Cobbs Hill \$36
Jan. 3, 10, 17, 24 7 PM

Saturday Beginner: Jackie Cannizzaro at Mendon \$36
Jan. 8, 22, 29, Feb. 5 10 AM

Saturday Intermediate: Ruth Hyde at Mendon \$36
Jan. 8, 22, 29 , Feb. 5 10 AM

Tuesday Advanced Beginner: Ruth Hyde at Mendon \$36
Jan. 4, 11, 18, 25 4 PM

Late Start Beginner: Jackie Cannizzaro at Mendon \$36
Jan 22, 29 & Feb. 5,12 1 PM

WORKSHOPS

DIAGONAL STRIDE: Jim Vallino at Mendon \$10
Sat. Jan.22 at 10 AM and Sun. Jan. 30 at 1 PM (\$19 for both)

Workshops in skating and telemark can also be scheduled.

To register, send a check made out to Rochester Nordic Ski Club to

Ruth Hyde, 61 Fernboro Road, Rochester, NY 14618

Please include your phone no. and e-mail address.

For additional information including exact meeting places for lessons, call Ruth at 461-9266 or e-mail her at lessons@rochesternordic.org .

NOTE: JOIN THE CLUB AND TAKE ADVANTAGE OF LOWER PRICES.

www.rochesternordic.org

Rochester Nordic Ski Club
a NYSSRA club
2004-2005 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 | Ken Hann | 586-5205 | president@rochesternordic.org |
| Vice Pres. | Jackie Cannizzaro | 425-1934 | vicepresident@rochesternordic.org |
| Secretary | <i>Open</i> | |) |
| Treasurer | Bob Jurena | 266-8512 | treasurer@rochesternordic.org |
| Past President | Mark Maas | 482-2679 | pastpresident@rochesternordic.org |
| Board | Jo Ann Ardell | 323-2893 |) board@rochesternordic.org |
| Board | Coleridge Gill | 442-8634 |) |
| Board | <i>Open</i> | |) |
| Board | Jim Vallino | 425-1102 |) |
| Comm Affairs | Ken Hann | 586-5205 | community@rochesternordic.org |
| Day Outings | Sharon Galbraith | 872-0327 | 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 | <i>Open</i> | | membership@rochesternordic.org |
| Newsletter | Jo Ann Ardell | 323-2893 | newsletter@rochesternordic.org |
| Programs | <i>Open</i> | | programs@rochesternordic.org |
| Publicity | <i>Open</i> | 248-3623 | publicity@rochesternordic.org |
| Racing | Coleridge Gill | | racing@rochesternordic.org |
| Social | <i>Open</i> | 266-3917 | 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 |
| Weekday Trip Call List | Gretchen Schauss | | gschauss@exnet.net |

Rochester Nordic Ski Club
PO Box 22897
Rochester New York 14692

www.rochesternordic.org