



nordic ski news

Volume 32, No. 3 November 2005

Thursday, November 3rd Meeting – 7:00 p.m.
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)

NOVEMBER MEETING

LOOK INSIDE FOR DIRECTIONS TO OUR NEW MEETING
LOCATION

**6:00: MEET AT LODGE, PROBABLY A
MOONLIGHT WALK**

7:00: PIZZA (SUPPLIED BY RNSC)

**7:00: GETTING READY FOR THE XC
SEASON**

EQUIPMENT AND CLOTHING BY COLERIDGE GILL

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

PRESIDENT'S MESSAGE

Foundation...

At our last club meeting we were presented with the formation of the Rochester Cross Country Ski Foundation. The presenter painted a very clear picture of the current cross country ski scene in our area. A number of issues he brought up we talked about many times in our board meetings. What is needed is larger voice to make our desires heard. By "combining" a number of ski clubs in the area this can be accomplished. Our club has been offered a position in this foundation. We have been debating this via email to make sure this offers the best opportunity for our club. In my mind this is a golden opportunity for all ski clubs in the area to combine and become a loud voice in the community for Cross Country Skiing. We will still maintain our identity. How this affects all aspects of our club is yet to be determined. Rest assured nothing will be done to jeopardize our membership. Best case scenario is this will yield more members in our club and vastly improved skiing in the area.

Mark Maas

NEW MEETING LOCATION

WE ARE MOVING. Our meeting place for this year is at Brighton Town Park, Carmen Clark Lodge.

This is the same lodge we had our September picnic at last year.

Directions to the new meeting place will posted on the website. Quick directions, the park is located about a quarter mile West of Clinton Avenue off of Westfall Road, left hand side if coming from the East. The road that leads to the park is called Haudenosaunee Trail.

REMINDER: We will no longer have the facility set up for us by a third party. It will be left up to the members to contribute with setup and teardown. We are starting sooner so that we can get everyone out of there at a more reasonable time.

See the back of the newsletter or the Contact Us page on the club web site for the complete list of addresses for officers, board members, and committee chairs.

The **deadline** for the next newsletter is November 20th
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 info@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

Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, November 10. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

Hike/Wine Trip 2005

On October 1st six eager souls set out on what would be a perfect fall day in Western New York. Jo Ann, Mary, Mark, Chris, Dave and Jackie enjoyed a wonderful four-mile hike on the historic Keuka Outlet Trail. If you have not had the opportunity to explore this upstate New York treasure you must put it on your calendar. The trail runs from Dresden to PennYan. It follows along a river with several wonderful waterfalls. Hikers can explore the ruins of buildings that made this little river a major through fare during the 1800's. We could still smell the sulphur from the sulphur kiln as we weaved through the buildings near the developing Information Center. Inside this center there are many displays and pictures describing the rich history of this region. After our strenuous hike (only one small hill) we set fourth on our second adventure of the day at the local wineries. We hit seven of the wineries on the east side of Seneca Lake. If you get a chance at the next meeting ask the participants what winery they liked best. All had a great time. Look forward to doing this again next year.

Earn Your Turns *Join the* ***Nordic Ski Patrol***

www.GVNordic.org
GVNordicRecruiting@MooseWareinc.com

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

OVERVIEW OF THIS SEASON'S TRIPS

Grey Bonnet Inn, **Rutland**, Vermont

2/11 – 2/16, \$299 (5 nights), Ruth Hyde (585-461-9266) or Jackie Cannizzaro (585-425-1934)

Hotel Val des Neiges, **Mont Sainte Anne**, Quebec, Canada
2/18 – 2/25, \$720 (7 nights), Carol MacInnes (585-924-4077)

Redwood Motel, **Tug Hill Plateau** (just south of Watertown)
3/11 – 12, \$39-46 (1 night), Coleridge Gill (585-442-8634)

Trips sponsored outside of Rochester Nordic Ski Club:

Lord Elgin Hotel, Ottawa Winterlude Festival Weekend
2/3 – 6, \$275 (price may change), (3 nights), Bock Tours (585-624-3410)

Ottawa Winterlude Festival Weekend. Kodak Ski Club Trip. Additional information (hopefully) in a future newsletter

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 of otherwise help the leader? _____

DAY TRIPS

The day trip chairman is ready to put trips on the calendar. Contact the daytrip coordinator either by email or phone, 872 0327

ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2004-2005

CLASSES

Holiday Week Beginner:	Jackie Cannizzaro at Mendon Dec. 27, 28, 29 10AM	\$30 (\$20)
Monday Night Beginner:	Coleridge Gill at Cobbs Hill Jan. 2, 9, 16, 23 7 PM	\$36 (\$25)
Saturday Beginner:	Jackie Cannizzaro at Mendon Jan. 7, 14, 21, 28 10 AM	\$36 (\$25)
Saturday Intermediate:	Ruth Hyde at Mendon Jan. 7, 14, 21, 28 10 AM	\$36 (\$25)
Tuesday Advanced Beginner:	Ruth Hyde at Mendon Jan. 3, 10, 17, 24 4 PM	\$36 (\$25)
Late Start Beginner:	Jackie Cannizzaro at Mendon Jan. 14, 21, 28 & Feb. 4 1 PM	\$36 (\$25)

WORKSHOPS: workshops in skating, diagonal stride, and telemark may also be scheduled.

To register, send an e-mail to lessons@rochesternordic.org or call Ruth Hyde at 461-9266. She will ask you for your phone number and e-mail address and give you information as to exact meeting places and skill levels of classes. Then send a check made out to Rochester Nordic Ski Club to Robert Jurena, Treas. 353 Winona Blvd. Rochester, NY 14617.

NOTE: JOIN THE CLUB AND USE LOWER PRICES.

[Shown in ()]

Volunteer Opportunities

www.rochesternordic.org

Rochester Nordic Ski Club Positions

If you have an interest in serving the club, please give Ken Hann a call at 586-5205.

Maps and Trails - Provide information to membership on new trails and keep abreast of events that may affect local trails of interest to our club.

Newsletter – Edit articles submitted. Prepare and mail newsletter. (The current newsletter editor will continue through the 2005-2006 season. This position will be open beginning May 2006.)

Social - Maintain supply of paper and plastic ware for club meetings. Purchase cookies, coffee, tea, soda and other finger food as appropriate for monthly meetings and arrive early to set up coffee pot for hot water. Club members at large will be invited to help tear down and clean up at end of meeting.

WINTERFEST 2006

Volunteers Needed – Winterfest 2006

The Mendon Ponds Park Winterfest is planned for Sunday, January 22, 2006 from 11:00 am to 4:00 pm. Volunteers are needed to staff the Rochester Nordic Ski Club Information Table, to give XC ski lessons and to lead ski tours. Contact Ken Hann at 586-5205 or e-mail Kehann@frontiernet.net if you are interested. Free ski loaners will again be supplied. If you would like to see what is being planned for the day, please visit www.mendonpondswinterfest.org

Trail Maps on the Web

A number of trail maps are now available on the web. Another good source is the book Snow Trails by Rich and Sue Freeman.

Black Creek Park: <http://www.monroecounty.gov/documentView.asp?docID=27>

Genesee County Park: They may get Lake Erie lake effect snow when Monroe County is bare.

<http://www.co.genesee.ny.us/frameset.html?dpt/parks/index.html&l>

Harriet Hollister Spencer: http://www.footprintpress.com/Snow_Trails/Harriet%20Hollister%20Rec.%20Area.htm

Lehigh Valley Trail: This rail trail has been widened and given a smooth surface. It is pretty flat, but quite nice.

<http://www.monroecounty.gov/documentView.asp?docID=3160>

Mendon Ponds Park: <http://www.monroecounty.gov/documentView.asp?docID=33>

Oatka Creek Park: The lodge has been upgraded, and can now be rented. (Wouldn't it be nice if skiers could use it as a warming hut?) <http://www.monroecounty.gov/documentView.asp?docID=3392>

Webster Park: <http://www.monroecounty.gov/documentView.asp?docID=37>

Wesley Hill: This is a Genesee Land Trust property near Cumming Nature Center. Some trails would be good skiing, but the small parking lot would be hard to get out of in the snow. <http://www.flt.org/preserves/wesley/wesley.html>

Winona State Forest: <http://www.dec.state.ny.us/website/reg6/df/winona.pdf>

Rick Lavine, maps committee.

Ski Center Websites

Byrncliff
Hardwood Hills
Osceola

www.byrncliff.com
www.hardwoodhills.on.ca
www.tughillregion.com/ski-osceola

Cayuga Nordic Ski Club
Onondaga Ski Club
Mendon Ponds Winterfest

Garnet Hill www.garnet-hill.com
Lapland Lake www.laplandlake.com
Winona Forest www.tughillskiclub.com

<http://spidergraphics.com/cnsc/>
<http://www.osc-ski.org/home.asp>
www.mendonpondswinterfest.org

For additional SC ski locations and conditions, go to www.rochesternordic.org

Do you know of other websites of interest? E-mail newsletter@rochesternordic.org and/or webmaster@rochesternordic.org

Rochester Nordic Ski Club
A NYSSRA club
2005-2006 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, contact one of the officers or board members, or send change to P. O Box.

ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

President	Mark Maas	482-2679
Vice Pres.	Jackie Cannizzaro	425-1934
Secretary	Mary Ardell	313-8864
Treasurer	Bob Jurena	266-8512
Past President	Ken Hann	586-5205
Board	Jo Ann Ardell	323-2893
Board	Coleridge Gill	442-8634
Board	Karen Nesbitt	787-9384
Board	Jim Vallino	425-1102
Comm Affairs	Ken Hann	586-5205
Day Outings	Sharon Galbraith	872-0327
Historian	Barb Weiler	
Instruction	Ruth Hyde	461-9266
Membership	Dave Seymour	533-1227
Newsletter	Jo Ann Ardell	323-2893
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
Social	<i>Open</i>	266-3917
Web Master	James Vallino	425-1102
Weekend Trips	Jackie Cannizzaro	425-1934
Weekday Trip Call List	Gretchen Schauss	

Rochester Nordic Ski Club
PO Box 22897
Rochester New York 14692

www.rochesternordic.org