



Rochester Nordic Ski Club Newsletter

Volume 34, Issue 2

November 2007

Ski Club Meetings for 2007-2008: (Visitors are welcome!)

The club meets on the first Thursday of the month and has meetings planned on;

Nov. 1, 2007 Topic: Bristol Mtn. Nordic Trails and XC gear swap.

Dec. 5, 2007 (this is a Wednesday!) Topic: Taking Care of Your Skis/Dish to Pass

Jan. 3, 2008 Topic: TBD: Possible meet at New Bristol Trails, or ski Brighton Town Pk.

Feb. 7, 2008 Topic: Vietnam Trip

March 6, 2008 Topic: Bicycle Maint.

April 3, 2008 Topic: Elections

Board meetings are on the 2nd Thursday of each month, at Coleridge's house (subject to change). Members are welcome to attend.

Hot tip of the month; Don't use softener or anti-static for wicking clothing

To stay warm and comfortable, do not wear cotton socks, t-shirts, or cotton anything. Cotton blend is still bad. Cotton stays wet, and water transmits heat much too efficiently to the cold air. The answer is to use wicking fabric such as Coolmax, Capilene, 3SP, or polypropylene.

But: many folks do not know that these special fabrics need special handling. Did you know that the use of any fabric softener can stop it from wicking? Most manufacturers recommend no softener, and detergent which leaves no residue, and (at most) drying at cool temperatures. The facts of why softeners are bad seem to be clouded (could be coating the surface of the thread makes the fabric like water vapor instead of repelling it, or could be that hollow tubes in threads get clogged preventing capillary action). Some fabric like Sporthill 3SP, strongly state that any heat will damage it (wash in cold water and hang dry). Anti-static spray is also a big NO! These work by attracting water molecules (which are conductive to bleed off static charges), but for the fabric to work it needs to repel water.

Thursday Nov. 1, 2007 Meeting 7:00 PM

EXCITING NEWS BRISTOL MOUNTAIN NORDIC SKI CENTER

Troy Cusson, Bristol Mtn. Mktg. will tell us about the new Nordic Ski Center that will open this winter!

The upcoming Nov 1 meeting will have a speaker from Bristol speaking about their new Nordic Trails(!) and there is also an open xc ski swap for anything xc related. Sales and swaps will be handled privately by owners and buyers.

Please take any unsold items back home with you.

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

Meeting Location:

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)

Thought for the month:

Do not confuse the URL (god of the internet)
with ULR (snow god of winter)!

Volunteers are needed to man RNSC membership booth at RXCSF Ski Expo on Sunday, Nov. 4th from noon to 4pm. Call Coleridge Gill @ 442-8634 for details.

Coming Next Issue (no room in this one!)

Restaurant Review: Sprague's Maple Farms,
1 mile North of Portville (1048 Rt. 305),
Allegany County, NY. Open 7 days 8am-8pm
(be sure to stop if you are in the area)

**ROCHESTER NORDIC SKI CLUB
SKI LESSONS 2007-2008**

CLASSES

Holiday Classes: Jackie Cannizzaro at
Mendon \$20

Dec. 27, 28, 29 10 AM

Monday Night Beginner: Coleridge Gill at
Cobbs Hill \$30

Jan. 7, 14, 21, 28 7 PM

Saturday Beginner: Ruth Hyde at Mendon
\$30

Jan. 5, 12, 19, 26 10 AM

Saturday Intermediate: Jackie Cannizzaro at
Mendon \$30

Jan. 5, 12, 19, 26 10 AM

Tuesday Advanced Beginner: Ruth Hyde at
Mendon \$30

Jan. 8, 15, 22, 29 4 PM

WORKSHOPS

A workshop in diagonal stride will be
scheduled.

Workshops in skating and telemark can also
be scheduled.

For further information call Coleridge Gill at
442-8634. He will ask you for your phone
number and e-mail address and give you
information as to meeting places, skill levels
of classes, and information about how to
register for classes.

Note: Number of lessons shown may be cut
by one lesson if weather conditions prevent
having the total number. Prices shown are for
members only.

RNSC Website is being updated

You may have noticed that the club website
(rochesternordic.org) has been intermittent
or non-responsive. This has happened due to
changes/updates made by the host site we
use. Updates are now being made to make
everything work again. Please note that the
email automatic list was also affected by this
and has not been working.

HF-L Ski Swap and Sale

**Get ready to have fun in the snow this
winter with your family!**

**Come to the HF-L Ski Swap and Sale
HFL Middle School**

**Quaker Meeting House Rd, HF
Saturday, November 17, 2007
from 9am—2 pm**

**New and Used Ski Equipment available for
Children and Adults!**

**Drop off Used Equipment to Sell at the
Sale**

**Friday, November 16th from 7-8:30 pm at
the Middle School Cafeteria**

**Bring Your Skis for Hot Waxing by High
School Skiers**

**XCRochester Skier Development
Program (XCR)**

A Function of the Rochester XC Ski
Foundation

The focus will primarily be on Post-collegiate
and Masters Skiers of all abilities, who wish
to ski or learn to ski competitively in XC,
Biathlon and Ski-O.

Organized workouts will begin November 3rd.

XCR Committee: Dave Bischoff, Mark
Benotti, Erik Grimm, Carl Johnston, Michelle
Weiler, Scott Weiler

All input is Welcome (Please email with
ideas to help Make XCR as good as it can
be)

Carl_Johnston@URMC.Rochester.edu

<http://xcrochester.com/new/XCRochesterTeamPage.htm>

Calendar of Upcoming Events:

- Nov. 1, 2007** Thur., Rochester Nordic Ski Club Meeting
Nov. 4, 2007 Sun., RXCSF XC Ski Expo 12-4pm, Mendon Ponds (check www.xcrochester.org)
Nov. 17, 2007 Sat., HF-L Ski Swap and Sale, 9am-2pm, HFL Middle School
Nov. 30, 2007 Fri., Warren Miller movie "Playground" at Auditorium Theater.
Dec. 1, 2007 NYSSRA Nordic Winter Frolic, Osceola XC Ski Center
Jan. 5, 2008 Sat., Salmon Hills. Winter Trails Days (www.wintertrails.org)
Jan. 5, 2008 Sat. Ski-O at Harriet Hollister 12-1:30 starts
Jan. 6, 2008 Sun., Mendon Hike /Ski guided by Jo Taylor, meet at 9am, Lookout Lodge (Quaker Pond) parking lot off Pond Rd.
Jan. 12, 2008 Sat., Powder Mills hike/ski guided by Gary Reif, meet 10am at Fish Hatchery
Jan. 13, 2008 Sun., West side Hike /Ski guided by David Lentz
Jan. 19, 2008 Sat., Winona Forest Winter Fun Festival
Jan. 20, 2008 Sun. Ski-O at Mendon Ponds, Hopkins Pt, 12- 1:30 starts
Jan. 20, 2008 Sun., RNSC Winterfest, 11:00 am to 4:00 pm, Mendon Ponds
Jan. 26, 2008 Sat., Weilers Hike/Ski, 1pm-4pm 7829 W. Henrietta Rd.
Feb. 2, 2008 Sat., WFRA Tug Hill Tourathon www.winonaforest.com
Feb. 3, 2008 Sun., Mendon Hike /Ski guided by Jo Taylor, meet at 9am, Parking lot across from dog Kennels
Feb. 3, 2008 Sun. Ski-O at Webster Park, Parkview Lodge, 12-1:30 starts
Feb. 9, 2008 Sat., Powder Mills hike/ski guided by Gary Reif, meet 10am at Fish Hatchery
Feb 10, 2008 Sun., West side Hike /Ski guided by David Lentz
Feb 16-23, 2008 RNSC Trip to Mont-Sainte-Anne
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RNSC PRESIDENT'S MESSAGE

The nights are beginning to be chilly and the days have a chill. That means only one-thing: "SNOW" is on the way. It is time to start getting ready. Check your clothing and equipment.

During November, there will be a "XC SKI EXPO" on November 04 at Mendon Ponds Park. and a "SKI SALE" held on November 17th in Honeoye Falls. See flyers for details in this Newsletter. Both of these events will provide opportunities for you to upgrade your equipment, clothing, wax supplies and attend informational clinics. If, you miss these two events, patronize our local ski, clothing and equipment shops for your XC skiing needs.

Do not forget to renew your membership, bring a friend to the November meeting and vote on Election Day

Within the next sixty days there will be opportunities to use our "rock skis"

"THINK SNOW"

Coleridge

NYSSRA NORDIC WINTER FROLIC will be held on Saturday, Dec. 1st at the Osceola XC Ski Center, 1486 Osceola Rd., Camden, NY. 10% off on all purchases by NYSSRA Nordic members. SWIX wax demo by SWIX factory rep. Call 315 - 599-7377 or go to www.uxcski.com for more information. 10am-3pm Biathlon, Orienteering, ski races. • First ever ski swap in Osceola with Sales reps, wax clinics, grooming clinics.

Rochester Cross Country Ski Foundation News

3rd Annual RXCSF



**3rd annual RXCSF Cross Country Ski Expo
Sunday Nov. 4, 2007**

**An Informational Event for Current and Potential Cross Country
Skiers of all Abilities and Interests**

When & Where:

- **Sunday, November 4th from Noon to 4PM**
- **Mendon Ponds Park East & West Lodges**
(On Canfield Road in between Clover Street and Mendon Center Roads)



Includes:

- **Information Booths for Local Ski Clubs, Ski Equipment Retailers and XC Ski Areas & Resorts**
- **Informational Programs; How to Get Started XC Skiing, Equipment Care, Ski Racing Introduction & Demo**
- **Sign-Up for Ski Clubs, Ski Lessons, XCRochester Ski Racing & Genesee Valley Bill Koch Youth Skiing**
- **Used Ski Swap (to Benefit Youth Skiing Programs; See Detailed Info on Website)**

Presented By:

Rochester Cross Country Ski Foundation

For More Info Visit the RXCSF Website at www.xcrochester.com or email RXCSF at info@xcrochester.com



If you are not already a member of the Ski Foundation, please consider supporting them.
Membership information form can be found at: www.xcrochester.com

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!
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

Rochester Nordic Ski Club
A NYSSRA club
2007-2008 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 delivery would you 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: _____

Contact Information

ROCHESTER NORDIC SKI CLUB OFFICERS,
BOARD and COMMITTEE CHAIRS

President	Coleridge Gill	442-8634
Vice Pres.	Ken Hann	586-5205
Secretary	Mary Ardell	313-8864
Treasurer	Jo Ann Ardell	323-2893
Board	James Vallino	425-1102
Board	Mark Maas	482-2679
Board	Gary Reif	218-0193
Board	David Lentz	

Day Outings	OPEN	
Historian	Barb Weiler	533-1438
Instruction	OPEN	
Membership	OPEN	
Newsletter	Gary Reif	218-0193
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
Social	OPEN	
Web Master	James Vallino	425-1102
Weekday Trip Call List	Gretchen Schauss	

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



Volunteer Opportunities

Rochester Nordic Ski Club Positions

If you have an interest in serving the club, please give Coleridge a call at 442-8634

Membership- process new and renewal memberships received at general mtgs. and via mail. Prepare monthly membership report for Board mtgs. Insure treasurer receives membership payments.

Day Outings- Develop series of weekend day trips with leaders to various skiing areas in and out of Monroe County. Driving distances should be no more than 4 hours round trip.

Ski Lesson Coordinator - Work with ski instructors to arrange ski lessons for beginners and intermediates as well other disciplines as required. Also, Administer overall processing of assignment of students to classes, payment signature of waiver and other miscellaneous requirements.

Social – Set up refreshments at club meetings. Interact with members and new members as they come to the meetings. (Note this position gets a lot of help from the other members with the set-up and tear-down at meetings.

A French Ski Vacation!

Mont-Sainte-Anne ☐ Quebec, Canada

Hotel Val-Des-Neiges

February 16 – 23, 2008

This is a repeat trip because Mont-Sainte-Anne is simply the best: The best snow, the best trails, the best lodging and the best food.

There is over 200 kms. of immaculately groomed trails for every ability in beautiful wooded terrain.

Heated warming huts make stopping for lunch enjoyable. There is also a chalet with a cafeteria.

The nearby downhill mountain offers a 2,000-foot vertical drop, 50 trails, a gondola, and 4 quad chairlifts.

We will be staying in the Hotel Val-Des-Neiges at the foot of Mont-Sainte-Anne in a lovely wooded setting.

Our pleasant rooms will have one or two double beds and private baths. We will be served exquisite cuisine in the dining room for breakfast and dinner. The hotel also has an indoor swimming pool, hot tub, sauna and exercise room.

The group will carpool the nine-hour drive to Mont Sainte-Anne. The road goes around Quebec City, a walled city and birthplace of French civilization in America. Sightseeing and/or shopping in this quaint city is a highlight of the trip. For that reason the group will have dinner on Wednesday night at the Hotel Clarendon, the oldest hotel in Quebec (refurbished in '92), and the center of the historical district.

Group is limited to 20 participants. **\$870*** per person double occupancy

Price includes:

-Seven nights lodging in room for two with bath , -Seven breakfasts

-Seven dinners including one dinner in Old Quebec City at the Hotel Clarendon, -Taxes and Gratuities

Payment Schedules; Deposit: \$50 due December 15th, \$100 due thereafter, Balance \$820 due January 13th

-*Price may vary according to Canadian Exchange Rate

Make check payable to Rochester Nordic Ski Club, and send to Carol at the address noted below.

Please include in the Mont-Sainte-Anne trip:

Name _____ Enclosed is \$ ____ deposit

Address _____

Phone _____

Check one I would be willing to drive _____ persons

I would prefer to be a passenger

Leader: Carol MacInnes

8037 Main Street Fishers

Victor, NY 14564

585-924-4077

Having trouble reading the emailed PDF newsletter version?

If you need a PDF reader, a small one can be found here:

free 2 mb foxit reader; http://www.foxitsoftware.com/pdf/rd_intro.php

download link; http://www.foxitsoftware.com/pdf/reader_2/down_reader.htm

or to choose and download a version of Adobe Acrobat Reader: (note this is a large download)

http://www.adobe.com/products/acrobat/readstep2_allversions.html

Wanted: people to lead groups for local day ski/hike this winter.

We would like to schedule a lot of "informal show up at a specified place and time"

groups, but need folks who are familiar with the various parks and areas. I can handle Powder Mills (since I have adopted the trails there!), but we need lots more parks and places to list on the master calendar. Email me if you wish to lead a group.

Gary

greif1@rochester.rr.com



Genesee Valley Bill Koch Youth Skiing (named for the USA's only Olympic medallist in XC Skiing) is Rochester's local program that teaches children 13 and under to XC ski and readies them for ski sport. Formerly known as Honeoye Falls Bill Koch Youth Ski League, GVBKYS has "graduated" thousands of happy youth skiers since the 1970s, including numerous top high school, collegiate and even national class competitors. GVBKYS has four *Skier Ability Groups* ranging from beginners to experienced junior competitors. We meet starting in November and continue through March, skiing at locations such as Mendon Ponds Park, Harriet Spencer State Recreation Area, and the new Bristol Mountain facility with snowmaking. We also work with parents without XC skiing experience to grow into the sport with your children. If you are looking to start a healthy, life-long family activity this winter... **Come Ski With Us!**

www.xcrochester.com/new/gvbkys

Thursday Nov. 1, 2007 Nordic Ski Club Meeting 7:00 PM

EXCITING NEWS BRISTOL MOUNTAIN NORDIC SKI CENTER

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And as if that were not great enough, there is also an open xc ski swap for anything xc related. Sales and swaps will be handled privately by owners and buyers. Please take any unsold items back home with you.

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