



# nordic ski news

Volume 30, No. 2 October 2003

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**Thursday, October 2nd Meeting – 7:00 P.M.**  
Twelve Corners Presbyterian Church, 1200 Winton Road South,  
Town of Brighton  
(A smoke-free alcohol-free environment)

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## **OCTOBER MEETING**

### **EXTENDED AND LOCAL TRIPS**

**7:00 PM SOCIAL GATHERING**

**7:30 PM EXTENDED TRIPS**

**8:15 PM LOCAL TRIPS**

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Enjoy socializing and refreshments. Hope to see you!

**Hot Line 234-5808**  
[www.rochesternordic.org](http://www.rochesternordic.org)

# PRESIDENT'S MESSAGE

## Time to Get Ready!!

Are you getting ready for the upcoming ski season?? The mornings are starting to have that “fall” feel to them. For the first time since spring I had to grab a sweater as we went out on a very cool Sunday morning. If you look at the sky you will notice how blue it is starting to look. This is the result of those arctic highs that are starting to build in the lower 48 states. Say goodbye to the hot humid air. Winter is coming, start thinking about if you are ready for the upcoming ski season.

Thanks to all for coming to the September meeting. It was very nice to see everyone again. Turnout was great and the food was delicious. We should do that more often.

We are in desperate need of a Publicity Officer. If you are interested in this position please let me know. See you at the next meeting....

Mark Maas

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### Editor's Notes

See the **trip flyers** and sign up sheet in this issue.

There's one more **Autumn hike**. Come enjoy the changing trees and season. Lunch last year was exceptional and the wineries are always fun. Call the trip leader if you have any questions.

**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!

Jo Ann Ardell

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### Club Email Addresses for Officers and Committees

You can now **send a message** to [president@rochesternordic.org](mailto:president@rochesternordic.org), [weekendtrips@rochesternordic.org](mailto:weekendtrips@rochesternordic.org), [newsletter@rochesternordic.org](mailto: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 25th. 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](mailto: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](mailto:president@rochesternordic.org) with information. Format should be in word form or a tiff document. Rates are as follows:

<b>For Season:</b>	<b>For One Issue</b>
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 Business Card

**Hot Line 234-5808**  
**[www.rochesternordic.org](http://www.rochesternordic.org)**

# 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

## Ski Center Websites

Byrncliff [www.byrncliff.com](http://www.byrncliff.com)

Hardwood Hills [www.hardwoodhills.on.ca](http://www.hardwoodhills.on.ca)

Osceola [www.tughillregion.com/ski-osceola](http://www.tughillregion.com/ski-osceola)

Garnet Hill [www.garnet-hill.com](http://www.garnet-hill.com)

Lapland Lake [www.laplandlake.com](http://www.laplandlake.com)

Winona Forest [www.tughillskiclub.com](http://www.tughillskiclub.com)

David Lentz sent the following websites:

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/>

[info.com/](http://www.rochester-info.com/)

For additional XC ski locations and conditions, go to [www.rochesternordic.org](http://www.rochesternordic.org)

**Do you know of other websites of interest?** E-mail [newsletter@rochesternordic.org](mailto:newsletter@rochesternordic.org) and [webmaster@rochesternordic.org](mailto:webmaster@rochesternordic.org)

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

**Hot Line 234-5808  
[www.rochesternordic.org](http://www.rochesternordic.org)**

# Fall Activities

## A Splendid Day on the Letchworth Branch Trail

Saturday, September 20, 2003

We feared our Letchworth hike would have to be cancelled. The scary headline in Thursday's paper featured the nearby town of Nunda, "Nunda braces for Isabel". But the weather on Saturday turned out to be ideal for hiking -- sunny, low humidity, and an occasional breeze. Eight people and two small dogs, Spike and Miki, showed up for the ski club day trip and hiked nine and a half miles through beautiful woods on the east side of the Letchworth Gorge. We had the trail to ourselves; the only other humans we encountered were four mountain bikers. We ate lunch on a point overlooking the Genesee River at Old Forks Ravine. This is one of the best sections of the Finger Lakes Trail and it is not far from home.

Jo Taylor

### Hike/Wine Tasting Trip

Date: October 11, 2003

Meet at: Bushnell Basin park and ride at 9:30 a.m.

We will drive to Finger Lake State Park and hike for about 2 hours. Come see the red newts! Bring water, hiking boots, rain gear. Afterwards we will stop by 5 to 7 local wineries (lunch at the first one). If you plan on attending please contact [president@rochesternordic.org](mailto:president@rochesternordic.org)

This trip is limited to 15 people.

### **EMS Discount**

EMS is offering a 20% discount on everything in the store.  
Show a current newsletter with your address label

### **Get Out & Stay Out Adventure Outfitters Inc**

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

**Hot Line 234-5808**  
**[www.rochesternordic.org](http://www.rochesternordic.org)**

# 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).

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.

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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?

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Trip Name:  
Your Name(s)  
Your Address

Your 'Phone Numbers:  
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## South Meadow Farm Lodge

### **Rochester Nordic Ski Club Trip to Lake Placid January 16 - 19, 2004**

The trip is Friday, Jan. 16 through Monday, Jan. 19 (3 nights). We will be staying at South Meadow Farm Lodge ([www.southmeadow.com](http://www.southmeadow.com)) near Lake Placid, NY in the heart of the High Peaks of the Adirondacks.

The lodge is on the groomed Olympic Trails at Mt. Van Hoevenberg. Skiing is free for guests at South Meadow. Mt. Van Hoevenberg ([www.orda.org/xcountryskiing.htm](http://www.orda.org/xcountryskiing.htm)) offers 50K of groomed trails, of all levels of difficulty. Ski and snowshoe rentals are available, as are food/snack bar services.

Other possible activities nearby include downhill skiing, ice skating, bobsled runs, hiking, sight seeing, shopping, and the Lake Placid Center for the Arts.

A full breakfast is served daily at the Lodge. For dinners, Lake Placid is nearby with a variety of restaurants.

**Trip Fee:** For club members, the cost for the trip is \$200 per person, double occupancy, for a 3 night stay. We cannot arrange 2 night stays or single occupancy. Nonmembers pay \$210. A nonrefundable deposit of \$25.00 is due Nov. 1, 2003. The balance is due Dec. 15, 2003. We only have space for 12 people so you are advised to submit your application early. Checks should be made out to "Rochester Nordic Ski Club" and mailed to

Sharon L. Galbraith  
579 Autumn Circle  
Webster, NY 14580

**Covered:** 3 nights' lodging, full breakfasts, a wine and cheese party Saturday night at the lodge, and trail fees at Mt. Van Hoevenberg.

Transportation, lunches and dinners are NOT included. If you carpool, pay the driver for gas and fees.

Sharon L. Galbraith 585 – 872 – 0327  
Jo Taylor 585 – 473 – 6729

**Hot Line 234-5808**  
**[www.rochesternordic.org](http://www.rochesternordic.org)**

**TUG HILL PLATEAU  
SANDY CREEK, NY  
March 6 - 7, 2004**

**Trip Leader: Coleridge M. Gill  
55 Fairmeadow Drive  
Rochester, N Y 14618  
Home: (716) 442 - 8634**

**Group limited to 12**

**Cost \$39 - 46  
pp/dbl.occ**

**Price Includes:**

- **Lodging at Redwood Motel, 2 persons per room**
- **Wine and cheese party**
- **Taxes**

**Deposit: \$25 non refundable**

**Balance due February 7, 2004**

**Trip meeting date to discuss car pooling, room assignments etc. to be determined**

**The Tug Hill Plateau, just south of Watertown and two hours from Rochester, gets snow from Lake Ontario dumped on it all winter long (December - March). Also, over 50km of beautiful trails through the woods are groomed for classical and skate skiing. These trails offer a wide variety of skiing and are suitable for beginners, intermediates and experts. It is a great place to ski early or late in the season.**

**On Saturday, March 6, we will car pool to Tug Hill and arrive in time to ski a couple of hours before lunch..... BRING YOUR OWN LUNCH (Food & Beverage)!!!!!!**

**After more skiing in the afternoon, the group will gather at the Redwood Motel for a wine and cheese party. For Saturday night dinner and Sunday breakfast, we will purchase our meals at nearby restaurants.**

**On Sunday, after a hearty breakfast, we'll ski some more. We will depart for Rochester between 2 & 3 p.m.**

**It will be a fun ski - filled Saturday and Sunday.**

**COME JOIN ME AND SKI TUG HILL**

**Hot Line 234-5808  
[www.rochesternordic.org](http://www.rochesternordic.org)**

**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.**

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Date: \_\_\_\_\_ Amount paid: cash \_\_\_\_\_ check \_\_\_\_\_ # \_\_\_\_\_

Entered in database: \_\_\_\_\_

**Hot Line 234-5808**  
**www.rochesternordic.org**

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	<a href="mailto:president@rochesternordic.org">president@rochesternordic.org</a>
Vice Pres.	Ken Hann	586-5205	<a href="mailto:vicepresident@rochesternordic.org">vicepresident@rochesternordic.org</a>
Secretary	Mary Ardell	235-5758	<a href="mailto:secretary@rochesternordic.org">secretary@rochesternordic.org</a>
Treasurer	Bob Jurena	266-8512	<a href="mailto:treasurer@rochesternordic.org">treasurer@rochesternordic.org</a>
Board	Jo Ann Ardell	323-2893	) <a href="mailto:board@rochesternordic.org">board@rochesternordic.org</a>
Board	Coleridge Gill	442-8634	)
Board	Jim Vallino	425-1102	)
Board	<i>Open</i>		)
Comm Affairs	Ken Hann	586-5205	<a href="mailto:community@rochesternordic.org">community@rochesternordic.org</a>
Day Outings	Sharon Galbraith	872-0327	<a href="mailto:sharonbillgal@aol.com">sharonbillgal@aol.com</a> <a href="mailto:daytrips@rochesternordic.org">daytrips@rochesternordic.org</a>
Historian	Rosie Sepos	223-5247	<a href="mailto:historian@rochesternordic.org">historian@rochesternordic.org</a>
Hot Line	Donna Silverman	244-2784	<a href="mailto:hotline@rochesternordic.org">hotline@rochesternordic.org</a>
Instruction	Ruth Hyde	461-9266	<a href="mailto:lessons@rochesternordic.org">lessons@rochesternordic.org</a>
Maps	Dayle & Rick Lavine	442-6358	<a href="mailto:maps@rochesternordic.org">maps@rochesternordic.org</a>
Membership	Geri Lessig	266-3917	<a href="mailto:membership@rochesternordic.org">membership@rochesternordic.org</a>
Newsletter	Jo Ann Ardell	323-2893	<a href="mailto:newsletter@rochesternordic.org">newsletter@rochesternordic.org</a>
Programs	<i>Open</i>		<a href="mailto:programs@rochesternordic.org">programs@rochesternordic.org</a>
Publicity	Coleridge Gill	442-8634	<a href="mailto:publicity@rochesternordic.org">publicity@rochesternordic.org</a>
Publicity	<i>Open</i>		
Social	<i>Open</i>		<a href="mailto:social@rochesternordic.org">social@rochesternordic.org</a>
Summer Pgm	<i>Open</i>		<a href="mailto:summer@rochesternordic.org">summer@rochesternordic.org</a>
Web Master	James Vallino	425-1102	<a href="mailto:webmaster@rochesternordic.org">webmaster@rochesternordic.org</a>
Weekend Trips	Jackie Cannizzaro	425-1934	<a href="mailto:weekendtrips@rochesternordic.org">weekendtrips@rochesternordic.org</a>
Weekday Trip Call List	Gretchen Schauss		<a href="mailto:gschauss@exnet.net">gschauss@exnet.net</a>

Rochester Nordic Ski Club  
 PO Box 22897  
 Rochester New York 14692

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