



nordic ski news

Volume 30, No. 11 October 2004

**THURSDAY, OCTOBER 7,
2004**

**7:00 – SOCIALIZING AND
REFRESHMENTS**

7:30 - BUSINESS MEETING

**TRIP PRESENTATIONS
INCLUDING HUT-TO-HUT SLIDE SHOW BY IVAN
REZANKA**

Enjoy socializing and refreshments. Hope to see you!

President's Message

Hello everyone,

We are certainly seeing quite a range of weather, major storms down south, a wet summer up here and now a streak of blue sky. Maybe we will be rewarded with that beautiful fall I mentioned last time.

In September we had a nice get together at the Brighton Town Park. Thanks go to Donna Silverman who, as a Brighton resident, was able to reserve the pavilion. We had a great spread of food that we devoured and, to my surprise, a birthday cake that we all shared.

As we think about the upcoming ski season, I find that I am seeing more and more people out on the roads and canal path getting in ski specific practice. They are using their ski poles with either roller blades or roller skis. If this is something that you would like to do, I would be happy to meet some afternoon on the canal path. If you have roller blades already, all you will need carbide tipped poles. I would recommend getting specific poles for this as you will not need baskets. Also, there is no sense in beating up your good winter poles. Carbide tips are critical as they will not get dull using them on either concrete or asphalt. Steel tips will dull in about 5 minutes and if you start with dull tips, you will have little control from the get go.

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 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 winter trips and taking sign-ups for them. Also, please think about leading a day outing.

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 October 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

Monthly Meetings Programs for 2004/2005

October Trip presentations, including a hut-to-hut trip slide show.

November – Early ski season preparation. Coleridge Gill

Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, October 14. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

Day Trips

**“A Big Thank You” from one of our members
(And, a Thank you for providing feedback)**

Once again, just like last year, Sharon Galbraith and her sidekick Jo Taylor, organized and led a great fall hike. We hiked the Bristol Hills branch of the Finger Lakes Trail on Saturday, September 25th. It was an absolutely beautiful day through scenic countryside with just enough mud to go around. I really enjoyed the day and I think everyone else did, too. Thank you again for organizing such a wonderful hike!

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. Please save this copy of the trips brochure as there will only be shortened versions in the next newsletters.

The October meeting will feature trip presentations. However, trip sign-ups are open as of the publication of this newsletter. 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, Contact Bock Tours for information. www.bocktours.com (585) 264-3410

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? _____

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	John Osowski)
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	Salil Athalye	248-3623	publicity@rochesternordic.org
Racing	John Osowski		racing@rochesternordic.org
Social	Geri Lessig	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



Participate
in Ottawa's
"Winterlude"
Festival!

Kodak Ski/Snowboard Club Presents Winterlude in Ottawa

February 3 - February 6, 2005



• Cost per person: **\$360** single, **\$245** double, **\$215** triple, **\$200** quad occupancy
(for information about all the official winterlude activities, see www.capcan.ca/winterlude)

Price includes:

- Round trip transportation via luxury motorcoach
- 3 nights luxury accommodations at Holiday Inn - Hull
- Snacks, soda and movies on the bus rides
- Use of pool, hot tub, sauna and exercise room
- 3 delicious buffet breakfasts
- 1 cross-country trail fee for Chateau Montebello or Gatineau Park
- Daily bus shuttles to and from ski areas on Friday, Saturday & Sunday
- Bus shuttle to downtown Ottawa for dinner on Friday & Saturday
- Bus shuttle to Casino de Hull on Thursday
- Cheese and Snacks for Saturday evening party



Depart: Thursday, February 3, 2005 from Kodak Parking Lot 42

Bus loads at 12:30 PM, leaves promptly at **1:00 PM**

Return: Sunday, February 6, 2005 at Kodak Parking Lot 42 at approx. 10:00 PM

Chairpersons: Steve Singer (477-9126 / stephen.singer@kodak.com) and Joe O'Dea (781-9771 / joesph.odea@kodak.com)



200 km of groomed cross-country trails at **Gatineau Park**
 18 miles of cross-country skiing around **Chateau Montebello**

20 downhill trails at **Camp Fortune**
 ice skating on the **Rideau Canal**
 shopping, dining & **WINTERLUDE**



** IMPORTANT TRIP SIGN-UP CHANGES **

We are no longer accepting trip sign-up through the Kodak employee stores. The following are your sign up options:

1) **Sign-Up Night at the Oatka Steak and Seafood Restaurant, 17 Main Street, Scottsville (October 14th from 5 to 8 PM)** – Hot Goodies will be served! Come out to find food, friends and maybe even a roommate for a trip! Please bring cash or check payable to "Kodak Ski and Snowboard Club". No credit cards will be accepted.

2) **Mail** - Mail check payable to "Kodak Ski and Snowboard Club" along with a completed registration form for each trip to: Sonya Pease, Work: 6/15/KO MC: 01264 or Home: 26 Pumpkin Hill, Rochester, New York, 14624. Trip cancellation policies are printed on the back of the registration form.

Please direct all questions regarding any of the trips to the trip chairperson(s) listed on the trip flyer.

DEADLINE for refunds is **January 7, 2005** & for sign-ups, when trip is **FULL!**