



nordic ski news

Volume 32, No. 2 October 2005

Thursday, October 6th 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)

OCTOBER MEETING

LOOK INSIDE FOR DIRECTIONS TO OUR NEW MEETING
LOCATION

**5:30: MEET AT LODGE FOR A QUICK 1
HOUR HIKE ON THE CANAL PATH**

**6:30: POTLUCK DINNER. PLEASE BRING
A DISH TO PASS** (CLUB WILL PROVIDE UTENSILS AND
BEVERAGES)

**7:00: TRIPS FOR THE 2005-2006 SKI
SEASON**

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

Please renew your membership!

www.rochesternordic.org

PRESIDENT'S MESSAGE

Sometimes We Forget...

Just a little reminder to all of us how good we have it up here in Western New York. All we have to deal with is an ice storm once in a while, a little too much rain, and some would say too much snow (those people do not ski). We do not have to deal with wild fires, large outbreaks of tornados, earthquakes (not yet), or the full force of a hurricane. We just deal with wonderful spring and fall weather, a few sticky summer days, and a very enjoyable winter season. Our only gripe is the lack of snow in the immediate area. Even then we just have to take an hour drive to get our fill of the white stuff. Almost sounds like paradise to me. Now, if we could only do something about those taxes....

Mark Maas

NEW MEETING LOCATION

WE MOVED. 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 October 21st
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.

SEPTEMBER HIKE

A VERY NICE HIKE

On Saturday, Sept. 10, several ski club members enjoyed fantastic weather while hiking on the Letchworth Branch of the Finger Lakes Trail in Letchworth Park. The waterfalls were spectacular, the high railroad bridge over the gorge, still in operation, astounded, and the wild flowers were magnificent. The best of these were the great lobelia and grass of Parnassus. We also saw several *Araminta virosa*, or angel of death, fungi. All in all it was a wonderful day. We lead a hike every September. Look for the announcement next fall and come on along! Sharon Galbraith and Jo Taylor

HIKE/WINE TOUR IS ON!

OCTOBER 1, 2005: KEUKA OUTLET TRAIL.

Meet at Bushnell's Basin Park and Ride at 9:00 AM

We will be back at the latest by 6:00 PM

Drive down to Keuka Outlet Trail trailhead in Dresden...Hike up to the Visitors center and back (4 miles, mostly flat)

Have lunch at a winery...visit a few more..

For additional information, contact Mark at canoe 64@frontiernet.net or refer to the last page for his phone number.

Earn Your Turns
Join the
Nordic Ski Patrol

www.GVNordic.org

GVNordicRecruiting@MooseWareinc.com

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? _____

KILLINGTON, VT. SKI TRIP

STAY AT GREY BONNET INN

with Jackie Cannizzaro and Ruth Hyde

February 11-16, 2006

Grey Bonnet Inn is located 16 miles east of Rutland, Vt. on the Long Trail and the Appalachian Trail. Skiing is available there or at several areas with groomed skiing nearby. Free shuttle to downhill skiing is available at Killington and Pico.

Cost: \$299 (dbl.occup.) non-members please add \$10

A deposit of \$150 will hold your reservation.

We cannot hold rooms without a deposit.

(All but \$25 is returnable until 14 days before 2/11.)

Final balance due January 10, 2006.

Price includes : lodging and full breakfast; use of heated indoor pool and hottub and lounge with fireplace.

Dinners can be purchased at Grey Bonnet or one of the other excellent restaurants in the area.

Information: Ruth- 461-9266 or Jackie 425-1934 and www.greybonnetinn.com

Send deposits to Jackie at 8 Tilegate Glen, Fairport, NY 14450.

Make checks payable to Rochester Nordic Ski Club.

TRIPS SPONSORED OUTSIDE OF THE CLUB

Ottawa Winterlude Festival Weekend

Lord Elgin Hotel

(directly across the street from the ice sculptures and Rideau Canal)

February 3 – 6, 2006

Iceskating, special events, free time. New swimming pool, fitness facility and hot tub at Hotel. Transfers to Gatineau Park and Chateau Montebello ski areas.

Cost: In the range of 275 per person, double occupancy (price may change).

Contact Bock Tours directly at 624-3410.

The Kodak Ski Club is also sponsoring a trip to the Winterlude. Hopefully, more information will be in a future newsletter.

TUG HILL PLATEAU SANDY CREEK, NY MARCH 11 – 12, 2006

Trip Leader: Coleridge Gill
55 Fairmeadow Drive
Rochester NY 14618
Home: 585-442-8634

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
- Balance due February 10, 2006

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 50 km 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 11, 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 and 3 p.m.

COME JOIN ME AND SKI TUG HILL

Volunteer Opportunities

Rochester Nordic Ski Club Positions

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

A BIG Thank you – to Dave Seymour for stepping forward and helping with the Membership position!

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.

Harriett Spencer Hollister

Since so many of us use the Harriett Spencer Hollister area for cross country skiing, it would be wonderful if we could get a work crew together to do some trail maintenance. I have a name to call to coordinate a work party and would like to know if YOU are interested in helping out. PLEASE CALL Jo Ann at 323-2893 if you are interested. This might take place during October, but more likely in November or early December after hunting season is over. Why not take a moment RIGHT NOW and give me a call?

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

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	218-9833
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