

# nordic ski news

Volume 33, No 01 October 2006



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**Thursday, October 5th 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)**

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## **OCTOBER MEETING**

5:00-6:45: Pre meeting bike ride/ /hike...

Meet at 5:00 for some pleasant casual exercise.

7:00-‘til: **PIZZA NIGHT!!** Provided by the Club

Trip Announcements

**KEY SPEAKER:** Bill Lilly will talk about his  
experience as President of the United States  
Biathlon Association

Hot Drinks and Water will be provided by the Club.

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### **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

[www.rochesternordic.org](http://www.rochesternordic.org)

# PRESIDENT'S MESSAGE

## State of the Union....

Hello all!!! Hope you have enjoyed the summer. We kicked off our ski season in September with our annual bring a dish to pass meeting. Twenty-three members enjoyed a wonderful meal and a number of good laughs.

On a more serious note our membership is now standing at 50. This is half the membership when I first joined back in 2000. Why are we losing members??? Well...ALL clubs are losing members.

This is happening across the country. Our society has changed. There are many more distractions in everyone's life. Just think of how much time you spend in front of the computer each night. Do you remember rabbit ears on your TV?? Are we seeing the effects of the young people leaving the area??

How about the lack of snow???

The thing that everyone has to remember is we have a very nice group of people. We may never reach the height of 300 memberships from years past...so what...we will survive.

See you at the next meeting.

Mark

## MEETING LOCATION

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

Directions to the meeting place are 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.

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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 September 26, 2006

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](mailto: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](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>
\$200 Full Page	\$40 Full Page
\$150 Half Page	\$25 Half Page
\$ 50 Business Card	\$15 Business Card

# DAY TRIPS

Please call me or email me if you plan on leading a day trip. My number is 585 872 0327, email is [sharonbillgal@aol.com](mailto:sharonbillgal@aol.com)

## Volunteer Opportunities

### Rochester Nordic Ski Club Positions

If you have an interest in serving the club, please give Mark Maas a call at 482-2679.

**Newsletter** – Edit articles submitted. Prepare and mail newsletter.

**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 the meetings)

### Annual Hike and Wine Trip!!!

**When:** Saturday October 7<sup>th</sup>, 2006

**Time:** Meet at 9:00 AM at the Bushnell Basin  
Park&Ride for carpooling

**Where:** We are heading back to the Finger Lakes National Forest. This time we will hike a trail at the bottom of the hill. Bring water and a good pair of hiking boots. We will eat lunch at one of the wineries. Expect to be back around 5:00 PM

Call Mark at 507-0981 (Verizon) for more information...

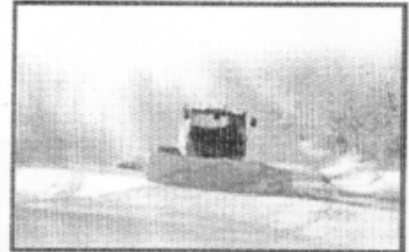


*Town and Country Inn  
Shelburne, New Hampshire*

Saturday, February 17 – Saturday, February 24, 2007

*In* the heart of the White Mountains lies some of the best cross-country skiing terrain in the East. Ski resorts: Nansun, Balsam, Sunday River, and Bretton Woods are all within a half-hour drive. All levels of groomed trails are available.

Downhill skiing is also plentiful at Sunday River, Wildcat, Tuckerman's Ravine and Great Glen.



We will be staying at the lovely Town and Country Inn featuring rooms with two double beds and private bath. We will enjoy their indoor pool and Jacuzzi. The delightful cuisine will include breakfast and dinner.

We will arrange carpools for the long drive to eastern New Hampshire at a pre-trip wine and cheese party in January.

**Group limited to 20 participants.**

**Price includes:**

- ❖ Seven nights lodging in room for two with bath
- ❖ Seven breakfast
- ❖ Seven dinners
- ❖ Taxes and gratuities

**Payment Schedule**

Deposit \$50 due Dec 7<sup>th</sup>  
Balance \$430 due Jan 7<sup>th</sup>

**\$480**

**per person**  
double occupancy

Leader Carol MacInnes  
8037 Main Street Fishers  
Victor, NY 14564  
585-924-4077



Make check payable to Rochester Nordic Ski Club and send to Carol at the above address.

Please include in the New Hampshire trip:

Name: \_\_\_\_\_ Enclosed is \$ \_\_\_\_\_ deposit

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Check one:  I would be willing to drive \_\_\_\_\_ persons.

I would prefer to be a passenger.

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&1>

Harriet Hollister Spencer: [http://www.footprintpress.com/Snow Trails/Harriet%20Hollister%20Rec.%20Area.htm](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.fllt.org/preserves/wesley/wesley.html>

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

Rick Lavine, maps committee.

## Ski Center Websites

Byrncliff  
Hardwood Hills  
Osceola

[www.byrncliff.com](http://www.byrncliff.com)  
[www.hardwoodhills.on.ca](http://www.hardwoodhills.on.ca)  
[www.tughillregion.com/ski-osceola](http://www.tughillregion.com/ski-osceola)  
Cayuga Nordic Ski Club  
Onondaga Ski Club  
Mendon Ponds Winterfest

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

For additional SC 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/or [webmaster@rochesternordic.org](mailto:webmaster@rochesternordic.org)

**Rochester Nordic Ski Club**  
**A NYSSRA club**  
**2006-20007 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.	Ken Hann	586-5205
Secretary	Mary Ardell	313-8864
Treasurer	Karen Nesbitt	787-9384
Board	Jo Ann Ardell	323-2893
Board	Coleridge Gill	442-8634
Board	Barb Weiler	787-9384
Board	David Lentz	
Day Outings	Sharon Galbraith	872-0327
Historian	Barb Weiler	533-1438
Instruction	Jo Ann Ardell	323-2893
Membership	Dave Seymour	533-1227
<b>Newsletter</b>	<b>OPEN</b>	
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
<b>Social</b>	<b>OPEN</b>	
Web Master	James Vallino	425-1102
Weekday Trip Call List	Gretchen Schauss	

Rochester Nordic Ski Club  
PO Box 22897  
Rochester New York 14692

[www.rochesternordic.org](http://www.rochesternordic.org)