



nordic ski news

Volume 30, No. 1 September 2003

Thursday, September 4th Meeting – 7:00 P.M.
Twelve Corners Presbyterian Church, 1200 Winton Road South, Town
of Brighton
(A smoke-free alcohol-free environment)

SEPTEMBER MEETING

WELCOME BACK

7:00 – Social Gathering

**7:30 – Potluck Dinner
Business Meeting**

**Postponed from the April meeting:
Election of Officers**

**This is Your Club; Come to the Meeting and Nominate or Elect Those
Who Will Guide RNSC's Future in the Direction You Want
(we promise no nasty snow storm this time)**

Share highlights and pictures of your summer

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Hot Line 234-5808
www.rochesternordic.org

Enjoy socializing and refreshments. Hope to see you!

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PRESIDENT'S MESSAGE

Hard to believe summer is almost over. The cool polar pattern never relinquished its grip from last winter. If it continues to hold on we can look forward to an early winter with tons of snow!!!

Our first fall get together will be a potluck dinner on September 4th at the church. Please bring a dish to pass and your stories from this past summer. We will talk about this upcoming season and see if we can generate a few new ideas.

Hope to see all of you there.

Mark Maas

Editor's Notes

As you've noticed from the front page, the **elections** will be held at the September meeting. Only a handful of us were crazy enough to show up for the April meeting, at which elections were scheduled.

This year's trips are introduced in this edition of the newsletter. There are also a couple of **Autumn hikes**. Come join us! Call the trip leader if you have any questions.

Are you one of our skiers who is fortunate enough (from my viewpoint) to have your weekdays free? There must be a number of members with such free time who would be willing to lead a trip! Volunteer to be the **weekday trip coordinator** and get out there in the middle of the week this ski season!

Jo Ann Ardell

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 August 19, 2003.

The **mailing party** will be held Monday, August 25, 2003. 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. 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
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 Business Card

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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

Fall Activities

Letchworth Hike

Saturday, Sept. 20

Hike the less well-known eastern side of the Letchworth Gorge on the Letchworth Branch of the Finger Lakes Trail. Beautiful forest with level stretches, but with lots of stream gullies to cross. You will hike approximately 6.8 miles on the trail, plus 0.8 miles from road to trail and trail to road. Two optional side trails that lead to river overlooks at Fiddler's Elbow and Old Forks Ravine would add another 1.7 miles. So, all in all, almost 9.5 miles. We will hike at a moderate pace. Expect to spend most of the day on the trail. Rain or shine. Bring lunch and plenty of water. **Meet at 9:00 am at Parking Lot E on River Road.** We will shuttle cars to Parking Lot G and hike northward back to E.

Please call to confirm. It may be possible to arrange carpools from Rochester.

Directions: From the Mt. Morris exit on Interstate 390 (Exit 7), travel west to Mt. Morris on Rt. 408. Rt. 408 jogs left in Mt. Morris. (Turn left at the traffic light downtown then immediately right.) Stay on Rt. 408 until you pass the sign for the Mt. Morris Dam. Approximately one mile past the Dam entrance, River Road angles off to the right in a Y junction. Follow River Road 2.5 miles to parking lot E.

Jo Taylor, 473-6729

Sharon Galbraith, 872-0327

Hike/Wine Tasting Trip

Date: sometime in October

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

This trip is limited to 30 people. More information will be given at the October meeting.

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Ski Center Websites

Byrncliff www.byrncliff.com

Hardwood Hills www.hardwoodhills.on.ca

Osceola www.tughillregion.com/ski-osceola

Winona Forest www.tughillskiclub.com

Garnet Hill www.garnet-hill.com

Lapland Lake www.laplandlake.com

Salmon Hills www.salmonhillsresort.com

For additional XC ski locations and conditions, go to www.rochesternordic.org

Do you know of other websites of interest? E-mail newsletter@rochesternordic.org and webmaster@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, Approximately \$1230, (8 nights),
Ruth Hyde (461-9266) and Jackie Cannizzaro (425-1934).

Rumor has it that Coleridge Gill is also sponsoring a trip this season.
Could it be to Tug Hill Plateau, Sandy Creek, New York?
Coleridge Gill (442-8634).

A tentative schedule of future programs

October

Presentation of Weekend Trips

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



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) 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) 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

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COME to SKIWELT in AUSTRIA

with Jackie and Ruth
February 13 to 21, 2004

We will be staying in a hotel in Going, Austria
Going is 60K from Innsbruck and 80K from Salzburg.

The village offers 35K of Nordic skiing "out-the-door" and 200K+ is available in the area, reachable by free busses.

Downhill skiing is also available.

COST: About \$1230 (dbl. occup.). Non-members please add \$10. A deposit of \$250 will hold your reservation. Trip insurance is available.

Price includes:

- *airfare from Toronto to Munich and bus to Going
- *hotel and daily breakfast and dinner
- *cross country skiing

Information: Ruth Hyde 461-9266 or Jackie Cannizzaro 425-1934
Send payments to Jackie at 8 Tilegate Glen, Fairport, NY 14450.
Make checks payable to Rochester Nordic Ski Club.

PLEASE NOTE: THIS IS A PRELIMINARY FLYER ONLY.
MORE INFORMATION WILL BE AVAILABLE SHORTLY.

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.

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?

Trip Name:
Your Name(s)
Your Address

Your Phone Numbers:
Your e-mail:
Best time to call:

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Are you able to drive or otherwise help the leader?

Rochester Nordic Ski Club
a NYSSRA club
2002-2003 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

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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	Mark Maas	482-2679	president@rochesternordic.org
Vice Pres.	Ken Hann	586-5205	vicepresident@rochesternordic.org
Secretary	Mary Ardell	235-5758	secretary@rochesternordic.org
Treasurer	Bob Jurena	266-8512	treasurer@rochesternordic.org
Board	Coleridge Gill	442-8634) board@rochesternordic.org
Board	<i>Open</i>	244-2784)
Board	<i>Open</i>	425-1934)
Board	<i>Open</i>	533-1438)
Comm Affairs	Ken Hann	586-5205	community@rochesternordic.org
Day Outings	Sharon Galbraith	872-0327	sharonbillgal@aol.com daytrips@rochesternordic.org
Historian	Rosie Sepos	223-5247	historian@rochesternordic.org
Hot Line	Donna Silverman	244-2784	hotline@rochesternordic.org
Instruction	Ruth Hyde	461-9266	lessons@rochesternordic.org
Maps	Dayle & Rick Lavine	442-6358	maps@rochesternordic.org
Membership	Geri Lessig	266-3917	membership@rochesternordic.org
Newsletter	Jo Ann Ardell	323-2893	newsletter@rochesternordic.org
Programs	<i>Open</i>		programs@rochesternordic.org
Publicity	Coleridge Gill	442-8634	publicity@rochesternordic.org
Publicity	<i>Open</i>	244-2784	
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-	weekendtrips@rochesternordic.org

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Rochester New York 14692

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