



nordic ski news

Volume 30, No. 10 September 2004

Special Location for Meeting

THURSDAY, SEPTEMBER 2, 2004

WELCOME BACK

6:30 – POTLUCK DINNER

Please bring a dish to pass
REFRESHMENTS WILL BE PROVIDED

7:30 - BUSINESS MEETING

Special Location for Meeting:

Brighton Town Park

Westfall Road by Clinton Avenue South

Share highlights and pictures of your summer

Enjoy socializing and dinner. Hope to see you!

President's Message

Hello everyone,

Welcome back from the summer even though, as I write this in mid August, it feels more like early October. Maybe we will just have a long beautiful fall. The committees have been working hard over the summer and have put together a great list of travel ski trips. It will be, however, several months before we actually leave town to go on them. In the meantime, we have the opportunity to recruit new members. We are all ambassadors for our club. If you meet someone out hiking or bicycling, please tell them about the RNSC. Let them know about our day trips, extended trips and lessons. Also, let them know about the forum for learning about our sport through monthly meetings on XC ski topics. As we all love the outdoors, other topics are also included in late season, such as slide shows about our community, trips that members have taken and talks about the outdoors like Wild Wings to whom I have already extended a January invitation. We have also been responsive to supporting events that improve the quality of our community while at the same time giving us presence and helping to bring our sport to others. These events have included WXXI, Special Olympics and Winterfest. We will continue this path.

We would like input on places you would like to go skiing and we would like you to volunteer to be day trip leaders. We have a great map set that we have put together over the years. It is a place to start. There are many locations that we have not been to recently so opportunities abound. It is also perfectly acceptable to combine your skills with another member and co-lead a trip. This can work to our advantage in keeping track of everyone on a large outing.

In September, we will have our first meeting. It will be a dish to pass. Next to snow, food is a major draw and some of our members are excellent cooks. So, let's make a good showing at the Brighton Town Park on September 2.

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 September 19th

The **mailing party** will be held Wednesday, September 22. Contact the Newsletter editor for more information. 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
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 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

September	September 2, 2004 Brighton Town Park Lodge	Welcome Back from the Summer Picnic (bring a dish to pass)
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 Wednesday, September 8. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

Day Trips

Hike the Bristol Hills Branch of the Finger Lakes Trail.

Details: Sept. 25. Meet at 8:30am

Pulver Road south of Naples, a lefthand turn off the Italy Turnpike,
Route 34.

We will carpool from there to the beginning of the hike on Brink Hill Road.

For further details, or a ride, call Sharon Galbraith at 585 872 0327.

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.

Forthcoming: Information on trip(s) to Ottawa's Winterlude.

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

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	oastpresident@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	Geri Lessig	266-3917	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



Rochester Nordic Ski Club Trip to Lake Placid January 14 - 17, 2005

The trip is Friday, Jan. 14 through Monday, Jan. 17 (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 \$210 per person, double occupancy, for a 3 night stay. We cannot arrange 2 night stays or single occupancy. Nonmembers pay \$220. A nonrefundable deposit of \$25.00 is due Nov. 1, 2004. The balance is due Dec. 15, 2004. 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



Crystal Lake Ski Center Trip Friday January 28 to Sunday January 30, 2005
Hughesville PA www.crystallakeskicenter.com

We will be traveling South to Pennsylvania near Williamsport. The area has 28 miles of groomed and un-groomed trails for all levels. Some trails have track set and side area for skating. It is a beautiful area with 960 acres of wooded hills. Ski and snowshoe rental is available along with lessons, if arranged in advance.

We will be staying two nights at a beautiful lodge overlooking Crystal Lake. The Laughlin Lodge has a modern kitchen, 2 ½ baths to be shared by all, a large seating area near the fireplace and large dining table. Accommodations are double occupancy, shared bath down the hall. Two small rooms with one twin bed each are available on a first come basis. 12 people maximum. Reserve your space early!

Fee: **\$168.00 per person** double occupancy, club members, **\$178.00 non –members**. A **non-refundable deposit of \$25.00** is due by **November 1, 2004**. The balance is due **December 10th**. Make check payable to Rochester Nordic Ski Club and mail to:

Karen Pakulski
122 Bowen Road
Churchville NY 14428

Included in cost: 2 nights stay, 2 breakfasts, 2 dinners, meals are cafeteria style with no menu choices. Cheese and sparkling non-alcoholic beverage on Friday night. TRAIL FEE NOT INCLUDED \$15-20 for the weekend.

PLEASE NOTE: Our agreement with the facility is: no smoking in any building, **NO ALCOHOLIC BEVERAGES** or Illegal drugs are to be brought to, or consumed at, Crystal Lake Camps. This is a no frills, casual, clean and nicely managed ski facility. The meals are a short walk to the cafeteria, which also has a nice seating area by a fireplace, pianos and games. The meals are family style and very tasty but not gourmet.

Contact Trip leader, Karen Pakulski 889-7694 or check the web site for more information.

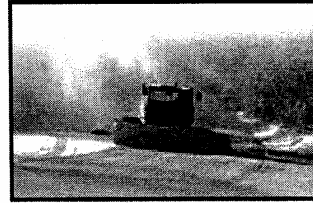


***Town and Country Inn
Shelburne, New Hampshire***

Saturday, February 19 – Saturday, February 26, 2005

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. 15th
Balance \$390 due Jan 9th.

\$440*

per person
double occupancy

*Add \$10 for each non-ski club member



**TUG HILL PLATEAU
SANDY CREEK, NY
March 5 - 6, 2005**

**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 10, 2005

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 5, 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.

COME JOIN ME AND SKI TUG HILL

The Chic-Chocs: 7 day Cabin-to-cabin cross-country ski trips **Sunday, March 6 - Saturday, March 12, 2005**

Join your friends from RNSC and the trip leader, retired forester Bill Pollock in the highest mountains in Québec on this premier cabin-to-cabin ski tour in the Parc de la Gaspésie.

We will ski for 5 days mostly above 900-m (3,000 ft.) staying at comfortable wood stove heated cabins. Water is taken from lakes, streams and melted snow. Toilets are outhouses. You will require a sleeping bag. Mattresses are provided. Our supplies will be transported by snowmobile and we only have to carry a daypack on the trail with some extra clothes and lunch. The trails are of intermediate backcountry caliber and vary from easy to difficult depending on trail, snow and weather conditions. Daily mandatory distances vary from 10 to 24 km (6 – 16 mi.). Speed is “not of the essence”, but one must be fit and capable to ski 4 km (2.5 mi.) per hour in reasonable snow conditions. There are some optional side trips to some overlooks including Pic de l'Aube (Dawn Peak) and Pic du Brulé (Burnt Peak), which should not be avoided if the weather is good.

The trip begins at Ste-Agathe-des-Monts, and the first day will be spent in traveling by minibus to Le Gîte du Mont Albert, 23-km (15 mi.) south of Ste-Anne des Monts, a 10 hour drive, picking people up along the way. We will stay at Le Gîte du Mont Albert on the first and last night with gourmet dinner and breakfast included - also hot showers and sauna. Likewise, the last day will be spent by traveling from Le Gîte to Ste-Agathe-des-Monts with stops along the way.

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.

The price for the trip is \$1,533 based on 6 people. For 7 people the price is \$1,447, for 8 the price is \$1,390 and for 5 people \$1,652 per person all in Canadian dollars plus tax which is about 15%. These prices are subject to change if park fees or other charges increase significantly. They include food, guide/cook, transportation of food and gear by snowmobile between cabins, 5 nights cabin fees, 2 nights accommodation and meals at Le Gîte du Mont Albert, transportation by minibus from Ste-Agathe-des-Monts or a hotel, airport or specific address in Québec City or Laval and return. Restaurant meals while traveling on Day 1 and Day 7 are not included.

The deposit of US \$200.00 is needed to reserve. In case of cancellation before 12/16/04 the deposit will be returned. No refunds of the deposit will be made after 12/15/04. The preliminary price in US dollars will be determined on 12/16/04 based on number of participants and currency rate, with final reconciliation after the trip. The balance of preliminary price has to be paid no later than Thursday, 12/30/04. No refunds of this balance will be made after 12/30/04.

All payments have to be made to Ivan Rezanka,
6 Squire Lane, Pittsford, NY 14534,
phone 585-381-7475, e-mail irezanka@rochester.rr.com.