



nordic ski news

Volume 30, No. 9 Summer 2004

SUMMER 2004

PRESIDENT'S MESSAGE **Summer**

Hello everyone. The summer seems to be starting slowly weather wise. Before long it will be time to begin thinking about those long skinny boards again. As a matter of fact, your club's leadership team has already begun to think about the next season. Planning is well in progress for extended trips and community supported events.

12 years ago, I joined the RNSC because I wanted to XC ski and the RNSC provided that opportunity in many ways, i.e. thru day trips, extended trips and lessons. The club also provided a forum for learning about the sport through monthly meetings on XC ski topics. As we all love the outdoors, other topics have also been included over the years in late season, such as slide shows about our community, trips that members have taken (Jim Vallino's bicycle ride across the US and Mark Maas' trip to New Zealand) and Wild Wings when they introduced us to some of their birds. The RNSC has 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 plan to continue this path.

We are a seasonal club. Just like the Olympic XC athletes, we need to keep in shape and not get burned out on XC skiing. Every sport is, in some form, a level of cross training or maybe I should say cross conditioning. We need to have fun because when something no longer is fun, why do it. It has been my experience that we do XC well. I have never looked at the RNSC as an all season club yet we do try to have some summer events just to "keep in touch". Please watch the website for event listings and stay in contact with other members for spontaneous outings.

We are a volunteer club. In April, we held our elections. We still have one remaining position to be filled. That is for RNSC Secretary. The responsibility for this position is to record the minutes of our monthly board meetings and then publish it 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.

Also, volunteers go beyond the board. Every member is asked to be a volunteer. We would like your input on programs for our monthly meetings. We would like input on places you would like to go skiing and we would like you to volunteer to be trip leaders. Of greatest need is for day trip leaders. It is 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.

I look forward to serving as RNSC president for the 2004 – 2005 season. I would be happy to hear from you. My number is 586-5205 and I can be reached on the internet at president@rochesternordic.org

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 August 19th

The **mailing party** will be held shortly thereafter. 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. Perhaps a hut-to-hut trip slide show.	
November –	Early ski season preparation. Coleridge Gill	
December	Do you have a presentation, slide show to share? Call one of the people on the last-page	
January	What other organization might have a presentation of interest? Call one of the people on the last-page.	
March	A trip on the inland waterway of Alaska. Ken Hann. (Assuming he captures those “Kodak moments”.)	
April	Social dish to pass, elections, perhaps a ski trip presentation	

Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Tuesday, August 10. Contact one of the Officers, Board or Committee Chairs for location.

Racing

A **summer biathlon** is planned at Rochester Brooks on Saturday, July 17. This will be a running and shooting event. As before, the event will be scheduled early in the day to minimize the impact on other Brooks' activities. John, our race committee chairperson, and will be the focus for RNSC volunteers to work these events. John will make event information available to club members. As a reminder, instruction, rifles and ammunition will be made available by the Western Region Biathlon Club to those individuals who would like to try this sport. It is Ken's understanding that other events involving riding mountain bikes and shooting will also be held throughout the summer. These variations are all designed to keep the sport fresh, stay in shape and maintain a keen eye.

Summer Activities

At the last Board meeting we all recognized that as a ski club, our focus is on a winter-time activity. We also felt that it would be fun to have a few summer events for people to get together. Check the website periodically throughout the summer for summer activities. Would you like to organize a bicycle trip, golf outing, picnic, hike, wine tour, perhaps a trip to Toronto on the Breeze? Contact the webmaster or call one of the club officers, board or committee chairs.

Summer Party

Summer event at **Weiler's** on Conesus Lake - Saturday, **July 24th**, 5601 West Lake Road (Rte. 256). All cartop watercraft accommodated. Coffee will be available at 10 AM for those planning to bike around the lake. Lunch at 1 PM, bring a dish to pass. Information, 533-1438, or 243-0359 on the 19th.

Day Trips

The day trip committee is planning one or two hikes in September/October - get those leg muscles in shape for skiing! Details will be in the September newsletter.

Weekend Trip Planning - 2005

Weekend trip planning is going well. All weekend trip leaders, **please let Jackie know** your progress. See the last page for her phone number. Trips in the planning stage include:

South Meadow Lodge

Crystal Lake Ski Center

Tug Hill

Ottawa

Hut to Hut

EMS Discount

EMS is offering a 10% discount on non-sale items 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

Rochester Nordic Ski Club
a NYSSRA club
2003-2004 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