



## nordic ski news

Volume 31, No. 8 Summer 2005

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**Thursday, April 7th 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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**THERE ARE SOME GREAT SUMMER  
EVENTS LISTED IN THIS ISSUE.**

Two picnics with bike rides, hikes, and a variety of other activities; and a September hike.

**OUR MEETING LOCATION WILL BE  
CHANGING EFFECTIVE WITH THE  
SEPTEMBER MEETING.**

**OFFICERS, BOARD AND COMMITTEE  
CHAIRS FOR THE 2005-2006 SEASON**

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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)

# Weekend Trip Committee Chair Message

Call for trip leaders for 2005/2006 weekend trips. Please call Jackie at 425-1934 with ideas or plans so that we can set up a meeting. New ideas and mix of price ranges will be welcomed. Thanks for your help.

## Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, August 11. The general membership is welcome. Contact one of the Officers, Board or Committee Chairs for location.

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 June 18<sup>th</sup>  
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   |

## SUMMER ACTIVITIES

### WEILER'S ANNUAL SUMMER PICNIC

**Date: Saturday, July 23, 2005**  
**Time: 10:00 a.m. for coffee for those biking around the Lake**  
**1:00, for lunch, please bring a dish to pass**  
**Location: 5601 West Lake Road, Rte 256, Conesus Lake**

**All cartop watercraft is accommodated. Information, 533-1438,**  
**or 243-0359 on the 23rd**

# RNSC SUMMER PICNIC

Date: Saturday, August 6

Time: 10:30 a.m. to ?

Location: North Lodge (PMP), Powder Mill Park

Provided by Club: hamburgers, hots, Boca Burgers, utensils, drinks

Facility Offerings: Electricity, toilets nearby

*Please bring a salad, vegetable or dessert dish to pass.*

Events: 11:00 AM Bike Ride. This will be a two-hour ride over rolling terrain.  
1:00 PM Lunch  
2:00 PM After Lunch Hike.  
3:00 to ??? Bocce Ball, Volleyball, cards...

Hope to see everyone there....

## Directions:

From the \*\_West Side\_\* take 490 east to route 96 using exit number 27, "Bushnell's Basin." Next make a left onto Pittsford Victor Road (Route 96) and then a right onto Park Road. Then take a left on Courduroy Road. Courduroy Road ends on Wooston Road. Take a Right on Wooston Road. Take the second left which will lead to the North Lodge.

From the \*\_East Side\_\* take 590 south to 490 east, take route 96 using exit number 27, "Bushnell's Basin." Next make a left onto Pittsford Victor Road (Route 96) and then a right onto Park Road. Then take a left on Courduroy Road. Courduroy Road ends on Wooston Road. Take a Right on Wooston Road. Take the second left which will lead to the North Lodge.

The Monroe County website has a map of the park if you would like to look up the directions from them.

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## SEPTEMBER HIKE

Fellow skiers! Get those legs in shape for the winter. Come hike 8 miles with us in beautiful Letchworth Park on Sept. 10. The stretch we have planned offers 2 great waterfalls. Meet in the west side of the Holidome parking lot at 8am Saturday morning. Questions, call Sharon Galbraith at 872 0327, or email [sharonbillgal@aol.com](mailto:sharonbillgal@aol.com)

*Earn Your Turns  
Join the  
Nordic Ski Patrol*

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

[GVNordicRecruiting@MooseWareinc.com](mailto:GVNordicRecruiting@MooseWareinc.com)

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

# NEW MEETING LOCATION

WE ARE MOVING. Our meeting place for the next year is at Brighton Town Park, Carmen Clark Lodge. We will be starting our meetings at 7:15 PM with social period from 6:45 PM to 7:15 PM.

This is the same lodge we had our September picnic at last year.

Directions to the new meeting place will be 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.

First meeting will be September 1st. This will be our traditional bring a dish to pass meeting. Utensils will be provided by the Club.

This meeting will also be start of a new policy with the Club. 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 15 minutes sooner so that we can get everyone out of there at a more reasonable time.

## 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.

**Membership** - Receive dues and keep membership listing up to date. Provide listing to Newsletter and to Webmaster for mailing and information distribution to club members. Give Treasurer membership checks at nearest upcoming board meeting. Host Membership/Admissions table at monthly meetings.

**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.

## The following Officers, Board and Committee Chairs have been elected for the 2005-2006 Season

|                                       |                   |
|---------------------------------------|-------------------|
| President                             | Mark Maas         |
| Vice President                        | Jackie Cannizzaro |
| Secretary                             | Mary Ardell       |
| Treasurer                             | Bob Jurena        |
| Past President (not-elected position) | Ken Hann          |

## For next year's Board of Directors

Jo Ann Ardell  
Coleridge Gill  
Karen Nesbitt  
Jim Vallino

## Non-elected positions

|                        |                   |
|------------------------|-------------------|
| Comm Affairs           | Ken Hann          |
| Day Outings            | Sharon Galbraith  |
| Historian              | Barb Weiler       |
| Instruction            | Ruth Hyde         |
| Membership             | <i>Open</i>       |
| Newsletter             | Jo Ann Ardell     |
| Publicity              | Ken Hann          |
| Racing                 | Coleridge Gill    |
| Social                 | <i>Open</i>       |
| Web Master             | James Vallino     |
| Weekend Trips          | Jackie Cannizzaro |
| Weekday Trip Call List | Gretchen Schauss  |

### Get Out & Stay Out Adventure Outfitters Inc

2705 W Henrietta Road  
Offers a 10% discount to RNSC member

### EMS Discount

EMS is offering a 10% discount on everything in the store.  
Show your membership card.

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              | Mark Maas         | 586-5205 |
| Vice Pres.             | Jackie Cannizzaro | 425-1934 |
| Secretary              | Mary Ardell       | 313-8864 |
| Treasurer              | Bob Jurena        | 266-8512 |
| <br>                   |                   |          |
| Past President         | Ken Hann          | 482-2679 |
| <br>                   |                   |          |
| Board                  | Jo Ann Ardell     | 323-2893 |
| Board                  | Coleridge Gill    | 442-8634 |
| Board                  | Karen Nesbitt     | 787-9384 |
| Board                  | Jim Vallino       | 425-1102 |
| <br>                   |                   |          |
| Comm Affairs           | Ken Hann          | 586-5205 |
| Day Outings            | Sharon Galbraith  | 872-0327 |
| Historian              | Barb Weiler       |          |
| Instruction            | Ruth Hyde         | 461-9266 |
| Membership             | <i>Open</i>       |          |
| 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](http://www.rochesternordic.org)**