



Rochester Nordic Ski Club Newsletter

Volume 36 , Issue 4

January 2010

Notes From Here and There:

"Easy click" snow reports now on RNSC home page!

Check the home page at
www.rochesternordic.org

At the previous RNSC meeting:

Steve Gorski gave a great demonstration on repair and basic waxing of skis. The snacks and food were extra good, folks seemed to like showing off their holiday culinary expertise!

Interesting links: http://nyssranordic.com/word_press/
<http://www.rochesternordicracing.com/>
[http://www.nohrsc.noaa.gov/nsa/index.html?region=Southern Great Lakes&var=snowfall&dy=2009&dm=12&dd=28&units=e](http://www.nohrsc.noaa.gov/nsa/index.html?region=Southern_Great_Lakes&var=snowfall&dy=2009&dm=12&dd=28&units=e)
<http://www.ncdc.noaa.gov/ussc/USSCAppController?action=options&state=30>
http://www.weatherstreet.com/local_forecast_files/new-york-snow-cover.htm

How to stay warm when out in the cold

(complete with stuff that works and where to get it!)
The most important thing is to keep dry. Wet skin or clothing conducts heat away from your body at an alarming rate. This can be difficult to maintain when climbing hills or striding along like a pendulum, causing perspiration to soak into your previously insulating clothing. This is where layering and zippers come into play. You need to anticipate how hard you will be working (playing!) and before you become wet, ventilate (unzip) or remove layers.

Dress warm, but don't overdress!

Layers and types of clothing;

You have probably heard many times that cotton is a bad choice for winter clothing because cotton absorbs water but then holds onto it. None of your clothing choice should be cotton, or you will have cold and clammy clothes. My preference is for Coolmax fabric, Smartwool, or anything that Sporthill makes (especially 3SP). (there are plenty more that work equally well). These are often called technical fabrics because they do not like water on the molecular level and wick it away from the skin, drawing it to the surface of the cloth where it can evaporate or be passed onto the next layer.

I have seen Coolmax/cotton blends, but suggest you avoid them. They take much longer to dry than the pure synthetic fabrics and seem colder.

A word about Gore-Tex; Although I like Gore-Tex (and copies), it does not breathe anywhere near well enough to deal with XC ski style exertion.

Time to renew your membership for the 2009-2010 season. Application here:

<http://www.rochesternordic.org/Forms/MembershipApplication.pdf>

Thursday, Dec. 3 , 2009 Meeting 7:00 PM

Topics:

Gary Reif will talk and show photographs

-How Trails at Powder Mills Park were brought back to life, trail maintenance methods.
-Basic Trail markers, signs and blazes.

-Using a Garmin GPS to gather data to make maps.
-Where to get free Garmin compatible NYS Topo maps.(1:24000)
-"Sky Acres" : New Snowshoe Heaven, near Harriet Hollister

As usual at these meetings, snacking, ski tales, (tall and standard) equipment chit-chat, and assorted camaraderie will also occur.

Meeting Location:

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)

Quote of the Month

Gravity is not a sport - anybody can ski
down a hill.

Contents:

1- How to stay warm in the cold
2- Ski Lessons/ INFO
4- RNSC trip to New Hampshire
See PDF version of Newsletter for extended information on Trips,events,etc (pg7-9).

RNSC Meet at Weilers

For RNSC members only, Saturday Jan. 23, 2010
11-4pm, ski or hike if no snow. More info can be had by calling 533-1438. Address is 7829 West Henrietta Rd., 1.6 miles south of exit 11 on 390.

Cancelled trip; Huggers Breckenridge

Saturday 1/30/2010 RNSC Full moon ski in Penfield. Check
www.rochesternordic.org for info



ROCHESTER NORDIC SKI CLUB

Cross Country Ski Lessons for 2010

- **Monday Night Beginner : Coleridge Gill at Cobbs Hill Park \$50 (\$40)***
January 4, 11, 18, 25 - 7 PM
- **Saturday Beginner: Jackie Cannizzaro at Mendon Ponds Park \$50 (\$40)***
January 9, 16, 23, 30 - 10 AM

For further information call Coleridge Gill 585-442-8634
()* - Price for RNSC members

Note: Number of lessons maybe cut by one lesson if weather conditions prevent having the total number.

Send this application along with your check payable to RNSC to
Coleridge Gill, 55 Fairmeadow Drive, Rochester, NY 14618

NAME: _____
ADDRESS: _____
CITY & STATE _____ ZIP _____
PHONE #'S (H) _____ (C) _____
E-MAIL: _____

JOIN THE SKI CLUB AND PAY THE LOWER PRICE SHOWN ()* !!!!

How to stay warm when out in the cold (continued from page 1):

A word about colors: given a choice, I go for a bright color that is easily seen by skiers, snowmobile drivers, or potential rescuers. If you ski where hunting occurs, this becomes even more important. It would be just plain silly for a skier to want to wear camo fabric.

The first layer of clothing is probably the most important. It should be relatively thin and be somewhat snug to the skin (to prevent cold air from getting in and to wick sweat away). It does not have to be tight, just not loose.

Here are specific recommendations based on what I use. I am a stop and go touring skier, perspire a lot, so things need to breathe very well.

First Layer:

Top: Sporthill ,Zone 2 (32-65 degrees) ,Top, long sleeve, wicking (Nomad or similar model)

Underwear/briefs: wicking, non-cotton www.sierratradingpost.com usually has some at good prices. www.rei.com also carries several types. I have found that with the XC Pants (see Second Layer), a special wind panel is not needed.

Bottom: If cold, wicking long underwear. Lightweight tights work well. I found heavy long johns to be much too warm in any reasonable weather (used with XC pants).

Second Layer:

Top: Sporthill Zone 3 (0 to 40 degrees) The Summit model has 3SP in the front and lighter fabric in the back. If it is 30 degrees or warmer this is all you will need for a top.

Bottom: Sporthill Zone 3, XC pants. These are made completely from 3SP, have wind resistance to 30 mph, dry quick and are very warm. I find I do not need tights or long underwear until it gets below 17 degrees or so.

Third Layer:

When it gets really cold, or you stop playing hard for a while, you need something extra. A jacket such as Sporthill Journey or Symmetry are a couple choices. They breathe extremely well and are wind resistant.

<http://sporthill.com/productsall.php> tops, pants, jackets, hats

www.sierratradingpost.com gloves, underwear, hats, socks

www.rei.com underwear, socks,

The Extremities The cold spots of our bodies

Hats: This is an easy way to control temperature, and if you get cold ears is a must have. I found that most hats collect way too much perspiration. What works for me is a Sporthill beanie (the Swift fabric version, the 3SP fabric one would be too warm!). It does get wet, but never soaked, and does not feel clammy. Stops wind nicely also. <http://sporthill.com/product.php?TypeID=3870&gender=u>

Shoes/Boots: The really old boots pretty much did not have insulation. Newer boots all have Thinsulate or something similar. Most are waterproof which means that foot perspiration (feet have lots of sweat glands!) can build up in a couple of hours. If you do not do something special (like use a boot drier or a fan) it is likely that they will still be damp the next day and your feet will get cold. If a boot is tight on your foot, you will impede circulation and crush some insulating air space, so you will be colder. Make sure you get a good fit. DryGuy Drystix is a gentle heated boot dryer. http://www.dryguy.net/PRD_DG3.htm

Snowshack sells them and more goodies;

<http://www.snowshack.com/brand/dryguy>

Boots generally come with poor footbeds. For more insulation and comfort replace or add a footbed such as Superfeet (has good arch support)(available in most sports stores) or 2 oz Miracle which is a foamy self molding footbed (great insulation!) (available at Walgreens, Target, etc) .

<http://www.feetrelief.com/feetrelief/superfeet.htm> footbeds

Socks: The best system is a thin liner sock (Coolmax or other wicking fabric) and a heavier oversock. The thin sock clings to the foot which prevents rubbing and blisters as well as grabbing moisture very effectively. The thicker sock further removes moisture and insulates.

Liner Sock: any thin Coolmax type fabric. Do not use cotton/Coolmax blends. Russell Athletic Dri-Power socks are more reasonably priced than most. Sportsmans Guide and Amazon sell these.

Over Sock: I use LL Bean fleece socks as my oversock. A single mid-weight sock is ok if that is all that fits in your boot. For colder weather (below 15 degrees) the special Techspun sock system works very well. Note that they are a quite heavy sock and the "Extreme Weather" sock is a very heavy sock, so make sure you have room in your boots.

I also use Smartwool socks. They do not itch and can be laundered with conventional fabrics.

If you are going to be out for more than a couple hours, a change of socks is a very good idea, at

a minimum, a change of the liner sock.

www.lbean.com fleece socks, Coolmax

www.techspun.com cold weather sock system

<http://www.duluthtrading.com/> Coolmax socks

Gloves:

Glove Liners: This is another area where a liner helps a lot. I find that no gloves have worked for me and I must use mittens, even at the warmer temperatures (30 degrees is warm?). My favorite liner is a thin Smartwool glove (#11-552), but for colder weather I move up to the thicker Techspun glove <http://www.techspun.com/gloves.html> (these don't seem to be currently listed on the Techspun order form, so you may need to call). The Smartwool Cozy Glove #12-454 looks like it might be a good substitute if the Techspun is not available. In mild weather I have found that even a very thin liner helps, such as a silk glove. These are available at

<http://www.sportsmansguide.com/net/cb/guide-gear-china-silk-clothing-.aspx?a=40252>

In the past I have tried aluminized "space gloves" (these are thin liners) which claim to reflect heat back into the body. They did not work that well.

Gloves/Mittens: The bigger the better works here. I use a pair of Gordini mittens (Men's Challenge XII Mitten available at www.altrec.com). These have Primaloft insulation (unlike down, works when wet) and Gore-Tex to keep outside moisture from soaking the glove. Since the Gore-Tex does not let the glove breathe enough, they get damp inside after a while. It is important to dry them out each day, so you have dry gloves the next day. If you hang them up, make sure they hang open; even so they may take two days to dry. A faster way to dry them is to use a forced air dryer. I use a Dry Guy forced air blower (with a tube that goes into the glove) or a plain old room fan blowing across the glove.

Wash those gloves every once in a while, perspiration builds up salt, causes chapping.

I have also tried ragg wool heavy mittens with terry liners. They breathe pretty well, but can pick up snow, which melts and makes them wet. <http://www.vermontcountrystore.com>

www.smartwool.com gloves, liners, socks

www.techspun.com socks, liners, maybe gloves

www.sportsmansuide.com silk gloves, etc.

WWW.sierratradingpost.com gloves, socks

<http://www.vermontcountrystore.com> ragg wool

Important: When washing/drying wicking fabrics, do not use fabric softener (it coats the fabric and prevents it from wicking). Many wicking fabrics do not tolerate heat well and may want cold water wash and line dry. I hang dry all mine just because it is more gentle. 3SP fabric most definitely needs special treatment.

I have bought a lot of my gear at end of season sales, both locally and on-line. Prices tend to be ½ off. www.snowshack.com has especially good end of season deals.

Rochester Cross Country Ski Foundation News

The Rochester Cross Country Ski Foundation still needs your support!

Please renew your membership at:

Sign up for 2009/10 RXCSF Membership and Donations via <http://www.skireg.com/events/register.asp?EventID=3036> or use traditional paper Member Donor Form and mail.

<http://www.xrochester.com/new/documents/RXCSFMemberDonorApplication20092010.pdf>

RNSC Trip to New Hampshire

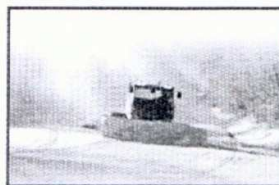


*Town and Country Inn
Shelburne, New Hampshire*

Saturday, February 13 – Saturday, February 20, 2010

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

\$535

per person
double occupancy

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

Payment Schedule

Deposit \$50 due Dec 7th
Balance \$485 due Jan 7th



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: _____

Calendar of Upcoming Events:

Jan.4 and Jan. 9, 2010 XC ski lessons start

Jan. 16, 2010 Saturday Sec V/ESGQ/JOQ/NYSSRA Series Qualifier, Junior Olympic Qualifier, Harriet Hollister

Jan. 17, 2010 Sunday Mendon Ponds Winterfest

Jan.20, 2010 Wednesday RNSC Daytrip, led by Coleridge; Destination TBD

Jan. 23, 2010 Saturday For RNSC members only, 11-4pm, ski or hike if no snow. More info can be had by calling 533-1438. Address is 7829 West Henrietta Rd., 1.6 miles south of exit 11 on 390.

Jan. 30, 2010 Saturday RNSC Moonlight Ski, hot cider, bonfire! Stay tuned to <http://sports.groups.yahoo.com/group/rochesterc/> for exact time and meeting place

Jan. 30 & 31, 2010 Nordic Hot Dog Days, Cumming Nature Center, 11:30-3pm

Feb. 5- Feb 8, 2010 Ottawa Winterlude Long Weekend, Huggers Ski Trip/Bock Tours, XC Ski trip,

Feb. 13- Feb. 20, 2010 RNSC NH trip; White Mountains

Around Feb. 27, 2010 to ??? Hog Loppet Ski Tour Trip (TBD)(see below)

Feb 27 & 28, 2010 More Nordic Hot Dog Days, Cumming Nature Center, 11:30-3pm

March 20- March 26, 2010 **Cancelled (lack of sign ups)** Huggers trip to Breckenridge

A RNSC member WILL COORDINATE a trip to the Hog Loppet in LEAVENWORTH, WA HELD ON Feb. 27, 2010 ANYONE INTERESTED SHOULD CONTACT STEVE GORSKI AT sgorski@localnet.com TO SIGN UP FOR UPDATES

<http://www.skileavenworth.com/event/hog-loppet> This is a 30K , mostly downhill, non-competitive (ski-tour) with feed stations and beautiful country.

Some idea can be seen on Youtube: <http://www.youtube.com/watch?v=Hojr9bS1Yoc>

XC Ski Hints and tips:

- 1) Lay gloves, hats, socks, etc on the dashboard defrost vents for a quick dry between skis.
- 2) The road down to Harriet Hollister has been newly paved! Even the dirt road at the last mile is now flat.
- 3) Bend the knees down as low as you can for those bumpy downhill and turns. The lower center and other stuff really make it a lot easier! Give it a try!
- 4) Chapped hands? Try TopCare Fragrance Free Hand Cream from Wegmans. How did they get chapped? Maybe your gloves need washing! Perspiration builds up salt fast.
- 5) Make sure you are using your pole straps correctly. You should be able to push with the strap applying pressure to the top of your hand and barely having to grip the pole.

Powder Mills Park Dec 28, 2009



Harriet Hollister Dec. 30, 2009



Rochester Nordic Ski Club
PO Box 22897
Rochester, NY 14692

ADDRESS CORRECTION REQUESTED



New Sign At Harriet Hollister 12/2009

Huggers Ski Club (working with Bock Tours) Presents

Ottawa Winterlude Long Weekend

Friday, February 5 - Monday, February 8, 2010



ttn: Cross-country Skiers, Snowshoers, and French-Canadian City Aficionados

Picture yourself skating on the Rideau Canal, the world's longest skating rink! Cross country ski or snowshoe in beautiful Gatineau Park or at Chateau Montebello! Experience the fun of Winterlude, Ottawa's winter festival! Enjoy the beautiful city and culture of Ottawa!

DETAILS: Sue Quackenbush will host a Bock Tours bus trip leaving **Friday** morning February 5th at 8:00AM, from Winton Place. Come early and enjoy a complimentary Continental Breakfast at Fox's Deli, and park free for the weekend. Arriving in Ottawa around 3 PM, there's still plenty of time to try skating the Rideau Canal or select a nice spot for dinner. The nearby Eaton Center will have plenty of shops to search for bargains.

Saturday, Sunday, and Monday: Cross-country skiing / snowshoeing or free time option. If you'd like, each of those days you can take the bus to that day's ski/snowshoe destination (approx. 8:30 a.m.- 2 p.m.). Gatineau Park has 190 kilometers of groomed cross-country ski trails plus 20 kilometers of snowshoe-only trails. A daypass for cross-country skiing is currently \$12 per day (only \$8 per day for age 60+). It doesn't appear there is a charge for snowshoeing if you bring your own (but assume the daypass fee). Snowshoe rentals are available for \$15 per day. Chateau Montebello has fewer trails but has a magnificent lodge to enjoy. Their cross-country ski day pass is currently \$7 per day. There are also plenty of Winterlude activities and Ottawa attractions (Museums, Art Galleries, and Parliament) to keep you entertained! On Monday we will leave Ottawa around 2 PM and arrive home around 9 PM.

PRICE INCLUDES: Round trip motorcoach transportation, 3 nights accommodations at The "Historic" Lord Elgin Hotel (centrally located at the center of the Winterlude activities and now with a new pool and hot tub!), a Wine & Cheese Party (Saturday evening), and plenty of free time for sightseeing. We will provide shuttles to the ski area(s). The city provides shuttles to the unique Winterlude venues! **NOT INCLUDED:** Trail fees, meals.

PRICE PER PERSON: \$395 per person based on double occupancy. Minimum 30 people required (Huggers plus public). Book now! PLEASE BOOK AS SOON AS POSSIBLE DUE TO HOTEL DEADLINES. THANKS!

To reserve spot, please fill out and mail info below along with \$100 deposit check payable to Bock Tours to: Bock Tours, PO Box 93313, Rochester, NY 14692. Or call them at 585-624-3410 for more info. Also, please send Sue Quackenbush an e-mail at squackenbush@frontiernet.net and/or call her at 388-9728 to let her know you're going.

Name(s) _____

Signature(s) _____

recommended

Address _____

City _____ State ____ Zip _____

Phone: (H) _____ (W) _____

Hotel accommodations requested:

Smoking room ____ Non-smoking room ____

Other requests: _____

\$100 deposit per person at time of reservation. Balance due January 1.

Bus seating will be assigned based on when deposit is received.

Cancellation Penalty:

16-35 days prior - 50% withheld

0-15 days prior - 100% withheld

If seat is resold, a full refund will be made. Travel insurance is

and is available at additional cost. Ask for information.

Make checks payable to **BOCK TOURS** and mail to P. O. Box 93313, Rochester, NY 14692 or call **(585) 624-3410**. A confirmation of your tour booking will be promptly mailed.

A final itinerary will be mailed two weeks prior to tour departure.

Rochester Nordic Ski Club

A NYSSRA club

2009-2010 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 _____

PLEASE INDICATE: If the club offered electronic newsletter delivery would you like to receive your newsletter (check one) via: regular mail (paper) electronic only. (electronic has more pages!)

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: _____