



Rochester Nordic Ski Club Newsletter

Volume 37 , Issue 3

November 2010

Trail map edition newsletter!

In my goal to do things this summer and forget the lack of snow, I have mapped many trails that are skiable. The paper version of the newsletter has the first few, more are in the PDF version!

Think you've been to all the places to ski in the Rochester area? Well, if you don't insist on groomed trails, think again! We have lots of active hiking organizations in the area, and it seems there must be a lot of XC ski people in them because so many of the trails they maintain are very XC friendly.

This newsletter has the following maps:

Harriet Hollister

Genesee County Forest

Dryer Park

Mendon Ponds Park

Ganondagon (East of School Rd)

Ganondagon (Fort Hill, West of School Rd)

Powder Mills Park Northern Section

Powder Mills Park Southern Section

Powder Mills/Pittsford Trails: Thorne! Rd

(the last 5 are in the PDF version only)

The top two places to ski in the Rochester, NY area have to be:

Mendon Ponds Park

Harriet Hollister Spencer State Recreation Area

Both of these parks have most trails built specifically for XC skiing and are fully groomed, a service provided and funded by the Rochester Cross Country Ski Foundation, please join and donate!

www.rxcsf.org

Irondequoit High School is looking for a Nordic ski coach

It was recently reported that the Nordic ski coach at IHS, Kiel Sick, will be taking a teaching position outside of Rochester. If anyone is interested in coaching at Irondequoit this year, please have them contact the West Irondequoit Central School District.

Cross Country Skier Magazine

has made the entire Oct. 2010 edition readable on line or as a PDF for FREE!

www.crosscountryskier.com/

They are a very small company; consider subscribing so their great magazine will continue!

Ski Swap, Nov.20,2010,
Honeoye Falls-Lima School

RNSC Monthly Meeting:

**Thursday, Nov. 4, 2010
Meeting 7:00 PM**

Buckland Lodge, Buckland Park Topic:

Ski waxing! Bring a pair of skis and we will help you learn to hot wax them! (no racing skis please). Get the kind of glide you always wanted.... Be free of sticking and icing!

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

Meeting Locations:

(because of renovations this year, meetings will be at two different locations)

Nov.4,2010, Buckland Lodge,Buckland Park

Dec.2,2010, Carmen Clark,Brighton Town Park

Jan.6,2010, Carmen Clark,Brighton Town Park

Feb.3,2010, Buckland Lodge,Buckland Park

Mar.3, 2010,Carmen Clark,Brighton Town Park

Apr.3,2010 ,Carmen Clark,Brighton Town Park

Carmen Clark Lodge, Brighton Town Park

777 Westfall Road, Rochester, NY 14620

Haudenosaunee Trail (the name of the park road)

(~1/4 mile West of Clinton Avenue off of Westfall Road south side)

Buckland Park Lodge, Buckland Park

1341 Westfall Rd. ~1/2 mile West of Winton Avenue off Westfall Road (south side)

Join the Rochester Nordic Ski Club ; Avoid the rush!

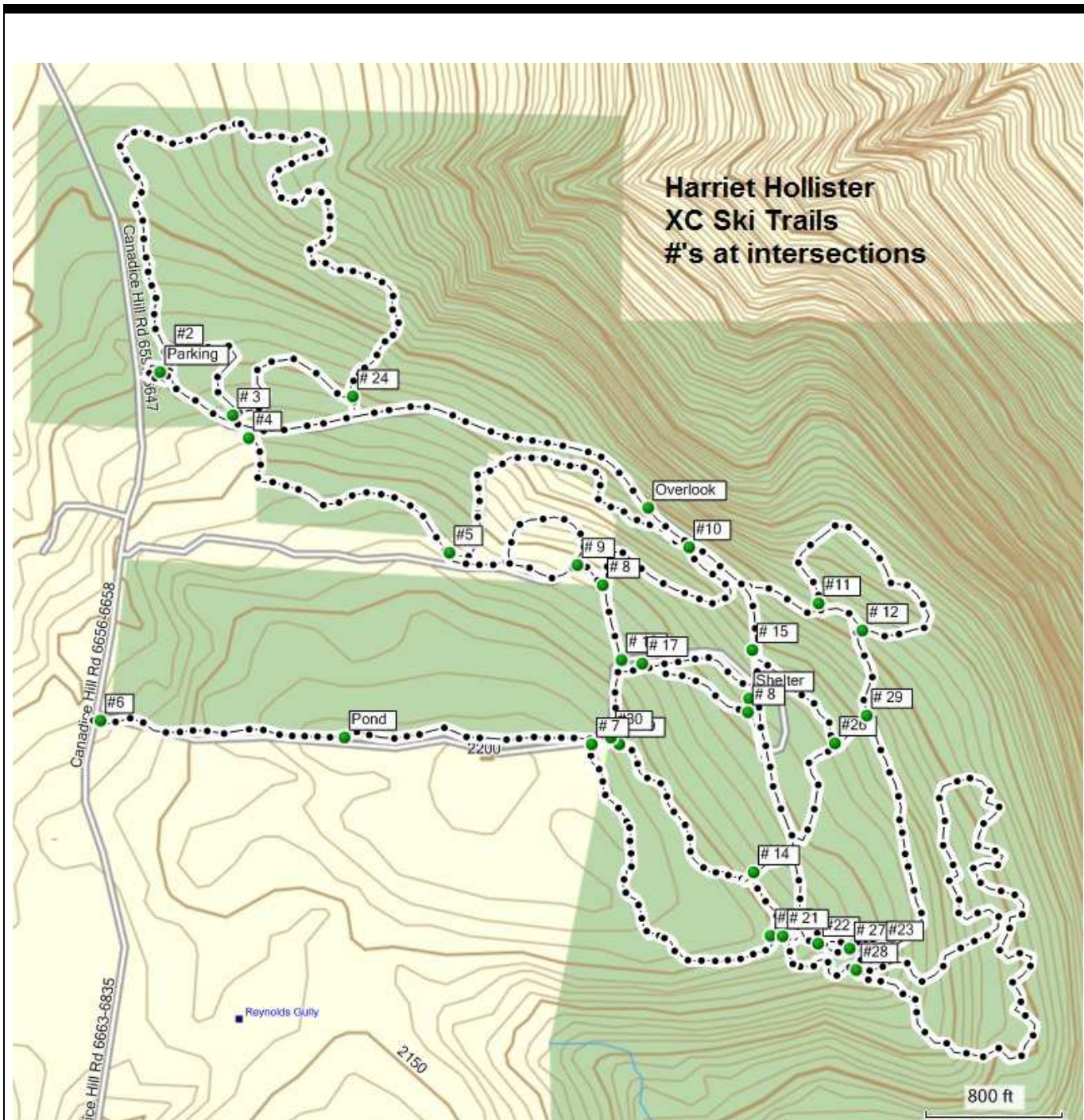
It is not too early to join or renew your Rochester Nordic Ski Club membership for the 2010-2011 ski season! Early renewal guarantees lots of snow this year!

Membership form is on page 7.

Quote of the Month

"There are paths in all directions, what do you want to do next?"

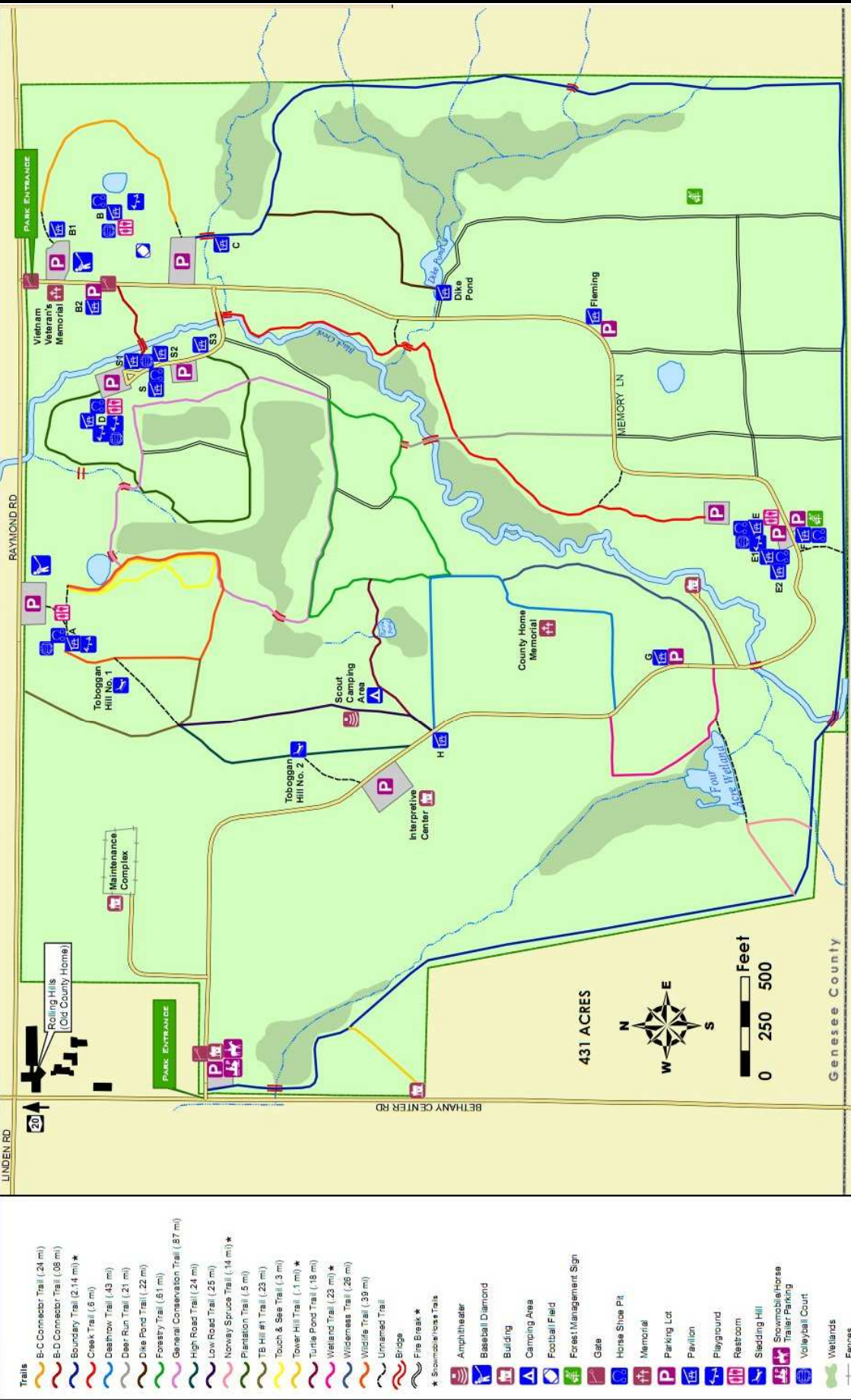
Adventure (aka Colossal Cave Adventure)



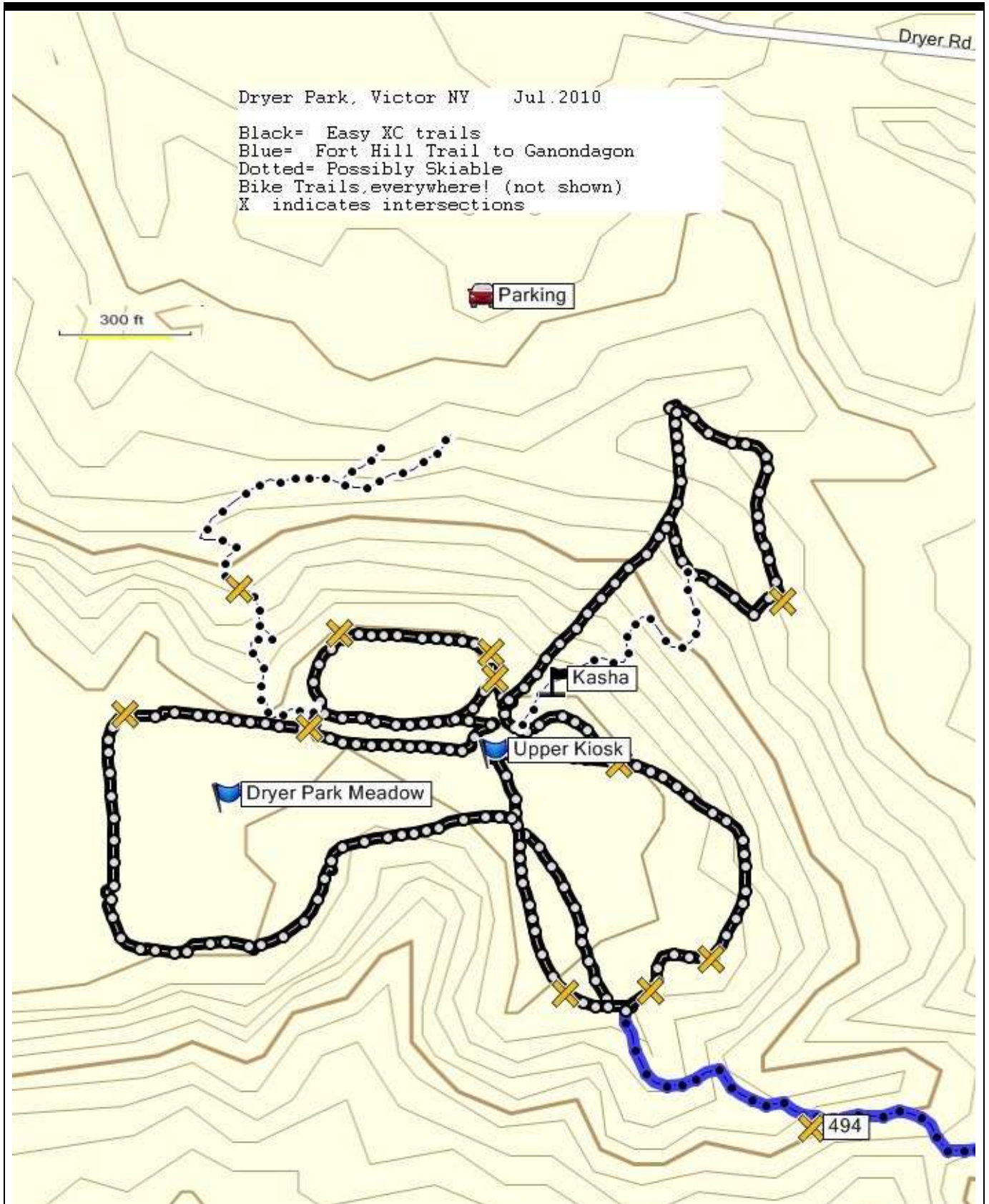
Map date; 2008-2009, recorded with Garmin GPSMAP60csx (Numbered intersections match numbers on trees.) Harriet Hollister Park is located about 40 miles South of Rochester, NY, at the South end of Honeoye Lake. It has a very special location which combines a microclimate that produces a lot of snow (200+ inches!) along with an altitude (2200 ft) and wooded hills that maintain the snow (I have been skiing there on April 15!).

There are often regional and state races held here where folks are driving from far away for hundreds of miles, seeing no snow, thinking this is a wasted trip, only to get 5 miles from the park and see more and more snow on the ground with each additional mile.

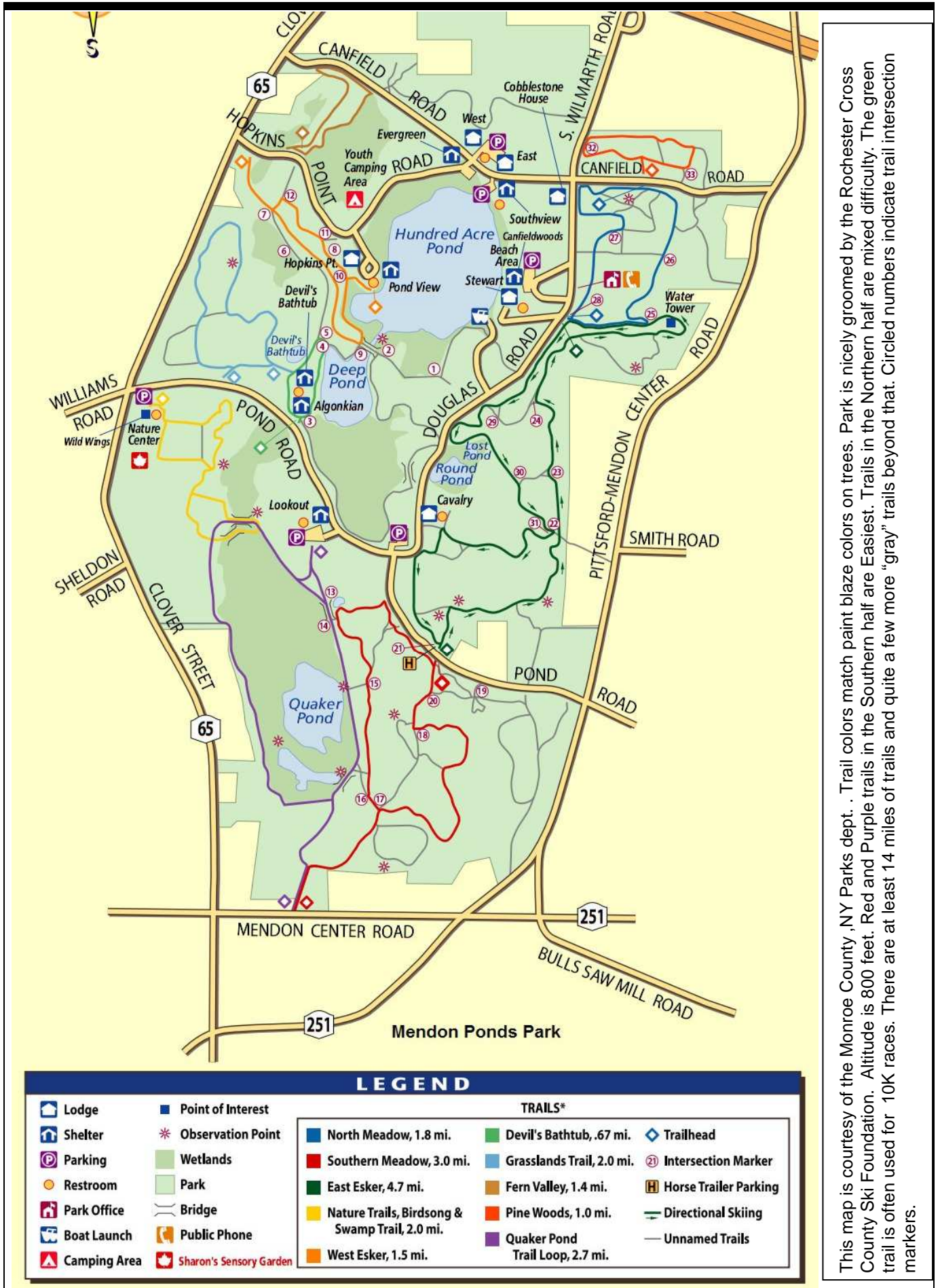
There are 8 miles of extremely nice, wide, groomed XC trails, and more miles of ungroomed, newer hiking type trails (mostly backcountry skiable) in the Southern portion of the park (which is being added to by the joint efforts of NY state and the Nature Conservancy).



This map courtesy of Genesee County, can be found on line at <http://www.co.genesee.ny.us/dpt/parks/trafficcolor.pdf>. Nice skiable trails (8 to 12 foot wide) are in the area of the Interpretive Center (West side). Trails up at the NE entrance are mostly (all?) rough hiking trails. The park is heavily forested, has 430 acres, and often gets snow from Lake Erie lake effect storms. It is located about 8 miles South of Batavia, NY. Altitude is 1200 feet.



Dryer Park, Victor, NY, Altitude, 850 feet, map made Aug.2010, recorded with Garmin GPSMAP60csx
 1.3 of miles easy ski trails (shown in Black), mowed grass, 8-12 foot wide.
 Dotted trails are skiable in good (deep) snow conditions, but not so easy. Blue trail (to the East) (look for Victor Hiking Trail trail markers) is intermediate and leads to Fort Hill. Many other trails exist (intersections shown by "X's"), but they are zig-zag bike trails, not good for skiing. Victor has been experimenting with grooming.



This map is courtesy of the Monroe County, NY Parks dept. . Trail colors match paint blaze colors on trees. Park is nicely groomed by the Rochester Cross County Ski Foundation. Altitude is 800 feet. Red and Purple trails in the Southern half are Easiest. Trails in the Northern half are mixed difficulty. The green trail is often used for 10K races. There are at least 14 miles of trails and quite a few more "gray" trails beyond that. Circled numbers indicate trail intersection markers.

This ski trip is open to both members and non-members!

A French Ski Vacation!

SKI Mont-Sainte-Anne • Quebec, Canada
208 km of classic trails (125km skate)
STAY at the Elegant Hotel Val-Des-Neiges
(at the foot of Mont-Sainte-Anne !)

Web Links:

Mont Sainte Anne XC
<http://www.mont-sainte-anne.com/1/Lamontagne/Skidefond/infogenerale/tabid/338/Default.aspx>
Trail Map: <http://www.mont-sainte-anne.com/1/Lamontagne/Skidefond/Carte-des-pistes/tabid/238/language/en-US/Default.aspx>
Photo Gallery: <http://www.mont-sainte-anne.com/1/Lamontagne/Skidefond/Galerie/photos/tabid/240/language/en-US/Default.aspx>
Hotel Val-Des-Neiges: <http://www.hotelvaldesneiges.com/en>

February 19-26, 2011

This is a repeat trip because Mont-Sainte-Anne is simply the best: The best snow, the best trails, the best lodging and the best food.

There are over 200 kms. of immaculately groomed trails for every ability in beautifully wooded terrain.

Heated warming huts make stopping for lunch enjoyable. There is also a chalet with a cafeteria.

The nearby downhill mountain offers a 2,000-foot vertical drop, 50 trails, a gondola, and 4 quad chairlifts.

We will be staying in the Hotel Val-Des-Neiges at the foot of Mont-Sainte-Anne in a lovely wooded setting.

Our pleasant rooms will have one or two double beds and private baths. We will be served exquisite cuisine in the dining room for breakfast and dinner. The hotel also has an indoor swimming pool, hot tub, sauna and exercise room.

The group will carpool the nine-hour drive to Mont Sainte-Anne. The road goes around Quebec City, a walled city and birthplace of French civilization in North America. Sightseeing and/or shopping in this quaint city is a highlight of the trip. For that reason the group will have dinner on Wednesday night at the Hotel Clarendon, the oldest hotel in Quebec (refurbished in '92), and the center of the historical district.

Group is limited to 20 participants.

\$960* per person, double occupancy

Price includes:

- Seven nights lodging in room for two with bath
- Seven breakfasts
- Seven dinners including one dinner in Old Quebec City at the Hotel Clarendon
- Taxes and Gratuities

Payment Schedules

Deposit: \$50 due December 15th, \$100 due thereafter

Balance \$910 due January 16th

*Price may vary according to Canadian Exchange Rate

Leader: Carol MacInnes

8037 Main Street Fishers

Victor, NY 14564

585-924-4077

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Victor, NY 14564

585-924-4077

Mont-Sainte-Anne XC ski trip

February 19-26, 2011

Make check payable to Rochester Nordic Ski Club, and send to Carol at the above address

Please include in the Mont-Sainte-Anne trip:

Name _____ Enclosed is \$ _____ deposit

Address _____

Phone _____ Email _____

Check one: I would be willing to drive _____ persons I would prefer to be a passenger

Rochester Nordic Ski Club

www.rochesternordic.org

info@rochesternordic.org

Rochester Nordic Ski Club

A NYSSRA club

2010-2011 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 _____ Phone _____

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: _____

2010 –2011 Rochester Area XC Ski Event Calendar

Nov.4,2010, RNSC Monthly Meeting, Buckland Lodge,Buckland Park
Nov.20,2010 Ski Swap, Honeoye Falls-Lima School
Dec.2,2010, RNSC Monthly Meeting, Carmen Clark,Brighton Town Park
Dec.18,2010 ,Saturday,Ski and Chili , Sherwood Park, Penfield
(RNSC members and guests) details to come.Jan.6,2011, RNSC Monthly Meeting, Carmen Clark,Brighton Town Park
Jan.15,2010, Saturday,Full Moon Ski, 7PM, Site TBD
Jan.16,2011, Sunday, Winterfest, Mendon Ponds Park
Jan.16,2011, Cross Country Ski Orienteering, Mendon Ponds Park
Feb.3,2011, RNSC Monthly Meeting, Buckland Lodge,Buckland Park
Feb.6,2011, Cross Country Ski Orienteering, Mendon Ponds Park
Feb.19-26, 2011 RNSC XC Ski trip to Mont-Sainte-Anne , Quebec
Mar.3, 2011, RNSC Monthly Meeting, Carmen Clark,Brighton Town Park
Apr.3,2011 , RNSC Monthly Meeting, Carmen Clark,Brighton Town Park

Rochester XC Ski Foundation News

The Foundation has a new website address! You must go to <http://www.rxcsf.org/> in order to find them!

In addition, in order to get to the snow reports page, you must register as a Website member (this is free, and not the same thing as being a contributing Foundation member).

The Foundation completely funds the grooming of Mendon Ponds Park and Harriet Hollister, so please become a member and provide financial support!

Join online at; http://www.rxcsf.org/new2/index.php?option=com_content&view=category&layout=blog&id=16&Itemid=16

Or go here to print and mail :

http://www.rxcsf.org/new2/index.php?option=com_content&view=category&layout=blog&id=15&Itemid=15

Rochester Nordic Ski Club
PO Box 22897
Rochester, NY 14692

ADDRESS CORRECTION REQUESTED

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
 Learn about new gear

Day trips
 Find out where the snow is!
 Community activity involvement opportunities
 Opportunity to promote the sport
 Learning of new places to ski
 Extended trips at group rates

OTHER SKIERS TO PLAY WITH, MAKE NEW FRIENDS, FIND NEW PLACES TO SKI !

Contact Information: info@rochesternordic.org

ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

President	Steve Gorski	
Vice Pres.	Gary Reif	218-0193
Secretary	Coleridge Gill	442-8634
Treasurer	Mark Maas	482-2679
Board	James Vallino	425-1102
Board	Ken Hann	586-5205
Board	David Lentz	
Day Outings	OPEN	
Historian	Barb Weiler	533-1438
Instruction	Coleridge Gill	442-8634
Membership	Steve Gorski	
Newsletter	Gary Reif	218-0193
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
Social	Ken Hann	586-5205
Web Master	James Vallino	425-1102

For all address changes and corrections, contact one of the officers or board members, or send change to the P.O. Box.

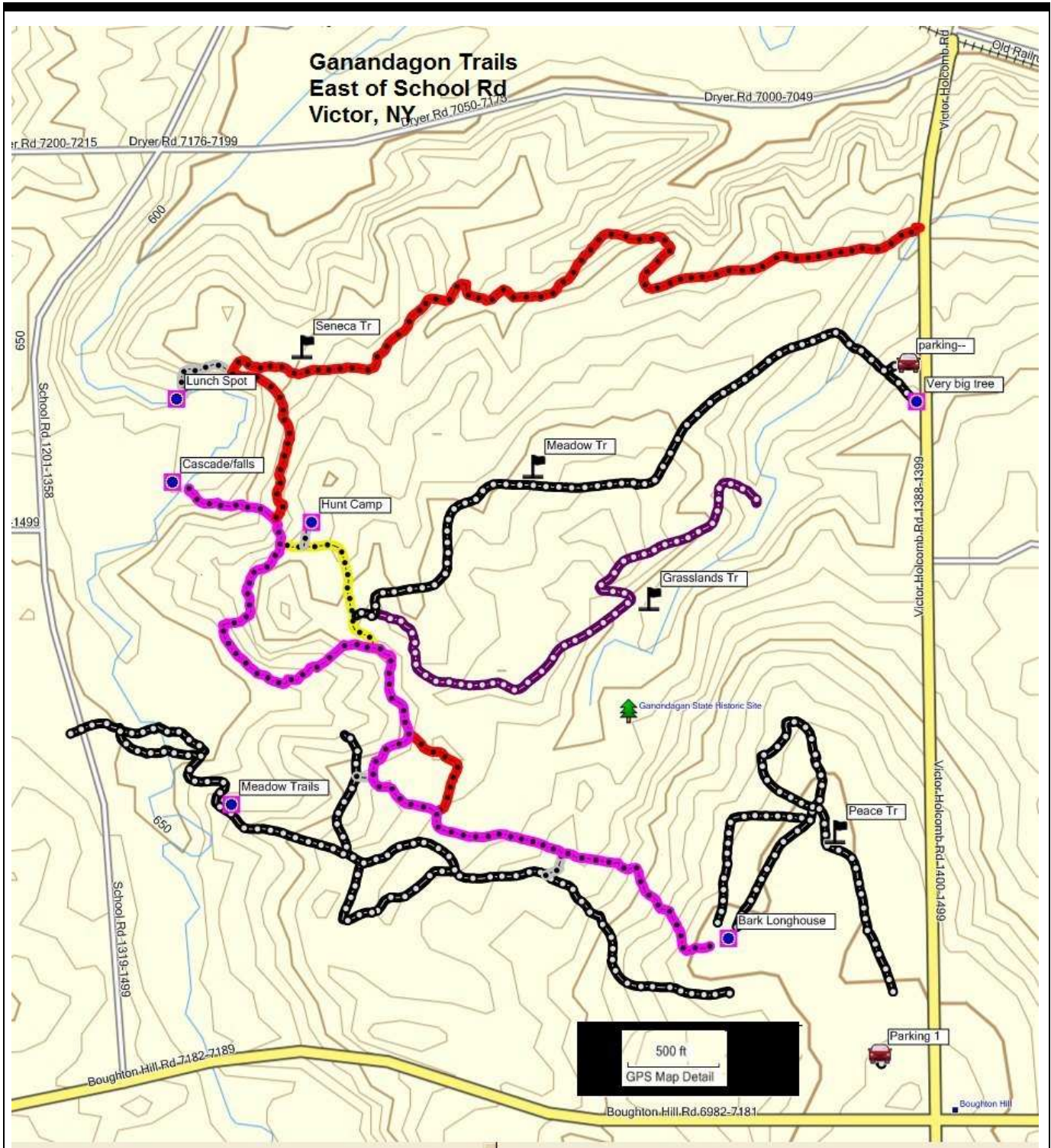
Rochester Nordic Ski Club
 PO Box 22897
 Rochester, NY 14692

Up to the minute Snow Reports!

Join the RNSC Yahoo Groups (XCROCHESTER) and have XC snow reports sent directly to your e-mail. You can also use this as a bulletin board to ask questions, etc. Go to groups.yahoo.com and join the rochesterxc group!

How to sign up for the Upstate NY XC ski conditions Yahoo Group

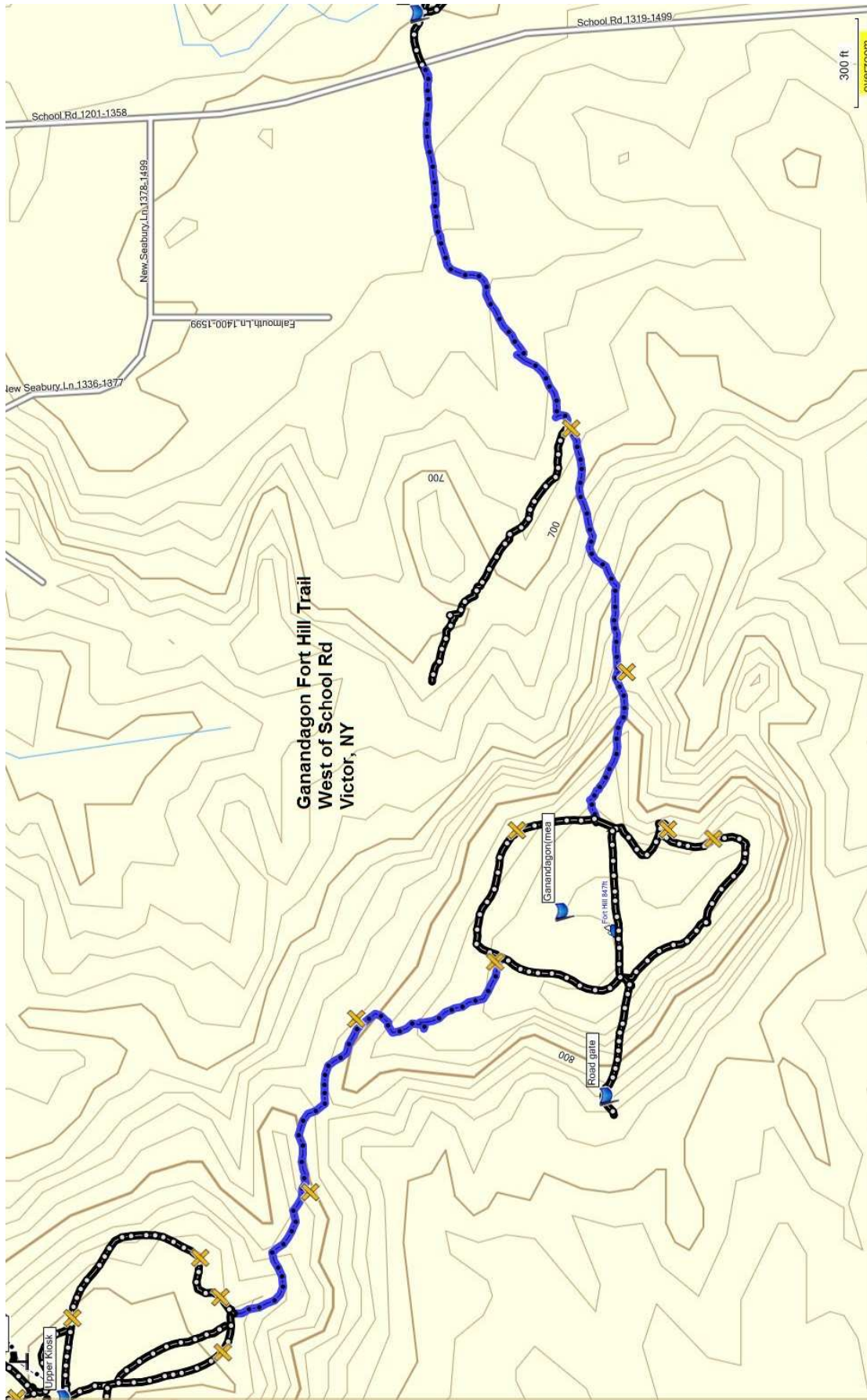
- 1) Go to <http://sports.groups.yahoo.com/group/rochesterxc/>
- 2) Click "Join this group"
- 3) If you don't have a Yahoo ID click "Sign up" (you don't have to fill in real info about yourself, especially not the birthday). The alternate Email should be your regular email address.
- 4) Yahoo sends email to your regular address to verify you. You must click a link in the mail to start your account.
- 5) You should now have a window for Yahoo Groups with the rochesterxc snow conditions page. Answer the setup questions (for #2 choosing "individual email" is best because you get snow reports right away !).
- 6) You can post messages by sending mail to; rochesterxc@yahoogroups.com (you must already be a member, and it has to come from your registered mailbox). You can also post messages on the group website.



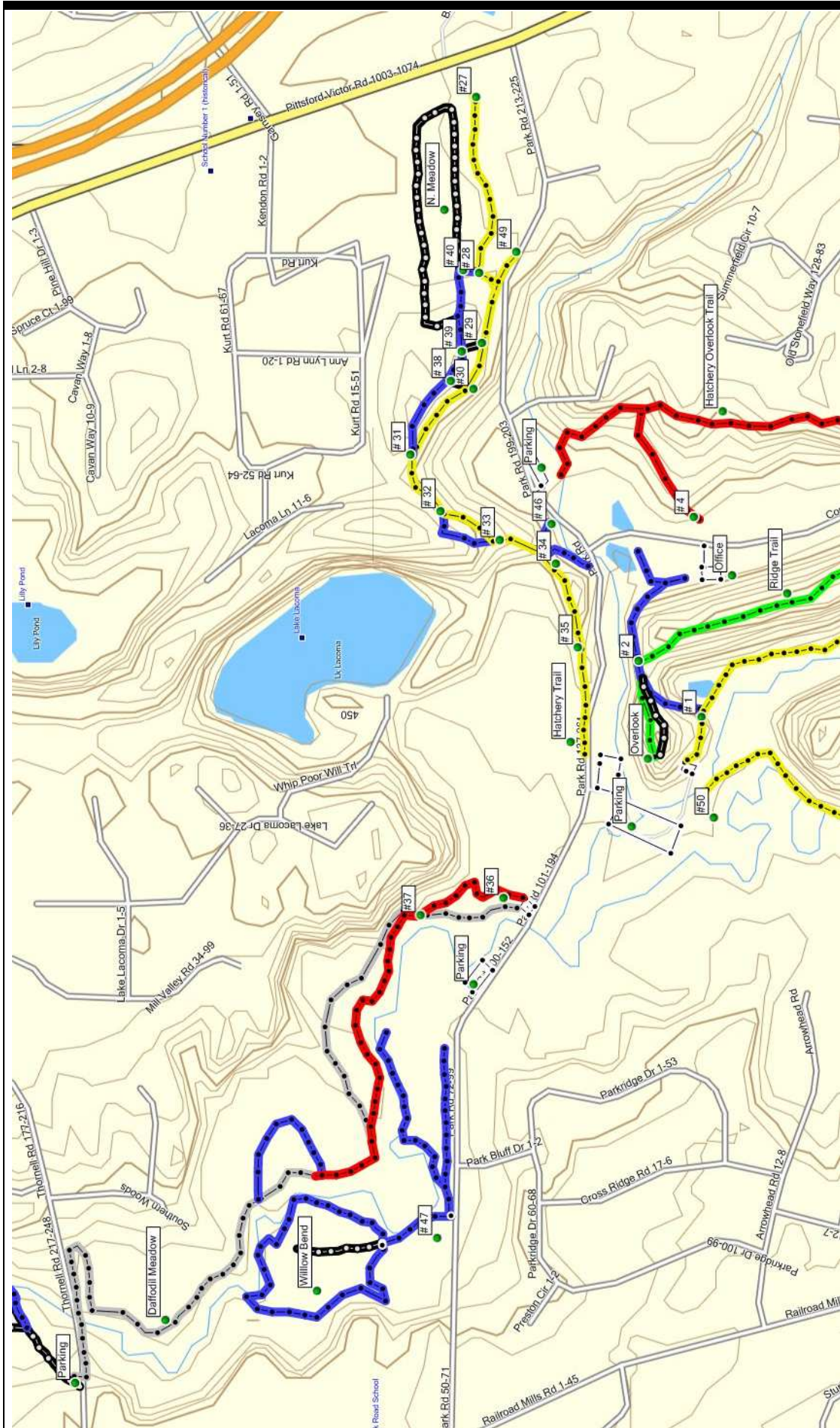
Ganondagon, Victor, NY, Altitude, 800 feet, map made Aug.2010, recorded with Garmin GPSMAP60csx

Meadow Trail, Grasslands, Meadow Trails, and Peace Trail (shown as Black and Dark Violet) have 2.6 miles of easy ski trails, well maintained grass/meadow 8-12 ft wide.

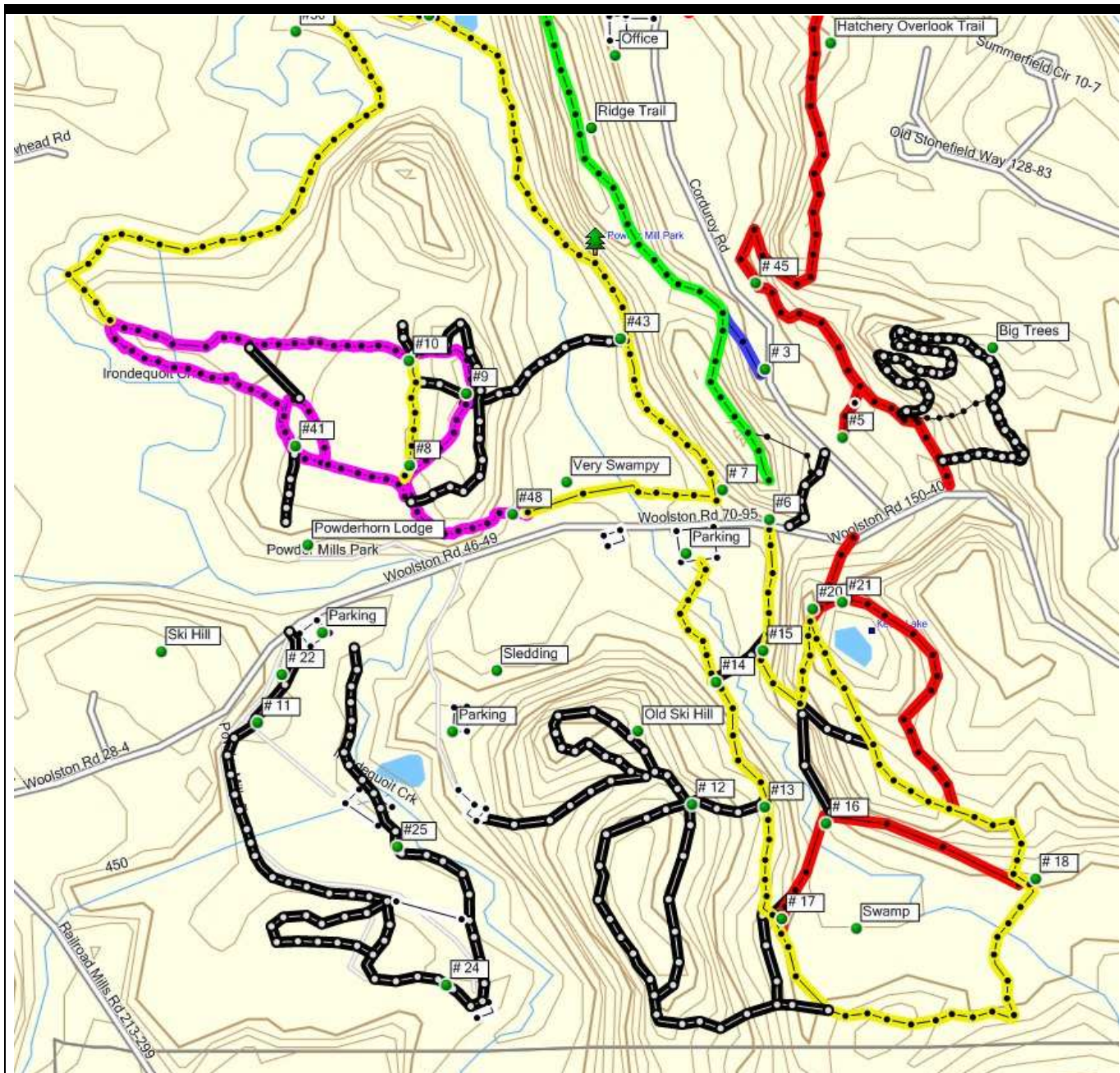
Red (Seneca) and Light Violet (Earth Is Our Mother Trail) trails are for hiking, mostly poor skiing. Trail continues to the West (crossing School Rd) as the Fort Hill Trail.



Ganandagon Fort Hill Trail (connecting to Dryer Park to the West and Ganandagon to the East) , Victor, NY, Altitude, 850 feet, map made Aug.2010, recorded with Garmin GPSMAP60csx. Black trails are easy, Blue intermediate. 1.3 miles of trail.



Northern section of Powder Mills Park, Pittsford, NY, Altitude, 500 feet, map made Aug.2010, recorded with Garmin GPSMAP60csx. 12 miles of trails in park, no grooming. Willow Bend(blue blazes); Easiest, Daffodil Meadow(Red and White): Easiest, Hatcher's Trail (yellow) More Difficult, Hatcher's Overlook trail (nice view of spring pond) (red) Most difficult (wait for good snow depth). North Meadow; Easiest. The Daffodil Meadow Trail continues on across Thornel Rd to the Pittsford Thorne Trails.



Powder Mills Park Southern Section

Pittsford, NY, Altitude, 550 feet, map made Aug.2010, recorded with Garmin GPSMAP60csx.

12 Miles of trails total in park.

Ridge Trail (green) ; more difficult

Trillium Trail Loop ; mostly Easiest; Yellow to Purple to yellow (use Swampy section if frozen, otherwise use edge of road to pick up trail at #48).

Southern Loop (Yellow south of Woolston) More difficult

Old Ski Hill Loop; More difficult

Kettle Lake; Orange; skiable, but not ski friendly

#22 Loop; dead flat, road closed in winter; Easiest

Notes: several trails have short downhill that are too steep to negotiate and must be walked or sidestepped.

The PowderHorn Lodge is open much of the time (for downhill skiing), and they don't mind XC skiers warming up in front of the fire or buying a cup of hot chocolate (maintained by the Ski Patrol).



Pittsford Trails, 2.7 miles of trail, Thornell Rd section, Pittsford NY, Altitude, 400 feet, map made Aug.2010, recorded with Garmin GPSMAP60csx. All trails here are easy, this is flat Irondequoit valley, so all trails are Easy. Blue trails are through woods (3-5 ft wide), Eastern blue trails are along edge of Irondequoit creek. Black trails are through meadows (8-12 ft wide). Connects to Powder Mills Park Daffodil Meadow trail to the South. Park on Thornell (limited), or Sugarbush Lane (look for the Pittsford Parks/Trail sign between houses, as the road curves).