



# Rochester Nordic Ski Club Newsletter

Volume 37 , Issue 1

July 2011

## Creek Walk at Sky Acres (near Harriet Hollister), Saturday ,August 20th, 2011 (open to all!)

Just a few miles from Harriet Hollister is a beautiful area known as Sky Acres. It was acquired by the Nature Conservancy a few years ago and contains most of the upper end of Reynolds Gully. (you may be familiar with the lower end of the gully which has a great waterfall , empties into Hemlock lake and is owned by the city of Rochester; but is heavily Posted a short way up the creek). Sky Acres has a lot of overgrown trails (mostly passable) and several gully splits from Reynolds creek.

We will be walking down the main creek until we hit the big (10 foot?) waterfall or tree blockages (whichever happens to be there this season). The creek bed is generally flat, no big climbs. The gully is quite deep (100 feet?), beautiful, and is like a visit to the far distant past. There are virtually no signs of human existence (or debris!).

This particular Conservancy property does not allow dogs. Please have non-slip shoes suitable for wading and bug repellent. Depending on recent rain , the water may be knee deep or a little more.

August 20, 2011, 9am

Meet at Bushnells Basin Park and Ride for car pooling (this is at the Bushnells Basin exit of Rt. 490). Or if you wish to meet us at the entrance on Reynolds Gull Rd.(10am) (the western entrance, which has a gate blocking the "driveway"). Parking is along the road and the GPS coordinates are;

N42.66417 W77.56054

Check the RNSC website for cancellations due to weather ( [www.rochesternordic.org](http://www.rochesternordic.org))

### Quote of the Month

To glide effortlessly down steep mountains, carving graceful arcs of ecstasy in the deep powder snow.

**-Warren Miller**

### Harriet Hollister Got Bigger Again!

Another parcel added directly to the park and a huge parcel just South. See page 3 for maps. The new section comes with some trails even!

## The Weiler annual summer picnic at their Conesus Lake cottage!!

(RNSC Members only!)

Bring a prospective member (we can never have enough people enjoying snow!)

Date: Saturday ,August 6<sup>th</sup>, 2011

Place: 5601 West Lake Road (Conesus Lake)

All cartop watercraft accommodated.

Time: 1-4pm,

Coffee available at 10am for those who may wish to bike around the lake

1 PM; dish to pass

Instructions: Bring bathing suit, bike, canoe, kayak etc. and a dish to pass

Directions: Rte. 390 south to exit 9, left on 15; 3/4 mile to rte. 256 (which is W. Lake Rd.), 8 1/2 mi. from exit to 5601 West Lake Rd. (this seems to be about 38 miles from Rochester)

Phone: 533-1438,

or on the day of the event 243-0359

Email: [rweiler@frontiernet.net](mailto:rweiler@frontiernet.net)

Call or email Barbara if you need any further information.

Got a yen for good ice cream in huge portions? Try Sharks Ice Cream in East Bloomfield.

### Join the Rochester Nordic Ski Club ;

It is not too early or late to join or renew your Rochester Nordic Ski Club membership for the 2011-2012 ski season! Early renewal guarantees lots of snow this coming year!

### Got a Lawn?

Consider abandoning the 1950's goal of a "perfect" lawn. A mono culture of grass has been referred to as a desert of green. Choose not to surround yourself, children, and pets with a chemically treated desert!

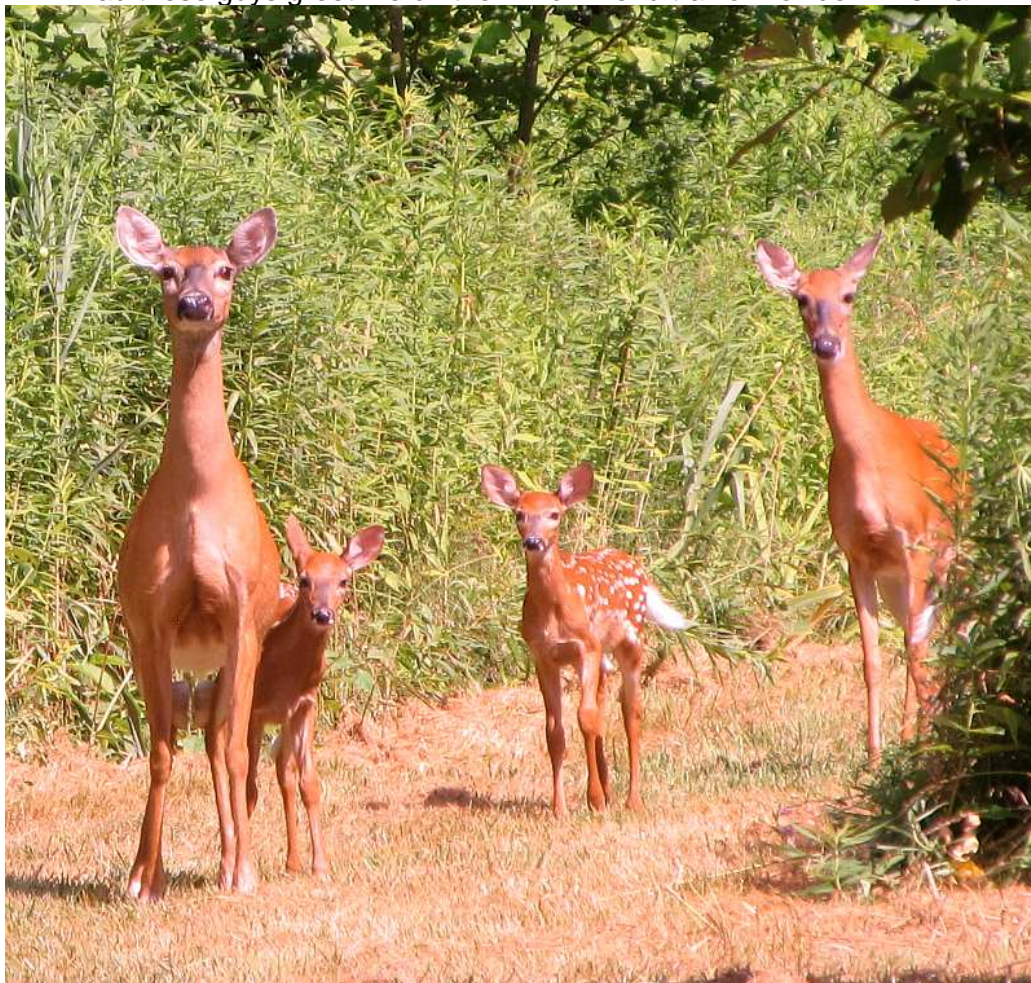
Without "weed killer" a lawn will slowly contain more diverse plants (which are green and tough and make a much tougher Eco friendly play surface). Unless you have very poor soil, fertilizer will not be needed.

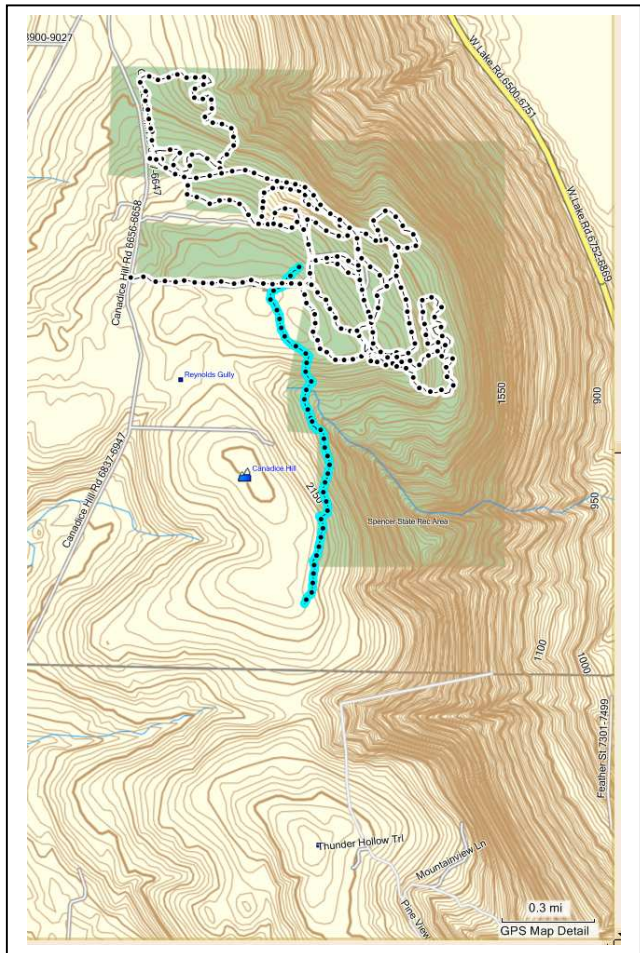
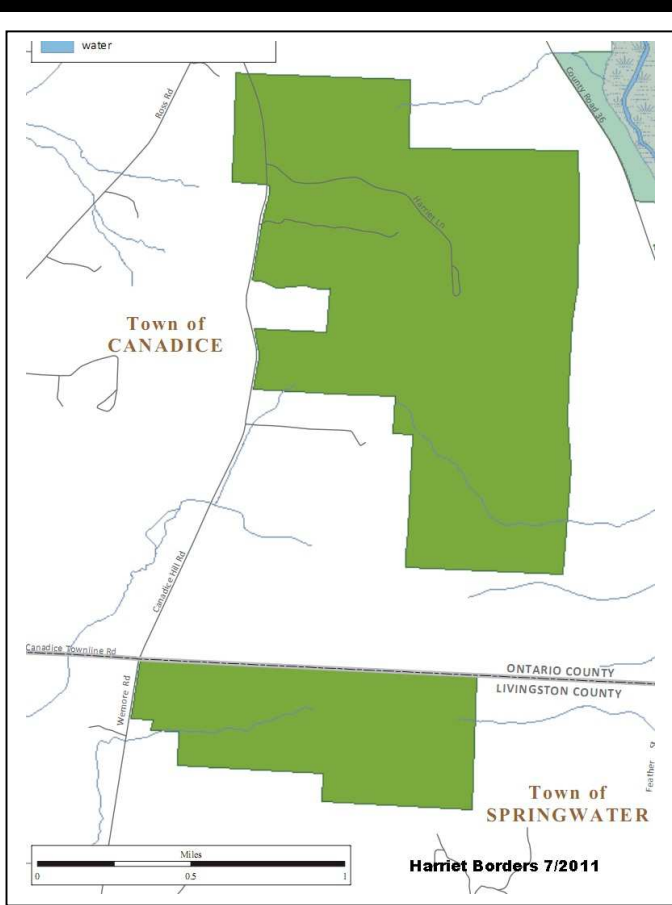
**Foot Bridge over Irondequoit Creek closed, between Powder Mills Park and YMCA.**

One too many spring floods has knocked down the remaining supports for this bridge. Some temporary supports can be seen, but knocked out of place. There is another bridge about ¼ mile up-stream.

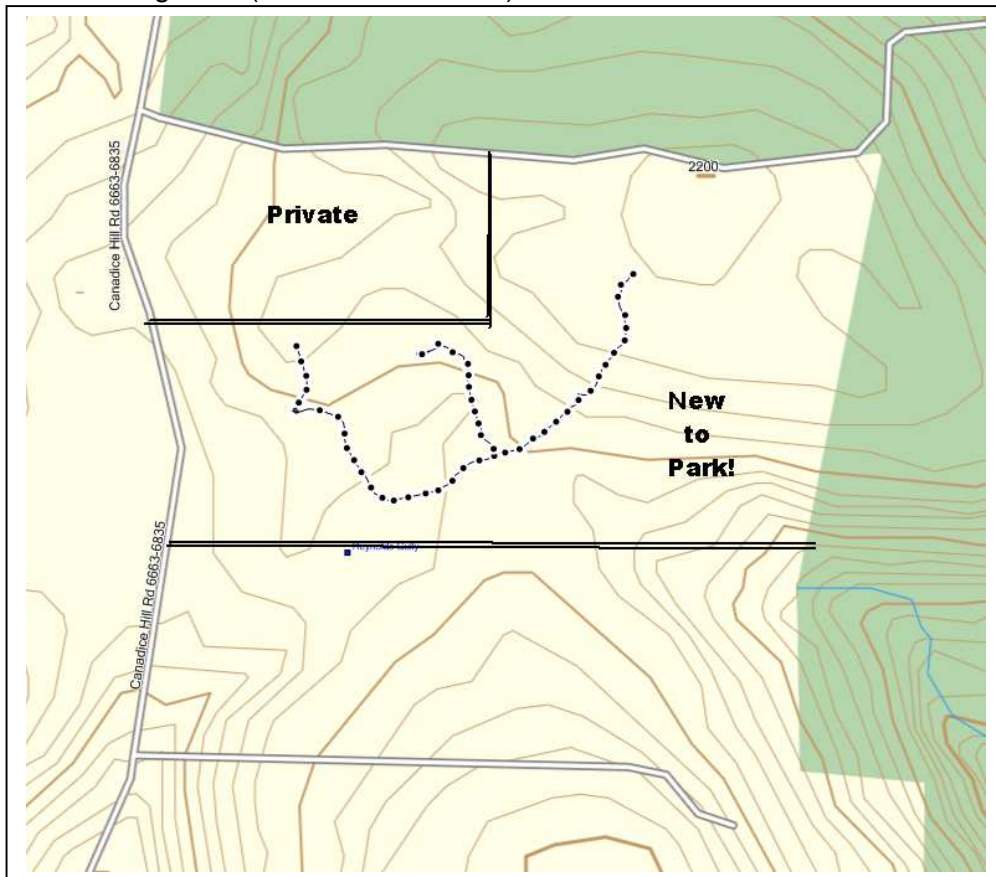


I had these guys greet me on the Willow Bend trail of Powder Mills Park!





New HH borders July 2011. Plus new big parcel South of the park!  
 Old HH border and existing trails (blue is snowmobile)



Harriet Hollister ;Close up of new section; comes with at least these trails!

Rochester Nordic Ski Club  
PO Box 22897  
Rochester, NY 14692

ADDRESS CORRECTION REQUESTED

# Rochester Nordic Ski Club

A NYSSRA club

## 2011-2012 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: \_\_\_\_\_

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

<b>Contact Information: <a href="mailto:info@rochesternordic.org">info@rochesternordic.org</a></b>		
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.

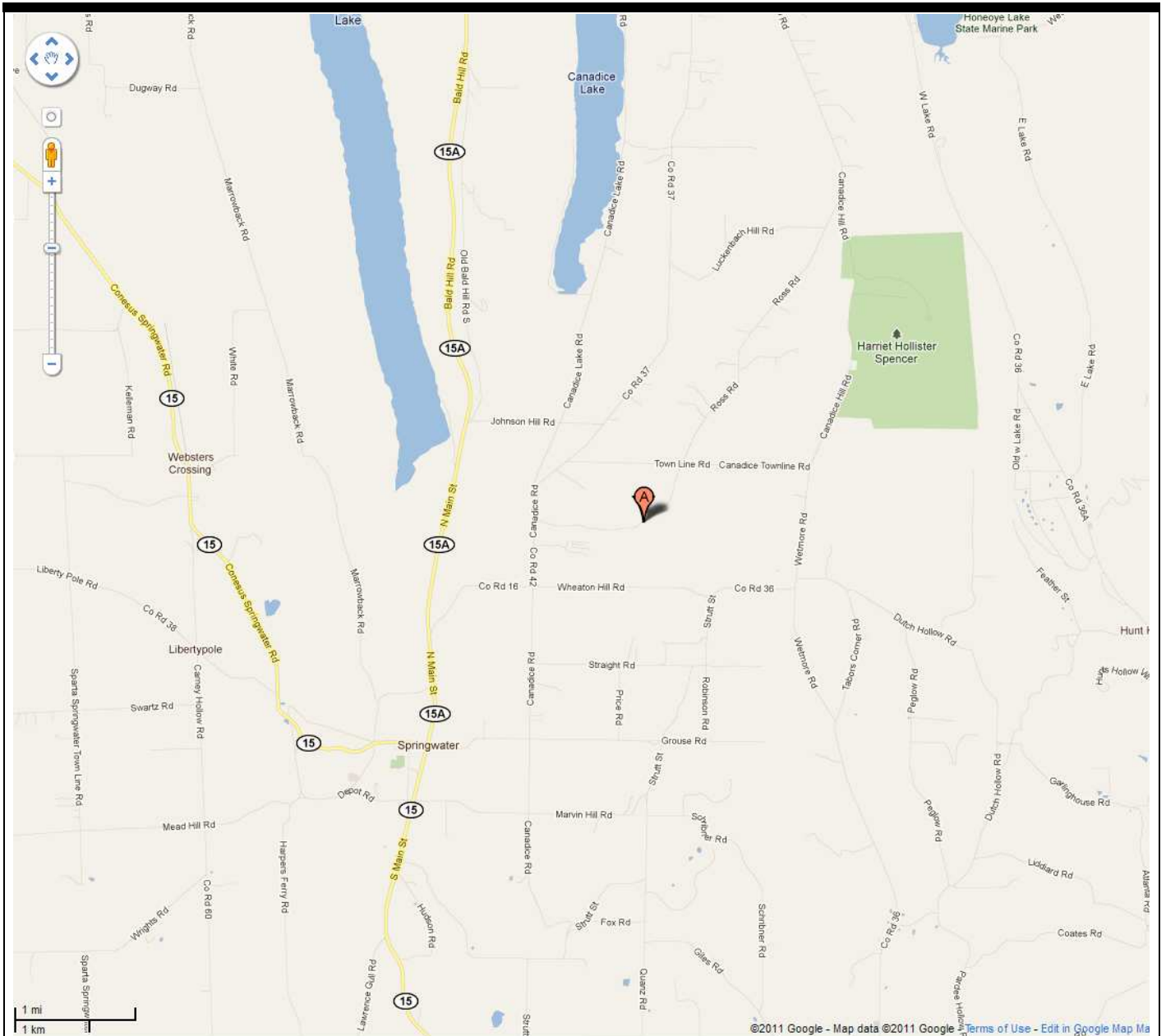
Rochester Nordic Ski Club PO Box 22897 Rochester, NY 14692
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### Up to the minute Snow Reports!

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](http://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](mailto: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.



Western entrance on Reynolds Gull Rd to Sky Acres