

# XCRochester

## December Update

[www.xcrochester.com](http://www.xcrochester.com)

### Wax Clinic at Park Ave Bike - Tuesday, December 19th at 7pm.

Please join us as Olympian Dr Duncan Douglas will cover fundamentals of ski prep and glide wax selection and application. Learn how to use the latest TOKO waxes!

Show up or contact [Park Ave Bike](#) for more info.

10% discount off all XC Ski waxes and equipment – All XCR members.

Duncan is not only a former Olympian but still one of the top skiers in the US and just missed making the 2006 USA Olympic biathlon team.



**Robert Duncan Douglas**

### Duncan's Olympic Biathlon Results

#### 1992 Biathlon

10 Kilometers Individual - 55th

20 Kilometers Individual - 59th

1992 Biathlon 4x7.5-Kilometer Relay Team - 13th

#### 1994 Biathlon

10 Kilometers Individual - 65th

1994 Biathlon 4x7.5-Kilometer Relay Team - 14<sup>th</sup>

#### 2006 Keskinada Loppet - 53km Free Results

1	2:13:18.5	23.9	37 Zylberberg, David	SUDBURY
2	2:13:19.3	23.9	91 Cyr, Steve	SHANNON
3	2:16:32.1	23.3	29 Bourgeois, Lucien	BOIS D'AMONT
4	2:16:33.5	23.3	66 Jewett, Gordon	CANMORE
5	2:16:34.3	23.3	61 Shaw, Phil	ROSEMÈRE
6	2:21:24.9	22.5	97 Douglas, Robert	HONEOYE FALLS

**Duncan was recently elected to the New York Biathlon Hall of Fame:** The inaugural Hall of Fame Class has been elected. The following athletes were elected Rick Costanza, **Duncan Douglas**, Curt Schreiner, and **Joan Smith-Miller**. Art Stegen and Jim and Betty Schreiner were elected to the supporters section. Go to the [Hall of Fame](#) page for complete voting results. You will notice another local name in this Hall of fame class. **Joan Smith-Miller** also competed in the 1992 (the first year Women's Biathlon was added to the Olympic program) and 1994. Our area is quite rich in skiing history and success!



### **Joan's Olympic Biathlon Results**

#### 1992 Biathlon

15 Kilometers Individual - 55th

3x7.5-Kilometer Relay Team - 15th

7.5 Kilometers Individual - 21st

#### 1994 Biathlon

15 Kilometers Individual - 14th

4x7.5-Kilometer Relay Team - 8th

7.5 Kilometers Individual - 24th

**The Next Wax Clinic to be held at Park Ave Bike - Monday, January 15th at 7pm.** Please join us as Erik Grimm will cover fundamentals of ski prep and Kick wax selection and application. Hopefully, we will be in the middle of a snow filled ski season. Erik will focus on waxing for several upcoming events including Craftsbury, Tug Hill and Keski.

## **Harriet Hollister Update**

Last Week December 6<sup>th</sup>, The Board of Directors of RXCSF voted unanimously to purchase the necessary grooming equipment to care for Harriet Hollister Park. This includes a 2007 Ski Do Skandic, which is designed as a work horse sled capable of the rigors of grooming at a park such as Harriet. Even in deep snow. We also have enough funds to pay for a groomer to care for the park and other miscellaneous factors through the month of January. The Skandic is an \$8600 sled which we did purchase for under cost. We are hiring a groomer because volunteers are in short demand. We needed insurance and other pertinent tools for running the foundation and the sled.

**Many thanks to our primary sponsor (Highlander Tour) and those that have committed additional funds.**

If at all possible, please consider an additional contribution to RXCSF to help pay for grooming and other necessary expenses for February and March. You don't have to do that much but even an additional \$25 a member - on top of the annual dues - will really help out a great deal.

## High School Scene

The high school season is set to start. HFL, Pittsford Mendon and Southerland got a head start on the competition by taking a road trip up to Salmon Hills this past Saturday. Fairport has been spotted roller skiing on area roads in preparation for the upcoming season. Section V is the dominant section in New York State with HFL winning the Sectional and State titles for the past 5 years. HFL returns Section V and State Champion Robert Gardner as well as Liz Deir who was 2<sup>nd</sup> to teammate Audrey Mangan at both the Sectional and State races. Both are coming off outstanding cross country running seasons and the early favorites for sectional titles this year. December races will be held on the 12<sup>th</sup>, 14<sup>th</sup>, 19 and 21<sup>st</sup>. For the latest information, check the section V website which is constantly being updated @ <http://www.pittsford.monroe.edu/staffweb/gorbold/>  
Dates to keep in mind are Feb 10<sup>th</sup> – Sectional Distance Race and Feb 12<sup>th</sup>- Sectional Skate Relay.

Anna B. Gorbold is looking for folks who would be interested in volunteering on a regular basis to assist in timing, and working the finish chute for HS races during the week - usually Tuesday / Thursday usually 4:15 - 6:00 - I say usually because our races are so dependant on the weather. Please respond directly to Anna if you can help out.  
[anna\\_gorbold@pittsford.monroe.edu](mailto:anna_gorbold@pittsford.monroe.edu)

## Genesee Valley Bill Koch Youth Skiing

Started Saturday 02Dec06 at MPP & continues Saturdays and Thursdays. For more information go to <http://xcrochester.com/new/GVBKYS.htm>

## Holiday Camp

We still are trying to put together a Holiday Camp that would be perfect for all to work on fundamentals of skate and classic technique plus have fun, etc. Stay tuned for more details.

## Clothing Reminder

Suits are \$125

Jackets are \$110

Vests are \$85

Please make sure you are specific about individual sizes.

**Please make the check out to "podium wear".**

Hats are \$20 - Checks to RXCSF

We need to have all orders and checks in hand by Wednesday evening December 13<sup>th</sup>. We will only be sending in one order and we plan to do that on Thursday.

Email Dr. Dave Valvo directly, with any questions and to place your orders.

Dr. Valvo [drdave@frontiernet.net](mailto:drdave@frontiernet.net)

**XCR At The Races** – Below is information pertaining to two of the races we will be focusing on this year. When registering, don't forget to put XCR as your ski club on the application.

**Registration and accommodation information**

Jan 6	Event:	<b>Cayuga Nordic ESG - Classic</b>
	Site:	Salmon Hills Cross Country Ski Center, Redfield, NY
	Info:	ESGQ/NYSSRA Series Qualifier. Classic, Wave Start, Start time: 10:30am. 5km Scholastic, 10k all others
	Registration:	Registration closes 10am. \$17 by 1/3 mail 1/4 email - \$20 after* Payable: Cayuga Nordic Ski Club. Register online at <a href="http://nyssranordic.com">nyssranordic.com</a>
	Contact:	Dan Karig, 71 German Cross Rd Ithaca, NY 14850, 607-277-3380 / <a href="mailto:dek9@cornell.edu">dek9@cornell.edu</a>

Jan 7	Event:	<b>Salmon Hills ESG Freestyle</b>
	Site:	Salmon Hills Cross Country Ski Center, Redfield, NY
	Info:	ESGQ/NYSSRA Series Qualifier /NYSSRA Club Series. Freestyle, Start time: 10:30 am, 5km Scholastic, 10k all others
	Registration:	Registration closes 10am. \$17 by 1/3 mail 1/4 email - \$20 after *Payable: Salmon Hills. Register online at <a href="http://nyssranordic.com">nyssranordic.com</a>
	Contact:	Hans Karlsen, 100 Noble Shores Drive, Redfield, NY 13437 <a href="mailto:info@salmonhills.com">info@salmonhills.com</a> / <a href="http://www.salmonhills.com">www.salmonhills.com</a>

**Come for either race or plan on doing both. We will be there all weekend.**

**Accommodations**

**Salmon Hills** - <http://www.salmonhills.com/>

**Yurt #1 & 3** \$79.00/night. Add \$35.00 3rd person+.

Sleeps 4 each - (1) bunk bed & (1) futon. Use "Shower & Bath Yurt".

**Motel** \$120.00/night. Add \$40.00 3rd person+.

**Trail passes are included in lodging rates.**

Rooms sleep 4 - (1) queen size, (1) bunk bed or futon. One room and shower is set up for wheel chair and king size bed. Two night weekend min. All eight modern motel rooms next to the main lodge are barrier free (handicapped). Motel rooms have private baths, TV, and housekeeping. Ski in/out.

For more accommodations go to <http://www.pulaskinychamber.com/Accommodations.asp>

# 2007 Keskinada Loppet

February 16-18th, 2007

Gatineau Park, Quebec, Canada

**For more information and to register go to**  
[http://www.keskinada.com/en/keski\\_en.htm](http://www.keskinada.com/en/keski_en.htm)

We will be staying at the Holiday Inn in Hull. I have also added the two other hotels which are associated with the Loppet. There are also several B&Bs near Gatineau park. We will be arriving Friday afternoon and heading home late Sunday afternoon. Don't wait to get your accommodations as hotel space fills up relatively fast. We will plan on a group dinner Saturday evenings and I will send out an email as we get closer to the event to see how many are interested in getting together.

## **Holiday Inn**

Plaza La Chaudière Rate : 118 \$ per night

Telephone : 819 778-3880

Fax : 819 778-3309

Toll free : 1-800 567-1962

Email : [reservationchaudiere@rosdewhotels.com](mailto:reservationchaudiere@rosdewhotels.com)

Website :

## **Best Western Hôtel Jacques Cartier**

Rate : 119 \$ per night

Telephone : 819 770-8550

Fax : 819 770-9705

Toll free : 1-800 265-8550

Contact for reservation : Martin Fogarty

Email : [mfogarty@bwcartier.ca](mailto:mfogarty@bwcartier.ca)

Website : [bestwestern.com/ca/hoteljacquescartier.com](http://bestwestern.com/ca/hoteljacquescartier.com)

## **Ramada Plaza Manoir du Casino**

Rate : 119 \$ per night Telephone 819 777-7538 Fax: 819 777-0277 Toll free : 1-800-296-9046

Email : [manoir.casino@sympatico.ca](mailto:manoir.casino@sympatico.ca)

Website :

## **XC Ski Lessons**

**Pack, Paddle, Ski** -Give the PPS office a call, 585-346-5597, for more info!

<http://www.packpaddleski.com/>

Cross Country Skiing

- [Crash or Not to Crash, Increasing Ski Enjoyment](#) - 1/6/07
- [Introduction to Cross Country Skiing](#) - 1/13/07
- [Women's Cozy Ski](#) - 1/20/07
- [How to Begin Cross Country Skiing](#) - 2/3/07

**Rochester Nordic Ski Club**- Also offers a number of classes for the beginning skier.

<http://www.rochesternordic.org/index.htm>

### **Instructional Program**

Every season the Rochester Nordic Ski Club offers a full complement of instructional classes. Classes are held on weekends and weekday evenings. The club offers beginner and intermediate courses (including a popular **Holiday Week Beginner** class) as well as advanced workshops. We also have [photos from some lessons](#) that you can look at..

### **Cross Country Ski Lessons for 2006-2007 Season**

#### **How to Register for a Lesson**

To register, send an e-mail to [lessons@rochesternordic.org](mailto:lessons@rochesternordic.org) or call Jo Ann at 323-2893. She will ask you for your phone number, mailing address and e-mail address and give you information as to exact meeting places and skill levels of classes.

Then send a check made out to Rochester Nordic Ski Club to Treasurer, RNSC, PO Box 22897, Rochester, NY 14692.

**Note: You must provide your own skis for lessons.**

**Park Avenue Bikes on Monroe and Clover in Pittsford and Snow Country in Pittsford Plaza both rent skis. These are the only local shops that we know rent skis.**

**Join Rochester Nordic Ski Club and take advantage of the members rate.**

<b>Classes</b>	<b>Members</b>	<b>Non-Members</b>
<b>Holiday Beginner</b> Jackie Cannizzaro  Mendon Ponds Park December 26, 27, 28, 2006 10:00 A.M.	<b>\$25.00</b>	<b>\$35.00</b>
<b>Saturday Beginner</b> Ruth Hyde  Mendon Ponds Park January 6, 13, 20, 27, 2007 10:00 A.M.	<b>\$30.00</b>	<b>\$40.00</b>
<b>Saturday Intermediate</b> Jackie Cannizzaro  Mendon Ponds Park January 6, 13, 20, 27, 2007 10:00 A.M.	<b>\$30.00</b>	<b>\$40.00</b>
<b>Monday Night Beginner</b> Coleridge Gill  Cobbs Hill Park January 8, 15, 22, 29, 2007 7:00 P.M.	<b>\$30.00</b>	<b>\$40.00</b>
<b>Tuesday Advanced Beginner</b>	<b>\$30.00</b>	<b>\$40.00</b>

Ruth Hyde

Mendon Ponds Park

January 9, 16, 23, 30, 2006 2:30 P.M.

**A 2-day weekend class is also possible.**

**Workshops in diagonal stride, skating and telemark can also be scheduled based on demand.**

**Please give Jo Ann a call at 323-2893 or e-mail  
lessons@rochesternordic.org if you are interested in either of these**

- [Waxing for Recreational Skiing](#) by Coleridge M. Gill

**About XCR:** Cross Country Rochester is dedicated to the sport of XC skiing in general and particularly to the sport of XC ski racing. The main goal of XCR is to field competitive teams for local, regional and national competition in cross country events. Simultaneously XCR want to help promote individual achievement and success. Additionally XCR sponsors and supports XC related activities throughout the community.

XCR desires to have all of its members strive for excellence and to be involved in all XCR activities. These include Wednesday team workouts, Saturday and/or Sunday long skis, team races and social gatherings.

Web site: [www.xcrochester.com](http://www.xcrochester.com)