

# Rochester Cross Country Ski Foundation

P.O. Box 482, Mendon, NY 14506

***The following is an email sent from Carl Johnston on 05Dec06 to recent XCRochester team participants. (Apologies for the format here.) He is currently updating his email list to include all who have participated or expressed interest in XCR. Carl will be leading many of the training program sessions.***

We had a great turnout last Wednesday. Please forward to anyone who you feel may be interested in joining us.

Wednesday 06Dec06: Let's be ready to start right at 6. We will be meeting at Cobb's Hill again. There will be two groups. Erik will be setting up some roller ski intervals around the reservoir and I will be running 5 miles with poles for those without roller skis. For those running, bring classic or hiking poles. Headlamps are strongly recommended.

Saturday 09Dec06: Salmon Hills is open as is Osceola. I will be leaving my house at 7:30 on Saturday for SH. I would recommend throwing all the toys in the car as I am sure the conditions are variable. I would plan on going with rock skis initially. Let's coordinate travel as much as possible.

And now for something completely different.

Over the last two years we have informally gathered as a group on weeknights and weekends. In an attempt to introduce more people to skiing and offer a venue to help offer technique and waxing advice as well as a training group, we have decided to integrate more closely with the RXCSF.

And this means what? Good question. Below is the basic structure and organization which we hope to grow.

Structure: Monthly workouts will be posted on the Website:  
<http://xcrochester.com/new/home.htm> Specifically, we will be focusing on:

- Wednesday evening team workouts – Venue will vary depending on conditions.
- |           |   |
|-----------|---|
| 5:45-6:15 | Technique training (Erik, Dave V and I will be available for questions and on snow technique work for those interested. Maybe we can sneak Matt Bellizzi out every now and then). |
| 6:15-7:00 | Formal workout (As we do with GVH a specific workout will be run with target times and rest intervals to match everyone's abilities). We have                                     |



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

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done this for a few years and are a lot of fun for the group.

Saturday and/or Sunday

Group Long Skis - This may vary on venue depending on where there is snow. We will also be traveling to various locations throughout the season.

Target Group: All are welcome but the main focus will be on Post-collegiate and Masters Skiers.

Team Racing: Please look at the mission statement on the XCR application. As a group we will be focused on A Minimum of 3 Races during the season as a team. Which means how many can we get to these events. I have attached a ski calendar which is focused primarily with area racing. Those which are highlighted in Purple are the races we would like to focus on as a group. We have been doing this at Keskinada for years and I believe we had over 25 from the area in the two days of races.

Team Uniforms and Vests can be purchased. If you have interest, Contact me and I will get you further information. We will need 12 to order vests.

Anyone who is a member can participate without commitment to race or purchase uniform.

No tiered system in membership i.e. all members get equal benefits from sponsors.

Waxing clinics: 2 clinics held at Park Ave.  
Dec 19<sup>th</sup> @ 7  
Jan 15<sup>th</sup> @ 7 this is still a tentative date.



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Team Manager: Dr. Dave Valvo

XCR Committee: Dave Bischoff, Mark Benotti, Erik Grimm, Carl Johnston,  
Michelle Weiler, Scott Weiler

**All in put is Welcome (Please email with ideas to help  
Make XRC as good as it can be)**

Communication: The Website will be updated regularly.

I will be sending out a weekly email outlining  
Wednesday's workout and weekend activities.

What's required: You will need to join RXCSF and fill out the application  
form which is attached. If you are unsure, you are more  
than welcome to jump into a few workouts and try things  
out.

Please forward to anyone who you think might be interested (My  
distribution list is not the best). If you do not what to be on  
the distribution list,

Let me know and I will take your name off.

I look forward to hearing from you.

Carl

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