

Rochester Cross County Ski Foundation



Mid Season 2006 Newsletter



Volume 1, Issue 2

February 2006

Update on the RXCSF

By Bob Witkowski

Wouldn't you know it! The year we decide to start RXCSF happens to be one of the warmest, least snowy winters on record. The ski conditions, or lack thereof, have been difficult for all of us in terms of testing our motivation for our sport. Personally, however, the situation has strengthened my resolve to see the mission of RXCSF fulfilled. Think about how nice it would have been this January if we had a local facility with snowmaking on a 3 or 5 kilometer course? Or the benefits to racers traveling together to out-of-town events, saving money while having more

fun? We will get there.

Hopefully, you find our Mid Season 2006 Newsletter beneficial. We plan to publish our Newsletter four times a year with the following themes: **Off Season** (August) - program updates, preseason, membership drive; **Pre Season** (Nov) - season promotion for general skiing, events and programs linked to Ski Expo; **Mid Season** (Jan/Feb) - Results, News, Trails, and Promotions; **End Season** (April) - Season synopsis, promotion for off-season, plans for year ahead.

RXCSF continues to grow in membership and is starting to accomplish our goals, including:

RXCSF application for Tax Exempt/Deductible Status submitted to IRS in December;

190 members and still growing;

Participation in WinterFest;

Functional Committees meeting on a regular basis;

New Website nearly ready to launch thanks to Randy McGarvey;

Plans for All-Membership Meeting and Celebration after ski season ends in the works; and

Encouraging possibilities for development of improved ski trails at Mendon Ponds and Harriet Holister Spencer Parks.

See you on the trails!

Inside this issue:

Membership Ski Trails Ski Program	2
Affiliates Update GVNSP Race Team Bill Koch	3
Scholastic News Education News	4
Cummings Citizens Race	5
Board Members RXCSF Events	6
Membership Application	7

RXCSF Purpose

- Provide a structure for the development of cross country ski sport and ski racing for all ages and abilities.
- Improve access to quality cross country skiing trails and facilities as needed to support ski sport development.
- Promote public awareness of and encourage participation in cross country skiing to support ski sport development.
- Serve as the coordinating organization for cross country skiing in the Greater Rochester NY region with links to regional, state and national entities.

Donors Graciously Give to Foundation

By Ruth Hayes, Membership Chair

It's just wonderful that so many organizations, individuals, and families have supported the work of the RXCSF. In this our initial year, we have already grown to 190 members and raised over \$10,000!

Donations have come from individuals and local organizations, including: The Highlander Bicycle Tour; Park Ave Bike Shop; The Ski Company; High Peaks Cyclery; and the Rochester Orienteering Club.

We've also appreciated donations above and beyond the membership level from: Ruth Hayes; Dave and Leah Valvo; Robert and Dianne Witkowski; Erik and Sue Grimm; Bob and Becky Olsen; David Brunside; Ed Walsh; Eric Barbehenn; Coleridge Gill; Nancy Caffo; Steven Vankerkhove; Craig and Ebba McArt (in honor of their children); David and Christine Perry; Diane and Chuck Wright; Carol Moran; Ton and Ann Adler; Rick Worner and Linda Kohn; Keith Olsen and Joanna Touger; and

Gae and John Orsini.

We look forward to increasing membership and continuing to advocate for cross country skiing in Rochester.



Mrs. Hayes at Winter Fest 06

Ski Trails Update

By Joe Ricci

John Nicholl, the new Monroe County employee hired to maintain and groom the trails at Mendon Ponds, started working right after the New Year. Since snow has been nonexistent, John has been spending time cutting back the trails and dealing with erosion problems.

RXCSF has a meeting scheduled with the County Parks Department to develop a plan to improve nordic skiing at Mendon Ponds. We have short term and long term plans that include: trail maintenance;

trail grooming; warming and rest room facilities; signage for both trails and etiquette; multi-use issues; and conditions reporting.

At Harriet Hollister Spencer, we have similar plans. We have met with the State and have presented our plan to them. NYS engineers will be inspecting the chalet before any future meetings. They are open to working with volunteer organizations to make the improvements at HHS.

Our grooming capabilities include a snow mobile, roller, packer, and track setter (see picture). We

hope to groom many locations and are thankful that Mike Moreland Landscaping has offered to move our grooming equipment for us.

We have meeting scheduled for the middle of February. We are developing a list of Nordic ski locations in the Rochester area with an eye toward a reporting network that would be up and running by next winter.



XCRochester Skier Development Programs for 06/07

We are now beginning to plan for a year round, comprehensive skier development program. We're working out the details, but, hope to have sign-ups for summer sessions in April. Persons interested in coaching or offering input or ideas are encouraged to contact Dave Valvo at drdave@frontiernet.net

Ski Training Programs

Summer Training Sessions for ski racers of all ages to run from June through Labor Day. Sunday mornings and one weeknight per week.

Fall Training Session

For ski racers of all ages. September thru Thanksgiving. Sunday mornings and one weeknight per week.

Winter Train and Race Group

For adults and juniors without school teams. One weeknight per week beginning in December with weekend training sessions.

'07 Silver Travel Race Team

Represent Rochester at regional and national competitions.

Also, '07 Learn to Race and Bill Koch

Genesee Valley Nordic Ski Patrol News

By Tom Adler, MD

Genesee Valley Nordic Patrol

BODE MILLER WAS RIGHT!
According to the Bode, ski racers who win get endorsements, and those who don't end up working for the National Ski Patrol. (Of course, if you ski like Bode, you can say just about anything since you're only one fall away from permanent retirement or worse.)

The Genesee Valley Nordic Patrol is an organization of men and women who love to ski and who volunteer their time to serve the skiing public at Harriet Hollister Spencer

State Recreation area, Mendon Ponds Park, and Cumming Nature Center. We have 19 full patrollers and 6 volunteers from alpine patrols and we patrol from 10AM-4PM on weekends only.

You may ask, why not at other times? Why can't the Patrol branch out to be of greater service to the ski racing community? Well, according to Bode, we got no endorsements, and that's true, all the equipment is donated. Moreover we need more patrollers to enlarge our scope of activities. As it currently stands, we only recruit enough new patrollers

to replace the ones that leave, so we are simply unable to provide race coverage in areas we don't currently patrol or during times when we are not scheduled.

Another dilemma we face is the length of time it takes to get injured skiers from the trail to an ambulance. Coordination and planning with outside agencies is the first step to get injured persons packaged and delivered for transport to a medical facility. As it stands now, 3 patrollers pull a patient on a rescue toboggan for a mile or more. Maybe there's a better way. RXCSF is my hope...

RXCSF Racing Team Update

By Dave Valvo

Yes, we've been racing. The highlight of our season has been the tremendous performances by Erik Grimm. This January, Erik raced in two Worldloppet events, the Dolomitenlauf in Austria and the Marcialonga in Italy. In Austria, Erik was the top American finishing 38th in the 60K freestyle race. This was after finishing 21st the day before in the classic event. The Marcialonga was one week later—70K classic style and Erik was 216th.

The remainder of the team has been state side. We have won multiple age group awards and podiums in various Empire Game Qualifiers. Our season picks up in mid-February when we travel to Canada for the Keskinada and then in March for the season finale of races on March 4th. Two of our skiers are heading to Finland for a ski across

We encourage the remainder of XCRochester to join us in any of the races/events we are attending. Come on out and be a part of the team. We are eager to help you with race strategy, training, skiing, etc., etc.



Genesee Valley Bill Koch Ski League

By Jim Ellis

The Genesee Valley Bill Koch Ski League has been busy modifying their weekly plans to accommodate the scarcity of snow. Moving many of our meetings to Harriet Hollister Spencer has allowed us to get on skis for most of our outings.

Winterfest was great fun

even though we needed to cancel our regularly scheduled race. We had our first Woolly Mammoth Hunt where Kochers hunter for wily Mendon Ponds Woolly Mammoth for fun and prizes.

Bill Lily of the Western New York Biathlon Club has been coming once a month to conduct Try-It Biath-

lon. The kids have really enjoyed the opportunity to fire the pellet rifles and Bill is fantastic with the kids. Many of the kids have learned to shoot.

The Mid Atlantic Festival is scheduled for March 11 and 12 and we hope that many of our club members will be making the trip to Tupper Lake to participate.

Scholastic Nordic Update

By Anna B. Gorbold
Monroe County Nordic Chairman

“Where have all the snow flakes gone?...” What tough winter for all those that enjoy the snow. After the initial flurry of activity in December when hopes were high for a good winter, we are all now in a wait and hold mode.

So of course, due to the weather, or lack of it, the scholastic Nordic racing program has been dramatically affected this season. But, in spite of the many cancellations, there is continued enthusiasm and general positive thoughts among all nine scholastic teams that participate in the Monroe County Nordic League.

Brighton, Fairport, Honeoye Falls Lima, Irondequoit, Penfield, Pittsford (Sutherland & Mendon), Sodus, and Webster School Districts train Varsity and JV Nordic teams. Honeoye, Webster, and Pittsford also train Modified (grades 7 & 8) teams, and Victor and Bloomfield schools are represented by one skier each

both of whom train with Pittsford Nordic. With close to 200 Seventh-Twelfth grader skiers participating, any given race day can at times appear some what crazy, but, the volunteer race officials under the leadership of Lee Mahood, Rob Howell, and Bob Bauer, together with many parent helpers, do a masterly job of organizing quality races. The result lists attest to the finely tuned scholastic Nordic organizational machine that has evolved over the years.

Planning scholastic Nordic league races is a delicate balance between providing the racing needs for the league while at the same time, taking into consideration and synchronizing with, the other racing programs such as the Junior Olympics qualifiers and Empire State Game qualifiers. Because the Nordic community is relatively small and the racing facilities are very limited, frequently, one race event may double or triple up to accommodate several races in one. For example, the Pittsford Duathlon, which sadly had to be cancelled this year, would have been

a league race as well as a JO qualifier as well as an ESG qualifier. This race coordination allows our student athletes to participate in higher competitions at state and national levels.

While this skiing season will probably go down in the annals of history for being one of the worst seasons for snow, not all is lost. The individual team coaches work hard to maintain team enthusiasm by incorporating fun days and trips to snow. Thankfully, Salmon Hill Ski Resort is within reasonable driving distance enabling access to snow when there is none at home. Bristol Mountain has helped the League tremendously by making it possible to hold races at the top of the mountain. While the Nordic race course at Bristol is not ideal, it is so much better than nothing. Many thanks to Dan Fuller and Steve Howie for their willingness to support the scholastic program

Look for more information next issue, provided we get more snow.

Education Programs Update

The Education Function of RXCSF is chartered with providing ski education programs for both the general public and for the professional s & volunteers that help to maintain and grow our sport. As a new organization, we kept our ambitions for the current season limited. We have so far completed a program of education sessions at our Ski Expo in November, a ski preparation/waxing clinic in December and also a one-day Holiday Race Camp in December (see picture). Our planned

Skate Clinic (with Park Ave Bike Shop) had to be postponed –a new date will be set if weather permits.

Going forward, we are starting to identify the educational opportunities for next season and beyond. For the general public, we anticipate expanding the sessions offered this year, working to better coordinate with our affiliates. We are considering adding activities just for women, too. We also plan to initiate a program of offerings to support and grow our “team” of local instructors,

coaches and officials. More news to follow.

Stay tuned to upcoming newsletters for further developments. And, feel free to share your ideas.



Cross Country Ski Classic Citizen Race/Tour

Sunday March 12th 2006 10:00am

Cummings Nature Center – Naples, NY

Choose 5k or 10k Distances – Race it or ski for fun!

Ski on Cummings' fabulous nature trail system with set Classic Ski tracks

Race-day registration only starting at 8:30

\$15 registration fee with any proceeds benefiting RMSC and RXCSF

Awards for all finishers, plus top 3 in 10 year age brackets

Join us for a great day of skiing for all ages & levels of
Skiers!

SPONSORED BY:

Rochester Cross Country Ski Foundation



For *XCRochester* and

please visit: www.xcrochester.com

For Cummings Nature Center info, please visit:

www.rmsc.org/cnc/cncframeset.htm

Rochester XC Ski Foundation info,

Rochester Cross Country Ski Foundation Board

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We're on the Web!
www.xcrochester.com

newsletter compiled by Kelly Paganelli

Contact Us for Information or Membership Application

Rochester Cross Country Ski Foundation

PO Box 482

Mendon, NY 14506

RXCSF Events

Upcoming Events

Plan to attend some of the following ski-oriented events that the Ski Foundation knows about...

February 12 Byrnclyff Classic ESGQ

February 18-19 Keskinada Loppet

February 25 American Birkebeiner

February 25-26 ESGs Lake Placid

March 4 Tug Hill Tourathon

March 4 Fisher Loppet—Hardwood Hills Ontario Canada

March 4-5 NYSSRA Championships Lake Placid

March 3-11 USSA Junior Olympics, Houghton, MI

March 11, 12 Mid Atlantic Bill Koch

Festival Tupper Lake, NY

March 12 RXCSF Hosts Classic Citizens Race/Tour at Cummings Nature Center

2006/2007 RXCSF Event Plans

By Dave Valvo

We're pleased that winter may finally be on it's way and that the previous races mentioned may, in fact, be able to occur.

There has been suggestion that when winter eventually arrives, that races be added to the calendar as snow conditions permit. Please check the website on a daily basis for any such news or events.

During this warm spell,

RXCSF has been hard at work developing a master calendar for next season. Although it is still preliminary, it will provide all of you with ample opportunity to get out and race. It includes both weeknight and weekend races. There are citizen races, state/regional races, charity tour events and educational events included for all skier abilities.

I am very excited about next season. We'll publish the calendar on the website and in future newsletters as it becomes complete.

2005/6 RXCSF Membership Application



2005/6 RXCSF Membership Benefits:

+ 10% discount off all XC Ski equipment at **Park Ave Bike Shop** (w/ membership card; Oct-Feb)

+ 10% discount at **Tri Running and Walking** (w/ membership card)

+ Additional equipment and service discounts as they become available

+ RXCSF Knit Hat (additional available for \$20)

+ Regular RXCSF Newsletter

+ Email notification of news and events

+ Access to a group of XC Skiers actively working to improve XC Skiing in greater Rochester!

+ Assurance that you have done YOUR PART to advance local XC Skiing!



RXCSF Sponsorship Opportunities:

If your organization or business is interested in potential sponsorship or partnership with RXCSF, please contact any Board Member or email us at: contact@xcrochester.com

Basic Memberships:

- + Student: \$15
- + Individual: \$25
- + Family: \$30
- + Life (Individual): \$400

Supporting Donation Levels:

- + Snow Shower: Up to \$99
- + Snow Squall: \$100 to \$499
- + Nor'easter: \$500 to \$999
- + Lake Effect: \$1000+

Indicate interest in XCRochester Skier Development Program participation by circling XCR = "Y"

Primary Member's Name: _____ XCR: Y / N

Address: _____

City/State/Zip: _____

Phone: _____ M/F: _____ DOB: _____

Email(s): _____

Family Member Names & Ages:

Name: _____ XCR: Y / N DOB: _____

Name: _____ XCR: Y / N DOB: _____

Name: _____ XCR: Y / N DOB: _____

Name: _____ XCR: Y / N DOB: _____

Volunteer Opportunities

– Please indicate your potential interests:

_____ Leadership _____ Trail Maintenance/Development

_____ Events _____ Coaching/Instruction

_____ Fundraising Other: _____

Totals:

Basic Membership:	
Additional Hats (Knit \$20)	# _____ X \$20 = Subtotal:
Additional Supporting Donation:	
Total:	

Make checks payable to "Rochester Cross Country Ski Foundation" & mail with this completed form to "RXCSF, P.O. Box 482, Mendon, NY 14506"

Waiver: I hereby release the RXCSF, its agents, representatives and members from any and all claims or rights to damages for any injuries or losses incurred by me or my family directly or indirectly during my/our participation in any RXCSF sponsored events, races, clinics, trail work, ski or exercise sessions or any other RXCSF activities. I understand that cross country skiing can be a potentially dangerous activity. This waiver applies to the person or persons signing and the minor members listed above.

Signed: _____ Date: _____

Signed: _____ Date: _____