



Update on the RXCSF

By Bob Witkowski

Hello Skiers and Friends of XC Skiing! As promised, RXCSF brings you this End-Of-Season Newsletter which includes a look back at the 2005/6 ski season and a look ahead to the future. I hope that everyone enjoys the articles highlighting recent accomplishments of Rochester area skiers of all ages, as our area certainly continues to support a wide range of successful participants in our sport. I also hope that everyone uses the included 2006/7 pre-season information to start your own personal planning process for next year. This could range from setting a resolution to get in better shape for ski touring, to planning to volunteer to build trails or teach children

to ski, or to developing a training program to reach your ski racing potential. Now is a good time to do it!

Regarding RXCSF, we finished the season with approximately 200 members and positive cash and assets balances; thanks to all of you for making this happen! Amazingly, our website (www.xcrochester.com) has received over 20,000 page hits! Not bad for our initial year! At press time, we are still waiting for IRS confirmation of our 501(c)(3) non-profit status. This is not a cause for concern, as we anticipate this occurring in the next month. However, until our status is validated, we need to proceed cautiously when approaching potential sponsors or donors.

So, we are using the time to plan events, programs and trail development actions as indicated later in the Newsletter. We certainly hope that you like what you see planned!

I would like to bring to your specific attention our **Skier Survey**. As indicated in the article on page 2, we have developed a survey to help YOU tell us what we should be focusing our efforts on. It is imperative that we have the feedback and support of our skiing community to be successful. Please take a few minutes to complete the survey (via the link at our website) before the end of June. And as always, you can contact us directly with any ideas for comments at info@xcrochester.com.

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RXCSF Purpose

- Promote public awareness of and encourage participation in cross country skiing.
- Improve access to quality cross country skiing trails and facilities.
- Provide a structure for the development of cross country ski sport and racing.
- Serve as the coordinating organization for cross country skiing in the Greater Rochester NY region.

The start of the Keski Race in Ottawa, February 2006 (see story on pg 7)



Highlander Bicycle Tour: RXCSF Call for Volunteers

The Highlander Bicycle Tour is rapidly gaining a reputation as one of the best run yet most challenging bike tours in the USA. Hundreds of participants including many RXCSF Members now annually ride the beautiful Bristol Hills to benefit several charities including the Lance Armstrong Foundation. Check out their website for details of this year's event scheduled for September 15th and 16th in South Bristol:

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

RXCSF has entered into a partnership of sorts with the Highlander's organizers to collaborate for the benefit of

both organizations. In return for a generous donation to RXCSF, we will staff several of the on-course feed stations. In addition, we will have a RXCSF promotional booth at the finish line party to encourage Highlander participants to also explore cross country skiing opportunities in Rochester.

Persons or families interested in helping staff our feed station and therefore secure our Highlander donation are asked to contact RXCSF at info@xcrochester.com. We will send out a reminder to members in late summer as the event date approaches.



Summer Training Program

RXCSF will be conducting the inaugural XC Rochester Summer Training Program for ski racers 14 and up. Starting in late June, the program will consist of a combination of twice-weekly group training sessions plus optional training camps. All participants should have at least some prior ski racing experience and also have roller skis, preferably for both skate and classic techniques.

The group sessions will run from June 28th through Labor Day, typically meeting at Mendon Ponds Park on Wednesday at 6:30 pm and on Sundays at 9 am. The sessions will be coordinated by the local Clarkson University skiers Chad Day and Justin Tetlow, with assistance from the XC Rochester Race

Team and other local coaches. The primary emphasis of the sessions will be to reinforce ski-specific strengths and techniques as part of a course of summer cross training. FUN will also be emphasized!

A detailed schedule for the group sessions along with a sign-up form will be posted on the XC Rochester.com website by June 1st. There will be a small fee charged to cover the costs of conducting the program. All participants will receive an XC Rochester shirt. Skiers are encouraged to sign up in advance by mail or by simply showing up at one of the initial sessions with a completed form.

RXCSF is currently finalizing plans for 2006 training camps. Camps are

intensive two or more day sessions that will focus on all aspects of preparation for the upcoming ski racing season. Our Mid Summer Training Camp will take place on July 29th and 30th and will feature Janice Sibilia as the head coach. Janice is the current president of NYSSRA, the owner of JLS Sports, and a NENSA Certified Coach. She will work with local coaches to put together a great weekend program! Stay tuned for the details of the RXCSF Pre-Season Training Camp & Banquet featuring Marty Hall, tentatively scheduled for late September. Marty is the former head coach of both USA and Canada!

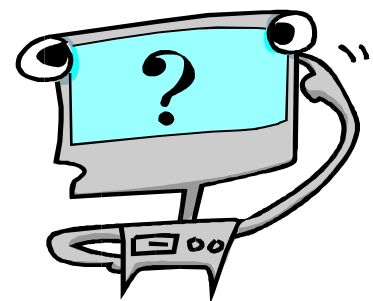
XC Rochester Skier Survey: Please Respond on Web

To better serve Rochester area skiers, the RXCSF Board of Directors has created a simple survey to help the Foundation better understand YOUR wants and desires for the future development of local XC /Nordic skiing. The online survey is accessible through a direct link from the RXCSF website

www.xcrochester.com). The survey only takes a few minutes to com-

plete. It is EASY!

We **REALLY** need your input for the future. **Please take the time to complete the survey before the end of June.** Forward the link to all your friends that ski too! The more inputs the better!



Rochester Nordic Ski Club 2005-2006 Season

By Mark Maas

This past winters low snow total did not slow down the RNSC. Members willfully traveled to find the snow to enjoy our favorite pastime. Trips to Mont Saint Anne, Quebec and the Grey Bonnet Inn, Killington, Vermont were heavenly. Participants enjoyed fantastic skiing conditions,

wonderful food, and tremendous hospitality. Those who did not attend missed out on a rare opportunity.

We are looking forward to the next winter season. Our club is primarily a recreational skiing organization. Monthly meetings are held from September to April at the Carmen Clark Lodge in Brighton Town Park.

Each of these meetings has an activity typically around cross country skiing. Topics such as ski waxing, training for the upcoming season, training in the off season, and preparing your skis for storage are just some of the topics. Check out our website this fall to see what is available. Our website is www.rochesternordic.org.

Western New York Biathlon

The Western New York Biathlon Team completed a successful season at the North American Biathlon Championships held on March 23rd-26th in ValCartier, Quebec, Canada. This was the first season under the instruction of Coach Brian Lilly. The training group of June Tyler (Pittsford), Allison Straw (Fairport), Ted Kraus (Brighton), Tin Tran (Binghamton), Patrick DeTraglia (Pittsford), Zack Voit (HF-L), Dan Boles (Pittsford) and Brian Brodine have been training together since last summer with the intention of bringing biathlon prowess back to Western New York. They did just that with excellent results all winter at the Empire State Games Qualifiers. The success continued into the Empire State Winter Games where WNY athletes brought home 7 medals

including one gold from Patrick DeTraglia in the Scholastic B boys sprint event. DeTraglia, Tran, Kraus, and Voit, went on to their first international competition in ValCartier with the NorAm Championships. This was definitely a learning experience for all, including Coach Lilly, but in all it was a successful event in which Tin Tran had stellar performances in the Youth Men class, and brought home bronze medals in both the sprint and pursuit events.

The team plans to continue its success into next year, starting with a training camps planned for this spring and summer. We plan to kick off our summer in late May with a family BBQ and fun clinic to be held at Lima Gun Club (exact date

still TBD). July 30th, we will start our primary summer training camp which will begin at the Olympic Training Center in Lake Placid for one week, and move on to the Biathlon Training Center in Jericho, Vermont for another week of training which will conclude with the International Rollerski Biathlon Festival races.

Coach Lilly is pleased with the progression of his athletes. "The sky's the limit with these guys. I think a few of them definitely have the potential to win some sectional championships and even make the Junior National Biathlon team, if they stay committed." Anyone interested in participating with WNY Biathlon should contact Coach Lilly at nmubiathln@hotmail.com.

Genesee Valley Bill Koch Ski League

The Genesee Valley Bill Koch Youth Ski League recently completed an outstanding season. Despite the sometimes poor ski conditions this season, we set new records for number of children signed up (60+), overall participation, and also participation in our club race that was rescheduled to March and moved to Harriet Spencer Park (30+). Some of our kids participate in NYSSRA's "Ks for Kochers" program. The program rewards children that ski on a regular basis and record the total distance they ski for the season. It is a great program to encourage skiing on a regular basis. Club members Cameron French, Ana Witkowski and Adam Witkowski all achieved Gold Status awards for their age groups with

the three highest reported K totals in NYS! Several club members also participated in the annual Mid Atlantic Region Bill Koch Ski Festival held this year in March at Tupper Lake. The event includes both races and fun events, introducing kids to activities such as Ski-O, Biathlon, Jumping, etc., and is crowned with a Saturday evening dinner and awards banquet. GVBKYSL participants included Anika French, Peter Newman plus Cameron, Ana and Adam. A great time was had by all with our club taking home a good share of medals. We hope more GVBKYSL families choose to attend the festival next year in Old Forge.

Jim Ellis and Randy French and their families have been leading

GVBKYSL for the last several years. They have decided it is time to turn over the reins to new leadership. An informal meeting and family picnic is being scheduled for Sunday June 4th (4 – 7PM) to plan the transition to new leadership. All Bill Koch families are invited to attend and participate. Details will be posted on the RXCSF and GVBKYSL websites soon, plus email notification will be sent to current active families. For more information please contact Dianne Witkowski at dianne_witkowski@hflcsd.org or just send an email to info@xcrochester.com.

Many thanks to Jim and Randy for keeping the Bill Koch tradition alive and well in Rochester!

Scholastic Nordic Update

By Anna B. Gorbold
Monroe County Nordic Chairman

All's well that end's well –the High School Nordic Season in review! So mother nature made it very tough for the scholastic Nordic scene – and it is particularly hard in such a season because the coaches are all too conscious of the fact that Nordic is an expensive sport to get into apart from being a tough sport, so for beginners, there was really little snow time, and for the more experienced skiers, there was a lot of frustration at the constant sight of green grass. But, in spite of the greener than normal winter, in retrospect, the feed back from all the 9 teams was very positive. The kids all had fun, enjoyed the season, were not too disappointed in the end, and, to quote Bernie Gardner, one of the HFL coaches, "We made lemonade out of lemons!"

Dan Fuller's support at Bristol Mountain ski center provided the scholastic league with racing opportunities in December which traditionally is a very tough month due to the extremely short days that make racing almost impossible. However, with Bristol's lighting, the league was able to hold two races early in the month providing snow time and race experience. Surprisingly, the snow then cooperated locally enabling the league to hold a third skate meet where close to 200 kids raced in 5 categories in the North Meadow at Mendon Ponds Park on the shortest day of the year. A tremendous feat that is due primarily to the super experienced group of ski officials that make the races work efficiently and ensured that all racers were through the finish before light faded!

January was a tremendous downer – NO snow – and it continued that way for what seemed to be for ever – there have been bad Januarys before, but, not like this one. Back to dry land training and travel at week-

ends for snow – Salmon Hills became a weekend destination once more. Keeping moral up was tough for coaches and kids alike, but, a get together "running with poles relay race" in the latter part of the month, provided a chance for teams to meet, race, and get to know each other over mountains of food and hot chocolate! The interesting aspect of this was the fact that many kids no longer really know the park ski trails, the lack of good snow conditions at Mendon has precluded the number of races the league holds at the park so many of the kids do not get the opportunity to learn the ski trails. Getting lost on the trails is quickly put aside as racing and food always make for a good time.

The Sectional Championship was around the corner and still little snow in sight. Bristol Mountain is always the league's back up venue but the preferred race venue is Harriet Hollister state park. One simply had to have faith –and indeed the snow arrived just in time and with Walt Dyer and Bob Bauer's grooming, Harriet had perfect skiing conditions for the skate distance race held on Saturday February 11th and those conditions held for the Classic relay race on the following Monday. While HFL won the Sectional Championship title, Fairport, Pittsford Sutherland, Pittsford Mendon, and Penfield all placed skiers in the top 12 finishes for boys and girls and earned slots on the States team as well.

Several Section V skiers competed in the Empire State Games that are held at the end of winter break, but even at Lake Placid, the snow gods were not too kind and the races were held at the bottom of the ski jumping hill. The Biathlon racers had to shoot and ski as separate events! Not good in terms of snow, but, again, a fun time was had by all. Then back home the faith factor came into play once more as the

New York State Championships were scheduled for Section V and Harriet Hollister, once again, had NO snow. Miraculously the snow fell just in time and with tremendous effort on the part of many the Sunday before States, the race course at Harriet was prepared and open for preview on the Monday. When Tuesday morning dawned for the Championships, the park looked beautiful with pristinely groomed ski trails and tents for team waxing, shelter and food - every thing was ready for serious racing.

The two-day championship event came off with out a hitch – almost – race starts were delayed a couple of times due to technical timing difficulties – but otherwise there were no other race course issues. Course management was strictly enforced for safety and the visiting teams enjoyed and appreciated what Section V provided. An awards banquet is held mid way where Alpine and Nordic skiers share in the glories of the day and listened enraptured to an very inspirational simple speech by Dan Perkins a member of the US Paralympics team - what a guy! Of the 5 sections that participate at the championship – the Section V team with members from Pittsford, Fairport, Penfield and HFL was the over all winner of the two day event and HFL won the high school championship against 5 other school teams – way to go!

The ski season was still not quite over – 7 Section V skiers qualified for the Mid Atlantic Junior Olympic team and traveled out to Houghton, Michigan for a week of racing where all the hard work and dedication clearly paid off for each of the racers, but, particularly for Robert Gardner, an HFL skier, who placed 2nd in the sprint competition and also 2nd in the classic 15K race

Continued on next page

Ski-Orienteering and the Rochester Orienteering Club

By Eric Barbehenn

If it was a tough winter for skiers everywhere, it was especially tough for ski-o. While other types of events can often be moved to venues with better snow at the very last minute, the long lead time needed to plan and vet courses makes that nearly impossible for ski-o races. But the bright spot being that those races that did occur were very well attended and competitive as they've been in years. The ROC was even able to squeak one in at Mendon ponds during one of those rare days of semi-snow with 27 people showing up and competing in what can only be called less than ideal conditions!

With spring here, the ROC has already started our foot-o schedule with our annual ice-breaker meet at Mendon Ponds. Over 200 people showed up to hike and run on and off trail on a perfect spring day. With over 20 events scheduled over summer and fall, the warm weather is a busy time for ROC! Our premier event this year will be the North

American Rogaine championships at Alleghany state Park June 10th and 11th. We expect over 150 teams from all over the US, Canada, and some International teams who might come over to make this a true international event! If you not sure what a rogaine is, look at the ROC website (Hint: Image 50 controls placed over 100 square miles...your mission, find as many as you can in 6, 12, or a full 24 hrs of running or hiking!)

For next winter (2007) the ROC already has 3 races on the schedule! We will have races at Mendon Ponds during the Winterfest, Letchworth State Park on mostly classic trails, and on a new map we are producing for Harriet Hollister Park! If you've never tried ski-o our races having courses ranging from 2km for beginners, 3-6 km for more experienced skiers looking for an added challenge, or 10km+ for expert skiers! Whether just into ski-touring or an experienced skier looking for a hard workout...there is definitely something for you!

Randy McGarvey and Dayle Lavine who have both been listed as alternates for the US Nation Ski-O Team!!!

High School Racing Article continued from previous page

– what an inspiration to us all, congratulations Robert. You do us proud! Closer to home Eric Metzler, the Fairport coach, decided to resurrect Section V's participation in the Eastern High School Championships which were held in Presque Isle, ME. Together, with Peter Phillips from NYSEF, they took the New York State team for the 5 day (over a weekend) trip – this is a race event that provides a high level of racing at a much smaller cost to the participants as compared with Junior Olympics. Eric is hoping that with the renewed enthusiasm, the Eastern High School Championships will once again become a 'must be' part of the local high school racing scene – I think it will and many thanks to Eric for bringing his inspiration, time and effort to making this all happen.

Sothe season is history ...the awful days without snow some how don't seem so painful any more....the intensity of the Nordic season comes to an end... coaches can rest up, move onto the next sport's season or begin to plan for the next winter... all in all it was a good year with some tremendous results for Section V...all that remains is to look forward to the two seasons that herald the next winter and HOPE that the snow comes!

Robert Gardner at JOs and the Section V Team at States



The Rajalta Rajalle Hiihto: From Border to Border

By Carl Johnson and Eric Grimm

The Rajalta Rajalle Hiihto (from Border to Border) is a 460 Kilometer ski through the rural landscape of southern Lapland, which follows a route near the Arctic Circle across Finland from Russia to Sweden. In total, there are 7 days of skiing and daytrip distances varied from 47 - 86 km, although it's possible to bail out at some point each day. Luggage is shuttled by bus. One specialty of the "From Border to Border" ski tour has been the skiing guides and the bus guides. The route ran from east to west through forests of birch and pine, across bogs, lakes, frozen bays and from villages to small towns, which followed what was generally a single track groomed by a snowmobile.



This year's border to border was celebrating its 23rd anniversary with four waves of approximately 50 people per wave leaving on 4 consecutive days. Each wave is capped at about 50 skiers because of the limited services available along the route. Our group was a unique international mix made up of skiers from Finland, Germany, Slovenia, Italy, Andorra, Netherlands, England, Australia, and the US. Food and lodging are provided for the tour fee of approximately \$950. Our accommodations ranged from a four-star resort to the floor of a back county schoolhouse.

Each evening we were given information on the following day's agenda by our guide. During this meeting we

were given the following days forecast as well as the number of service areas which would be available. Usually 5 -7 areas were set up by local ski clubs. Service areas contained raisins, pickles (both sweet and dill) and warm

Lignoberry Juice. I remember hiking with Erik years ago and asked him what was for breakfast. He said raisins. I replied that I don't like raisins. His response was, you will! Each day also offer a lunch stop where the cuisine was a bit more varied. The general outline of each day was as follows: The group would gather for breakfast between 6:30 - 7:30, depending on each day's starting time. After we were done skiing we would get settled in our accommodations and then wax our skis. Waxing services were also

available at many of our accommodations. After waxing, the required Finnish Sauna was available. Saunas are spotlessly clean here, where they are the foundation of proper hygiene, longevity and spiritual well being. Dinner was served for about 2 hours each evening followed by the information session for the next day. Then a second dinner or snack was available after the meeting.

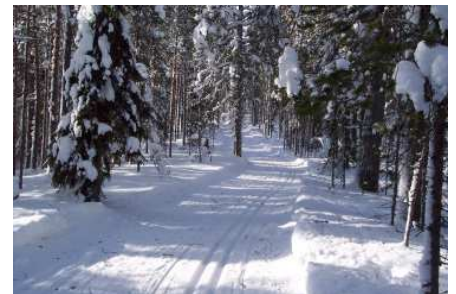
Three of us embarked on this journey. Along with me were Erik Grimm, whom I have been on several of these journeys over the past 10 years and Alan Evans, whom I've known since 1990 and also has a great sense of curiosity and adventure. This was the second trip to Finland for Erik and me. In 2002 we raced the [Finlandia-hiihto](#) which is a 60 km classic race course that runs from Lahti Ski Stadium to Hollola and back to Lahti. During the same trip we also raced the Swedish Vasaloppet. It was during this trip while skiing one day between events that we thought it was a bit of a shame not to take advantage of the endless skiing available. Consequently, Ra-

jalta Rajalle Hiihto seemed to offer the perfect opportunity to take advantage of a unique Finnish experience.

What follows is a brief diary which barely skims the rich rewards of this unique opportunity.

Thursday Helsinki to Kuusamo We arrived in Kuusamo around 2:30 in the afternoon and were quite pleased to see all of our luggage was still with us. After a bit of confusion, we were able to catch a bus to Oivanki, where our accommodations were in a youth center and ski area. After checking in we found it difficult to resist the beautiful day and ski track available to us so we headed out on a relaxing 10 km loop. In the evening after dinner was a group information and safety meeting to layout the upcoming week ahead.

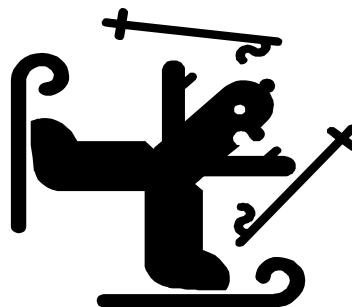
Friday Day 1 - Suoajjarv (Finnish border guard station) to Kuusamo - 63 km 8:30 -3:30 (skiing time)(6:00 Hours) We left Oivanki youth center at 7:30 for a 1 hour bus ride to the Finnish Border. A beautiful sunny day greeted us as we began our journey with a -27 C air temperature which warmed to -15 C. We started skiing at 8:30 on an enjoyable single track weaving through the woods. We then had a long decent to the river valley below. The first part of our ski was through woods and along a frozen stream, then still within site of the Russian boarder guard towers, we come to a clear cut Hill which requires several minutes of herringbone. We entered a lake region and stopped at a cabin where cold cuts and bread are being served. After lunch we enter a cross country ski area and begin to gain some elevation. The scenery begins to turn surreal as though Dr Seuss had been involved in the design. The pine trees were covered with 6 to 8 inches of snow, making it impossible to tell that they were green... Read more on [www. xcrochester.com](http://www.xcrochester.com).



NYSSRA Nordic Update: Act Now!

The New York State Ski Racing Association Nordic Division is the governing body for XC Skiing and related sports in New York. NYSSRA was formed in 1981 with a mission to organize ski races and establish the qualification process for the Empire State Games. Over the years, NYSSRA has expanded its role to also facilitate Bill Koch Youth Skiing, masters racing and more recently support the emergence of ski clubs through NYS. RXCSF, GVBKYSL and RNSC all are associated with NYSSRA and obtain our liability insurance through their carrier. Anna Gorbold (Region Rep.), Barb Pudiak (Region Rep.), Dave Valvo (Insurance) and Lee Mahood (Treasurer) are our local representatives to NYSSRA.

NYSSRA is currently in the process of re-evaluating its mission and method of operating. XC ski racing has not seen the spike in participation experienced by other similar "healthy" sports in recent years. Skiing is competing against many other activities for participants. Recent weather trends have not helped. Essentially, NYSSRA is being forced to deal at the state level with many of the same issues that resulted in the local formation of RXCSF.



What can we do to help? First, if you participate in XC ski events in NYS, you should join NYSSRA. Membership gets you reduced entry fees to sanctioned events. Second, please continue your support for RXCSF as we work with NYSSRA to develop our sport. Finally, you can personally contribute to NYSSRA with your ideas and participation. Contact NYSSRA via its website or any of our local reps.

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

RXCSF at Keski

By Dave Valvo

What was more difficult—braving the -30 degree wind chill on Sunday morning or getting reservations for 30+ for dinner? RXCSF was present in full force at the Keskinada Lopet in Quebec in February and everyone had a great time.

The weekend's cold weather was countered by high pressure with glorious sunshine and a ski track that was groomed to perfection. Three RXCSF team members were classified top 20 on Saturday bested by Erik Grimm who finished seventh. On Sunday, Duncan Douglas finished sixth! Other Rochester skiers were scattered throughout the results in all different race categories for the weekend. I don't think anybody went home disappointed and we certainly made our presence felt. Results can be found at www.sportstats.ca.

RXCSF has already put in an order for more sunshine for next year. The grooming is always fantastic and it's a great way to experience a big time race without traveling too far from home. We hope you come along!

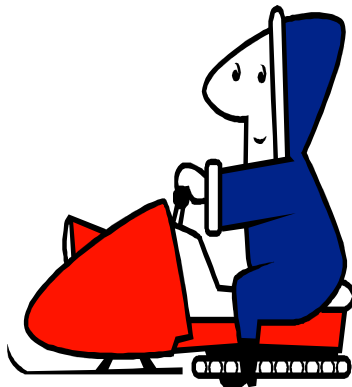


Ski Trails Update from RXCSF

By Joe Ricci

Looking back on the just completed season is not likely to result in too many memories of great ski conditions in Rochester. However, RXCSF and our partners were able to make some tangible progress toward our goals of improving our trails and conditions reporting. 2006 successes included:

- *Acquisition of a snowmobile and grooming equipment (thanks again to Mike Moreland Landscaping and Mark Vahue for providing equipment transportation);
- *Relationships established with Monroe County Parks and New York State Parks with common goals of improving ski conditions in local parks;
- *Trail improvements very visible in Mendon Ponds North Meadow area (thanks to Don Irvine, Eileen Kennedy and John Nicholl at MPP);
- *Conditions reporting website operational; and
- *Consistently good grooming at Harriet Spencer when conditions allowed (thanks again to Wally Dyer, Fred Vojt and every-



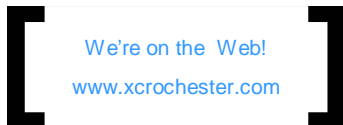
one else who helped prepare the trails)

Our ambitions for next year and beyond continue to be refined. Top priorities for 2006/7 include completion of formal development plans for our primary park venues, additional trail improvements at

MPP North Meadow (including trail layout, flattening/widening, signage, possible warm facility and possible rental skis), continued development at Spencer, and acquisition of a complete grooming equipment set including a commercial snowmobile and covered trailer. Of course finding sponsors and grantors to help pay for these items will be critical.

We recognize that MANY of our members have indicated an interest in volunteering to do trail improvements. We will post a trail maintenance workday schedule for this Fall on our website in the next months...stay tuned!

Rochester Cross Country
 Ski Foundation Board
 Bob Witkowski, President, Events Co-Leader, bobski50k@aol.com
 Dr. Dave Valvo, Vice President, Skier Development, Sponsorship, Events, drdave@frontiernet.net
 Joe Ricci, Secretary, Trails & Facilities, jr Ricci2@rochester.rr.com
 Lee Mahood, Treasurer, lmahood@cnyti.com
 Ruth Hayes, President Emeritus, Membership, gammu@juno.com
 Brian Lilly, WNY Biathlon, Education, nmubiathln@hotmail.com
 Mark Maas, RNSC Ski Club, canoe64@frontiernet.net
 Eric Barbehen, ROC Ski-O, eric@johnmyersphoto.com
 Jim Ellis, GVBKYSL Youth Skiing, jimellis@avonesd.org
 GVNSP Ski Patrol, Pending
 Anna Gorbald, Monroe County High School Racing, anna_gorbald@pittsford.monroe.edu



newsletter compiled by Kelly Paganelli

Contact Us for Information on Membership Application

Rochester Cross Country Ski Foundation

PO Box 482

Mendon, NY 14506

www.xcrochester.com

RXCSF Events for Fall/Winter 2006/2007

Month	Day	Proposed RXCSF/ Affiliates Events
September	04	XC Rochester Labor Day Roller Ski Race
	25/26	XC Rochester Season Kick Off Event w/ Marty Hall (date tentative)
November	18	RXCSF XC Ski Expo and Sale
	23	XC Rochester Turkey Day Roller Ski Race
December	26/29	XC Rochester Holiday Training Camp
	30	RXCSF Women's Race 5k/10k Freestyle w/ BKYSL
January	3	RXCSF Skate Sprint Series Race #1
	6	ROC Ski-O at Harriet Spencer
	13	RXCSF XC ESGQ/JOQ Duathlon
	14	RXCSF XC ESGQ/JOQ/BKYSL Sprints
	21	RXCSF Skate Sprint Series Race #2, ROC Ski-O and BKYSL at
February	28	RXCSF Citizen Race at Cummings 5k/10k Classic w/ BKYSL
	3	ROC Ski-O at Letchworth SP
February	10	Section 5 HS Championships, RXCSF Skate Sprint Series Race #3
	11	RXCSF/Rochester XC Ski-Athon (NEW! Details TBA)
	21	RXCSF Skate Sprint Series Race #4
March	31	RXCSF Annual End-Of-Season Awards Banquet & Fundraiser

Note: WNY Biathlon 2007 event dates TBA

Rochester Cross Country Ski Foundation



RXCSF Membership Application/Donation Form

2006/7 RXCSF Membership Benefits:

- ✦ Discounts at local ski equipment and other sporting good stores.
- ✦ RXCSF Sticker for your car or waxbox to help publicize the RXCSF Mission.
- ✦ Discounts for RXCSF Programs and Events.
- ✦ Email notification of news, events plus RXCSF Newsletter
- ✦ Access to a group of XC Skiers actively working to improve XC Skiing in greater Rochester!

Benefits of Donating:

- ✦ RXCSF Sticker for your car or waxbox to help publicize the RXCSF Mission.
- ✦ Assurance that you have done YOUR PART to support RXCSF and advance local Cross Country Skiing!

RXCSF Sponsorship Opportunities:

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

info@xcrochester.com

www.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+

Primary Member/Donor's Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ M/F: _____ Age (optional): _____

Email(s): _____

Family Member Names & Ages:

Name: _____ Age: _____ Name: _____ Age: _____

Name: _____ Age: _____ Name: _____ Age: _____

Participation Interests – Please indicate your potential interests:

Youth Skiing XCRochester Ski Racing Program Ski Events
 Ski Club Biathlon Ski-O Ski Patrol High Schools

Volunteer Opportunities – Please indicate your potential interests:

Leadership Trail Development Events Coaching
 Instruction Fundraising Other: _____

RXCSF Membership:

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: Consideration for membership in RXCSF and participation in any RXCSF activities, the undersigned do agree to assume all risks and hereby release, absolve and hold harmless the RXCSF, its agents, sponsors, representatives, personnel and members from any and all actions, claims or rights to damages for any injuries or losses incurred by the undersigned (and indicated minor family members) directly or indirectly during 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, ski training and ski trail maintenance can be potentially dangerous activities.

Signed: _____ Date: _____

Signed: _____ Date: _____