

CNSC NEWSLETTER

New Year, 2009 edition
Dan Karig, Editor



PRESIDENT'S COLUMN

Why are you in the Cayuga Nordic Ski Club? I hope that when you ask yourself that question, you don't say, "Yeah, why?" and let your membership lapse. There are approximately 100 ski club members, and it seems that the only time we hear from many of them is when we get their membership renewals. So it seems that there are opportunities to be involved that are not being taken advantage of. It also seems that there are a lot of untapped volunteers who might help with the club's main objective—to promote Nordic skiing.

Did you join the club to meet skiers with abilities similar to yours? Then you might be interested in checking out one of the ski tours. Eventually, you might want to lead your own outing. Maybe even take us somewhere new. Maybe you want to improve your skiing or waxing skills. In that case, read on. You'll find announcements of potential clinics (snow conditions permitting) and some waxing information in this newsletter. Or maybe you have some skiing or related skills you would like to share. We're waiting to hear from you, especially if you have kids and would like to help kids get into skiing. Now, that's a good way to promote Nordic skiing.

Do you use the on-line or printed maps? The club's map committee is vacant. We could use someone with the time to keep the maps up-to-date and organized. Are you a club member because of the list serve

or the newsletter? The list serve seems to be quite well used, but by relatively few members. I, for one, would like to read about ski experiences from "new" folks. If you like the newsletter, I (and Dan, the editor) invite you to contribute to it. The more contributions from other members, the less space I have to blather endlessly like this. Include photos!

Are you a club member because you like ski racing? Boy, do we have the opportunity for you! VP Dan has announced that, after running the club race for a decade, he will be giving up the race directorship. Dan certainly deserves a rest. There will be no club race next year unless someone steps up as Race Director.

I'm pretty sure that at least a couple of you became members because the President shamelessly browbeat you into it—I admit it—I did. Some of you might even like endless fall and spring meetings. In either case, you should run for ski club President or other office. I will fight tooth and nail to keep this office, but if you win, oh well.

In short, make sure you take advantage of the opportunities the club has to offer and do what you can to support the club's mission of promoting Nordic skiing. We want to see your name somewhere other than on your membership form and club dues check. And don't forget to go skiing.

CAYUGA NORDIC AT THE RACES

By Dan Karig

There haven't been too many races about which to report at this point but club members have participated in some of those. At the World Famous Osceola Christmas Race I saw the Hoch/Balander crew (Audrey, Jackie and Jim), all of whom did well in their respective categories. I ended up doing OK after the embarrassment of missing my start. Awards were pies and nice locally crafted mugs, so it was worth the struggle to catch back up with the crowd.

Cayuga Nordic was represented at the Old Forge Resolution Day Race by Tom Chappell and Pat MacCabe. Both did quite well, Tom finishing 2nd behind a foreign hotshot and fifth overall.

The next big race is our own, at Salmon Hills this coming Saturday and we hope to have our entire crew competing in that one. Stay tuned for those results.

TECHNIQUE CLINICS

By Dan Karig

I don't know how many times we've tried to have technique clinics for club members over the past few years-and have cancelled for lack of snow - but hope springs eternal. Both LiLynn Graves (with skating) and I (with classic) are willing to give it a try again.

The first possible date is this Sunday, January 11th, when I am available to help with classic technique. I haven't asked Glenn yet but I'm sure the Swandrome will be available and I'm ready after lunch-say 1PM. If a change of venue is necessary, I'll post it on the website. Details alos will be there.

I was thinking that the clinic should be open to all, but non-members should pay \$5-and thus BECOME members. How cute is that?

ANOTHER BREIA TRIP

CNSC will sponsor a special ski tour to the BREIA (Black River Environmental Improvement Association) ski area near Boonville the weekend of February 14th (note the change). Ski for the day on the BREIA trails at Jackson Hill and after enjoy a dish to pass dinner at Lois Chaplin's camp. For skiers who want to spend the night we will ski the next day on other BREIA trails or on the Carpenter Road Trails north of Turin. Make reservations early if you want to spend the night at a local B&B or motel. For more information contact Lois Chaplin at lec4@cornell.edu (607-844-3935) or Joan Jedele at jjedele16@yahoo.com (607-539-6710). The BREIA web site is www.breiax-countryski.org.

CLUB OFFICERS

President: Jack Rueckheim,
jer45@twcny.rr.com

Vice president: Dan Karig,
dek9@cornell.edu

Secretary: Marilyn Dispensa,
mdispensa@gmail.com

Treasurer: Joan Jedele
jjedele16@yahoo.com

Tours: Tob deBoer, ptd1@cornell.edu

Racing: Dan Karig, dek9@cornell.edu

Webmaster: Howard London,
HLONDON2@twcny.rr.com

Membership Database: Gretchen Solomon, grymarchyk@yahoo.com

Social: Lilynn Graves, lg75@cornell.edu

TULLER HILL TOUR

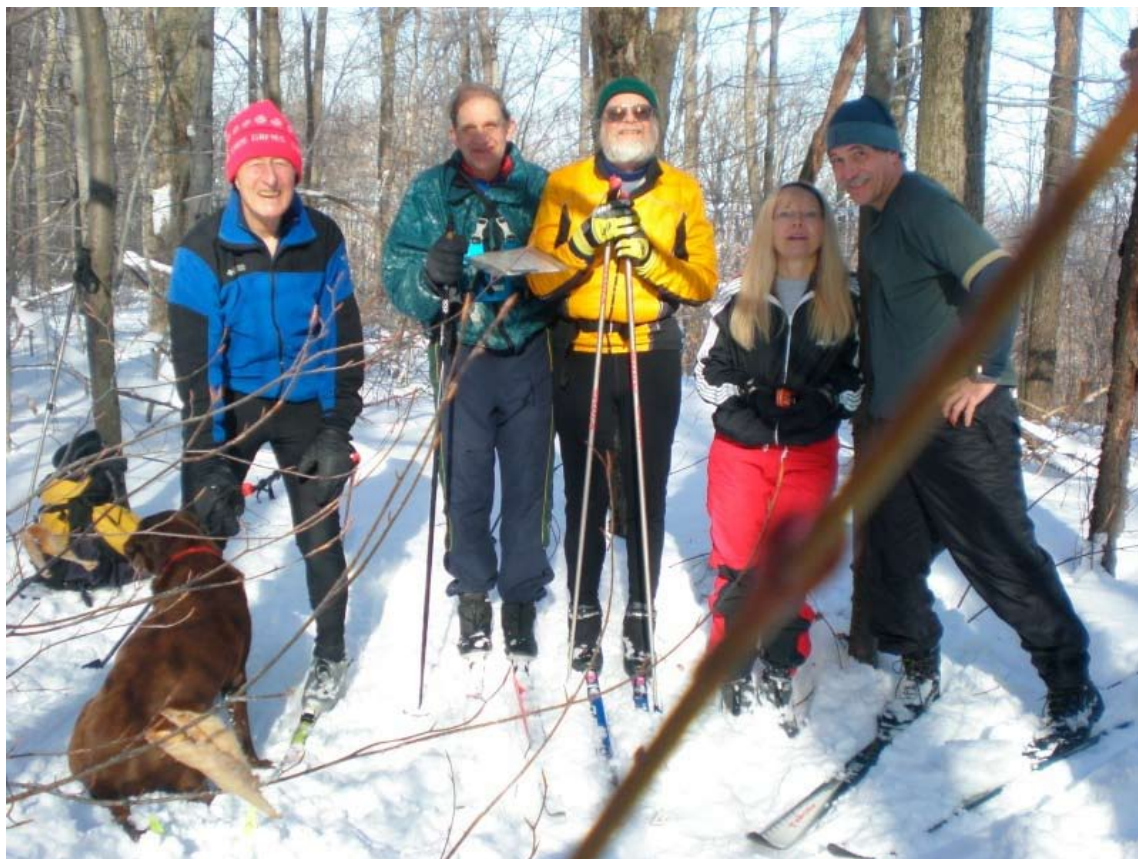
By Tob DeBoer

The first tour of the 2009 season was held Sunday January 4 in the Tuller Hill State Forest with 7 participants. Two of them met at Friendly's at 10 AM, two more were picked up at 10:20 AM at the Dryden Post Office, and still another two showed up 10:50 AM at the Clute Road starting point. The seventh participant was a chocolate Labrador named Jubilee. She was waiting impatiently in the car during this whole process.

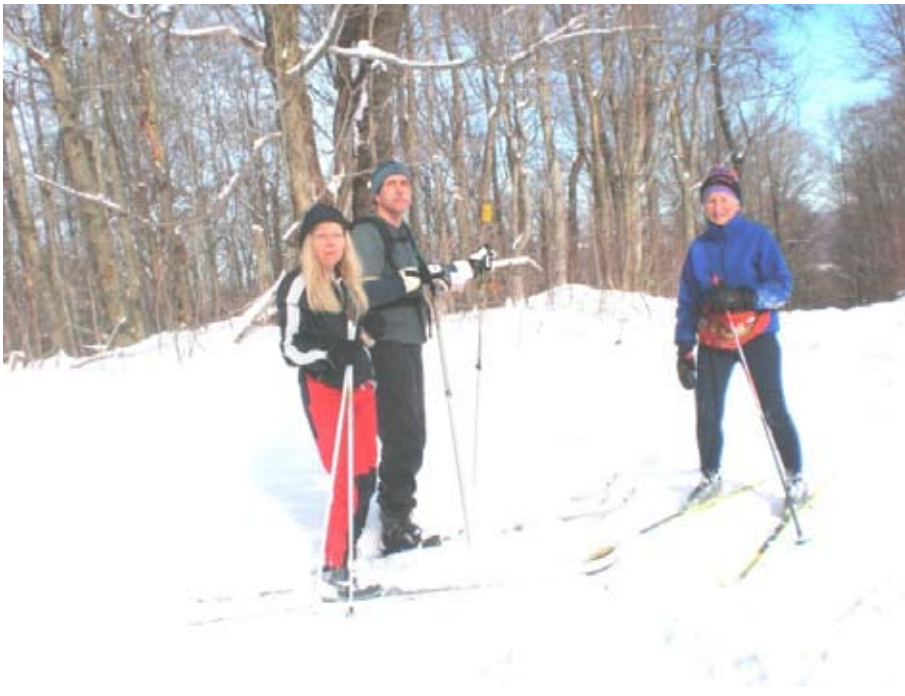
With about 4 inches of fresh snow on about 6 inches of existing snow, ski conditions were very good. The weather was beautiful, with sunshine and almost no wind. Temperatures were around 20 °C, and blue wax was working fine. However, the underlying ground was not frozen, and watery patches had to be carefully avoided. Occasionally this failed, and skis needed to be scraped.

We started out at D.E.C. Trail 1, going through unbroken snow. At the first turn we met two skiers going the other way. They had come all the way from the pipeline and done the tracking for us. Just before arriving at the pipeline we stopped for a group picture. In order to use the self-timer, the camera needed to be positioned just right on a tree stump. This turned out to be harder than expected, but it finally worked (see the accompanying photograph, with from left to right Tob, Eric, Ton, PJ, Scott, with Joan and Jubilee in the front).

We followed the pipeline for a few hundred yards, and then took a trail to the left. This trail is unmarked but wide and very pretty. After climbing the steep hill at its end, we arrived at Pipeline Road near the gravel pit. Several of the skiers played around a bit in the pit, sliding down into it and then climbing back up. Going back on Pipeline Road, we returned to the cars after about 2 hours of gorgeous skiing.



Where's Joan?



Here's Joan, together with PJ and Scott, on the Tuller Hill tour.

2009 CNSC Tour schedule

Thursday nights in January, Hammond Hill. Meet 6:30 PM at 223 Canaan Road. Michael Ludgate, 539-6153, mjl@ludgatefarms.com.

(Saturday January 10, 10:30 AM, Cayuga Nordic Classical Ski race at Salmon Hills. Dan Karig, 277-3380, dek9@cornell.edu. Volunteers will receive a free ski pass.)

Saturday January 24, Yellow Barn State Forest (starting at Tehan Road/Signal Tower Road). Meet 10 AM at the Valero gas station on Route 13 by NYSEG. There will be a shorter tour on flatter terrain for beginners and a longer, more hilly tour for more advanced skiers. Children are welcome. For more information contact Jack VanDerzee, 387-5810, vanderze@ithaca.edu and Joan Jedele, 539-6710, jjedele16@yahoo.com.

Saturday January 31, Highland Forest. Meet 10 AM at the Dunkin Donuts in Dryden. This ski tour is for all level of skiers including beginner skiers and children. There will be three tour leaders to tour the trails according to your ability and ski lessons if needed. Ski and snow shoe rental is available. Bring or buy a lunch at the lodge. Marilyn Dispensa, 227-4125, mdispensa@gmail.com, Gretchen Rymarchyk, 280-0391, grymarchyk@yahoo.com, and Joan Jedele, 539-6710, jjedele16@yahoo.com.

Saturday February 7, Bear Swamp. Meet 10:30 AM at the Colonial Lodge. P.J. Peterman, 607-761-1324, pjpeterman@gmail.com and Scott Zimmerman.

Saturday February 14 and Sunday February 15, BREIA (Black River Environmental Improvement Association) trails (near Boonville). Ski different trail systems on Saturday and Sunday. Make reservations early if you want to spend the night at a local B&B or motel. For more information contact Joan Jedele, 607-539-6710, jjedele16@yahoo.com. The BREIA website is at www.breiax-countryski.org

WAXING CLINIC A SUCCESS

By Tom Sebring

On 12 December some half dozen aspiring waxers attended the Wax Workshop at Sebring's garage (which this year hovered around the 50 degree mark in contrast to last year's metatarsal numbing episode.) We waxed several pairs of skis including some that should, in good conscience, be mercifully retired to duty on the wall of some dusty country bar or restaurant. The snow kept falling while we waxed eloquent (sorry) and afterward most of the group went out on the semi-machine and human groomed tracks of the Swandrome. The moonlight was sufficient making headlamp use optional. Everyone's skis were faster than before, though none fast enough to catch Jack, a fact which he reminded us of several times during the apre ski vino and chocolate cookie session. Thanks to everyone for their enthusiasm and humor. We'll do it again next year!



Cayuga Nordic Ski Club
71 German Crossroad
Ithaca, NY 14850

