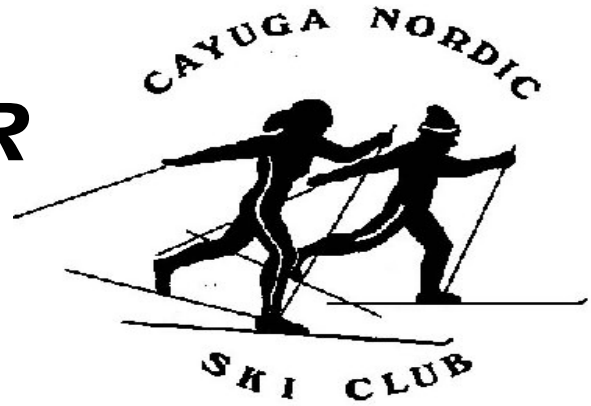


CNSC NEWSLETTER

November, 2006
Dan Karig, Editor



PRESIDENT'S COLUMN

Well, hope springs eternal. In these parts, only a few snowflakes have been spotted, and there has hardly been an accumulation, but the signs of skiing are everywhere. The most noteworthy sign of local skiing was actual skiing. Rumor has it that Tom Gudeman was the first local to ski in his backyard, though I suspect he did so merely for the sake of saying he did it, not for the highly aesthetic experience that I'm pretty sure he did not have. A little farther afield, real skiing could be had at Osceola the weekend of October 4-5. Among CNSCers seen at Osceola were Audrey Balander, Jim Hoch, daughter Jackie, VP Karig, Treasurer Jedele, and myself.

Another sign of ski season was the Hammond Hill trail work party organized and hosted by the Leonards on October 29. Thanks to Ann and Charlie for providing the organization, the pies, and a warm place to eat them. Thanks also to everybody who helped. I was not directly involved in any of the other work that day, but I can say that that the CNSC version of the red trail to the tower has been thoroughly debrambled. We cut a wide enough swath through the brambles so that even the clumsiest skier has plenty of leeway to get through the steep downhill curve while evading the two or three skiers who will be lying in the snow ahead of him or her.

The Club held its fall meeting and dinner on November 3 and we had an excellent turnout. Secretary Elgie has provided an account of the business meeting in this newsletter. Which reminds me—if you have not yet renewed your membership, and you intend to do so, now is the time. Check elsewhere in this newsletter for details.

Dan Karig put on an excellent clinic on November 11 at the Bolton Point Water Treatment Plant. Dan will recap that event, but I thank Dan for presenting the clinic and Joane Molenock for providing expertise as a media consultant—she videotaped Dan and me on roller skis and got the equipment at the water plant to play it back. Dan has a player that can freeze the motion, and this is very helpful in analyzing one's deficiencies. Dan watched the video of me on roller skis and later threw down the challenge—"I'm going to make a classical skier out of you if it kills me!" Hmmmm. I think I'm beginning to see the way to finally beat this guy.... I got my first lesson this evening. It turns out I'm so screwed up I really have to go back to the fundamentals. Not quite as far back as learning how to put on my ski boots, but almost.

It is great to see "new" people offering to share their skiing expertise. I'm thinking of Tom Sebring, who is announcing a waxing clinic at his house in early December. See Tom's announcement.

We have begun planning for the club race (early January at Salmon Hills) and the First Annual CNSC Snowfest (the second one we've planned, but you'll remember last year's version went down Six Mile Creek with the ridiculous January rain and thaw). Read further for details.

Okay, so everything is falling into place. We are lacking only one major element. But it is only November 15, and hope springs eternal.

Jack Rueckheim

CNSC SKI WAXING WORKSHOP

What: A 2.5 hour workshop on waxing for cross country skiing

Who: Anyone who is interested in learning about waxing for XC skiing...With Tom Sebring, an avid skier with 30 years of wax XC ski experience (and perhaps a collaborator tbd.)

Where: The Sebring's Garage, 8 Hartwood Rd. (L. Off Ellis Hollow ~3.5 miles E. of E. Hill Plaza...Red House on Corner)

When? Thursday, Dec. 7th 6:00 to 8:30 PM

Why? There are a number of factors that enter into efficient and fast cross country skiing. While fitness and skill are certainly important, any given skill level or fitness can benefit from good equipment, properly tuned. Skilled skiers almost universally use wax XC skis 90% of the time because they simply work better. This workshop is intended to impart the basics of ski tuning for kick and glide. Properly selected and applied waxes and klister on wax XC skis can provide superior propulsion and glide to no-wax skis in almost all conditions. If you love XC skiing, the reward is certainly worth the investment in time, materials, and skills to move up to wax skis.

Topics: We'll spend some time on:

- Ski fit...a simple test to see if the camber or flex of your skis is appropriate to your weight. How to find your wax pocket. What the shop should do when they sell you skis.

- Quick look at different ski types...what makes them different. This can help you pick your first pair of performance XC skis.

- Waxing tools and materials: An overview of the basic tools that are needed and the range of waxes for recreational and performance skiing. We won't be using any high zoot factor powders or liquids.

- Base preparation: Cleaning, structuring, polishing, special prep of kick areas. Base prep is one of the most important elements of waxing.

- Glide waxing: How to pick and apply glide wax, scraping, brushing, and polishing. Recreational to citizen racer waxing for classic and skating.

- Kick Wax: How to pick the wax of the day and how to apply it. Layering, corking, tricks for changing weather.

- Troubleshooting your kick wax: What to do when "it" isn't working. How to change wax for the conditions.

- Klister: When it's worth getting stuck on skiing.

Bring your skis...we'll pick a few representative pairs to wax and have you ready for the first big snowfall. Dress warm, we'll be working in an unheated garage but will move indoors for some refreshments at the end.

Limited to the first 8 who RSVP to Susan Sebring, sebring@astro.cornell.edu.

Contact: [Susan Sebring, 607 324 3248 cell](tel:6073243248)

CNSC SKI RACE

By Dan Karig

The CNSC will again sponsor an ESG qualifying classical style race at Salmon Hills; this season on January 6th, 2007. The format and club responsibilities will be the same as last year, but there will be some differences in the overall program. This season the race will be the first of a pair, with the second being a freestyle (skate) race on Sunday.

In the past the Sunday race was in the pursuit format and was sponsored by (the original) Salmon Hills, and we had nothing to do with it. This season a Syracuse club initially offered to sponsor this race, but later felt that were unable to do so. Because a two day race series is desirable for several reasons, yours truly agreed to make it happen, if we got help from this club and from other local people, including the preset Salmon Hills management.

So; I will take care of pre-race affairs for both races (registration, etc) and several of us who will stay the weekend will help with Sunday registration. I'm sure we can make it work, but it will require a lot of good will and work. One aspect of the affair is where profits, if any, from the Sunday race will go. Because CNSC is sticking its neck out, I feel that some should come our way. We shall see.

LISTSERVE

The CNSC manages a listserve, XCSKI-L, for the timely transmission of information. To join this list, contact Dan Karig at dek9@cornell.edu. You can also send an e-mail message to lyris@cornell.edu. The body of the message should be: join XCSKI-L "your name". This still comes to me (Dan) as I still have control of subscriptions.



Two thirds of the outstanding turnout at the Fall CNSC Dinner Meeting

CNSC FALL MEETING

Extracted from minutes by Rebecca Elgie

We had a very successful and tasty potluck dinner/business meeting on Friday November 3rd at the Cooperative Extension building. The pie makers outdid themselves! We forgot to take a head count but we filled three rows of tables (at least 40?) and about 5 new faces joined the club that night.

Highlights of the following business meeting, not covered elsewhere in this issue, included a review of some club affairs and suggestions for more social/ski affairs. Treasurer Joan Jedele reported that CNSC now has about \$1100 in our account, which is a slight increase from last year. We saved money on the spring dinner, but now have to pay \$100/yr for our websight, which is ably managed by Howard London.

The newsletter is being sent electronically to more of our members, which saves printing costs – a trend that we hope is continued. A plea also went out for contributions from club members – articles, not more money. The listserve (XCSKI-L) has changed servers and should function better than ever. We intend to use this medium to convey information of interest to club members in a timely fashion..

Tob deBoer coordinates ski tours, the goal of which is to help new members find the many areas locally available for skiing and to have a time to socialize. Maps will be available for all tours and the listserve will help advertise tours and to let people know if they are cancelled or rescheduled. A list was circulated for people to

sign up to lead or co-lead tours - contact Tob if you were not there and would like to schedule a tour.

Joan Jedele and Lois Chaplin discussed the possibility of some extra (special) tours out of the local area. These might include a week-end trip to Tug Hill (BREIA, Carpenter Hill & Turin are possible venues). An overnight stay was discussed (See article in this newsletter). Cobblestone Winery has offered a wine ski tour, including a ski to Lake Watch and a light dinner and wine tasting - cost \$15.00 per person. Yet another possibility is a trip to Winona & Salmon Hills with an overnight and possible skiing at Chateaugay.

CLUB OFFICERS

President: Jack Rueckheim,
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dek9@cornell.edu

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jjedele16@yahoo.com

Tours: Tob deBoer, ptd1@cornell.edu

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

Membership Database: Gretchen Solomon,
grymarchyk@yahoo.com

Social: Rebecca Elgie,
relgie@icsd.k12.ny.us

Maps: Chris McConkey

SNOWFEST 2

By Dan Karig

It was decided at the CNSC Spring meeting and confirmed at the Fall meeting to try another Snowfest this coming winter. We can only hope that the snow won't melt during the few days before the event, as happened last year.

The target date this year is Sunday, January 21st, which is during the Cornell semester break and when the Cornell Outdoor Education people have time to help us. This time we decided to have a "snowless" date of Sunday, February 4th because we felt that we should not so easily abandon all the effort that goes into the organization of such an event. In addition to having COE aboard as sponsors we also have a commitment of help from Eastern Mountain Sports. We're currently working on finding a few more good groups to help.

As a start, we will use the content and format we generated last year, with ski and snowshoe lessons and "loans", some demonstration ski races, some skijoring stuff (with dogs) and several tours. There will be several events specifically for kids, such as a woolly mammoth hunt and snow sculpturing. We'd be happy to entertain any new ideas, so don't be shy in letting us hear about these.

One extremely important aspect of Snowfest planning, and one we forgot to address at the fall meeting, is a request for help. We absolutely need members of the club to help with the logistics of the event, from organizing parking, to food handling to monitoring the kids (as in the snow sculpturing). I am hoping that those who volunteered for specific tasks last year would be willing to do the same this year. Just in case, and to lure others, a list of last year's volunteers and associated tasks is copied below.

Saturday set up

Grooming-Todd Miller and Glenn Swan

Firewood to H Hilton(OH; does anyone have a lead on some firewood-it can be pretty shabby but dry and < 18" long)?

Other? It would be nice to get as much as possible done Saturday, but to be safe, we probably shouldn't leave stuff out that could be stolen or trashed.

Sunday early (before 10:30)

Parking (we need to get cars started parking correctly so we can get the max number in. We

don't have to do this forever -just until the system is established. Jack VanDerzee, Mike Ludgate

Set up tents, benches, PA system, trash cans, etc. Biggish job. Probably need 3-4 people here.

Organize food and Ski Hut . Joan Jedele and food crew -Marion Buratynski? Others?

Set up Race Course (flags, etc) Dan, Tob?, Joan,? Jack or ?

Sunday during event

Photos- Don Fitterer

XC Lessons (Beginning adults-Louise Adie), beginner kids (COE volunteers)

advanced demo (Dan)

Snowshoe stuff (Jim Miner)

Ski-joring- "DJ", organizational help by Marilyn? others?

XC Race stuff-Dan, Tob and Joan, Dave LoParco

MC'ing (PA system) Jack R. (Who could even approach his talents here?)

Ski-O/Mammoth hunt - Ann Leonard.Dave LoParco

Food and Drinks(includes ski hut monitoring) - Joan and crew (who are they??)

Demos and displays by others, I am assuming, but do they need help? I suggested to Sandy Wold that she help get kids' loaner equipment out

Kids activities (short tours, obstacle course, whatever) - Dave LoParco, Sandy Wold?,others?

Other needs??

SO; PLEASE, confirm your willingness to help out again in the same role, or change your mind and tell us. And if you weren't involved , think about being so this year.

SPECIAL TOUR

There will be a special ski tour to the Black River Environmental Improvement Association Cross Country Ski Area near Boonville on January 13. You can ski just for the day on the BREIA trails and have a potluck dinner at Lois Chaplin's nearby camp. This is about 2.5 hours from Ithaca. On Sunday, we will ski another area. Contact us for more information and make reservations early at a nearby BB or motel. Contacts: Lois Chaplin at lec4@cornell.edu or 607 844-3935 and Joan Jedele at jjede16@yahoo.com or 607-539-6710 The BREIA website is www.breiax-countryski.org. For lodging information go to www.starinfo.com/woodsmen/lodging/html.



Snowfest '07

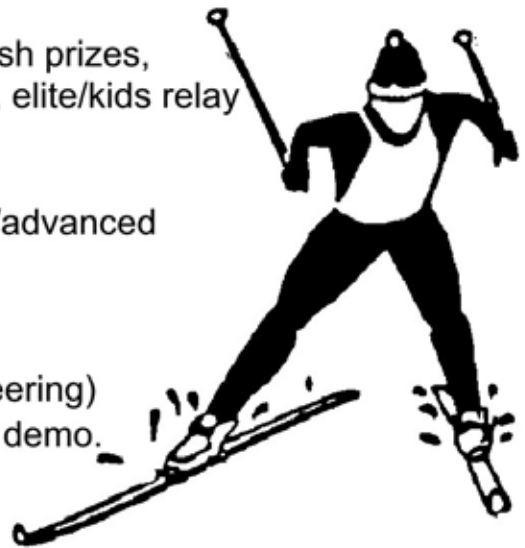
Learn to love winter

Date: Sunday, January 21

Time: 10:30 am - 3 pm

Place: Hammond Hill State Forest

- XC ski lessons- beginner, and kids
- XC races- scholastic races with cash prizes, kids fun races, elite sprint relay, elite/kids relay
- DEC nature tours on snowshoes
- Ski equipment demo
- XC technique demo- intermediate/advanced
- Snowshoe events
- DEC Nature tour
- Snow sculpturing for kids
- Wooly Mammoth Hunt (Ski orienteering)
- Advanced technique & equipment demo.
- Skijoring demo (dog + skier)



Details

- ❖ The location for Snowfest is Hammond Hill State Forest, at the entrance on Hammond Hill Road (off Irish Settlement Road).
- ❖ *Ski equipment and snowshoes will be available (limited so come early).
- ❖ Hot beverages and snacks will be available in and around the ski hut.
- ❖ If insufficient snow, Snowfest will be postponed to Feb. 4th. Check web site for more details and information. <http://www.lightlink.com/xcskiers/>



Organized by Cayuga Nordic Ski Club
Sponsored by EMS, Cornell Outdoor Education, DEC





Before the rain; Dan lectures to an eager and attentive group of CNSC skiers

A TASTE OF TECHNIQUE

By Dan Karig

The dryland “clinic” sponsored by the CNSC was rained out on October 28th but just beat out another storm on the November 11th rain date. Despite the threatening weather we had a good turnout (15 enthusiasts plus the demonstrator). The quality of the demonstration by yours truly was debatable, but it couldn't be said that the participants didn't get their money's worth – and bagels to boot.

After enduring a “do what I say, not what I do” demonstration of all components of classic technique, as well as a brief excursion into skating as the rain began, we all scurried into the conference room of the Bolton Point Water Plant to watch and discuss the technique of some of the world's best on video. Finally, as some comic relief, we watched video clips of Jack's and Dan's technique, for which there was plenty to critique, or criticize.

A suggestion to follow up this clinic with on-snow sessions is an idea that will certainly be pursued – IF there is snow at Glenn Swan's on a Sunday when we are free (no races) and when we can announce it far enough in advance on the listserve.

MOST IMPORTANT NOTICE!!

If you have not yet become a Cayuga Nordic Ski Club member **or renewed your membership**, now is the time to do it for the upcoming season. Membership is still a bargain at \$5 for an individual and \$8 for a family—no matter how many kids (or parents, or spouses, for that matter) you have. Your membership card gets you discounts on ski equipment at EMS, Cayuga Ski & Cyclery, Action Sports, Podunk Ski Shop and Ski Center, and Osceola Tug Hill Ski Center.

You can find a membership form in this issue or at the club website, www.lightlink.com/xcskiers.

Cayuga Nordic Ski Club Membership Form for 2006-2007

enter your information and then print the form, or save the file, enter information and print later
– then sign the waiver and mail the form with your check

Names: _____ home phone _____
_____ work phone _____
_____ Address _____
email: _____

Membership class and fee:

New renewal individual (\$5/yr) family (\$8/yr)

Nordic skiing interests:

touring racing ski orienteering other

please check all that apply:

- do NOT include me in the January 2006-7 edition of the club directory
- I prefer to receive the newsletter electronically
- I'm willing to lead or co-lead a ski tour
- I'd help with the Cayuga Nordic Classical race

Qualifications/restrictions and instructions:

1. Sign waiver below. Those who are under 18 years of age must have a parent or legal guardian co-sign.
2. Each family member over 18 must sign below. If necessary, use extra forms.
3. Checks should be made payable to the Cayuga Nordic Ski Club
4. Mail completed form with check to:

Cayuga Nordic Ski Club
487 Ringwood Rd.
Freeville, NY 13068

Waiver

In consideration of my being accepted as a member of the Cayuga Nordic Ski Club, I do hereby waive for myself, my heirs, executors, administrators and assigns of all claims and rights for damages I might have against the Cayuga Nordic Ski Club, its agents, representatives and assigns for any and all injuries suffered by me, including death, or for damages to skis or personal property while participating in the races, tours, clinics or other events sponsored or organized by the aforementioned club. This also pertains to travel to and from the starting point of any such event. I further certify that I have no physical defect or weakness that might make participation in these events harmful to me.

Signature(s) _____ Date _____

Cayuga Nordic Ski Club
71 German Crossroad
Ithaca, NY 14850



