

CNSC NEWSLETTER

pre-Christmas, 2008
Dan Karig, Editor



PRESIDENT'S COLUMN

Since it is December 2nd, I guess it is time to write my article for the November newsletter. In past years, my excuse for being late this time of year has been that there is nothing to talk about—as in no skiing. This year, I have been too busy skiing. So things are looking up. I have been on skis nine times this season—and seven of those have been local. I have walked out the door to ski four times. Well, okay, not all of this local skiing has been a highly aesthetic experience, unless you're a geologist like Dan and enjoy close encounters with rocks. Been there, done that. Got the bruised rib. And, you have to be slightly skewed to ski up the same field a dozen times in an hour, kicking rocks out of the way and waiting for the field mice to clear out of the track, because it is the only half mile of “good” snow around.

Thanks to everyone who showed up at the November fall meeting with all that great food and thanks to Lois for arranging for the room in Riley Robb Hall. For those who went to the Cooperative Extension, it must have been an even duller meeting than usual, although you might have not even known you were in the wrong place.

One of the best aspects of the Cayuga Nordic Ski Club is the tours. They are great opportunities to meet other skiers with similar abilities. These outings range from fairly fast “fitness” skis to trips for novices. There is a tour in the works geared toward children—this will be a great way to get your kid on skis for the first time. And the venue will be flat to ensure that the learning curve is not too painful. Get those kids on skis—one of them is a future CNSC president!

The tours will be posted on the CNSC web site and should be announced on the list serve.

Thanks to all you members who have taken time to share snow conditions on the list serve. Folks in Ithaca often would not have a clue that the outlying areas have skiing without these reports. Mark Shenstone has kept us posted on Connecticut Hill conditions, and Lois, Dorothy, and Jim weigh in from Beam Hill. We get lots of news from Hammond Hill. It's also good to hear conditions from some of the less frequently visited areas. I hereby designate Audrey and Jim as the official Virgil reporters and Tom Chappell as the Bear Swamp reporter.

Don't forget the upcoming races. There are races at Osceola and Lapland on December 20 and 21. The most important one is the CNSC race—a 10k classic race at Salmon Hills on January 10. If you're not racing that race, talk to Dan about working it. When you register for your races, remember to identify yourself as a CNSC member—we get points toward the NYS-SRA club standings, and just about every racer earns points in every race.

Get out there and ski!
Jack Rueckheim, President

MORE CLUB AFFAIRS

By Dan Karig

Although this ski season got off to a very early start, the snow came before the ground was really cold enough and conditions were a bit scratchy (and wet).. Now, with the regular deer-hunting season coming to an end and the weather getting downright chilly, we could use some more snow. Of course you can also make the two-hour trip to Tug Hill, where there are more than 3 feet on the ground. Those of us who have experienced years or decades of NY winters know how quickly things can change, so the operative philosophy is: take it when you can get it.

Let's do hope that Salmon Hills keeps at least some of its present bounty so that we can host our club race there on January 10th. A number of club members have already volunteered to help with this event, but we can certainly use more. Remember that volunteers get a trail pass and some lunch for their efforts. Let me know if you can help.

The CNSC fall dinner meeting moved to Riley-Robb Hall on the Cornell campus this year, thanks to Lois Chaplin, who is a denizen therein. More space and facilities were motivations. Despite the move, we had a sizeable turnout, although I forgot to count. A highlights from the meeting was the descriptions of the new club website and "list serve" (now a Googlegroup) by Marilyn Dispensa. It's amazing to us old codgers what is happening in cyberspace, but we may be able to learn!

Last year's trip to the BREIA trails on Tug Hill was so successful that an encore was proposed for this season [see notice on p. 2]. It really is worth the effort traveling there to ski this remarkable area.

Noises were made about attempts to broaden the club's base, agewise, that

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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 January 31st. 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 jjede16@yahoo.com (607-539-6710). The BREIA web site is www.breiax-countryski.org.

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A few of the club faithful at the fall dinner in Riley-Robb. There were many more, spread around other tables. Photos from Joan Jedele

Nordic Tech Tips #1

By Tom Sebring

This is the first in a series of light technical columns on XC Ski tuning. Tell me if you like this and want to continue...tell Jack if you want this to stop!

- Waxable or Waxless? On egalitarian's wings.
 - Waxless Skis: Wonderbread!
 - ⊙ Use a textured pattern under the foot to give traction
 - ⊙ Are usually inexpensive and low performing
 - ⊙ Must be accurately "fit" for your weight if they are for more than walking
 - ⊙ Are sometimes prone to icing if not waxed (and the textured part is worse)
 - ⊙ High end waxless skis, well-fit, actually work pretty well but aren't cheap
 - ⊙ Are probably perfect for the least athletic 25% of skiers
 - ⊙ Cheap, badly fit, or road roughened waxless skis will not permit actual skiing but only a kind of ski-walking behavior. Stale Wonderbread!
 - Waxable Skis: Croissant!
 - ⊙ Employ slippery glide wax on the tips and tails and a different grip wax under the foot to give traction
 - ⊙ Vary considerably in price and design
 - ⊙ Must be properly fit to obtain best performance or efficiency
 - ⊙ Require periodic waxing and changing waxes for changing conditions
 - ⊙ Are probably perfect for the most athletic 25% of skiers
 - ⊙ Require some knowledge of waxing technique and some waxing equipment and materials
 - ⊙ Will occasionally defy your best efforts to wax correctly!
 - ⊙ *Will allow and help you to become a better skier. Pain au Chocolat!*
- Why are waxable skis better? Better? Stronger, Faster...The \$6M Man!
 - Waxed tips and tails slide much more easily on the snow and are periodically reconditioned by the waxing process. (Yes waxed waxless skis work better)
 - The central grip wax, if chosen correctly, also slides easily during the glide phase of the stride where as the textured patterns of no-wax always drag
 - Correct waxing with appropriate wax resists icing under most conditions
 - Well chosen grip wax can provide kick even on hard icy surfaces that resist the textured zones of waxless skis
 - Length and grip of the kick zone can be tuned by varying the type, amount, and length of the wax applied, tuning the skis better for varying conditions
 - The result is that *most of the time well-set up wax skis will have significantly better kick and glide adding up to much better efficiency and rewarding good technique.*
- Fitting Skis for Performance: Let the punishment suit the crime.
 - Length: Should come up to about your wrist with your hand extended above your head for your general touring ski...a little shorter for the woods.
 - Width: Narrower for tracks, machine or human groomed, wider for the woods.
 - Flex: Ah, there's the rub. Cheap skis don't come in varied flex.

Nordic Technical Tips, Con't

- ⊙ Waxable or waxless: Flex needs to allow grip section in middle of ski to vary pressure on snow
- ⊙ Stand on skis on flat surface. Weight equal on both feet, sheet of paper under ski should move freely. Weight on one foot should trap paper so it can't move.
- ⊙ Use a qualified ski shop to help you buying skis that fit.
- ⊙ *Don't buy skis that don't fit except for ski-walking behavior.*

Next time we can talk about first order waxing technique. Meanwhile cruise the web...it's all been said before and probably better! Wish for snow! Tom

More Club Affairs, Con't

CNSC SKI WAXING WORKSHOP

Tom Sebring will again hold a ski waxing workshop this year, on 12 December, Friday, from 6:00 to 9:00 PM at the Sebring's house at 178 Mt. Pleasant Rd. This is just West of the Swandrome. Drive up hill from junction of Turkey Hill Rd. and Mt. Pleasant Rd. about ½ mile. The mailbox on the left side, has the house number (and a small Inukshuk) on it...long driveway. We promise not to let anyone freeze this year! Workshop will cover: Ski selection and fitting, wax tools and materials, ski base prep and cleaning, structuring, glide waxing, hard kickwaxing, klister, and more. Bring your skis (preferably with the old wax scraped off to save time), your waxing equipment, and if there's snow, your boots, poles, clothes, and headlamps to try out your new wax!!!! Limited to 6 people to allow hands on practice, RSVP or questions via email to sebring@astro.cornell.edu.

is. We do now have some active younger members but it may be that we elderly types are overly flavoring the organization. We not only need enough "youngers" to make them comfortable, but we also need to move some of them into leadership positions. For example, I need a replacement as race director within a year or two.

Even farther down the age curve, the club might restart a Bill Koch League for the kids. This was discussed, but will go nowhere until we get a few parents to help run the show. I'm sure that we could create a suitable environment at Hammond Hill, with the ski hut (courtesy of the Leonards).

No mention was made of a Snowfest this year, so that idea can be assumed laid to rest. BUT---we need some new ideas from new "activists". I for one am just plain burning out when it comes to these.