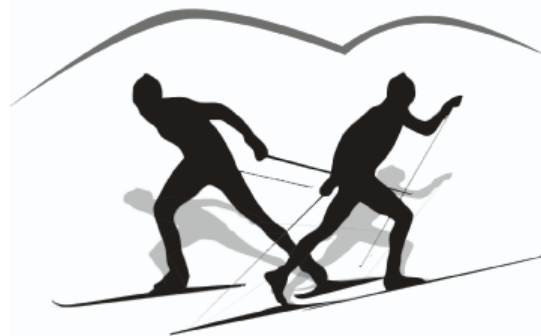


CNSC

NEWSLETTER

December, 2011
Dan Karig, Editor

CAYUGA NORDIC SKI CLUB



CO-PRESIDENT'S COLUMN

Sorry about the less-than-perfect ski conditions so far this season. The other Co-President, Tom Sebring, is in charge of ski conditions from April through December. I am responsible for January through March. I don't understand why he never does as well as I do.

I've been asking around to see what some of the skiing gurus have been doing to get ready for snow and to stay in shape until the snow hits. Tom Sebring, the wax and ski care king, has found a way to ski on the half inch of snow at his Mount Pleasant home and stone-grind his ski bases at the same time. He admits that the degree of control in the grinding process leaves a little to be desired, but its way cheaper than sending the skis to one of those expensive shops.

Some of us have been rollerskiing, but the danger with that activity, if the snow holds off too long, is that you start thinking that rollerskiing is the main activity and you train for it on snow January through March (when I am in charge of the snow conditions). I remember one year we had to rollerski so late into the season that along about January 15 we started cursing the snow because it was too deep to rollerski, and we forgot to get out the real skis.

Joan Jedele has solved the problem by just visualizing skiing in Spanish while doing yoga.

But it turns out that the best solution is one

of those NordicTrack machines. The thing is, you don't want to actually get on it and use it, because that's too similar to riding a bike on a trainer, and we've all seen what too much of that has done to LiLynn. Dan Karig has managed to build massive upper body strength just by carting his vintage model Nordic Track from sale to sale trying to dump it on some unsuspecting slob who will try to actually ski on it. Dan has actually never set foot on the thing, but just look at him. After schlepping that thing around all fall, Dan is down to 130 lbs, 85 lbs of which is his upper body.

Snow WILL be here soon, so make sure you've paid your CNSC dues and talked someone new into joining.

Jack Rueckheim, Co-President

FALL MEETING NOTES

By Dan Karig

The fall dinner meeting at the Ellis Hollow Community Center was almost too successful in that we had the place stuffed to its jowls. Some even had to sit on the kiddie seats. AND, it wasn't dry. In addition to renewed social contacts a remarkable amount of business transpired, of which I'll just mention the most printable.

Our club is currently blessed with a largesse of members and money, the latter due largely to the former. Not to let that money burn a hole in our club pocket, we discussed some useful ways to spend some. The only immediate solution was to cover Yvette DeBoer's expenses for her participation in a Bill Koch Youth League workshop in New England. Yvette will use the knowledge gained to improve (if that's possible) her kids program this coming winter-given snow, that is.

We seem to be into the ski education field this year, with beginners lessons, clinics for classic and skating techniques and (new) telemarking. Most of these will try to use the Swandrome, which brings up the subject of grooming and the snowmobile. Glenn Swan has been caring for my old machine and doing most of the grooming but he needs help on a number of fronts. Tom S and I will help with grooming and Tom has agreed (as I recall) to help with the maintenance of this old and cranky machine. AND, it costs money to undertake this maintenance and pay for fuel. I forget whether it was discussed but skiers should be willing to help (use the mailbox on site) and the club should consider offering support.

The touring schedule, under the aegis of Jack Vanderzee, is being fleshed out but could use more tour leaders. Included will be the now eagerly anticipated BREIA club outing, which is covered elsewhere in this issue. A second club trip, to the Gatineau trails near Ottawa, is being considered. To

make this happen we need your input and show of interest.

It's almost too much to expect but we hope to pull off the club race at Hammond Hill for the third year in a row. January 8th is the primary date, with a late January backup date. We'll be seeking volunteers for this pretty soon-as soon as it appears that winter will really arrive. Gads; it's less than a month away!

CLUB OFFICERS

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SOME PHOTOS FROM THE DINNER MEETING

Thanks to Jack Vanderzee



(Left) Just a fraction of the horde that showed up for the dinner meeting

(Below) So many that the latecomers had to use the kiddie chairs

(Below, left) Jack and part of his harem-HAH

(Below, right) A few of our more esteemed members



THE BREIA SKI TRIP

By Joan Jedele

The dates for the 5th annual BREIA ski trip this year are Feb. 17, 18th and 19th. The BREIA trails are in the Boonville area, about 35 miles north of Utica. It has been a lot of fun in the past and we hope that you will join us this year. We will ski different trail systems on Saturday and Sunday. Dish to pass dinner at Lois Chaplin's camp on Saturday evening.

It is best to make reservations early. I will be staying at the Bear Inn The Woods B&B and it is highly recommended. There are only 2 other rooms available and a motor home. However, in the past participants have stayed at the establishments listed below and they are also recommended.

Bear Inn The Woods B&B (1-315-831-2347) www.bearinthewoodsbb.com Room rates are between \$95 and \$65 per couple and \$30 per person

Victorian Bed & Breakfast (1-315-942-3368) www.victoriancountrybnb.com Room rates are \$80 per couple or \$45 per person.

Sugarbush Bed & Breakfast (1-315-896-6860) www.sugarbush-bb.com Room rates start at \$115.00 per couple

Alder Creek Golf Course and Country Inn (1-315-831-5222) Rooms rates start at \$89 North Country Manor (1-315-358-4139)

www.northcountrymanor.com Room rates start at \$99 per couple

Headwaters Motor Lodge (1-315-942-4493) Room rates are \$70

The Beeches Inn in Rome, NY (1-315-336-1775) www.thebeeches.com Room rates start at \$95 per couple

For more information contact Joan Jedele jjedele16@yahoo.com 539-6710; Lois Chaplin lec4@cornell.edu 844-3935. Let us know if you plan to attend. Map links and information about the pot luck will be sent out as the time draws near.

The BREIA website is www.breiax-countryski.org

STORES THAT OFFER DISCOUNTS TO SKI CLUB MEMBERS

Action Sports

85 Main St.
Cortland, NY 13045
753-9612
10 % discount on cross-country ski equipment and ski related items and clothing

Berkshire Outfitters

Outdoor Sports Specialists
www.berkshireoutfitters.com
Adams, MA
413-743-5900
Prices and availability subject to change

Cayuga Ski & Cyclery

624 W. State St.
Ithaca, NY 14850
277-6821
10 % discount on cross-country ski equipment and ski related items and clothing

Eastern Mountain Sports

722 S. Meadow St.
Ithaca, NY 14850
272-1935
20 % discount on "Club Days" twice a year
The "Club Days" will be posted on the club's list serve

Osceola Tug Hill Cross Country Ski Center
1486 Osceola Rd.
Camden, NY 13316
315-599-7377
www.uxski.com
usski@gmail.com
10% discount on all merchandise

Check our website for club tours and events
www.cayuganordicski.org

Nordic Tech Tips **Notes on Buying XC Skis**

By Tom Sebring

As it's early in the season, many people may yet be considering purchase of XC skis. Here are a few notes to help you along:

Type of Skiing: There are many kinds of XC skis ranging from short telemark boards with massive side cut to very skinny racing skis. We'll stick to diagonal stride skis for now. If you'll only have one pair of skis, you probably want a "touring" ski. Fast touring skis are narrower and better for in-track skiing (either machine or human groomed.) Wider skis are better off track, so if you're prone to adventuring in the untracked snow, look for these. Sidecut (the skis are less wide at the middle than at the tip or tail) helps skis turn much more easily. A ski in the middle of the width range, typically marketed as a performance touring ski (e.g. Fisher Superlights) or equivalent skis from a good maker (Madshus, Atomic, Salomon) will let you venture off track occasionally, but really shine on the human groomed tracks at Hammond Hill. Waxless XC skis are nearly always considerably slower and harder work than waxable skis, but there's a commitment implied in learning and waxing for conditions.

Length and Stiffness: In general, taller people need longer skis. This is partly because of their longer limbs and stride. Better quality skis are usually available in different "flexes" or stiffness (Soft, Medium, Hard) for any given length. The flex of the ski is chosen to be appropriate for the skier's weight. If the skis are not stiff enough, the wax pocket (or fishscales) will drag on the snow and greatly slow the ski. Skiers can't really learn to stride and glide properly and this is probably the most common ski fit error. With cheaper skis, the only way to get a stiffer ski is to buy a longer one or a different model. The "Paper Test" which you can find out about online, allows you to eas-

ily check whether your current skis are the correct flex. Good XC shops have a device that checks the wax pocket quite precisely with you standing on the skis. While it is possible for an experienced shop to sell you the right skis based on your weight and skill level, it is better to check the fit in the shop prior to buying.

Quality and Performance: In general, inexpensive poorly fit skis will not reward the user or help them develop good technique. The profile of an XC ski's bottom is "double cambered" and quality manufacturers structure the core and top/bottom of the ski to provide a specific pressure distribution during stride and glide phases of the kick. The camber in skis breaks down over time and use, and technology has advanced substantially with lighter and better-performing skis. Using the skis your parents did (or skis of similar vintage) may be inexpensive, but in the majority of cases it will not support your development as a skier. If you aspire to be a good XC skier, you need good equipment properly fitted.

Search and Learn: A bit of study on line, particularly at the ski manufacturer's websites will give you a good idea of the range of skis available. The number of models and the seasonal nature of the sport prevent many shops from carrying a full range of the available skis. If you are willing to delay the instant gratification, having the dealer order the skis you want or dealing with a larger shop with more inventory can help you get the best equipment for your style and skill.

Cayuga Nordic Ski Club Membership Form for 2011-2012

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 (\$10/yr)

Nordic skiing interests:

touring racing ski orienteering other

please check all that apply:

Do NOT include me in the January 2011-12 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

I'd like a membership card sent to me.

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