

# Finger Lakes Women Outdoors

## Winter 2010 Calendar/Newsletter For Prospective Members

### Introduction to Winter Sports

Have you been wondering what the fuss is about? Or perhaps you have just been waiting for an opportunity to try out some winter sports. This winter we are offering clinics to help you get started with snowshoes and with cross-country skiing. Join now to take advantage of these membership benefit, as we will be subsidizing the cost of lessons and rental for members.



After the planning meeting – hike in the arboretum at SUNY Geneseo

### Advice on buying trekking poles

*The article below is from the latest newsletter of Adventures in Good Company, a company offering adventure travel for women of all ages.*

We are huge fans of trekking poles for any hiking or backpacking trip. The two most common questions we get are 1) what kind should you buy? and 2) can you carry them on to an airplane?

There are so many trekking poles and such widely varying prices, how do you choose? First of all, if you are an avid hiker and you intend to keep

hiking and/or backpacking for years, then the advantages of the more expensive ones are totally worth it. Even if they cost say \$120, if you hike for another 10 years, that is only \$12/year. More expensive ones tend to be lighter, collapse into smaller pieces, are easier to adjust, and have ergonomically correct handles.

However, for the more casual hiker, these may not be worth it. I was once guiding a trip where 4 women independently showed up with the same poles and I thought there must have been a sale at REI. But no, they had all bought their poles at Wal-Mart for under \$20 and the poles worked just fine during the trip. So for less expensive poles, make sure the grip is vertical instead of like a cane (these put way too much stress on your wrist. Also make sure they are collapsible or they won't fit into your suitcase, and 3 pieces are much easier to adjust than two pieces. And while it is a matter of personal choice, I greatly prefer anti-shock poles (they give a little when you lean on them). We thoroughly review how to use them correctly on all our hiking and backpacking trips and have found that with very few exceptions, women love them once they get over the initial awkwardness of using something new. And particularly for women with any knee issues - which is almost all of us over 50 - they will make a huge difference.

Click here for the full newsletter: <http://www.adventuresingoodcompany.com/contact/newsarchive.html>

### RSVP & Be ON TIME!

Please RSVP at least 3 days before a scheduled event to [FingerLakes@womenoutdoors.org](mailto:FingerLakes@womenoutdoors.org) (preferred) or call 315-651-5645. **Do not wait until the last minute or the event may be cancelled.**

Be sure that the trip leader knows how to contact you in case of a cancellation or some other problem. Do not assume that everyone will wait for you if you are running late. **Plan ahead, leave early, and be on time.**

## Events

**Jan 30** (Saturday, 1pm) **Snowshoe/Hike at Powder Mills Park**, Pittsford

This will be an easy snowshoe, about an hour long, mostly flat with a few small hills. If not enough snow, this will be a hike. Dress in layers, bring water and a snack if you would like.

**Feb 13** (Saturday 10 am) - **Snowshoe Clinic and Snowshoe the Birdsong Trail at Mendon Ponds Park**, Mendon

If you have been wondering what this snowshoeing thing was all about, this is your opportunity to try it out. We will meet at 10am at EMS in the Pittsford Plaza to get a short overview of different snowshoes. Women Outdoors will pay half the rental fee of \$20 for members, so your cost will be **\$10**. Non-members are welcome to join us and pay the full rental fee, as well as those of us who already have snowshoes but would like more information. We will then carpool to Mendon Ponds Park

**For those of you who do not need the clinic – meet us at the park or at EMS to carpool!**

We will meet at the Nature Center at around 10:45 and head out on the Birdsong trail (1.1 mile loop) and possibly also the Swamp Trail loop (0.8). The trails are moderately hilly. I will bring birdseed so we can feed the chickadees. Dress for the weather; bring water and a snack if desired. There is a bathroom in the Nature Center building. Join us afterwards for lunch back at Pittsford Plaza.

**Feb 7** (Sunday, 10 am) **Cross-country Skiing at Harriet Hollister Spencer Recreation Park**, near Honeyoe

Bring your own skis (as rentals are not available) along with water, toilet paper and bag, and optionally snack food. Dress in layers. Trails are moderate to difficult; they don't stay flat for very long.

**Feb 20** (Saturday, 10:30 am) **Cross-country Ski Workshop at Bristol Ski Resort**, Canandaigua

Bristol ski resort offers group cross-country ski lessons. The lessons are held at the Summit Nordic Center at Bristol Mountain and start at 11am. If you've been waiting to learn how to ski, this is your opportunity. The full cost for the trail ticket, rental and one hour group lesson is \$35. **Women Outdoors will contribute \$20 towards the full cost for members.** Non-members are welcome to join the group for the full price.

Note: Trail ticket alone is \$10 and Rental of boots, skis and poles is \$17.

The Nordic Center has 2 loops- the one I believe we'll use is the Aries-1.2 km of gentle rolling hills"-they also make snow for this one so should be a sure thing in case of a thaw or lack of snow. People need to layer and wear sturdy, waterproof hiking footwear, bring water and a snack. We can also bring lunch and /or purchase lunch there.

**Mar 6** (Saturday, 1pm) **Tubing at Swain Ski Resort, Dinner in Geneseo**

Join us for a fun afternoon tubing at Swain Ski Resort. There are different levels of difficulty so you can choose what the level you are comfortable with. It will likely be "spring" conditions so wear something water resistant and/or proof (gore-tex). Rolling around in the snow will get people and clothes wet. The cost for 4 hours of tubing is \$12. Check out <http://www.swain.com> for more information.

**Mar 20** (Saturday 10 am) – **Planning Meeting/Breakfast in Penfield; Hike/Snowshoe at Highland Park**, Rochester

Join us at Reba's home to help us plan for our Spring Calendar. Breakfast will be provided to fortify us for our outing after the meeting. We will car-pool or meet at Highland Park to hike or snowshoe (depending on the weather and snow conditions). We will finish our outing at the newly restored Lamberton Conservatory. (Women Outdoors will pay the admission fee.)