



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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Issue: May 2022

Up-coming Events

May 17, 2022 (Tuesday) - Bike Ride on WERT



Led by Andrea Hospodar. Meet at 9:30 at Warwick Municipal parking lot. We will ride to Ephrata, then back to Lititz all the way to Zigs Bakery & Cafe for an early lunch to beat the crowd. Then we will finish the short ride back to our cars at the Municipal parking lot. Roughly 15 miles total.

June 21, 2022 (Tuesday) - Bike Ride on River Trail

Fred and Tanya Richter will lead a ride on the River Trail beginning at Falmouth and riding to Columbia and back on the summer Solstice, a distance of 28 miles. We're going to check out an ice cream place at which to stop on the way back. We're not planning to stop for lunch. We'll meet at 9:30 at the Collins Road parking area in Falmouth at the larger lot on the right-hand side. There are porta-potties at the start and again at Bainbridge





and then at the Visitor’s Center in Columbia. Let Tanya know if you are interested and she will get back to you with better directions.

July 23, 2022 (Saturday) – Evening at Nissley Vineyard

Bill and Kay Pickering will lead this evening event. Details: Admission \$12; Central City Orchestra will be playing (same group as last year); event opens at 6 pm with music at 7:30 pm. Look on line for details. Lots of food trucks will be present. Respond to Bill at billpick55@comcast.net.

August 28, 2022 (Sunday) – Bike Ride in Mt. Gretna

Tom Hooper is offering to lead a trail ride and then retire to his Mt. Gretna cottage porch for drinks, food and conversation. Should be nice weather for a short hike, pitching quoits and enjoying the afternoon/evening. More detail to come.



October 1, 2022 (Saturday) – Ox Roast

Dave and Nancy have again offered to host the Ox Roast on this date. More details to come.



Program Meetings 2022 - 2023

Andrea Hospodar, Program Coordinator, has been busy arranging for meeting programs for next season and presents the following. The programs look interesting so mark your calendars now and plan to attend.

Nov. 1, 2022 (Tue.) - Business meeting and program by Tyler Savakinas of Drayer Physical Therapy group. "How PT can get you back on the trails quicker"

Dec. 6, 2022 (Tue.) - Business meeting and program by Dennis Phillipy, retired school teacher. "Starry, starry night sky"

Jan. 3, 2023 (Tues.) - Business meeting and program by Cory Schaeffer. "Skiing the Tuckerman Ravine headwall on Mt. Washington, NH"

Feb. 7, 2023 (Tues.) - CANCELLED due to anticipated heavy trip participation

Mar. 7, 2023 (Tues.) - Business meeting and program by TBA

Apr. 4, 2023 (Tues.) - Elections & Planning Meeting



Time to Renew Your Membership!

The Kick 'n Gliders' new fiscal year has begun! If you haven't renewed your membership since last month, now is a great time to renew your membership. Our treasurer will appreciate receiving your dues money to help keep the club coffers intact when he starts making deposits for the proposed 2023 trips. A membership application form is enclosed in this newsletter (or you can fill one out online at the club's website, www.kicknogliders.org). Membership dues are \$20 per individual or \$30 per family. Make checks out to "Kick 'n Gliders" and mail to the club address, PO Box 1353, Mechanicsburg, PA 17055.



Time to Get Philanthropic

As mentioned in the February 2022 *Easy Glider*, Dave LeRoy raised the suggestion of the Club donating to several of our favorite trails, such as Winona Forest (Tourathon Trails in New York), Crystal Lake Ski Center (Hughesville, PA), the Jackrabbit Trail (New York) and Catamount Trail (Vermont), to help those organizations maintain their trails for skiing. Jesse Jepsen mentioned that he'd like to see the club support Winona Forest with a larger donation since many of us have recently skied on the trails there and perhaps smaller donations to the other trails which have seen little use by club members in recent years. Rather than have a lengthy discussion at the April 5th meeting, it was agreed to postpone discussion of such donations until a meeting in the Fall of 2022. In the meantime, if you have questions, thoughts or concerns about donating to these trails, send an email to Dave LeRoy (dhlbbh@pa.net) and Jesse Jepsen (whaler52@hotmail.com).

History of Trails

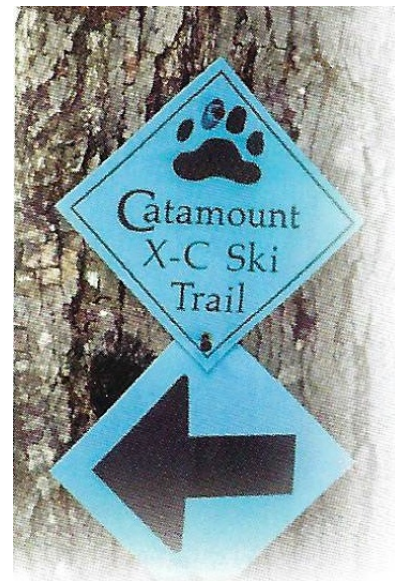
The four trail systems mentioned above have occasionally been the beneficiaries of club philanthropy. The following is a brief history of each of these trail systems to provide some context for the discussion we plan to have at our next meeting.

Catamount Trail - The Catamount Trail is North America's longest cross-country ski trail, stretching 300 miles across Vermont from Massachusetts to the Canadian border. It connects eleven cross-country ski centers, including Craftsbury where many of us have seen the trail markers leading out of the Craftsbury trail system.

The Catamount Trail was conceived by three friends in 1982 and the three young men skied their proposed route in March 1984. The Catamount Trail Association was incorporated in 1984 with the purpose of building, administering and protecting the Catamount Trail as a public resource. The CTA publishes a guidebook and a newsletter, offers ski tours and special events during the winter.

About 145 miles of the ski trail cross private land, held by 250 different landowners. Protecting the Catamount Trail from changes in land ownership and development is a major challenge. With the support of the state legislature, portions of the trail are now protected from closure through easements or long-term licensing agreements. Securing financial resources to acquire easements is a challenge and creating an endowment to facilitate this is an important objective of the CTA.

Bernie Webber, a long-term member of the Kick 'n Gliders, is a member of a select group of people who have skied the Catamount Trail from end-to-end. About half of the trail is ungroomed and conditions can vary considerably. The topography varies from gentle and rolling to mountainous (remember, Vermont ain't flat!), but portions of the trail are suitable for skiers of all abilities.



Crystal Lake Ski and Outdoor Center – The Crystal Lake Ski and Outdoor Center was founded in 1971. It is a three-season non-profit organization owned and operated by Crystal Lake Camps, a Christian Science summer camp, and located in Hughesville, PA.

In a history of Crystal Lake written by John Manifold, the beginning of what is now the ski center was downhill skiing. Dottie Alford, one of the owners of the Camp, worked at the Highland Ski Area near Huntersville, but when it closed in 1971, she was looking for a way to provide downhill skiing at Crystal Lake. Dottie and her husband, Joe, built the ski slope with the help of many camp employees and volunteers. But the downhill slope only had a vertical drop of about 200 feet and it became clear that it would not attract serious downhill skiers.

The terrain of the Crystal Lake property is ideal for cross country skiing, however. The winter of 1973-74

was the first year that cross-country skiing was officially offered at Crystal Lake. The initial cross-country ski trails at Crystal Lake were the existing logging roads. Machine grooming, by snowmobile, was started in 1978. Interest in cross-country skiing was growing and the trail system at Crystal Lake was expanded and the existing trails widened by bulldozer



in the 1980s.

The Kick 'n Gliders have benefitted from the snow availability and wonderfully laid-out trails of Crystal Lake since the early days of the club. In the 1990s, KNG members erected a shelter at the side of the trail as a token of our appreciation for having such a wonderful ski center so close to home.



The Jackrabbit Trail – The 42-mile Jackrabbit Trail in the Adirondacks of New York connects Paul Smiths to Keene, passing through Saranac Lake and Lake Placid on the way. It was maintained by the Adirondack Ski Touring Council (ASTC), which transformed into the Barkeater Trail Alliance (BETA) in 2014.

The trail was founded in 1986 by skiers in the Adirondacks who saw an opportunity to link up traditional ski routes and create a trail system that took people from town to town, and from the towns out into the backcountry. It is named after Herman “Jack Rabbit” Johannsen, a legendary pioneer in both the Adirondacks and Canada. Johannsen pioneered some of the original routes still used by today’s trail. (Some KNGers may remember reading about Jack Rabbit Johannsen while visiting the Val David area of Quebec many years ago. He was instrumental in developing skiing in that vicinity in the early part of the 20th century, as well.)



Over the years, KNGers have skied portions of the Jackrabbit Trail. When we stayed at Sandbrook Duo at the Whiteface Club, many of us skied on a portion of the trail that connects with the golf course trails. Some of us have skied the Connery Pond Trail to Whiteface Landing which is also maintained by ASTC. When snow conditions are good, the section of the trail from Route 73 to Rock and River in Keene is a lovely section with views of rock climbers on the steep rock faces that line the area. KNGers have skied portions of the nine-mile section from Lake Clear Junction to the VIC in Paul Smiths. What we don’t see when we ski these sections of the trail are the culverts, bridges and occasional boulders that require on-going maintenance of the trail.



that reached the railroad tracks and North Country Community College in Saranac Lake.

In 2009, ASTC assumed responsibility for winter maintenance of the Hays Brook Truck Trail near Paul Smiths which we found to be one of the few skiable trails in the Lake Placid area this past winter. A few other trails maintained by ASTC that may be familiar to some KNGers include the Whales Trail Ski Trail near Marcy Dam, and an old snowmobile trail

Winona Forest Recreation Area -

The Winona Forest Recreation Association (WFRA) maintains approximately 70 miles of trails in the Winona Forest and Jefferson County Forest Preserve, both located in the Tug Hill region of New York State. WFRA began as the Tug Hill Ski Club but has been reorganized as WFRA in order to include all user groups of the forest.



WFRA membership consists of skiers, snowmobilers, ATV riders, equestrians, mushers, snowshoers, bikers, hikers and many other outdoor sports enthusiasts.

With an average snow fall of 250 inches per year, Winona Forest is one of the snowiest places east of the Rockies. That's why KNGers love to schedule ski trips to the area.

The Tug Hill Tourathon, a cross-country ski race, began in 1981. The first races were skied mainly on local roads and existing logging trails. More woods trails were added as time passed, many designed by Forest Ranger David Larrabee (remember the Larrabee Trail?) and built with the help of local people who have lent their names to many of the trails (Alice's Alley, Frank's Fancy, Ted's Turn, Bill's Belly, Sally's Ride, etc.). Several KNGers have participated in the WFRA Tourathon and Try-It races over the years, including Bernie Webber, Wanda Cole, David LeRoy, and Nancy Kauh.





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