



The Easy Glider

Kick 'N Gliders Nordic Ski Club

Vol. 11, No. 4

DECEMBER 1988



HAPPY HOLIDAYS KICK 'N GLIDERS



GET SET FOR VERMONT

All systems are go for the KNGers annual New Year's trip. Fifty club members are signed up to go and a waiting list has been formed if there are any last minute cancellations. The foot of snow that blanketed northern New York State and most and of New England last week is a good indication that club members will get lots of skiing in over New Year's weekend.

Anyone going to Vermont should attend a pre-trip meeting at 7:00 pm on Wednesday, December 21 at Wildware. This will be a 30 minute meeting right before the regular club meeting scheduled at 7:30 the same night.

The meeting will cover room assignments, directions to the Tweed River Inn (a map is also provided in this newsletter) and some details about the areas we will be skiing. Also come prepared to tell Tom if you will be arriving for Thursday dinner (it will be served between 6:00 - 8:00 pm and is included in trip cost) and if you will be wanting box lunches from the Inn.

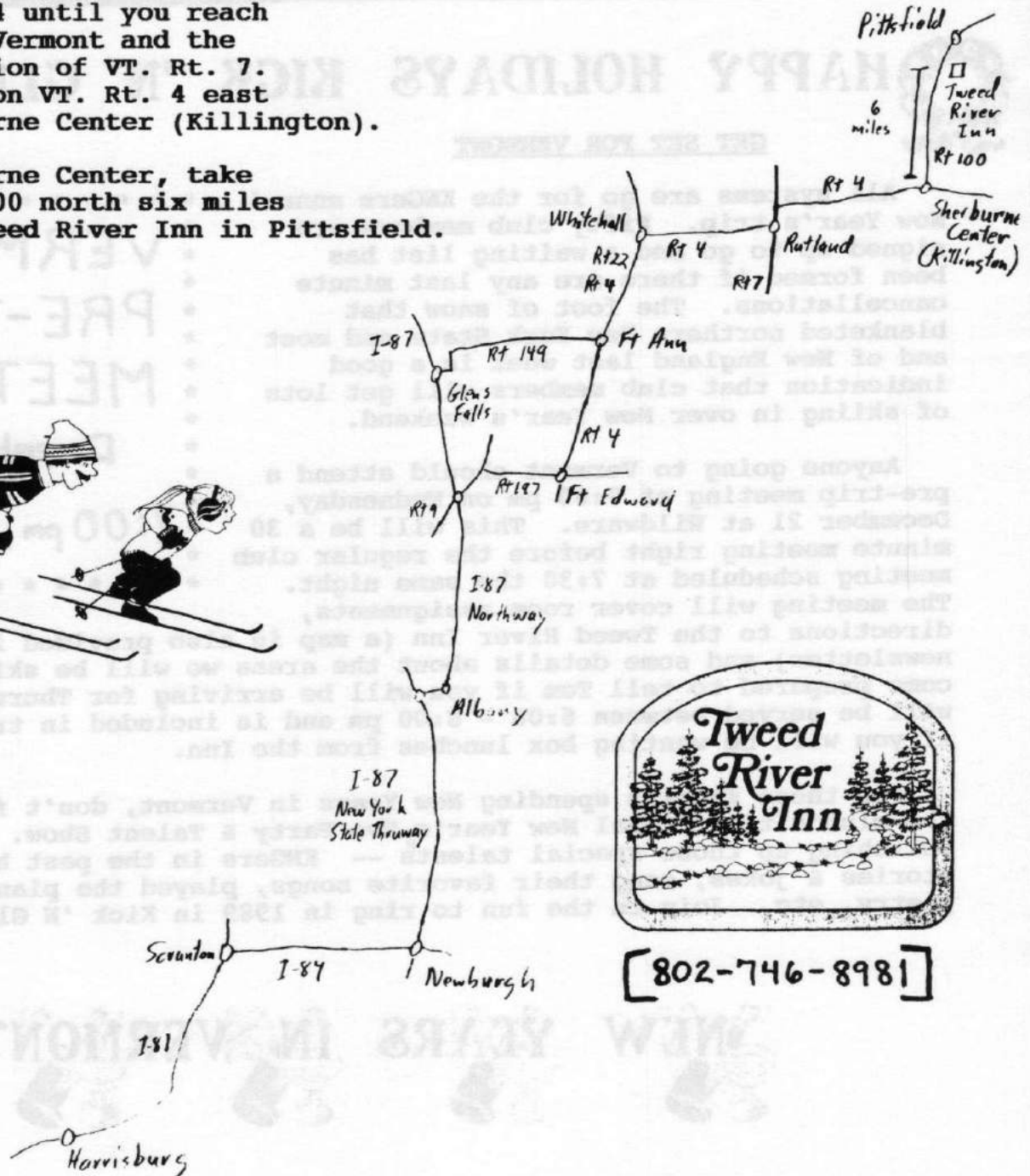
For those KNGer's spending New Years in Vermont, don't forget about the club's traditional New Year's Eve Party & Talent Show. Start polishing up those special talents -- KNGers in the past have told stories & jokes, sang their favorite songs, played the piano, recited poetry, etc. Join in the fun to ring in 1989 in Kick 'N Glider style!

* VERMONT *
* PRE-TRIP *
* MEETING *
* December 21 *
* 7:00 pm, Wildware *

NEW YEARS IN VERMONT

DIRECTIONS TO THE TWEED RIVER INN, PITTSFIELD, VERMONT

1. From Harrisburg take I-81 north to Scranton. Pick up I-84 and go east to Newburgh, N.Y.
2. At Newburgh, get on I-87 which is the New York Thruway and travel north to Albany. At Albany, exit the Thruway toll road and pick up I-87 Northway (not a toll road) and continue to travel north to Glen Falls and N.Y. Rt. 149 east.
3. Go east on N.Y. Rt. 149 to Ft. Ann where you pick up N.Y. Rt.4/Rt.22 going north to Whitehall.
4. At Whitehall, go east on N.Y. Rt. 4 until you reach Rutland, Vermont and the intersection of VT. Rt. 7. Continue on VT. Rt. 4 east to Sherburne Center (Killington).
5. At Sherburne Center, take VT. Rt. 100 north six miles to the Tweed River Inn in Pittsfield.



[802-746-8981]

***** UPDATED Weekend Trip Schedule *****

DECEMBER 1988

- Dec 29-31 Mountain Top/Killington, Vermont (Tom O'Donnell)
to Jan 2 - The Tweed River Inn
- \$120 per person w/breakfast & dinner
- FILLED and 8 on waiting list

JANUARY 1989

- Jan 6-8 Poconos with the N.J. Club (TENTATIVE) (Tom O'Donnell)
- Staying in private cabin; communal cooking; \$ uncertain
- 13-16* Crystal Lake I/Norman Lodge (Mary Todaro/Meredith Hill)
- \$66 for wkend.; \$20 deposit due now
- 20-23 Adirondack Hut-to-Hut (Dave LeRoy)
- \$165 per person incl. 3 nights lodging and 8 meals
- limited to 6 people; (ONLY 2 SPACES LEFT!)
- \$100 deposit due now
- 27-29 Lake Minniwaska, New Paltz, New York (Rich Levin/Martha Q.)
- \$50 for motel for wkend. plus food; \$20 deposit due now

FEBRUARY 1989

- Feb 3-5 Delaware Water Gap with N.J. Club (Tom O'Donnell)
- \$7 per night at youth hostel, food not incl.
- 10-12 Black Forest Trails - Rocky Point Lodge (Karen Bosco)
- \$35 for wkend. not incl. food
- \$20 deposit due ASAP
- 17-20* Lake Placid, New York (Dave LeRoy)
- \$60 for wkend. (3 nights) incl. food
- Bunk-house accommodations with kitchen/diningroom
- \$30 deposit ASAP
- 24-26 Laurel Highlands - Kooser State Park Cabins (Norma Brandon)
- \$30 for wkend. plus food; \$30 deposit due ASAP

MARCH 1989

- Mar 3-5 Wilmington, Vermont with N.J. Club (Tom O'Donnell)
- Fjord Gate Inn; Mt. Snow area; call Tom for details
- 10-12 Old Forge, New York (Dave LeRoy)
- \$65 for wkend. incl. meals (motel units with kitchen)
- \$35 deposit due ASAP

* Martin Luther King/President's Day three-day weekends

DATE	LOCATION	LEADER	PHONE NUMBER
SAT. DEC 17	Crystal Lake	Roger Olson	(717)763-4001
FRI. DEC 30	"Kids Treat" to Crystal Lake	Martha Quimby	(717)232-3898
SAT. DEC 31	New Years Eve day ski locally or Crystal Lake; then gathering at Paulette's after.	Paulette Montville	(717)245-2882
SUN. JAN 8	Hanley's Happy Hill, Eaglesmere, PA.	Dave LeRoy	(717)561-1647
SAT. JAN 21	Dick & Marty Ruben's place in the Black Forest.	The Rubens	(717)938-2922
SUN. JAN 29 12 Noon	Bob Ettlenger's place in Dalmatia, PA.	Bob Ettlenger	(717)758-2311

(Directions to Bob's House: Go north on Rt. 225 over Peter's Mountain until it merges with Rt. 147 north. Continue on Rt. 147 thru Millersburg Square. 9.6 miles beyond the Square make a sharp right turn onto R.E. Phillips Rd. The Ettlenger's is the third house on the right and there is a basketball hoop in the driveway.)

SAT. FEB 4	Hanley's Happy Hill, Eaglesmere, PA.	Dave LeRoy	(717)561-1647
SAT. FEB 11	A local trip, Mother Nature cooperating.	Faye Love	(717)763-0591
SAT. FEB 18	Ski locally; or Hanley's Happy Hill depending on conditions.	Martha Quimby	(717)232-3898

NOTE: Remember to try and make reservations for day trips with the day trip leader by the Thursday evening prior to that week's trip. Also this will allow you to get up to date information on snow conditions, cancellations, carpools and meeting places and times. There are several weekends lacking scheduled day trips. Why not volunteer to invite some Kick 'N Gliders on your winter outing? It can make a good day a great day. Being an outstanding skier is not a prerequisite. If you need some ideas or tips about leading day trips give me a call or perhaps check out the new eastern PA. ski guidebook for new and interesting ski trails.

Martha Quimby, Day Trip Coordinator

\$\$\$ \$ CLUB DUES AND THE 1989 MEMBERSHIP ROSTER \$\$\$ \$

The club is in the process of putting together the 1989 membership roster for publication and distribution to club members. Those individuals who have received this newsletter with a red X on the mailing label have not paid their dues for the 1989 year and will not be included in the 1989 membership roster if dues are not paid to the club treasurer by JANUARY 1, 1989. Dues should be accompanied by a completed membership application (copy sent out in November Easy Glider). The 1989 roster will be available in early January. **THANK YOU!**

SOME TIPS ON DRESSING FOR X-COUNTY SKI TOURING

1. Dress in layers so that you can remove or add depending on your own skiing pace and weather conditions.
2. Do not wear cotton since it holds moisture and keeps you cold. Go with synthetics like polypropylene and other polyester-based fibers or wool, especially when choosing your long underwear layer worn next to the skin and socks, hats and gloves, too.
3. Carry your layers in a day pack and include some extra socks and mittens or gloves as a precaution or to help a friend in need.
4. When stopping for a lunch break on the trail make sure to stay warm by putting on those extra layers.
5. Since approximately 60-80% of all heat lost from the human body comes from the head and neck area, some sort of head covering should be carried along in your pack if not worn.

SCHEDULE OF UPCOMING CLUB MEETINGS

December 21 (Wednesday)
X-Country Skiing Videos

January 3 (Tuesday)
Nature Photography
by Tim Grotzinger

January 18 (Wednesday)
(program being scheduled)

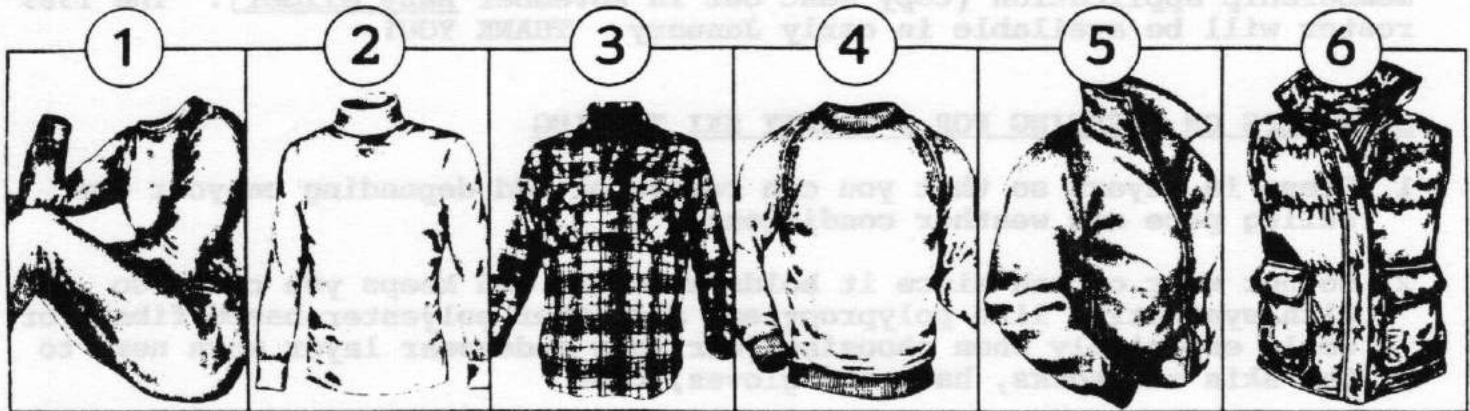
February 7 (Tuesday)
Surviving Winter Driving
by Karen Bosco

KNGer's HOLIDAY PARTY

Roger Olson will be
hosting a holiday
gathering for the club
at his Lemoyne home
following the 12/21
meeting. Come join in
the holiday cheer!

(Directions will be
provided at the mtg.)

COLD WEATHER LAYERING



1
Underwear: Polypropylene, Thermax[®] Wool Silk or Multi-layer Blends. **Basic Purpose:** Maintaining a dry, warm comfort layer next to your skin.

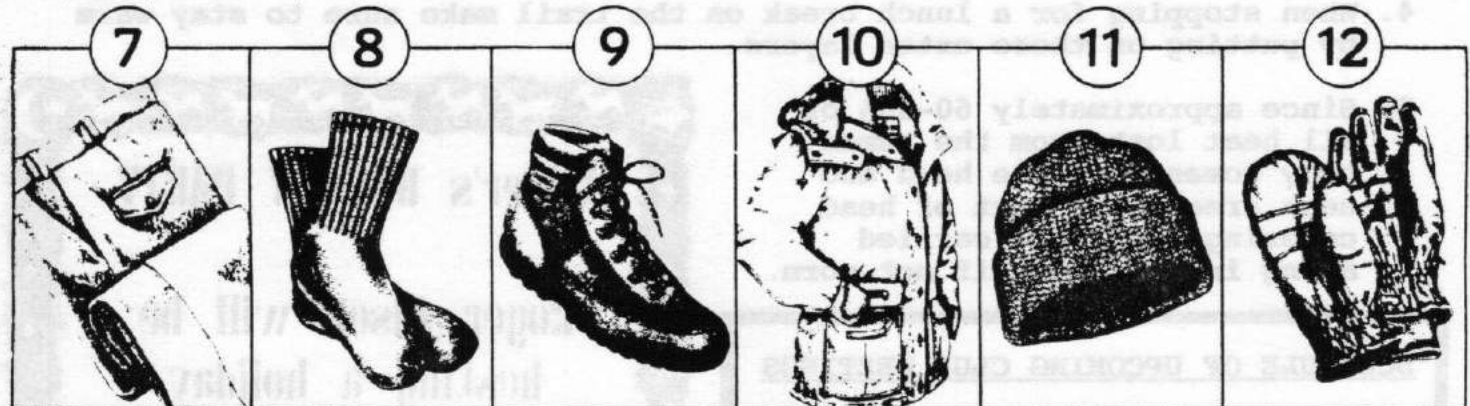
2
First Outer Layer (optional): Polypropylene, Silk, Blends, Thermax. **Basic Purpose:** Light insulation, adding color or style.

3
Shirts (optional): Wool. **Basic Purpose:** Additional insulation, button-open ventilation.

4
Sweaters (optional): Wool. **Basic Purpose:** Additional insulation, outer layer in moderate weather.

5
Fiber Pile Jacket (optional): Polarfleece[®], Polypropylene, PolarPlus[®], Pile. **Basic Purpose:** Retention of body heat.

6
Insulation Layer (optional): Thinsulate[®] and other synthetics. **Basic Purpose:** Retention of body heat.



7
Pants or Knickers: Wool, Pile or Bunting (with nylon, Gore-Tex shell). **Basic Purpose:** Insulation, weather protection.

8
Socks (two layers): Polypropylene, Silk, Wool. **Basic Purpose:** Inner layer wicks moisture away, outer layer insulates and cushions.

9
Boots: Leather, Felt, Leather and Rubber, Gore-Tex. **Basic Purpose:** Waterproof protection, insulation.

10
Outer Shell: Gore-Tex[®], Nylon, Blends. **Basic Purpose:** Protects insulation layers from wind and water.

11
Hat: Wool, Pile and Gore-Tex[®]. **Basic Purpose:** Primary heat retention, mandatory in cold weather.

12
Mittens or Gloves: Wool, Polypropylene, Gore-Tex/Thinsulate[®]. **Basic Purpose:** Insulation, wind/weather protection.

BASIC LAYERING

The concept of layering for the cold is as old as clothing itself. But too often today, in a world that thrusts us from overheated buildings, to overheated cars, and back again to overheated buildings, with only brief exposures to the cold between, we forget the basics. Instead, we dress only for the overheated indoor environment, and rely on "a warm coat" to keep us comfortable when we venture outside.

But, several layers of light, warm clothing are more practical, and more versatile for active outdoor wear than one heavy, super warm layer of insulation. Relying on layers to keep you warm, allows you to button up and add more clothing when the temperature or your activity level drops, or open up and remove layers when the temperature or your exertion level rises.

PREVENTING HEAT LOSS

In cold weather, your body loses heat in several different ways: **convection**, **radiation**, **evaporation**, and **conduction**. Different layers of clothing, each of different materials, can help combat each of these primary forms of heat loss.

Convective heat loss occurs when cool air currents, heated by your body's warmth, carry that heat out and away from your body. The best preventative is several layers of clothing, each of which traps warm air, making it harder for that air to move away from your skin.

Radiational heat loss is just as easy to stop. The heat you feel on your face from an open fire is radiant heat. Your body, too, radiates heat from the fires of digestion within. While it's possible to use a radiant heat barrier to reflect this heat back to your body, it's just as effective to trap that heat within

the layers of clothing. Most radiational heat loss occurs through your head, which is why a hat is so critical to staying warm.

Evaporative heat loss is harder to control, since your body continues to sweat even in cold weather, especially if you are active. The best defense is wicking moisture away from the skin to outer layers of clothing, where it can dissipate without robbing your body of precious warmth.

Conductive heat loss occurs whenever something cold, or wet, touches your body. The best cure for conductive heat loss is to interpose layers of dry insulation that's low in conductivity between yourself and the cold.

On the back of this sheet, is an EMS guide to layers and layering, to help you stay warm and comfortable while you work or play in the cold.

UPDATE ON THE CLUB'S BOOK PROJECT

by Nancy Hill

Sales for A Guide to Cross Country Skiing in Eastern Pennsylvania have been so great that we are considering a second printing. An what's more, we have been working on a companion book for the other half of the state, A Guide to Cross Country Skiing in Western Pennsylvania which will be available January 3. The "Western PA" guide, like the "Eastern PA" guide provides information such as trail length and description, ski difficulty ratings, directions to trails, nearby accommodations and simplified trail maps. It contains 52 trails and ski areas and a sampling of these is provided below:

Bear Run Nature Reserve
Kane Manor Ski Touring Ctr.
Laurel Ridge State Park

Elk Valley Ski Touring Ctr.
Hidden Valley Ski Touring Ctr.
Oil Creek State Park

If you know an outdoor club or nature center that would be interested in this guide please let us know. We expect sales of the "Western PA" guide to go quickly so don't wait to get your copy! You can place your order with the form provided below.

Please send me A Guide to Cross Country Skiing in Western Pennsylvania. Each book is \$6.00.

NAME _____

ADDRESS _____

CITY, STATE & ZIP _____

____ = I will pick up my book(s) at a regular KNGers meeting.

____ = I have enclosed \$1.00 to have my book(s) sent to me.

I'd like _____ books at \$6.00 each = \$ _____
shipping per order = \$1.00
total enclosed = \$ _____

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ADDRESS CORRECTION REQUESTED

KICK 'N GLIDERS
P.O. Box 7054
Mechanicsburg, PA 17055



Kick 'N Gliders Nordic Ski Club

LIST OF OFFICERS 1988-89

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
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(717) 787-1700 (W) | <u>Summer Trips:</u> Bruce Humphries
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The **EASY GLIDER** is the newsletter of the Kick 'N Gliders Nordic Ski Club.
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