



The Easy Glider

Kick 'N Gliders Nordic Ski Club

FEBRUARY 1992 NEWSLETTER



"BE TRAIL WISE" by Don Ebright



- * Review your copy of Ski Etiquette and Club Rules of Conduct.
- * Think ahead when you are going back country.
- * Tell someone where you are going and when you will return.
- * Check weather for localized conditions, expect the unpredictable. Remember a 1000 ft. change in elevation, means a 5 degree change in temperature.
- * Take extra clothes. Wool NOT cotton.
- * Carry fire and shelter building material.
- * Ski in groups with minimum of 4 people and know the other's skiing abilities.
- * Take plenty of water, DRINK often, even if your not thirsty!
- * Take food high in carbohydrates not fat. Carry extra.
- * Watch for signs of hypothermia, such as, clumsiness, slurred speech, or disorientation.
- * Watch for signs of frost-bite (whitish or gray skin) in your skiing partners. Do not rub frost-bite: rubbing causes tissue damage.
- * Do not go too far that you are too tired to return.
- * Carry a map, preferably a topo map and know how to read it.
- * Carry first-aid essentials.
- * If you get lost, stay put so rescuers can find you.



CROSS-COUNTRY SKIING, A BETTER CHOICE

** Cross-country skiing is the fastest fat burner and is more strenuous than running, yet has a low-risk of injury because its movements are gliding rather than bouncing. The start-up costs are fairly low compared to those of downhill skiing, and you can experiment with rental equipment. It is for people who are in pretty good shape, but people who are beginners can acquire the skill and balance along with good arm and leg coordination. Ever though your pace is slower than jogging or running, you will be suprised how tiring it can be. There are ski machines available to help you stay in shape during the summer months.

taken from The Sentinel, 1/11/92; by Covert Bailey, L.A. Times Syndicate



WINTER WEEKEND TRIP UPDATES

President's day weekend, Craftsbury Common, VT - Feb. 14-18, 1992

Come with us to the high hills of Northeastern Vermont's snowbelt! Craftsbury Nordic Ski Center includes 60 kilometers of groomed and tracked trails right adjacent to the lodge where we will be staying. In the area, altogether there are 110 kilometers of different leveled, marked and maintained trails. Ski rental and lessons are available. This area has been highly recommended. Accomodations in the Ski Center, a converted boy's school, are 2 per room with three meals a day provided in the wood-heated dining hall. Music, dancing free movies and lectures in the evenings. The cost for 4 nights, with meals begining on Friday night through Tuesday morning breakfast is \$190 per person. Group rate trail fees are approximately \$5/day. Check with **Jim Brandon**, (h) 761-3920, for the availability of remaining spaces on this popular trip.



TULLY, NY, HIGHLAND FOREST TOURING CENTER - FEB. 21-23, 1992

This trip has been scouted and is highly recommended by those who have skied here in the recent past! Located about 30 miles north and west of Courtland, NY (4 hours driving time), the touring center boasts 25 miles of scenic, groomed and tracked trails. They are wide and graced with open vistas or narrowly-winding through tall, dense trees. This is ideal for both the beginner and experienced skier, however, rentals and lessons are not available. This is Onondaga Court Park with no trail fees. Song Mountain, downhill skiing is close by and offers night skiing. We will be staying at the Best Western Marshall Manor Motor Inn on SR 11 at I-81, exit 41 at Tully (just 15 miles from the ski center). A dining room and coffee shop are located at the motel. Buy your own meals at the place and time agreed upon by the group. The cost for the weekend is approximately \$90/pp double or \$80/pp quad, depending on how much you eat. Contact **Nancy Hill**, 564-1385 (h) for details on this trip you do not want to miss!

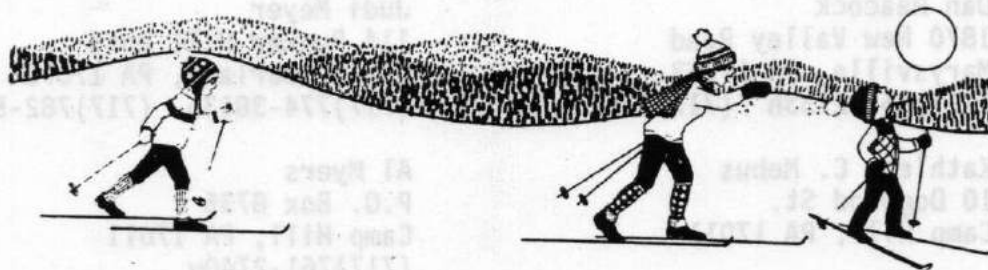
KOOSER STATE PARK, HIDDEN VALLEY SKI-TOURING CENTER, FEB. 28- MARCH 1, 1992

We will stay at Kooser State Park, right beside 40 to 50 kilometers of groomed and tracked trails, in two renovated cabins. Each cabin has bedrooms, a common room with wood-burning stove, kitchen with a sink, refrigerator, stove and hot water. There are no indoor toilets or shower, but we can use Hidden Vally Health Club's showers, pool, sauna and whirlpool for a small fee. Bring your sleeping bag/bedding. The cost of the weekend is approximately \$ 35, which includes Sat. and Sun. Breakfast and Sat. dinner. Cabins are open for use Friday afternoon to Sunday noon. This trip is limited to 12-14 people. Contact **Nan O'Donnell**, 697-0432 (h) for the availability of remaining spaces on this trip.

WINTER TRIP REPORTS

** OLD FORGE, NY - this trip report will be available next newsletter.

** **CRYSTAL LAKE, PA** - Our weekend trip to Crystal Lake, January 10-12, was attended by: Barbara Emerson (substitute trip leader), Mollie Clark, Gwen Lehman, Dennis Major, Vic, Jackie, & Jamie McElhattan, Beth Piper, Robert Silverman and Bill Winebrenner. We **did** ski...one of the trails was open for skiing. A light snow fell all day Saturday, but it was not enough to cover the other trails. We hiked and mountain biked the snow-covered trails and enjoyed the beautiful...scenery. The group got together Saturday night and



played some great board and "charade" type games, everyone had a great time. Our thanks to Meredith for planning and Barb for substituting.

** **BLACK FOREST AND LITTLE PINE TRIP** - After a deluxe tour of Rick Begley's new home we departed for the north country in Sullivan and Potter counties, PA. We, that is, Norma Brandon, Matt and Nancy O'Donnell and Bernie Webber were confidently led by our trip leader, Rick Begley and arrived at Happy Acres, PA about 10 P.M. We were directed to our cozy cabin named, "Happy Go Lucky", which featured relaxed comfort, knotty pine interior, and a well equipped kitchen. It looked like there would be no or poor skiing, but we went searching for snow in the Black Forest area! Rewarded, we found good skiing conditions on the Pine Bog Trail, where we skied. Bernie Webber, the "original jet skier", lapped around us several times. After a delicious lunch at the Black Forest Inn, we traveled to the Hardwood Highlands Trail and were suprised to find fair skiing conditions on this scenic trail. We returned to our cabin to eat a great seafood dinner prepared by the O'Donnells. Later there was dancing to 50's and 60's music at the Cozy Clown Lounge. Sunday morning after a hardy breakfast we hiked the Shore Line Trail at Little Pine



State Park. The trail runs across the crest of the dam and along a ridge overlooking the lake. We saw many brightly dressed ice fisherman in the single digit temperatures. The trail descends to a meadow and follows Little Pine Creek Valley. After discovering a bridge, which crosses the creek that was no longer there, we reversed our direction to return. This trail will be an excellent trail to cross-country ski when conditions are favorable. After returning to our cabin for lunch, we packed our equipment up and departed for home. We thank Rick for planning and leading a great trip and plan to return again.

NEW MEMBERS

We welcome the following new members to the Kick 'N Gliders Nordic Ski Club! Please add their names to your club roster for future reference.

Patricia A. Buckley
215 Peffer St.
Harrisburg, PA 17102
(717)238-5667h (717)787-1954w

Cathy Cowan
840 Belmont Road
Gettysburg, PA 17325
(717)334-6870h (717)772-2724w

Dan Heacock
1870 New Valley Road
Marysville, PA 17053
(717)957-2733h (717)232-5300w

Judi Meyer
114 Bunker Hill Road
New Cumberland, PA 17070
(717)774-3813h (717)782-5620w

Kathleen C. Mebus
10 Dogwood St.
Camp Hill, PA 17011

Al Myers
P.O. Box 8736
Camp Hill, PA 17011
(717)761-2740w

Geoffrey Shuff & Peggy Bohn
790 Bull Road
Lewisberry, PA 17339
(717)236-3010w

Susan K. Summers
944 Martin Lane
Harrisburg, PA 17111
(717)566-3898h (717)783-9981w

Charles L. Stoup, Jr.
1209 Sherwood Dr.
Carlisle, PA 17013
(717)249-8786h



Please also note the following changes and correct your roster appropriately:

Rick Begley's phone numbers are (717)763-4561h and (717)783-9723w

Elaine Lehman's work number should be deleted. She has retired!

Robert Shaak's address is:

Robert Shaak
528 Indian Run Road
Millersville, PA 17551

DON'T FORGET THE SCHEDULED DAY TRIPS, REFER TO YOUR SEASON GUIDEBOOK FOR SPECIFICS!

ATTENTION, YOU SPUR OF THE MOMENT SKIERS!

When it snows ... anyone interested in getting together to ski at the spur of the moment, please **CONTACT NAN O'DONNELL AT 697-0432**. Sometimes "last minute" skiing can be the most fun!!

LOOKING FOR INTERESTING TIDBITS

* Anyone who would like to share information about the outdoors or cross-country skiing, please contact Joy Reardon, our Newsletter Editor, so she can share this information with the club.

* Anyone with ideas, who knows a likely speaker, or anyone who has any applicable outdoor videos for our 1992 or 1993 Kick 'N Glider's meetings, please contact Tim Poole, our Programming Coordinator.

WANTED: 1992-93 NEWSLETTER EDITOR

Please notify any of the club's officers if interested in helping with the Kick 'N Glider's Newsletters. This can be a shared responsibility. This is our club's way of communicating, come on and pitch a hand, **YOUR CLUB NEEDS YOU!**



Kick 'N Gliders

CLUB OFFICERS FOR 1991 - 92

<u>PRESIDENT:</u>	Meridith Hill-----	(717) 564-7387(H) 772-2724(W)
<u>VICE PRES.:</u>	Matt O'Donnell-----	697-0432(H) 848-5500(W)
<u>TREASURER:</u>	Dave LeRoy-----	561-1647(H) 790-9565(W)
<u>SECRETARY:</u>	Jarice Olson-----	652-9141(H) 787-7190(W)
<u>PROGRAMMING:</u>	Tim Poole-----	564-5048(H) 540-2176(W)
<u>MEMBERSHIP:</u>	Nancy Kahl-----	761-7206(H) 790-9565(W)
<u>TRIP COORDINATOR:</u>	Jim Brandon-----	761-3920(H) 691-1440(W)
<u>ASST. TRIP COORD:</u>	Tom O'Donnell-----	533-7974(H) 534-5438(W)
<u>DAY TRIP COORD:</u>	Barbara Emerson-----	737-4933(H) 234-2603(W)
<u>NEWSLETTER EDITOR:</u>	Joy Reardon-----	258-3287(H) 691-3731(W)

UPCOMING EVENTS

- Jan. 31 - Feb. 2Eaglesmere, PA Trip
- Feb. 4, 1992Kick 'N Glider's Meeting
- Feb. 8, 1992Day Trip to Crystal Lake
- Feb. 14-18, 1992Craftsbury Common VT Trip
- Feb. 15, 1992Day Trip to Northumberland
- Feb. 19, 1992Kick 'N Glider's Meeting
- Feb. 21, 1992Day Trip to Stoney Valley
- Feb. 21-23, 1992Tulley, NY Trip
- Feb. 23, 1992Day Trip to Lower Allen
Park
- Feb. 28- March 1, 1992Hidden Valley, PA Trip
- March 3, 1992Kick 'N Glider's Meeting
- March 7, 1992Day Trip to Crvstal Lake
- March 7-14, 1992Dillon, Colorado Trip



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

Nancy Kauth
 4702 N. Clearview Dr.
 Camp Hill, PA 17023

ADDRESS CORRECTION REQUESTED