

The
Easy Glider
Kick 'n Gliders Nordic Ski Club

NOVEMBER 1994

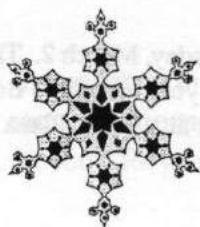
Aerobic Conditioning Go For It! -- Wednesday, Nov. 16

Learn about heart rate, aerobic zone, anaerobic training, specificity of exercise, and more---basically anything you need to get in shape for skiing!

Remember: This ain't your aerobic dance aerobics!

Blake L. Powell, M.D., J.D. will be the presenter for this meeting of Kick 'n Gliders, held at Wildware Union Deposit at 7:30 p.m. Blake is a physician, a former bicycle racer and physician to the U.S. cycling team at the U.S. Olympic Training Center in Colorado Springs, CO. He is author of numerous articles on fitness. Blake's outstanding presentation, last year, about how the body works on the trail inspires this tribute: Blake is an eloquent speaker, a lawyer, a physician, an experienced athlete, AND he has the ability to tell you more than you ever thought you wanted to know about how your body works during exercise. You will be fascinated. And informed.

Please join us for this program. And plan to hang around for a Your Place snack at long, long, long tables.....We seem to need more and more tables each time we meet. Newcomers are welcomed and encouraged to attend. **Get involved early, especially if you are a beginner in skiing or in fitness.**



Due You Know? Have You Paid Your Dues?

If you have not paid your dues, there will be a red mark on the label of this Easy Glider. Our fiscal year begins May 1. Most people pay their dues in October at the Ox Roast. Dues must be paid before you are eligible for trip attendance. If you have any questions about membership, contact Membership Chair Nancy Kauh.

NEXT NEWSLETTER DEADLINE: Thursday, December 1. 5 p.m.

The Easy Glider is published about once a month during the ski season and periodically throughout the rest of the year. Trip Journals and comment are welcomed by members of Kick 'n Gliders. Please address Roberta Strickler, the Editor, at 230 Lancaster Avenue, Lancaster, PA 17603.
New Harrisburg telephone number: 599-5442.

COMING PROGRAMS

Tuesday, Dec. 6 - Map Reading for Dummies by Dave LeRoy

Wednesday, Dec. 21 - Christmas Party. Report to Wildware first.

Tuesday, Jan. 3 - Equipment Swap & Info Exchange on Local Ski Areas

Start your New Year with an informal meeting to feature an equipment and clothing and information SWAP. We will bring trail maps and lore about local ski areas from old time K 'n Gs who can answer questions. If you want to recount a good ski experience, bring pictures during this New Year Social. Marilyn's *Cowboy Cookies* and coffee will put the lariat around this program.

Wednesday, Jan. 18 - Power Packing Your Performance With Nutrition

A return engagement, by request, by nutritionist Deb Gochenour.

These meetings are held at Wildware, Union Deposit (East Shore) at 7:30 p.m. on the first Tuesday and the third Wednesday of each month. Call Marilyn Grove at 944-7227 if you have questions or ideas for good programs for the Outdoors-Minded.

News From Other Clubs

The Susquehanna X-Country Ski Club lists a major trip to Canada from Sunday, Feb. 26 to Thursday, March 2. The cost for this trip is \$350. and a deposit of \$50. is requested. Bill Fox seems to be the leader. Send your money to Box 124, Williamsport PA 17701. This Club's first day trip is set for Jan 7 to the Black Forest. Meet at a Giant Plaza at 9 a.m. to carpool.

Rainy Ox Roast A Big Success

Thanks to Dick and Marti Ruben, their spacious/gracious property, and to Chief Ox Roaster Winebrenner for a successful Saturday, October 14, kickoff to the 1994-95 Season.

Many of the old timers were among the 45 Kickers who paid for the Party. A few Gliders were there also, gliding in at the end uncounted and unpaid.

Phyllis Zitzer, aka 1994 party maven, won the raffle and will recognize a \$37 discount in the winter ski trip of her choice.

SUMMARY OF SUMMER ACTIVITIES

Since the last ski outing some Kick N' Glider members have been very busy with the summer activities. We traveled to western PA, northern PA and NY to paddle, pedal, hike and ride. We also covered roads, paths and waterways in the local area. I wish to thank all the trip leaders who helped me plan and organize the great activities.

We kicked off the summer schedule with a trip to western PA to camp at Ohiopyle State Park, paddle the Middle Youghiogenia River and ride bike on the Rail/Trail Bike Hike Path. We cooled off with a swim in the river and with an evening visit to the Dairy Queen. Many members were challenged to see how many toys they could load on their cars.

Thanks to Mike Pilko and Jeff Butt for two great trips to Tioga County in northern PA. Mike lead a hiking/camping trip in the Grand Canyon along the Pine Creek camping at Petticoat Junction at Cedar Run on Friday and Saturday nights. Saturday they hiked south on the West Rim Trail from Bradley Wales to the Mid State Trail and then to Blackwell. Sunday they hiked various areas Mike had managed while he was a Forest Ranger. Jeff lead a hiking and horse back riding trip to the same area. On Jeff's trip we stayed in a cottage with hot tub on an elk farm. We hiked the West Rim Trail on Sat and rode horses Sun. The mountains were beautiful in their fall colors.

Dave LeRoy lead what has become a yearly trip to the Adirondacks for canoeing and camping. The group met on the Bog River Flow, if they were lucky, and made camp on an island. They paddled on the Bog River and in Lows Lake Wilderness Area. They had typical Adirondacks weather and many nice wildlife sightings including Loons and beaver.

Also, thanks to Jim Brandon, Matt O'Donnell, and Jeff Butt for a variety of local outings of hiking, biking and canoeing. To Phyllis Zitzer for another great picnic and bonfire at her river house. Phyllis really knows how to build a bonfire. Some club members brought their tents for a night of camping along the Susquehanna and canoes and tubes to play in the river. And final thanks Marti and Dick Ruben for hosting the Ox Roast. Did everyone get enough to eat?

As we move into winter the activity calendar looks equally full with winter trips to many of the same locations. We enjoyed the forest, fields and mountains in the spring, summer and fall. Now we look forward to snow and more good times with our fellow Kick N' Gliders skiing.

Nan O'Donnell

REVISION TO THE KOOSER STATE PARK TRIP

Saturday and Sunday dinner will be provided. You will have to bring your own lunch and breakfast items. This is a 3 night trip. The cabins will be open from Friday Feb 17 at 4:00 until Monday Feb 20 10:00.

PROPOSED AMENDMENT TO THE CONSTITUTION

An amendment to the Kick 'N Gliders Constitution has been proposed to establish rules regarding trip deposits and refunds. In order to become "law", this amendment must be approved by the Executive Committee (this occurred on October 12, 1994), be printed in the Club's newsletter (see below) and be voted on at two regular meetings of the Club (this will occur on November 16, 1994 and December 6, 1994). Please feel free to call Dave LeRoy (who wrote this little gem) at 561-1647 with any questions you may have regarding the amendment.

It is proposed that the Kick 'N Gliders Constitution and Bylaws be amended by addition of the following article:

Article XII.
Ski Trip Finances

Article XII, Section 1. A member will be placed on the trip roster for a ski trip after his or her trip deposit or the portion of the deposit stated as non-refundable is received by the Treasurer. Members will be added to the roster in the order in which their deposits are received, even if there are more members on the roster than the trip can accommodate.

Article XII, Section 2. Those individuals on the roster in excess of the number that the trip can accommodate will automatically move up if someone above them drops out. Until then, they will be considered to be on the waiting list.

Article XII, Section 3. If a schedule for paying for the portion of the trip cost above and beyond the deposit is established, a member who does not make payments by the deadlines listed on the schedule may be dropped from the roster at the discretion of the Trip Leader. In that case, their entire deposit will be returned.

Article XII, Section 4. Should someone on the roster decide that they no longer wish to go on the trip, all or a portion of their deposit will be returned or the deposit transferred to another trip only as follows:

A. If the member finds another member to take his place, his full deposit will be refunded as soon as the other member submits his deposit. If the trip is oversubscribed, someone on the waiting list may be used to fill in, if the person on the waiting list is still interested in going on the trip.

B. A member on the waiting list may request the return of his deposit if he is not interested in being on the waiting list.

C. If a member advises the Treasurer that he is no longer interested in attending the trip, the Treasurer will note the date that this member so advised him on the trip roster and the next person who signs up for the trip will automatically take his place. At that time, the original member's deposit will be returned.

D. If fewer members sign up for the trip than the minimum number guaranteed to the innkeeper, the non-refundable portion of the deposits of those on the roster will be retained until the trip is over and final payment made to the innkeeper. (This does not apply to those who have found someone to replace them as described in A and C above.) At that time, for each absent member, the cost of their absence will be determined and their deposit will be returned less the amount of such cost. If the cost of their absence exceeds the non-refundable portion of their deposit, they will forfeit only the non-refundable portion of their deposit, and the refundable portion of their deposit will be returned to them. In making this determination, the Sections 5 and 6, below, shall be considered.

Article XII, Section 5. At the end of the trip, should a portion of the monies collected from those who attended that trip remain, it shall be distributed as follows. The remaining balance shall be divided by the number of trip attendees and be rounded down to the nearest five dollars. The amount so determined will be returned to each attendee. The remainder will be retained in the treasury to provide a fund to cover the costs of trips which lose money.

Article XII, Section 6. In applying the above provisions, the following guidelines are provided to help in decision-making:

A. It is not the intention of the club to either make or lose money on ski trips.

B. The total advertised cost of the trip should include a small allowance for contingencies. This will help to avoid either the trip losing money or the attendees being asked to contribute more than the advertised trip cost, when contingencies arise. (If not needed, this money will, of course, be returned as described in 5 above.)

C. The amount paid by trip attendees should not be increased in order to provide money to use for refunds for those on the roster who did not attend.

D. The trip cost should not be decreased so that those attending will receive larger refunds at the expense of those who did not attend.

Article XII, Section 7. Ski trips are seldom cancelled. In the event that a ski trip is cancelled, the following provisions shall be applied to protect the deposits made by individual members for that trip.

A. If the innkeeper is willing to return the entire deposit made to him, then the deposits made by club members will be returned to them as soon as the refund from the innkeeper is received by the club.

B. If the innkeeper is not willing to return the deposit, then the trip will not be officially cancelled and those who have made deposits will have the options of either attending the trip on their own or forfeiting their share of the deposit that is lost due to their absence.

Article XII, Section 8. Interpretations of this policy will, from time to time, be required. Rather than placing the Treasurer, Trip Leader or Trip Coordinator in a singular position of making such decisions or settling any disagreements that may arise, the Executive Committee shall resolve such situations at its next meeting.

Changes in the red Guide Book

Jim Brandon is the Day Trip Leader for Jan 15 trip to Hanley's.

Craftsbury Vermont New Year Trip leaves on Wednesday, December 28.

Cost of the Canaan Valley W VA trip is \$80.

Price of Olde Forge Trip Plummet (see page 6)

Additions to Kooser Trip (see page 3)

Wanna Race?

Tug Hill Tourathon Attracts Local Skiers

Alan Michael, Dave LeRoy and Dave's son Peter participated in one of the series of races called the Tug Hill Tourathon in 1993 and 1994 and found it to be a lot of fun. This year, we are printing information about these races and plan to invite those attending the Highland Forest Trip to participate in the 15 km race.

The Tug Hill Tourathon is not to be confused with the races some of us attended at Osceola, New York nor with activities near Turin, New York, where we stay at the Pioneer Lodge B & B. The Tourathon races are held near Sandy Creek, New York, which is near Interstate 81 about 100 miles north of Binghamton or 50 miles north of Tully. They are held on a great trail system, which is available for use throughout the winter for cross-country skiers at no charge.

The races occur on three Saturdays:

January 14, 1995	9:00 am	15 km	Classical Race
January 14, 1995	1:00 pm	15 km	Freestyle Race
January 28, 1995	9:00 am	50 km	Classical Race
February 18, 1995	11:00 am	35 km	Freestyle Race

In classical races, you are restricted to diagonal stride skiing and in freestyle races you can use any style you like (meaning everybody skates). The registration fee for the 15 km and 35 km races is \$12 in advance or \$17 the day of the race. The fee for the 50 km race is \$35 during November, \$40 in December, \$45 from January 1-26 and \$50 thereafter. Call Dave LeRoy at 561-1647 for an application form.

Note that some folks train by cycling, some train by working out at the Y, and others, well others just eat more so they can last for 15 km of going fast. Your choice.

Price of Old Forge Trip Plumets

Due to special Spring rates at the Pine Knoll Motel, Dave LeRoy has reluctantly reduced the cost of the trip to Old Forge to \$90, \$65 and \$55 per person for 2, 3 and 4 person occupancy, respectively. Dave has reserved additional rooms, in anticipation of greater trip interest, to a total of 5. The cost includes lodging for the nights of March 3, 4 and 5 (Fri, Sat and Sun) 1995, dinner on March 4 and 5 and breakfast on March 4, 5 and 6. This trip is starting to fill up already, so send a deposit of \$50 to the club address ASAP. Please indicate whether you want to be in a 2, 3 or 4 person room and any preferred roommates.

1994-1995 MASTER TRIP LIST

<u>DATES</u>	<u>NAME OF PLACE</u>	<u>COST</u>	<u>TRIP LEADER & PHONE</u>
12/29/94 - 1/2/95	Craftsbury Common, VT	\$310	Jim Brandon 761-3920 H
1/13-15/95	Highland Forest, Tully, NY	\$60	Dave LeRoy 561-1647 H 790-9565 W
1/20-24/95	Lake Placid, NY	\$100	Dave LeRoy 561-1647 H 790-9565 W
1/27-29/95	Crystal Lake, PA	\$75	Joan Short 938-3494 H
2/3-5/95	Eagles Mere, PA	\$75	Tom O'Donnell 533-7974 H 534-5438 W
2/10-12/95	Black Forest in PA	\$40	Rick Begley 763-4561 H 783-9249 W
2/17-20/95	Kooser State Park, Western PA	\$60	Nan O'Donnell 697-0432 H 852-2187 W
2/23-25/95	Canaan Valley, WV	\$80	Wendy Davis & Les Baker 293-1086 H 399-4467 W
3/3-6/95	Old Forge, NY	\$100	Dave LeRoy 561-1647 H 790-9565 W
3/17-20/95	Tug Hill, Turin, NY	\$130	Dave LeRoy 561-1647 H 790-9565 W

