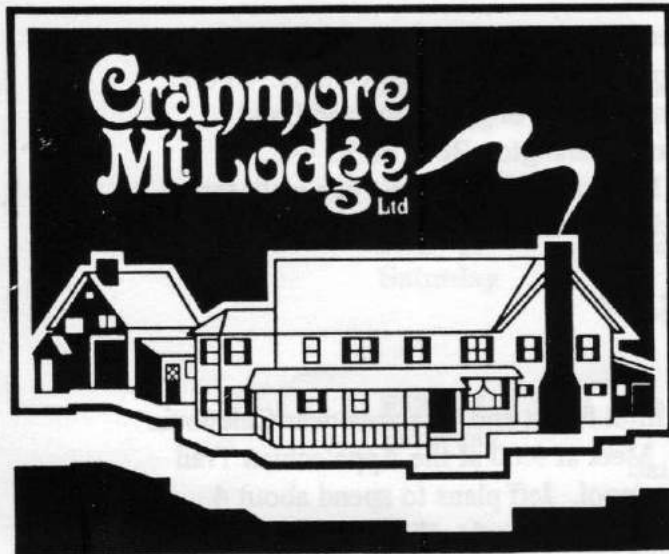


The  
*Easy Glider*  
Kick 'n Gliders Nordic Ski Club

MAY 1995

NEW YEAR'S IN NEW HAMPSHIRE'S WHITE MOUNTAINS !!



Kick-off for the 1995-96 winter season will be New Year's in Cranmore Mt. Lodge in North Conway, New Hampshire. Accommodations are four nights in a historic B&B lodge, in comfortable rooms with private baths. Breakfasts and dinners included; ice skating pond, and hot tub. Babe Ruth stayed here over a number of years. (Room 2, the Babe's favorite, has the original furnishings he used.)

Nestled in the White Mountains National Forest, the area is home of Jackson Ski Touring Foundation, Bretton Woods Cross Country Ski Area, and Great Glen Trails. And, our lodge is located on the Mt. Washington Valley Intervale Resort Loop, making it possible to ski out our back door.

Downhill too! Mt. Cranmore is just up the road. Attitash, Black Mountain, Bretton Woods, and Wildcat Mountain are close by.

Trip includes transportation by chartered bus with Johnson Bus Lines, double rooms with private baths, breakfasts and dinners for four days, and possibly an additional rental van for extra vicinity travel. We will depart this area on the evening of Wednesday, December 27, 1994, to travel overnight, and return on Monday, January 1. Trip is limited to 30 persons.

Cost: \$390. Deposit schedule: Now - \$40  
Sept. 1 - \$50 / Oct. 1 - \$50 / Nov. 1 - \$50  
Balance: Dec.15 - \$200

Deposits are non-refundable  
except as club policy provides.

## 1995 SUMMER ACTIVITIES

- May 13**      **Full Moon Saturday by Canoe**  
Dip your paddle in a scenic lake in the South Mountains. Day into evening trip.  
Call Jeff at 671-1916 H or 652-4261 W
- June 2-3-4**    **Camping at Ohiopyle State Park**  
This is tent camping but there are hot showers and indoor toilets. Saturday we will canoe the Middle Youghiogeny River, an exciting but manageable river. Sunday you can bike the 20+ miles of Rails-to-Trails or hike. Bike and canoe rentals are available at approximately \$15 and \$40 respectively. Cost of camping will be \$10 per person; bring your own food. Reservations and a \$10 none refundable deposit is required by May 30. If you are not able to reach me call the Brandons at 761-3920. Do not leave a message on my machine.  
Call Nan O'Donnell 697-0432 H or 852-2187 W
- June 11**      **Shenk's Ferry Wildflower Preserve**  
Shenk's Ferry is one of the best wildflower areas in the eastern United States and certainly one of the most popular natural spots in Lancaster County. PP&L preserved the glen as a wildflower sanctuary as part of the Holtwood Land Management Project. It is located south of Washington Boro on Rt 441. Meet at City Island at 10:00 to car pool. Bring a bag lunch. We can walk the preserve and, if there is time, hike to Chickies Rock for a great view of the Susquehanna River.  
Call Wanda Knuth 834-9233 H or 834-3211 W
- Jul 9**         **Day Hike at Michaux State Park**  
Jeff Butt will lead a hike through this beautiful forest and lake area near Caledonia State Park. Bring a bag lunch and water. Meet at 9:00 at the Appalachian Trail Center by the lake in Boiling Springs to car pool. Jeff plans to spend about 4 hours to cover 6 to 7 miles. This is a good trip for people who like a moderate pace with some hills.  
Call Jeff at 671-1916 H or 652-4261 W
- July 15**      **Picnic at Phyllis Zitzer's riverside home in Dauphin.**  
Begins at 4 P.M.  
Potluck Supper at 7:30  
Bring lawn chairs, rafts, tubes, boats and a bathing suit to play in the river.  
Volleyball and a bonfire are planned.  
Rain or shine. See map inside.  
Call 921-9006 H or 787-4301 W
- July 29 to**    **Canoe and camp in the North Adirondacks.**  
**Aug 1**         Paul Smiths 3 nights of camping. Limit 8 people.  
Deposit of \$35 due July 1 to cover your share of the food.  
Call Dave LeRoy at 561-1647 for reservations and more details.

## 1995 SUMMER ACTIVITIES

**Aug 12**      **Nissley Vineyards, 140 Vintage Dr., Bainbridge, PA**  
Enjoy a relaxing evening in a beautiful Lancaster County setting. Dance to the Big Band sound of the Herm Miller orchestra, bring a blanket or chair to sit on and a snack to share. Wine is available for purchasing and tasting. No alcoholic beverage may be carried in. Admission is \$10 per person. Plan to meet at 6:30. Call Barb Emerson 737-4933H or 234-2603 W

**Aug 26**      **Mountain Biking or Hiking through the Lehigh River Gorge.**  
Near Jim Thorpe, Pa.  
Call Norma or Jim Brandon for details if you are interested.  
761-3920 H or 255-2345 W (Norma)

**Sep 7 to 10**   **Backpack in the High Peaks of the Adirondack Mountains.**  
Details to follow. You will want to save this weekend. Jeff Butt will be leading.  
Call Jeff at 671-1916 H or 652-4261 W

**Sep 16**      **Canoe the Yellow Breeches**  
Meet at Messiah College at 9:00 for a great trip down one of the areas most scenic creeks.  
Call Jim Brandon 761-3920

**Oct 7**      **Ox Roast - more info in next newsletter**

**Oct 14 & 15** **Horseback Riding and Hiking near Pine Creek.**  
This is a repeat of a great fall trip taken last year. With riding on Sunday Oct 15 and hiking, biking or canoeing on Saturday Oct 14. Horseback riding for a full day trip will be about \$90. Everyone will be responsible for making their own reservations for the horses. Call Mountain Trail Horse Center, 717-376-5561. Tell them you are part of Jeff Butt's group. They are saving 10 spots for us. This will be first come first served. 50% deposit will be required payable to Mountain Trail, with the balance due day of trip. We will be staying in Wellboro.  
Call Jeff at 671-1916 H or 652-4261 W

**SPECIAL NOTE:** If you have plans for an evening or weekend activity, hiking, biking or canoeing, etc. and would like to share your plans with fellow Kick 'N Gliders, call me by the Wednesday prior to your date and I will pass the information along to anyone who calls to check the "**O'DONNELL BULLETIN BOARD**" 697-0432

**Trip Report:** The first summer activity took place on Sunday, April 30. John Marino led a group of 10 canoers on a trip on the Cedar Creek, VA. The water level was a little low, but everyone really enjoyed this lovely stretch of water. They all agreed they would like to do it again so we will be watching the water levels for an opportunity to make another trip. If you are interested in this activity call Nan O'Donnell 697-0432 or John Marino 774-1404 so you can be contacted if the water level looks good. Thank you John, for leading: you did a great job.

QUICKVIEW - TRIP DATES, PLACES, LEADERS - 1995-96

WINTER TRIPS

Dec. 28, '95 - Jan. 1, '96 - (4 nights accommodations)

Cranmore Mt. Lodge in North Conway, New Hampshire

The annual New Year's trip - this year to the White Mountains of Northern New Hampshire. Includes bus transportation leaving here the evening before. Jim Brandon

Jan. 12 - 14 Highland Forest in New York

We stay in a Best Western motel near the village of Tully, NY, and meals are on the local economy. One day of skiing may be an hour's drive north in the Tug Hill area. Dave LeRoy

Jan. 19 - 23 Lake Placid, NY

A perennial favorite; we stay in the White Sled bunkhouse, do our own cooking, and meet at day's end for drinks by the wood stove in "The Cottage" overlooking Mirror Lake. Jeff Butt

Jan. 26 - 28 Laurel Highlands in Western PA

Great skiing just 3 hours west on the Turnpike. Bed and Breakfast. Nan O'Donnell

Feb. 2 - 4 Eagles Mere, Pa

Ski in the Endless Mountains of Northern Pennsylvania. We rent a cottage with hot tub. Tom O'Donnell

Feb. 9 - 11 Susquehannock Lodge in Potter County, Pa

Share a Bed and Breakfast with the XC ski club from New Holland. Dance at Potato City. Wendy Davis-Baker

Feb. 16 - 19 Adirondacks Hut-to-Hut

This is a three day guided trek, skiing into remote huts along trails in the Adirondacks. Food and supplies are catered via snowmobile.

Wanda Knuth

Feb. 23 - 25 Crystal Lake in Northern Pennsylvania

One of Pennsylvania's oldest and best XC ski centers, with trails to last most people two good days. Stay in heated cabin with breakfast and dinner in the lodge dining hall. Joan Short

Mar. 2 - 9 Dillon, Colorado

Western mountain skiing. We fly from Harrisburg, rent a condo and vans for a week. With group rates, this can be a great bargain. Dave LeRoy

Mar. 15 - 18 Pioneer Lodge at Tug Hill in Turin, NY

Tug Hill is a plateau which receives many feet of Lake Ontario snow each year. Pioneer Lodge is a Bed and Breakfast in a working farm. Great food. Dave LeRoy

Please print all information.

Date \_\_\_\_\_

*Please complete both sides*

KICK 'N GLIDERS NORDIC SKI CLUB  
Membership Application 'N Release

NAME(S) \_\_\_\_\_

(Other family members)

STREET \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_  ( ) \_\_\_\_\_   
(Home) (Work)

\*Please indicate which information can be published for the Club Roster in the Newsletter by placing a Y or N in the blocks above.

Skiing Level:

Skiing Experience:

Beginner   
Novice   
Intermediate   
Advanced   
Expert

Fields   
Golf Courses   
Hiking Trails   
Touring Centers   
Back Woods

How long/how many times skiing? \_\_\_\_\_

In event of emergency, contact:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE ( ) \_\_\_\_\_ ( ) \_\_\_\_\_  
(Home) (Work)

RELATIONSHIP \_\_\_\_\_

PHYSICIAN \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

MEDICAL INFO  
(Conditions, allergies, etc.)

Please indicate interest in the following by placing a Y or N in the blocks  below:

Local Skiing   
Day Trips   
Weekend Trips   
Long Weekend Trips   
Night Skiing   
Ski Camping   
Ski Backpacking

Being a weekend ski trip leader?   
Being a one-day ski trip leader?   
Leading a summer activity?  
(Hike, canoe outing, picnic, backpacking trip, etc.)   
Teaching Club's Safety Orientation?

Comments concerning activities you would like the Club to organize, program suggestions, and/or any other ideas/recommendations:

Dues Year: May 1 to April 30	Checks payable to:	Mail application 'n check to:
Dues: \$10 Individual	KICK 'N GLIDERS	KICK 'N GLIDERS
\$15 Family		P.O. Box 7054
		Mechanicsburg, PA 17055

RELEASE

(Excerpted from the Bylaws of the Kick 'n Gliders Nordic Ski Club)

"ARTICLE XI. General Rules of the Club

Section 1. No members of this Club shall obligate or commit the Club to any major endeavor, unusual activity or extraordinary action, unless Executive Committee approval shall have previously been obtained.

Section 1A. Every member agrees to abide by the Kick 'n Gliders Constitution and Bylaws and the Club Rules of Conduct, recognizing the social nature of the group and the authority and discretion granted to the Executive Committee herein.

Section 2. Members desire to participate in the various activities of the Club. Each must recognize that all activities are strenuous and involve substantial risks of accident, injury and even death. Such activities, although engaged in as a group, are essentially individual activities/sports for which each individual must be physically and mentally prepared and capable, and in which each individual is essentially responsible for his own safety. The Club is simply an unincorporated association of interested persons which offers a central meeting point for those desiring to engage in the various activities; the Club does not sponsor or operate the activities for its benefit or profit; the leaders, the providers of motor vehicles, and drivers are all volunteers who lead or drive as an accomodation and not for their benefit or profit; the Club, its officers, the trip leaders, the activity leaders, vehicle owners, and vehicle drivers may not have ( and in reliance hereon may not purchase) any insurance covering the individual or benefitting him in the event of accident, injury or death. Finally, each individual must recognize that many Club activities are conducted in wilderness or backcountry areas where appropriate medical care may be either totally unavailable, or hours and miles away and therefore inadequate in the event of emergency, but trip leaders and activity participants do not necessarily have any specific rescue, first aid, medical, or leadership skills or training. Each individual must understand that any and all trip leaders, activity leaders, and fellow participants are entitled to, and will rely on, the individual's ability to care for himself and on his having the necessary skills and abilities to participate with the others."

I hereby recognize Kick 'n Gliders as a nonprofit, unincorporated association of persons who have voluntarily organized themselves to participate in and enjoy various activities. I hereby certify that I have read the above section of the Club's Bylaws and understand the responsibilities of being a Club member and release, discharge and waive the Kick 'n Gliders and each and every one of its members from any and all liability for any loss, damage or injury I may suffer or sustain as a result of any of the activities of the Kick 'n Gliders by signing by name below.

I agree to abide by the Kick 'n Gliders Constitution and Bylaws and the Club Rules of Conduct.

I recognize the authority of the Executive Committee to revoke membership for violation of the Kick 'n Gliders Constitution and Bylaws or the Club Rules of Conduct.

I recognize the authority of each trip leader to determine the compositon of the roster for his trip.

SIGNATURE OF MEMBER(S) \_\_\_\_\_ / \_\_\_\_\_ DATE \_\_\_\_\_

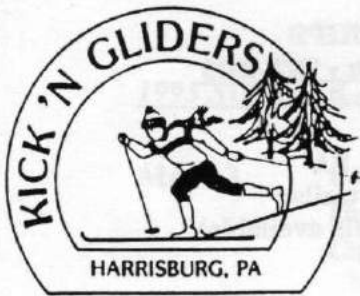
If member(s) are under 18 years of age, a parent or guardian must also sign:

\_\_\_\_\_ / \_\_\_\_\_ DATE \_\_\_\_\_

Signature and Relationship

**1996 CROSS COUNTRY SKIING DAY TRIPS**  
**DAY TRIP COORDINATOR: Barbara Emerson - 737-4933**

- JAN. 6**  
**Saturday**                    **Crystal Lake Ski Center - Hughesville, PA**  
39 km of machine groomed and track set trails.  
Trail fee of approx. \$10/pp (Lessons/Rentals available)
- JAN. 7**  
**Sunday**                    **Dalmatia, PA**  
                                 Trip Leader: Bob Ettlinger - 758-2311  
Ski through farm land, wooded areas, and beautiful countryside.
- JAN. 14**  
**Sunday**                    **Lehigh Gorge State Park - Weatherly, PA**  
15 mile trail follows an abandoned railroad grade along the scenic Lehigh River. Suitable for beginners
- JAN. 28**  
**Sunday**                    **Joint Trip with the Williamsport (PA) Cross Country Ski Group**  
Location to be announced at a later date.
- FEB. 3**  
**Saturday**                    **Hanley's Happy Hill Ski Center - Eagles Mere, PA**  
40 miles of groomed/track set trails.  
Trail fee approx. \$10-\$15/pp (Lessons/Rentals available)
- FEB. 10**  
**Saturday**                    **Raymond B. Winter State Park - Mifflinburg, PA**  
25 miles of trails through R.B. Winter State Park and Bald Eagle State Forest.
- FEB. 17**  
**Saturday**                    **Dalmatia, PA**  
                                 Trip Leader: Bob Ettlinger - 758-2311  
Ski through farm land, wooded areas, and beautiful countryside
- FEB. 18**  
**Sunday**                    **Stoney Creek - Dauphin, PA**  
Several miles of flat straight trail. Suitable for beginners.
- FEB. 24**  
**Saturday**                    **Gifford Pinchot State Park - Rossville, PA**  
Several miles of trails through wooded areas.
- MAR. 3**  
**Sunday**                    **Mt. Gretna - Mt. Gretna, PA**  
Tail skiing through wooded areas.
- MAR. 10**  
**Sunday**                    **Crystal Lake Ski Center - Hughesville, PA**  
39 km of machine groomed and track set trails  
Trail fee of approx. \$10/pp (Lessons/Rentals available)



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

ADDRESS CORRECTION REQUESTED

MAY 1995 - SUMMER SCHEDULE - WINTER TRIPS - NEW YEAR'S TRIP

**INSIDE THIS ISSUE**

New Year's Trip Announcement It's new. It's New Hampshire!

Summer Activities Make your plans now!

Quickview of '95-'96 Winter Trips Mark your calendars!

**DUES ARE PAYABLE NOW!**

