

The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

Nov. 1997

New Meeting Time

7:00 p.m.

Your newsletter editor may eventually learn to proofread a bit more closely. I announced in the last newsletter that the meeting start time was to be 6:30. Most people figured on 7:00 ... a few 7:30. Sorry. In any event, the correct time is now officially 7:00. Hope to see you there at the Wildware Canoe Shed Wednesday, Nov. 19 ... at 7:00!

DIRECTIONS:

Take 83 North to Union Deposit exit. Go west at the exit ramp and take the first left turn. Turn left again. Go around the big hotel and follow Pfeiffers Lane to the Wildware sign.

Look in the '98 schedule for details on parking.

Start your Ski Season with a Good Streeeeeetch!

Join us on Wednesday, Nov. 19, at 7:00 p.m. at Wildware, Union Deposit Road exit of Route 83 North. The program will be "Stretching for Skiing", presented by sports massage therapist Monica Pageler.

Certain cyclists are still searching for their sore muscles. But they haven't stopped talking about the dynamic presentation by Monica Pageler that lets you know the difference between a veg-out, drop-out, warm and yummy regular massage and a REAL sports massage. Monica will visit the Nov. 19 Kick 'n Glider meeting and perform magic on the body of our lucky program chairperson, Wanda Knuth. And she will talk about your body and how to stretch it before you ski.

Monica and her husband Jeff practice therapeutic massage in Harrisburg, along with a personalized wellness program tailored to meet the needs of the clients' chosen sports and related body mechanics. Both are licensed and well-trained massage therapists.

Monica will bring her massage table to the meeting and demonstrate how sports massage works. She will give away a gift certificate for a sports massage and will present handouts on the subject.

Don't miss this one!

Will Wanda bare all?

Come see for yourself!

Getting Connected!

Following are a few URLs I use looking for XC stuff in cyberspace. Let me know your favorites!

Cross Country Skier Magazine:

<http://www.crosscountryskier.com/>

Home page of Cross Country Skier Magazine, claiming to be "North America's largest, oldest, and most authoritative journal of Nordic skiing. There are some good instructional pages and information on skiing technique, gear reviews and places to ski."

Cross Country Ski World:

<http://www.xcskiworld.com/>

"...the ultimate resource for news, general information and educational articles related to every aspect of Cross Country Skiing and Racing. Designed for absolute beginners thru seasoned veterans, there is plenty for everyone interested in the sport. Regular updates are made year-round."

Ski Central

<http://skicentral.com/xcountry.html>

Basically a list of 80+ cross country skiing specific links.

More Program News

- **Dressing for Cross Country Skiing**

Tuesday, Dec. 2

Kathy Watts of Wildware Outfitters will talk about the newest clothing styles, fibers and fabrics, and the results of the latest research on all kinds of cross-country ski equipment.

- **Annual Christmas Party**

Wednesday, Dec. 17

This year we will be welcomed at the beautiful restored farmhouse of Paul and Barbara Kase. For those of you who know your way around the East Shore of Harrisburg, you can find the Kase property on Devonshire Heights Road, just east of Nyes Road. For those of you who get easily lost, meet at Wildware and we will go to the party as a group.

Plan to bring some good food to share. The club provides the drinks.

- **History of Crystal Lake**

Tuesday, January 6

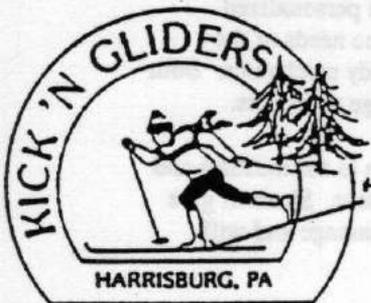
Come to the meeting to hear the news of the New Years Trip to Vermont. Learn how Crystal Lake got its start. Where the original roads entered the property. The mystery of the copper pots in the Lake, and much more.

Additional programs will be announced. In addition to the information you get from programs, meetings offer the chance to renew friendships, discuss your favorite winter sports, share photos of trips and make detailed arrangements for trips. Come join the fun!

Local Conditions

Want to go skiing at Crystal Lake or Eagles Mere but you're not sure what the conditions are like? Call them and find out!

- Crystal Lake, Hughesville PA: 717-584-2698
- Hanley's Happy Hill, Eagles Mere PA: 717-525-3461



KICK 'N GLIDERS
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ADDRESS CORRECTION REQUESTED