



The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

January 1999

Where will YOU spend "Millennium Eve?"

Sign up NOW for
"Millennium at Craftsbury".

Give a check for \$100 to treasurer Dave LeRoy or send it to Kick 'n Gliders, P. O. Box 7054, Mechanicsburg, PA 17055, to reserve your space.

Enjoy ordinary accommodations, extraordinary food and great skiing! Ring in the new millennium with a great crowd of like minded friends! Minimize your exposure to the Y2K computer glitch! Accomplish all this with one simple decision!

Normally we have the luxury of waiting until the end of the season to schedule the following year's extended trips. However, with the turning of the century next New Year (No, I don't want to enter the 2000/2001 debate!) we need to make reservations and get participant commitments early. The K'nG Board has decided to return to Craftsbury, VT, to see in the next New Year. The trip includes bus transportation from Harrisburg, accommodations, meals and trail fees for the Craftsbury ski trails. (Trail fees for any side trips you participate in will be additional.) The bus will leave Harrisburg the evening of December 28, 1999 and return the evening of January 2, 2000.

We need commitments from at least 24 participants to make the trip work financially. Here's how it works. The Club will make a deposit for accommodations for 30 souls immediately. If enough people sign up by the deadline, the club will keep the reservation. If not, the club will cancel the reservation and return your deposit minus your share of a \$20 processing fee.

Our deadline is April 7, 1999. Sign up, now, for the trip of the century!

Extended Trip News

Garnet Hill - Fred Burgess - Although the Garnet Hill trip, Jan 16-19, is full, I have it on good authority that Fred Burgess has reserved an additional cabin at Garnet Hill to coincide with the Club's trip. At this writing, Fred still had an opening or two. Please call him, 717-243-9736, to find out if he can fit you in.

Tug Hill Tourathon - Dave LeRoy, 561-1647, and Nancy Kauh, 761-7206, remind us that the Tourathon fun race is Jan. 16. Find details in the Season Guide or call one of them to join the fun!

Eagle's Mere - There is still space at the Cozy Dell for the February 5 - 7

trip to Sullivan county. Call Phyllis Zitzer, 921-9006, for the latest information and send your deposit to the PO box or give it to Dave LeRoy.

Lake Placid - Although the trip is full, there are many other hotels in town. If you let trip leader Jeff Butt, 671-1916, know early enough he can arrange for you to share meals with the club. An example hotel is the St. Moritz a few moments walk away. Shopworn, but clean and adequate, rates are only about \$40.

This year's trip coincides with the Saranac Lake Winter Festival with it's spectacular ice castle built by the lake just for the event.

Black Forest - Our visit to Happy Acres on February 26 - 28 still has room. This low budget trip features what Dave characterizes as the best ungroomed cross country forest ski trails in PA. Call Bill Stine at 392-1675 for additional information and send you check to the PO box, address above.

Turin - Pioneer Lodge - Skiing "mindshare" is tough to attract in March. Nonetheless, the Turin trip is usually one of the best of the season, offering a wide variety of skiing venues and reliable snow conditions. What's more, it is a week earlier than usual, March 12-15, this year. So, give the trip a corner of your mind and sign up for great skiing, cozy accommodations and wonderful food prepared by the folks at Pioneer Lodge.

Day Trip News

Please note that I screwed up last month on a couple of the day/date combinations that I published for day trips. The corrected list for remaining day trips follows:

Saturday	Jan. 16	Laurel Ridge	Tom & Helen Templeton	697-5113 (H)
Saturday	Jan. 23	Crystal Lake	Paul & Barbara Kase Note: This is a joint trip with Susquehanna Ski Club. You can also call Jan Diehl, 796-0689, for details.	245-0663 (H)
Saturday	Jan. 30	Luke's Trail	Dave LeRoy	561-1647 (H)
Saturday	Feb. 6	Eagle's Mere	Nan O'Donnell	697-0432 (H)
Saturday	Feb. 13	Open		
Sunday	Feb. 21	Laurel Ridge	Dennis & Beth Major	432-7068(H)
Saturday	Feb. 27	Crystal Lake	Jim Brandon	761-3920 (H)
Saturday	Mar. 6	Open		

Also, the procedure for participating in the trips is to contact the trip leader a day or two before the trip to express your interest and find out what the leader is planning to do. The leader will plan the meeting location for participants. Also, because of local conditions, the leader may choose to modify the plan to ski a more favorable area. Please don't simply show up at the advertised venue and then complain that the leader didn't show!

Trip Report: New Year's in Inlet, New York

The consensus at the meeting at Wildware on

January fifth was that this was a great trip! Although the long weekend started with sparse snow cover and presented some challenging thermal conditions it snowed every night and provided some great skiing beautiful scenery and excellent company. Following is Patty Gillingham's report. Your newsletter editor's sincere thanks to Patty for her prompt submission!

Weekend participants: Mike McMullen, Mary Lutz, Becky Cotich, Anne Hoeck, Rich Brownwell, Patty Gillingham, Bob and Carol Alexander, Phyllis and John Whitlock, Joan Short, Paula Kelly, Dennis and Beth Major, Fred Burgess, Rick Begley, Randy and Joy Reardon, Nancy Kauh! and Dave LeRoy.

Thursday - (sparse snow cover) Green wax day for those with waxable skis. Cascade Lake was gorgeous, especially the frozen waterfall. The "Dudes" (Rick, Dennis and Fred) skied the loop twice! Before the second ski trip of the day, several went to Walter Schmidt's ski shop. On the second trip, they tried waxable skis which turned into scrapables, a rock wax day!

Condo G3 could not get their heat regulated. The first day it was 50 degrees and intermittently thereafter it fluctuated between 50 and 95 degrees - dueling thermostats! At the time of this writing (Happy Hour), consensus has it at 95 degrees.

New Year's Eve at Daikers. A great time dancing to the one-man band. Energizer bunnies, Rick and Becky, danced the night away!

Friday - Big Otter Lake Truck Trail: (ten inches of fresh powder on the trail) Minus 5 degree temperatures meant it was a polar wax day. However, we started with green wax and it got colder; too cold to change the wax. Some skied 3 miles, some 6, some 10 and a few 16. Joan, Fred, Dennis and Rick, "the Four", skiing 16 miles, were hurting BIG TIME!

Two skiers had to walk 1 mile to a closed "Old Mill Restaurant" when their ride, who skied three miles, left early! Mike and Mary called Condo F3 from an outside pay phone while snowmobiles were racing a foot away. Meanwhile, at 4:15, the Four returned amidst worried comrades and rangers! A ski patrol was close to being dispatched to retrieve them! Dennis and Rick shivered the ten mile trip home while Fred and Joan went to Happy Hour at the open "Old Mill" and drank the hours away with Mike and Mary who finally got back to the now open "Old Mill"!

Back at the ranch, Beth was cooking up a snow storm of a meal! Chicken Trazzini, salad, veggies, wine and dessert.

Saturday - Minus 25 degrees F. Cars would not start! Three to be exact! Paula's car was "mating" with Alexander's. A blanket was covering both cars while Paula's exhaust was warming Bob and Carol's car so they could open the hood. As a result, the trip to Newcomb was delayed 1/2 hour with the functioning cars and 8 participants. At the end of the trip the temperature rose to zero degrees!

Unfortunately we had some minor mishaps. The front end of Rick's recently repaired Outback was dented when he skidded on ice! No one suffered whiplash. Dave and Nancy drove an hour with no heat due to a malfunctioning thermostat. Thankfully, we had Dennis Major along to provide expert advice and instant estimates on repair costs for bumpers and thermostats, but he said to Rick, "You've contributed enough! My kids are through college!"

Others ventured on their own closer to Rocky Point, but after an hour succumbed to the below zero temperature, returned to light a fire, then started out again for another attempt! Phyllis will have leftover soup throughout 1999! It was delicious. Rick learned the meaning of "incredibly slow" after skiing with Patty and Rich.

Crystal Lake Note - We've been informed that Crystal Lake will not operate their small downhill area for Alpine skiing this year in favor of snow tubing. However, they will focus on keeping the shallow end of the lake in shape for ice skating.

Ski Conditions

So, you want to ski this weekend! How can you find out what the conditions are? This started as a casual conversation and information from Phyllis Zitzer and then got out of hand with a variety of web pages:

Pennsylvania XC Ski Areas

See:

<http://www.aminews.com/ski/script/xcgold/Pennsylvania.shtml>

- Calender's Windy Acres Farm, (717) 727-2982
- Crystal Lake for a taped ski report at (717) 584-4209, or from a live person (717) 584-2698
- Hanley's Happy Hill, (717) 525-3461
- Laurel Ridge State Park XC Ski Concession (724) 455-7303
- Skytop, (800) 345-7759

Selected Parks & Forests of Pennsylvania

See:

<http://www.pennsylvania.com/recpark.html>

- Denton Hill State Park, Coudersport area, (814) 435-6444
- Hyner Run State Park, 6 miles E of Renovo, (717) 923-0257
- Hyner View State Park, Hyner, (717) 923-0257
- Kooser State Park, Bakersville, (814) 445-8673
- Laurel Hill State Park, 10 miles W of Somerset, (814) 445-7725
- Laurel Mountain State Park, Ligonier, (412) 238-6688
- Laurel Ridge State Park, Seward to Ohioyle, (412) 455-3744
- Little Pine State Park, 3 miles N of Waterville, (717) 753-8209
- Lyman Run State Park, Coudersport area, (814) 435-6444
- Nolde Forest Environmental Center, Reading, (610) 775-1411
- Ohioyle State Park, Ohioyle, (412) 329-8591
- Sproul State Forest, 3 miles W of Renovo, (717) 923-6011
- Tiadaghton State Forest, South Williamsport, (717) 327-3450
- Worlds End State Park, Forksville, (717) 924-328

West Virginia

See:

<http://www.aminews.com/ski/script/xcgold/WestVirginia.shtml>

- Snowshoe Mountain Resort, (304) 572-1000
- Timberline XC, (304) 866-4801

Vermont

See:

<http://www.scenesofvermont.com/xcountryski/index.html>

Northern Vermont

- Burke Mountain, East Burke, (800) 786-8338
- Craftsbury Outdoor Center, Craftsbury, (800) 729-7751
- Hazen's Notch, Montgomery Center, (802) 326-4708
- Highland Lodge, Greensboro, (802) 533-2647
- Edson Hill Ski Touring Center Stowe, (802) 253-8954
- Smugglers' Notch, Jeffersonville, (802) 644-1173
- Sterling Ridge Cabins, Smugglers' Notch, (800) 347-8266
- Stowe Mt. Resort, Stowe, (802) 253-3000
- Sugarmill Farm, Barton, (800) 588-7978
- Trapp Family Lodge, Stowe, (802) 253-5755
- Top Notch Touring Center, Stowe, (802) 253-8585

Central Vermont

- Blueberry Lake, Warren, (802) 496-8687
- Blueberry Hill, Goshen, (802) 247-6735
- Churchill House Inn, Brandon, (802) 247-3300
- Green Trails X-C Ski Ctr., By the Floating Bridge, Brookfield, (800) 243-3412
- Green Mountain Touring Ctr., Randolph, (800) 424-5575
- Mountain Top, Chittenden, (802) 483-6089
- Ole's, E. Warren, (802) 496-3430
- Round Barn, Waitsfield, (802) 496-6111
- Wilderness Trails Cross Country Center, at the Quechee Inn, (802) 296-7620
- Woodstock Ski Touring Center, (802) 457-6674

Southern Vermont

- Grafton Ponds, (802) 843-2400
- Hermitage XC Touring Center, Wilmington, (802) 464-3511
- Hildene Ski Touring Center, Manchester, (802) 362-1788

- Meadow Brook Inn, Peru, (802) 824-6444

- Prospect Mountain, Woodford, (802) 442-2575
- Rikert's, Ripton, (802) 388-2759
- Stratton Mtn. Nordic Center, (802) 297-2200, (802) 297-4114
- Timber Creek X-Country Ski Area, Wilmington, (802) 464-0999
- Viking Ski Center, Londonderry, (802) 824-3933
- The White House of Wilmington, (802) 464-2136
- Wild Wings Ski Touring Center, (802) 824-6793

New York

See:

<http://www.aminews.com/ski/script/xcgold/NewYork.shtml>

- Art Roscoe XC Ski Area, (715) 354-9163
- Bark Eater, (518) 576-2221
- Cascade Ski Touring Center, Lake Placid, (518) 523-9605
- Cunningham's Ski Barn, (518) 251-3215
- Fahnestock Winter Park, (914) 225-3998
- Friends Lake Inn, (518) 494-4751
- Frost Valley, (914) 985-2291 ext: 396 or 240
- Gamet Hill Lodge and X-C, 13th Lake Road, North River, NY (518) 251-2150
- Gamet Hill Lodge, (518) 251-2444
- Lapland Lake X-C Center, Northville, NY (518) 863-4974 or (800) 453-SNOW for taped report
- McCauley Mountain, Old Forge Area, for downhill and X-Country, (315) 369-3225
- Mohonk Mountain House, (914) 256-2101
- Mountain Trails, (518) 589-5361
- Mt. Van Hoevenberg Olympic Nordic Trails & Touring Center, Lake Placid, (518) 523-2811
- Osceola Tug Hill, (315) 599-7377
- Pineridge XC, (518) 283-3652
- Tug Hill X-C Center, Osceola, (315) 599-7377
- Salmon Hills, (315) 599-4033
- Whiteface Club, (518) 523-2551
- White Birches, (518) 734-3266
- Williams Lake Resort, (914) 858-3101

January 5 Meeting:

Dave LeRoy, Map Reading & Packing for the Trail

Dave informed and entertained about fourteen in attendance at the Wildware Canoe Shed with insights on the importance and basics of map reading while on the ski trail. And he allowed all to peek into the mysterious contents of the magic blue pack he carries on his back when on the trail.

Besides the basics of interpreting contour maps (peaks are circles, ravines are vees), Dave stressed the importance of being able to read contour maps and of more than a single person in a group keeping track of location. Knowing where you are is key to making decisions while on the trail. For instance, should you continue on your planned trip or turn back to be able to avoid trekking the woods at night? If someone is injured on the trail, is there a short cut to be able to get them to help? If lost, is there a large or long feature that you can find by following a compass course that will help you establish your location on the map? These are important considerations, especially for the ungroomed forest trails that the trips frequent.

Phase two of the presentation revealed the following contents of Dave's pack:

- Water - You must keep hydrated while skiing. Keep water containers buried inside the pack in very cold weather to help keep them from freezing.
- Food - High energy stuff is best. Besides, Dave's in constant fear of fading away to nothing during a day's ski, though the wooden stuff he displayed weren't exactly high energy.
- Local maps - See above.
- Extra socks, mittens and balaklava - If you get wet, spares will help you get warm, again, more quickly.
- Extra warm layer - Light fleece or wool sweaters don't weigh much and help keep you warm when

you stop to rest or because of an emergency.

- Gaiters - By covering the area between your boot top and pants, you can help keep your ankles and feet dry and warm in deep snow.
- Neck gaiter - Versatile, tubular garment can keep your neck, face or head warm. Carry two.
- Sunglasses or goggles - Protect from falling snow and whipping branches as well as the sun.
- Kick wax & cork - Conditions may require traditional skiers to rewax.
- Wax scraper - Also useful to remove ice from the bottom of skis.
- Swix F4 Universal glide wax - This fluorinated product is the best one to keep ice from sticking to the bottom of skis in warm, fresh snow.
- Moleskin - Protect sore spots on you feet before they become blisters.
- Sunscreen and lip balm - New skiers might be surprised at how sun and wind dry and burn the skin.
- Flashlight - You didn't intend to be on the trail after nightfall. Keep the batteries packed separately so as not to leak into the flashlight housing.
- Matches or butane lighter - You never know when a fire will be helpful in an emergency. Butane lighters last longer in your pack.
- Candle - Simple, reliable source of heat and light to ignite with that butane lighter.
- Knife - Endlessly useful.
- Rope and/or duct tape - Bind a broken pole or ski, help splint a fracture, use your imagination.
- Saw - Clear trail blockages for others and for your return trip.
- Baggies - Keeps dry things dry and wet things wet. Organizes pack contents.

- Toilet paper - Soft leaves are hard to find on the trail in winter. Use one of those baggies to pack it out.
- Space blanket - That extra bit of warmth and protection may save your life.
- Large trash bag - Works great as an emergency shelter or rain gear.
- Ski tip replacement - This emergency ski tip fastens to the front of a broken ski to help it work to get you home.
- Compass - Use with maps to help find your way if lost or to help identify prominent landmarks.
- Whistle - Louder and easier on the vocal cords when trying to attract the attention of others at great distance.

All this may sound excessive, but the sum of it all doesn't weigh too much and can be a "real" lifesaver on the trail. However, the story doesn't end with this list. See the information in the back of the Season Guide for more information about safe behavior on the trail and for how to dress for warmth while skiing.



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

ADDRESS CORRECTION REQUESTED

Bill & Sandy Stine
627 N. School Lane
Lancaster, PA 17603

Is there a red "X" on your newsletter's address label?

If the answer is "Yes", you have **not** renewed your membership in the Kick 'n Gliders for the 1998-1999 ski season. If you wish to continue receiving the Easy Glider and keep up with the activities of the Kick 'n Gliders, now is the time to renew your membership! Please complete the enclosed Membership Application form and send it and your check for dues to our post office box as soon as possible.

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- **Day Trips**
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- **How to pack for the ski trail**
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- **1999 Extended Trip News**
There are a few more openings and some
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- **Trip Report**
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- **Ski Conditions**
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