

The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Bill Stine

Issue: April 1999

April 21 Meeting

Harris House Tavern

7:00 p.m.

(note time change)

Union Deposit Road



1999/2000 Officers

Nominating Committee Chair,
Roberta Strickler

The Nominating Committee offered the following slate of officers for 1999/2000:

- President: **Dennis Major**
- Vice President: **Bill Pickering**
- Secretary: **Joe Harfmann**
- Treasurer: **Dave LeRoy**
- Weekend Trips: **Jamie Hackman**
- Summer Trips: **Nan O'Donnell**
Roberta Strickler
- Day Trips: **To Be Negotiated**
- Newsletter: **Bill Stine**



1999/2000 Season Trip Preview

The annual trip planning meeting on April 6 was a productive affair. The schedule for next season follows for your advanced planning. So, please mark your calendars for the trips you plan to attend. Look for more details in future newsletters!

Craftsbury, VT Dec 28 - Jan 2

Urgent! See Millennium Trip article, below. We now have ten people signed up for this trip.

Tug Hill, NY Jan 14 - 16

Tourathon Race

Garnet Hill, NY Jan 14 - 17

Crystal Lake, PA Jan 21 - 23

Stay in Laughlin Lodge

Mystery Trip Jan 28 - 30

More later ...

Laurel Highlands, PA Feb 11 - 13

Lake Placid, NY Feb 18 - 22

Black Forest, PA Feb 25 - 27

Inlet, NY Mar 4 - 6

Rocky Point Condos

Turin, NY Mar 17 - 20

Pioneer Lodge

Millennium New Year's Trip

If you are interested in this trip, please make your wishes known to Dave LeRoy, 561-1647(H), 790-9565(W), as soon as possible to facilitate planning efforts.

A \$100 deposit is required to secure your spot. Final trip cost has not been established yet, but will be about \$400 and will include transportation both ways, four nights at Craftsbury Center and three meals a day for the four days! We have ten people signed up as of this writing.

We have been fortunate enough to make reservations for 32 at the Craftsbury Nordic Center for the weekend during which we enter the new millennium. As many of the popular places have been booked for this weekend for several months, we are lucky, indeed, to have been able to find space at this delightful spot in northern Vermont.

What more appropriate spot to celebrate something that happens only every 1,000 years? Craftsbury is New England personified, with oversized white clapboard houses, rolling hills, farms, forests, streams and lakes. The Craftsbury Nordic Center is in the midst of this atmosphere, far from cities and interstate highways. Ski trails start just out-the-door and go for miles in several directions. Nice, powdery snow is a likelihood. The rustic atmosphere and healthy, home-cooked meals are reminiscent of simpler and less frantic times. Their wood stoves are immune to Y2K problems!

Craftsbury has an extensive trail system of their own, as well as trails leading into the village and the Catamount Trail as it passes through on its way from Massachusetts to Canada. In addition, the bus which will deliver us to (and retrieve us from) Craftsbury will take us to Stowe for a day at the Trapp Family Lodge on a unique system of ski trails. Other side trips may be planned.

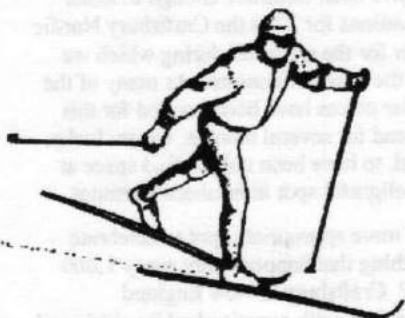
Meeting Notes



March 2 - Canoeing Maine's St. John River

*Bob & Carol Alexander and
Mary Klaue*

This trio shared their outstanding slides and memories of their 110 mile paddle down the St. John River in northern Maine. The journey departed from Baker Lake and spent the next six days and nights savoring the river's scenery, wildlife and remoteness. Participants also endured a charred tent, rain and a blizzard. All in all, it was a memorable experience, even for those of us who just looked at the pictures!



Trip Reports

Lake Placid - Feb 12-16

by Rick Begley

We woke up Saturday morning to six inches of fresh snow. We decided to ski Mount VanHoevenerg while Crazy Larry ripped the slopes at Mount Whiteface. Conditions were good and everyone skied hard. For dinner, Jim treated us to a hearty spaghetti dinner with all the trimmings. Later that evening, some energetic K'nG'ers went downtown for some dancing.

On Sunday, most of us went to the Adirondack Visitors' Center. We skied the Esker Trail in sunny, but cold, conditions.

Bill and Liv explored the center on their brand new snowshoes. Kim and Jeff got some skating pointers at Mt. VanHoevenerg and Larry had a rough day on the downhill. Dinner was the traditional pork and kraut ala Stine. After dinner, many went to see the ice show at the skating center.

Monday treated us to a bright blue sky and good ski conditions. Some went to ski the Fish Pond trail (11 miles) while Bill and the girls went to snowshoe the remaining trails at the Visitors Center. Larry went to Mt. VanHoevenerg and got beat up again. On the way, Dave realized he forgot THE PACK and had to go back to fetch it. A bunch of us met at the Cottage that evening to reminisce the weekend. A scrumptious dinner was prepared by Dave and Nancy.

Yet another successful and fun trip to Lake Placid. Jeff, once again, picked the perfect weather window for a great mix of participants, including Jeff Butt, Rick Begley, Norma & "Lame" Jim Brandon, Dave LeRoy, Nancy Kauh, Bill & Sandy Stine, Bill & Liv Reichle, Larry Henry, Krista Cessna, Sally Huff, Bonnie Booth and day guests, Bob & Sue Gaston.

Black Forest - Feb 26-28

by Dave LeRoy

Thirteen skeptical Kick 'n Gliders arrived at Boone Run Cabin and Trailer on Friday evening, Feb. 26. To their surprise, there was deep old snow drifts along the road which was taken, first along Pine Creek, then along Little Pine Creek. The cabins were very pleasant. After a quick breakfast, we decided to drive to the Black Forest Trail System and ski Sentiero DiShay. We accessed Sentiero DiShay by way of Francis X. Kennedy Trail, which included a delightful downhill and a more challenging downhill stretch along a narrow stream. There was a bit of new snow on a base of soft to hard snow and ice, and an occasional bare spot. But the entire itinerary was pleasantly skiable and we skied in excess of ten miles.

Stacey Richter, a beginning X-C skier, slid into the creek but was unscathed. Christy Butt found herself suspended from a tree by her ski pole. As the temperature rose through the thirties, the snow became softer and the skiing more pleasant as the group wended its way through the forest on the trail. The skiing ended abruptly at the Black Forest Inn, which is newly remodeled and open only on weekends. After a brief libation by a roaring fire, we descended to Happy Acres for showers and snacks.

Dinner was at the Clown Lounge, featuring chicken fried steak and Black Gold. We were seated at a long table where we discussed who would participate in karaoke. We chickened out on the karaoke and headed across the street to our cabin. By then it had started to rain which continued throughout the night and well into Sunday. We had a leisurely breakfast on Sunday and eventually went our separate ways, some by way of the outlet store in Woolrich.

Participants included Dave LeRoy, Nancy Kauh, Bill & Sandy Stine, Fred & Tanya Richter and daughter Stacey, Nan O'Donnell, Kim Lausch, Tim Musser, Jeff & Christy Butt and Roberta Strickler.



Tug Hill - Mar 12-15

by Selected Participants

Attending: Dave LeRoy, Nancy Kauh, Bill and Sandy Stine, Fred Burgess, Kim Lausch, Tim Musser, Fred & Tanya Richter, Paul and Barb Kase and Joan Short.

Our hostess, Diane, at the Pioneer Lodge did her usual, with ample hospitality, cozy atmosphere and groaning breakfast and dinner tables. As usual, Mother Nature delivered ample snow to Tug Hill for our mid-March ski. Actually, it was the best in your editor's experience, with fifteen inches of fine powder. Most of the trails were untracked. It made the word "glorious" come to mind.

Fred B and Joan arrived early to ski most of the Carpenter Road trails on Friday, while Tim got his alpine fix on the trails at Snow Ridge. Bill, Sandy and Kim arrived later, Friday, and did a short loop at Carpenter, grateful for Fred and Joan's trail-breaking efforts. On Saturday morning the group skied Centennial Scoot just inside the eastern edge of Adirondack Park and the trails at Carpenter Road in the afternoon. Carpenter Road displayed new improved signage and offered a new map. On Sunday we did a one-way ski of the northern section of the Confusion Flats horse trails (which none of us had ever done before and which were beautiful), ending at the point where we usually start. In the afternoon most were ready for an easier ski so we did the lower five miles of the Black River Canal tow path. On Monday morning we bid our hosts at Pioneer Lodge goodbye and did a loop

along spectacular Inman Gulf at Barne's Corner.

Fred Burgess: Breaking trail off Carpenter Road was cold work through drifts that reached as high as three feet, but it was magical with the snowy evergreens and the sunlight making the show sparkle.

Barb Kase: Wonderful, powdery SNOW! Great back country skiing with super trail breaking by Fred Burgess. Tim Musser opened trail by careening down a steep gorge (Yahoo!!) Good friends, good fun, good skiing!

Dave LeRoy: This was a trip of names. We found that three of the six guys on the trip were named "Fred", two of the girls had "May" for a middle name and two of the guys have "Ray" for a middle name. But what guys have middle names of "Titus", "Hugh" and "Douglas", and what trip member's true initials are PDR? We skied on "Gum Drop Trail" and "Drag Line Trail" to "Confusion Flats" and drove past roads such as "Snugsboro Road" and "Erie Canal Road".

Nancy Kauh: "Centennial Scoot" was really nice, especially for the second half of the group who benefited from the trail breakers on the way in and from all of us when we looped back out the way we skied in. "Carpenter Road" was also nice, especially since Fred Burgess had broken the trails the day before. It was a surprise to ski the "Return Trail" and have Fred's tracks suddenly stop - the snow had drifted and obliterated segments of the tracks and formed cornices at other locations. Besides lots of snow, we enjoyed laughter and good food at the Pioneer Lodge.

Fred Richter: (ed. note: Never give a simple writing task to a Curriculum Director. After half an hour of inquisition, Fred came up with half a page of nearly indecipherable notes from which I salvaged the following statistics and pearls of wisdom. I don't think he worked on the jigsaw puzzle.) Two trip members have birthdays on July 7th. Four of us were born in the spring, six in summer and two in the fall ... so??? First-borns are more adventurous, witty, serious, intelligent, creative, reverent, stable, anal, prepared and considerate. Middle children do jigsaw puzzles.

Classified Ads



For Sale

Kid's X/C Ski Equipment:

- "Sno Fox" skis with bindings & poles
 - This is a beginners "package" for tots 3-5 years old
 - Boots: 75 mm, 3 pin, 1 pair: 30 .32 .33
 - Skis: 1 pair: 125's, 150s, 170s
 - Poles: 2 sets
- Misc:**
- Salomon "SR Profil Country" bindings (new, in the box)
 - 55 mm, 3 pin bindings (new)

Will consider splitting kid' items, however, would prefer selling all as a package.

Call 657-5291 after 5:00.

Wanted

- X/C Boots (NNN) 35,37
- X/C Bindings: NNN (new or used)

Call 657-5291 after 5:00.

Membership

Please add the following new members to your "People to Ski With" Directory:

Sandra Fees
220 Rudy Road
Harrisburg, PA 17104
(717)236-4283 h

Wilson T. Kury
4604 Brian Rd.
Mechanicsburg, PA 17055
(717)605-4768w
(717)763-4919 h

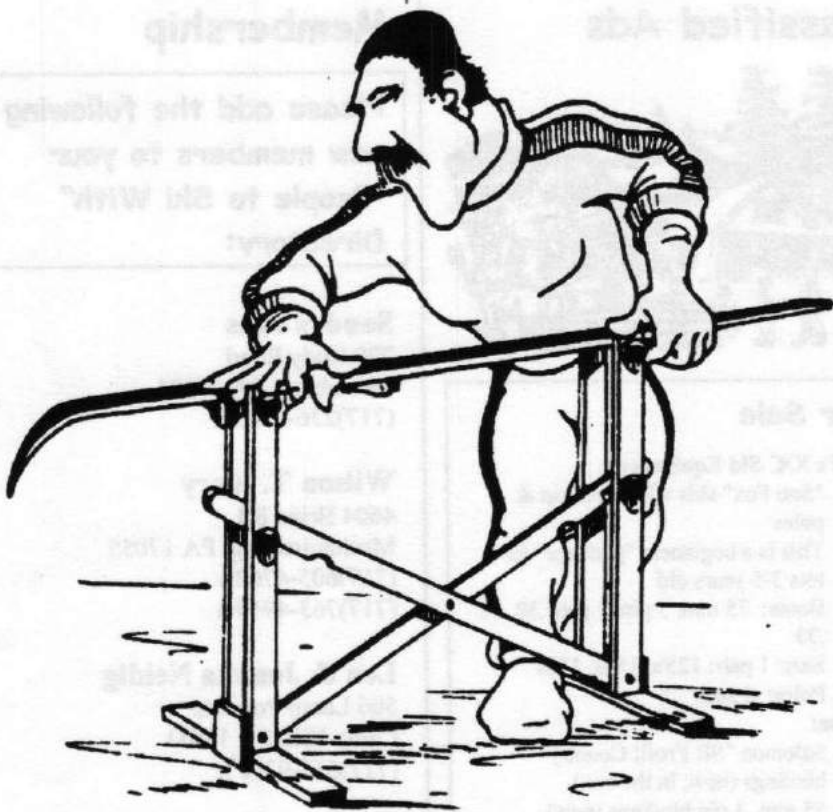
Len & Joanna Neidig
506 Lamp Post Ln.
Camp Hill, PA 17011
(717)612-9368 h

Sally Patterson & Mike Beudet
335 No. Charlotte
Lancaster, PA 17603
(717)566-7288 h

William & Liv Reichle
116 Bunting Drive
Wilmington, DE 19808
(302)239-3942 w

Peter Oswald
1502 Bradley Ave.
Hummelstown, PA 17036
(717)861-8686 w





Waxing Your Skis

This article was copied, with permission of the author. It was authored by John "J.D." Downing, founder of Cross Country Ski World, a XC ski web site at <http://www.xcskiworld.com/>. The page on which it appears is sponsored by Royal Gorge Ski Resort.

Waxing

Both kick and glide waxing are considered art forms in cross country skiing primarily because of all the subtle additions and variations that can be involved. With volumes of literature and sales pitches available, a beginner can easily get intimidated by all the information and choices. Never fear! Waxing can be an easy and enjoyable part of the XC skiing experience if you have a few pointers and practice a few times. Here a beginner will find some useful tips for getting started in waxing and a familiarization with the waxing process.

Part Two: Waxing for Kick

Why?

The Classic motion fundamentally differs from Skating primarily in the way in which we transfer drive from one side of the body to the other. Skating uses an edge to obtain "purchase" in the snow for the weight transfer. In Classic skiing, to obtain

"purchase" you must have something underneath the middle third of the ski that will "grab" or "stick" to the snow crystals just enough to provide a launch pad to drive onto the other side. This "something" is either a synthetic "waxless" pattern permanently imbedded in the ski base OR it is some form of "kick wax". Kick wax is only applied to the middle third of a waxable ski known as the "wax pocket" or "kick zone". Kick wax past the kick zone will only slow down a ski and will not aid in getting kick.

Kick waxing can be frustrating if you totally miss the wax and it can also result in some of the best Classic skiing of your life. It pays to listen to folks that really know how to kick wax whenever a clinic or seminar is in your area. One harsh reality about kick waxing is that you will need to do it every time you go Classic skiing on waxable skis. All the more reason to learn to do it well!

Waxless Ski "Waxing"

Careful here, the only type of "waxing" you ever want to do with the waxless surface of a waxless ski is actually just a form of de-icing. A number of companies make special pads specifically for waxless skis that will help the speed of the ski and help prevent ice crystals from building up on the waxless ridges. This can be particularly helpful in fresh snow conditions. All you do is rub a pad (they look like the little handy-wipe cleaning packets) on the waxless ridges and make sure to let the liquid cool before setting the ski in the snow. Never put kick

or glide wax on the grooves of a waxless ski! The only other type of waxing you might do with a waxless ski is glide wax the tips and tails which is covered later.

Kick Wax: Two Types

Stick Wax

Looks like and is applied like a stubby, wide crayon. Comes in a small, peel-able "can" in all sorts of color-coded temperature ranges. Typically, green and blue represent temperatures below freezing; violet just around freezing; and red and yellow above freezing. Stick wax is gently crayoned on and smoothed into the "wax pocket"—the middle third of the ski. Kick wax is used primarily for fresh, cold, and semi-transformed snow conditions.

Klister

Comes in small toothpaste tubes and is undoubtedly the messiest part of X-C Skiing. Klister is applied in one very thin layer and smoothed to form a clear sheen across the wax pocket. It also comes in color-coded temperature ranges with several "universal combinations". You typically need klister in warm and older snow conditions as well as ice. Note: Don't be scared off by klister's messy aspects. If you understand how and when to apply it you can substantially reduce the difficulty of using klister and you will also come up with a great way to enjoy previously "unskiable" conditions.

How to Use Stick Wax

Grip the stick wax in one hand and support the ski with your other hand as well as your body. If you have a bench with vises it will be a bit easier but they are not essential. Gently crayon on enough wax to cover the entire wax pocket running surfaces—but not the groove. You will find colder waxes crayon on very quickly/easily and this is one of the big reasons why it is easier to use waxable skis in colder regions (i.e., North America's Midwest, Alaska, the Yukon). Warmer stick waxes and klister tend to glob so be careful. Once you have applied a "layer" of the stick wax, you will need to use a waxing cork or the heel of your hand to gently smooth the wax into a clear layer. Don't work the wax too much. Just rub in smooth, firm strokes primarily in the direction of travel. It is important to try to get wax as smooth as possible in order to create a faster kick zone and better kick. If you have globs or rough spots the ski slows down and the high spots can actually lift a ski a micro-amount so that kick is compromised! When applying, try to leave a couple inches above the bottom of your wax pocket so that smoothed or "corked in" wax won't be spread past the wax pocket.

The best method of applying stick wax is to use several thin layers rather than one thick one. Occasionally you will need to apply a binder with stick wax. A binder is a harder stick wax put on first that will increase the durability of the wax of the day but not compromise speed. Binders are usually only used in particularly abrasive conditions.

Try to scrape out any wax that gets into the middle groove before skiing. Wax in the groove doesn't help kick and will slow glide. After a few times practicing you'll get a hang of the process and this can be a pretty quick operation.

How to Use Klister

Start by running a pencil thin line of klister down each side of the wax pocket. Then use a klister paddle or your thumb to smooth the lines into a clear sheen. As with kick wax you do not want klister in the groove so clean up spillage. Likewise, you'll need to clean off extra klister on the sides. The most common error with beginners is putting on way too much klister to start with. Go with as little as possible to get a thin, tacky layer throughout the wax pocket.

Quite often klister is used in very hard snow or ice conditions which means you'll need a binder to increase durability. A binder simply means a colder, harder klister laid as a base for a softer, warmer klister. The binder helps to prevent softer klister from being rubbed off the ski in the first couple kilometers. Blue or green klister is the most common binder in most brands. Application of binders is exactly the same as regular klister however, due the hardness of the wax you probably will need to warm a binder before and during application. The easiest way to warm a binder is to warm up your klister tubes inside before you wax. If you are away from a building you will need either a heat gun or a small propane torch. Once the tube is warm enough so that the klister easily comes out, you'll want to apply and spread using heat to break down any clumps that develop. If you use a heat gun or a propane torch, make sure that you are very careful not to apply direct heat for anything but a few seconds at a time—and NEVER to an exposed base (one without any wax on it). It is very easy to melt a \$400 ski!!! Pre-warming klister tubes is probably a better and safer method than direct heat for beginners. However you end up applying the binder, you must completely cool the ski before you apply the next layer. Otherwise you will end up mixing the waxes and you'll likely lose all your wax on the first icy turn!

Tips for Selecting Kick Wax

Aim For Option "A"

When you kick wax you can have three outcomes:

- A. good kick and glide
- B. B. too slick of a ski
- C. C. a ski that sticks or develops ice and snow clumps on the bottom
- D. To make matters worse, a ski that is slick ("B") is often the result of tiny ice crystals forming in the wax (called "icing") because the wax was a bit too warm—the same problem that results in "C". Yikes!!!
- E. Here's a few general rules to follow to avoid "B" and "C"...

Never assume conditions will be the same everywhere in the ski location of the day. Always carry waxes with you for above and below your temperature choice so that you can change wax while skiing.

When in doubt, go with the colder wax. It is easier to put on a layer of warmer wax over colder wax than vice versa...and you also avoid the icing problem.

Remember that kick waxing is always going to be hardest when temperature ranges change dramatically or when snow crystals are in their most volatile state—just around freezing. If you get frustrated easily you may want to skate or use waxless skis in these conditions.

Make sure to avoid putting too much wax on and make sure smooth the wax into the base. Even the "right" wax for the day can stick or slip if too much is applied.

Color Ranges

Get a wax chart or guide from one ski wax brand that has temperature, ski conditions, and a list of different waxes side by side. These charts can be very useful for beginners but make sure to use primarily the brand of wax on the chart. Why? Color ranges can be different amongst the brands and different brands may have more intermediate colors than others. It'll take a few years of skiing to get used to moving across the brands and discovering which specific waxes from each company are your favorites.

Realize that "fine-tuning" waxes are available from nearly every company. Popular variations include "plus/minus" and "special/extra". For example: A "special blue" wax would be concentrated on the colder end of the blue range just above "extra green". These third or half-step waxes really allow a seasoned waxer to get just the right combination of glide and kick.

Minor differences between waxes matter more to performance skiers and at commercial areas. For a beginner going for a tour on skied-in tracks minor differences may not be a factor at all. Don't be intimidated by ski shops with 500 different

types of wax and techno-babble slang. Some of the best wax jobs I ever had (including those for World Cup races!) were last minute, very simple hunches! High tech combinations and high tech waxes may be great for some but most skiers can get away with a half dozen kick waxes.

Keeping all the above in mind, sometimes combinations will do the trick when a plain purple or universal klister is slick or sticking. Be open-minded about trying just a little bit of this or that. Often kick waxing is like painting or cooking where little changes can make a big difference.

Tips for Cleaning Up

- A. When applying klister, use only one thumb to help spread the original application. I've seen folks with cobwebs of klisters covering both hands, their car, their kids, etc.. Klister is a fantastic wax when used properly but treat it with respect!
- B. To clean off any wax job your best tool is a 60 cent plastic paint spatula or a good clean klister paddle. Metal paint spatulas will work better but make sure you get some guidance from a professional before you ever touch a base with anything metal. Even so, be careful with plastic as well! Just scraping off everything you can will often be enough with kick waxes and will leave klister skis ready to transport. NEVER leave kick wax cleanings on tables or walls or even the edge of unbagged garbage cans. Kick wax, particularly klister, is ten times worse than gum to try to clean off and you won't make friends by being a slob. Always use a rag or something you can throw away to clean your cleaning tools.
- C. To do a real good job cleaning skis you'll want to pick up a citrus-based cleaner available at all ski shops and even most bike shops. These newish cleaners are much easier on ski bases and your lungs than the old "gasoline"-type cleaners. Regardless, always use cleaning fluids sparingly. Use only with good fibertene paper or paper towels and use only enough to clean a ski. Too much will give you a headache and start to damage a base.
- D. To clean your hands after applying klister or cleaning skis the best thing I've found is the automotive hand cleaners available at auto supply stores. Just soap and water won't work with klister. You'll also find that putting your hands inside your gloves with the fingers slightly tacky from klister is a neat trick since the friction while skiing will scrape the skin clean and simply work the residue into the glove fibers.



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

ADDRESS CORRECTION REQUESTED

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

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- **1999/2000 Season Trip Preview**

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- **Millenium New Year's Trip**

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- **Waxing Your Skis**

Part two, "Waxing for Kick", for traditionalists and traditionalist wannabees.

- **Trip Reports**

Lake Placid, Black Forest & Turin/Pioneer Lodge

- **Also ... New Members & Classified Ads**