

# The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

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The flavor of this month's newsletter will be a little different from what we've enjoyed over the past few years. Bill and Sandy Stine are still traveling in Australia so Nancy Kahl is substituting as this month's editor. Just so you know where to direct any complaints!

## Trip Updates

Unfortunately, we had to cancel the trips to Highland Forest and Crystal Lake but there are plenty of opportunities remaining to experience the fun of a Kick 'N Gliders ski trip. Scan the listings below, find a trip that suits your style and sign up soon.

### Laurel Highlands, PA (February 2-4, 2001)

Nan Reisinger is leading the club trip to the beautiful Laurel Highlands in western Pennsylvania. The Laurel Highlands are noted for their snow fall and it's only three hours' drive from Harrisburg. Accommodations will be at a

bed-and-breakfast near Somerset for two nights. Trails abound at several locations: Laurel Ridge State Park offers wide skating-type trails and a concession on the site, Kooser State Park and Forbes State Forest provide free trails for plenty of hours of skiing. Trip cost is \$75, including lodging and breakfasts.

### Pulaski, NY (Mystery Trip) (February 16-19, 2001)

Spend President's Day Weekend skiing your heart out in the home of the highest snow fall east of the Rockies! Pulaski, NY is about a five hours' drive on I-81 so it's easy to get to. And once there, you can enjoy several types of cross-country trail systems. We will be skiing at the Tug Hill Tourathon Ski Trail System, Salmon Hills Ski Touring Trails (where you can eat your lunch in a yurt), Osceola X-Country Ski Center, Barnes Corners Ski Trails and others.

We'll be staying in motel-type accommodations and eating in local restaurants. We conservatively estimate the

total trip cost at \$150 per person. So what are you waiting for? Send a deposit of \$50 to save your place on this trip.



### Lake Placid, NY (February 23-26, 2001)

If you don't want to miss this trip to the charming Olympic village of Lake Placid, act now! We stay in a house with six spacious bedrooms, three bathrooms, a full kitchen, where we will prepare our meals, and a dining room and living room where the group can gather. Enjoy the hot tub after a day of skiing (or even shopping, if you are so inclined). The house is near the main thoroughfare with a wide selection of shops.

The Lake Placid area offers a variety of skiing opportunities. The Mt. Van Hoevenberg Ski Touring Center, site of the Olympic ski races, has groomed trails for all skiing levels. And

it wouldn't be the Adirondacks without plenty of back-country skiing at Racquette Falls, Marcy Dam and other trails.

The cost of the trip is \$190 including lodging, breakfasts and dinners. But space is limited so act quickly.



### Rocky Point, Inlet, NY

(March 2-5, 2001)

This is a popular trip. As reported in last month's *Easy Glider*, we added a fourth condo for this trip and it is close to being filled. If you really want to join the fun that is sure to be a part of this trip, talk to Bill Pickering, our leader for this foray into the snow belt of New York to find out whether he can fit you in.

The cost of the trip is \$190 and includes three nights lodging, two dinners and three breakfasts. We do our own cooking in the comfortable condos which have a fireplace, dishwashers and washer/dryer. A pool and hot tub are available in the community building for our use. And of course, the skiing is great, whether you choose the trails at McCauley Mountain or Fern Park or venture into the wilderness on Big Otter Lake Truck Trail or to Cascade Lake.



### Turin (Tug Hill), NY

(March 16-19, 2001)

Can't get enough skiing for the season? Then don't miss this trip to the eastern edge of the Tug Hill area of New York, where the snow often lasts well into April. We ski on wooded trails, along streams and past scenic glens. All of these trails are wilderness trails but they have often been groomed by skiers who have used them previously.

And who can resist the cozy comforts of the Pioneer Lodge, a bed-and-breakfast establishment that is also a working dairy farm! The lodge offers a warm atmosphere, wood burning stove, antique furniture and delicious meals. Lodging for three nights, two full breakfasts and two huge dinners, prepared and served by our gracious hosts, are included in the \$160 cost of this trip. How can you beat it?!

### Day Trips

If you can't join us on one of our weekend trips, do consider our day trip offerings.

**Saturday, January 27, 2001**

This trip is scheduled to go to Crystal Lake, one of our favorite skiing venues in the country and it's only two hours' drive from Harrisburg! Call Dave LeRoy (561-1647) a few days before the weekend if you are interested in going on this trip.

**Saturday, February 3, 2001**

Bill Pickering (232-1326) has agreed to find out where the

snow is in Pennsylvania and lead us to it! Give him a call a few days before the weekend to be included.

**Saturday, February 17, 2001**

If you are planning to be in the area on this holiday weekend and want to go skiing, give Dave LeRoy (561-1647) a call before Friday. He'll find a leader for this day trip who will choose a location.



### Meetings

You did read last month's *Easy Glider* and you remember that our program meetings are back to the first Tuesday evening of the month at 7:00 pm in the Canoe Room at Wildware, Harrisburg. The social meetings are held on the third Wednesday of each month at a local restaurant.

**Tuesday, February 6, 2001**

Charlie and Wanda Cole spent several months on the North Island of New Zealand last year. Come see their slides of hiking, fishing and traveling by camping van.

**Wednesday, February 21, 2001**

Join us at TGI Friday's on Union Deposit Road at 7:00 pm.

**Tuesday, March 6, 2001**

Dennis and Beth Major will have just returned from their bike tour of the South Island of New Zealand. For a different viewpoint, see their slides of

the scenery from behind the handlebars.

**Wednesday, March 21, 2001**

Join us at Chi-Chi's on Union Deposit Road at 7:00 pm.

**Tuesday, April 3, 2001**

This meeting's program depends upon you! We will hold elections for the officers to lead the club for the next year. But more importantly, this is the time when we plan our trips for next year. If you have in mind a new place to ski, come to this meeting with information on ski trails, lodging, etc. so we can finalize locations, dates, and prices. Your input is needed.

## Trip Reports

### Craftsbury, Vermont

#### New Year's Trip

The Kick 'N Gliders started arriving in Craftsbury, Vermont on Friday, December 29, 2000, and, by 1:30, all 23 participants were at the Outdoor Center, eating lunch and hitting the trails. The big rented van (driven by Dave LeRoy and Nancy Kauh) took the scenic route through Vermont, stopping in Montpelier to add to Jan Diehl's collection of postcards of state capitols.

As usual, Craftsbury had powder snow and the trails were well groomed. The skies kept changing from clear to overcast, producing more snow at times, and temperatures hovered between 10 and 25 degrees for the whole weekend.

Craftsbury has made some changes since last year: the

trails have new trail markers and the trail designations have been simplified; the trail maps were also new and colored again; and there are new tables (round) and chairs in the dining hall so we didn't freeze our buns while chowing down! The new co-ed shower room in the basement was more popular than last year, with waiting lines most afternoons. Some things did not change, though; the same families with all those little kids were in the dorm again!

Tim Musser broke a ski the first afternoon, ruining his newly-coordinated ski-and-poles outfit. Fred Burgess lent him a pair of skis for the rest of the weekend. After dinner on Friday, a member of the South Jersey Outdoor Club (some of us remembered him from last year) presented a slide show of his trips through Vermont, the Maritime Provinces/coast of Maine, and England. The photographer has a real gift for taking pictures.

On Saturday, 16 people (including John Welsh from the South Jersey Club) skied into Craftsbury Village and most of us had lunch at the Craftsbury Inn. We returned to the Outdoor Center in time to beat the thick, almost blizzard-like snow fall late in the afternoon. On the way back, a unique method of crossing a road was seen - remove one ski and hop across the road on that foot. Several members took advantage of the ski lessons offered by the Center. That evening, Peter Oswald walked to dinner through 2-3 inches of fresh snow wearing sandals on

barefeet! The range of containers for carrying wine and other "flavor enhancers" to the dining hall varied from the common brown paper bag to a wicker basket. Tim wore a big fur hat to dinner - what a mountain man!

Saturday evening's entertainment included seeing Nan Reisinger's pictures of the Galapagos and Nova Scotia and other quiet pursuits such as reading. Mary Lutz was heard to ask "Why can't I go out that way?" while learning the rules of Parcheesi and J. R. May responded with "I don't buy into that whole concept." Roberta Strickler was seen microwaving an ice cube tray - those cubes didn't want to release!

Sunday was supposed to be the day we went to Stowe but the roads were still snowy from the storm the night before. Instead, we skied at the Center and made plans to go to Stowe on Monday. Just before dinner on Sunday, we started hearing that people were getting sick with what appeared to be a stomach virus. It struck almost half of our group over the next twenty-four hours. Soon referred to as "the Plague", it diminished the attendance at the New Year's Eve party Sunday night, but thankfully did not last very long for most of us.

Monday morning, a small group of seven Kick 'N Gliders piled into the big van and went to the Trapp Family Lodge Touring Center in Stowe. Reports were that the skiing was great and the soup at the cabin was delicious. Jan and Mary went snowshoeing with a guide at the

Craftsbury Center, tracking porcupines through the woods. Tim showed up at dinner without his handlebar moustache - guess he got tired of dealing with "snot-sicles"!

Tuesday morning found the Kick 'N Gliders packing up to return home. Mick Marhevka discovered he had a flat tire. After installing the "doughnut" and loading his passengers into the big van, we made a stop in Craftsbury Village where he was able to get his tire fixed and his crew back on the road in short order. The big van only made it as far as Barre, Vermont. An apparent failure of the brakes (or bad tires?) and the unfortunate circumstance of running into the back end of a delivery truck rendered the van unoperable. After being towed to the local Ford dealer, where we rented another 15-passenger van, we got back on the road after lunch, but we had to leave the trailer and some of our gear in Barre until Dave LeRoy was able to retrieve it later in the week.

- Nancy Kauhl



### Laurel Highlands Day Trip

We met at Mickey D's near the Carlisle interchange of the Turnpike at 7:30 on January 6 with hopes that the little bit of local snow was a prediction of bigger snow in the Laurel Highlands. The day trippers were Nan Reisinger, her daughter Wanda, Mary Lutz, Mike McMullen, Beth and Dennis

Major. We arrived at Laurel Ridge SP two hours and thirty-five minutes later, a distance of 143 miles from Carlisle. There was SNOW! The concession had the trails groomed but not tracked, and all trails were open. The skiing was excellent, we did several loops and lunch and wrapped up about 3 PM. Most of us were ready to hang it up at that point, being the first outing of the season, and not yet toughened up by long weekend trips. Nan and Wanda left to check out the digs for the upcoming three-day trip and the rest of us went for an early supper and the road home. Good day trip and with a number of other SPs in the immediate area, it's a fun place to go on longer trips. Yes, there is snow in Pennsylvania.

- Dennis Major



### Garnet Hill, New York

The Kick 'n Gliders cross-country ski club continued its 2001 trend of medical adventures Jan. 12-15 at Garnet Hill, N.Y. Three of the 10 participants ended up with more than the usual allotment of aches and pains after a weekend of kicking 'n gliding. But most of those present were ready to kick 'n scream in protest when it came time to leave Monday afternoon. The skiing was that good.

That said, perhaps it's time for the club to enlist the services of Hawkeye Pierce and his

MASH unit. First, Bill Winebrenner came down with the flu and couldn't make the trip. Then, late Saturday morning, Carol Alexander hurt her knee while trying to make room for an ill-mannered yahoo passing her on a steep, narrow trail. After a long afternoon at the Glens Falls hospital, husband Bob Alexander brought Carol back to Favicchio House. She was on crutches and wore sporty paper pants and a so-called "immobilizer" on her knee. The next day, on a four-mile back-country journey, Perry Kauffman pulled a hamstring while Tom Sattazahn twisted an ankle.

But the weekend amounted to more than just medical mayhem. Most of those who participated in the back-country jaunt agreed it was the highlight of the trip, topped, perhaps, only by the sight of swimsuit-clad Perry dancing his way to the shower at the end of the day. "That's what I want to be when I grow up," Tom remarked amidst the belly laughs. Club newcomer Kim Rau wowed everyone with how quickly she learned to ski. Club veteran Bernie Webber gave her "an A+" for her grace and good humor. Bernie may have been even more amazing, finishing that challenging four-mile back-country trip in an hour the morning after he used a stunning pair of triple-jump strikes to beat Fred Burgess at checkers.

Ralph Scott, who came the whole way from Connecticut to meet up with the club, marveled at the quality of the snow and even got in some bird-watching along the ski trails. His skiing

advice was particularly welcomed by Fred, who learned some alternatives to his tried-and-true technique of flopping to the ground when he wants to stop on hills. Ralph's coaching failed to prevent Fred from continuing a Garnet Hill tradition begun by trip leader Jamie Hackman several years ago, as he managed to tumble into a small stream in front of an embarrassingly large number of witnesses Monday morning. The food, as usual, was superb. Brenda Fischer and Tom set the standard with their Saturday morning quiche. Saturday's dinner was lasagna, courtesy of Carol. Perry produced the Sunday morning omelet. And Jamie choreographed the chicken casserole of Sunday evening. Liberal quantities of leftovers gave the whole crew a chance to add to their girth when it came to other meals and snacktimes. All that prompted Perry to proclaim at the end of the trip: "Jamie is the queen mother of all. She took care of everything" for the weekend. - Fred Burgess



## Grooming and Grooving - Dave LeRoy

When we start talking about places to ski, the question that seems to come up is, "Are the

trails groomed?" Often the answer is no and sometimes ski centers that groom their trails get behind or fail to groom all of their trails, particularly during the week. In this case, someone responded to the grooming question, "They are after the first person skis on them". This is somewhat true because the first few people who come along and break trail for the others do, in fact, groom the trail for those that follow. How does this compare with machine grooming? In many ways it is superior to machine grooming; for instance on curves grooves made by skiers often create a little bank on the outside of the curve which tends to direct our skis around the curve. Trails broken rather than machined groomed can be particularly nice, if those who break trail keep some ideas in mind. The first person through creates ruts in the snow, which makes the going a lot easier for those that follow. But these ruts can be quite deep and narrow and create drag on the sides of our ski boots as well as setting up those of us without gaiters to get snow in our boots. If the second and third skier work to widen the grooves, the drag will be reduced. The widening will also have the effect of kicking snow into the original grooves and making them shallower. The ultimate situation occurs after 20 or 30 skiers have passed and, if they have not tried meticulously to fit their skis precisely into the grooves, a trench or trough will be created about 20 inches wide. This is ideal - it allows the skier to control his skis, keeping them

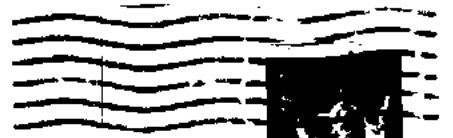
whatever distance apart suits him and doing mini-snowplows if he needs to. On hills, if those who break trail are far-sighted, they will break a wide trail on the way up so that those going down the hill can keep their feet farther apart as is natural for stability on downhills. Creating wide grooves is more important, although harder to achieve, when there is a crust on the snow that needs to be broken down. The crust in the narrow grooves tends to bruise our ankles and cause loss of control. Sometime the only way to widen the grooves when there is a crust is for the second skier through to make totally separate grooves, with those that follow blending them together. My suggestions then are, when breaking trail, don't ski meticulously in the grooves, but get sloppy, break down that little ridge between the grooves and widen the trail out for better skiing later on and create wider grooves on hills.





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### In this Issue of Easy Glider

**Update on upcoming trips - there are still spaces available but they are filling fast!**

**Meetings for February, March and April - Slide shows, social dinners and planning for next year!**

**Trip Reports - read about the New Year's Trip, Garnet Hill and Laurel Highlands Day Trip**

**Grooming and Grooving - some hints on trail improvement that everyone can do**

