



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Bill Stine (william.t.stine@gte.net)

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## Upcoming Meetings

### *The Leadership*

Don't forget, Kick 'n Glider meetings aren't over, yet! We have two to go.

**MARCH 21** will mark the last dinner/social meeting of the season. It will be held at Chi Chi's in Union Deposit beginning at 7:00 p.m. Find out what REALLY happened at the last couple of trips. Or, informally discuss new locations that you like us to visit. Come on out. Have a good time and join in on the fellowship!

The final regular meeting will be held at Wildware on **APRIL 3** at 7:00. The agenda is to **PLAN FOR NEXT YEAR'S TRIPS**. We need your input and help! Is there a new location where you'd like to see the club run a trip? Bring along your information regarding trails and accommodations. Maybe you'd like to be a trip leader! Or, maybe you're willing to lead a day trip. This is the meeting to say so. We have plenty of experienced leaders to help guide you in your efforts. Your club leadership would appreciate your participation. This is your club ... join in!

If you can't attend but have some information on a suggested trip, please get it to one of the officers before the meeting.

## Trip Planning Input

*Bill Stine*

Speaking of trip planning, we've had a great skiing year! Snow has been plentiful nearly every skiing day. We haven't heard any complaints about the accommodations. And yet, we had to cancel two weekend trips for lack of interest and had room to spare on a couple of others. Day trips are often poorly attended. What gives?

Are the locations too distant? Are the trips too expensive? Do you want to ski more exotic or more familiar locations? Or is it something else? We need this kind of information to help do a good job planning next year's trips.

If you have an opinion, tell us! Call any of the leadership or regular meeting attendees and get your voice heard! Better still, come to a meeting and tell us in person. We've tried surveys in the past, but they get meager response and usually tell us all is right with the world.

Some people to call:

- Dennis Major (717) 432-7068
- Bill Pickering (717) 232-1326
- Dave LeRoy (717) 561-1647
- Jamie Hackman (717) 733-3382
- Nancy Kauh (717) 761-7206
- Roberta Strickler (717) 651-0213
- Nan Reisinger (717) 763-8094
- Bill Stine (717) 392-1675



## Coles' New Zealand Slide Show

*Feb 6 Meeting*

Eighteen Kick 'n Gliders gathered in the canoe shed at Wildware to see and hear about Charley and Wanda Cole's New Zealand adventure. Wanda and Charlie were resourceful enough to manage an extended stay in Kiwiland, more or less within the context of their jobs. While based in Auckland, on the north island of New Zealand, they took every opportunity they could manage to travel within the country.

They shared the city sights of Auckland, Christchurch and Wellington. We wandered vicariously with them as they showed scenes from the natural treasure areas of the Bay of Islands, Arthur's Pass and the fabled Milford Sound. After Charley raved about the best trout fishing in the world and commented on the tree farming practices, Wanda described the Maori people, the earliest settlers of this island country.

They did a great job illustrating a beautiful and fascinating place with a population that is as friendly and helpful as you can imagine.

You should go!

## The Majors Bike New Zealand

*March 6 Meeting*

Another New Zealand trip slide show, you ask? Well, yes!

It seems that beautiful, friendly New Zealand is the destination du jour this past year for Kick 'n Gliders. We're not sure if it was the destination, Beth and Dennis' magnetic personalities or their reputation for stellar photography that drew the crowd, but a near record 29 members showed up for the presentation!

Dennis and Beth gave a different slant on the country. They joined a two-week bike tour of the South Island, focusing on the southern part of that island. Then, they added an extra week touring by car. Highlight of the trip? They were lucky enough to visit Milford Sound at its best ... just after a heavy rain. They were ecstatic over the myriad of waterfalls that poured into the sound from the rainforested cliffs above.

Beth & Dennis agree that with others who have visited that it is a place of beauty, full of friendly, helpful people.



## Bernie Webber to Ski Vermont's Catamount Trail

*Bill Stine*

The Catamount Ski Trail runs the entire length of the state of Vermont. Kick 'n Glider legend, Bernie Webber wants to be one of the few folks who have skied the entire trail. He hopes to do the trip from south to north near the end of winter, 2002. Bernie is currently making the rounds trying to drum up interest in accompanying him or assisting him for all or part of the trip. He estimates that the trip will take a month.

Please give him a call if you are interested.



## Kick 'n Gliders Help Finance Bridge

*Bill Stine*

The Catamount Trail through Vermont needs a new bridge. Named the Bailey-Hazen Bridge, it will be built on a portion of the trail that follows an old road near Craftsbury. "Old" means that the road was used during the revolutionary war. It will cross a stream where the banks are so steep that skiers must now use a rope to descend its banks.

The Catamount Trail Association has secured much of the funding from other sources, but is still \$5,000 short. Members attending the March 6 meeting at Wildware were excited to be able to help out and voted unanimously to donate \$200 toward the goal. Our club's name will appear on a plaque on the bridge to acknowledge the donation.

Glad to be able to help!

## EMS Spring Club Sale Day

*Bill Stine*

Eastern Mountain Sports (EMS) is promoting a special sale to outdoor clubs with 20% off everything in the store on Saturday, April 28. To allow you to take advantage of the sale, we will send a membership list to the store manager to provide proof that you are a member of the Kick 'n Gliders. EMS has a location at Park City Mall in Lancaster.

## Skiing Together

*Bill Stine*

I hope you're at least a little bit sobered by this article. The Kick 'n Gliders have "Rules of Conduct and Safety Regulations" that are published each year in the back of the "Season Guide". They are an excellent set of rules. Each year, we are reminded of the need for them by one or more incidents. Yet, as individuals, we often ignore them. Please, read this article. Then, read the rules. Finally, abide by them.

It happened a couple of times, again, this year. Several people were injured or became partially disabled on the trail. These are risks that we must all accept when we engage in any group activity, especially in an endeavor like cross-country skiing in back-woods environments. The purpose of this article is to note the nature of the problems we encountered, what we did about them and lessons we might take from the incidents.

- One skier became very tired during an extended ski of about 14 miles. Later, the individual developed signs of fairly serious dehydration. Although we escorted the skier off the trail system, we should have noticed the condition earlier than we did. Also, the skier didn't bring the problem to the attention of the rest of the group, even when the individual knew that there was some kind of problem.

**Lesson?** First, don't be a stoic. If you're in trouble, PLEASE let the rest of the group know so they can help you deal with the problem. For the group, try to be alert for problems that other skiers might be having. Then take positive action to deal with the problem as soon as you recognize it. Do these things early, BEFORE you have a bigger problem!

- Another skier near the back of the pack fell and sustained a rib injury about 4.5 miles back a difficult in/out trail. Fortunately, there were three other people skiing with the injured person. One was sent ahead to seek help. The remaining two healthy skiers were soon joined by an additional person who was waiting to count heads.

Together, they carried the injured person's back pack and skis while they all began the long walk back out the trail. Eventually, the person sent ahead got back to the road and found some snowmobilers who agreed to drive in the trail to pick up the injured person. The snowmobilers found the party about a mile from the road and transported two of the walkers back to the road where the injured person was transported over 100 miles to the nearest hospital. The remaining two people finished the job of carrying the remaining gear back to the road. However, one of those two was very tired from the long, difficult walk and was probably also at risk.

**Lesson?** ALWAYS ski in groups of AT LEAST four people. Periodically, everyone should stop to count heads and make sure no one needs help or additional rest. In this instance, the others would have been available to provide assistance in moving the injured person and gear, helped to formulate a better rescue plan or provide transport if the injury had rendered someone unable to walk.

We've had other injuries this year. Fortunately, those occurred on patrolled, commercial ski trails or happened near a trail head so they were easier to deal with. We were very lucky. None of the injuries completely disabled anyone far from a trail head. If that HAD happened, this might have been a far more sobering article.



## Laurel Highlands Trip

*Bill Stine*

Feb 2-4 Attendees: Nan Reisinger (leader), Wanda Pritulsky, Matt O'Donnell, Wanda Cole, Pete Oswald, Joan Short, Bill & Sandy Stine and Richard Levine.

Location, location, location! You just can't beat it when it comes to delivering excellent skiing conditions. And Laurel Highlands delivers location, year after year. The fields and hills were devoid of snow along most of the PA Turnpike heading west from Harrisburg. But, on the climb to the Somerset exit things turned white. By the time we turned off of PA 31 near Kooser State Park, there was plenty of snow for skiing.

The early contingent arrived at Pine View Cabins about 1:30 pm on Friday to set up housekeeping and get in an early ski. We decided to try the limited set of trails at Kooser State Park. Driving into the parking lot was like entering the proverbial winter fairyland. A light snow was falling, clinging to the trees and adding to the powder that already covered the heavy base snow on the ground. We skied the trail around the lake and continued on through the cabin area toward the now defunct Hidden Valley XC Ski Area trails. Conditions were perfect!

After returning to the cabins and showering, we dove into the wonderful "hunter's stew" prepared by Nan. We all agreed, by the way, that the cabins Nan rented for this trip were definitely keepers. The two we had were both clean and nicely furnished. Each was equipped with two private bedrooms, shared bath and comfortable living/dining/kitchen rooms. Other units on the site can house up to thirty people in bunk-room style accommodations. They are about ten minutes from Kooser and Forbes and about twenty minutes from Laurel Ridge SP.

Saturday morning found us at Laurel Ridge State Park's groomed trail system. Conditions were wonderful! There was a heavy base covered with several inches of Friday's powder. All that had been groomed and track set by the folks who run the ski concession

and area skiers were lining up to purchase trail passes. We spent the morning skiing the red and yellow trails that form the backbone of the eastern end of the trail system. By noon we were ready for lunch. Most of us ate outside because the warming hut was jammed with other skiers and their equipment. Our afternoon ski followed the orange trail out the power line and back through the woods. Tired, but happy, we loaded our gear into the cars and drove back to Pine View Cabins for showers and a well-deserved rest.

Later that evening we watched the multimedia slide show from last spring's Award Banquet and consumed a chicken taco bake with trimmings prepared by Nan. After dinner Bill Stine "forked" our day's skiing. After a bit of math, he concluded that the main skiing group had covered 3.5 miles at Kooser and 9.9 miles at Laurel Ridge!

On Sunday, a few of the group returned to Laurel Ridge while the main group tried the trails at Forbes State Forest. They were in great condition! We skied from the Tunnel Rd. parking area into the warming hut via Shafer Run Trail. There, a family was busy starting a fire in the stove where a few of us warmed up. After a bit of lunch, we took on Mountain View Trail Loop, climbing the ridge north of the warming hut and around to Tunnel Rd. Tired, we opted to skip North Woods Loop at the top of the ridge and descended the return trail back to the parking lot. After changing clothes in the parking lot, we headed for a well deserved dinner at Jean Bonnet before the drive home.

Given the great ski conditions, perfect weather, excellent accommodations, company and food, Wanda Pritulsky was moved to rate the weekend "four forks"!

## Black Forest Trip

*Bill Stine*

February 9 - 11 Attendees: Bill (leader) & Sandy Stine, Dave LeRoy, Nancy Kuhl, Bernie Webber, Al Hoch, Ric Begley, Tod, Anne & Alexis Herrick, Sally Patterson, Mike Beaudet, Diana Depp, Kim Lausch and Bill & Liv Reichle. We were joined, informally, by Dick Ruben, Dick's friends, Rob & Jeff, and Bernie

Webber's daughter and son-in-law, Jocelyn and Randy, for a total of 21 skiers.

Since this trip was cancelled last year because there was no snow, it felt good to return to the environs of the Black Forest. For the first time we stayed at the Black Forest Inn. This property was recently renovated and expanded with a ten-room motel wing by new owners, Carol and George Todd. You can pick up the ski trail system just beyond their parking lot.

On Saturday morning the weather was beautiful, with blue skies and temperatures in the mid twenties. We broke into a couple of groups, depending on ability and ambition. The largest group opted to ski the Sentiero DiShay Trail. We entered the western leg of the trail to ski north with the intention of eventually crossing the road and returning to the Inn on the eastern leg of the trail. Although there was snow to ski, cover was marginal in the tracks on south facing and open areas. Looking for better snow cover, we crossed to the east side of the road. We did find better cover, but it was still spotty in some sections. Along the way, we passed a spot where Dick Ruben had seen a bared owl a couple of weeks earlier. Sure enough, we watched the owl and it watched us while we stood or sat in the sun, eating our lunches. Skiing the rest of 6 1/2 miles, we arrived back at the Inn.

Others in the group had used skis, snowshoes or boots to explore the Pine Bog and the George and Ruth Wills Trails, as well as the northwest section of the Sentiero DiShay Trail. They reported that most areas had decent snow cover, but that you had to watch your step while you admired the scenery.

Later that afternoon, a few of the more ambitious skiers drove north, just into Potter County, to try their luck with the Francis X. Kennedy Trail (ex-Highland Hardwood Trail). Their luck was very good! All but a half mile of the 4.7 mile loop had excellent cover. We were reminded of an old lesson about snow in this area ... If you really want snow, go to Potter County! All enjoyed "happy hour" in Bill & Sandy's room and, eventually, dinner at the Inn.

After breakfast at the Inn, included in the cost of our rooms and served by

George, we decided on a course of action. One group skied the northwest portion of the Sentiero DiShay Trail counter-clockwise and then in and out the western portion of the Francis X. Kennedy Trail. The other group skied the northwest portion of the Sentiero DiShay Trail clockwise and then skied in to visit Bernie's cousin who lives in the area and maintains the ski trails. Bill and Liv, meanwhile, snowshoed the laurel covered section of trail that is shared by the Kennedy and DiShay trails.

All had a great morning! And, we all agreed that although the snow cover could have been better, it was great to return to the Black Forest. The beautiful woods and narrow trails are inviting in an intimate sort of way.



## Pulaski Trip

*Bill Stine*

Feb 16 - 19 Attendees: Dave LeRoy, Nancy Kauh, Bill & Sandy Stine, Bill Hoffman, Elaine Stogo and Bill Pickering.

The attempt to attract more attendees to this trip by announcing a definite venue for the time slot that had initially been reserved as a "Mystery Trip" didn't get as big a response as we'd hoped. Your loss!

The area near Pulaski, NY, located between Lake Ontario and Tug Hill, reported they'd had more than twenty feet (yes, twenty!) of snow this season prior to our arrival. The areas we skied had in excess of three feet of dense base with a coating of fresh powder each day. Although we skied blazed trails, we really wouldn't have had to. With that much snow you can ski almost anywhere you please without fear of

snagging on saplings or scratching the bases of your skis.

After a Saturday breakfast at the C&M Diner, next door to the Redwood Motel, we set off for the Tug Hill Tourathon Trails in Boylston. This extensive set of trails is maintained by a like-named, not-for-profit organization and is the site of early season fun races occasionally entered by club members. Although we weren't the only skiers on the system, we saw only three or so other skiers all day. The Tourathon system has several multi-use trails, but we stuck mainly to the beautiful, ski-only trails.

Although it was very windy and cold, we were quite comfortable in the woods. Winding our way back Winona Way and Shady Shuttle, we were amused to discover that Elaine actually talks to her skis when going down hills, entreating them to behave as she wishes. She uses the technique, successfully, to help her maintain focus and prevent falls. It didn't do much to help the rest of us focus, but it certainly was entertaining!

After finding our way around Backus Bend in the northwestern reaches of the system, we began the return trip via the northern stretches of Winona Way and Jimmy's Jaunt. A few of us even managed to wend our way out the tortuous Bill's Belly to return to the parking lot.

After fourteen miles of skiing, we were ready for an oasis and we found one ... the Wigwam on the shores of Sandy Pond. A couple of hours later, sated with food and drink, we made our way back to the Redwood and crashed!

Sunday morning found us picking our way north through near blinding snow squalls to the Rodman-Barnes Corners Ski Trails in Tug Hill State Forest. These trails are a perennial favorite of the Turin Trip as they wind through beautiful and varied hardwood and conifer forests and along the rim of the spectacular Inman Gulf. The conditions were the best we'd encountered there in several years. We skied the Homerun Trail through Times Square to the John Young Trail, the easiest of the three linked trails that hug the rim of Inman Gulf. Through falling snow we occasionally edged our skis near the precipice to steal a glimpse of the stream that winds along

the bottom of the gulf. Returning to the parking area via Whiteway, we encountered a large group of snowshoe-clad campers working their way back, as well. The group was from Cornell and had spent the night in igloos they'd constructed themselves. *Burrrrrrr!*

After a lunch, a few of us opted for a short ski out Snowbird and Zig Zag. Then, we all packed it in for an early evening. We gathered in Bill & Sandy's room for cocktails and to view the Awards banquet slide show. Then it was across the street to the Ponderosa restaurant for a surprisingly good meal and salad bar. The dessert bar was a hit, too. They even had homemade Rice Krispy squares! But the biggest hit was laughing about Bill Hoffman's legendary frugality. The Ponderosa was a bargain, even for light eaters, but a slender Bill out-ate us all. He allowed as how he'd never been asked to dinner a second time by anyone! We also got a chuckle out of his change purse. It's one of those flexible plastic things that were popular twenty years ago. His is still going strong, probably because he never opens it!

On Monday we used what turned out to be an out-of-date map to ski the trails at Chateaugay State Forest near Orwell. We had a good time, and the trails were easy and fun. However, it seems that several new trails have been added. We decided to write for an up-to-date map so we can better explore the trails on subsequent trips.

The trip home found several of our number gathered at Granny's in Frackville for dinner. A cozy ending to a perfect weekend!

## Lake Placid Trip

*Fred Burgess & Bill Stine*

Feb 23-27 Attendees: Bill & Sandy Stine, Dave LeRoy, Nancy Kauh, Steve & Laurie Schwalb, Candy Ney, Elaine Lehman, Diana Depp, Jan Diehl, Linda Smith, Fred Burgess and Dick Ruben.

The weekend skiing started Friday with Elaine Lehman futilely trying to show Fred Burgess how to ski with class at the Cascade cross-country center. The two were the first to arrive at the Philo House in Lake Placid and got directions to Cascade from the

informative cleaning crew preparing the structure for the onslaught of Kick n' Gliders. Elaine, decked out in a refined but muted ensemble that included a mink cap, skied flawlessly while Fred, attired in his garish red windbreaker and green pants, flopped repeatedly while skiing down the hills. But he saved his best pratfall while trying to show a father-daughter team how to climb a glacier-like trail leading up from a marsh. Regardless, Elaine and Fred concluded Friday's experience was worth their 6:30 a.m. start for the journey from Harrisburg...

As others drifted into town, we gathered downtown to witness the opening ceremonies of the Empire State Games and to enjoy the fireworks finale to the ceremonies. Dinner, that night, was at Cameron's.

To meet the needs of a variety of skiing skills, we drove to the vicinity of Paul Smith's College Saturday morning. There, the ambitious group skied the nine-mile portion of the Jackrabbit Trail from Lake Clear to the Visitor's Interpretive Center (VIC). Meanwhile, the rest of us proceeded directly to the VIC to ski the lovely 4.5 mile Esker Ski Trail. After lunch we skied a couple of miles back into the Jackrabbit to meet the ambitious party on their way to the VIC. The skiing conditions were great, but the last couple of miles of the Jackrabbit were littered with blow-downs that made for slow going and a few challenging moments. While most of us were skiing these trails, Jan and Linda spent the day zooming down the trails of Whiteface.

Returning to the Philo House, a few of us took advantage of the outdoor hot tub. Dick Ruben even jumped out of the tub a couple of times for a "refreshing" roll in the snow. Later, we pigged out on the traditional Lake Placid pork and sauerkraut dinner prepared by the Stines. We all retired early that evening ... like the bunch of tired puppies we were.

It rained and sleeted steadily on Sunday morning and Fred was the only Kick n' Glider who accepted the challenge of trying to keep up with Dick Ruben, skier extraordinaire, at Mt. Van Hoevenberg Cross-Country Center. And Dick made him pay and pay -- as Fred concluded after less than four hours of perspiring pursuing Dick up

and down the Olympic trails. He decided to borrow a crowbar, pry open his wallet and buy an entire new package of skis, boots and poles. He hopes that will enable him to ski closer to Ruben-speed. The pair reported the trails were surprisingly good despite the freezing rain and sleet. They even managed to ski much of Porter Mountain before Dick had to return to catch an early ride back to Pennsylvania.

The rest of us plied the shops of Lake Placid and watched Empire competitors glide down the huge run on skeleton sleds at Mt. Van Hoevenberg. Candy even managed to get picked up by the police, literally! She slipped on an icy pavement and was helped to her feet by an officer who was making the rounds urging local merchants to de-ice their walks. After such a tiring day, we met at The Cottage on the shores of Mirror Lake for cocktails and tales before returning to the Philo House for a delicious ham dinner prepared by chefs Jan and Linda. Later that evening, we were treated to another round of fireworks, this time to open IBM's corporate games.

Monday was for the Olympic trails of Mt. Van Hoevenberg. We broke into groups, depending on ambition and ability, and skied a variety of trails. Just enough snow had fallen since rainy Sunday to dress up the trails and we had a great time. Returning to the house, several of us made use of the hot tub while the kitchen crew, led by Nancy & Dave, prepared a delicious dinner of spaghetti and salad.

Tuesday was going home day for the few remaining Kick 'n Gliders. But, not before we had one last taste of Esker Trail at the VIC.

Despite the dreary weather on Sunday, we all had a great time. Lake Placid's snow conditions were the best we'd had for several years. We can hardly wait to return to this Adirondack wonderland!



KICK 'N GLIDERS  
P.O. Box 7054  
Mechanicsburg PA 17050

ADDRESS CORRECTION REQUESTED

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