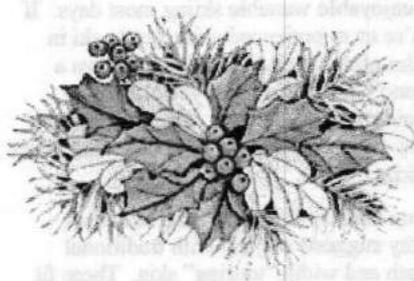


The Easy Glider

Kick 'n Gliders Nordic Ski Club

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

Issue: December 2001



'Twas the week before Christmas, and all was a rush ...

So, please forgive the unpolished appearance of this issue of Easy Glider. But, we felt it was important to get the latest information out to you before many of us disappeared into the north woods to do some serious skiing.

Please, too, accept the Kick 'n Glider Staff's best wishes for a Healthy and Happy Holiday Season and join us in our Hopes and Prayers for Peace on Earth.



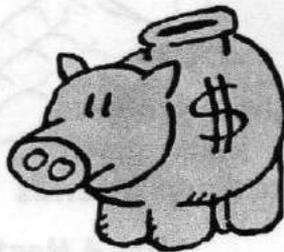
Trip Leadership

The Club needs more trip leaders. And, how to lead a trip is the subject of the meeting on January 8, 7:00, at Wildware.

Please join us. Learn about what is involved and, maybe, think about leading one yourself! We'll be glad to help get you started.

Free handouts and no obligation!

See you there!



Dues

Getting tired of hearing about it? Well, did you pay yours yet? Or, is the membership form still sitting in "the pile"?

Look back at your last Easy Glider issue. You owed dues if there was a red star on the address label. If you don't get them in by the first week of January, you'll miss being listed in the "People to Ski With" directory. And, you'll stop getting your personal copy of the wonderfully informative, entertaining and newsy Easy Glider!

So, get off your butt and send it in!



Trip Status

New Year's, Stowe, VT

Dec 28 - Jan 1

The Stowe trip is closed. With 30 eager participants, all we need is snow!

Lake Effect, Pulaski, NY

Jan 11-13

We have a very full house in Pulaski. We'll always take stand-bys. But with 17 attendees at this point, we really can't increase the headcount.

Garnet Hill, NY

Jan 18-21

There's still space on this trip, but there were also a few folks at the Christmas party making serious noises about signing up. Garnet Hill is an excellent ski area with lots of groomed trails, good rental gear and great instructors. There's even a shuttle bus that will return you to the ski center from the lower end of the trail system so you can ski downhill all day! Don't forget, either, that this is the only ski area that has pigs and llamas! Finally, there's downhill skiing nearby. If you want to go, get your deposit in NOW!

Crystal Lake, PA

Jan 25-27

Yeah, I know what you're thinking. It's still a month away and there's no snow there, yet, and I could do it as a day trip. But that misses the point. Crystal Lake has the best groomed trail set-up in

Pennsylvania. There are rentals, lessons and trails to satisfy skiers at every level of expertise and ambition. Camaraderie of a group and being able to ski out the door after a hearty breakfast are great rewards for doing Crystal Lake as a weekend trip! There's still space because we've expanded the trip to a second house. Take advantage of this opportunity!

Laurel Highlands, PA

Feb 1-3

We've already filled two of the three cottages we reserved. But, we only have a week or two to decide whether we have to cancel the third one. If you've been thinking about this trip, now is the time to make your move. If you haven't been thinking about it, do so! The cottages are clean, neat, cozy and close to three great ski venues with both groomed and back-country trails. There's even downhill skiing a few minutes away. Nan Reisinger does a great job leading this trip. Join us!

Black Forest, PA

Feb 8-10

It's kind of like a "hat trick"! Just imagine, a third, inexpensive, nearby, Pennsylvania ski trip in as many weeks ... all as different as can be! At Black Forest you can ski out the door just like at Crystal Lake, but onto an extensive back-country ski trail system instead. The motel-like accommodations are nearly new and adjoin the restaurant we'll use for breakfast (included) and dinner. The trails offer a variety of scenery and plenty of skiing regardless of your ability level. Sign-up now!

Lake Placid, NY

Feb 15-21

There's still space the first two nights and the last three nights (remember, we're doing this by the night) and we might even squeeze one or two in midweek, but the trip is definitely filling up! You just can't say enough good about Lake Placid. With several commercial, groomed trail systems and innumerable back-country trails, combined with nearby downhill and downtown, you just can't beat it! Let's fill the Philo House every night!

Rocky Point, Inlet, NY

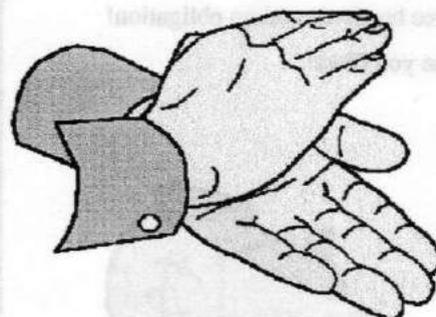
Mar 1-4

Sign-up was slow in the beginning ... it is a late season event, but things have picked up and it is getting full. This is a great trip with a back-country and groomed-trail assortment that will provide whatever skiing style you could wish for. There will be enough attendees to have group skiing at a couple of levels of expertise. Join us!

Tug Hill, Turin, NY

Mar 15-18

Yes, members, there is still skiing in mid-March! As the last trip of the season, people seem to forget about this trip, or take it for granted, or something! But we always have great skiing and lots of fun. The Pioneer Lodge is cozy and comfortable and welcoming. And the FOOD! As usual, sign-ups are weak at this point in the season. But we veterans really want you to experience the wonders of the Tug Hill area and all it offers to cross-country skiers! We know the Tug Hill veterans will be signing up soon. But don't just take our word for how great this place is. Experience the place yourself!



XC Ski Gear Trends

Dec 4 Meeting

More than twenty Kick 'n Gliders attended the annual XC ski gear update by Kathy from Wildware.

Before I forget, Wildware is online at ... could you guess? www.wildware.com. They also recently renewed their practice of publishing a periodic newsletter. Along with the advertisements that you'd expect, they also publicize special activities. This issue of Easy Glider will be too late for you to take advantage of the Dec 8th XC ski lesson on straw. However, you may be interested in the on-snow ski lessons they will conduct Saturdays at 11:00 am whenever there is four or more inches of snow on the ground. Cost is \$5 for the two-hour session. You can rent gear, if you need it. (They have new rental gear this year!) Weekend rentals are \$30. They will also run a telemark on-snow clinic at Ski

Roundtop on Jan 9. Call 717-564-8008 for details.

Kathy began her gear discussion by considering the value issues in buying gear. In general, she emphasizes that you should begin by purchasing good fitting boots and system-type bindings. Even basic, traditional skis are good enough for enjoyable skiing. Boots and bindings are the most important element in skiing well; and, poor boots and bindings will limit your control and cause you discomfort.

In choosing what kind of skis to buy, where you ski and your level of skill are the most important considerations. Even die-hard waxer, Kathy, says that if most of your skiing is in Pennsylvania, you should use waxless skis. Conditions are just too warm for enjoyable waxable skiing most days. If you're an experienced skier, get to ski in colder climates and would like to own a second pair of skis, then you should consider a waxable pair. They glide much more easily and add a whole new dimension to skiing.

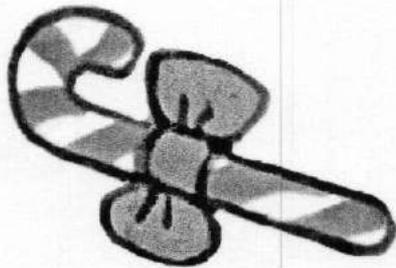
If you usually ski at groomed ski areas, Kathy suggests staying with traditional length and width "touring" skis. These fit the groomed tracks well, glide easily, and control of these longer skis is easy in tracks. If much of your skiing is on ungroomed trails or bushwhacking through the woods, consider one of the newer, short-ski designs. These skis are shorter and wider than traditional touring skis, making them easier to maneuver while still providing enough surface area to provide adequate flotation on soft snow.

So, what about metal edges and skate skis? Let's start with metal edges. They give you more control in turns, controlling speed and stopping. There is a price. More money and heavier skis. You also incur a small amount of additional maintenance. Though not as critical as downhill edges, the edges should still be tuned periodically, say once a season. The choice is yours. Some of our members swear by them and others seem perfectly content without them.

Skate skiing is a whole other deal. With no kick zone, you have only the skating motion and poling to move you along. It is a very aerobic sport. Ah, but the thrill of gliding along so smoothly! Try renting gear and taking a lesson at a touring center like Crystal Lake or in Lake Placid before you take the expensive plunge into the very specialized boots, poles and skis.

There was much more, but that's all I have room for, here. If you need advice on gear or clothing, stop by Wildware. The folks there know the territory and should be able to give you good advice.

Thanks, Kathy!



Christmas Party, December 19

What a rush at 3722 Old Township Road! Clean the house, clear off the end tables, organize the bookshelves, rearrange the furniture, stock up on ice and drink and get out the decorations. All just in time for the onslaught of company! Sound familiar? Probably, but likely not for the arrival of about forty happy, hungry, thirsty Kick 'n Gliders.

Dave LeRoy's house was the scene of Wednesday's annual Club Christmas Party! We had a great time, swapping tales of skiing past, making final payments for the Stowe trip and conjuring up scenes of skiing future. We met skiers new to the Club and renewed acquaintances with long-time members whom we hadn't seen since last year or since years before. We made travel arrangements for the trip to Stowe next week and for other trips. We discussed the warm-weather prospects for snow in the north country. (With eight inches of the white stuff on the ground, they had just opened the first couple of XC ski areas in Stowe that day.) Oh, yeah, and we ate most of that wonderful food contributed by attendees.

If you were there you already know we had a great time. If you weren't there, make plans to attend next year! And, whether you were there or not, we wish you a Merry Christmas and a Happy New Year!

The Christmas Card List

There is a list of folks I know
All written in a book.
And every year at Christmas time
I go and take a look.
And that is when I realize
Those names are all a part
Not of the book they're written in
But deep inside my heart.

For each name stands for someone
Who has touched my life sometime,
And in that meeting they've become
A special friend of mine.
I really feel that I'm composed
Of each remembered name,
And my life is so much better
Than it was before they came.

Once you've known that "someone",
All the years cannot erase
The memory of a pleasant word
Or of a friendly face.
So never think my Christmas cards
Are just a mere routine
Of names upon a list that are
Forgotten in between.

For when I send a Christmas card
That is addressed to you,
It is because you're on that list
Of folks I'm indebted to.
And whether I have known you
For many years or few,
The greatest gift that God can give
Is having friends like you!



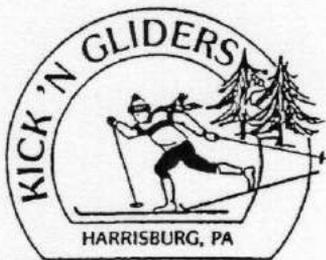
New Years Eve 2003

Are you kicking yourself about missing out on the Stowe trip this year? Condemned to a rent-a-New-Years-Eve-party at some look-alike hotel? Sorry. We can't help you any more this year.

But, we can offer hope for next year. Treasurer, Dave LeRoy, has already mailed the deposit check to Craftsbury Sports Center, Craftsbury, VT, for a reservation for about thirty Kick 'n Gliders for the New Years Trip next year! In case you don't know, Craftsbury is a favorite and traditional New Years trip destination and many veterans will welcome our return.

So, get it on your calendar, now, and make your reservation early!





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

ADDRESS CORRECTION REQUESTED

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

In this Issue of Easy Glider

- **Dues - Yeah, a few people actually haven't paid 'em yet!**
- **Trip Status - There's still room on a few trips!**
- **Meeting Notes - Good Stuff!**
 - **XC Ski Gear Trends**
 - **Christmas Party**
- **Trip Leadership - Subject at our next regular meeting.**
- **New Years Eve 2003? Craftsbury, VT!**