

The Easy Glider

Kick 'n Gliders Nordic Ski Club

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

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What? Wax My "Waxless" Skis?

Meeting Schedule Change

Wax makes skis stick to the snow so we can "Kick" as well as "Glide". Wax can also make our skis glide farther and faster. How can one type of substance do both things? Well, there is "wax", and then there is "wax"! All you need to know is which one is which and how to use them.

The program for our Tuesday, February 5, 7:00 p.m. meeting at the Wildware Canoe Shed has been changed to "Base Preparation and Waxing of Your Cross-Country Skis". The presentation will be made by Kathy Watts of Wildware. Kathy promises to include an actual waxing demonstration at the bench deep within the heart of Wildware. And, yes, the program will apply to waxless as well as to waxable skis.

Time permitting, the program will also include a segment on using GPS on the trail.

The program on Bill Pickering's and Dennis Major's Utah Bicycle Trip program, originally scheduled for February, will be moved to the Tuesday, March 5, meeting.

Oh, yeah. Don't forget the Wednesday, February 20, 7:00 p.m. social/dinner meeting at Chi-Chi's!



E-Mail Addresses Requested

If you didn't get an e-mail from Phyllis Zitzer dated Jan 18, we don't have your correct e-mail address. With the latest snow on Jan 19, Phyllis began using e-mail to organize her promised, impromptu one-day ski trips. She was disappointed that many of the e-mail addresses we have failed to work.

There are several reasons why they might fail. We may have copied the address incorrectly from your application, you may have changed your e-mail address or the internet gods may have been angry with Phyllis. You can check your entry in the "People to Ski With" that Wanda Pritulsky recently mailed to members to see what information we had at publication time.

Whatever the reason for errors, we'd appreciate it if you'd update us. The most reliable method is to e-mail membership officer, Wanda, (wandaandjim@paonline.com). You could also call or snail-mail her via the Club PO Box.



Trip Leadership Presentation

Bill Stine

Weekend ski trips are the heart of what the Kick 'n Gliders Nordic Ski Club is about. And, we face a small crisis in that regard. Too few members seem to be willing to lead those trips. Just take a look at the list of trip leaders in this year's Season Guide. The same few folks seem to lead trips year after year. And their numbers are dwindling.

I presented a program on Trip Leadership to seventeen 'Glider members at the January 8 meeting at Wildware. The full blown, multi-media extravaganza (well, maybe a couple of overheads and a handout) covered the essential things that prospective trip leaders need to do and know to run a successful, Kick 'n Glider weekend trip. There was lots of discussion once things got going. Who knows, maybe a new trip leader will emerge from the lot.

Really, we need your help and ideas, too. Please let Weekend Ski Trip Coordinator, Glenn Pickering, 717-236-0945, know if you think you might be interested in leading a trip or help in the planning process. He'll be happy to send you a copy of the guidelines and bring you into the trip planning loop.

Stowe Trip Report

Bill Stine

The New Year's trip was great! With 28 skiers attending, we (nearly) all had a great time! There was snow when we arrived and snow fell each of the succeeding days in Stowe. My sincere thanks to Mick Marhevka and (maybe even to) Beth Harfmann (read it ... you'll understand) for their poetic submissions about the trip which follow, and to Dave LeRoy and Nancy Kaulh for their bridge report (what else?) that follows the poetic stuff. But, first, I'll sketch a brief chronological framework for those reports.



Northern Lights Lodge

Friday was arrival day. Several of our number skied the free, general-purpose, Stowe Recreation Trail that stretched about five miles from our lodging at Northern Lights Lodge to the center of town. That evening we fanned out to compete for sparse seating availability in local restaurants. The experience, though enjoyable enough, made us happy to know that the rest of our meals would be served by the Lodge! So far, so good, except for some niggling complaints about the driving instructions published by trip leader, Bill Stine.



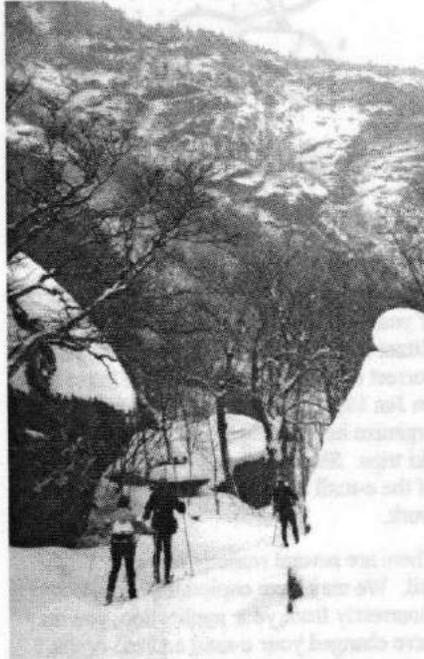
Covered Bridge at End of Rec Path

Saturday breakfast was excellent except for the "loose" oatmeal. Most of us departed for familiar Trapp Family Lodge trails while a few ventured north toward Craftsbury to find the Bailey-Hazen bridge that the club helped finance. That evening we swapped stories about the day's activities over apres ski snacks, soaked in the indoor pool and hot tub and consumed the trays of lasagna served by Lodge staff.



Read to Ski at Stowe Trails

Sunday, well filled with "tightened up" oatmeal, we headed to the Stowe (renamed from Mansfield) Cross-Country Ski Center. We had a great day on their excellent trail system with fresh powder covering the groomed, tracked trails. Some of us took the lift up the mountain and snowplowed back down the Toll Road ... wonderful! After apres ski, soak and dinner, we watched the Shrek DVD on the giant screen TV.



Mt. Road at Pass to Smuggler's Notch

Monday found most of us skiing up unplowed Mountain Road toward Smuggler's Notch. The road was beautiful and fun to ski, though the steep sections were a downhill challenge for some of the newer skiers. Afterward, we split up for shopping, more Rec Path skiing or even rest. The beef dinner was great with music, candlelight and lots of wine to set us up for our New Year's Eve celebration. Ask vegetarian Patty about her special meal ... lovely baked trout ... head and all!

New Year's Day actually found most of us in good shape, getting ready for the drive home and, maybe, even a short ski before departure! Stowe's reputation as one of the great XC ski destinations is well deserved. And, everyone agreed ... "We'll be back!"

The Spirit of the Northern Lights Lodge

Mick Marhevka

At the Northern Lights Lodge,
'twas the night before New Years.
The Kick 'n Gliders gathered
To greet '02 with their wild cheers.

Friends new and old
Gathered four night and four day
To eat, ski, and drink wine
A most enjoyable soiree.

The trip up to Stowe was
Full of adventure, quite merry.
Except for those who came
'cross the lake in the ferry.

First time skiers did well
With the long gliding run.
For others bruised egos, bumped tails were
All part of the fun.

The food was delicious,
A breakfast and snack to enable.
Then dinner with jokes
And stories told 'round the table.

From the fur clawed slippers
Worn to breakfast each day
To watching Shrek in the evening
We were like children at play.

It snowed through the day
And it snowed through the night
Packing the great ski trails
With a soft crystalline white.

At the Trapp Family Lodge
Twenty skied to the mountaintop hut,
After a lunch of hot soup.
The trip down we all liked a lot.

While some skied familiar trails
At the Craftsbury Center
Others tried out new paths to Smug
On a road cars could not enter.

The pool and a hot tub
Eased our post-skiing muscles.
The tables for pool and ping-pong
venues for competitive tussles.

When the New Year arrived
At the stroke of midnight
We were all shocked to witness
The Spirit of '01's flight.

With the Year's countdown
At twenty seconds to go
A screen was blown in
On the Rec room's window.

In the sound of the wind
As '01 flew out of sight
She turned and she whispered,
"Happy New Year to all, and all a Good
Night."



Stowe by Ferry?

Bethann Harfmann

The car was packed and ready to go.
 We were finally off on our New Year's trip
 to Stowe!
 The miles rolled by, but we were beginning
 to sigh,
 In hopes that the time of arrival was nigh.
 For you see our bums were sore,
 The company was beginning to bore,
 and we were losing our joy
 at what lay in store.
 Then we rounded the bend and yelled
 AMEN for our destination was only a
 little way more,
 just across on the other shore.
 But wait, what a cruel fate,
 for just before us was — oh no — NOT a
 FERRY gate!
 Oh where was the bridge
 that would carry us swiftly over to the
 ridge?????????
 No longer a time to be merry
 because we would have to take the dreaded
 ferry!
 Was it still running? How long was the
 wait?
 Darkness was upon us, no time for debate.
 We were running out of precious time.
 Oh that blankety blank Bill Stine!
 An hour later we were once again on our
 way,
 But this was no longer a fun filled day.
 We finally arrived at the Inn
 and were met by a man with a glorious grin
 who promptly exclaimed "You're finally
 here, the last to arrive,
 Oh pray tell, How was your drive?"
 What a cad!
 Was he mad?
 With swift reply
 he got the reasons why,
 three women were waiting inline
 to rip out the heart and throat of Bill Stine.
 He said the rest of the gang had just left for
 dinner!
 What a winner!!!
 Then he delivered one final blow when he
 said you ladies just need to chill!
 He didn't realize how badly we wanted to
 kill
 for we were tired and hungry and sick of
 each other,

but would still get extreme pleasure from
 torturing another!

He was walking a very thin line
 to being the substitute for Bill Stine!

The moral of the story is clear
 and one to hold dear —

make sure your directions are not in need of
 correction or you may never know
 the joy of spending New Years in Stowe.

Baily-Hazen Bridge

Dave LeRoy & Nancy Kauhl

On December 29, four members of the
 Vermont trip slipped away from the group
 to go on a special mission. They headed to
 Albany, Vermont to find the new Baily-
 Hazen Bridge on the Catamount Ski Trail.
 This bridge was built last summer with
 funds from Kick 'n Gliders and others
 which were matched by a government grant.
 (Donation was reported in the March 2001
 issue of Easy Glider. Ed.)



Dave & Nancy at Bridge

The Catamount Trail was not easy to find in
 this area among the snowmobile trails and
 tracks that criss-crossed the terrain. We
 finally found the trail to the bridge. We
 parked the van at a sawmill perched on a
 ledge above a deep ravine through which
 Rodgers Brook flows. The sawmill is
 operated by a woman and her son. She told
 us that they cut White Cedar logs into
 timbers for log cabins and homes. The
 Catamount trail follows the ledge to a point
 where it crosses the brook on the Bailey-
 Hazen Bridge. An earlier bridge at this
 location was washed out by a freshet which
 we were told undermined the ledge and
 washed away part of the land on which the
 sawmill is located.

The new bridge is a fine structure supported
 on two deep steel I-beams. The
 superstructure has a wooden deck and deep
 handrails. It is just wide enough for
 grooming equipment to cross. The sylvan
 setting of the bridge enhances its
 appearance. Significantly, the bridge fills a
 missing link on the Catamount Trail. We
 were told that without a bridge at this point,

skiers had to cross the stream and climb the
 steep banks using ropes to aid their ascent.

At midspan is a plaque bearing the names of
 the 35 people, businesses and organizations
 who provided the funds to build the bridge.
 Prominently displayed in the center of the
 plaque are the words "Kick 'n Gliders,
 Harrisburg, PA".

Lake Effect Trip Report

Bill Stine et al

The drive north on I-81 seemed
 discouraging, with rain, fog and more rain.
 But on our arrival, we were rewarded with
 about 18 inches of heavy white stuff ... the
 compacted remnants of more than four feet
 of snow on the ground a week before.
 Some early arrivals managed to ski for a
 couple of hours on the Tourathon trails.
 Afterwards, we all met at The 1880 House,

the B&B we occupied for
 this trip to Pulaski, NY.
 Once there, we consumed
 large quantities of hearty
 soup and freshly baked
 bread that served as
 dinner for most of us.
 Afterwards, we endured
 embarrassing quantities of
 wine and riotous
 conversations in front of
 the fire in the cozy living
 room. Some quotes:
 "Fun group. But I found
 I'm not in their league.

However, I have the
 corkscrew!" ... "We appreciate the warm
 welcome we received on this, our first trip.
 Looking forward to many more!" ...
 "Lovely old inn. Interesting area.
 Relaxing, which I needed. Looking forward
 to seeing the Yurts (at Salmon Hills XC-Ski
 Center)." ... "hug 'em and chalk 'em" (how
 a skinny guy manages to, eventually, get his
 arms completely around a rotund mate).



The "Glide" at Times Square

Saturday morning found all 15 of us
 finishing the self-serve breakfast and
 loading into our vehicles to drive to Barnes
 Corners for our morning ski. We didn't
 waste much time heading out Homerun
 Trail, through Times Square, to the
 beautiful overlooks of Inman Gulf. The
 skiing was excellent! Then it was down the

John Young Trail along the Gulf and back Whiteway to the parking lot. We ate lunch on our drive to the Tourathon Trails in Winona State Forest.

At the Tourathon, we divided into "more ambitious" and "less ambitious" groups for the afternoon. The latter group stuck to the well-groomed and trackset trails for a pleasant afternoon of skiing. The former group took Bill's Belly, an ungroomed, backcountry trail, with numerous unbridged stream crossings and short steep hills. The trail was a blast, but the last stream crossing was a dozy that required real commitment to make the BIG step across the stream.



On the Trail ... "Glide" Poses for Photo

Just after the stream crossing Steve broke one of the ski poles he had rented for the trip. Splicing it with a green branch and duct tape, donated by Wanda, we continued on our way. A few minutes later we encountered another guy with an identical pole, also repaired with a branch and duct tape! Calculate the odds of that! Later, Steve wondered if three falls on the same hill, twice going up and once going down constituted some sort of club record. (Sorry, Steve, but I think others have bested that mark.)

Our return to the parking lot via Shady Shuttle and Winona Way revealed more ambitious hills than most of us imagined even existed at the Tourathon. Wishing Bill Stine had issued headlights, the "more ambitious group" finally reached the parking lot just as darkness overtook them at 5:30 pm!

Once again, the soup pot was hot and we treated ourselves to another round before dinner. Dinner, prepared and served by our hostesses, Patty and Sharon, was stuffed Cornish hens with all the fixings. We washed it down with, you guessed it, more wine, and followed that with strawberry shortcake.

Tired, and stuffed to the gills, many of us still managed to stay awake for another late evening of tall tales and nonsense. A few facts gleaned that evening: Cornish hens are female while the males become 'Oven Stuffer Roasters'. One of us was declawed and another takes her mom along. Yet

another can see in the dark and sneer out of both sides of her mouth.



Stream at Chateaugay

Sunday morning found two of our number sleeping on couches. Seems the stereo snoring of two of the four guys in one room was just too much for a restful night. We think Wanda could have made a bundle selling quiet beds in her large, mostly empty, non-snoring room. Otherwise, the morning was a repeat of the day before except that the destination was the trails at Chateaugay State Forest. We noted that driving a Subaru wagon is nearly a K'nG membership requirement as three of our number drove them! Richard seemed to know all the subtle differences between models, and related most of them to Bob while driving to the ski area. Cooler, with some wind and corn snow squalls, we headed for the protection of these beautiful, wooded, backcountry trails. The terrain is mostly gentle with the trails meandering alongside streams, wandering through woods and following old stone walls. After skiing, most of the group returned to The 1880 House for showers and one last shot at the soup before the drive home. Thus ended another great K'nG trip!

Participants: Bill & Sandy Stine, Dave LeRoy, Nancy Kahl, Dennis & Beth Major, Jim & Dot Nissley, Peter Oswald, Nan Reisinger, Wanda Pritulsky, Richard Levin, Bill Pickering, Steve Schwalb and Bob Gaston.



Blueberry & Bolton Ski Report

Bill Stine

After the New Years trip, Sandy and I took a few days in the Waitsfield area, about 25 miles south of Stowe, to visit friends and relatives and ski. While there we visited

two ski areas that may be of interest to fellow Kick 'n Gliders.

Blueberry Lake

Plunkton Rd., East Warren, VT 802-496-6687, \$10 daily rate. Directing signs begin on Rt. 100 in the vicinity of East Warren, just a few miles south of Waitsfield.

This is a small operation with a nice trail system of about 20 km. It is divided in half by Plunkton Rd. with easy to intermediate trails to the east of the road and intermediate to expert trails to the west. Sandy and I skied the west side of the system including the trails, Meadow, Fuller Hill, Sugarwoods and Bucks Ravine. These are picturesque, up-the-hill, down-the-hill, trails that are nicely paced and well groomed. We were a bit intimidated coming down the upper stretch of Fuller Hill. There is a bypass that most folks take but the view from the top is worth the climb and descent. Buck's Ravine is as nice a loop as we've skied and the descent is wonderfully contrived to be fun but not too intimidating. We've skied the other side of the trail system in the past and found it enjoyable and holding its snow when there was little other skiing in VT.

Owner/designer Leonard Robinson is usually attending the "ski center". He's an enjoyable, 72 year old who is still an active ski racer.

We recommend a stop at Blueberry Lake to anyone already in the area looking for a pleasant day of skiing.

Bolton Valley Cross Country Trails

1-877-926-5866 or 802-434-3444, www.boltonvalley.com. Located 20 miles from Burlington, VT, turn north from US Rt. 2 onto Bolton Valley Rd. and follow it to the top/end of the road.

Bolton Valley Ski Center hosts an impressive network of XC ski and snowshoe trails in addition to their prominent alpine facility. Reasonably priced accommodations may be found among the extensive combination of hotel, condo and shopping and restaurant facilities at the complex. The complex is about a forty-minute drive from Stowe or Waitsfield. Bolton's Nordic Center is in the Recreation Center at the bottom of the parking lot.

Bolton claims only about 12 km of groomed trails in the beginner to intermediate class. But, they have much more in the way of an ungroomed backcountry network in the intermediate, advanced and expert classes that is well worth exploring by the experienced skier. The total XC ski trail network is claimed to be in excess of 100 km. They also claim 60 km of trails for snowshoeing.

The trails were beautiful. Sandy and I started by sampling the backcountry trails, climbing Bryant, doing the Birch Loop and returning on Bryant. Conditions couldn't have been better with about six inches of powder over a foot of base. Birch Loop was among birch trees and low pines with snow clinging to the branches. The trails were little used so we saw only one other couple skiing.

We also tried the easier trails, skiing down Maple Loop and returning via Broadway. Maple Loop, ungroomed at the time, was a delightful 2.3 km ski down about 500 ft vertical with some small water hazards. Broadway was a very wide, tracked, skate-groomed path back up to the original elevation. Though a long climb, it was easy with no steep sections.

Bolton Valley is worth a special trip for the advanced or expert skier looking for some beautiful, challenging terrain. For the rest of us, it is easily worth planning to spend a day if you're in the Stowe area.



PA Skiers - Need a Place to Ski?

Bill Stine

From time-to-time, Kick 'n Gliders get inquiries from new members about where they can go to ski. Some of the answers are obvious when there's snow on the ground. Local parks and golf courses usually have paths or grassy areas suitable for skiing, even when there is little snow. Usually they welcome skiers, but it's good practice to ask, especially the golf courses.

However, people often mean, "Where is a place with groomed trails, rental gear and lessons?" The answer to that question is quite different. There are just two places within a three-hour drive of Harrisburg that meet those requirements. They are Crystal Lake and the ski concession trails at Laurel Ridge State Park. Yeah, it seems you have to be willing to travel to play at this sport!

Why only two? And why so far? One of the reasons is that demand is low for XC ski areas. Then, too, logistics and economics make it difficult to make snow on long, skinny trails, so ski area operators have to choose places that have, and keep, lots of natural snow. Those places usually have to be about 2,000 feet elevation or higher.

That reduces the number of locations that can survive. Neither of the two places mentioned are big moneymakers for the operators. Both also offer snowshoeing.

Crystal Lake

claims 30km of machine groomed and track-set trails for all skill levels. The trail system is very well designed. Specifics:

- www.crystallakeskicenter.com
- Crystal Lake Ski Center, 1716 Crystal Lake Rd, Hughesville, PA 17737
- Open Daily
- Conditions: 570-584-4209 or clski@crystallakeskicenter.com
- Daily Rates are \$10 trail fee, \$10 rental and \$10 and up for lessons.
- Call or visit the web site for reduced and special rates and driving instructions. Rental lodgings available.

Laurel Ridge State Park

has many trails suitable for skiing, including a 20-mile cross-country ski touring concession adjacent to the Route 653 parking area. Although not as nicely designed, overall, as the trails at Crystal Lake, many sections are lovely. It is an excellent facility. Specifics:

- Concessionaire: Riversport, RD 3, Box 246, Rockwood, PA 15557
- Open Fri, Sat & Sun
- Conditions: 724-455-7303
- My rental rate information is out of date, but it is similar to Crystal Lake.



XC Ski Conditions Reports

Bill Stine

Tim Musser reports that his favorite on-line source for up-to-date XC ski conditions is www.onthesnow.com. This site is quick to load, easy to find your way around and covers both downhill and cross-country areas. Unfortunately, and like many ski report sites for cross-country, some of the xc ski areas have not updated their information since last spring. However, site organization is good and, if updated, you've got the information you need!

A couple of others:

- www.xcski.org
Web site run by an industry group. Usually up-to-date. XC only.
- www.crystallakeskicenter.com
Crystal Lake's own site. Usually up to date. Trail Map, directions, etc.



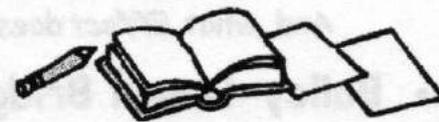
Perry Kaufman Retires

Many members will remember Perry Kaufman for his infamous line, "Do you mind if I ask you a personal question?" Perry retired from 31 years of college teaching effective December 21. He's cleaning the "junk" out of his home of 26 years and has put it up for sale. Perry is buying a small farm for his retirement home near Riverton, WY, and will take it over on March 15. His new address will be: 65 Buckhorn Flats Rd, Riverton, WY 82501.

Perry writes to the Club: "I did not renew my membership because I am retiring in January. I really appreciate being a member of the Kick 'n Gliders. You all have been wonderful to me. If you (Dave & Nancy), Jamie (Hackman), Bernie (Webber) and the other members I know come out west, you can always have a warm bed and food at my house. I am now canoeing and this summer I am going to take up kayaking.

"I will be in the Riverton, WY, Phone book after March 15.

"Thank you. Give my regards to my friends in the Kick 'n Gliders."



Cross-Country Skier Magazine

Ralph Scott notes that Cross-Country Skier has been revived after several years out of publication. They are a seasonal magazine, publishing four times a year. A US subscription is \$13.95. For a subscription, contact them at 800-827-0607 or write them at Cross-Country Skier, P.O. Box 83666, Stillwater, MN 55083-0666. They're also on the web at www.crosscountryskier.com.



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