

# The Easy Glider

Kick 'n Gliders Nordic Ski Club

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

Issue: February, 2002



## March Meetings

*No Snow? Try Biking!*

Don't miss "Bicycling Utah's Bryce and Zion National Parks", a presentation by Bill Pickering and Dennis Major. On March 5, 7:00 p.m. at the Wildware Canoe Shed, these two Kick 'n Gliders will help you begin the mental transition to summer sports with an account and slide show featuring their Summer '01 Adventure Cycling Tour of these beautiful national parks.

Share their adventure, vicariously, as they relate the ups, and downs, of this fabulous tour!

And, of course, you're invited to join us, 7:00 p.m. on March 20 at TGI Fridays for our monthly dinner meeting!



## Trip Planning Meeting

Don't forget the annual Trip Planning Meeting on April 2<sup>nd</sup>. This is your chance to make your trip happen! Or, you can at least influence which trips happen and when.

Remember, this is a planning meeting, not a wish list meeting! Bring enough specifics about a trip that you're interested in to convince others that it's a trip we should, and can, do! If you're not sure about what kinds of information are needed at the meeting, call any experienced trip leader for help. You can also request a copy of the Trip Leader's Guide from Glenn Pickering or Bill Stine. This guide tells you what you need to carry to the planning meeting as well as some of the ins and outs of actually leading a trip.

Speaking of trip planning, part of the job's already been done and you may want to make a note on your calendar! Craftsbury was full, this year over New Years and we were unable to get in. We already made a deposit for next year, however, so the trip is on!

Speaking of the April meeting ... April is also our month for election of officers. President, Bill Pickering, has already charged Dennis Major and Nancy Kahl to be our nominating committee. Please let them know if you're interested in helping out with any role in club leadership.

## Trip Status

Is this season drawing to a close already? It seems so, but there are still some skiing opportunities!

### Lake Placid, NY

Feb 15-21

This trip is already happening as you read this. However, there's still a little space left on the last three nights at this writing. Give trip leaders, Bill & Sandy Stine, a call on their cell phone, (717)475-4558, if you'd like to join us and you get a last minute opportunity. Don't expect us to answer on the first ring, though, 'cause we'll be out on the trails!

### Rocky Point, Inlet, NY

Mar 1-4

We have three full condos, but it never hurts to put yourself on stand-by. Give trip leaders, Bill & Kay Pickering, a call if you're interested.

### Tug Hill, Turin, NY

Mar 15-18

As expected, the faithful will return! We already have ten enthusiastic skiers signed up for this end-of-the-season tradition, but there is probably room for more. Call trip leader, Dave LeRoy, if you still want to sign up and he'll check with the Pioneer Lodge to make sure there's room.



More of ...

## "People to Ski With"

Membership Chairperson, Wanda Pritulsky, sends the following list of new members who have joined since we sent out the "People to Ski With" directory. Please update your directory!

**Charles L. Stoup, Jr.**  
410 South Pitt Street  
Carlisle, PA 17013  
(717)249-9446 h

**Pat Gahres**  
221 Moore Road  
Lebanon, PA 17046  
(717)865-4980 h

**Patricia Ludwick**  
441 Plaza Drive  
Palmyra, PA 17078  
(717)838-4140 h

**Deborah Glasheen**  
251 Lepore Drive  
Lancaster, PA 17602



## Trip Reports

### Lower Allen Park

Carolyn Hoffman reported on the first, impromptu, ski trip that Phyllis Zitzer arranged via e-mail for Sunday, January 20. Carolyn writes, "Eight of us went to Lower Allen Park to ski for several hours. Unfortunately, the warm sun created sticky snow conditions and the skiing wasn't optimal. But, it was a beautiful day and we made the best of what we had. I think everyone was glad just to have the opportunity to get out and play a little. The park is a nice place for some casual skiing when there isn't enough coverage for more challenging trails."

And, so, with a minimum of effort, a club skiing day trip was arranged. Thanks, Phyllis, for getting the word out to the club, and thanks, Carolyn, for getting the word back to the club!



## Garnet Hill

*Fred Richter*

Age-old question: Is it shorter to go to Garnet Hill via 81-88 or 78-287-87? The answer will be below.

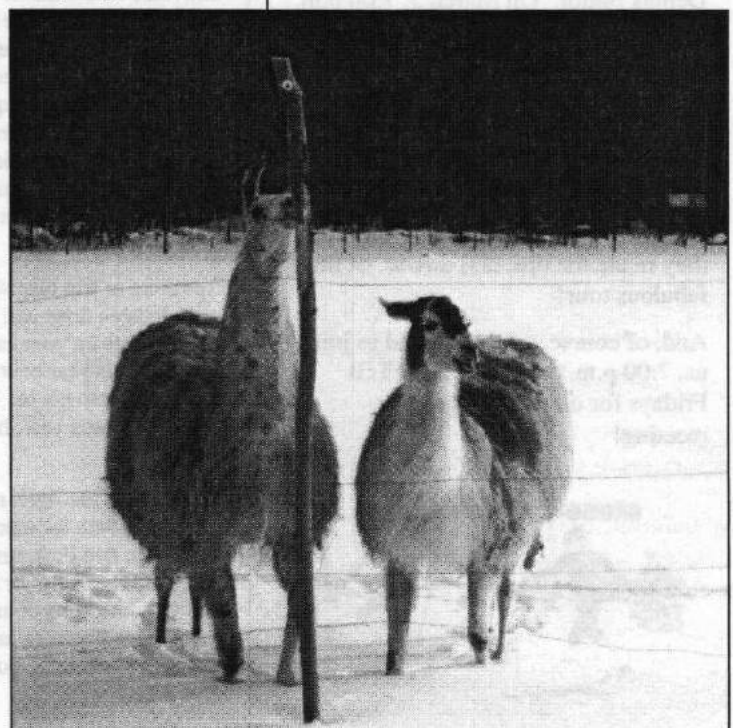
Trip participants: Pat Garhus, Deb Glasheen, Al Hoch, Bill Hoffman, Pat Ludwick, Stacey Richter-Nash, Tom Nash, Fred and Tanya Richter, Ralph Scott, Bernie Webber and our most excellent trip leader, Jamie Hackman.

Which interstate to take to Garnet Hill was not as difficult a question as what road to take to North Acres, once you got to Garnet Hill. It took two passes of Ruby Mountain Road (Garnets were referred to as Adirondack rubies.) to see the road sign. The road itself was icy and steep. Bill Hoffman found it and couldn't get his Crown Victoria to marshal the traction to make it to the top. Ironically, Bill, who gets his bicycle up thousands of hills, couldn't get his car up this one.

Ruby Mountain Road led to

Harvey Road. I don't know who Harvey was, but how many famous Harveys can the reader name? Lee Harvey Oswald? No, middle names don't count. North Acres is on Harvey Road. Harvey Road was dark and it was getting late. The half-mile on the directions proved to be closer to a mile. We wondered if we were going the right way; we wondered about famous Harveys; we wondered what the accommodations were like as we were the last of a dozen Kick 'N Gliders to arrive.

No need to be concerned. We found North Acres just fine. A delightful, well kept farmhouse. Our room was the master bedroom, complete with a bedside fax and a private bathroom. The bad news was the





bedroom was the short-cut to the television room; we had a continual traffic flow past our bed.

At night, Ralph moved to the television room opposite a pair of glass doors. Who needs privacy when you're among friends. Ralph escaped the upstairs because of reputed snorers. I was never upstairs so I cannot substantiate the rumor. Other rumors came my way as well, which included Bernie skiing in only his bathing suit and Jamie and Deb in their bathing suits making snow angels. I've been promised photos to substantiate the last two.

George, the past owner of Garnet Hill, owns North Acres. The advantage of having the former owner's house was every morning as we sat in the breakfast nook gazing at the distant high peaks, the Garnet Hill trail groomer took an abrupt detour from the closest groomed trail and laid tracks almost to the door of the farm. Ralph, from his newly acquired bedroom, could literally step out the side door on to a groomed trail. And almost as good, trail marker signs actually indicated the way back to North Acres. How many times have you been skiing and under the trail name signs are arrows pointing the way home?

The weather was delightful, the trails were excellent- just enough snow to make it fast, but not too fast. Skullbuster was easily engaged. My son-in-law Tom; daughter, Stacey and I looped around and skied it several times.

The food was fantastic from Ralph's blueberry pancakes to Deb's chicken stew to Tanya's chili. You could have eaten yourself into oblivion. Several skiers tried to drink themselves into oblivion as well.

During the day, skiers went off in small groups based on their interests and skills. There were plenty of options from back country skiing to skiing Garnet Hill's 50 kilometers of groomed trails to snow shoeing.

Great weather + super conditions + good food + fine company = a wonderful weekend.

By the way, the answer to the mileage questions is they are both almost identical- about 370 miles from our Annville home.



## Crystal Lake

*Dennis Major*

We drove to our January ski trip at Crystal Lake on a balmy Friday evening. The land was brown, but we smiled anyway, as we were HEADED OUT OF TOWN! Low and behold, as we drove the muddy road up the hill to Crystal Lake, white drifts of snow began to appear, by the time we got to the top, it was all white. Well, mostly anyway. The fire was started in White Pine Lodge and everything was in place. By ten PM, all fourteen of us had arrived, including the newest club skier, Olivia (Ching Ching) Herrick, four years old and FULL of that magic Ten PM energy burst, leavened with all the charm necessary to be the center of attention.

We made coffee and breakfast and were off to ski somewhat after 9AM on Saturday. We soon found that it was icy and fast. By late morning however it was warming up and becoming easily skiable. We had all brought lunch fixin's, but most of us supplemented our sandwich with a bowl of Chili in the dining hall. Dottie at the ski shop had highlighted the trails that were open, but we found that more of them were usable than that. We all became quite adept at rock

spotting, and those with metal edges were happy with the extra control. Bernie, Wanda P, Beth and Dennis enjoyed the BURN of plowing down Bear Creek Trail's long, long downhill. Dodgin' rocks, plowin' hard. Everyone stayed out until four to four thirty and then headed for the showers. Bill and Sandy Stine made a day trip to Crystal Lake and joined us for appetizers before heading home. After dinner the group turned in early. A few people got up to see the full moon shining over frozen Wild Rice lake.

Sunday morning the early risers went skiing while the late sleepers finished a leisurely breakfast. It was shirt-sleeve skiing - an unseasonably warm 50F - but still fun.





## Laurel Highlands

*Bill Stine*

The skiing was unbelievable! With fresh powder covering an excellent base, we headed for the trails in Forbes State Forest ... well, not quite. The fresh powder consisted of a dusting from an overnight snow squall. And the base ... would you believe a heavy frost? Yes, after years of participating in most of the scheduled Kick 'n Glider weekend trips, Sandy and I had to admit defeat. There would be no skiing this weekend. Still, we all managed to have a great time!

Most of us gathered in Red Oak Chalet on Friday evening for snacks, including Nan's delicious chicken noodle soup and great breads. Peter and Bill spent the rest of the evening playing with the computer interface of Sandy's new GPS, while the rest of the crowd plotted Saturday's activities.

Saturday morning found us heading for Mt. Davis State Park for a day of hiking. We all hiked the laurel-lined trail to the highest point in Pennsylvania. Most of us made the obligatory climb up the fifty-foot high observation tower, although it seemed that even that modest height made a couple of us *uncomfortable*. *Some then continued hiking, while others returned to the cabins or explored the area. That evening we sampled Phyllis' traditional treat of brie and pesto sauce. Later, chef Nan treated us to another excellent meal of chicken and ratatouille topped off with Wanda Pritulsky's not-quite-fat-free dessert of pudding cake. Later the scrabble board and poker chips appeared. I don't know how scrabble went, but the guys (Bill Pickering and I) lost big time to the gals (Nan, Wanda Pritulsky & Kay Pickering). Where's the justice in that?*

On Sunday we took to a trail of another sort. Driving to nearby Rockwood, we biked (some walked) a short portion of the Great Allegheny Passage. (see Phyllis' accompanying article) Bordered on one side by the Casselman River and the other by lush, rhododendron-lined cliffs

and hardwood forest, the trail is very pleasant and must be spectacular when the rhododendron blooms.

And so, in spite of the no-show snow, it was a fun time ... thanks, Nan, for a trip well led!

organizations make up the Allegheny Trail Association [www.atatrail.org]. On other trips with Nan, we frequently ride sections of the Youghiogheny River Trail in the Confluence/Ohiopyle/Connellsville areas. But this time, Nan wanted to do something different. So we planned to ride Allegheny Highlands Trail, which follows the Casselman River and is the eastern most section of the trail that is currently completed.

We started at Rockwood and rode east to Myersdale, which is approximately 11 miles each way. The entire section from Confluence to Myersdale is 21 miles each way, so we started about mid way. A few sections of the trail were "soft" because we have had so much rain, and were somewhat challenging to ride. We were especially glad that we had brought our mountain bikes.

The Allegheny Highlands Trail winds through hemlock and rhododendron, past several wind mill farms. Mt. Davis, the state's highest point at 3213 feet, stands just south of the trail. But the most amazing part of all was the Salisbury Junction Viaduct, a 1900 foot long bridge that crosses



## Great Allegheny Passage

*Phyllis Zitzer*

(Phyllis adds some background on the bike ride venue we used while on the laurel Highlands Trip. Ed.)

The Great Allegheny Passage is a 150 mile, rail trail system between Cumberland, MD and the forks of the Ohio River at Pittsburgh. Over 100 miles are open now, with completion of the entire system expected in 2003. Seven local trail

## *100 feet above the Casselman River and*

Route 219, providing a panoramic view of the Casselman River Valley. The trail currently ends 2 miles after the viaduct at the Western Maryland Station, which has been beautifully restored by the Myersdale Area Historical Society. The train station has many interesting exhibits, which we could see through the windows, and is generally open from May - October, 10 a.m. to 5 p.m. It is well worth a visit! For more information, contact the Myersdale Train Station, 527 Main Street, Myersdale (814) 634-8654.





## Central Oregon Sampler

*Bill Stine*

Sandy and I had occasion to spend a week in the Bend, OR, area and to sample some of their northwestern-brand of cross country skiing. We stayed in a rented house in Black Butte Ranch, a golf community development with all the amenities. The Ranch is located about half way between Santiam Pass and the town of Sisters on Rt. 20. It is inside the Deschutes National Forest. This is a beautiful area. Bordered on the west by high, snow-covered, volcanic peaks, there is relatively little snow where we stayed. But, drive ten miles to the west and you've got tons of snow! Sisters is a charming, western-style, small town about ten miles to the east of where we stayed. It has all the amenities you need with relatively few tourism trappings and no franchise stores!

We skied three distinct areas. Two of them were trails accessed from so-called Sno-Parks which are actually just plowed parking areas from which a variety of kinds of trails might be found. During winter months you must display a Sno-Park permit when you park there. The permit costs \$15 for the season and is available from most shops catering to snow sports. The fees help cover the considerable cost of keeping these areas plowed.

The first area was the Three Creeks Lake Sno-Park, ten miles SW of Sisters. It

climbs moderately, from 5,200 ft. for the first ¼ mile then slows to a more gradual climb for the rest of five miles to Three Creeks Lake. The trail is intermediate in difficulty. There is another, parallel trail of greater difficulty to the same destination and a couple of crossovers in between that form smaller loops. We skied about half the trail, stopping at Jeff's View Cabin, a shelter with a spectacular view of the Three Sisters peaks. The books talk about skiing to the Lake and then climbing a couple of thousand additional feet to a crater rim for outstanding views of surrounding peaks. There was about three feet of snow on the ground when we were there.

The second area we checked out was a commercial one at Mt. Bachelor, about an hour and fifteen minute drive via the city of Bend. Driving up the road to Mt. Bachelor is awesome if you've never seen real snow. About halfway up the mountain you begin

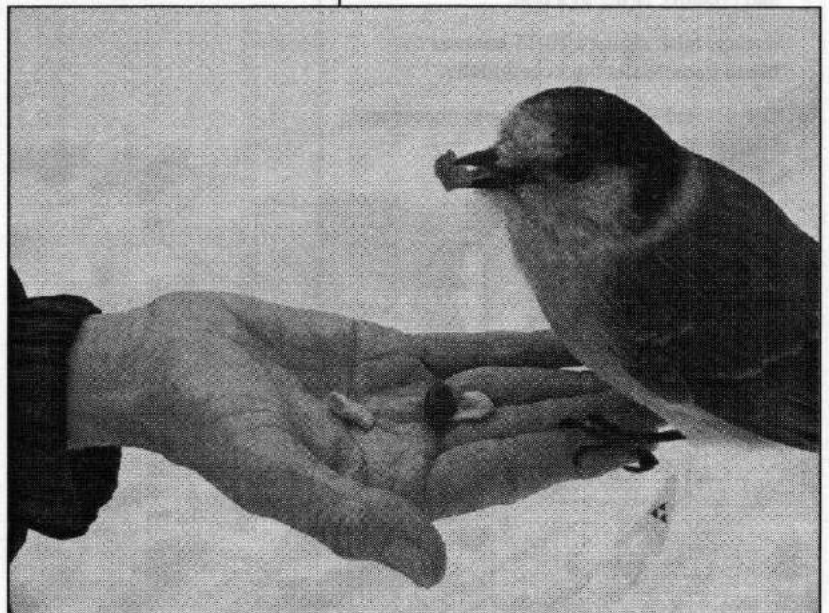
feeling like you're in a cattle chute. As you get near the top, the snow walls get to be about fifteen feet high and must be maintained using giant snow blowers.

Arriving at the Nordic center, we paid the \$12 fee and took to the trails. Only about half of them were groomed. They'd just gotten about two feet of new powder (over a compacted, twelve foot base) and were having trouble getting it all groomed. The wide, skate-groomed trails were a delight to ski and the snow was like silk! However, we missed the humps, bumps and little surprises we find on backcountry trails. Of course, we could have skied the ungroomed trail to a nearby lake but declined after skiing nearly all the trails that were groomed that day. Along the way we encountered a couple of birds, juncoes, we think. They seemed to be attentively watching us and sure enough, when we offered some of our gorp, they landed on Sandy's hand to take the offering.

The third area was Ray Benson Sno-Park next to Hoodoo Mountain on the edge of Santiam Pass. Hoodoo is a commercial ski area with a small, groomed Nordic area to compliment a considerable alpine facility. Ray Benson, elevation 4800 ft., is less than half a mile away, providing access to both nordic and snowmobile trails. We skied a 4.6 mile trail referred to as the Northern Loop. This is a little used trail of easy to intermediate difficulty. There are several other loops we did not do. This area has real snow, too, having a compacted base of about twelve feet. The trail is through spruce forest and has some great views.

So, how do you get there? We flew to Portland, rented an SUV and drove about three hours to Black Butte Ranch. Want some wonderful, western, cross-country skiing? Try central Oregon!

Give Sandy and Bill Stine a call for additional information.





## Chicken Chili, Anyone?

Deb Glasheen

Jamie Hackman asks that we publish Deb Glasheen's recipe for Chicken Chili. Everyone at the Garnet Hill trip loved it and many of them asked for the recipe. So, here it is:

### Deb Glasheen's Chicken Chili

- 1 T Oil
- 1 c Chopped onions
- 2 cloves Garlic, minced
- 1 lb. Boneless skinless chicken breasts, cut into bite-sized pieces
- 3 cans Chicken broth (14 1/2 oz. each) \*
- 2 cans Cannelloni beans, drained (15 oz. each)
- 2 cans Chopped green chilies, drained (4 oz. each)
- 1 tsp. Cumin
- Dash Cayenne pepper
- 6 oz. Shredded Monterey Jack cheese, if desired

Chopped fresh cilantro, if desired

\* (Instead of 3 cans of chicken broth, I use 2 cans broth with one can diced tomatoes with jalapenos.)

Heat oil in large saucepan or Dutch oven over medium high heat until hot.

Add onions, garlic, and chicken; cook and stir until chicken is no longer pink.

Stir in remaining ingredients except cheese and cilantro. Bring to a boil.

Reduce heat; simmer 10-15 minutes to blend flavors, stirring occasionally.

Garnish individual servings with cheese and cilantro as desired.



## Refrigerator Etiquette

Some peoples' kids! It happens on several trips every year, and this year is no exception. We rent a house and use the refrigerator and kitchen cabinet space to keep food that is to be shared for breakfast and dinner. People also use the fridge or cabinet space to keep their own food for lunches and snacks, which are normally the responsibility and property of individual skiers.

Sure enough, someone rummages, thoughtlessly, through the fridge and eats someone else's personal stuff. That, in spite of the fact that individuals usually keep their personal stuff in separate bags. The result: the person who provided for themselves for lunch goes hungry and gets understandably annoyed.

What to do?

- **Thoughtless, fridge grazers:** Bring your own stuff for lunch and snacks! And, if you didn't bring it, ask before you assume that fridge food is common property. Also, if you ask and no one happens to be able to confirm that food is private property; that doesn't necessarily mean it's yours to eat. Note, also, that the trip leaders almost never use club funds to purchase beer, wine, soft drinks or sports drinks. So you can always assume that those kinds of items are not common property!
- **People who bring and eat their own:** Get defensive! Mark your name prominently on containers or bags that contain food that is yours and attempt to keep it segregated. Or, bring a cooler and keep your stuff in there. I know it's a pain, but the grazers usually respect those kinds of boundaries.



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

### Meeting Watch

- Bicycling Utah's Bryce and Zion National Parks - March 5
- Dinner Meeting, Too! March 20 ... Give 'Em a Try!
- Trip Planning & Election of Officers - April 2

### Trip Status

- What's Happening with Lake Placid, Inlet and Turin?

### More of ... "People to Ski With"

### Trip Reports:

- Lower Allen Park, Garnet Hill, Crystal Lake & Laurel Highlands

### Other Good Stuff:

- Great Allegheny Passage
- Central Oregon Sampler
- Chicken Chili, Anyone?
- Refrigerator Etiquette