



The
Easy Glider
Kick 'n Gliders Nordic Ski Club

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www.kickngliders.org

SKI FREE!!!

**DON'T WAIT FOR THE TAX CUT TO ENJOY
A LUXURY SKIING VACATION IN THE
FAMOUS PENNSYLVANIA MOUNTAINS!!!!**

HOB KNOB WITH FAMOUS NAMES!!!!

Now that we have your attention, here's the real deal:
Your club has purchased a season pass for Kick 'n
Glider members at Crystal Lake Ski Center. It is
effective upon the receipt of this newsletter.

Simply identify yourself as a Kick n' Glider at the admission
desk at Crystal Lake. Dottie Alford, the boss, or one of her
people, will record your visit on their copy of the Kick 'n
Glider roster and issue your pass(es). The recording step is
important, as it is how she gets paid if we exceed the agreed
number of passes. It also allows the club to get the results at
the end of the season to see how the experiment has worked.
The pass includes admission for your family if you have a
family membership.

Members must be prepared to show a photo ID. Dottie is
instructed to turn you down without one.

The season is already in swing, as you know if you've
already been to Crystal Lake. The snow is great, so far, and
we hope it continues. So ... get on up there. Take a day off!

If this works out, we will have next year's "season pass" in
place by November.

If you have suggestions or problems, call Dennis Major at
717-432-7068 or e-mail him at dennis.major@bigfoot.com.
Crystal Lake's snow message is 570-584-4209. Their web
site is at www.crystallakeskicenter.com.

ENJOY!

Trip Status

Laurel Highlands, PA

Jan 24-26

OPEN! We still have lots of room in the lodge we've
rented. Short drive. Mix of back-country trails and
groomed trails with rentals and lessons. Always
beautiful!

Lake Placid, NY

Jan 30 - Feb 3

OPEN! We're still only about half full for this trip that
"has everything". Great back-country, world-class
groomed trails, beautiful town. Join us in New York
State's Winter Olympic City!

Crystal Lake, PA

Feb 7-9

CLOSED! We're chock full for this weekend, even
with the extra cabin that Dennis & Beth rented. Still, you
may want to put your name on the list or plan on just
making it a day trip. Remember Crystal Lake is one of
the best-designed trail systems on the east coast!

Stowe, VT

Feb 14-17/18

CLOSED! Stowe, too, only filled about half it's
spaces. But Trip Leader, Nan Reisinger, already had to
cancel the extra spaces. You can still contact Nan or
Dave LeRoy for stand-by status.

Tug Hill, Turlin, NY

Feb 21-24

OPEN! We've filled about half our reservations but can
make more. Tons of snow, lots of established back-
country trails and great food to refuel for the next day.

Rocky Point, Inlet, NY

Feb 28-Mar 3

OPEN! We still have lots of space on this trip, but it's
still early. Skiing for all levels. Rentals. Pool and hot
tub. Fun time!

Lake Tahoe, CA

Mar 15-21

CLOSED! We mostly filled this one-week, season
finale before we had to close the trip and cancel extra
airline tickets and an extra house. Contact Dave LeRoy
or Bill Stine for stand-by status.

Wasssup?



Outback Steakhouse

Jan 22, 7:00

Our monthly, informal social. Eat, gab, do a little informal business, and get to know each other a little better. See you there!

GPS & Compass Use

February 4, 2003

You've heard about those magical little techno gadgets that tell you where to go and that can help you get out of a jam and you're wondering if one is in your future. Join us as members, Bill Stine and Pete Oswald, lead us through the workings of these widgets to help you make the decision.

TGI Friday's

February 19, 2003

Our monthly, informal social. Eat, gab, do a little informal business, and get to know each other a little better. See you there!

Club Roast & Ski Tales

March 4, 2003

We're still working on the details of this meeting. Be sure to reserve the date as the occasion is sure to be one to remember.

Also, we're looking for volunteers to help organize the evening. If you are willing to help, please contact President, Tim Musser, or Bernie Webber.

Stay tuned!



The Pulaski Trip "Glide" pauses for a group photo on the Tourathon Trails.

Meeting Notes

Dec 3 - XC Equipment

Bill Pickering

Following President Tim Musser's call to order, Dennis Major started out by reporting that he had just called Crystal Lake. They expected to get 3" of new snow that night and planned to put down tracks and open that Sunday. Since it was hunting season, they couldn't be open during the week or Saturdays.

Nancy Kauh announced the status of signups for our trips as follows, which are updated and reported elsewhere in this newsletter. We were reminded to continue to sign up for our trips as some are already full.

President Tim asked the 18 of us assembled if we wanted to have a year-end banquet in April. There was general consent to this idea and Bernie Webber volunteered to take the lead in organizing the event. It was desired to have it at Harding's in Camp Hill. Richard Levin has already volunteered to do the program. If you are willing to help organize this fun time, please contact President Tim or Bernie.

The program was a presentation and discussion with Kathy of Wildware about what's new in equipment and accessories for cross country skiing this season.

We talked about the technical details of sizing skis; weight of the skier, length of the skis, what is camber, advantages and disadvantages of metal edges, types of bindings. We discussed cleaning the skis (use a gentle citrus cleaner), use of F-4 wax on waxless skis (put it over the kick pattern) and the advantages of waxable skis. Kathy talked about some new clothing this year and she showed us some neat headlamps for use in night skiing (and biking, camping, grilling at home). It was a very helpful and informative program. New members, and old, are encouraged to shop at Wildware and to take advantage of the staff's knowledge of equipment and clothing for your needs.

Kathy announced that Wildware gives lessons for beginners at 11:00 AM every Saturday if there is 4" or more of snow on the ground. The cost is less than \$10.00. Wildware also rents skis and snowshoes.

At the conclusion of the program, folks retired to nearby Your Place for refreshment, sustenance and more talk about skiing.

January 7 - Cold Injuries *Bill Stine*

We started the meeting by circulating photos of our New Year's Trip to Craftsbury, VT. Be sure to read Fred Richter's account of that trip in this newsletter, as well as Bill Stine's piece on the Highland Lodge to Craftsbury run. Nancy and Dave recounted some of the details of the Jan. 4 day trip they lead to the Laurel Highlands, also reported in this newsletter. The Majors reported that there was fine skiing at Crystal Lake that same weekend.

By the time Rich Levine began the feature program, "Cold Injuries: An Update on Hypothermia and Frostbite", there were 22 members in attendance. We didn't adjourn to our usual haunt until after an animated discussion session following the program.



Cold Injuries: An Update on Hypothermia and Frostbite

Bill Stine

Rich Levin's program for the January 7 meeting was focused on two of the possible hazards we Kick 'n Gliders encounter while playing outside in cold weather. What did we learn?

Hypothermia is a cooling of the core body temperature to less than 95°F. In severe cases it can cause death.

Signs of mild hypothermia include agitation and shivering. Moderate hypothermia is characterized by

confusion and shivering stops. In severe cases, victims appear comatose and may even appear to be dead.

Risk factors include exposure, cardiovascular disease, injury, drug use (including alcohol, sedatives and narcotics), infections, exhaustion and inadequate clothing.

First aid consists of preventing further heat loss and rewarming the victim. For mild cases, simply wrapping victims in blankets or getting them into a warm room will suffice. (Be sure to remove water-soaked clothing.) Moderate cases require active rewarming. Some active methods include person to person heat transfer, hot water bottles and warm water immersion. Severe cases require professional medical attention.

Frostbite, on the other hand, is the actual freezing of a body part. Irreversible tissue damage depends on the extent and duration of freezing at the tissue level. Predisposing factors for frostbite include wet skin, poor hydration, nicotine use, prior frostbite and alcohol use.

The mildest form, frostnip, is a cold-induced area of superficial blood-vessel constriction. It causes mild tingling or pain followed by numbness. The affected area appears as a gray or yellowish patch of exposed skin. After warming the affected part is tender, pink, warm, and may be shiny or slightly swollen. Complete recovery occurs in 1-2 weeks.

In more severe frostbite, it is difficult to predict the severity of injury when it is first seen. Severity can only be established after re-warming has occurred and 3-4 days are usually needed to know if the damage is superficial or deep. Consequences of frostbite can range from sensitivity problems and finger joint pain and stiffness to long term osteoporosis and early arthritis due to cartilage injuries. Amputation is required in the most severe cases.

The most important element of first aid consists of immediate, rapid rewarming of the affected area. It is best to immerse the area in a warm (104 to 108°F) water-bath for 15-30 minutes with active motion of the affected joints. It is important to avoid refreezing of the area and to maintain hydration. It is best to elevate frostbitten parts.



Ski Center at Craftsbury Outdoor Center.

New Years Trip to Craftsbury Dec 28 -Jan 1

Fred Richter

Arrival time was noon December 28, but folks were already skiing when we arrived at northern Vermont's Craftsbury Outdoor Center about 12:30. And why not? The weather was great and so was the skiing. Though I was disappointed the heavy snow in central Vermont did not reach as far north as Craftsbury, there was 10-12 inches of packed snow on the trails. And, with the inch-and-a-half of new fall Saturday night, skiing all day Sunday and Monday was quite nice.

All 30 Kick 'n Gliders stayed in Cedar Lodge with 30 plus skiers from the South Jersey Outing Club and two families not attached to either club. We all ate together in the second seating in the dining room, following 68 parents skiing kids from the other lodges. Those darn little kids were good! They zipped around Murphy's Pond with no poles and no fear on gliding little legs. If only I'd learned to ski when I was five!

Saturday night, after dinner, members of the New Jersey group treated us to the first of three slide presentations. This one was about teaching trumpeter swans to migrate. The first of Sunday's presentation was about an Appalachian Trail "through hiker's" experience. The other was a photo journal of a Norwegian bike trip.

On Sunday several K'nG groups went their separate ways. I was with the

Majors, President Tim, "Carlisle" Fred B. and Mick. We drove to nearby Highland Lodge and skied the twelve miles back. The trees were still tipped with the night's snowfall and the hills were filled with white glistening snow. The downhill glide to Craftsbury Village was delightful.

Son Seth started with us, but wisely turned back deciding this particular trail was not for ski-skating. He returned to the Craftsbury trails to hone his skating skills on his new skis. He had a great model as Olympian Andrew Johnson flashed around the Outdoor Center on a pair of (I just know they were) wing tipped skis!



Kick 'n Gliders on Craftsbury trail.

The remaining six stopped for lunch in Craftsbury Village. Fred B. and I dined on the sandwiches we got from the dining hall, while Tim dined on a LaBatt's he got from a six-pack store in PA. We ate on the inn's porch overlooking busy downtown Craftsbury. Meanwhile, Mick and the Majors ate in the Craftsbury deli. But, Mick wasn't allowed to drink the Bud he bought in the store ... and to think Tim was drinking his Pennsylvania beer so peacefully across the street!

Pepa Miloucheva proved to be the star of the trip for many. Pepa was a member of the 1994 Bulgarian world champion ski orienteering team. A physiologist and massage therapist, she restored many aching muscles to their supple pre-skiing conditions. Those who did not go to Pepa (and some who did) settled for Cindy and Sandy's yoga/Pilate's class in the second floor hallway. Walking the halls was difficult for the non-

participants, zigzagging around an obstacle course of contorted bodies. But those bodies were improving their flexibility, a possible goal for all Kick 'n Gliders in 2003.

Dave L. and Nancy led a group to the Catamount Trail bridge that our club donated money to build.

Unfortunately, Dave P. broke a ski on the way and had to trek back. The good news was he was picked up by one of the trail groomers. And, so, Dave had the exciting, new experience of grooming a trail! From catastrophe comes opportunity.

All of the members skied some of the trails, and all of the members did not ski all of the trails, though all of the trails were covered by at least some of the members. The Grand Tour, Lemon's Haunt, Big Hosmer Lake and others were all skied and all enjoyed. That is until the big freezing rain that started on Tuesday afternoon.

Yes, the parking lots and trails turned to ice. We slid to New Year's Eve dinner past ice-lacquered rocks and trees and, later, we slid to our little New Year's Eve party that was to precede the main event, the bonfire. Magically, though, the rain ended at precisely 11:00. At 11:10 waxed, corrugated, produce boxes were lighted under the lean-to of conifer boughs and teepee of logs and the magical bonfire began to roar.

A crowd started to join us, first, folks from the New Jersey group and, later, two carloads of tipsy local teens. Using Bill S's atomically calibrated watch (who needs Dick Clark?), we counted down the last seconds of 2002. We made a champagne toast to K'nG members and their loved ones for a happy and healthy 2003. Then, the traditional discarded Christmas trees were tossed onto the fire. The burning quills, sizzling, sparking and lofted into the sky, looked like streamers of reverse fireworks wafting upward into the starless sky.

The dining hall meals were excellent! If anyone left the dining room



Mike McMullin records New Year's Eve.

hungry, it was their decision. The conversation and camaraderie added to the delightful mealtime ambiance. The six Richters were joined by many who shared their insights, wine, wisdom and wit. And, if they had wine, who cared about their wisdom and wit?

Thanks to Trip Leaders, Dave L. and Nancy, for a great trip. The only negatives seem to have been Dave P's broken ski, Fred B's broken pole (in the ice), Ralph's problem tires and a few cold showers. But why take my word for it? Here are the trip highlights as contributed by the K'nG participants (Unfortunately none were signed):

Most beautiful thing I observed:

- Crystal blue sky
- The ice on the pine needles
- Snow as far as you could see
- Monday's sparkling snow shining against the brilliant blue sky
- Sunsets over the mountain
- Six inches of untracked powder

The best thing about this trip:

- The Highland Trail
- Going downhill
- Good food
- Pepa the masseuse
- Skiing out the door
- Highland Lodge to Craftsbury ski trip
- All the people from the club
- The number of skiing options



Trail from Highland Lodge through sugar woods.

Funniest thing I observed:

- Natural "all bran" foods making beautiful music
- Seth and Stacey bantering
- Instructor, J.R., in a snow bank
- Fred B's "hop" across roads
- Following the "Fred's" on the icy Grand Tour cut-off

Highland to Craftsbury Point-to-Point

Bill Stine

For many of us, the quintessential Vermont skiing experience was the point-to-point connecting trail that runs from Highland Lodge back to Craftsbury Outdoor Center via Craftsbury Village. You made your way to Highland by car or van and then skied back. The route, advertised at a little over 19 Km, gradually climbed 420 ft to a high point of about 1960 ft, descended about 1045 ft to Craftsbury Village and gently climbed about 285 ft along the Black River to return to the Craftsbury Outdoor Center.

This classic day-trip may sound a bit daunting to some. But, the trails were beautifully groomed and track set and, while some of the descents were a bit challenging, none of the climbs was steep. Of course, there was always the option to quit about two thirds of the way at the General

Store in Craftsbury Village. There, you could find a few libations or collectable trinkets while you waited to be rescued from the not-so-daunting climb back to the Center.

For Sandy and Bill Stine, the experience happened on Sunday, when Kick 'n Gliders and members of the Outing Cub of Southern Jersey combined to form a force of about twenty to face the "rigors" of the trail. The air was crisp and chilly with little wind. The sky was crystal clear so that a glorious sun could fully illuminate the beautiful Vermont countryside. We could hardly believe our good fortune! We had great company, wonderful skiing conditions and classic Vermont vistas. What a day!

Much of the trail followed wooded terrain where we saw sugar maples, well tended and tapped, anticipating spring's run of sap. Many kilometers of the trail swept down great curves as it

traversed meadows and fields where you could seemingly see forever. Steep roofed farm buildings nestled in little valleys. Snow covered meadows renewed themselves for spring grazing. And Craftsbury Village, with its quaint Victorian buildings and microcosm of civilization and commerce, beckoned from below.

If you've never had the chance, you should experience this Vermont!

Pulaski Trip Report Jan 10 - 12

Bill Stine

If it's snow you're looking for in the northeast, it is hard to beat the "lake-effect" snow belt. One of the best areas centers near Pulaski, NY, on the eastern shore of Lake Ontario, about an hour north of Syracuse. That's why we run a weekend trip to Pulaski. And, Pulaski, Lake Ontario and the "lake-effect" certainly didn't disappoint us this year!

Our first stop, however, was at the Onondaga County Park called Highland Forest. Located about ten miles south of Syracuse, NY, the park boasts a large, well-run trail system through mixed growth forest. The trails are relatively narrow and are groomed only by the passage of a snowmobile operated by the park. Six of us, who were fortunate enough to be able to leave Pennsylvania early on Friday, met at this park on our trip north and skied about five miles before continuing north. Conditions



Fred Wilcox & Carole Lentz are ready for the Tourathon Trails.



Beth & Dennis Major on the trail.

were fine, with about three inches of new powder covering a twelve inch base. Snow started falling as we left, presaging the weekend to come.

An hour or so later we found our way into the snow-covered parking lot of the 1880 House in Pulaski. Owner, Linda Tarbox, awaited our arrival. She couldn't help but show off her B&B's redecorated rooms and new bathroom as she lead us upstairs. After settling into their rooms, new arrivals gathered in the parlor for beverages and snacks. By the time most of us had arrived we were all ready to eat. So, with snow beginning to fall in earnest, we dove into our impromptu meal ... delicious chicken noodle and Italian wedding soups provided by Linda and salad and cookies provided by Carol and Sandy.



Rick Close ... keeping the humor flowing!

By morning the snowfall abated, leaving about eight new inches of the white stuff covering our cars. We discussed our skiing options over fresh coffee, fresh fruit and Linda's homemade breakfast quiches and banana bread. We decided on the Tug Hill Tourathon Trails. Ah, yes, the best choices are usually made on full stomachs!

We had the Tourathon Trails nearly to ourselves! Yes, folks, think about it. Thirteen Kick 'n Gliders encountered only two other skiers, two dog sleds and a pair of grooming machines while gliding for five hours through a system of more than 35 miles of trails. Many of the trails were freshly groomed and some were even track-set! The frosting on the cake, so to speak, was that mother nature decided that there still wasn't enough snow and started adding more early in the

afternoon. The snowfall delighted Rick so much that he couldn't help but break out in song as he skied!

By the time we arrived back at the parking lot, we had begun to wonder just how many songs and jokes can one man remember. We also found another eight inches or so of new snow on the cars and on the lot. The drive back to Pulaski was, uh, interesting. Maneuvering out of the lot with the new snow and driving ten miles in near white-out conditions on snow-covered roads tested our nerves as well as all those traction claims made by Subaru. (We, collectively, drove four Subarus to Pulaski.) The most ambitious among us got about twelve miles of skiing under their belts that day, covering dozens of lovely trail segments on a glorious, lake-effect day!

How do you top off a day like that? With food, drink and bed! Linda served up her famous baked, stuffed Cornish hens followed by strawberry shortcake. We washed it down with copious quantities of beverages, alcoholic, caffeinated and otherwise. And, by 9:30 all but the absolute heartiest of the lot had faded off!

More quiche, more coffee, more banana bread and Schwalbie's patented, extra-chunky oatmeal and we were ready for a last bit of skiing before heading home. Some of us decided to try the nearby ski trails at Chateaugay State



Need we say more?

Forest. It was a nice idea, but we found that the parking lot had not yet been plowed. Nor had the trails, covered with more than two feet of fresh snow, been broken. The better part of valor prevailed and we returned to the 1880 House for our gear and headed south to join some others for another shot at Highland Forest.

Another good choice! We found that a couple of inches of very fast, new snow had recently fallen and we had a great time. And, don't tell the ski patrol guy, but some of us even skied part of the "Nature Trail" that is designated for snowshoeing in the winter. Narrow and twisty, it was well groomed by snowshoers and a real blast to ski!

Pulaski ... put this Lake Effect treat on your skiing calendar next year!

Attendees: Dennis & Beth Major, Bill & Sandy Stine, Dave LeRoy & Nancy Kuhl, Fred Wilcox & Carol Lentz, Kathy & Mark Johnson, Steve Schwalb, Bob Gaston and Rick Close



Snow-covered, hard-skiing Kick 'n Gliders.

Day Trip Reports

Laurel Highlands - Jan 3 *Dave LeRoy & Nancy Kauh1*

The weather report indicated that the area south of Somerset, PA, was getting snow; not that awful mixture which has rain in it. So, on Friday, Jan. 3, five Kick 'N Gliders headed west on the Turnpike early Saturday morning to enjoy it.

The closer we got to Somerset, the whiter the landscape became and we entered a very white fantasy world at Laurel Ridge State Park. The snow conditions were good and the five of us (Rick and Anita Madsen, Carolyn Hoffman, Nancy Kauh1 and Dave LeRoy) skied the three mile loop in the morning before stopping to eat lunch and "warm-up" in the ski shop.

The shop was busy, even though we had seen few skiers on the trail. Unfortunately, the fire in the shop's stove wasn't putting out much heat. However, Carolyn's chocolate brownies gave us a warm spot inside to fuel us as we headed out for our afternoon run. We skied the six-mile, power-line loop. There were a few wet spots under the power line, which forced us to scrape our skis several times, but, the trip was well worthwhile. "Siberia" (that wind-swept plain at the top of the hill where a radio tower is located) was a very white and beautiful world, indeed! Many of the branches of the trees looked like they were covered with rock candy! Though the ice had taken its toll and broken some trees, none of them blocked the trail.

Overall? The "Highlands" come through, again!

R.B. Winters Environmental Center, Bald Eagle State Forest Jan 12

Fred Richter

We met at the Park and Ride in Dauphin Boro and rode the 75 minutes to R.B. Winters Environmental Center. R.B. wasn't there, but there was enough snow to ski if you were willing to share the road with purple Yamahas and

yellow Skidoos driven by ominous looking humanoids with hard masked heads and puffy bodies.

There were four of us: Trip leader, Bill Hoffman, Lisa Baer, Tanya and me. The small but skillful group moved right along during the five hours we were out. The snowy roads were packed and for the most part really didn't present problems as you were continually going up and down over long gradual grades of about a half-mile. Our leader fell behind going up the grades, but made it up going down.

"Down Hill" Bill led us around about a 10-mile loop with lunch at the scenic Black Gap Overlook. Even the peanut butter jelly tasted scrumptious in the crisp, fresh air and with a spectacular view. The meditative moments were only interrupted by the smog belching snowmobiles that circled the loop many times to our one. It is worth noting, they were all courteous and friendly.

We finished with a woodland ski along Rapid Run as I set a PR¹ for skiing over small bridges in a single afternoon. We wished farewell to R.B. about 3:30. A fine end to a nice day in the great outdoors.

¹Personal Record

Crystal Lake Trip Report Jan 8

Bill Stine

The weather prediction for Wednesday was for enough heat to melt all the snow in Harrisburg. But Kick 'n Gliders' Bill and Sandy Stine, Dennis Major, Bill Pickering and Bike Club "Old Spokes", Don, Ron and Bob, decided to ski anyway. And, we weren't disappointed!

As we climbed the "Seven Mile Hill" to the ski center, the temperature dropped and the snow levels rose. It turned out that Mother Nature had provided two additional inches of snow on top of a quarter inch of ice since the weekend. And, we had the place almost to ourselves!

And the ice! Arriving at the top of the Boardpile Trail, we were treated to a special symphony as the wind whistled through the crackling,

crystal canopy of Crystal Lake's forested trails. Evergreen branches bent gracefully over the trail, sparkling in the occasional sunbeam. And snow-frosted, ice laden evergreen branches handled like strings of crystal beads when you touched them. Now we know why it's called "Crystal" Lake!

Remaining alert to the possibility of trees crashing across the trail, we skied much of the top of the trail system and some of the advanced stuff like Sassafras and Zinger. We heard several trees fall in the woods, but didn't even have a close call. Snow conditions were wonderful due to the fresh powder dressing on the trails and we had a great time.

Oh, yeah, about that warm weather prediction? We're pretty sure no snow melted at Crystal Lake that day!

Garnet Hill & Little Buffalo *Lisa Baer & Bart Richwine*

We spent Jan. 2-4 at Garnet Hill NY. Jan. 2 was icy due to freezing rain the night before. We stuck to only groomed trails. They did not groom all the trails. That evening, however, they received 1-2 inches of snow making wonderful conditions for Friday. Then, on Friday night through Saturday, the area received 16 inches of snow and it was still snowing when we left. We did not even check to see what the conditions were like.

On the morning of Jan. 7th, I skied at Little Buffalo in the hunting area. The snow was perfect. Since the temps were in the 20s there was no problem with standing water. However, this trail has a lot of swampy areas and I would not ski it if the temps were warmer. I've never seen the trail so swampy before. Most of it was ice this morning.

Hope this helps. We just joined the club and we look forward to learning about new places to ski.





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 - Pulaski - We don't subtitle this the "Lake Effect" trip for nothing!
- **Day Trips** - Lots of reports are rolling in. See what your fellow xc-skiers have to say about nearby areas!