



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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Issue: February 2003

www.kickngliders.org



Trip Status

Tug Hill, Turin, NY Feb 21-24

OPEN, a little bit! We've filled most of our reservation space but can probably still find room for a few more. Tons of snow, lots of established BC-trails and great food. Contact Dave LeRoy if you're interested. **Hurry!**

Rocky Point, Inlet, NY Feb 28-Mar 3

OPEN, but just barely! We canceled one of the condos for this trip. But there may be room for one more skier. Or may still get another condo if there is interest. Inlet has skiing for all levels, rentals, pool and hot tub, and great snow! It's a fun time! Contact Bill or Kay Pickering if you're interested. **Very little time left!**

Lake Tahoe, CA Mar 15-21

CLOSED! Sixteen lucky skiers will experience the joys of some of the best skiing in the country! Contact Dave LeRoy or Bill Stine for stand-by status.

Wasssup?



Rich Levin

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! (652-4227)

Member Suggestions & Concerns

March 4, 2003

This evening had been scheduled as a "Club Roast." Instead, I felt it would be beneficial to give the members a meeting where they could make suggestions and have their opinions heard. We'll start the meeting with the trip reports, general business and highlights from the executive board meeting. We'll then open the meeting to your suggestions and concerns. And we really do want to hear from you.

As usual, we'll go to "Your Place" after the meeting for snacks and libations.

Tokyo Diner (BYOB)

March 19, 2003

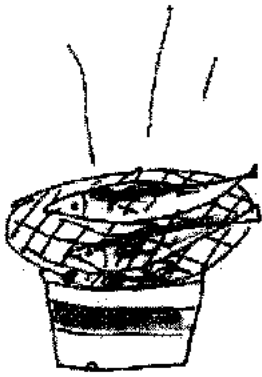
Our monthly, informal social. See the separate write-up in this issue.

DIRECTIONS: Union Deposit Rd across from McDonald's, turn into the Lowe's. Drive across the lot towards Rt I-83. Turn left and follow it down past the side of Lowe's. Tokyo Diner is located on the left at the bottom of the hill. Or go right to Londonderry Rd. Address: 4089 Londonderry Rd. 545-4226

Trip Planning Meeting

April 1, 2003

Help plan next year's ski trips and this summer's events!



Tokyo Diner

March 19 Informal Social
Rich Levin

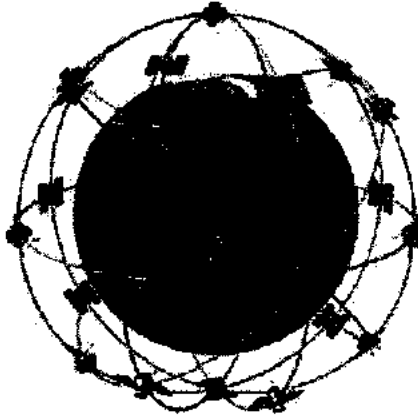
I'm putting my Epicurean reputation on the line with this choice.

If you've never eaten at a Japanese restaurant before, this will be a real treat. The Tokyo is a very modest eatery with reasonable prices. The interior style is typical Japanese: linear with an emphasis on natural wood, almost Spartan. Dining is casual. They don't have a liquor license but BYOB is happily encouraged. This is your opportunity to enjoy the quality beverage you savor at home but hesitate to blow a bundle on when you're already paying a king's ransom for dinner. Just remember you'll have to leave sometime, so either have a designated driver or drink moderately.

We will have the option of sitting at traditional hibachi tables (grill in the center), the extended counter seating (favored by sushi fanatics) or the very traditional rice paper wall rooms (pillows on the floor with a low table). The choice is yours. There are three paper wall rooms, which can be combined to seat a total of 20 at a common table. If your legs get stiff or cramped easily, the hibachi tables or counter may be more to your liking. Wednesday is a quiet night at the Tokyo, so we should almost have the place to ourselves.

With regards to food, the choices are almost limitless. At the hibachi tables you can watch chicken, steak or a variety of seafood grilled before your eyes. There are fried rice and tempura meals and a variety of appetizers and soups. For those who enjoy sushi and sushi rolls, there are literally dozens on the menu. Don't forget to end the meal with one of the desserts or ice creams, such as green tea (better than it sounds) or mango.

See this issue's Wassup column for time and directions.



GPS and Compass Use February Meeting *Bill Stine*

Twenty-two Kick 'n Gliders crowded into the Canoe Shed at Wildware for our meeting on Feb 4. President, Tim Musser, began the evening reviewing day and weekend trips by having members report on trips past and on the status of trips to come. Summary: It's been an outstanding season for cross-country skiing, with excellent conditions everywhere and with no end in sight!

The program for the evening was Bill Stine and Pete Oswald holding forth on the theory and use of GPS on the trail with a short discussion of compass use thrown in at the end. The presentation lasted nearly an hour with lots of humor and just enough learning thrown in to make it a success. Program chairman, Rich Levine, best summed up the presentation, thanking Bill Stine for managing to keep a complicated subject ... uh, complicated!

As demanded by tradition, much of the membership then retired to Your Place for \$2 mini-bolis and beer.



The Glide posing in Black Forest.

Black Forest Trip

Jan 17 - 19

Bill Stine

It was one of those, good news/bad news stories. The good news was that there was plenty of snow this year and the snow was fast! The bad news was that there had been an ice storm and there were many, many branches and trees that had fallen across the trails. We got lots of bushwhacking practice this trip!

The other bad news was that the bar/restaurant part of the Black Forest Inn, where we stay, was closed this year. But the good news was that the rooms were open, clean and warm. The other good news was that we were pleasantly surprised when we visited some of the other local establishments! But, enough of the good news/bad news bit. We had a great time!

Trip leader, Tim, and Ric, Fred, Wanda and I met at the Black Forest Inn about noon on Friday to get in some early skiing. We quickly headed for the George Wills Trail. Snow cover was very good, with a two-inch coating of powder over a well-established base. We finished this relatively easy, 5.6 mile loop with little difficulty and decided we still had enough time for the three-mile, Ruth Wills Trail. So, we set off to do the trail in a clockwise direction. For the first two miles, the trail follows an old rail bed, wrapping around and down into a beautiful little valley. The rail bed terminates at an old stone building on the stream, apparently a watering station for the steam-powered Shay locomotives used in logging the area. For the next quarter-mile the trail seemingly climbs straight up a narrow, laurel-lined path to regain all the elevation lost on the preceding two miles. (Never attempt to ski down this section of trail! Novices should use this trail as an in-and-out ski via the rail bed.) Finally things leveled out a bit as the trail climbed past a fire tower and returned, down, to the parking lot.

Back at the Inn, Ric set up the veritable gourmet kitchen he'd packed into his new Outback and proceeded to reheat a delicious pot of homemade chili to accompany his spread of veggies and salad. Finishing this repast, but still hungry (Ric had only planned on feeding himself), we drove the fifteen miles back to Hanceville to investigate the offerings of the Mountain Top Inn. We were pleased by the light menu offerings and low prices of this clean, cozy enclave



President, Tim, does the limbo.

with its warm fire, inviting bar and friendly owner.

Saturday morning dawned clear and sunny! We could never quite agree whether it was 1°F or -1°F when we got up, but it was cold. But, by the time we arrived at the Francis X. Kennedy trail-head at 9:30, it was a downright balmy 5° F. It was as we struck out on the rail-bed portion of this trail that we discovered that low temperatures wouldn't be the real challenge of the day. The real challenge would be the ice damage and fallen trees and branches. Yes, we'd seen a few Friday afternoon, but this was different. We'd have to dodge an obstacle, some small and others big, every twenty yards or so. But the sky was clear, the woods were beautiful and we were game! And, fortunately, the long, exciting downhill into Schoolhouse Hollow was clear of fallen objects ... it was a blast!

We switched to the Sentiero DiShay Trail down in the hollow and began working our way south, toward the Black Forest Inn. The trail was fine until we picked up the old road that lead us up from the stream bed. This is always a challenging climb, but the debris we encountered doubled the difficulty. We persevered, though, and were rewarded with the exhilarating, half-mile downhill on the snowmobile groomed Daugherty Road. Returning to wooded trail, we first cursed the ATV tracks that messed up the trail. Then we discovered that the tracks were made by foresters who'd used the ATV as they cleared the next several miles of most of the downed trees. Finally, we encountered the Pine Bog Trail that meant we'd nearly

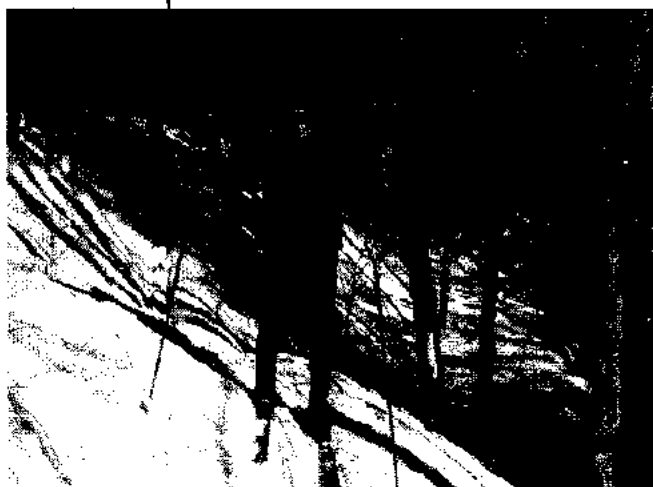
completed the eleven miles we'd planned; tired but triumphant!

Returning to the Inn, we retrieved the vehicles from the morning's trail-head, showered and gathered in Tim and Ric's room for a second round of "Ric's Repast". This time he made pasta with grilled Italian sausage! Nan contributed a salad, with goat cheese, even! Then it was off to the biggest table at Pat Reeder's Bar. (Yes,

The Fish is still on the wall, ugly as ever!) We ate wings, fresh-cut fries and other goodies, talking and laughing all the while. The bar was busy with locals and snowmobilers alike. Pat Reeder's is clearly still a popular haunt and especially busy with all the snow this year. Returning to our Inn, we managed to stay awake just long enough to watch photos of this year's club ski trips before wandering off to bed.

Sunday we skied out the door with the intention of doing the return, or eastern, section of the Sentiero DiShay Trail as an in-an-out trip. This section of trail is an easy ski, through the woods and a pine bog to another long section of old rail bed. For the first 2½ miles there was much less ice-storm litter than we'd encountered on Saturday. But the clutter reappeared as we entered the tall pine forest that surrounds that final mile of rail bed and we finally turned around, half a mile short of our goal. No matter ... it was an easy, fun ski back to the Inn.

That afternoon, most of our number showered and set off for home. However, Ric and Tim accompanied



Bernie leads on the Sentiero DiShay.

Bernie who wanted to ski in to visit his cousin, Bob. Bob Webber, a respected area forester, is now retired. He lives with his wife in a cozy log cabin, two miles off the road, and makes due without benefit of electricity, running water or phone.

If we could take a lesson from the weekend, it would be that "The 'Black' is Back!" We were delighted that snow has returned to the Black Forest and look forward to many miles of skiing there in years to come!

Attendees: Tim Musser, Fred Burgess, Ric Begley, Bill Stine, Wanda Pritulsky, Bernie Webber, Nan Reisinger and Pete Oswald.

Laurel Highlands Trip

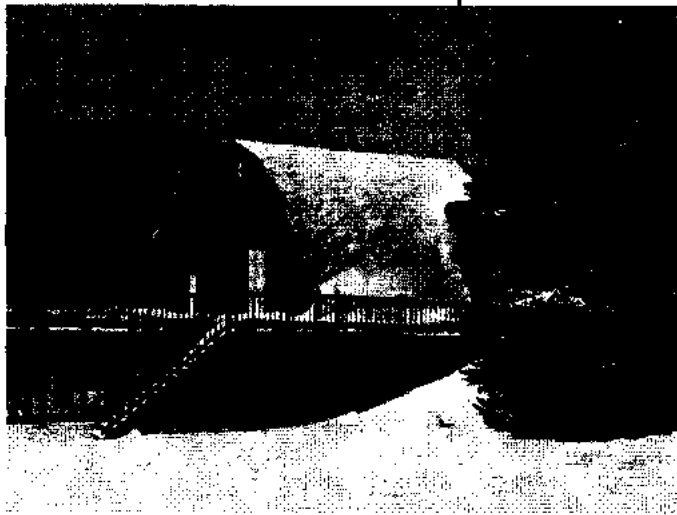
Jan 24 - 26

Bill Stine & Roberta Strickler

All kidding aside, we are deeply indebted to Wanda Pritulsky who is solely responsible for the best skiing conditions we've ever seen at Laurel Highlands ... and we've seen some really good conditions! Not only that, it was the first club trip she ever lead, though she had a pretty good teacher in Nan. Wanda, Nan and Pete spent several days scouting and skiing the area before the first of us arrived at Penn Scenic View around noon on Friday. We moved our gear into the huge Lakeside Lodge, dressed to ski and Wanda, Nan, Pete, Roberta, Sandy and Bill headed out to check out the offerings in the southern trail area in Forbes State Forest.

We started at the Tunnel Road access lot and, fortunately for us, some hardy souls had already broken the trail. Fortunately, because there was a foot and a half of powder and whatever was broken earlier in the season was completely obliterated. After reaching the warming hut, though, outstanding first-time trip leadership was provided by Wanda Pritulsky. She went beyond the call of duty to break the trails for us, until we rebelled at a two-mile uphill herringbone trek that had not been tracked by human feet through several snows. The alternative might have been a worse choice, with a steeply graded switchback that made a sharp contribution to our six miles in three-hour snail record. We had a lot of empathy for a mouse trying to jump over and into a snow bank while we watched and laughed. Then followed several dramatic face plants, as we took a beautiful route downhill to our parking space. Getting

out of a face plant became a three-person hoisting event in the deep snow.



Lodge at Penn Scenic View.

On Friday night we were joined by new club members, Rick & Anita and Jim, who became "FireBuilder Extraordinaire", for our massive stone fireplace # 1. Fireplace #2 graced Roberta's 2000 sq ft bedroom, a dance floor encircled by 20 beds. All in all, we enjoyed the lodge.

Heading to the concession trails at Laurel Ridge State Park the following morning we found the trail conditions to be outstanding! On our first run around the Red Loop we encountered the group of fellow Kick 'n Glider's members who'd driven out for a day trip. Everyone had a great time blasting around various loops and meeting for a mid-afternoon snack around the table in the warming hut. Along the way we learned not to even try to keep up with Sandy on her new, round tipped red skis. That evening, after an excellent



Glide on Laurel Ridge trails.

meal of chicken Cacciatore prepared by Wanda, we shared Yellow Loop stories and photographs of this and other trips around the same fireplace.

So, you ask, are there really any surprises left at Laurel Highlands? Yes, and pleasant ones, at that! Nan decided that we needed to explore the trails in Forbes State Forest that lie north of the Turnpike. She, Peter and Wanda had done one loop a few days before and we decided to drive over and try another one.

Predictably, any drive lead by Nan and



Nan deep in a herringbone.

Peter is an adventure! Gazetteer in hand, they lead us over hill and dale (probably using some roads that may not even be named!) and arrived at the parking area. After a climb to the trail head, we did an easy loop to lovely lookout.

It was a great finish to a truly glorious weekend, and certainly much better than the blow-out Super Bowl game we got home just in time to see!

Attendees: Wanda & Jim Pritulsky, Nan Reisinger, Pete Oswald, Roberta Strickler, Bill & Sandy Stine and Ric & Anita Madsen.

Lake Placid Trip

Jan 30 - Feb 3

Bill Stine

It was a prescription for fun! Everywhere, there was at least a foot and a half of base! Everywhere, there was fresh powder for control and speed! Everywhere, the temperatures were reasonable! Everywhere we looked in the new-to-us house we rented there were pleasant surprises! And, everywhere, the crowds stayed home! This was the Club's best trip, ever, to Lake Placid!

Early arrivals on Thursday checked out the first couple of miles of the Northville - Lake Placid Trail. This trail stretches over 130 miles, ending on Averyville Road, right in town. We don't know about the rest of the trail, but the northern end was beautiful, if a bit challenging to ski. The low pines, heavy snow cover and nearby streams made for a lovely experience. Exiting that trail, we headed for the Adirondack Loj to look over the trails in the vicinity of Heart Lake ... we made another home run, finishing our loops just as darkness began to descend.

Returning to the house we'd rented, we greeted the rest of the arriving club members while we whipped up a pot of chili to ward off the hunger pangs we'd managed to create. Oh, yeah, about the house. It's right next to the one we've rented for several years. This one has been completely refurbished over the last two years with an addition that houses a hot tub on the ground floor and a sun room, adjacent to the kitchen, on the first floor. The house is beautiful with sumptuous furnishings throughout, all new bathrooms and great décor. You'd love it!

The trail to Marci Dam and Avalanche Lake is one of the crowning jewels of High Peaks area ski tours. On Friday we decided to beat the weekend crowds to those jewels. Conditions, as mentioned above, were superb as we set off on the truck trail to Marci Dam. Arriving there, we met several other skiers and snowshoers who'd come in from the Loj, did the traditional photo-op stuff and prepared for the climb to Avalanche Pass.

Here, the trail becomes single-track, threading along a stream and, then, up to the pass. The climb is steep and most of our number elected to shed their skis and walk the straight-up snowshoe route. Sandy and Ralph, though, toughed it out on the serpentine ski trail, putting to shame some backcountry gear-guys we met who'd thought it necessary to install skins on their metal-edged monster skis.



Bill & Sandy on Northville/Lake Placid

Tired, but elated, we arrived at our destination after negotiating the bumps and grinds over the old landslide area. Avalanche Lake is spectacular ... a mile-long pool of snow-covered ice hemmed in by towering rock walls. You experience a kind of vertigo when you crane your neck to see the top!

After wondering at how such a beautiful place came to be, and consuming our lunches, we started our trip down. Most of it was uneventful, but certainly beautiful, after we'd managed the steep area. Yeah, more of us skied down that part than skied up ... what a thrill! During a short rest stop at Marci, where Sandy managed to feed some GORP to a few chickadees out of the palm of her hand, we skied the last two miles out the truck trail. There were a couple of tired puppies as we entered our vehicles for the short drive back to town. But, they were triumphant puppies who'd managed to complete one of the most magnificent ski tours in the northeast!

On Saturday we decided to take an easier route by skiing at the VIC at Paul Smiths. This venue has nice skiing but also has a wonderful visitor's center to allow some of our number to rest a bit after Friday's adventure. Again, the trails were as nice as we'd ever seen them. Depending on our ambition, we did shorter or longer loops. A few of us ventured the first mile up the trail to Jenkins Mountain.



What, another one?

Beginning as a jeep track, the trail becomes single track with some tricky, short climbs and descents. We'll save the peak for another day, but it was fun! Others took a turn on the western end of the Jackrabbit Trail that terminates at the VIC. Last time we tried this trail it had lots of deadfalls. This time it was clear and a pleasure to ski. It was at the VIC that we learned of the Columbia tragedy. Staff had set up a TV in the theater for visitors to watch as early reports began to arrive.

Sunday arrived with another bit of fresh snow and we decided it would be the perfect day to play on the groomed trails of the Mount Van Hoevenberg Olympic Ski Center. Conditions were perfect with nearly all the trails freshly groomed, track-set and unskied! Amazingly, we saw very few skiers at the center. With probably fewer than thirty cars in the lot, we had lots of room to share the more than 35 miles of trails! Again, was this the best set of conditions we'd ever seen at Van Hoevenberg? Probably!

Amazingly, though, not all of us set out to ski immediately that morning. Bill P. was intent on taking a ride on an Olympic bobsled; and he did! Accompanied by Dave and Nancy, he paid his money, waited his turn and, in a sixty-second ride, got a thrill he'll not soon forget. Nancy got pictures to immortalize the moment, but Bill got the memory!

I can't let this article go to press without mentioning our meals. While the food was good, and varied, the appetites were awesome! Friday night, Rich prepared pasta with sweet Italian sausage and salad greens. Bill S. and Sandy prepared grilled, teriyaki chicken on Saturday and sauerbraten and noodles on Sunday. Ralph made his famous blueberry pancakes one morning and Bill P. offered up bacon, eggs and home fries another. Yes, quite a menu, but it was the appetites that were the main cause for wonder!

Leftovers were almost non-existent as we all, with skinny-Bill H. at the head of the class, made it all disappear!

Monday was farewell day, but not without a bit of skiing to top off the weekend. We'd heard that a favorite local ski was to do the easternmost four miles of the Jackrabbit Trail as a one-way, east-bound ski. So, dropping our

vehicles at Rock & River, our destination, we picked up the trail at Old Mountain Rd. and headed for the pass behind Pitchoff Mountain. I know this article is full of superlatives, but please indulge me. We literally ohh'ed and ahh'ed as we encountered view after view in the series of little micro-worlds that fill the pass. I think we all agreed that this was the most beautiful ski of the weekend. This is a mainly downhill, four mile trail segment with easy climbing the first third of the way and exciting, though manageable, downhill runs the rest of the way. We highly recommend it to anyone who has the opportunity!



Avalanche Pass trail.

The doctor was right. A dose of Lake Placid, especially this year, is just the prescription that every skier needs!

Attendees: Bill & Sandy Stine, Dave LeRoy & Nancy Kauh, Ralph Scott, Rich Levine and the other two Bills, Pickering & Hoffman. Thanks to you all for a great trip!



West end, Jackrabbit Trail.



KICK 'N GLIDERS
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ADDRESS CORRECTION REQUESTED

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- **GPS and Compass Use** - February's meeting topic succeeds?
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