



The
Easy Glider
 Kick 'n Gliders Nordic Ski Club

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Issue: June 2003

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www.kicknogliders.org

The Kick 'n Gliders Launch Shock and Awe Campaign

The recent The Kick 'n Gliders' Board of Directors meeting witnessed unanimous bi-partisan approval of many club related topics including:

SUMMER / FALL ACTIVITY SUMMARY

Event	Date	Time	Location	Host	Cost
Summer Picnic ** Directions in article	July 20	2:00 - River Fun 6:00 - Picnic	Phyllis' House	Phyllis Zitzer (921-9006)	Donation
Nissley Vineyard Picnic ** Address in Article	August 2	7:00 to 10:00	Nissley Vineyard	Bill and Kay Pickering (232-1326)	\$12.00 at gate
Oktoberfest ** Directions in future newsletter	October 18	2:00 to 8:00	Lisburn Fire Hall	Nan Reisinger (763-8094)	\$7.00 at door



Just When You Convinced the Library Board to Change Their Meeting Date...

This winter the bi-monthly meetings will flip-flop from the previous year's pattern of 1st Tuesday Monthly Business, two Wednesdays later Social Meeting to the ever-popular 1st Tuesday Monthly Social, two Wednesdays later Social Meeting. Got That? More insight later...

Popular Misnomer Corrected: Ox Roast Name Changed

Breaking with a decade long tradition, The Kick and Gliders Board of Directors shocked the pundits by brilliantly creating a new fall gathering and scrapping the traditional season opening extravaganza known affectionately, if not erroneously, as the Ox Roast. As one of our Directors noted, after we offered a moment of silent remembrance for the day's official retirement, "The first time I

attended, I was expecting a steer on a spit." Never happened, but how better to collect dues and announce the upcoming season's schedule?

Unceremoniously relegated to the status of obsolete celebrations with the likes of Arbor Day and VE Day, the Ox Roast is best remembered for the kind hospitality of the hosts, Dick and Marti Ruben. We thank you for opening your house to our din.

The poorly disguised fact that it was technically misnamed, nary a single ox endured the good natured jabs and puns the club is best known for layering on 60th birthday celebrants, did not keep attendees from enjoying the chance to get a head start on the Ski Season camaraderie.

So Ring in the new with a time tested celebration promising a festival in October. You are cordially invited to attend:



The Kick 'n Gliders' Oktoberfest At the Lisburn Fire Hall

October 18, 2003 is the date for our traditional potluck cuisine picnic. A newly inaugurated 'cook-your-own-burger-or-wiener' grill will complement the possibility of an early afternoon start,

allowing volleyball matches and a special dark ale taste comparison table. Bring your own eating utensils and plates and frozen mugs for beer and soda, because who can ever guess how many cups to buy.

Not to stray far from more important topics, but speaking of misnomers, has anyone ever gotten a good explanation as to why it is called America? Isn't that like calling the Moon Neil? More insights later...

2004 Schedule:

**Antarctica
Scientific
Excursions:
Everest Expedition**

AS the traditional Mt. Everest climbing season reaches its mid-May peak, and the non-essential scientific expeditions in Antarctica head for home before the upcoming Southern Hemisphere winter The Kick 'n Gliders announce their tentative Trip Calendar for 2003-2004 winter season.

Tentative KICK 'N GLIDERS 2004 SCHEDULE

Dates	Location	Nights	Leader
12 - 14 Dec 2003	Lapland Lake, NY	2	Rich Levin
31 Dec 2003 - 4 Jan 2004	Craftsbury, VT	4	Dave Leroy / Nancy Kauh
10 - 11 Jan 2004	Crystal Lake, PA	1	Peg Hampton
16 - 19 Jan 2004*	Lake Placid, NY	3	Bill Hoffman
23 - 25 Jan 2004	Laurel Highlands, PA	2	Wanda Pritulski
30 Jan - 1 Feb 2004	Pulaski, NY	2	Dennis & Beth Major
12 - 16 Feb 2004*	Stowe, VT	4	Nan Reisinger
20 - 22 Feb 2004	Black Forest, PA	2	Tim Musser
27 Feb - 1 Mar 2004	Inlet, NY	3	Bill & Kay Pickering
12 - 15 Mar 2004	Tug Hill / Turin, NY	3	Dave Leroy / Nancy Kauh

*Holiday Weekends

NOTE: A 2nd Crystal Lake Trip may be planned

Final details and the annual Trip Summary will be available at the Oktoberfest.

Writers Wanted:

Do you have a story to tell? Your Editorial Staff is looking for material for future *Easy Glider* newsletters. Not everyone can be at every club outing, but most of us love to hear about the trips. Now's your chance to share a story (and embarrass someone)! Please send your stories and pictures to Mick Marhevka (ipickmick@hotmail.com)

Governor Rendell cuts funding of State Programs; Trail Pass Subsidy to be continued for 2003-2004

Governor Rendell is finding it necessary to balance the State budget by cutting funding to some familiar State programs.

Fortunately, following the success of last year's acclaimed Trail Pass Program at Crystal Lake, our Board of Directors voted overwhelmingly to continue to subsidize the program this winter. The stated purpose of the program is to help the management of Crystal Lake with a preseason lump sum donation for their operations, and to offer a program that may be attractive to new members.

After looking over the log of the names of the individuals who benefited from the program last year, we detected some fraudulent use by non-members, maybe through mis-identification of members by Crystal Lake staff. So...

This year's plan will subsidize the Crystal Lake management through Kick 'n Glider club contributions, and benefit members with a 1/2 price trail pass per use, and we will institute some sort of retinal scan or personal identification procedure at check-in to help avoid "operator error". More insight later...

Isn't all this
worth it? Kick 'n
Glanders to Raise
Annual Dues



Finally, under the category of "Nothing is getting Cheaper except the quality of the writing", the Board of Directors will ask you to pony up an additional sawbuck to have this much fun each year. 'Nuff said.

2004 Dues Schedule

Family	\$20.00
Individual	\$15.00

Due at the Oktoberfest with the receipt of this newsletter.

Summer Picnic on the River: Mayor Reed to Schedule Fireworks Display

July 20, 2003

2:00 River Fun - 6:00 Picnic

BYO: Food to Share,
Drinks, Plates,
Utensils, Cups

Kayaks, Tubes, Swim Wear,
Sunscreen, Gas to get Home.

Once again Mayor Reed has scheduled a magnificent Fireworks Display to be reflected in the placid waters of the Susquehanna River over the July 4 weekend.

Two short weeks later we will gather by the River in beautiful uptown Dauphin for our popular Summer Picnic and Hummingbird-Spotting-in-the-Wildflowers afternoon for tubing, kayaking, and, yes, picnicking at the pavilion on the property near Phyllis Zitzer's House in Dauphin.

We expect to have use of the picnic pavilion, with a fabulous view of Lady Liberty, so the event will be held rain or shine. Attend and you will see what your skiing buddies look like when they aren't wearing their Nike dri-fit outerwear.

Phyllis has once again cordially invited us to share her view of the river for our summer gathering, but in order to eliminate costs and inconvenience for all, be prepared to bring your own toys, tubes and kayaks for the river and enough food and drink to share. Directions and water in the river will be provided.



Directions from Harrisburg:

- Take US 22-322 west toward State College.
 - Drive past the exits for Linglestown Road (Rt 39) and Fishing Creek Valley Road. Take the next exit, which is marked "Dauphin Borough-Stony Creek".
 - Proceed straight ahead into Dauphin Boro. You will see a small shopping center on your left.
 - Turn left onto the cross street immediately past the shopping center.
 - Turn right where the cross street ends at a retaining wall for the new highway. - Turn left at the first available left turn, following the street under the new highway and the railroad. This road ends at a T-junction by the river.
 - Turn left at the T-junction, and follow the street until it ends (about 1/4 mile). The street will change from blacktop to gravel, and you will cross Stony Creek on a small concrete bridge and pass by a sign stating "Private Road/No outlet".
 - Continue up the lane, which comes in behind Phyllis' house.
 - Continue driving past the bridge pier on the right (covered with ivy) past the house and down to the picnic pavilion and parking.
- Please call Phyllis at 379-3054 if you have questions.

Decanting French Wine Deemed to be Unpatriotic: Kick 'n Gliders Schedule Nissley Winery Evening

With just a hint of xenophobia there are some that, in light of recent political differences, prefer to eschew anything French including French fries, French toast, and French wine. The Kick 'n Gliders prefer their wine locally grown and aged, ideally to be served while listening to live music on the lawn and enjoying a picnic supper by the last rays of the setting summer sun. Nissley wine sampled from paper cups, dancing and more...

August 2, 2003
Hosted by Nissley
Vineyards

There is an attendance fee to be charged through advance ticket sales. Bill Pickering is coordinating the evening and reports details as follows:

MUSIC IN THE NISSLEY VINEYARDS

Date: Saturday, August 2
Leaders: Kay and Bill Pickering

Music in the Vineyards is a series of ten open-air lawn concerts, held every Saturday evening during the summer on the spacious lawn of the Nissley Winery. Enjoy a romantic evening under the stars as the best of regional big bands, traditional swing, light rock and oldies groups perform for your listening pleasure and dancing on the tree-shaded patios. Bring a picnic supper, lawn chairs, or a blanket and join other Kick 'n Gliders for a relaxing evening. Chilled Nissley wines will be available; no other alcoholic beverages may be brought onto the picnic grounds.

The band on August 2 is "Next Generation". They play big band swing and light rock. Featured will be vocalist Dottali with a tribute to Frank Sinatra. The concert is 7:00 PM to 10:00 PM. The recommended arrival time is 6:00 PM; tickets are \$12.00/person and are purchased at the gate. The Winery concerts are very popular and enjoy large crowds. We have had folks turned away who arrived late and found a full house, so we encourage you to come early.

The Nissley Winery is located at 140 Vintage Drive, Bainbridge, PA. Check the Nissley Vineyards website at www.nissleywine.com for more information about the concert schedule.

Come join us for an enjoyable evening. We will bring some snacks to share; you bring your picnic and lawn chairs. Please call us (232-1326) to let your hosts, Bill and Kay Pickering, know you are coming so we can save space for you.



Shocking West Wing Season Finale: Kick 'n Gliders Select New President

In the season ending thriller of the program with dialogue so fast the actors don't have time for their facial expressions to catch up, President Bartlett invoked the 25th Amendment on himself and stepped down from Office.

The Kick 'n Gliders exercised their own power shift, and elected Joan Short to the one year term of President. Other members were gracious enough to accept positions on her cabinet, including:

President:	Joan Short
Vice-President:	Ric Begley
Treasurer:	Dave LeRoy
Secretary:	Nan Reisinger
Weekend Ski Trips:	Jan Diehl
Day Ski Trips:	Dennis Major
Membership:	Mike McMullen
Programs:	Richard Levin
Newsletter Editor:	Mick Marhevka
Newsletter Publisher:	Chris Champion

2003 Banquet a Big Success

Bill Stine

Forty-one Kick 'n Gliders gathered at Leeds in Harrisburg on May 1 to celebrate the conclusion of another successful skiing season. All ten extended trips that ran were great successes. Participants encountered wonderful skiing conditions, ate some great meals and got to enjoy each other's company; plenty of reason to celebrate!

After an hour of socializing and a fine dinner, the festivities began. Emceed by Nan Reisinger, the program included the introduction of officers for

the 2003-2004 season, remarks by Dave LeRoy, a

slide show of images from the years 2001-2003, awards and door prizes. I'd like to think that we all had great time!

I would like to also thank all the others who helped make the evening a success. Dave LeRoy and Nancy Kaulh conjured up the awards, some sincere but many tongue-in-cheek. Bill Pickering took reservations and sought out and made arrangements for the affair to be held at Leeds when Hardings was forced to close their doors unexpectedly. Rich Levine, Peggy Hampton, Jan Diehl and Sandy Stine solicited vendors for door prizes. Jim Brandon asked a blessing on the event. It

seems awkward, but I suppose I should acknowledge my own contributions, the slide show and printed awards. Please forgive me if I missed anyone.

Finally, I'd like to mention the businesses who generously contributed our door prizes: Wildware Outfitters of Harrisburg & Camp Hill, Mountainside Ski & Sports of Mechanicsburg, Shank's Mare Outfitters of Wrightsville, Holmes' Cycling & Fitness of Camp Hill, Eastern Mountain Sports of Lancaster, Pinnacle Sports, Inc. of Reading and Valley Green Golf Course.

Get Off The Couch - Mountain Biking

By John Aalberg <http://www.fasterskier.com/workout.php?id=371>

Mountain Biking for Ski Training?

Mountain Biking may be the most Cross-Country ski-like (and common) summer sport in terms of the demands on the cardiovascular system - work hard going uphill, rest (relatively) coming down, changing gears (ala ski techniques) on undulating sections. If we timed the World's best mountain bike racers biking the Soldier Hollow Olympic courses, their times would probably be close to the times recorded during the 2002 Olympic Games. The average speed for the Men's Olympic CC events were between 26 - 32 km/hour (about 16 - 20 miles/hour) depending on the distance.

Mentally the two sports are also alike. The athlete must constantly make choices of techniques and cadence (gears), adjust for obstacles on the trail, maneuver in groups (mass-start), choose the best line (both up and down) and think ahead in terms of race or course strategy.

We could therefore assume that Mountain Biking would be a great training method for Cross-Country skiers. It is, but in moderation. If used correctly as part of an overall training plan, Mountain Biking should enhance the cardiovascular capacity, leg strength and mental toughness of a Cross-Country skier.

As part of the overall training plan, the athlete must always look at the overall load of the training. The overall load is the combination of training volume and training intensity. Mountain Biking on trails is often "intense" or hard training. Who does ever goes "easy distance" biking on trails, especially in a group? We always seem to challenge the group, and ourselves. Many mountain bike racers I know take their mountain bike more often on the paved roads than onto the trails - to do "easy distance" days.

Several years ago when I was using biking heavily in my training for Olympic Games, I remember wondering if sitting or standing when going uphill would favor certain skiing muscles. I also remember an old coach back in Norway recommending standing up off the bike seat to train legs for classical technique movements, but to sit in the seat and "burn the legs" to strengthen the "skating muscles".

The nice thing training for Cross-Country skiing is the natural cross training we must do. Our quadrupedal sport requires training of all limbs and the whole body using different methods. However, it is the overall training plan that matters - the right mix of intensity, methods, volume and strength.

Check www.torbjornsport.com if you are looking for a personal coach to help you with training planning and workouts. John and myself have decades of racing, training and coaching experience. We even studied sport and XC skiing in College (who else in the US can brag about a College degree in XC Coaching)!

We'll help you get fit, create and reach goals, ski faster and have more fun. A great selection of rollerskis can be found on the same site.



KICK 'N GLIDERS
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ADDRESS CORRECTION REQUESTED



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