

The Easy Glider

Kick 'n Gliders Nordic Ski Club

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Time to plan for next season

Just when we were beginning to feel sorry for ourselves, we got a late season reminder that the calendar was not wrong. Snow and plenty of low temperatures assured ski conditions all over the Northeast.

So what do we do now that the daffodils are starting to poke through the remaining snow? We start planning for next season. The remaining two Business Meetings will be for Trip Planning and nominations and election of next year's officers. You are invited to input your ideas and energy to our great club.

Upcoming Elections

The nominating committee of Sandy Stine, Bill Pickering, and Rick Begley is currently contacting current members to fill next years slate. Please contact one of them if you are inter-

Next 30 Days

- March 13 - 18: Lake Tahoe Trip
- March 16: Business Meeting; Wildware Officer Nominations 7:00 PM
- April 5: Social Meeting; TGI Fridays; 7:00 PM
- April 20: Business Meeting; Wildware 7:00 PM; 2005 Trip Planning and Election of Officers

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Change of Address Notifications

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Trip Reports



Crystal Lake Overnight

By Tod Herrick

We had a great time, albeit quite an interesting event. Upon arrival to Crystal Lakes, we were informed that we were being relocated to Laughlin Lodge for the same price. Why, we asked? Well, it seems that they expected an ice storm that night and they often lose electricity for an extended period of time. They wanted to move us to a place where there was heat. Ok, we

love Laughlin Lodge and we weren't complaining! We weren't too concerned because the ice that had fallen south of I-80 was snow that was clearly plowable from Wednesday's storm. There was a base of 6-8" of snow up at the Lake. Looked to be great skiing! The storm coming Friday night might turn out the same, right?

Wrong!! Overnight, up at Crystal Lakes they had a lot of freezing rain. The trees looked really cool with their load of ice. The morning brought

rain. Lots of it. This added more weight. You could hear the trees breaking all around the area. It sounded like gun shots going off. When several trees snapped at a time, it sounded like a machine gun. No kidding! Then the power went out around 9:30 am, and it stayed out. The rain stopped around 11:00 and we went to the dining hall around noon for lunch. We helped Dottie cook up some chili, soup and pizzas (the dining hall had power from a generator). We rented snowshoes and hiked around the area. Trees and branches were down

Crystal Lake, continued

everywhere, and they were continuing to fall. Perhaps it wasn't such a great idea to be out there... Well, after returning to the Lodge around 3:30, we discovered that there were only 2 candles. We had the fire and stove all cranked up, but light was going to be a problem. I asked Rex, when I saw him later, to get candles. He went into town to buy some, and Dottie contributed a few, also. We cooked our lasagna on the wood stove in the lodge, and ate around the fireplace just as the settlers would have done 150 years ago.

Rex came by later with his supply of candles and a flashlight. We had a great time talking, and there was even a game of clue played by candlelight. We made due and used a ton of fire-

wood to keep the house warm before we crawled off to bed around 11:00.

We awoke the next day to see if there was to be any skiing. There was too much wood down on the trails and they needed to do too much prep work to get them in shape for skiing. Oh well. No one seemed to mind. We were all happy to be in the woods and away from our responsibilities.

Rex gave us the off season rates for the Lodge to compensate us for the weather. This saved the club \$200 off the winter rate for Kiya. I thanked him and told him that we appreciated being move to the Lodge.

The trip down the access road was incredible. It wasn't too treacherous but trees had been down every-

where. An army of men with chainsaws had been busy cutting the trees and clearing the road. Trees were on wires everywhere. The Power Company was busy trying to restore electricity and phone service. It was a mess! They had this little vehicle on tracks that took crews into the wood to areas unreachable by trucks. Two-thirds of the way down the access road, the snow and ice disappeared, and you were left wondering what the problem was!

It was an adventure that ended well. The Crystal Lakes staff went out of their way to care of the Appalachian Mountain Club, also there for the weekend, and us. Everyone was open-minded and just enjoyed the time together.

Pulaski Ski Trip

By Ed Rockland (AKA: "Sore Butt")

As a first timer on the Pulaski ski weekend, I'd like to share some memories. The accommodations at the 1880 House were wonderful. It's a joy to spend a few nights in a quaint B&B rather than the typical cookie-cutter motels spread across America. Our hostess, Patty, welcomed us with huge pots of delicious homemade soups upon our arrival on Friday afternoon. Since we arrived about 5 pm, we had time to settle in before the return of the avid skiers who had hit the trails earlier in the day. Carole and I find the camaraderie and support of the members of the Kick 'n Gliders to be similar to that we've experienced as a member of the Harrisburg Bicycle Club...perhaps due to the significant overlap in membership between the two organizations. This is particularly important to us, since we are novice skiers. We have never felt left out of the group, despite our shortcomings on the trails. Major Dennis Major, our thoughtful leader, did a great job of organizing the whole weekend with the able assistance of veteran K'n G'ers: Bill Stine, Bill Pickering, and President Rick Begley. As a result, skiers of all abilities found suitable trails to match their level of ability.

On Saturday morning we headed to the Salmon River ski touring center. There the group broke up into informal ability groups, allowing all to ski at their own pace. We joined the "Kodak Group", consisting of Bill and Kay Pickering, Peggy Hampton, and ourselves. We were thus named because of our penchant to stop and take pictures whenever the mood struck. We still had plenty of time to complete the loop we'd set out to ski, which included a stop at the edge of the lake, where we saw deer running across in the distance. The more able skiers had a good time tackling the more challenging trails and greater distances offered at the ski center. Some then left to explore the trail system at Chateaugay State Park down the road.

Back at the 1880 House, we were again treated to sumptuous kettles of five different kinds of soup. And this just tided us over till dinner was served at 7 pm. The main meal consisted of ham, baked potatoes, etc. followed by delicious strawberry cheesecake. No one left the table hungry!

After dinner, the evening festivities commenced. Rick Close and Sandy Stine introduced several of us to the game of Farkle - a simple, but fun game of dice. Cindy Dohrman, a Farkle rookie, won handily. Since Cindy was celebrating her recent retirement from the teaching profession, she was indeed

on a roll. Then Bill Pickering, our resident former PennDot honcho, brought out a game requiring a steady hand and nerves of steel. After stacking a set of wooden blocks, the participants had to remove one block on each turn, without toppling the remaining pile. After several tense rounds, the blocks did indeed come tumbling down - at the hands of Mr. Pickering! A series of games followed. I, personally, discovered that a beer or two helped steady one's hands! All had a good time, including the spectators who offered "helpful" advice and encouragement.

Sunday morning dawned clear and cold - perfect skiing conditions. The whole group headed back to Chateaugay Park to ski the single track that had been created by yesterday's skiers. Our Kodak group convened once more and we all agreed that this kind of skiing had much to offer. The woods were silent and beautiful. The cold weather had created ideal skiing conditions. After a few hours, we were able to return to the B&B, enjoy a bowl of hearty soup, and clean up for the trip home. All in all, it was a great ski weekend.

Carole and I have vowed to work on our two most critical skills. Neither one of us can stop or turn - YET! As a result, hills and windy trails present a bit of a challenge. However, with the help and encouragement of the K 'n G gang, we will get to the next

level. Excuse me while I go soak some sore bones!

PS. Prior to arriving in Pulaski, the Majors joined us as we extended our trip by driving up to Ottawa, Canada (a mere three hours north of Pulaski) on

Tuesday-. We not only enjoyed the museums, etc. of this capital city, but we also found some excellent skiing in Gatineau Park. If you are headed north and would like more info, you can contact us at edrockland@comcast.net. If you'd like to

see photos of the Ottawa and Pulaski segments of the trip, contact me and I will e-mail them to you via Shutterfly.

Lapland Lake Trip Report, Feb. 4 - 6

Leader: Rich Levin

Participants: Joan Short, Rick Begley, Bill & Sandy Stine, Nancy Kauh, Dave LeRoy, Nadine Hoffman & Brian DeCicco (from Boston & previously Lebanon, PA), and Peg Hampton (attending & reporting)

Rich did a great job of planning the trip. The accommodations at the Flip Inn were quaint. The proprietor was anxious to please even getting up early and calling Bill & Sandy at 6 AM to let them know our coffee was ready. Then Bill made the rounds to each of our rooms to distribute the coffee. (Unfortunately, he didn't make the rounds again on Sunday morn.) We had dinner at the Sports Island Pub & Restaurant both Friday and Saturday nights.

That was great as it was within walking distance of the Inn and their food was great - especially the steamed veggies. The restaurant sits right on the Great Sacandaga Lake, which is used by an incredible number of skimobiles. It was entertaining to watch the riders coming & going from the restaurant. Breakfast was at the Northampton Diner. The cook could take orders, cook and run the cash register. Her organizational skills were incredible and she was able to work around Sandy's food requirements.

The skiing was great. Conditions were good and the trails were well groomed. Lapland Lake has more "beginner" trails than any other touring center that I visited. The beginner trails were mostly flat allowing beginners to learn to ski without dodging trees. The Lake Trail went out to Woods Lake, which was groomed all around. And no trip to the lake is complete without a stop to see the reindeer. Friday was an

Alzheimer Benefit day. Six school buses pulled up in the late afternoon filled with young skiers. It was great to see their enthusiasm.

On Saturday, Nancy, Dave & Bill went out on the Northville-Lake Placid Trail while the rest of us went to Lapland Lake. Sandy especially enjoyed "the wall." On Sunday, Dave, Nancy, Bill & Sandy went on the ungroomed trail to Grant Lake which is connected from Lapland Lake. Joan, Rick & Peg started onto the trail, but opted to return to "more groomed" trails. Rick got to use both his traditional skis and his skate skis and made it around all of the black diamond trails during the weekend. Unfortunately, Rich never got to ski as he is recovering from a recent injury. He spent the day at "Chowderfest and shared the tales with us." The weekend was over too quickly and Rich hopes to return again next season.

Skiing Ottawa

2/21 - 2/15/2005

By Bill Stine

Nan Reisinger and Pete Oswald, Sandy and I took a page from the Majors and Rocklands by spending the week between the Tug Hill and Inlet trips in Ottawa. We found suite-type accommodations in downtown Ottawa and made the 3 1/2 hour drive after a Monday morning ski in the Tug Hill area. That evening we walked across the Rideau Canal (billed as the world's longest skating rink ... 5 miles) to the Byward Market area for a light dinner. On the way back we just had to buy a "beaver tail" at a stand on the canal. A beavertail is a sweet, warm cinnamon and sugar topped pastry treat, shaped like a beaver's tail. Mmmmmmm!

Since we'd skied four days in a row we decided to spend Tuesday touring the city. We started, as recommended by the Rocklands, with a visit to the information center, across the street from parliament. Then, we took the free tour of the Peace tower and Parliament, crossed the Ottawa River to spend the afternoon in the Museum of Civilization and spent a couple of hours in the shops of Byward market searching for hot sauces to satisfy Pete's special palate. We finished the day with a walk to Ottawa's Chinatown district for dinner.

On Wednesday we put the ski gear back on and made the twenty minute drive across the Ottawa River to Gatineau Park. This park has over 200 km of ski trails! We stopped by the park headquarters to pay the nominal fee for a daily skiing pass and were given excellent skiing advice by their thoroughly

bilingual personnel. (Gatineau is in the province of Quebec where the first language is French.) Heading out to parking lot #10 we got on the 30 ft wide, impeccably-groomed, 4-lane-trackset main trail up to the top of the ski area. We admired the spectacular views out over the Ottawa River and the clean, well equipped warming huts that dot this park. We took a beautiful, more intimate groomed trail half-way down the mountain and finished the ski-day with an exhilarating fast glide back down the main trail to the parking lot.

One of the great things about Gatineau Park is the variety of trails. There are skate-groomed & track-set trails, groomed & track-set trails for diagonal stride only and ungroomed back-country trails. Each of these types are available in easy, intermediate and advanced levels of difficulty. On Thurs-

Skiing Ottawa, continued

day we revisited the park, heading for parking lot #12 where we skied intermediate and advanced level back-country and diagonal stride trails. We had a great time on these beautiful trails with difficulty levels that challenged our abilities and, sometimes even, our nerves. Come lunch-time we stopped at one of the warming huts and admired the civilized "trail

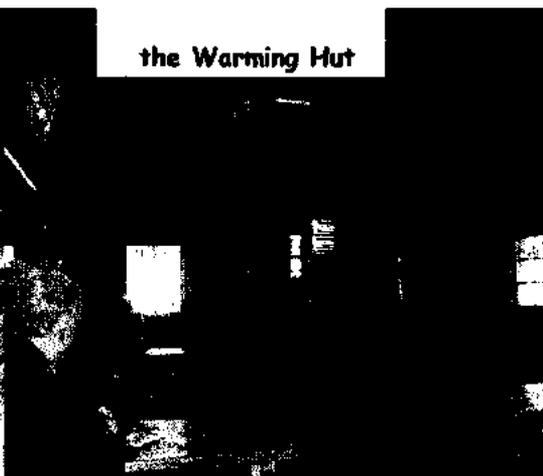
lunches" consumed by local skiers. The Canadians we saw always seemed to carry a thermos full of hot soup and a book with which to spend a relaxing hour before heading back down the trail.

The next day we reentered the U. S. and headed for Inlet and the company of more of our Kick 'n Glider friends. Both border crossings were non-events without even ID requests!

We all had a great time and plan to return to this lovely city and the beauty and challenges of Gatineau Park. In fact, we had so much fun that, next year, we'll probably propose it as a Kick 'n Gliders "between trips trip". We'll again sandwich it between two Adirondacks/Tug Hill area weekend trips. Interested? Let any one of us know!



Set tracks at Gatineau



the Warming Hut



Backcountry at Gatineau

Cross-Catskills Skiing

3/4 - 3/6/2005

By Bill Stine

Our nephew and his girlfriend wanted to try cross-country skiing so we looked for a location halfway between Rhode Island and Lancaster, PA, where we could spend a cross-country ski weekend. The best location seemed to be somewhere in the New York's Catskill Mountains. So, we did some research on the web and made reservations at the Eggerly B&B in Tannersville.

We stopped, during our 4 1/2 hour drive from Lancaster, to look over Minnewaska State Park Preserve on our way north. We didn't have time to ski there but the park looked beautiful and the trails were nicely groomed and track-set. From what we'd read, the trails sound like they are mostly easy to intermediate with just a touch of advanced in difficulty. That appeared likely from what we saw. The preserve is 50 miles from Tannersville and, in retrospect, we wish we had allowed time to try them out on our way north.

The Catskills rise abruptly from the Hudson plain and the drive up a canyon to Tannersville is quite spectacular. Departing from Rt 23A, which goes up the canyon, is a one-half mile trail that leads to Kaaterskill Falls, the highest waterfall in NY State. We didn't have suitable footwear to make the hike in the snowy conditions but the views are said to be outstanding.

Tannersville is a charming little village with plenty of restaurants and shops to serve the summer tourist hordes as well as nearby Hunter Mountain downhill ski area. We checked in at the Eggerly, just outside of town, and returned for a light dinner at the Happy Days pizza restaurant downtown. The owners were both funny and very helpful in dispensing skiing and local tourism advice.

The next day we headed to the state-owned preserve and park called North Lake just a couple of miles from Tannersville. A series of ungroomed trails loop through and around the park. With only the most meager of maps, we

headed off onto the Escarpment Trail. This trail follows the rim of the mountain escarpment, affording great views over the Hudson Valley. It also leads to the site of the Catskill Mountain House, America's first destination mountain resort, built in 1823. There aren't even any significant ruins left but it's easy to see why the destination was popular with America's wealthiest families of the time. Later, we shopped the downtown, purchasing a good map of the North Lake and other Catskills trails and scouted out a restaurant for dinner. Our choice was Last Chance Antiques and Cheese Café. We returned for a pleasant dinner that evening after our nephew arrived.

Sunday was "learn-to-ski time" for Zachary and Liz. We headed to Mountain Trails XC-Ski Center. Although this is a small touring center that experienced skiers can ski out in a few hours, the trails are well groomed, track-set and are sited, for the most part, in quiet, second-growth evergreen forest. The terrain is rolling with all trails falling in the easy to intermediate categories in spite of the "difficult" rating of

one of the larger loops. We had a fun time as an inch of new snow fell on the already deep accumulation of snow on the trails.

We regret that a larger cross country ski center, the Frost Valley YMCA trails, were a 45-mile drive through the mountains from Tannersville. Boasting 35 km of trails, 25 groomed, the center ap-

pears to offer more than Mountain Trails. Though the drive is probably spectacular, it is likely to take the better part of two hours given steep, winding terrain these small, secondary roads traverse.

All told, with excellent snow cover, we had a great weekend. With our improved knowledge of the area, we think

we'd have an even better time. We'd ski Minnewaska on our way north and visit North Lake or Mountain Trails as our mood dictated on Saturday with time off for visiting Kaaterskill Falls or some leisurely shopping in the afternoon. Finally, we'd like to stop at Frost Valley on the way home. Who knows ... a possible Kick 'n Gliders weekend trip?



Overlooking the Hudson Valley



Skiing Mountain Trails

Master Schedule 2003 - 2004

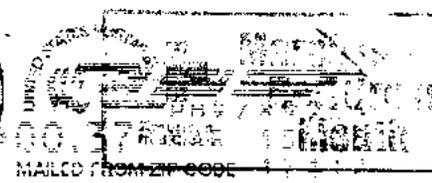
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>13</u> Lake Tahoe	<u>14</u> Lake Tahoe	<u>15</u> Lake Tahoe	<u>16</u> Business Mtg Welcome to Spring 7:00 PM at Wildware	<u>17</u> Lake Tahoe	<u>18</u> Lake Tahoe	<u>19</u> Lake Tahoe
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>4/1/2005</u>	<u>2</u>
<u>3</u>	<u>4</u>	<u>5</u> Social Mtg TGI Friday's 7:00 PM	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u> Business Mtg Election of Officers 2005 Trip Planning 7:00 PM	<u>21</u>	<u>22</u>	<u>23</u>



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