



The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (hueyman@comcast.net)

Issue: September

Published By: Chris Champion (publisher@kickngliders.org)

2005



News

Trip Leaders Wanted

Bill Hoffman, the coordinator of day trips is actively seeking leaders for the day trips. Some of the duties would include such tasks as assisting with car pools, calling to find out about snow conditions, having an alternate plan in the event the weather didn't cooperate, etc. If you are interested in leading a trip, contact Bill at:

daytrips@kickngliders.org

Trip leaders: We plan to have another newsletter out prior to the Oktoberfest/Trip Sign-Up. Description of your trips will be included if you send it to Peggy Hampton at trips@kickngliders.org. Thanks ahead of time.

Summer Activities Report

Nissley's Vineyard

And the beat goes on
Bill & Kay Pickering hosted another wonderful evening at Nissley's Vineyard dancing to the sounds of the City Rhythm

Orchestra. It was a hot and steamy night, but fun was had by everyone. Thanks Bill & Kay for coordinating this event.



On the Deck at Flinchys

Join your fellow Kick 'n Gliders to review your summer time activities and plan this winter's events.

Where: Flinchys
1833 Hummel Avenue
Camp Hill

When: 7:00 Wednesday, September 14

If you have anything that you would like to have included in a future newsletter, please send it to me at:
hueyman@comcast.net. Thanks, Pete Oswald

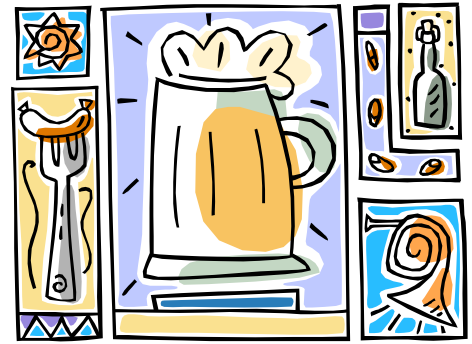
Oktoberfest — Saturday, October 15 @ 3:00 p.m.

When: Saturday, October 15
Location: Home of Rick Begley
131 Limestone Drive
Camp Hill, PA 17011
Phone: 763-4561
(see directions below)

Time: 3:00 p.m.

Cost: \$5.00

RSVP: Yes, please.....call Rick by Wednesday, October 12



Thanks to Rick for again agreeing to host our annual fall gathering at his home in Lower Allen Township. Festivities begin at 3:00 p.m., with dinner being served around 5:00 p.m.

The Club will provide grilled sausages, tableware and sodas. You bring a covered dish or dessert, folding chair and your favorite beverage. New this year will be a BYOB beer exchange. Let's see how many varieties of beer we can muster up!

Also, Dave Leroy will be accepting trip sign-ups and deposits. FYI, some trips already have waitlists! You can query trip leaders about any trip that captures your interest. A \$50 deposit will hold your place for each trip until the balance of the deposit is due. Of course, you can always pay the entire cost if you desire! If your dues aren't up-to-date, don't be surprised if a club officer starts arm wrestling with you to pay up!

Committee Members: Rick Begley, Chair
Jim Brandon
Dave Leroy
Nancy Kauh

Directions to Rick's Place:

- From the East & North: Take I-83 to PA-581 to US-15 South, and exit at Highland Park. Turn left at stop sign onto Gettysburg Road and go straight through the stoplight. Turn left onto 40th Street, Right on Rosemount, and Left on Limestone. Look for a small brick ranch at 131 Limestone.
- From the South: Take US-15 North to the Slate Hill exit, and make two lefts to cross back over US-15. Turn Right at stoplight onto Gettysburg Road, Right on 40th, Right on Rosemount, and left on Limestone.



2005 - 2006 Social and Program Schedule

Social Meetings

Our club restaurant meetings are a perfect time to check on details of upcoming trips, line up a ride or talk about the fun times of the past trips. And, it's just fun to visit with each other. These gatherings are at 7:00 p.m. and no RSVP is necessary. Just show up!

- Tuesday, November 1** **Outback Steakhouse**
(Union Deposit)
- Wednesday, December 21** **Christmas Party**
Bill & Sandy Stine's Home
Lancaster, PA
- Tuesday, January 3** **TGI Friday's**
(Union Deposit)
- Tuesday, February 7** **Texas Roadhouse**
(Union Deposit)
- Tuesday, March 7** **Appalachian Brewing**
Company
(Cameron Street)

Programs

We have a very interesting slate of programs for this coming season. Read on and make sure to pencil these dates on your calendar. These speakers put a lot of time and effort into their programs. Please come out and support them.

All meetings begin at 7:00 p.m. and are held at Wildware Backcountry on Peiffer's Lane in Harrisburg.

Wednesday, November 16

Speaker: Kathy Watts, Wildware Backcountry

Kick off the start of the Kick 'n Gliders season with an update on the new gear and clothing by Kathy.

Tuesday, December 6

Speaker: John Snyder, DTR, RD

Don't miss this program! The information you learn from John may be the turning point in upgrading your endurance on the trails!

John's discussion will be about Performance Eating: How to eat before, during and after cross-country skiing. There will be plenty of time for questions, too. Here's some background info on Mr. John Snyder:

John Snyder, DTR, RD has two degrees in nutrition, one of which is from Penn State University. Prior to graduation, he was recruited by Hershey Foods Corporation as

an associate research scientist to aid in food consumption research as well as in the implementation of the Food and Drug Administration's (FDA) Nutrition Labeling and Education Act (NLEA) of 1992. Mr. Snyder left Hershey Foods to complete his credentials and manage the nutritional analysis portion of a recipe database for The Wood Company, a contract food service management group located in Allentown, PA. He then worked as both a consultant and employee for Allentown Sports Medicine and Human Performance Center, where he created and implemented a nutrition and weight management program. During this time he acted as the sports nutritionist for the east coast contingent of the United States National Sprint Cycling team. Currently, Mr. Snyder is working on plans for a medically based fitness facility in the Harrisburg, PA area, as well as continuing to specialize in weight management and sports nutrition.

Wednesday, January 18

Travelogue: Life on the Edge by Fred & Tanya Richter

We all are very familiar with the travel adventures of the Richters. Well, this one will again be very entertaining. Here's a description:

"We lived in a Hawaii Volcano Park Service house several 100 yards from the crater rim of the world's most active volcano. When we walked to the crater, we had to cross a road of which half had broken off and dropped into the crater during an earthquake -- definitely not something from a central Pennsylvania landscape.

"Living on the edge was always interesting. Our pictures show Hawaii's spectacular landforms, vibrant colors and fascinating history. And, with views most tourists do not have an opportunity to experience."

Wednesday, February 22

Travelogue: by Dennis & Beth Major

These two fellow Kick 'n Gliders are always finding new experiences to share with us. Stay tuned for Dennis' announcement of which adventure he'll cover this time.

Wednesday, March 22

Speaker: (to be confirmed)

Tuesday, April 4

Election & Trip Planning for 2006-2007

Wednesday, April 19

End-of-Season Banquet

Yes, we are holding a banquet this year to celebrate the end of our 2005-2006 skiing season. It will be held at the Naval Depot, Commissioned Officers' Mess. More details later.



KICK 'N GLIDERS
P.O. Box 7054
Mechanicsburg PA 17050

ADDRESS CORRECTION REQUESTED

In this Issue of the Easy Glider

- . On the Deck at Flinchy's**
- . Oktoberfest**
- . Summer Activities Report**
- . Season Program Schedule**