

# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kickngliders.org)

Issue: December, 2005

## PRESIDENT'S MESSAGE

I would just like to take this opportunity to thank everyone who has been involved with putting out the Easy Glider. First thanks to Bill Stine for single handedly putting out our newsletter for years. Then, when Bill took some time off to sail, Mick Marhevka stepped in as editor and Chris Champion stepped in as publisher. The team of Mick and Chris did a great job for over two years. This year Pete Oswald became editor with Chris still doing the publishing. Now with the resignation of Chris as publisher, Pete has agreed to take over the publishing duties as well as the editing duties. Thanks Pete! Let's all help Pete out by getting articles and pictures to him in a timely manner.

Thanks to Kathy Watts and Andy for a great program in November. Andy reviewed ski waxing for us and Kathy told us about the new skis and clothing. She certainly is knowledgeable and enthusiastic about the sport and the equipment. She got all of us fired up for the upcoming ski season.

Dave and I will be sailing in the British Virgin Islands in early December so we will miss the December meeting. John Snyder, who will talk about performance eating, is very knowledgeable; you'll enjoy hearing from him. John Snyder gave us a personal consultation this summer. By following his suggestions Dave and I noticed an improvement in our biking endurance. Bill Stine will conduct the December meeting. I hope that someone will stand in for Dave to take the minutes. We will be back for the Christmas party.

There is still time to sign up for trips this winter. Contact Dave Leroy to inquire about openings. All we need now is snow!

## It's Christmas Party Time!

*(With a Twist on Tradition)*

**When...**

**Wednesday, December 21, 7:00 pm**

**Where...**

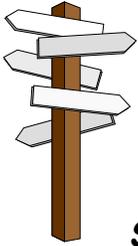
Sandy & Bill Stine are delighted to host the annual Kick 'n Gliders Christmas Party at their home in Lancaster this year. (Dave & Nancy would have been happy to host it, as usual, but they sold Dave's lovely house and moved to a condo near the location of the new house they're building.)

Join your fellow Kick 'n Gliders for this festive holiday celebration. Swap stories (lies?) about your summer exploits. Make Craftsbury travel arrangements!

As usual, bring a little something to share ... a covered dish, favorite beverage or can we suggest both!



**See next page for directions to Bill and Sandy's house**



## Directions to Bill and Sandy's house...

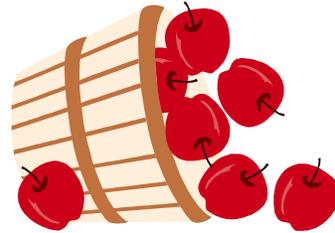
From the intersection of PA-283 and US-30 at Lancaster:

- Follow US-30 W
- Take the first exit, Harrisburg Pike (Park City)
- Turn LEFT onto Harrisburg Pike
- Pass under RR underpass and go to the 2<sup>nd</sup> stoplight
- Turn RIGHT onto President Ave (grass divider in road)
- Turn RIGHT onto Valley Rd (4<sup>th</sup> street)
- Turn RIGHT onto N School Ln (1 block)
- 627 is the 4<sup>th</sup> house on the right (Tudor style, brick sidewalk)



Still can't find it? Call us at:

717-392-1675

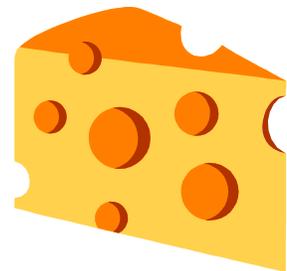


## Performance Eating Program

*Tuesday, December 6*

Don't miss our December speaker, John Snyder, a sports nutritionist, who will talk about Performance Eating: How to eat before, during and after cross-country skiing.

Among his qualifications, John worked at Allentown Sports Medicine and Human Performance Center, creating a nutrition and weight management program. While there, he acted as sports nutritionist for the east coast contingent of the US National Sprint Cycling team. Currently he is working on a medically based fitness facility in the Harrisburg area while continuing to specialize in weight management and sports nutrition.



## Trips



It is not too late to sign up for some more skiing this season. The following trips still have vacancies:

Lake Placid - 2

Black Forest - 2

Quebec - 2

Ottawa - 1

Lapland Lake is expandable

Crystal Lake - open



## January Social

*Tuesday, January 3*

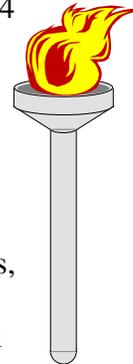
Our next “dinner” gathering will be held at TGI Friday’s in Union Deposit on January 3 at 7:00 p.m. Come on out and get the scoop from those who went to Craftsbury.



## The Winter Olympic Experience

*Wednesday, January 18*

Winter Olympics begin February 11. We’re excited to have Diann Roffe, a 1994 Olympic Gold Medalist in Alpine Skiing, join us to talk about her Olympic experience and her perspective on the upcoming games. Diann represented the United States in three Olympic Games, four World Championships, and a Pan American Games. She played her part in America’s medal count with an Olympic gold and silver medal, a World Championship gold medal and a Pan American gold medal in the sport of Alpine Skiing. After competing for the United States for eleven years, she majored in Marketing at Clarkson University, and has been self-employed since 1985. Today she is Director of Sales and Marketing for the Leadership Management Institute. Her career highlights are:



1994 Olympic Gold Medalist, Lillhammer, Norway, Super-G

1992 Olympic Silver Medalist, Albertville, France, Giant Slalom

1988 Olympic Team Member, Calgary, Canada

1985 World Championship Gold Medalist, Bormio, Italy, Giant Slalom

1991 Pan American Gold Medalist

1984 World Junior Championship Silver Medalist, Giant Slalom

Seven-time National Champion



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ADDRESS CORRECTION REQUESTED

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