

The Little Red Sports car, a skiing tip:

Standing at the top of a hill, with only skinny skis underneath you, does not mean you are on a downhill trip to a faceplant. The strategy is a simple visualization technique called The Little Red Sports Car.



Credit for this technique belongs to Greg Prisby who led my first trip to Crystal Lake, circa 1983. It began with a midnight ski-in to Birch Cabin and went from there to a long day of climbing Boardpile on sheer ice...in the rain! After that, of course, it was all downhill.

Said Greg: " You are in a little red sports car. Forget your skis. Forget the snow. Sit down in the bucket seat AND DON'T STAND UP." Would you stand up in a sports car? Of course not. Wait until the victory lap.

Bend your knees and get down low.

Put your hands on the steering wheel-- in front where you can keep your eyes on your hands. (Just like driving a sports car, where your eyes go, you go.) If the road curves left, turn the steering wheel to the left. When the road curves right, steer to the right, into the turn. Don't let your hands drop down or out. Keep your hands and your eyes on the wheel. Would you steer the car into the turn and lean your body the opposite way? Of course not. Would you lean outside the chassis of your little red sports car? Of course not, you would keep your weight right over the center of it. And stay low. You are supported by your bucket seat, remember.

Keep your eyes on your hands and follow your hands down the hill. Otherwise, your brain will project a danger that may or may not be ahead of you. Take it if it comes. Steer around it. Stay low.

Really, that is all. Pete Oswald and Fred Richter have little red sports cars. You can talk to them about it. But when you are helping Fred get up from a face plant, don't ask why the tow truck phone number is tattooed on his arm.

Roberta Strickler

I find myself falling back on this method when I am accelerating downhill and can't think of what to do next! editor

Sticky Business?

By Bill Stine



If you've never skied on waxable skis you're really missing something. The glide is just fantastic! However, the prospect of fussing with kick wax seems daunting to many. Also, the warm temperatures at our latitude often require use of the "dreaded" klister waxes that conspire to stick to everything but the bottom of your skis. Now, there may be new hope for wannabe waxers.

START brand grip tape claims to be "One product for all conditions from +5° to -20°C." (That's 41° to -4°F for us I-ain't-never-converting-to-metric!

Americans.) Grip Tape comes in a container that looks like an oversized, enclosed tape dispenser and is applied like Scotch Tape to the kick zone of your skis. Start claims its product gives excellent grip, that it lasts 250 km or even more and that it works in nearly all types of snow from fresh cold snow to warm, groomed ice. For most of us, this would mean one wax application for the whole season!

John O'Connell has written an informative and positive review of the product at <http://www.nordicskiracer.com/Equipment/2004/StartGripTape.asp>. I haven't seen it at retail, yet, but a Google search finds several sources on-line. (I've dropped off the info at Wildware.) Street Price: \$12 - \$18 per 5-ft roll, good for application to 2 pairs of skis. I'll have mine in time for the season!

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Kick 'n Gliders Party Hearty!

by Bill Stine

A "glide" of about 50 attended the club's annual Christmas Party Gala at our home in Lancaster.

Wow! They descended promptly at the appointed hour and quickly set up housekeeping. Warming trays were plugged in at the kitchen counter, cold platters were set out on the dining room table and beverages were arranged on the patio table where Mother Nature maintained just the right temperature.

Treasurer, Dave LeRoy, set up shop in the family room. Introductions were made. Ski stories were exchanged. The outstanding early-season conditions at Crystal Lake were discussed. Folks arranged to share rides to Vermont and Lake Placid. And we all celebrated the coming holiday season. And, when it was over, almost all of the mess disappeared with the crowd ...a most considerate group!

We loved having you here and wish you all a wonderful New Year!

P.S. The only left-behind ...a small, wooden-handled spreader knife. Let us know if it's yours and we'll gladly return it to you.



January social dinner report:

Five K 'n G folks showed up at TGI Fridays for dinner on January 3. I guess the turnout was low since many skiers were just getting back from Craftsbury. Also, it was the night of the Penn State - Florida State football game.

Anyway, we had a nice visit and got good reports about the Craftsbury trip from Rick Begley. New members Ernestine and Angela were welcomed. It was Kay's birthday, and she was serenaded by the waitstaff and presented with a hot fudge sundae, which she shared with us all.

It occurs to me that its difficult for new members to participate on weekend trips since they fill up so early. By the time new members get details on the trips and meet folks who are going, the trips are full. To me, this means we must really concentrate on having an outstanding day trip schedule and leaders so new members can participate with, and get to know, the many wonderful people in our Club.

Bill Pickering



Ottawa update: The Stines will not be going to Ottawa this season so please update your [Season Schedule and Guide](#) to list Peg Hampton (☎717-737-2721) as the trip leader. Change the name of the hotel to Extended Stay Deluxe-Downtown Ottawa. (Same hotel...new ownership.) The most exciting change is an increase in the number of trip

participants to 18 due to an overwhelming interest. Peg checked with the hotel and they still have rooms available. If you wish to go to Ottawa, submit the required deposit of \$100 to Club Treasurer, Dave LeRoy by January 20. That will give the trip leader time to make the additional room reservations. Money talks and holds your spot on the trip roster. If you have only paid the original \$50 deposit, pay the additional \$50 to Dave now. It is past due! The final payment of \$175.00 is due by March 1. Please make your full payment by that date. The club policy is that full payment is to be made in advance of the trip.

Thanks to Bill Stine for all his efforts in early trip planning and getting the room contract negotiated before turning over leadership to Peg.

If you have any questions, please call the new trip leader, Peg.



PRE-Trip Information for Pulaski

Greetings to my fellow Pulaski travelers,

I will be sending the Pulaski trip letter out to you by email around January 12. Please email back and confirm that you received this correspondence and include your cell phone number for inclusion in the trip letter.

The trip letter will include directions to Pulaski and the 1880 House, dining and menu information, room number assignments, a tentative ski schedule, and a list of the trip participants along with contact information.

When the 2006 trip schedule was announced, folks were permitted to sign up for trips with a \$50 deposit. If you did not pay the additional \$50 deposit, it is past due. Please submit payment to Dave LeRoy NOW!

The final payment of \$95.00 is due by January 13, 2006. Please make your full payment by that date.

That makes the total cost of the trip \$195.00. Trail fees are not included in this amount. The total cost includes: breakfast on Saturday, Sunday & Monday morning, soup & bread dinner on Friday night, and a full dinner on Saturday & Sunday evening at the 1880 House. Lunches are "on your own." Bring some food along for the trail as several of our ski destinations do not have dining facilities.

Peg

British Columbia XC

by Bill Stine

No doubt about it ... British Columbia rocks!

Yeah, Sandy and I missed out on the annual Craftsbury pilgrimage this year, but we had a blast near Kelowna, British Columbia. The occasion was a rare chance to spend a week with friends from Melbourne, Australia. This family of six was doing a holiday tour of Canada, finishing with a week of downhill skiing at Big White near Kelowna, BC. We picked them up in Vancouver in our rented Ford Expedition, packing eight souls inside and most of our gear on the roof!

Big White is a fairly large, family-oriented downhill ski area. We were in a rented, four-bedroom condo that served our needs just fine. The McAllisters, had ski-in, ski-out access to the Alpine trails. There were modest shopping and restaurant facilities. Big White's motto, though, is "It's the snow." And they are right. While Whistler, nearer the coast, languished with little snow and wet conditions, we had tons of lovely, dry powder. Our interest, of course, was in the cross-country scene and there is plenty in the area. However, for the best access to a variety of xc facilities, you'd be better off staying in Kelowna which is more centrally located to the cross-country areas.

Big White, itself, has a small Nordic facility, mostly easy stuff but with a few



steeper hills, some pretty vistas and several delightful backcountry trails. We skied these trails on two days, doing some of the trails in the reverse direction, and thoroughly enjoyed it. The trails were immaculately groomed and, in two days on the trails, we saw only one other skier, four snowshoers and a lost, ten-year-old snowboarder from Germany who we helped reunite with his family.

We also skied the trails at nearby Nordic Cross-Country Club's trails. This is a private club but they welcome anyone, asking only a modest donation to use their trails. The trails are groomed most days with a PistenBully. They were in fine shape when we were there on Monday and Wednesday, and lots of fun

to ski. There were few vistas but the trails were pretty and well paced. There



were two very nice warming huts as well as the main building near the parking area. Club members were very friendly and welcoming.

Did we like BC? You bet! Would we consider running a club trip? Yeah, but we want to ski Telemark XC Club, first.



Day trip changes (*):

Saturday, January 14, Crystal Lake, Jan & Dave Powell, ☎717-796-0689(H)

Saturday, January 21, Laurel Highlands State Park, Peg Hampton, ☎717-737-2721, hike if no snow.

***Saturday, January 28, Pinchot Park,** Pam and Mike McMullen, 717-215-7066

**February 11 trip moved to January 28*

***Sunday, February 19, Nolde State Forest,** Bill Hoffman, ☎717-560-3636 billhoffman1@verizon.net

Saturday, February 25, Crystal Lake, Bernie Webber, ☎717-861-7353 (H)

Clean-up, Ski, Hike???????

I have it from an inside source that there is some need for clean-up at Pinchot State Park. This would be a nice project for club members. Do a good deed and also get some exercise. Meet me at 10:00 a.m., Tuesday, Jan. 24 at Pinchot State Park office off Rt. 177. Of course, if we are lucky and have snow, we will ski.

I will repeat the outing on Saturday, Jan. 28, so all the working members of the club who desire can participate...same time and place. Wear sturdy boots, warm clothing, and gloves. I will provide the trash bags. Bring water and a snack.

Call me at 763-8094 for directions and let me know to expect you.

Nan



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ADDRESS CORRECTION REQUESTED

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