



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kicknogliders.org)

Issue: February, 2006

## PRESIDENT'S MESSAGE

What a busy time of year for all of us cross country skiers. The month of December brought snow and many enjoyed Crystal Lake. Unfortunately the December snow turned to one of the warmest Januarys ever and our day trips were cancelled or turned into hikes. If there's no snow here, we'll travel far and wide to find it. K 'n G's first official trip was our annual trip to the Craftsbury Outdoor Center. As usual it was a terrific way to spend the New Year Holiday. Lake Placid, the Black Forest, Pulaski, and Quebec followed.

Besides skiing we kept busy with programs and social activities planned by Sandy Stine. In January Diann Roffe, our local Olympic Gold medalist, provided inspiration for all of us amateur athletes. She told us that we must push ourselves to be comfortable being uncomfortable. Our monthly socials are a wonderful way of staying in touch with each other.

We also did some volunteer work. Thanks to Nan Reisinger for organizing a cleanup of Pinchot State Park by K 'n G members.

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## Pulaski Trip Report,

January 27 - 30, 2006

By Peg Hampton

The "Lake Effect Snow Machine" cranked out 8 inches of fresh fluffy snow just two days prior to our arrival. Ten Gliders arrived at the 1880 House in Pulaski just after noon. We were greeted by Linda, the owner, and her daughter,

Dawn, with three big pots of hot soup. We changed into our ski gear and headed to Chateaugay for an afternoon of skiing. The conditions couldn't have been better. The group got a brief opportunity to practice a few water crossings before returning to the 1880 House for more soup and salad. By 8PM, many happy, but tired Gliders were discreetly checking their watches to see if they could sneak off to bed early.

Saturday morning found us at the Tug Hill Tourathon. The Tourathon is unique in that some of its trails are shared with snowmobiles and dog sleds. We watched one musher harness his dogs to the sled. It was hard to think over the dogs' howls of excitement to get underway. Bill Stine led an energetic group of skiers on his favorite trail, Bill's Belly. His group included Sandy Stine, Tom Gibson, Rick Close, Tanya & Fred Richter, and Jan & Dave Powell. A mellow group of skiers followed Dave LeRoy who contends that Bill's Belly is not a ski trail. Dave's group included Nancy Kauh, Marilyn & Jeff Grove, Carole & Ed Rockland, Kay & Bill Pickering, and our mellow trip leader, Peg Hampton. Dave led his group around the trail system where we split again with the Rocklands and the Pickerings going at a gentler pace. Dave's group finally made it around to the other end of Bill's Belly. We took a quick break there and to our surprise the Bill's Belly Gang popped out after finally making it's through to the other end. They had a lot of challenges which took some time to work around, but everyone was dry, no one got hurt, and they were all smiling! The trip leader was smiling also since she opted to avoid Bill's Belly this year! Rich Levin decided to ski on the groomed trails at the Salmon Hills Ski Center on Saturday. Rich reported that conditions were excellent. Eighteen Gliders returned to the 1880 House for a delicious ham dinner. After dinner, Bill

Stine presented a slide show on his laptop after collecting all the digital cameras and pictures from the past two days of skiing. Much to our surprise, there was an extra special video. Ed Rockland stayed behind this morning with his digital camera and waited for the sled team to get underway. He shot a video clip of the team taking off and the front end of the sled jumping high off the ground when the dogs were finally given permission to race off.



On Sunday, we went to the Osceola Ski Center, which is a groomed ski center. Conditions were pretty good in spite of the 40+ degree temps the previous day. All eighteen Gliders skied in the morning. It started raining shortly after lunch and turned into a steady downpour. While the rain deterred us from skiing, it sent everyone indoors to shop at the ski center. Hugh, the proprietor, has lots of new equipment for sale and some of the best prices on the East coast. New purchases included ski poles for Tanya & Peg, one complete set of ski equipment for Marilyn, possibly a set of boots for Dave, hats for Sandy & Marilyn, and numerous other items. Happy skiers returned to the 1880 House for more soup and later the famous stuffed Cornish game hen dinner.

The Quebec travelers departed early on Monday morning for another week of skiing and adventures. The remaining folks opted to head straight for

Pennsylvania. It was an excellent trip. I want to thank all of the trip participants. Your sense of humor and spirit of cooperation made it fun to lead this trip!



Think snow!

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We recently received this letter from Diane Gaylord at Pioneer Lodge in Turin:

Dear Friends,

Instead of a newsletter for the winter season, I am sorry to say I am sending this letter in its place. I will be canceling the 2005-2006 winter season. I have been struggling for over two years with the decision to go through with a divorce. This decision was even tougher because of the lodge, which has not only been my job but my life as well. I have enjoyed knowing all of you over the last twenty-five years. I will certainly miss you all.

I have been offered a job managing the new Towpath Inn, in Turin. It should work out well for both the kids and me. At this point there are no plans for the Pioneer Lodge. I am sending back any deposits that I have at this time. You can find me at the Towpath if you are ever in the area!

Sincerely,

Diane Gaylord

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### Colonel Denning State Park substitute hike January 21, 2006

By Fred Richter

**Trip leader:** Peg Hampton. **Hikers:** Tim Musser, Dave and Jan Powell, Pete Oswald and Nan Reisinger, Dan Ellis, Joanne Dobrenski, and Fred and Tanya Richter

The morning was overcast but we left with high hopes. Ten of us met in the parking lot of Col. Denning SP near the Flat Rock trailhead at the base of the Blue Mountain. The trail headed up a rather sharp grade; our information said the Flat Rock overlook was 2.5 miles UP the grade. Leader Peg opened with a brisk pace up the rock-strewn trail. She cleverly noted, "Ten Gliders opted to be

ten hikers." We talked, we walked, we laughed, we observed nature and we walked some more.

After an hour's trek we reached the Wagon Wheel, a flat portion of the trail where a number of trails join the Flat Rock Trail. We stood in the wheel's hub and analyzed the trail sign. Nan quickly added up the miles we went and the miles we needed to travel. With calculator-like quickness, she noted the numbers didn't add up. How far did we have to go? How far have we gone? What seemed like a slam-dunk was now questionable. Were we intentionally being misled? We later discovered that Col. Denning was never more than a sergeant- more deception.

The trail crested through a campground and dropped to the flat rock. Dan scampered ahead and got to the rock before the rest of us. We arrived to see him relaxing on the edge. As we approached Dan, the Cumberland Valley unfolded beneath us. 1700 feet above the valley floor under clear skies the view was spectacular.

As we observed the scenery two young hikers joined us. Pete felt (He has an amazing skill for determining people's predilections.) one of the hikers enjoyed photography. She seized this moment to take a picture of our group. Then she moved us to get a different background, then a different angle, and then a vertical picture. (Check her work out on this page) Who knew Ansel Adam's daughter would be in Pennsylvania.



The hikers at Flat Rock

The trip down was a lot easier, and to as closely replicate skiing as possible, two (unnamed) hikers took spills. We picked up sections of the Tuscarora Trail and, as it was about to cross route 233, we veered off of it onto a jeep road. One trespass, a creek fording, and a short bushwhack later, Nan led us back to the parking lot.

The group adjourned to Little John's Restaurant in Carlisle. Where the good food and excellent company mixed with heated discussions from theology to

politics and on to the environmental effects of mofication led by Dave and Jan. Everything was topped off with some of Little John's coconut cream pie.

A most excellent day for a snowless, January Saturday.

In response to the question: Who was Col. Denning anyway?

William Denning (1737-1830) lived on a farm in the Newville area, but was best known as an iron forger. He fought in the Revolutionary War and earned the rank of sergeant. Sometime after his departure from the military, he picked up the colonel title.

History is silent as to how and when this transformation occurred. In general, Colonel (Sergeant?) Denning's major contribution to the war effort was forging wrought iron cannons. He is buried in the Spring Presbyterian Church in Newville.

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### Lake Placid, Jan. 13-17 Trip Report: by Bill Hoffman

The executive summary of this trip: although the skiing was not quite up to the usual high quality at Lake Placid, the eating certainly was.

Now, for those with the time or desire for "the rest of the story," here it is.

We arrived Friday in very warm weather—mid 40s—but a visual check of several ski venues found passable conditions, if there was no further deterioration. But that seemed unlikely, with rain predicted for Saturday morning before a changeover to snow and much colder temps to follow for Sunday and Monday.

We awoke Saturday to intermittent light rain, with little temperature change from Friday. We therefore opted for close-in skiing in case we wanted or needed to bail out early. We tried a 1-mile loop at Adirondack Loj, which had barely sufficient cover but also several downed trees and many exposed roots. Two of the Bills (Pickering and Hoffman) decided that was enough skiing in such sub-optimal conditions, anticipating the next two days being much better. So they returned to the rented house while the others tried the trail around the lake. By now it was raining harder. The rest of the group, upon returning, acknowledged that the Bills had made the right decision.



Matt and Dave clear deadfall on Loj trails

Just as predicted, the rain turned to snow around 3PM and continued until late at night, depositing about 4 inches in Lake Placid, but only 2-1/2 at the VIC in Paul Smiths, where we skied Sunday. This was less snow than predicted, but we were grateful for it. We chose the VIC due to high winds and very cold temps



Bill and Steve take a break at the VIC

(wind-chill in the -25 range). These conditions called for bailout options and the ability to eat lunch indoors. Conditions were fair, but far better than yesterday. In open areas the wind had blown most of the new snow off the trail, leaving ice. But since nearly all the VIC's trails are in the woods, this was an insignificant problem.

Monday dawned sunny and calm but very cold (-9°F). We decided there was no reason to be early birds on the Raquette Falls trail, a 4.3-mile in-and-out trail to, well, Raquette Falls, starting at Coreys, about halfway between Saranac Lake and Tupper Lake. We made the 45-minute drive to the trailhead and got underway at 11:30. It was still cold, so it was determined that we'd stop periodically to eat rather than have a more typical half-hour lunch break, which would chill everyone. Things went well for about the first 3 miles of the trail, which were

beautiful and which we had all to ourselves. Trailmeister Dave Leroy had warned us that there were two descents that should be walked. Then, on one downhill, which those in the front didn't know was one of the two "walkers," all but three of the group wiped out due to insufficient snow cover on the rocks. From there on the trail was of much poorer quality, with numerous sections that had to be walked, irrespective of the shallow snow cover. Three of us—Roberta, Steve, and Bill H.—decided that discretion was the better part of valor and opted to turn around rather than continue the uncertain distance to the falls. This eliminated the risk of returning in waning daylight, decreasing temperatures (that barely reached 10° all day), and a longer distance (and time) over the most demanding part of the trail. The other seven completed the trail after sunset.

Tuesday morning, while the Harrisburgers left for home, the Lancaster contingent skied the 3-1/2 eastern-most miles of the Jack Rabbit Trail, which has become a KnG getaway day tradition (when weather and snow permit). Other than a short icy stretch very near the beginning, the trail was in good condition. This was the coldest morning we had (-11°), but the wind was calm and it warmed up quickly to the low 20s by the time we finished. Thus, it was the most comfortable skiing of the trip.

Oh, did I mention the eating? Friday night we all enjoyed Bill Stine's ham and bean soup for dinner, accompanied by the leader's red cabbage slaw, and topped off with Turkey Hill ice cream for dessert. Saturday dinner was Roberta's meatloaf, rosemary red potatoes, tossed salad, and Steve's homemade apple pie. Sunday dinner featured marinated chicken breasts, done by Bill Stine on the outdoor grill using Bill Hoffman's honey mustard marinade; dilled carrots, brown rice, and angel food cake with fresh strawberries and whipped cream. On Monday, Kim and Matt served up turkey chili and roasted potatoes, and Steve did an encore performance of his apple pie, but without the crust. The breakfasts weren't shabby, either, although on most days everyone made their own. I made apple cinnamon pancakes one morning, and Bill S. did eggs with some of the salad ingredients left over from the previous night's dinner. At the end of the weekend, there wasn't much food left over.

I have booked, and will lead, this trip again in 2007, on the same weekend (the dates then will be Jan. 12-16).

Participants: Bill & Sandy Stine, Kim Lausch & Matt London, Dave Leroy & Nancy Kauh, Bill Pickering, Roberta Strickler, Steve Seidl, Bill Hoffman.

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## Thanks to the Pinchot Volunteers:

I would like to thank the members who came out to Pinchot last week and donated their time to help clean up the park. It would be a difficult task without volunteers.

The group was: Norma Brandon, Jan & Dave Powell, Joanne Dobrenski, Joan Short, Mike McMullen, and Pete Oswald

And a special thanks to Nan Reisinger for setting it all up.

Wanda S. Pritulsky  
DCNR Ranger  
Gifford Pinchot State Park Complex  
2200 Rosstown Road  
Lewisberry, PA 17339-9787  
(office) 717-432-5011  
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## Time to Toss Out Your Hot-Wax Iron?

### Another Waxing Update

by Bill Stine

I just got done perusing a 70-page paper on cross-country ski glide waxing; a thesis and two cited papers, actually, by Leonid Kuzmin of the Department of Applied Physics and Mechanical Engineering, Division of Computer Aided Design, Luleå University of Technology in Sweden. Yeah, they're actually doing some scientific research in the area. The result? Not good news for the likes of Swix and Toko. Friction between skis and the snow is a complicated subject. This paper is concerned only with glide surfaces, not the kick zone of cross-country skis. You can access the whole paper at [www.dagblad.net/download/smoring.pdf](http://www.dagblad.net/download/smoring.pdf) but you might prefer my synopsis.

Many factors cause drag between skis and snow. They include water lubrication, dirt on the ski base and roughness. Let's deal with roughness first. It stands to reason that scratches and "hairs" that result from striking objects on the trail slow the ski down. However, most skis produced today are stone ground by the factory to make the final surface of the ski bottom flat. Grinding leaves microscopic hairs that

also slow the ski down. Removing those burrs and hairs makes the ski glide easier. More on removing hairs later.

Now lets deal with water lubrication. It is pretty well established that a ski glides by melting a microscopic layer of water from the snow and that the water lubricates the ski as it glides by. It is also well established that the more hydrophobic (difficult to wet) the ski surface the better the glide. Skis used to have wood bases. Since wood is easily wetted by water, people applied wax to ski bases to make them more hydrophobic and, thus, to make them glide easier.

Today, UHMWPE (ultra-high molecular-weight polyethylene) is used universally as the base material for skis. When UHMWPE replaced wood, people carried over the tradition of treating even the new ski bases with glide wax to reduce sliding friction between the ski and the snow. However, UHMWPE is almost as hydrophobic than even the best glide wax and it's much harder and more durable than the best of glide waxes. So, why, then, do we bother to wax them? Aye, Matey, there's the question!

Well, there are two reasons to use wax. For one, it is true that the best waxes are marginally faster than smooth UHMWPE base material. For another, glide wax serves to hold down those ugly hairs raised by normal wear and stone grinding. However, simple scraping with a so-called HSS scraper (wood workers will recognize this as a cabinet scraper ... the HSS stands for high-speed steel) smoothes the UHMWPE and removes those hairs very well. So, that leaves only the marginal gain of the best glide waxes. But, even that advantage is short-lived.



No matter how "clean" the snow, glide wax accumulates dirt as you ski. And, that dirt decreases the hydrophobic nature of the wax. Since UHMWPE is much harder, it accumulates dirt much less quickly thus retaining its glide much longer. Where the crossover occurs varies but research suggests that the glide wax advantage lasts for only a few kilometers at best.

So, the bottom-line? If you want fast skis you still have to maintain them. Ski bases get beat up as you ski and they definitely get slow! But, you can now safely forget the whole glide wax routine. Get a HSS scraper, instead, and learn to sharpen it. Then use it to keep your UHMWPE bases clean and smooth.

Oh, yeah ... keep a close eye on the all those xc-ski techs and how they prepare skis during the Olympics!

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## Sticky Business Revisited

by Bill Stine



A couple of months ago I wrote an article about Start brand grip tape. You may remember that it claimed to be the ultimate kick wax. It is said to be one product for all conditions from 41° to -4°F. Applied as a tape, it is good for 250 km or more. Sold for about \$12 per two applications, I said I'd get some and evaluate it. I did. And, for the most part it seems to live up to the claims.

I purchased mine on-line from GearWest and applied it to my waxable track skis per instructions. That involved scrupulously cleaning old wax from the kick zone of my skis, abrading the base with the 100 grit sandpaper on the back of the dispenser, applying and pressing the tape tightly and peeling off the carrier paper. The actual layer of wax was red in color and thinner than I expected. It was sticky, too, very much like a klistler, which is actually what the stuff seems to be. Relying on the review by John O'Connell, I used a short kick zone, only 12 inches long.

I first used the skis at Lake Placid, skiing about five miles on new snow at The VIC in temperatures ranging from 5 to 0 °F. The kick was reasonable, but not quite what I had hoped. I figured I probably needed a longer kick zone. My next test was at Mont Sainte Anne near Quebec City. This time the temperatures were a few degrees below freezing on groomed, day-old snow. Again, the kick was not quite what I'd hoped for so I added a bit of blue wax in front of and behind the Start tape. Kick and glide were both excellent for the entire 14 miles! The next day at Camp Mercier, in similar

conditions, I replaced the additional wax with the Start tape for a total kick-waxed length of 18 inches. Performance was excellent for the entire 14 miles. After a day off we skied at Duchesnay. It started snowing hard while we were on the trail with temps just about freezing. Performance was excellent for about five miles.

Then, disaster struck. With temps just above freezing and fresh, furiously falling snow the waxed area began to freeze ... with a vengeance! Ever see high-heeled skis? Well, that was me! I'd scrape the ice off the wax, glide down a hill. But, when I went to kick I'd completely ice up within a few strides. I walked a mile or two before finally overwaxing with blue. That and a precipitation transition to freezing rain made things better and I got back to the base are just fine. To be fair, I only iced in the very worst conditions for waxing.

I have yet to use the stuff on transformed, warm snow. Hopefully, that chance will come a Garnet Hill or Turin and I'll get to make yet another report.

Meanwhile, my overall impressions? I love the stuff! After nearly forty miles (about 65 km) the wax looked and performed just about the same as when it was applied. And the glide, the reason to use waxable skis, was fine indeed! I'll just have to be careful about choosing which skis to use on near freezing, snowy days!

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## Black Forest Trip Report

January 20-22, 2006

by Roberta Strickler

We totaled eight people, just the right number for circling the mountains of the Black Forest and the Slate Run during three days of splendid weather and good company. Distilled bullfrogs got us going, from Williamsport, then north, to the conifer forests of the upper tier of Pennsylvania, during the weekend of January 20-22.. Joan Short bent over forwards as trip leader, all because she spied a pair of very short shorts that said Manor Hotel on the butt of them.

Kim Hershey took honors in the ski segment with his smooth and athletic demonstration of skiing along the snowmobile trail between that Bog Trail of the Green Door and the Inn.

Tim Hoehn picked up a lot of pointers from Kim during the demo and Tim proved to be the jackrabbit distancer, setting the pace throughout most of the miles we covered. The Black Forest

contains all but one of all trees indigenous to Pennsylvania and we did our best to see them all.

Bill and Christine DeLoache won the blue ribbon for Most Congenial Newcomers of the year. Bill is one of those guys who effortlessly carries a large backpack with him. We didn't get to use all the items in his pack, but the duct tape and the extensive maps got us through several adventures.

Bernie Webber served as trailmaster and van driver, even dodging the ice packs on the back road to Slate Run on a trial run to the grand Manor Hotel, just one of several good finds in the restaurant segment of the trip.

Cindy Dohrman and your trip reporter, Roberta Strickler, well, we just said "yes" to everything and went along with it all.

On Friday, we hit every corner of the George B Will Trail, including a visit to Tim's White Birch Forest inside a Very Big Fence.

On Saturday, we enjoyed a great visit with Robert and Dottie Webber and then set off down the wide ski trail, going south down the trail toward Slate Run, from their beautiful tabletop campsite.

On Sunday, we decided to leave the skis in the van so that we could tackle the rocky climb up, around and over the rocks of the Golden Eagle Trail. "Be the eagle" was our motto.

The Black Forest Inn has a "SOLD" sign on it and the restaurant and common areas were closed. So the trip was somewhat Spartan, just like the old days: We got up early, met the sun, ate from our packs, spent all day out of doors, and slept like tired eagles.

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### Kickoff: the Boots Drive

You've heard about Toys for Tots and Coats for Kids.

Well, this is about Boots for Inmates.

In the summer, I work on the maintenance crew at Dauphin Highlands Golf Course near Steelton. For the heavy work we employ inmates from the county prison. They are in the trusty program and are, for the most part, working to pay fines for DUI and child support. The ground is cold and wet early in the morning and they work outside all day long, year round, often wearing not much more than tennis shoes on their feet.

In case you are trading up this season, buying new sturdy outdoor boots or other warm, waterproof apparel, you may wish

to rid your closet of old, but still wearable clothing, especially socks, hats, gloves and footwear. Don't worry about size...all sizes are needed, so womens/unisex boots would do.

If you have any questions or want me to pick it up, call me at 651-0213. If you want to bring clothing items to a meeting, I can pick it up there as well. You can also send me an email at [rzs@epix.net](mailto:rzs@epix.net).

Thanks. **Roberta Strickler**

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### Diann Roffe

by Bill Stine

Our guest speaker, a compact, petite woman, settled comfortably on the edge of the table, set aside a large purse and began to talk. She began by crediting much of her initial com-petitive alpine skiing success to learning to ski by age five. Diann was born in 1968 in Warsaw, NY, southwest of Rochester. Her father was a part-time instructor at



pintsize Brantling Ski Center with all of 240-foot vertical. The whole family would go there after school several times a week and skiing became as

natural to her as walking or running.

Diann was soon beginning to compete in downhill racing events. Success came early. At age 16 she became the first U.S. competitor to medal in a World Junior Championships. A year later she won the FIS World Championships giant slalom in Bormio, Italy, the World Cup GS at Whiteface Mountain, New York and was second in the final World Cup GS of the 1985 season. She was really just having fun doing things well, she said, and got by competitively on raw talent and an ability to respond to demands under pressure.

That began to change in 1986 with a knee injury and a slow 1987 season. She elected to make a bid for the Olympics in 1988 at Calgary, made the team but failed to medal. Injury free, however, she decided to stay in the game for a few more years.

Then, in 1991, she tore the ACL in her left knee. That turned out to be a watershed event because it forced her to face the fact that she could no longer rely on youth and raw talent for competitive success. She'd have to really focus on

her health and training if she were to take her skiing career any further. And, so, she totally rededicated and refocused her life toward that end.

It paid off. She made the 1992 Olympic team and tied for silver at Albertville in the giant slalom. And she finally realized the capstone of her career with an Olympic gold medal at Lillehammer in 1994 in the super giant slalom.

As she spoke Diann shared a few stories of what can happen to people who compete at the highest levels of sport. The wildest was about adrenaline blackouts where she wouldn't become conscious of where she was until halfway down a World Cup racecourse. Another was how, at Lillehammer, she had to scream at herself to throw herself down the hill and to slam her ski back down onto the snow from up at her ear!

Finally she picked up that big purse she had set aside earlier and withdrew three large medals, a World Cup gold, an Olympic silver and an Olympic gold. As she casually passed them around, she explained that they don't do any good sitting on a shelf. It is her hope that, by allowing others to handle them, she will inspire others to excel.

Today, Diann spends part of her time instructing skiers at nearby Ski Roundtop. Near the end of the Q&A session that followed someone suggested that it must be boring spending so much time at such a small ski hill. Not at all, she answered. It's really always only been about the snow and feeling it with my toes through my boots ... much like it was at Brantling Ski Center when I was a little kid.

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## WINTER CARNIVAL QUEBEC

Jan 30 - Feb 5, 2006

By Jan Powell

To quote the Richter's; "If there was an opportunity to improve the trip, we would be hard pressed to come up with a suggestion." We skied at wonderful cross country centers on "perfect" snow, experienced good weather, stayed in an old charming hotel within Old Quebec's walls, enjoyed the winter carnival, and delighted in each other's company. Superlatives just don't do justice describing this trip. Fourteen of us were fellow travelers in Quebec. Eight of us, Carole and Ed Rockland, Tanya and Fred Richter, Sandy and Bill Stine, and Jan and Dave Powell traveled to Quebec

from Pulaski. Bernie Webber, Bill Hoffmann, Beth and Dennis Major traveled from Pennsylvania and Marty and Dick Rubens traveled from Vermont. The drive was long for all of us, but it was well worth it!

First the snow. This is how snow is "supposed" to be. There were a few inches of fresh snow each day. It was light and fluffy with no evidence of ice anywhere. The snow clung to the trees to make a winter wonderland. The grooming was impeccable and there were very comfortable warming huts along the way. The only complaint any of us had is that the hills were much too tame. On Tuesday we skied at Mont Saint Anne, Canada's largest cross-country center.



The new light fluffy snow made the trails scenic. On Wednesday we skied at Camp Mercier. It didn't seem possible, but Camp Mercier was even more scenic! On Friday we traveled to Duchesnay to ski in falling snow that got heavier and wetter as the day went on. For our après ski activity we toured the Ice Hotel that had sixteen rooms, an Absolut Ice Bar, a disco, and a chapel. All of the guest rooms and suites were different. You can stay in the Egyptian room or in a Chinese theme room in a dragon bed. Since the temperature in the hotel is a constant 27 degrees F, one would have to use the fur blankets provided to stay warm.



The weather gods cooperated. There was a bit of snow and sleet for the trip on Monday, but the rest of the week was in the low thirties. Even though we had little sun, the weather was good. The snow on Friday made the day at Duchesnay unique. Heavy rain on Friday and Saturday nights made the snow turn to slush. The temperature was high

enough on Sunday for a wet, but not a snow ride home.

Quebec City itself is a wonderful venue. Our hotel was located within the old walled city with wonderful restaurants and shopping readily available. Most of us took two days off from skiing to enjoy the city. (Diehard Bill Hoffmann skied every day.) We toured the Chateau Frontenac, the Citadel, and the Parliament. We all agreed that the food was wonderful. The last night we all ate at the hotel for a meal that tasted as good as it looked. The maple syrup crême brulee with toasted pistachios was to die for.



And then there was the Carnival. There was an ice castle, ice and snow sculptures, a toboggan run, and snow rafting. There were many sporting contests. On Saturday we enjoyed a soapbox derby race and ice canoeing.



We all thought that ice canoeing had something to do with the St Lawrence River. But, no! The preliminary ice canoe races took place on a snow track complete with ice hazards. Five persons propel the canoe, two on each side and one in the back. It was like the Olympic bobsled race. The final ice canoeing races were, in fact, a race across the St. Lawrence River.



But the people were really what made this trip. Both Dave and I consider our fellow Kick 'n Gliders much like family. We are all so comfortable with each other. At our last dinner Bill Stine quickly put together a slide show of our week. We laughed at each other's skiing form and again savored our time together.

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## Upcoming Events

### Travelogue - "Life on the Edge"

*Wednesday, February 22 - 7:00 p.m.*

Fred & Tanya Richter always provide us with an entertaining and educational program. Read on for a brief description of their latest adventure.

*"We lived in a Hawaii Volcano Park Service house several hundred 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."*

Don't miss this show. Hawaiian treats included!

## Social Meeting

*Tuesday, March 7, 7:00 p.m.*

Our last restaurant gathering will be held at the Appalachian Brewing Company on Cameron Street. Hope to see you there.

## Travelogue - Biking and Driving Tour of Alaska

Wednesday, March 22 - 7:00 p.m.

Our final program will be presented by the Majors. Dennis will show pictures of his bicycle ride up the Alaska Highway in June, 2004, followed by Beth and Dennis' two-week car trip around Alaska, starting in Fairbanks and ending in Anchorage.

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### DAY TRIPS

Call the leader the week prior!

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

February 25-Saturday Crystal Lake  
 Bernie Webber 717-861-7353

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## Kick 'n Gliders' End-of-Season Banquet

Wednesday, April 19

Can't believe we're talking end of season already! Don't miss the banquet and the final chance to catch up with your skiing buddies and see pictures from all of our trips this year.

Time: 6:00 p.m.

Where: Naval Depot,  
 Commissioned Officers Mess



Look for more details and reservation form in the March newsletter.

**Mark your calendars now for Wednesday, April 19!**

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## Skiing Nolde Forest

by Bill Stine

In the early 1900s, hosiery baron, Jacob Nolde, purchased the land on which this namesake DCNR environmental education center now stands. Barren when he purchased it, Jacob hired an Austrian forester to create a coniferous "luxury forest". The forest was purchased by the state in the late 1960s. The current center covers more than 665 acres of beautiful deciduous woodlands and coniferous plantations and contains a wonderful network of carriage roads and trails that are eminently suitable for cross-country skiing.



Kick 'n Gliders' member, Bill Hoffman, has been running day trips there for several years but few of us actually know the place. The Feb 11-12 snow that blanketed the area sent many of our members looking for a place to take advantage of nature's bounty. Several of us choose Nolde Forest.

Let me tell you, the place is great! Although the facility is fairly small, measuring only about 1 by 1½ miles, the trail network is extensive with perhaps a total of 12 miles of named trails and a number of unnamed intermediate trails. They form a true mesh, making use of nearly all the terrain and you can choose to ski small, medium or large loops. Even experienced skiers can find a full day of skiing there. The trails are beautiful, varied enough to keep the interest of experienced skiers but not too difficult for most beginning skiers. There are a few rocks on some of the steeper trails, though, and Bill Hoffman advises us that there should be at least six to eight inches of snow cover to use some of the trails. With about a foot of snow, rapidly

settling/melting on the warm ground, we noticed very few rocks.

Members Terry Brown, Jesse Jepson, Karen Northeimer, and Nan Reisinger joined Bill & Sandy Stine and Bill Hoffman on Feb 12 & 13.



Nolde Forest is in Berks County, Pennsylvania, on PA-625, two miles south of PA-724 or three miles north of PA-568. Excellent trail maps with topo contours are available at the park office and at the education hall. Or you can download the map and read more about the facility at:

[www.dcnr.state.pa.us/stateparks/parks/noldeforest.aspx](http://www.dcnr.state.pa.us/stateparks/parks/noldeforest.aspx).

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**Reminder: last date for submitting info for March newsletter is March 8.**

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

ADDRESS CORRECTION REQUESTED

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**Pulaski Trip Report**

**Letter from Diane Gaylord, Turin**

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