



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kickngliders.org)

Issue: December, 2006

Crystal Lake Trip

Need we be reminded that one of the best XC Ski touring centers in the east is just up the road at Crystal Lake? Rather than staying in one of the old primitive cottages that we used to stay in, we stay in a modern cabin with an up-to-date kitchen that is very comfortable. This is the place where we ski out-the-door all weekend. Crystal Lake's trail system is too large to "ski-out" in one weekend. Rentals and lessons are available. Even though Crystal Lake is nearby, its high elevation and northern location provide it with a lot more snow than we have in Harrisburg.

All meals will be provided starting with soup or chili on Friday evening and ending with lunch on Sunday. The trails are unique, designed for a wide variety of skill levels, and the scenery is beautiful. Those who have skied Blue Moon did not soon forget it's gentle, sweeping downhill runs through the laurel and evergreens.

This is a good first trip for those unable to go to Craftsbury or those who come back from Craftsbury and can't wait to get back on those skis. The trip starts on Friday evening January 5, 2007, and ends on Sunday whenever you decide to tear off your skis and go home. Dave LeRoy and Nancy Kahl are the leaders and will be happy to answer your questions about this memorable ski trip. Give them a call at 582-2562 or email at kahlbbh@pa.net.

President's Message

The days are getting shorter and colder. It's time to start thinking about the upcoming ski season. The Executive Committee and especially our Trip Coordinators Peggy Hampton and Nan Reisinger and the trip leaders have been doing a lot of thinking, not to mention lots of work, preparing for the 2006-2007 ski season. You should have received the 2006-2007 Season Schedule and Guide by now. You should have received one in the mail if you didn't already pick one up at the Oktoberfest.



Lottery drawing for Pulaski with Senior Citizen witness

Speaking of the Oktoberfest, it was a real success. Thanks again to Rick Begley for organizing and hosting the event. As I understand it, there were lots of brats & beer and desserts. There were more desserts than main courses, which is not good for our waists. We'll have to ski hard this winter. Many people signed up for trips that afternoon. Thanks to Dave LeRoy and Nancy Kahl for taking all the reservations.

As of this writing, the Pulaski (Jan 26-28), Laurel Highlands (Feb 9-11) and Ottawa (Feb 19-23) trips are full. (If two more couples would want to go to Ottawa we can still reserve an additional 2-bedroom suite) There are still 2 to 5 spaces each open on the Craftsbury, VT, Lake Placid, NY, Garnet Hill, NY, Lapland Lake, NY, and Winter Park, CO trips. We expect those trips to fill up soon. There are numerous openings on the Black Forest, PA, Crystal Lake, PA, Inlet, NY and Turin, NY trips. You still have many to choose from.

I also want to reinforce what you will read elsewhere in this issue of The Easy Glider. There has been some confusion as to Kick 'n Gliders member's e-mail

addresses. These change quicker than we can keep up with. Mike McMullen (Membership Chair) and Jesse Jepsen (Webmaster) have been trying to purge old addresses and add new correct addresses. As of this date there are still errors. We are asking **ALL** members to send your full name and current e-mail address to membership@kickngliders.org. Please do it **now** while it is on your mind. It will really help us out. Thanks!

Also, this reminder – November 7, 2006 is Election Day. Don't forget to vote. After voting, plan to attend the Kick 'n Gliders membership meeting at Wildware Backcountry off I-83 at the Union Deposit Road exit. Kathy Watts will be demonstrating the latest and greatest cross-country apparel and equipment. We have a new policy this year. At each membership meeting there will be a drawing for a Wildware \$25 gift certificate. There is no cost to members. The catch is, you must be present to win. All members in attendance are eligible. I look forward to seeing you there.

Dave Powell

--Correction--

The Season Guide Day Trips schedule on page 4 shows Bill Hoffman's email address incorrectly! It should be shown as: billhoffman1@verizon.net

Win a \$ 25 Gift Card for Wildware Backcountry

How?? Just come to the regular KnG business meeting. The board has decided to give a Gift Card at each of the 5 business meetings. You just have to be present to win. A drawing will award the card. So come and enjoy the great line-up of meetings, greet your friends, talk about snow, and how you will spend your \$25 winnings.

Eight Weeks to First Ski Trip

Why haven't you sent in a deposit for the trip of your choice? What are you waiting for? Maybe the upcoming ski season has caught you by surprise. The Kick 'n Gliders have a very nice trip schedule planned for the upcoming season. We have trips that are close to home and trips that are far away. Please check your Season Schedule and Guide or the website for all the details.

The first trip of the season is to Craftsbury, VT over New Year's. This is a great trip with excellent skiing, delicious food, and is a fun way to spend the Holiday. A few spaces were still available as of October 20.

Crystal Lake is the second trip of the season on Jan. 5th and will be here in a blink. Hughesville is just a short two-hour drive from Harrisburg. Crystal Lake is a gift for cross-country skiing right here in Pennsylvania. If you are interested in going on the Crystal Lake trip, please send your deposit in NOW. The trip leaders must make a decision if the trip will go or be cancelled. Unfortunately, the decision must be made soon, so send in your deposit today.

The following trips still have space for you: Craftsbury, Crystal Lake, Lake

Placid, Black Forest, Garnet Hill, Lapland Lake, Turin, Inlet, and Colorado. Don't miss out on the chance to do some XC skiing and have a great time. Send money NOW!

Peggy Hampton

MEETING & SOCIAL SCHEDULE

NOVEMBER & DECEMBER

Past Event Report:

Thanks are due to Rick Begley for another successful Oktoberfest. There were about 40 members present who enjoyed brats, many potluck desserts, and beers too numerous to count. Treasurer

Dave reports that members signed up for many trips and some trips are now full. See the Trip Roster elsewhere in this newsletter for available trip opportunities.

Coming Events:

TUESDAY, NOVEMBER 7: 7:00 PM, Wildware Backcountry Community Room, located on Peiffers Lane near the Union deposit Interchange with I-83.

Kathy Watts, owner of Wildware, will talk with us about what's new for 2006/07 in cross country ski equipment and apparel, outdoor clothing, and any other equipment, clothing and supplies available in the Wildware store. This program is a wonderful way to get focused toward the coming ski season. We are grateful to Kathy for her support of the Kick 'n Gliders and for making her Community Room available to us at no cost.

WEDNESDAY, NOVEMBER 15: 7:00 PM dinner meeting at Outback Steak House on Union Deposit Road.

Join other K 'n G members for a social evening of talk and dinner. No business, just fun!

TUESDAY, DECEMBER 5: 7:00 PM, Wildware Backcountry Community Room.

Sante DeMichiel, EMT and Amy Weigher, personal trainer, will talk about fitness for Nordic Skiing, nutrition, warm-up and cool-down exercises, first-aid in cold weather, and skiing injuries (how to avoid them, how to treat them). They hope we have lots of questions and anticipate a lively discussion. Sante was a competitive runner until age 40, and after knee surgery, only rides a bicycle. He is also a spin instructor.

Sante has been an EMT since 1988. He volunteers at the MS bike rides and at HS football games. Amy is a spin instructor and a yoga instructor.

WEDNESDAY, DECEMBER 20: 7:00 PM, Bill and Sandy Stine's home.

Bill and Sandy intend to be home from their "tin tent tour" of the western U.S. in time to host us for our annual Holiday Gathering. Mark your calendar now! There will be more details and directions in the next EASY GLIDER, which will be out in early December. Our Holiday Gathering is a pot luck, so you will be asked to bring a dish to share, and also beer (or your other favorite beverage) to share as well.

MEETING/SOCIAL SCHEDULE

2006 - 2007

The following is a quick and easy reference to the K 'n G yearly schedule. We suggest you take your calendar and mark these dates down now. More details will appear in the Easy Glider as the year progresses.

Tuesday, November 7: Program Meeting Wildware Backcountry
Kathy Watts

Wednesday, November 15: Dinner Meeting, **Outback Steak House**

Tuesday, December 5: Program Wildware Backcountry
Sante DeMichiel

Wednesday, December 20: Holiday Party, **Bill and Sandy Stine's house**

Tuesday, January 9: Program Meeting, Wildware Backcountry
Alaska: Nancy Kauh and Dave LeRoy

Wednesday, January 24: Dinner Meeting, **Warwick Hotel**-Hummelstown

Tuesday, February 6: Program Meeting, Wildware Backcountry
Eastern Europe: Beth and Dennis Major

Wednesday, February 21: Dinner Meeting, **Bangkok Wok**-Mechanicsburg

Tuesday, March 6: Program Meeting, Wildware Backcountry
Southwest US: Tanya and Fred Richter

Wednesday, March 21: Dinner Meeting, **TGI Friday's Union Deposit Road**

Tuesday, April 3: Program Meeting, Wildware Backcountry
Trip Planning for 2008

Wednesday, April 18: Dinner Meeting, **Pizza Grille, Camp Hill**



...Trip Roster...

25-Oct-06

(L) denotes Leader

WL denotes Waiting List

() denotes Trip Capacity

Black Forest (12)

- 1 Peter Oswald
- 2 Nan Reisinger
- 3 Joan Short (L)
- 4 Kim Hershey
- 5 Bart Richwine
- 6 Lisa Baer
- 7
- 8
- 9
- 10
- 11
- 12

Pulaski (20)

- 1 Jeff Grove
- 2 Marilyn Grove
- 3 Jan Powell
- 4 Dave Powell
- 5 Don Youngblood
- 6 Nancy Borremans
- 7 Bill Stine
- 8 Sandy Stine
- 9 Bill Pickering
- 10 Kay Pickering
- 11 Rick Close
- 12 Pat Hower
- 13 Peg Hampton (L)
- 14 Ed Rockland
- 15 Carole Rockland
- 16 Dave LeRoy
- 17 Nancy Kauh
- 18 Cindy Dohrman
- 19 Tim Hohn
- 20 Tim Musser

Laurel Highlands (10)

- 1 Bill Stine
- 2 Sandy Stine
- 3 Ed Rockland
- 4 Carole Rockland
- 5 Beth Major
- 6 Dennis Major
- 7 Fred Richter (L)
- 8 Tanya Richter (L)
- 9 Emory Ehrenfeld
- 10 Joan Short
- WL Fred Burgess

Crystal Lake (14)

- 1 Dave LeRoy (L)
- 2 Nancy Kauh (L)
- 3 Bill Pickering
- 4 Kay Pickering
- 5 Beth Major
- 6 Dennis Major
- 7 Carol Lentz
- 8 Fred Wilcox
- 9
- 10
- 11
- 12
- 13
- 14

Garnet Hill (14)

- 1 Jeff Grove
- 2 Marilyn Grove
- 3 Bill Stine (L)
- 4 Sandy Stine (L)
- 5 Matt London
- 6 Kim Lausch
- 7 Fred Burgess
- 8 Peter Oswald
- 9 Nan Reisinger
- 10 Dave LeRoy
- 11 Nancy Kauh
- 12 Emory Ehrenfeld
- 13 Fred Burgess
- 14

Lapland Lake (12+)

- 1 Bill Stine
- 2 Sandy Stine
- 3 Ed Rockland
- 4 Carole Rockland
- 5 Beth Major
- 6 Dennis Major
- 7 Rich Levin (L)
- 8
- 9
- 10
- 11
- 12

Inlet (18)

- 1 Ron Page
- 2 Lois Page
- 3 Bill Stine
- 4 Sandy Stine
- 5 Bill Pickering (L)
- 6 Kay Pickering (L)
- 7 Peter Oswald
- 8 Nan Reisinger
- 9 Beth Major
- 10 Dennis Major
- 11 Nancy Kauh
- 12 Dave LeRoy
- 13
- 14
- 15
- 16
- 17
- 18

Turin (12)

- 1 Bill Stine (L)
- 2 Sandy Stine (L)
- 3 Bill Hoffman
- 4
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Ottawa (20)

- 1 Mike McMullen
- 2 Pam McMullen
- 3 Jan Powell (L)
- 4 Dave Powell (L)
- 5 Don Youngblood
- 6 Nancy Borremans
- 7 Bill Stine
- 8 Sandy Stine
- 9 Wanda Cole
- 10 Charlie Cole
- 11 Nan Reisinger
- 12 Nancy Kauh
- 13 DaveLeRoy
- 14 Bernie Webber
- 15 Al Hoch
- 16 Fred Richter
- 17 Tanya Richter
- 18
- 19
- 20

Colorado (16)

- 1 Lisa Baer
- 2 Jan Powell
- 3 Dave Powell
- 4 Bill Stine
- 5 Sandy Stine
- 6 Peter Oswald
- 7 Nan Reisinger
- 8 Carolyn Hoffman (L)
- 9 Tim Musser
- 10 Rick Begley
- 11 Bill Pickering
- 12
- 13
- 14
- 15
- 16



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

ADDRESS CORRECTION REQUESTED

In this Issue of Easy Glider

Correction to *Season Guide*, Day Trip Schedule point of contact

Win a \$25 gift certificate, learn how on page 2!

Meeting and Social Schedule

Trip Roster