



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kickngliders.org)

Issue: December, 2006

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.

Jan Powell was the winner of November's drawing and all that she had to do was attend the meeting!



President's Message

11/16/06

The season is fast approaching. It's only about one month until the first of our many ski trips this winter to Craftsbury, Vermont. The Craftsbury Nordic Center has its first cross country ski race scheduled for December 10, 2006 so they are anticipating good snow. Let's hope they are right in their prediction.

At our last membership meeting at Wildware Backcountry Kathy Watts got us fired up with her demonstration of what's current in ski, binding and boot technology along with the latest in clothing styles and materials. As a result of her presentation I'm sure there will be many of our members sporting new ski equipment and apparel this season.

Be sure to put our next membership meeting on your calendar. On December 5, 2006 Sante DeMichiel, EMT and Amy Weigher, personal trainer will present a program on first aid in cold weather and ski injuries; how to avoid them and how to treat them. We will also hear about getting fit for cross country skiing, proper exercises and nutrition. This is a don't miss program for all you avid cold weather outdoor folks.

If you haven't signed up for a trip yet you better get with it. Some of the trips are booked to capacity at this time, but there are still openings for others. Take a look

at the 2006-2007 Season Schedule and Guide, select a trip (or two) and mail you application and deposit to Kick 'n Gliders, P.O. Box 7054, Mechanicsburg, PA 17050.

Sixteen members got together at the Outback Steakhouse on November 15th for a social dinner. Since the party ahead of us did not vacate their table in a timely fashion we had to wait a while to be seated. As a result, the Outback management gave us free bloomin onions. We made short work of those. Oink, oink! It was great to see Bill & Sandy Stine who just arrived home the same day from a six month and one day tour of the United States. I'm sure we'll be hearing lots of good tales from them.

I'll look forward to seeing you at the December 5th membership meeting at Wildware Backcountry. Don't forget that you will be eligible to receive a \$25 gift certificate to Wildware just for showing up.

Dave Powell



IT'S CHRISTMAS PARTY TIME!!!!!!!

WHO: All Kick 'n Glider Members

WHEN: Wednesday, December 20, 2006, 7:00 PM

WHERE: Bill and Sandy Stine's home

Bill and Sandy are back from their "Tin Tent Tour", their six month 22,000 mile odyssey in the western US. They are delighted to host the annual Kick 'n Glider Christmas Party at their lovely home in Lancaster.

Join your fellow Kick 'n Gliders for this festive holiday gathering. It's a chance to meet new members, swap stories about past exploits on the ski trails, and plan for an exciting 2006-07 ski season.

As usual, bring a dish to share and bring your favorite beverage.

HOW: From the intersection of PA 283 and US 30 near Lancaster:

Follow US 30 west
Take the first exit, Harrisburg Pike (Park City)
Turn LEFT onto Harrisburg Pike
Pass under the RR overpass and go to the 2nd light
Turn RIGHT onto President Avenue.
Turn RIGHT onto Valley Road (4th Street)
Turn RIGHT onto N. School Lane (1st Street)
627 N. School Lane is the 4th house on the RIGHT (tudor style, brick sidewalk)

Any problems? Call 717/392-1675



DECEMBER & JANUARY MEETINGS & SOCIAL SCHEDULE

Past Meeting Reports:

On November 7 at the opening meeting of the 2006-07 K 'n G ski season, we filled the Wildware Community Room. Kathy Watts told us about new skis on the market this year and about some of the new clothing to keep us comfortable on the trail. We asked lots of questions, got informed answers and by the time the meeting was over, our juices were flowing to go skiing. Several of us followed up by buying those new toys we just had to have. Wildware has skis and accessories for skiers at all levels, and if they don't have what you want in the store, they will order it for you.

A near record-breaking crowd of 15 hungry Kick 'N Gliders dined at the Outback Steakhouse on November 15. The evening was highlighted by the arrival of Bill and Sandy Stine just back from their Tin Tent Tour – 6 months and 22,000 miles of travel throughout the USA. We were rewarded for our wait by the offering of complimentary bloomin' onions. Others in attendance were the Powells, McMullens, Majors, Kauh/LeRoy, Pete Oswald, Nan Reisinger, Rick Begley, Peggy Hampton and Andrea Hospodar. A good time was had by all.

Coming Events:

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 now after knee surgery, he 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 are 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! Our Holiday

Gathering is a pot luck, so you are asked to bring a dish to share, and also beer (or your other favorite beverage) to share as well. See the accompanying article elsewhere in this issue of the EASY GLIDER.

TUESDAY, JANUARY 9: 7:00 PM, Wildware Backcountry Community Room.

The program for this meeting will be a trip to Alaska. It has nothing to do with skiing, but everything to do with skiers. Stalwart Kick 'n Glider members Dave LeRoy and Nancy Kauh will share some of their experiences from their six-week car trip to Alaska this past summer. Their slides will be ready and we will use our new digital projector for the first time.

WEDNESDAY, JANUARY 24: 7:00 PM, Warwick Hotel, Hummelstown.

This meeting will just be social. Come and have dinner at a new place and share stories of the Craftsbury trip. It's a good time to discuss coming trips as we are heading into the heart of the skiing season.

Snow Mountain Ranch Winter Park Colorado

March 10 - 17, 2007

Located in the heart of the Colorado Rockies Snow Mountain Ranch earns an A for awesome with ski groups. A recreational skier's paradise with 100 kilometers of nordic skiing and endless backcountry trails providing breathtaking vistas of the Rockies.

For those who like variety the Ranch offers other winter sports (snow shoeing, ice skating and sleigh rides). There is an indoor roller rink, swimming pool, sauna and gym. Winter Park Resort (only 10 miles away) offers downhill skiing that will challenge the most accomplished skiers and has many scenic beginner slopes.

Accommodations will be a spacious cabin with seven bedrooms and 4 large bathrooms, living/dining area with fireplace, TV and a complete kitchen.

This is a great deal with everything included (meals, lodging, airfare, rental vehicles and trail fees) for only \$1,075. There are a few spots left so don't miss out on this fantastic winter vacation opportunity. Carolyn Hoffman is leading this trip and will be happy to answer any

questions you might have. Phone 717-432-5191 or email chhoffstar@aol.com

An Update for Craftsbury Trip Skiers

1. We have only one space left on this trip. It is for a female as we now have a female rooming alone. Please help me to fill this slot. (There are already 2 couples on the waiting list.)

2. Kim Lausch and Matt London are looking for a person(s) to car-pool with them to Vermont. Contact them if you are interested.

3. A number of rooms have double beds. If you and your mate are interested, let me know. They will be assigned based on the order in which your deposits were received.

4. I apologize for the confusion about the required deposit. It was published as \$170 in one place and \$100 in another. I would like to rectify the situation using the following payment schedule:

a. By November 30, please bring the amount paid per individual up to a total of \$200 by remitting the difference to the club.

b. By Christmas, please pay the remainder -- that is, bring the total amount paid per person up to the trip cost of \$325.

5. An information sheet will be submitted to all trip participants in late December. If you have any questions, call Dave at 582-2562 or (cell) 418-9665 or email him at kauhbbh@pa.net.

Thanks. We are looking forward to New Year's in Vermont with you all.

Dave LeRoy and Nancy Kauh

Send confirmations of your email or mailing address to the membership chairperson at the following address: membership@kickngliders.org.

This address is available on the Kick 'n Glider's web site by clicking on the Membership button.

**Deadline for receipt of
information for inclusion in
the January newsletter is
December 26, 2006.**

Trip Sign-up List as of November 22, 2006

Craftsburg (30)		Black Forest (12)		Laurel Highlands (10)		Lapland Lake (12+)		Ottawa (24)	
1	Peg Hampton	1	Peter Oswald	1	Bill Stine	1	Bill Stine	1	Mike McMullen
2	Jan Powell	2	Nan Reisinger	2	Sandy Stine	2	Sandy Stine	2	Pam McMullen
3	Dave Powell	3	Joan Short (L)	3	Beth Major	3	Beth Major	3	Jan Powell (L)
4	Bill Stine	4	Kim Hershey	4	Dennis Major	4	Dennis Major	4	Dave Powell (L)
5	Sandy Stine	5	Bart Richwine	5	Fred Richter (L)	5	Rich Levin (L)	5	Don Youngblood
6	Andrea Hospodar	6	Lisa Baer	6	Tanya Richter (L)	6	David Hersey	6	Nancy Borremans
7	Rick Close	7	Tom Gibson	7	Emory Ehrenfeld	7	Vicki Hersey	7	Bill Stine
8	Pat Hower	8	Ron Henry	8	Joan Short	8		8	Sandy Stine
9	Matt London	9	Roberta Strickler	9	Fred Burgess	9		9	Wanda Cole
10	Kim Lausch	10		10	Roberta Strickler	10		10	Charlie Cole
11	Mick Marhevka	11				11		11	Nan Reisinger
12	Jen Marhevka	12				12		12	Nancy Kauh
13	Peter Oswald			Crystal Lake (14)				13	DaveLeRoy
14	Nan Reisinger			1	Dave LeRoy (L)	Inlet (18)		14	Bernie Webber
15	Dave LeRoy (L)	Pulaski (18)		2	Nancy Kauh (L)	1	Ron Page	15	Al Hoch
16	Nancy Kauh (L)	1	Jeff Grove	3	Bill Pickering	2	Lois Page	16	Fred Richter
17	Grace House	2	Marilyn Grove	4	Kay Pickering	3	Bill Stine	17	Tanya Richter
18	Tim Musser	3	Jan Powell	5	Beth Major	4	Sandy Stine	18	Peter Oswald
19	Rick Begley	4	Dave Powell	6	Dennis Major	5	Bill Pickering (L)	19	Nancy Martinez
20	Fred Richter	5	Don Youngblood	7	Fred Wilcox	6	Kay Pickering (L)	20	Victor Martinez
21	Tanya Richter	6	Nancy Borremans	8	Carol Lentz	7	Peter Oswald	21	Roger Olson
22	Seth Richter	7	Bill Stine	9	Ron Henry	8	Nan Reisinger	22	Debbie Olson
23	Mary Dart	8	Sandy Stine	10		9	Beth Major	23	
24	Stacey Richter	9	Bill Pickering	11		10	Dennis Major	24	
25	Tom Nash	10	Kay Pickering	12		11	Nancy Kauh		
26	Charlie Cole	11	Rick Close	13		12	Dave LeRoy		
27	Wanda Cole	12	Pat Hower	14		13	Tom Gibson		
28	Roberta Strickler	13	Peg Hampton (L)			14	Murray Sperling	Colorado (16)	
29	Rich Spittler	14	Dave LeRoy	Garnet Hill (14)		15	Emilie Tierney	1	Lisa Baer
30	Ruth Spittler	15	Nancy Kauh	1	Jeff Grove	16		2	Jan Powell
WL	Jo Ward	16	Cindy Dohrman	2	Marilyn Grove	17		3	Dave Powell
WL	Earnestine Jones	17	Tim Hohn	3	Bill Stine (L)	18		4	Bill Stine
		18	Tim Musser	4	Sandy Stine (L)			5	Sandy Stine
				5	Matt London	Turin (12)		6	Peter Oswald
Lake Placid (10)				6	Kim Lausch	1	Bill Stine (L)	7	Nan Reisinger
1	Bill Stine			7	Fred Burgess	2	Sandy Stine (L)	8	Carolyn Hoffman (L)
2	Sandy Stine			8	Peter Oswald	3	Bill Hoffman	9	Tim Musser
3	Bill Pickering			9	Nan Reisinger	4	David LeRoy	10	Bill Pickering
4	Bill Hoffman (L)			10	Dave LeRoy	5		11	
5	Dave LeRoy			11	Nancy Kauh	6		12	
6	Nancy Kauh			12	Emory Ehrenfeld	7		13	
7	Joan Short			13	Wanda Pritulsky	8		14	
8	Melanie DeMartyn			14	Jim Pritulsky	9		15	
9				WL	Ralph Scott	10		16	
10						11			
						12			



KICK 'N GLIDERS
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ADDRESS CORRECTION REQUESTED

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Meeting Schedule

Craftsbury Update

Trip Sign-up Update

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