



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kicknogliders.org)

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## President's Corner

*Bill Stine*

Speaking for both Sandy and I, we hope your holiday was as wonderful as ours. Being able to share this season with family and friends, including our Kick 'n Gliders' friends, is a real blessing. We give thanks for our health and well being and pray for those members of our Club who are enduring difficult times.

Of course, the holiday season also marks the beginning of our ski season. A wonderful trip to Craftsbury, VT, is already behind us and the Tug Hill Port Leyden trip will be underway by the time you read this. There are still openings on some trips and others are only just barely full. If you are interested in a trip, talk to the trip leader and/or send your deposit to our PO Box to secure your spot. If the season continues like it started, it should be an excellent year!

Also, don't forget those day-trips. The first one is scheduled for Jan 19 at Nolde Forest, near Reading. Trip leader, Bill Hoffman, can easily change the destination if there are better skiing conditions elsewhere. Check your Season Guide or our website for information on other scheduled day trips.

Finally, there have already been a couple of informal day-trips to Crystal Lake that have been organized via e-mail. Not getting

the e-mails? That's probably because we don't have your e-mail address! Send it to Mike McMullen at membership@kicknogliders.org and he'll put you on the list.

Happy New Year and Happy skiing!

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## Webmaster's Bit

*Bill Stine*

If you haven't seen our website recently, you really should take a peek! (In case you've been hiding under a rock somewhere, it's at [www.kicknogliders.org](http://www.kicknogliders.org).)

One of the toughest things for new skiers to figure out is where to ski. Most of us probably started out skiing with no clue about where to go other than to local parks and golf courses. Then we discovered the Kick 'n Gliders! What a blessing! We learned from other members about lots of wonderful trails to be explored on skis when mother nature blesses us with a coating of the white stuff.

Now, there's a new and growing section of the website called "Places to Ski". For the moment, the section only covers a number of destinations in Pennsylvania. But, it's already probably the richest source, on the web, of information about where to cross-country ski in Pennsylvania. It's a resource we can easily extend to other states and other PA areas

we enjoy skiing. All we need is your help!

A special page has been created for each destination on the website list. On that page is a trail description, to the best of our knowledge, and contact information for the destination's owners. More unique to our site's pages are links to detailed trail maps for each destination. As important, however, are the "Google Maps" links that provide detailed locations of the actual trail-heads. From these pages you can get driving directions, see the area from satellite photos and even find the exact geographical coordinates of the trailheads to plug into your GPS!

### What's Missing & How You Can Help:

- **More Places to Ski:** I've tried to document some places I know about but I know that you know about many more places.
- **Updates to Trail Descriptions:** My information may be limited or out-of-date. You can help by offering corrections or elaborations to what is already on the site.
- **Trip Reports:** Have you skied one of these places recently? Why not send me a quick note via e-mail to share with others about what you found and when? I'll add your comments as a note at the end of the page so others

can know what you found most recently.

- **You Can Help By:** Sending me an e-mail with places you know about. Your information about your favorite ski venue need not be complete. I'll do some research and, perhaps, ask you and others for some more help. Then I'll create the new web page and we'll be in business!

Among club members, these pages are a way to share our favorite ski venues. They also represent a way our club can contribute to our sport by helping non-member, website visitors find good places to ski. Also, website visitors may decide to join our club and be contributors in their own right.

Others, outside the club, have already noticed the new section of our web site. Maybe you should, too.

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### Annual Christmas Party

*Dec 19, 2007*

We were still closing rapidly on Christmas when a huge "glide" of Club members descended on the Stine residence in Lancaster for our annual holiday gala. And, what a fun event it was!

True to form, most members arrived promptly at the appointed hour. Laden with food and drink to share, their spirits fit the season. Within minutes, the dining room table and kitchen counters were bursting with a feast. Mother Nature gave us a break with seasonal temperatures and dry weather, allowing the party to spill out onto the patio. Soon the house was so filled with conversation and laughter that you had to practically shout to be heard.

In all, we counted 46 attendees. "What a houseful!" you exclaim. True, but it's a really nice houseful. We hope the party is even bigger next year!

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### Craftsbury Trip Report

*Dec 28, 2007 - Jan 1, 2008*

*Bill Stine*

Even in Craftsbury, VT, there is a risk of poor snow conditions over the New Year's holiday. In fact, we've been lucky to be able to ski at all some years. Well, for New Year's Eve 2008, we had luck in spades!

If there is perfection in this sport, we hit it spot-on! Except that the lakes hadn't frozen thick enough to be skied by the time we got there, the 18-plus inches of snow on the ground allowed the Craftsbury staff to have all trails opened and groomed. In fact, except for a few minor melt-outs on the Grand Tour Trail extension, everything was in great shape.

We skied as small groups on Friday afternoon and all day Saturday.



On Sunday, trip leaders Dave and Nancy, organized a van to Highland Lodge for a one-way ski back to Craftsbury. The day was beautiful. The snow had frozen a bit and was fast but there was no outright ice. We had a great time and no one sustained any serious injuries. Some chose to end the day's ski at the village's inn and General Store while others completed the 20-kilometer trip back up the hill to the Craftsbury Outdoor Center.

The folks at Craftsbury made a few improvements since our last visit, including a complete rebuild of the ski center building, assigning the whole area to rentals, lessons and seating and adding a small second floor lounge. To replace the old waxing area, they constructed a completely new and separate

shed just for waxing. In the downstairs recreation room there is a new, big-screen TV.



*Apré ski wildlife in the lounge*

And, the lounge now boasts Wi-Fi ... well maybe that's not ALL good, but it does reduce the wait for those who just can't pass a day without e-mail and web access.

Monday morning revealed a coating of several inches of fresh powder.



We returned to individual and small group activities, including skate and diagonal lessons and lots of trail-time. The powder was superb; so good that Tim Musser and roommate



Rick Begley, conceived and promoted a New Year's Eve night ski. So, at 7:30 that evening, a glide of eight mounted their LED headlights and took off for the loop around Duck Pond, finishing off with a bonsai run down the sledding hill. It was great fun and

we all agreed that it was the beginning of a tradition!

Of course, it wouldn't be New Year's Eve without that special Craftsbury bonfire, champagne toast and tossing of the season's Christmas trees onto the fire.



Tuesday morning saw lots of early departures with folks trying to beat the snow that was forecast to blanket the northeast. Unfortunately, the snow made for a long, slow drive home for many of our number. Long, snowy drive, true, but we'll be back!

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### Back by Popular Demand!

Beginning at the December meeting, we reinstated our practice of a drawing of attendees to win a \$25 gift certificate to Wildware Backcountry.

### Remember, you must be present to win!

Jesse and Karen won this year's first gift certificate drawing. When Jesse and Karen left the meeting it was yet to be determined who actually held the winning ticket. I think the decision would have been made during their drive home.

**Wildware offers a 10% discount on**



**purchases by club members.**

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## Dinner at the 'Wick

The last Wednesday evening of November found 21 hearty Kick 'n Gliders who battled the elements (it was in the high 30s with clear skies and a brisk breeze) to meet at the Warwick Hotel in Hummelstown for a bit of social interaction. Of course, there were a few who didn't get the word that we had a last-minute time change for the gathering. Those few souls became impatient and placed dinner orders at the bar while they nursed their disappointment with the friendly help of the 'Wick's bartender. Those who got the word began arriving about the same time as the early crowd's food.

Gathered around two tables in a small room that we had almost to ourselves, the rest of us shared skiing and other experiences and debated the fine points of the ski trip lottery. The 'Wick was up to its usual fine food and service, food and separate checks arrived in a timely manner and we all had a great time!

Now, if only we could get those new IM messaging chips embedded in our brains ...

Bill

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## PA State Snowshoe Championship

Nescopeck State Park  
February 17, 2007

For all you snowshoe racing Kick 'N Gliders out there, the PA State Snowshoe Championship races will be held at Nescopeck State Park in Drums, PA. The races, including both 5 km & 10 km courses, are scheduled to begin at 11 am. The event benefits the local Red Cross chapter. This race is also an Eastern qualifier for Nationals.

Contact Frank Gaval at 570-788-4219 or email [barbara@ccomm.com](mailto:barbara@ccomm.com) for more information.

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## Program Schedule for K 'n G 2008

**January 8, 7:00 p.m.**

Program, Tin Tent Tour with Bill and Sandy Stine at **Wildware Backcountry**

**January 23, 7:00 p.m.**

Dinner Social at **Appalachian Brewing Company**.

Their policy is for groups over 8 that they will issue only one check. This will be no problem for the computing expertise of the K 'n Gs. A reservation has already been made in Tanya's name.

**February 5, 7:00 p.m.**

Trekking the Sahara, **Wildware Backcountry**

Now here's a trip for you. Retired teacher Ruth Krebs has traveled to many exotic places but the twenty-one days trekking in the western desert of Egypt has to rate as one her more unique experiences. Most folks visiting Egypt stop with the era of the pyramids but Ruth and her group found evidence of homo-sapiens 90,000 years ago and kicked up artifacts 1.2 million years old. Surprising finds include WWII relics, prehistoric art, a newly dead body, night stars, 100 million year old trees in a rock collector's dream world. Don't miss this program.

**February 20, 7:00 p.m.**

Dinner Social, **Pizza Grill, 901 State Street Lemoyne**.

This place doesn't take reservations but if someone stops in about 15 minutes in advance of the group the fellow I spoke with said it shouldn't be a problem. Peggy specifically asked to return here. She said folks really liked it. The phone number is 731-6717.

**March 11, 7:00 p.m.**

Program, The Art of Highpointing and other Good Stuff, **Wildware Backcountry**

You've got to meet Bill Wentzel alias Hiker Bill. And here I thought Fred was a tad compulsive about getting to strange places. Well Bill is the master of Highpointing and other geo-extreme endeavors. For those of you who have no idea what I'm talking about - Highpointing is the sport of visiting (and finding) the point with the highest elevation within some area, for example, the highest points in each state. And there are rules you must follow. Experiencing this program will open up a whole new world of adventure and obsession.

### March 26, 7:00 p.m.

Dinner Social, **Lancaster Brewing Company**  
**469 Eisenhower Blvd.,**  
**Harrisburg 564-4448.**

For a group there is a 15% gratuity. Said they have a different menu than their place in Lancaster. The menu sounds really interesting. Since this is relatively new, thought it might be fun to try. The fellow I talked with hadn't yet gotten a reservation book that included March. I'll call him at the end of the week and if he still hasn't gotten it, maybe someone else can call closer to the date.

### April 16, Annual Banquet

chaired by Peggy Hampton

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## Kick and Gliders' Swap Meet

December 4, 2007

The invitation to swap or sell unused gear brought out lots of used skis, boots, poles and assorted gear and clothing. Though it looked like the invitation brought out many more sellers than buyers. It seemed like there were more items given away than swapped or sold.

On the positive side, a rookie skier acquired some nice equipment relatively cheap. Participants had an excuse to clean out closets and some gear did change hands as the majority of attendees talked, ate pretzels and drank cider.

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### The K 'n G board now turns to you for your thoughts on our first swap meet:

If you attended the Kick and Gliders Swap Meet December 4 please select one of the options below and email your vote to Tanya and Fred at [ftrichter@comcast.net](mailto:ftrichter@comcast.net).

- 1) The swap meet is worth repeating next year as it was organized this year.
- 2) The swap meet is worth repeating next year with these changes-
- 3) The meeting time could have been better spent, no more swap meets.
- 4) The swap meet was good, but not every year.
- 5) Other:

Email your vote by January 10, 2008.

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### The Little Red Sportscar, a skiing tip:

A reprint

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

Verified (again) in Dec 2007. It works in a panic situation! editor

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## What's that on my mailing Label?

You may have noticed something new on your Easy Glider mailing label last month. To help all our members know what their renewal status is we're now printing the ski season you're paid through. For instance 'Dues: 08' means that your dues are paid through the 2008 skiing season, that's 2007-2008. If the information on your label is wrong in this respect, or any other, please send and email to [membership@kickngliders.org](mailto:membership@kickngliders.org) with any corrections.

Not getting emails about Kick 'n Glider's current events? Send an email to the same address above and we'll fix it.

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## Toe Tip of the Day:

### AKA How XC skiing is like any transportation event:

When skiing down (or up) a Very Steep Hill, pay some attention to your feet and especially your toes. It's a natural response to curl your toes when you get scared. But, would you prefer to go down a steep hill on a skinny rounded bicycle tire. Or would it be more comfortable and more effective to go down the hill on a big wide soft flat tire that will absorb more of the shock and give you a better surface?

So, spread your toes wide inside your boots. You will increase the amount of foot that engages the ski, your foundation will be stronger and bigger, and you will get a better ride.

Roberta Strickler

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## An Occasional Member Profile

Tim (FacePlant) Musser has been a member of Kick n Gliders for at least 17 to 20 years, having switched over from downhill skiing, which he first tried in 1975 and then abandoned for the cross country ski sport that he likes "because of the peace and quiet." A resident of the city of York, Tim works as a troubleshooter at Honeywell in York.

Tim was interviewed at Craftsbury Outdoor Center in Vermont, on New Years Eve, shortly after he had completed his final run of the day on the last unskied-by-him-trail at the Center. Rick Begley, who often skis with Tim, said, "Tim has a photographic memory of every trail he has skied. He never gets lost; he always knows the way back. And he always has a beer in his pack."



*Tim making Super Glue repair.*

When asked how he established his reputation for face plants Tim said, "It all started on Carpenter Road in Tug Hill one year when there was no snow on the trail." Desperate to find a hill to go down, Tim climbed up onto a Very Large Rock, so steep that his skis were at a right angle to the ground. A magnificent and predictable face plant was the unavoidable result. Pete Oswald was so impressed by the stunt that he followed Tim, with the same conclusion.

However, the rock has also grown larger and larger as the years have gone by. The number of people who witnessed the event

has also doubled and redoubled along with the number of times the stunt was repeated so that it's probable that the size of the crowd and the energy of their applause being so strong melted all the snow.

Anyhow, in the interview, Tim declared himself no longer the club champion of face plants, "By now," he said, "Pete has fallen face down many more times than I have."

Roberta Strickler

*Editor's note: we never let the facts get in the way of a good story!*

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## Night Ski

We hit the trails in the dark of night  
The mighty eight we were  
The snow was fluffy, smooth and light  
Cruising the woods without a stir

Conditions were mild with barely a chill  
T'was the Club's first nighttime ski  
Hootin' and hollerin', oh what a thrill  
Skiing the trails on New Year's Eve!

Sandy Stine

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