



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kicknogliders.org)

Issue: February, 2008

Kick 'n Gliders Dinner Socials:

February 20, 7:00 PM
Pizza Grille
901 State Street
Lemoyne, PA 731-6717

BYOB and the Pizza Grille will cheerfully provide the appropriate serving container for your libations! This location does not have a liquor license, so be sure to bring your beverage of choice.

The menu lists 23 different pizzas and if you count the optional whole-wheat crust or regular pizza dough, that makes 46 different pizza selections! The menu also includes 12 different salads with the option of a half or whole salad. AND, the menu includes appetizers, soups, burgers, sandwiches, and several entrée items.

The Pizza Grille is located in Lemoyne next to the West Shore Farmer's Market. Come on out and sample some of their excellent food and socialize with your fellow Gliders. Call Peg Hampton at 737-2721 or email to vicepresident@kicknogliders.org if you have any questions.

March 26, 7:00 PM
Lancaster Brewing Company
469 Eisenhower Blvd.
Harrisburg, PA 564-4448

Lancaster Brewing Company (LBC) - A new place in Harrisburg - literally! Peg Hampton made an early scouting trip and chatted with the construction crew as they put the finishing touches on the building. They are scheduled to open for lunch in February so they can work out any service glitches well in advance of our dinner.

For now, mark the date on your calendar and stay tuned for more details as they become available. This is the last dinner social of the season. Don't miss one last opportunity to dine with other Gliders.

Call Peg Hampton at 737-2721 or email to vicepresident@kicknogliders.org if you have any questions.

Directions from 83 North: Take the Paxton Street exit off 83 North. Go straight to the traffic light and turn left onto Paxton Street. Continue past the East Mall, Bass Pro Shop, Sheetz, and all the new restaurants and hotels on that strip. At the T intersection and traffic light at the junction with Eisenhower Blvd., turn right onto Eisenhower Blvd. The Lancaster Brewing Company is on the right between the Belco Credit Union and the orange Howard Johnson roof.

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January Social Trip Report

January 23, 2008

Thirteen lucky Gliders gathered at the Appalachian Brewing Company (ABC) on Cameron Street in Harrisburg. In attendance were: Jan & Dave Powell, Fred Wilcox, Carol Lentz, Rick Begley, Tim Musser, Wanda & Jim Pritulsky, Jamie Hackman, Bernie Webber, Al Hoch, Martha Ruff, and Peg Hampton.

The Powells were in high spirits and provided an itinerary for their upcoming trip to Florida. They are looking forward to traveling and visiting their warm weather friends. Fred & Carol provided details of trips to Inlet (Rocky Point) and visits to the Red Dog Restaurant where a certain club member's parked car slide out onto the road. Tim lamented that, his rotten eggs & tomatoes would go to

waste and could not be used on a certain public figure scheduled to visit the area while Tim was away on a ski trip. Rick Begley shared his knowledge of the ABC brews and counted the money when the bill came. The folks at the other end of the table seemed to be having a good time, but I wasn't able to eavesdrop on their conversation.

ABC has a large menu with a nice selection of food items. I saw plates of burgers, salads, pizza, fish & chips, and lasagna with beans being delivered to the table and lots of empty plates being taken away. Oh, and did I mention the massive number of glasses of brew the waitress brought to the table all evening? Everyone took advantage of the opportunity to sample various brews.

Once again the Gliders came together and had a great time!

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Port Leyden Trip Report

Jan 11 - 14, 2008

Bill Stine

This trip marked our second year staying at the Allegro GuestHouse in Port Leyden, NY. Since our last visit, owners, Jeanie & Ray Jordan completed still more renovations to this property, adding two more comfortable rooms with private baths.

Snow cover was a bit thin in the Tug Hill area this trip. So we employed the wonders of technology, consulting NOAA's Interactive Snow Information website (www.nohrsc.nws.gov/interactive/html/m.ap.html) to find deeper snow for our Saturday ski. The website indicated deep snow in the Speculator, NY area. A search for xc-ski trails in that region

unearthed a relatively level, six-mile "Foxy Brown" Loop trail, accessed from the parking lot of the Piseco, NY, airport. We loaded our gear and ourselves into our vehicles and headed for the trail, some 60 miles distant.

As predicted, the snow deepened as we drove and, by the time we got to Piseco, there was nearly 18 inches on the ground in the woods. It was frozen hard, to be sure, but trail was tracked and we'd found a place to ski! We followed the trail into the woods. Turns out it was an interesting ski. As the day wore on the snow softened a bit and the skiing was easier. The "interesting" part was all the



unbridged stream crossings we encountered. For the most part, we succeeded in our crossings but Nancy Kaulh did have a mishap involving one of those streams and her camera. Also, a couple of the skiers opted out, turning around at the 2-kilometer point, choosing to switch to snowshoes.

The next day a small contingent returned to Piseco, mainly to search for Bill Pickering's wallet, presumed lost along the first two kilometers of yesterday's trail. (They were successful!) The rest of us skied the trails at Carpenter Road.



The trailhead we usually use was almost completely melted out from the rains and warm temperatures of preceding weeks. But another trailhead a mile further down the road was near a level section of the trail and was much easier to enter. The snow was still hard and there were some bare spots near the trailhead. However, the snow softened during the day and a dusting of new snow on most trail sections made the skiing quite pleasant. We covered nearly all the trails and, at the end of the day, were actually very

pleased with what we'd found. Once again, Carpenter Road came through!

On the way home, much of the gang stopped to ski the BREIA trails at Jackson Hill. We were amazed at the



elaborate, new warming hut there! It's very nice with a beautiful knotty pine interior, soapstone stove, small galley, upholstered seating and thermopane windows! The snow, though fresh and fluffy, was a bit sticky. Nonetheless, it was a beautiful day.

It was dicey, but the Tug Hill area delivered again! In nearly twenty trips to the "Hill" we have always found decent skiing in there!

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Garnet Hill Trip Report

Jan 18 - 21, 2008

Bill Stine

One of our perennial ambitions for the Garnet Hill area has been to ski the 12-mile, backcountry trail between Rt. 8 and Thirteenth Lake. The trail follows the



Sacandaga River for most of its length and is reputed to be quite picturesque. The problems in the past have variously been lack of snow, too much or too many blow-downs to negotiate the trail. This year there were a few inches of fresh powder on a foot or more of solid base, making the skiing nearly ideal. To simplify the logistics we divided into two groups, one northbound, starting at Rt 8, the other southbound from Thirteenth Lake. The idea was to swap car keys when we met along the trail.

The northbound group left the trailhead at 9:30. We first needed to cross a shoulder of Eleventh Mountain. The ascent was rocky and we walked much of the way. The descent down the north slope, though steep, was lots of fun. The riverside trail sections were beautiful, indeed and who can forget the numerous, fresh moose prints and scat! The only fly in the ointment were the innumerable,



unbridged stream crossings, seemingly every few hundred yards. Most were simple enough to negotiate. Some were more challenging. All of them slowed our progress. Of greater concern was that we'd heard there was a collapsed bridge along the way. We were unable to locate or confirm the report, however, and were anxious to get confirmation that we'd passed the potential trouble spot before it got too late in the day to turn around.



We finally came upon the remnants of a long-collapsed bridge. It looked daunting but there was just enough ice on the creek to permit us to carefully shuffle across and we were home free!

Confident that we'd make it to the end of the trail, we now wondered about the fate of the southbound group. Turns out that they skied in a couple of miles, decided that the going was more difficult than they preferred, and elected to ski the Garnet Hill trails instead. They returned to the Thirteenth Lake trailhead and waited for us for a long time. About 4:30 they let officials know there was a group still on the trail late in the afternoon. Emerging from the trail at 5:00, the northbound group had begun looking for a phone when Jean Geiger drove up to us, followed closely by a Sheriff's car. Explaining that we were, indeed, the

missing group, we thanked the policeman, headed back to retrieve our vehicles from the Rt. 8 trailhead and repaired to Hudson House to prepare dinner and relax with well-earned beverages.

On Sunday, some folks elected to snowshoe or ski the public land trails in the vicinity of Thirteenth Lake. Most of the crowd, however, decided to ski the



nearly perfect conditions at Garnet Hill. The morning found us forming small groups to play on trails that suited our skill and ambition levels. The trail conditions were amazing, perfectly groomed with a firm base and just enough powder on the surface to exercise excellent control. After a late lunch most of us began heading down to the bottom of the trail system to catch the shuttle back to the top, a great way to end the day.

On the way down, however, Frank Geiger missed a turn at the bottom of a steep trail section and had a close encounter with a tree. Turns out that he was only a bit dazed and bruised and managed to walk out; but not before Bill Stine raced back up to the ski center to alert folks that there was a potentially injured skier on the trail. And so, two days in a row we invoked the attention of officials. Though they didn't actually have to provide assistance in either case, it was comforting to know that they were ready and able to assist.

Some folks left directly for home from the Hudson House Monday morning. Most, however, couldn't resist one more ski in excellent conditions and headed, once more, for a morning ski at Garnet Hill or on the nearby public land trails.

Garnet Hill was spectacular this year proving, once again, that it is a worthy destination!

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Pulaski Trip Report

January 25 to 28 (3 Nights)

Wow! Excellent! Beautiful! Great! These are just a few words spoken all

weekend to describe how fantastic the ski conditions were during the weekend. The "Snow Gods" were very kind to us. Pulaski had two big storms of about 12 inches each just a few days prior to our arrival.

The Gliders started to arrive at the 1880 House in Pulaski around noon on Friday. We discovered that Bill & Sandy Stine checked in on Thursday night. Linda & Dawn had three big pots of soup on the stove and ready for our arrival. Most folks had a bowl of soup (or two or three) prior to changing into their ski attire. We decided to go to the Tourathon hoping that other skiers might have broken trail before us. We skied just long enough to work up an appetite for another round of soup for dinner.

On Saturday morning, we split into two groups. One industrious group decided to ski and break trail at Chateaugay State Forest. The remaining folks traveled to



Osceola XC Ski Center and enjoyed the groomed trails and an opportunity to shop for new equipment. A biathlon (XC ski and then target shoot with a rifle) was taking place on one section of the trail system. Ski conditions were excellent. The temperature was comfortable. And, no one was shot-thus making it a perfect day. The stuffed Cornish game hen dinner with mashed potatoes & gravy, and peas was a great ending to the day. Just after enjoying the tasty dessert, we learned that it contained strawberries. That wasn't a problem for 19 Gliders, but the 20th person is allergic to strawberries. Linda, the 1880 House owner assured us that the ambulance provides very speedy service. There were a lot of laughs over suggestions on how to cope with Rick's allergy. Fortunately, he seemed OK the next morning.

Once again on Sunday morning, we split into several groups. And, then those groups split into smaller groups. Most of us went to the Tourathon in Winona State Forest. One group decided that they must break trail and ski the Bill's Belly Trail. The rest of us stayed with trails that were already skied or groomed. We were having a great morning, enjoying the



beautiful white trails and quiet forest until we stopped for lunch. As we sat on a log eating our lunch, three snowmobiles come by and then the groomer. And, then the groomer came back. As we put on our skis to leave our lunch stop, we saw what a muddy, brown, wet, stinking mess the groomer made. Fortunately, we were able to ski up on the hill and avoid the muck. I won't repeat my comments in writing as this is a family publication. After a great day of skiing, we returned to the 1880 House for their baked ham dinner. Bill Stine collected photos from all the digital cameras and presented a mini slide show. What a great ending to a great day!

On Monday morning, we had to squeeze in one last opportunity to enjoy the snow. We headed to Chateaugay where one group skied and the other group went out on snowshoes. The day was perfect, the sky was a wonderful shade of blue, and



the five member snowshoe group managed a make-shift water crossing without any falls into the water. We regretfully packed up our gear and returned to the 1880 House for another round of soup and showers prior to driving back to Harrisburg. Yes, we made reservations to return again in 2009!

Trip participants: Peg Hampton (Trip Leader), Nan Reisinger, Pete Oswald, Marilyn & Jeff Grove, Nancy Borremans, Don Youngblood, Matt London, Kim Lausch, Bill & Sandy Stine, Pat Hower, Rick Close, Cindy & Tim Hoehn, David Walborn, Dave Leroy, Nancy Kauh, Bill & Kay Pickering.

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Inbetweener Trip

Jan 14 - Jan 18, 2008

Bill Stine

Sandy and I had the luxury of having no special obligations during the week between the Garnet Hill and Pulaski trips. Since there was lots of fluffy new snow in the area, we decided to stay in the Adirondack / Tug Hill area between the trips and celebrate the snow. It was a great decision and we had a wonderful time.

We decided, first, to find lodging in the Tug Hill area and ski some trails that were not in good shape during the Port Leyden trip. Passing through Inlet, we were disappointed to note that, as reported, the Mountain Man store was closed. Ten miles later we stopped at their sister store, The Adirondack Outdoor Center (AOC), in Old Forge. AOC is doing just fine and we just couldn't resist some of the good gear on sale.

Asking our clerk for lodging recommendations in the Turin area, he mentioned that Diane Gaylord is back running the Pioneer Lodge. We immediately called, made reservations for three nights and headed directly there. Pioneer Lodge fans will be pleased to know that everything is as you remember. Diane is just fine. She has a good working relationship with Gary, her ex-husband, who is living down the road with his mother, Fran. And Fran and Diane's sister, Eileen, are still helping out with meals as needed. The place felt just like home!

On Tuesday we skied the Jackson Hill BREIA trails. We'd cut our ski there short a week earlier because of sticky conditions. This time, however, conditions were perfect. The trails were freshly groomed and we took the trail down the hill to the delightful Telemark Trail and the Serpentine Loop, new to us. We continued to be amazed at the existence and continued improvements to these free, groomed trails.

We haven't been able to ski the entire Centennial Scoot and Bear Ridge Loops near Brantingham Lake in the Ha-De-Ron-Dah wilderness area for several years. That was Wednesday's treat. The trails were untracked so we had to break trail in 8 - 14 inches of new powder but it was delightful. The trails were in great shape and we definitely still recommend them. By the end of the day, though, my legs were beginning to feel a bit heavy!



One evening we were looking for a good, inexpensive restaurant and we found a beauty! It's called the River Valley Inn Restaurant & Tavern and is located just off NY-12 on the road to Greig, called Burdick's Crossing Rd. The prices were modest but the food was excellent. Owner, Andrew Zuccarro, is young but both experienced and accomplished. Although lite fare is offered, it's the entrees that intrigue. Many of the dishes are unique and ours were excellent!

Finally, bidding farewell to Diane, we headed toward Pulaski via The BREIA trails at Egypt Road. If Jackson Hill was delightful, Egypt Road was superb. The snow was lovely and we could hear the groomer working the trails. For a change, we finally skied the Link Trail down to the Great Trail and skied the newly created Cherry Tree Trail. We also talked to a couple of local skiers who said that the Great Trail is very nice. We are now convinced that the Egypt Road system contains enough distance to plan on a full day of skiing.

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A note from Crater Lake, Oregon:

A question to Kick 'n Gliders: Can you have too much snow?

12 inches fell last night, 17 the day before and 8 two days ago. It pushed the snow depth to 112 inches! Did you ever fall in 10 feet of snow?

We live in a two story house; the first floor is totally under snow (We look out the window and all we see is snow.) and the snow is above the bottom of the second floor deck. Only the peak of the house is not covered by snow.

We walk to work on roads cut between 10-foot high canyons of snow. Gads, it is beautiful.

Vocabulary:

- Post-holing** - Walking in the snow without skies or snow shoes
- Roofalanche** - Snow falling off a roof
- Shedding** - What is happening when the snow falls off the roof
- Cornice** - Snow piled over the edge of a roof or ledge
- Lip** - A small cornice

Fred and Tanya

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Telemark clinic for beginners

The Crystal Lake Skiers Association and Crystal Lake are putting on a clinic for beginners telemark on Sunday, Feb. 17, from 10-12 am and 1-4 pm. Kevin O'Shea, the master telemark skier of Country Ski in Montoursville, will be the lead instructor, with help from John Manifold, Ez Burgess, and the rest of the local telemark crowd.

We have a pile of demo, duplicate, and used equipment to lend: all you need is a metal-edged ski, preferably with a soft camber, and either a NNN-BC binding and boot, or a heavy-duty three-pin, or a cable. We'll be at the old downhill area. Uphill is human power, but don't scoff--proper wax is all you need!

Here are Kevin's instructional goals:

- Learn to switch from the stance used for kick-and-glide to the stance used to telemark, in which the upper body is centered over the ski with both hands forward.
- Practice entering the telemark position: a lunge motion with one foot moving forwards as the other retreats. Weight should be equal on both feet, and (if turning) on the big toe of the forward foot and the little toe of the rear foot.
- "Butter the edges" Feel the ski edge slide sideways and learn to prevent catching the inside edge when you don't want to fall
- Turning: to learn the turn start with easy kick-and-gliding then complete the telemark turn from the diagonal stride; use up-and-down body movements to release the skis; begin to link turns. HAVE CONFIDENCE. ALL WILL BE EXPLAINED.



*** Crystal Lake Ski Chase***

Saturday, 10:30 a.m., February 9, 2008
Crystal Lake Ski Center, (Hughesville, Pennsylvania)

Where: Crystal Lake Ski Center www.crystallakeskicenter.com

Course: There will be two courses set up on race day one for beginners, which will be a 5K and one for advanced skiers, which will be 15K. The beginner course will consist of mainly flat with a couple hills. The advanced course will have bigger down-hills and lots of climbing. The trail system will not be decided until the race day due to the snow conditions. To look at the snow conditions either call myself or see the web page. There will also be a skating and classical category.

Awards: First 3 of each age group- but may change due to the number of participants.

Registration: \$25.00, this included your trail pass for the whole day.

Make Checks payable to: Crystal Lake Ski Center

And send your application to: Alex Gstalder, 5391 Warrensville Rd, Montoursville Pa, 17754

Or e-mail it to: ahgstalder@yahoo.com

Race Day: The race will start at approx 10:30Am, you should plan on being there by at least 10:00 a.m. to either register or pick up your number. Afterwards the awards and refreshments will be available to those that participated in the race.

Information or Directions: For questions call or email Alex Gstalder: (570)435-0142

Age groups: they will be decided the day of the race depending on the number of participants. Here are temporary age groups-they may vary:

Beginner - 20-under 21-35 36-50 51-up

Advanced - 20- under 21-35 36-50 51-up

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Name: _____ Age: _____ Sex: _____
Advanced or Beginner _____ Skate or Classical _____
Address: _____ City: _____
State: _____ Zip: _____ Phone: _____ Email: _____

*in all consideration of this entry being excepted, I intending to be legally bound, waive and release any and all rights and claims for injuries that may occur at this event.

Signature _____ Parent (if only 18) _____





KICK 'N GLIDERS
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