



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

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## From the President: Nominating Committee Named Bill Stine

At the membership meeting on Tuesday, Feb 3, I officially asked Dave Powell, Immediate Past President, to head this year's Nominating Committee. Dave selected Sandy Stine and will probably ask one more to join the committee, as he seeks members to serve in Executive Committee positions for the 2009-2010 season.

Dave and his committee know much, but not all, about the interests of club members. Please, if you harbor an interest in serving the club in any capacity, let Dave, his committee or any member of the Executive Committee know.

Nominees will be announced in the March issue of Easy Glider and, per Kick 'n Glider bylaws, we will vote on the nominees at our planning meeting in April.

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Don't forget about  
Beth and Dennis  
Major's upcoming  
program on bicycling  
the San Juan Islands  
in Washington State  
at the March meeting

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## Ottawa Trip Report Christine Brubaker

The ski and skate gods smiled on our hardy dozen trip participants. Thus, this below zero cold weather January 16-20 report for Ottawa, Canada, by contrast makes the March 6-10, 2006 Ottawa report a spring ski trip! The favorable Canadian exchange rate, the dependable 110 watt room service, the ability to bring most foodstuffs across the border (except fresh fruits and vegetables), the ease of border crossing with proper documents, the good Rt. 81 conditions for the 8-hour road trip, and the final destination at the Minto Suites Hotel with its spacious accommodations and

large lap pool, hot tub and sauna made us cheerful. Next should come applause for the nightly excellent appetizer and dinner offerings which helped us share costs and food preparation burdens as we socially rotated among the suites!

The January 15<sup>th</sup> trip advance team of Christine Brubaker, trip leader, and Tom Hooper of Lancaster met new member Rick Mannix of White Plains, NY at the intersection of Rt 81 and Rt 84 to drive together to Ottawa. They were joined by new member Elaine Hardman of Huntington, WV who flew to Ottawa and shuttled to the hotel. The mid-morning January 16<sup>th</sup> arrivals by car were new members Ben and



Peggy May, with members Jean Geiger and Nancy Borremans, and Bernie Webber and Al Hoch.

The 16<sup>th</sup> was meant to be spent getting to know Ottawa, not a ski day. The advance team went to the Museum of Civilization the *long way* until we programmed the GPS with the proper Quebec Province address. Others explored on their own and waited for the arrival of Bart Richwine and Lisa Baer who were delayed due to a white-out for about 20 miles enroute. All dined together, reviewed Kick 'n Gliders club expectations and planned the next day ski meeting for 9 AM in the hotel lobby. Dressed for 10 degrees below zero weather, all but Al ventured to the Visitors' Center at Gatineau Park to buy trail maps and tickets. The senior rate was a bargain, but multiple day discounts did not exist. We bought two passes, one for that day and one open pass for our next ski choice. No one checked our passes, but we followed the rules.

We all agreed to take the Ridge Road green shared classic and skate ski route to two overlooks, Huron and Champlain, and then loop back to and from #10 Fortune. We also chose this route due to its 3-plus warming huts potential in case the weather was too brutal. Yes, we were out in real cold, but no one was really frosty cold. Next time we will bring foil-wrapped sandwiches to grill on the hut fire stoves and pretend we are knowledgeable natives of the area. Did I mention that the hot tub and sauna felt great that night?

Since Sunday, the 17<sup>th</sup>, the museums were open, but not

on Monday, the 18<sup>th</sup>, so all but Bernie, Bart and Lisa chose to tour while they skied. The War Museum was a combo ticket purchase for the advance team, so along with Al they drove directly to the Ottawa Province address with no GPS difficulties. Next stop was the Rideau Canal for skaters Rick, Tom, Elaine and Chris. Tom



and Rick skated where the ice was good for about 3 miles of the total 5, while Elaine and Chris got side tracked by the vendors who sold hot chocolate and cinnamon sugar and maple beaver tails ([www.beavertailsinc.com](http://www.beavertailsinc.com)) of fried dough. YUM! Sunday is family day on the canal, so it is a good chance to see many Canadians doing what they love to do with family and friends--skate. The feeling of community spirits kept us warm. Bernie, Lisa and Bart chose an intermediate trail from parking lot #17.

Monday, the 17<sup>th</sup>, found us on a Bart and Lisa advance-scouted trail at parking lot #17. The 10-mile Wakefield green trail was a classic ski trail in the woods, but with no

warming huts. Midway we skied by another parking lot, #19 at Phillips, which did have a potty and Lisa and Bart's car since they were on a snowshoe and ski expedition to new territories. I wish I had a picture of the ski gang sitting on a snow bank facing the potty....they were too tired and hungry to scout a more scenic

location. HA! Rick meanwhile continued to nurse his cold at the highly recommended Old Chelsea, Le Nordik-Spa Scandinavia and came back with an equally favorable report about the spa and his French lunch nearby.

Tuesday, the 18<sup>th</sup>, was our trip end and travel day. Elaine, our very own Dixie Chick from Florida and Texas background, flew separately back to WV but the rest of us got into our cars and hoped for clean roads back home again.

We could return to the Minto Suite Hotel again if the exchange rate is favorable. Chris scouted the 2006 hotel, the Extended Stay Deluxe and the Cartier Place Suite Hotel, also on Cooper Street; but did

not like the accommodations for 4 people sharing a suite with one bathroom, etc. at either hotel instead of the Minto with two. The Cartier does have a small pool, hot tub and underground parking; but quoted prices higher than the Minto for smaller size suite units. Pricing accommodations in Canada is the club and trip leader's challenge, but the ski participants were not a challenge! They definitely get the final applause for their good attitudes and skills on and off the trails. HOORAY! And a thank you goes to Bart Richwine for creating a club CD and participant CDs of all the Ottawa trip pictures.

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## Pulaski I Trip Report

January 23-26, 2009

Trip Participants: Pam & Mike McMullen, Andrea Hospodar, Nancy Borremans, Don Youngblood, Tim Musser, David Walborn, Rick Close, Dave Powell, Rick Begley, Dave Leroy & Nancy Kauh, Kay & Bill Pickering, Bill Hoffman, Sandy & Bill Stine, Marilyn & Jeff Grove, and Peg Hampton (Trip Leader)

Seven Gliders met at noon at the 1880 House in Pulaski, NY. We consumed our first bowls of soup for the weekend, changed into ski garb, and went to Chateaugay State Forest to check out the two plus feet of snow. Some folks really enjoyed breaking trail and skiing in the deep snow fall. And, some of us got to enjoy the challenge of getting

up after falling in the deep snow. Andrea blessed us with some entertainment. The group was standing still, regrouping & resting, when Andrea did the proverbial fall while standing at rest. Those that saw the fall start in slow motion were unable to prevent the inevitable. Bill Stine had his camera ready and captured the entertainment while Andrea struggled to her feet. The leader could definitely sympathize after taking a few spills that afternoon. We returned to the 1880 House for more soup and to meet the rest

Rick Begley, Rick Close, and David Walborn stopped at Highland Forest near Tully, NY enroute to Pulaski. Conditions were premium there and skiing was inexpensive at \$3.00 per person. They also enjoyed the new ski lodge.

On Saturday, we splintered into smaller groups based on abilities and ski preferences. Some folks headed to Winona Forest, but were disappointed by trail conditions in the form of frozen snow mobile tracks. Even Bill's Belly, a favorite



of the group as they arrived for a great weekend. The 1880 House had a new addition this year, Teko, the cat. Teko entertained us by sitting like Buddha in the middle of the kitchen.

trail for some, proved to be unfavorable for skiing. A group headed to Barnes Corner Trails for an excellent trail breaking glide. Other folks opted for the ski centers. Another group checked out the conditions at Selkirk Shores

State Park and did some skiing and snowshoeing. We returned to the 1880 House for the traditional stuffed Cornish game hen feast with all the fixings served by the owner, Linda Tarbox, and her daughter, Dawn Bridges.



The Sunday morning ski started with some folks heading back to Barnes Corners for the day. Upon encountering blizzard like conditions, most of this group opted to join the rest of us at Salmon Hills Touring Center. Fourteen skiers opted for the groomed trails and the conditions were excellent. Dave Leroy & Nancy Kauhle were not deterred by the blizzard conditions and continued on to Barnes Corners. They skied all day in beautiful snowy conditions without fear of being stranded in the parking lot. They reported a snowfall of about eight inches on their vehicle and were able to get out of the parking lot. While reporting the snowfall, the group was entertained by stories of a previous trip in which one Glider did not want to risk scratching his car finish by cleaning the snow off the roof. He opted to drive with the snow on the roof, but fate wanted the snow cleared and an accidental opening of a sun roof removed most of the snow and spilled it into the car's

passenger compartment. No names will be mentioned here, but the story was amusing! The 1880 House staff served a baked ham dinner on Sunday night.

On Monday morning, eleven Gliders departed early and headed to North Conway, New Hampshire. They had excellent conditions, but that will all be covered in another trip report. The Pickerings, Tim, Marilyn and Peg opted to snowshoe up to the falls along the Salmon River. Alas, since none of us were certified ice climbers, we were advised not to climb on the frozen falls. We returned to the 1880 House for a final serving of soup before heading back to the "Land of No Snow" in PA.

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### North Conway ... Worth the Drive?

Bill Stine

Reaching any destination in New Hampshire is a debilitating, nine-plus-hour drive from central Pennsylvania. That's why we don't do it often and that's why we schedule such trips as week-long events. Whenever we plan a trip like this we have to ask the question; "Is the drive worthwhile?"

First, of course, there was the drive. Happily we were lucky enough to have good driving weather at both ends of our trip. Then there are the accommodations. The Stonehurst Manor complex lies just north of North Conway. Much like

the setup at Rocky Point in Inlet, NY, the condos are side-by-side 4-plexes, mostly with three bedrooms. We rented three of them for our eighteen attendees and were very pleased with the arrangement. North Conway is also blessed with lots of inns, restaurants and shopping galore

Most crucial are the ski venues. And this area, at the foot the Presidential Range, is blessed with many excellent commercial and public xc-ski venues and lots of alpine ski facilities. On this trip we limited our skiing to commercial areas. It's not that we didn't want to do backcountry stuff; it's just that there are sooooo many great places to ski. The one really special backcountry ski I'd set as a goal, the Wildcat Mountain trail, was logistically difficult and didn't happen. However, on the east side of Mount Washington we skied Jackson XC and Bear Notch. On the west side of the mountain we skied Bretton Woods and Great Glen. And, right out the door, we skied the Intervale Trails.

Jackson Ski Touring Foundation has a huge trail system, claiming about 150 km total of groomed and backcountry trails. The grooming was impeccable and we had plenty of choices including peaceful, riverside stuff up through challenging black diamond trails that were lots of fun for the more adventurous. The facility featured an elaborate main building with waxing room, lockers and even showers!

Bear Notch was, in many ways, the exact opposite of Jackson; let's call it "homespun". Nevertheless, it was delightful. The office was the front room of the small



home where the owners lived. The owner gave us an excellent orientation and handed out beautifully produced trail maps. The trails were all single-track groomed affairs (no skater's paradise here) and were a delight to ski. They traveled up and down the mountain with lots of changes of pace and scenery. Sadly, however, a popular stop along the trails, the Bear Notch Deli, had burned to the ground the day before. We skied all day in the falling snow. It was beautiful!

Bretton Woods is magnificent. A grand hotel, site of the famous "Bretton Woods Conference" that took place in July 1944, sits at the base of Mount Washington with a spectacular view. The trail system is extensive and the grooming impeccable. After skiing the perimeter of the main trail area, several of our number skied to the base of the

downhill area where we purchased one-time lift tickets to ski the 1,000 foot descent back to the ski area via an access road. It was a big day, covering more than 15 miles of

skiing! This is also the area that Rick Begley proclaimed a skater's paradise!

Great Glen is a much smaller area that sits at the base of the Mt. Washington Auto Road.



Once, again, the grooming was great. Their trails are almost all easy or intermediate and are nicely designed. The one black diamond trail, though, was so much fun that several of us did that particular loop three times! The ski center, itself, is lovely, featuring an extensive shop and a nice cafeteria.

Finally, I can't forget the Intervale Trails. Supported by

and linking the towns of North Conway and Intervale, this is a lovely system of trails that can provide a full day of skiing.



There is a small fee and the grooming was spotty because their big groomer had broken down. But we could ski out the door and ski right into Whitaker Woods and North Conway to use their very nice warming hut right downtown. We could even walk just a couple of blocks for a very civilized lunch in a local deli or café.

Speaking of food, the final requirement for success is just that. The first night we walked across the road to a brew-pub for excellent food and local brews. Another night we took advantage of the Thursday night 2-for-\$25 dinner special at the restaurant in the Lodge. On the other four nights we prepared our own meals with each condo taking a turn at hosting the meal. The meals were all excellent and we all easily satisfied our usual prodigious après ski appetites. So, to answer the, "Is it worth the drive?" question ... the answer is, "You bet!"

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**Feb 3, 2009 K'n G  
Program Report**

Too bad Fred and I hadn't

heard Dr. Matt Silvis prior to our trekking in Nepal. This Penn State Hershey Medical Center sports medicine and family physician gave club members a great run-down on what can go wrong and what you should do when confronted with a number of potentially life threatening situations in altitude and other common outdoor situations that cause injury.

Matt reviewed his credentials that included working in a health clinic in Wyoming's Bighorn Mountains as well as being the team doctor for the Hershey Bears and Harrisburg Senators

The title of his Power Point presentation was Ski Patrol: Wilderness Medicine Cases. Throughout the program Matt used case studies to illustrate his points. The first cases dealt with the various stages of altitude sickness.

There are three levels of altitude:

**High Altitude** is 4,923 – 11,483 ft. It's easy to get to these heights if you go to the Grand Canyon, almost anywhere in Colorado, etc. Here you're subject to decreased exercise performance.

**Very High Altitude** is 11,483-18,045 ft. This is the most common range for severe high altitude illness characterized by extreme hypoxia with sleeping, exercising and illness. Yep! Those headaches can be ferocious and sleeping difficult. Pikes Peak at 14,011 doesn't have a clinic for

nothing. Lots of folks get in trouble there.

**Extreme Altitude** is 18,045-29,035 (obviously Everest). Matt made the point that no one permanently lives at these elevations even in countries like Nepal. This altitude outstrips acclimatization. I don't know how the climbers on Everest and other high peaks manage. A good read on this is *Into Thin Air* by Jon Krakauer

I knew about some of the common medications to prevent altitude sickness: Acetazolamide and Dexmethasone, but didn't realize that taking Tylenol or Ibuprofen every 4 hours for a total of 3 doses starting one hour before arrival might also help prevent getting sick. Matt stressed that the best way to ascend safely above 8,000 feet is to climb no more than 2,000 feet in 24 hours. This is to avoid some very nasty stuff like AMS, Acute Mountain Sickness. We had a good laugh when he mentioned that brain swelling is what is happening with AMS, but that the very young and very old don't suffer as much because their brains are smaller and have more room to expand in the skull.

Two facets of AMS are High Altitude Cerebral Edema (HACE) and (HAPE) High Altitude Pulmonary Edema neither of which do you want to get. They're potentially lethal and the only way to really treat them is to GO DOWN.

Skier's Thumb is a common skiing injury, mostly for downhillers. You can tear the ligament in the thumb. You should discard your pole when you go down and use a low-profile pole.

Frostbite is a potential condition for those who are outdoors in the winter. One aspect I hadn't thought of is corneal freezing. Goggles prevent this from happening. Think of some of those long downhills you've been on. Matt showed some really awful examples of the various stages of frostbite and told about the various stages:

**First degree:** mild numbness, redness, swelling, white/yellow plaque.

**Second degree:** clear/milky blisters, redness, swelling.

**Third degree:** Hemorrhagic blisters, deep into dermis

**Fourth degree:** Injuries to bone/muscle; necrosis and loss of tissue

Frostbite treatment caveats are: never thaw if there is any chance of refreezing and never rewarm by rubbing. Physicians put patients in a whirlpool from 15-30 minutes to rewarm.

Ligament tears: This mostly applied to downhill skiers, but potentially could happen to cross country skiers also. The ACL and MCL are the most common tears in the knee. The repair is no fun. I have direct experience with an ACL tear and the rehab is murder.

To round out backcountry problems, Matt talked about giardia.

GIARDIA LAMBLIA is a nasty little water borne critter that causes nausea, abdominal cramps, gas, diarrhea, fatigue. It sometimes doesn't appear for nine days after you've ingested some of the cysts and it doesn't take many of them to make you sick. Ten to 25 of these microscopic demons caused infection in 8 out of 25 people. Twenty-five plus will guarantee you'll get it. Water is the major vehicle of infections and those cysts are everywhere, even in the clearest mountain/glacial streams. Flagyl is the drug of choice to get rid of this condition.

Prevention is the best way to deal with giardia. Use a water filter that's rated to remove them. Ultraviolet light pens also work, but they don't filter out the other yuk that you may want to remove before drinking.

The last two subjects covered were snow blindness and sun damage of the skin. That blinding brightness when the sun hits the snow can effectively sunburn your eyes. If your eyes have been bloodshot, teary, gritty, or swollen, you have it. Goggles or sunglasses with curved side shields help to prevent it and you should wear them even on a cloudy day. All skiers need to use sunscreen on unclothed places to protect them from UVA and UVB rays.

As usual club members had some very interesting questions for the speaker.

All-in-all a very informative and well-delivered program.

Tanya Richter

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### Highland Forest trip report Bill Hoffman

Six KnG'ers descended on the Brae Loch Inn in beautiful Cazenovia, NY, for the club's first trip to Highland Forest since 2000 (though a number of members stop off there enroute to and from Pulaski or Turin). This trip also added a new ski venue, Green Lakes State Park. Both venues are about 10 miles from the Inn, but in opposite directions.

By all accounts (not the leader's), the trip was a great success. Skiing conditions were excellent, the Inn was a big hit, and there was a unanimous request to repeat the trip next year. Or more accurately, the request was: "Bill, please run this trip again next year." And I will be glad to do so.

Saturday was spent at Highland Forest, an Onondaga County park, which sports a beautiful new lodge with a food concession that even sells beer and wine (Tim Musser, take notice.). There is now a \$3 trail fee but the greatly improved facilities, including upgrades to the trails themselves, make the fee a non-issue. With temperatures



in the mid-teens all day and two feet of snow on the ground, we were in ski heaven. Lois Froelich, on her first trip with the club and only her second time on skis, spent the day on the level trails, while the rest of us (Dan Eliff, Tom Gibson, Chris Brubaker, Andrea Hospodar, and me) did the intermediate West Run in the morning and the so-called advanced South Run in the afternoon. None of us felt it was particularly difficult, though the deep snow made it an easier ski than it might otherwise be. We did not do the extension, which runs to the southern park boundary, about an 8-mile loop. After our roughly 10 miles of skiing, Tom and Dan skied down the sledding hill, but had to pay for their fun by walking back up.

On Sunday all except Dan went to Green Lakes, which I had scoped out on Friday, as none of us had ever skied there. Dan had to be home by about 4PM, so he returned to Highland for a few hours. There is a flat trail that circles Green and Round Lakes, for a total of 3 miles. The other trails climb through the woods into the hills, and then break out into longer loops through open fields at the top. I must say that the hilltop trails we did, plus the one I did during Friday's reconnaissance, were not

overly appealing. They are exposed to the wind, and of course without tree cover the snow softens, melts, and blows away faster than in the woods. The temperature was in the mid-30s on Sunday, so our descents were well controlled. The trails at Green Lakes are not groomed, but they were all tracked, yet not over-skied. I imagine that on Monday the exposed trails might have been a bit icy as a result of overnight freezing and moderate ski traffic the day before.

While at Green Lakes, Andrea met some old ski buddies called the "Geezers" from the time she lived in Tully. As often happens, these skiers are also cyclists, and one of them knew a friend of mine in the Lancaster Bicycle Club.

Andrea, during her time in Tully, found some other ski venues not too far from Cazenovia, and I will investigate these for future trips. There should be enough variety of terrain among all the venues to satisfy all levels of skiers.

Our accommodations were first-class, yet not expensive.



The entire Inn has a Scottish motif. We ate dinner Saturday at the Inn and found the food excellent and copious. The

restaurant serves as a stand-alone attraction; it was hopping, and offers live music on Friday nights. The breakfasts, while no match for what we get at the 1880 House in Pulaski, were quite adequate to fuel us for a day of skiing.

Nancy and Victor Martinez had also signed up for this trip, but Nancy took sick with food poisoning and they weren't able to come. Everyone else had a great time, or so they said. It being Stupor Bowl Sunday, the drive home featured much lighter than normal traffic.

Christine Brubaker adds that Homer, NY was a cultural happening spot that weekend because she saw Elieen Ivers and Immigrant Soul on stage and jammin!!! WHEW!

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### Pioneer Lodge (Turin)

#### Trip Report

Joan Short

Skiing is only part of it. Victor Martinez stood on his head yoga-style and discussed the perils of deflation, reflation and conflation, not necessarily at the same time. Nancy Martinez, taking a cue from Outward Bound, reported that what falls down must get up and that one should sit and rest only when the leader is not looking. Nan Reisinger laughed. More than once. Dave Powell for some reason could not fit into the 5' x 3' bunk we had reserved for him, though he was willing to try. Nancy Kaulh and Dave LeRoy



went to Carpenter Road when the wind was a steady 45 mph and claimed it was calm in the woods. Fred Burgess followed them and circled and was both sweep and leader. He obviously used a lot of energy, judging from his mashed potato consumption that evening. Peter Oswald was on his knees in front of his computer, seeking inspiration. Marilyn and Jeff Grove were not as impressed by the famed Hardware Store in Old Forge as we had hoped. Bill and Sandy Stine and Dave Powell started their month-long skiing odyssey at Centennial Scoot where they did some scooting. The snow was tricky. And "the leader", Joan, led from the clubhouse. Actually most everyone was a leader on this trip with many ski areas close





by and good maps provided by Bill and Dave. Hostess Diane Gaylord was her usual accommodating self and served up wonderful dinners and breakfasts. We hope to repeat next year.

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### ***Nominating Committee Report***

*The Nominating Committee consisting of Dave Powell, Nan Reisinger and Sandy Stine recommends the following slate of nominees for club Executive Committee officers for the 2009 - 2010 year beginning at the April 2009 Membership Meeting at which time a vote will be taken. Additional nominations can be offered from the floor at said meeting.*

*President.....Peggy Hampton*

*Vice President.....Bill Hoffman*

*Treasurer.....Dave LeRoy*

*Secretary.....Marilyn Grove*

*Trip Coordinator...Sandy Stine*

*Day Ski Coordinator.....Andria Hospodar*

*Membership Chair.....Mike McMullen*

*Program Coordinator....Tanya Richter*

*Newsletter Editor.Pete Oswald*

*Immediate Past President...Bill Stine*

*Respectfully submitted,  
Dave Powell, Nominating  
Committee Chair*

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### **Lake Placid trip report**

Bill Hoffman

Ten KnG'ers gathered on President's weekend at "Hillcrest Views" in Lake Placid. This house is just up the street from the Tudor that had been our home for about five years but which is now off the market while undergoing renovations. Our new house was an instant hit. It had all the amenities that the Tudor had



(including a hot tub), but more character, befitting a house about 95 years old. There was also a secure wireless network, so the three of us who had laptops were able to set up shop in the enclosed, heated porch and keep in touch with the rest of the world. Well, at least, the rest of **our** worlds. The only downside to the house was the paucity of lamps for reading, as this group was not into TV watching. Several of us passed the evenings playing Scrabble.

Despite three days of mild temperatures and rain immediately preceding our arrival, we found acceptable ski conditions. The skiing was salvaged by an inch or so of snow that fell Thursday night after the rain ended. The rain may have washed away about half of the base and solidified what remained. So we stuck with the tried and true rather than venture onto trails that we seldom use.

We figured that the inch of new snow would be skied off the trails at touring centers by the end of the first day. So Saturday we convened at our

old favorite Mt. Van Hoevenberg, where everyone got their fill, skiing a wide variety of trails. Despite it being a holiday weekend, the center was surprisingly sparsely attended. Perhaps this was a sign of the recession. The trail fee continues to escalate—it's up to \$18—and the number required for a group rate is now 20, which eliminates for us any chance of getting a discount.

Sunday was devoted to the ungroomed but well-skied state truck road to Marcy Dam and beyond on skiing and hiking trails up the steep ascent to Avalanche Lake. A half-mile of this trail is so narrow and steep that we had to remove our skis to climb, as well as to descend. We met many snowshoers as well as skiers on this trail, proving that we are not the only people in early stages of dementia. I would describe this as a “three drawer” trail—by the time you complete it, you will have changed your underwear three times. The round-trip gave us 12 miles, as the side road leading to the trailhead is now closed. That meant we had to park on the Adirondack Loj road, which added 0.8 miles of road skiing each way to reach the official trail start.

On Monday we opted for a respite and went to the VIC (Visitors’ Interpretive Center) at Paul Smiths. Other than the heavily used Heron Trail that is the access to the other trails, there was adequate cover. We have found this to be the case in previous years as well: the VIC holds the snow better than venues around Lake Placid. A few of us tried an unmarked trail off of Esker but it deteriorated after about half a mile, so we turned back. Unfortunately, the interpretive center was closed this day—President’s Day. In previous years it was open. Perhaps the closure is the result of budget cutbacks by the state of New York, which is staggering under an enormous deficit.

Nobody skied on Tuesday, when we traditionally do a one-way ski on the eastern-most part of the Jack Rabbit Trail. It was likely to be icy

In true KnG fashion, we excelled at the dinner table as well as on the trails. Ben and Peggy May made a cabbage and sausage soup with



**Jim Pritulsky told the group that he was heading to White Face Mtn. for some downhill skiing but the paparazzi caught him testing the speed skating track at the Lake Placid Olympic Center.**

and with very thin cover near the terminus, which is several hundred feet lower in elevation than the start. This was probably a wise decision, because on driving home I noticed that most of the snow in Keene, where the trail ends, was gone.

The weather during the weekend was perfect for skiing—mid-20s by day with mostly sunny skies and within a few degrees of zero at night. So we had no concerns about losing any of the remaining snow.

homemade beer bread for Friday. The Stines served up delicious pork tenderloins cooked on the outdoor grill, accompanied by a sweet potato-apple casserole on Saturday. Wanda and Jim Pritulsky filled us to satiety, or beyond in some cases, on Sunday with seafood linguini. Monday night was Nan and Pete’s turn, and we devoured Nan’s “Southwest bake”—a mixture of chicken, vegetables, and spices, followed by Nan’s (successful) first attempt at making flan, a traditional Spanish custard-like dessert.



For next year, assuming we offer this trip, all were in favor of returning to Hillcrest Views. However, I will investigate if the Tudor is back on the market and how it compares price-wise.

Trip participants: Ben and Peggy May, Pete Oswald, Dave Powell, Wanda and Jim Pritulsky, Nan Reisinger, Bill and Sandy Stine, and the leader, Bill Hoffman.

Thanks to Peggy May for this salsa recipe...a big hit!

- 2-16 oz. cans black beans, drained and rinsed
- 1-can shoepeg corn, drained and rinsed
- 2-cans Rotelle diced tomatoes, drained
- ½-cup fresh cilantro, chopped (I prefer parsley)
- ½-cup chopped red onion.

**Mix together:**

- 6-TBSP fresh lime juice
- 6-TBSP olive oil
- 1½-tsp ground cumin
- ½-tsp salt

Mix vegetables together in bowl and stir in the sauce.

Serve with scoop tortilla chips

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*Avalanche Lake Trail*

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**Kick 'n Gliders**

Please notice the offer for free skiing on private trails below. Glenn Czulada maintains his own website that details his location and provides a trail map.

Please let me know if you use the area ... I'd like to feature it in "Places to Ski" on our website. Bill Stine

From Glenn Czulada: Kick n Gliders, what a tremendous club you have! Just an FYI, I have opened my property which has 4 miles of rolling cross country ski trails in a very beautiful forest setting eight miles East of Scranton.

[www.skispringbrook.com](http://www.skispringbrook.com)

I am two hours from Harrisburg. Also consider Tobyhanna State Park and going around the lake. (It's five miles, but a nice flat tracked in ski). Glenn Czulada

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**Welcome to new and renewed members:**

- Wendy Hyser of Mechanicsburg
- Cheryl Capitani of Harrisburg
- William Braun of Shippensburg
- Jennifer Clough of Shippensburg
- Joel McGuire of Harrisburg
- Doug Brubaker of Elysburg
- Charles Burroughs of Chambersburg
- Clare Garfield of Carlisle
- Jerry Mohler of Manchester

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**Various pictures**



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ADDRESS SERVICE REQUESTED

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