



The
Easy Glider
 Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: March, 2009

President's Corner

by Bill Stine

The Lake Effect II trip, at the beginning of this month, concluded yet another successful Kick 'n Glider's ski season. Of the thirteen scheduled extended ski trips this season, only one had to be canceled due to lack of snow. The rest all ran as scheduled and were all successful by nearly any measure. That's really an amazing accomplishment for a club of our size! It speaks volumes to the family-like nature of our club, the hard work of our many volunteers and the cooperation of all who attended.

It's hard to express just how privileged I feel to have been asked to help lead this organization over the past two seasons. And, I want to thank all who helped in the effort to make things happen during my tenure. It is only through the dedication of our many active members that the club works. This really is a club where all the officers do their jobs. And, it's a club where the membership at large pitches in to help out. Being president has been both fun and gratifying.

Thank you all, especially Nancy Borremans, Extended Ski Trip Chairperson, and all the trip leaders. Special thanks, too, to the rest of the Executive Committee who made sure the money kept flowing and that our membership meetings and socials were fun and informative. Without a newsletter we wouldn't know what was going on. As well, we organized day trips, published meeting minutes, kept our activities in the public eye and kept track of our members. Thanks to you all!

As President, I have only one more duty left in this, my second, term. That is to officiate over the beginning of the next,

April 1 membership meeting. Then we will elect a new slate of officers and make plans for our next season's trips. I hope you can be there to take part in this important event!

In the coming year I'll be focusing on further developing the club's website. I'm convinced that it is the club's communications vehicle of the future and a great means for our club to serve and promote the sport of cross-country skiing. Of course, Sandy and I will continue to lead trips and, since Sandy is nominated as next year's Extended Ski Trip Chairperson, I won't be far from the rest of the action.

Thank you all!

the comradeship and the great skiing on the trips. If it weren't for all of us working together, and particularly the trip leaders making an extra effort, this wouldn't happen. I really get a kick out of Kick'n Gliders.

Nancy Borremans

Lapland Lake Trip Report

Rich Levin

This is the fifth year I've led the Lapland Lake Trip. We had a total of six members, three of which are new to the club with a limited amount of Nordic skiing experience: Lois Froelich of Mountville; Wendy Hyser of Mechanicsburg; and Jerry Mohler of Manchester.

The trip officially began on Friday, 02-20-09. However, my wife Nancy and I drove up Thursday to give us another full day of skiing, as responsibilities at home required us to return home Sunday morning. Friday was a good day on the trails with light snow and temperatures in the mid 20's - better known as perfect.

Bernie Webber arrived in his huge all-wheel drive van at the Flip Inn in Northville about 4 pm with Lois and Jerry. They

checked in and went to the touring center for a quick look around. Wendy arrived at the Inn about 5 pm.

Our planned 7pm dinner gathering at the nearby Island Pub was attended by all six members, a first, since in the past some of the attendees were still on the road at that time. As always, the food was delicious and the prices were reasonable. We had a table by the gas fireplace, overlooking the frozen Great Sacandaga Lake. Bernie ordered the steamed mussels and artichokes in white wine

Tuesday, April 7 Membership Mtg: Elections and Trip Planing -----7:00 pm

Wildware Backcountry

Do you have some ideas for cross country ski trips that you would like the club to schedule for next season? If so, please research the location, costs, nearby x-c ski venues, etc., and bring the information to the April 7 meeting at 7:00 p.m. at Wildware Backcountry.

If you have any questions, please contact Nancy Borremans or Bill Stine.

Wednesday, April 22 Dinner Social: Outback Steak House-----7:00 pm

3527 Union Deposit Rd, Harrisburg, PA

Extended Trip Coordinator

I want to thank all the people who have supported me in my role as trip coordinator during the past two years. I was new to the club when I accepted the position, so I had a lot to learn. Everyone was very helpful: Peg Hampton in outlining the job, Bill Stine and Dave LeRoy in answering questions, and particularly all the trip leaders who took the time to organize their trips so well and then found patience with my questions and reminders. I really enjoy

sauce, claiming they were the best he'd ever eaten.

At 8am Saturday, the entire crew piled into Bernie's van for the 3 1/2 mile trip to the Northampton Diner-our breakfast stop for both mornings. Owner Christi York and her sisters made us feel welcome, serving their home-style breakfast, including the smiley-face pancakes we've grown to love. Each morning, I had a special treat, consisting of ground sausage and home fries in the center of a fluffy omelet, covered with sausage-biscuit gravy. That always took a while to ski off.

Every day is a ski day at Lapland Lake. Route #30 in Northville can be as dry as a bone, but up on the mountain in Benson there's now till April. Bernie spent most of the morning on the easier trails with the group but headed to the intermediate and advanced for the afternoon, as did I later. Owner and 1960 Finnish Olympic champion Olavi Hierneisen, now in his 80's, continues to groom the 55 Km of trails to perfection. Lapland Lake is still rated as one of the best touring centers in the northeast.

That evening we again piled into Bernie's van and drove the 11 1/2 miles up route #30 to the Courtesy House Inn (518-924-5655 in Wells. Last year's exceptional dinner at the Courtesy House was slightly marred by the one check to a table policy, causing the 12 members to break down the bill and search for enough cash to cover the tab. This year we saved the evening by putting the entire bill on my card and each member give me their portion in either cash or a personal check.

The theme for the evening was "Fat Tuesday," and the Inn had a selection of delicious Cajun specialties, in addition to the regular menu. I can still taste the fiery gumbo. There was also a three-piece band that played several periods and bands with particularly good renditions of Pink Floyd favorites. Hey, this was a big deal in the Adirondacks.

The next morning we were back at the Northampton Diner. Snow had started earlier and it was now picking up. Nancy and I left at 9:30 am and took the New York Thruway East (#90) to the Thruway South (#87), around NYC on #287 to #78 and back to Reading. Wendy took the usual route down #30 to #88 and picked up #81 at Binghamton, then straight back to Mechanicsburg. We quickly drove out of the snow and into what seemed to be almost spring. Lois, Jerry and Bernie went back up to Lapland and skied until about 1 pm before heading back down south.

Lapland Lake continues to be a great extended weekend with some of the best grooming in the northeast, and with a Finnish flair in its trail signs, snacks and atmosphere. It's also a perfect spot to stop and ski en route to some of our more northern trips at Old Forge, Lake Placid and Canada (Info. 518-863-4974; Snow conditions 800-453-SNOW; www.laplandlake.com)

Laudable Laurentians Trip Report by Bill Stine

The views may not be as grand as those in the Sierras. The venues may each be mostly limited to less than 100 kilometers of prepared trails. And they may not get quite as much snow as the Oregon Cascades. But, the Laurentian Mountains in the province of Quebec are, without a doubt, the premier venue for cross country skiing for the northeast portion of this continent. Yes, they're even better than New Hampshire!

For one, the mountains are wonderful; not tall, really, but beautiful in their ruggedness, varied forests and lovely villages. For another, the Canadians really care about cross-country skiing and it shows in the number, design and maintenance of their ski trails. Finally, for our second year of visiting the area, the snow cover was excellent!

We stayed, again, at Parker's Lodge in the village of Val-David with owner/host, Ludovic. We fourteen Kick 'n Gliders had this slightly shabby but comfortable place to ourselves. Just two-and-a-half miles from the village, it is reasonably priced, private, convenient and picturesque.

We've gotten kind of picky about where we choose to ski in the Laurentians. This year we skied two venues that we especially enjoyed last year and two new ones that both proved to be exceptional. The two from last year included the Le parc régional Dufresne and Far Hills right in Val-David and Parc des Campeurs in nearby Sainte Agathe des Monts. These places both have delightful, mostly single-track trail designs and are meticulously groomed. New to us this year were Parc national du Mont-Tremblant (Secteur La Diable), about 35

miles to the north of Val-David, and Forêt Ouareau Regional Park near Notre-Dame-de-la-Merci, a similar distance to the northeast.

The national park area is large with about 50 km of trails. All the trails were beautifully groomed. There are many trails suitable for skating but we found plenty of narrower trails that passed through beautiful woods and alongside pretty lakes. Five of us skied the cleverly (?) named "A5" trail that finished with a



3 km long, 700 ft of vertical drop that may have been the most wonderful downhill xc trail that any of us have ever had the pleasure of skiing!

Forêt Ouareau is a small, regional park that is a bit off the beaten path. This trail system follows a groomed road into the park, passes five warming huts that can be reserved for overnight stays and has numerous single-track side and return trails that are both beautiful and fun to ski. We were amused, too, by the



persistent chickadees who boldly stole all the food they could from us during our snack breaks.

The weather was wonderful with moderate temperatures and sun most of



the days. Although there wasn't much new snow to speak of, there was an excellent base and just enough new snow to keep the surfaces well dressed.

Not everything went perfectly, however. On our first ski day, at parc Dufresne, Fred Richter suffered a fall that broke his right ankle. Fortunately, Fred was in denial the first two days after the fall so Tanya got in a few good ski days before they decided to head back home for professional medical treatment.

Then, when the rest of us left for home, Nan Reisinger forgot her pocketbook, you know, the pocketbook that contained her passport, wallet and other essential items. Taking a chance that she wouldn't discover the problem until she neared her border crossing, we took the pocketbook with us. The customs and immigration folks agreed to hold her passport until she arrived at the crossing but Nan had to pick up the rest of the package at Inlet, the next stop for several of us.

Once again, Quebec's Laurentian Mountains proved an outstanding destination, one we'll be sure to visit again, soon ... sans the mishaps, we hope.

Pulaski II Trip Report

March 6-9, 2009

Peg Hampton

Trip Participants: Marilyn & Jeff Grove, Dan Eliff, Mary-Liz Todaro, Cheryl Capitani, Kim Lausch, Matt London, Jean Geiger, Peggy May, Rich Levin, Jerry Mohler, Pete Oswald, Sandy & Bill Stine, and Peg Hampton (Trip Leader)

With temps forecasted at nearly seventy degrees in Pennsylvania, we didn't know what ski conditions would await us in Pulaski, NY. Eight Gliders met at noon

on Friday 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. The bridge into the trail system was still covered with two feet of snow, but it was much narrower and the surface was flat and slick with no tracks. Bill, Dan, Jeff, and Cheryl sprinted right across. Sandy made it across with a "little coaching" from Bill, but it was a challenge. Then, Bill took pity on Marilyn and Peg. He sprinted back across the bridge and led us into the trail system by an alternate route. The snow was amazingly good in spite of 40 degree



temps. We joined up with the "brave" group and explored the trails. We found two large igloos that previously sheltered some snowshoers and provided entertainment and photo ops for the Gliders.

Jean and Jerry arrived at Chateaugay much later than the main group. They skied into the right side of the trail system. That side of the trail system is unmarked, not maintained and provided them with the opportunity to practice some night skiing. We were relieved to hear that they were OK, but it reminded all of us to pack a headlamp into our trail packs.

The ski conditions were nice at Winona Forest on Saturday. We split into three groups. Bill took Sandy, Kim & Pete over his favorite Bill's Belly trail. He reported that the conditions were the best ever. The next group splintered off Winona Way and onto Sally's Ride which was not groomed. Jeff, Marilyn, Cheryl, Matt & Peg enjoyed the trail before reconnecting with Winona Way at

Hiscock. We continued on Winona and Frank's Fancy until lunch time. A downed tree provided seating for all except Matt who was flexible enough to have lunch while hunkered down on his skis. The pre-lunch temp was 44 degrees. It dropped to 38 during our lunch break. We continued to Hessel where we reunited with the Bill's Belly group. Kim was so delighted to see Matt that she took a spill and landed at his feet. The third group consisting of Jean, Mary-Liz, Rich and Jerry continued on Winona Way and stayed on the groomed trails. They made it back to the 1880 House for showers and a run on the local pub. Dan spent the day at Osceola and did some house shopping. Peggy May was still recovering from a bug and rested at the 1880 House all day.

It poured Saturday night, so we didn't know what to expect for snow conditions on Sunday. It was very foggy for several hours in the morning. The group headed to Osceola. Some went to shop and some went to ski, but most folks did both. Cheryl decided that it was time to replace some very old boots and skis. Hugh Quinn, the owner, fitted her with some very nice boots and skis with Solomon bindings. And... the new skis matched her new jacket! She spent the rest of the day testing them before determining that



she would sleep with her new boots that night! Hugh speaks very highly of cross country skiers reporting that since 1974, he never had a customer check bounce. We confirmed that he does NOT permit snow shoeing at Osceola. They only represented about one percent of his business, but did an extensive amount of damage to the groomed trails. The snow conditions were soft, slow, and warm. The Gliders skied for hours knowing that it would probably be our last opportunity until next season.



It rained again on Sunday night and to ski. Most folks enjoyed the cooked breakfast and checked out. Pete, Jerry, & Rich visited the local fish tackle shop. My carpool left the 1880 House just after 9 AM and again at 1 PM. Mary-Liz wasn't feeling well. A few more hours of sleep and some meds got her back in traveling shape. Once again, we were impressed with Teka, the 1880 House cat, who thinks and acts like a dog. He stayed in bed with Mary-Liz most of the time. Linda whipped up some egg drop soup with parsley for Mary-Liz and we were underway.

It is always sad when the ski season comes to an end. I made some new friends and look forward to our summer activities until next season. Thanks to all for making the trip easy to lead.

Rocky Point Inlet, NY Trip Report

February 27 - March 2, 2009

Tim Hoehn

Trip Participants: Unit C3; Beth & Dennis Major, Mike & Pam McMullen and Fred & Carol Wilcox Unit C5; Lisa Baer & Bart Richwine, Dave Powell, David Walborn and Bill & Sandy Stine Unit C4; Tim & Cindy Hoehn, Nancy Kahl & Dave LeRoy, and Bill & Kay Pickering (Trip Leaders).

KNG have been coming to Inlet about 10 years and since Cindy and Tim were the only first timers on this trip, they were asked to write this trip report. We start by saying this group is the best to ski with and have a good time.

We all arrived in New York Friday night February 27. Some ate dinner at the Old Mill restaurant in Old Forge and the others made dinner at the Rocky Point condos. We thought upon arriving we would go cross country skiing, but no, we all had to do the breast stroke when we entered because of all the rain. Rocky Point was able to drain the puddles from our front doors during the night and we

were all thinking positive thoughts about the weather for the morning.

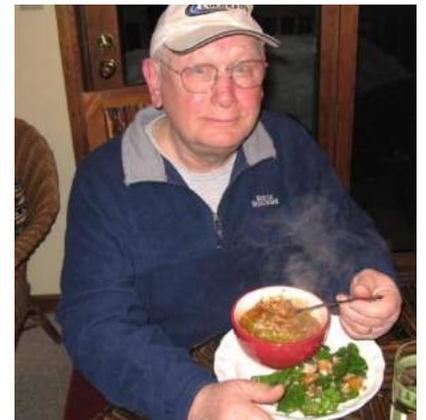
We arose and had breakfast, Kay & Bill had

supplied each unit with food for the entire trip, and were in the parking lot by 9:30 ready to ski or cry. We looked at the weather and we were excited. Temps were in the teens with no wind or clouds in the sky and the snow looked very



promising. We broke into two groups, the sensible six S6, and the Dirty Dozen DD12. The DD12, led by Bill Stine set off for Uncas road, between 7th and 8th lake, for a 6-mile loop. This was not a groomed trail. In fact we bushwhacked,

into a stream and only get the corner of his backpack and a hand wet. What balance!. About this time one of Tim's ski poles lost the snow catcher, what a terrible way to bushwhack. Bill Stine came up and traded Tim his intact ski pool. What a wonderful man, even if his hand was wet. We kept looking at the GPS and our maps to help us determine which way to go. No one wanted to turn around and go back over what we just did. We just kept saying; "Are we having fun yet?" We determined the sun should be over our left shoulder in order to find the skiable trail for the last 2 miles to the cars. We had an exciting, full day and arrived back at the condos about 4:30.



Meanwhile, the S6 started their day with Mike and Pam buying their first snowshoes. then they all went to the same location the DD12 started and had a wonderful time seeing the crazy skiers' tracks that were left behind. Mike said that if he had known what fun snowshoeing was, he would have bought them when he was younger.

Rocky Point is very nice and roomy.



going more than 7.5 miles, our way over streams many times, through the dense forest and under and over trees (let it be known that our leader was able to fall

Each unit had a large kitchen and common area. Each of the three bedrooms had their own bathroom and temperature control. We had three

adjacent units which was very convenient for our evening socials. We had appetizers at C4 followed by dinner at C3 or C5, of course we drank everywhere. This group can eat.

Sunday we again had a great day. Again we had two groups and we went to, Pegean Lake Wilderness Area, near Big Moose Lake. Some skied all the way to Chub Lake.

We left Monday morning and were greeted with snow on the way back home.

Ornery Owl Attacks Late-Night Skiers In Maine

Says one victim: 'All of a sudden, I felt a whack in the back of my head'

**Associated Press
updated 9:29 p.m. ET, Mon., March. 9, 2009**

BANGOR, Maine - Cross-country skiers who set out on a crisp, moonlit night for a peaceful outing in Bangor's city forest are

being targeted by a least one ornery and territorial owl.

Over the past three weeks, at least eight skiers and a few romping dogs apparently have fallen victim to a great horned owl that swoops down from a tree with talons outstretched and smacks them on the head.

Jim Allen of Bangor said he was skiing in the dark on East Trail in the Rolland F. Perry City Forest when he got hit.

"I've got my headlamp on, and all of a sudden, I felt a whack in the back of my head and this stinging, and I understood what everybody was talking about," said Allen, who said he screamed and waved his poles. His thick winter hat protected him from scratches.

Others haven't been so lucky. Dr. Dan Cassidy, a local physician and avid night skier, said three skiers suffered small lacerations, but none needed stitches to close their wounds.

Cassidy has been documenting owl attacks after one of the nocturnal birds swooped down on him in nearby Orono

in January. He was able to identify it as a great horned owl and he and others suspect that one or more of those owls are the culprits in the Bangor attacks.

"It's the boldest nocturnal raptor and the one that has the best reputation for the occasionally bizarre," said Charlie Todd, a wildlife biologist with the state Department of Inland Fisheries and Wildlife.

City Forester Brian Dugas posted warning signs Friday at three entry points to the forest, alerting skiers and hikers about the threat of owl attacks.

Allen has been back in the forest twice since Tuesday's owl attack, an incident he says he won't soon forget.

"They say ... there's no sound at all when an owl flies. So you don't hear them coming," he said. "I believe it. Because I never knew anything was coming. I was just skiing merrily along."



Don't forget to put a coat of wax on your skis to help preserve the bases for next season!



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