



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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President's Corner

By Peg Hampton

The 2010 ski season got off to a great start. This was my seventh trip to Craftsbury, VT. The snow conditions were the best ever. New Year's Eve was warm and the wind was calm. It was unusual not to see the night sky filled with sparks blowing around from the bonfire. Instead, we were blessed with a blue moon. We had thirty-five Gliders on the trip. It was nice that we had some new club members along including: Jennifer Clough, Turi Braun, Madelaine Gray, Jane Mourer, Rose Rentzel, and Cindy Hogeman. And, it's always good to spend time with "the regulars."

The Snow Gods smiled on us the following weekend in Turin. The ski conditions were excellent. And, I'm sure that Diane's cooking was wonderful at the Pioneer Lodge. This trip is on my "wish list" for a future ski season.

The Laurel Highlands trip had snow and was considered a good trip. I haven't heard from

the Morrisville Gliders, but the weather conditions looked great.

There's a group of us that always pack up our snowshoes and take them on ski trips. It's a change of pace. And, if snow conditions aren't the best, you can still get some exercise and enjoy the snow and the great outdoors.

So far, 2010 has been great for cross country skiing. If you want to go on a trip, check with the trip leader to determine if space is still available. Then, send in your deposit check right away. Money is the only thing that holds your space on a trip. Telling the trip leader that you plan to attend will not hold your space - money will. We are in the process of turning back unfilled rooms now on trips that aren't filled to capacity. Act now if you want to enjoy the great 2010 ski conditions.

SKI TRIPS

Still Space Available:

There are still a few spots available on the following trips. If you are interested, don't wait. Send your check to the Club Treasurer and contact the trip leader immediately.

Pulaski II Black Forest Inlet

Upcoming events

Tuesday, Feb 2, 7pm

**Adventures of a Peace Corps
Volunteer in Morocco**
Don Youngblood.

From 1998-2000, Don Youngblood volunteered in Morocco. Bicycling was his primary mode of transportation as he lived with the Berbers in a High Atlas mountain village, hiked up the tallest mountain in N. Africa 13 + thousand feet and taught forestry technicians in Marrakech.

Tuesday, Mar 2, 7pm

Medical Mission to Addis Ababa, Ethiopia
Cheryl Capitani

Hear about Cheryl Capitani's mercy trip last February. It was a surgical mission at the Tikur Anbessa Hospital (Black Lion) where 174 surgical procedures were performed in a mere two weeks. Cheryl was responsible for recording "medical records" for each patient on a spreadsheet and the old "and other duties as may be assigned" that included running to the bakery for "goodies" for the staff...and **Good News! Dr. George Faries, General Surgeon, will attend the March 2 meeting with Cheryl and talk about his experiences in Ethiopia with the World Surgical Foundation and include comments about other medical missions.**

Day Trips

Saturday February 27
Eagle's Mere Chris Brubaker
717-872-8971

This can be done as a day trip or as an overnighter if you want to ski a second day. Contact Chris for available lodging.

Date to be announced
Allegrippis Trails at Rays-town Lake Rick Begley
717-763-4561

Impromptu day trip. Date to be

announced by e-mail based on snow conditions.

Trip Report Craftsbury, VT

Thirty-five road-weary skiers arrived at Craftsbury Outdoor Center in northern Vermont on December 29 anxious to start the XC season. None were disappointed. The snow was



plentiful, powdery and well-groomed with not a bit of ice on the trails. For those not familiar with this perennial ritual, we spend 4 nights at a large cross-country ski center sleeping in a big dormitory, eating in a dining hall and skiing out-the-door, as we say. The trail system is large and it is connected to another great system 12 miles away with the trail between the two a great all-day run. Craftsbury, as usual, provided an awesome



bonfire and free champagne at midnight on New Year's Eve and enlivened the scene by throwing evergreen trees on the blaze to see them spark and

crackle. New enhancements to this year's trip were pizza prepared in a brick-oven



(recently constructed as a special project) and a skating and marshmallow party one evening. Although the popular Stowe XC trails are quite near, none of our group felt the need to leave Craftsbury to enjoy them. We did enjoy picture shows presented by Ken of our rival club from New Jersey and by our own Bill Stine, who thoughtfully collected all of our digital images and created a conglomeration of hundreds of views.

Of course, we will return next year; in fact our reservations have already been made. So, there will be room for 32 of us at Craftsbury for the 2010-2011 trip when we do it all again.

David LeRoy, Trip Leader

Tourin' in Turin

A lucky 13 of us converged at the Pioneer Lodge in Turin, New York for three or four days of skiing on the Tug Hill Plateau. First up: dinner Friday night at River Valley Inn a few miles away. A few people skied Friday afternoon at the Jackson Hill trails and then opted for an early-bird dinner at the usual Steak and Brew restaurant near Snow Ridge downhill ski resort.



The thermometer read minus 5 when we awoke Saturday morning, and the temperature eventually rose to a high of 8 or 10 later in the day. But this made for ideal conditions, as we ventured to Carpenter Road and found 8" of powder on top of a base that made for a 2-foot snowpack. As we plied the trails, we kept running into a group of 30 or more skiers from the Tramp & Trail Club of Utica. It seemed like they were everywhere. We struck up conversation with them, and when they told us they helped build and maintain the trails, we thanked them for their good work.

When we came to the vaunted



rock, Jim Pritulsky and I took a shot at descending it. Without Tim Musser on the trip and Pete Oswald not there at the time (he was on the trip), somebody had to do it.

After a long day of skiing Saturday, we welcomed the chance to relax around the Pioneer Lodge, complete with a fireplace insert in one room and a wood stove in the dining room that we took over. I personally hadn't been back to the inn since the days before the divorce took place and they closed for a while. But I was delighted to find it hadn't changed much, and they still offered the same delicious and abundant food. Diane serves up traditional country food but with a creative flair. Dinners come with things like cranberry soufflé, broccoli with cheese sauce, fruit compote, and Italian wedding soup. Breakfasts were just as good. Diane's sister Eileen wasn't helping Diane, but her daughter filled in admirably. I do miss the period costumes they used to wear to serve meals, though.

Sunday saw a light snow fall as we trekked to Barnes

Corners, a 45-minute drive to the north side of the plateau. The trails there feature more ups and downs than those at Carpenter Road, and the highlight comes as you skirt along the rim of Inman Gulf. Spectacular scenery unfolds with views of the gorge and



frozen waterfalls on the other side.

On Monday, several of us stopped at the BREIA trails on Egypt Road near Alder Creek. Lots of ups and downs here too, with trails like Glacier Trail and Great Trail being all intermediate on the north side of the road. The best came as we ventured to the south side of the road and along the beginner Rim Trail and up and down the four expert gully trails that take you through forests of tall trees. A wonderful way to end the trip.

Thanks to Joan Short for running this trip. Faced with a demanding crowd and many remarks, she showed strong leadership.

Submitted by Tom Gibson

Trip Report Morrisville, VT Jan 16 – 21, 2010

The weather was perfect, clear skies and gentle temperature, for eight K'n Gliders, when we arrived in Morrisville Saturday afternoon. After a hearty cup of chili and fruit salad prepared by Bill and Sandy Stine we settled in for a comfortable evening at the lovely Village Victorian B & B. The owners' had turned the whole place over to us, and left to spend five days at their lake house. This was a great arrangement and allowed us to prepare our own meals and generally have complete run of the house.

On Sunday we skied the Stowe X Country Center at Mt Mansfield and enjoyed the beautifully groomed and tracked trails and the ski lift up to make the long down hill run on Toll Road. Dave Powell always really gets into the fast down hills and came zipping past the more timid and causal among us. I was glad to have Nancy Boresman, Kim Lausch, Matt Landon and Pete Oswald to keep me company as I carefully made my way down hill.

Monday we loaded into our cars and went to Highland Lodge. The trails there were also great with lots of snow and perfect temperatures. After skiing around, we met up at the warming hut to regroup. Matt, Sandy and Dave decided they needed more adventure and decided to ski down toward Craftsbury Commons. Bill picked them up at a cross road

about half way down. They agreed that the trail was in great shape and they had a good time.

Tuesday it was decided we needed something a little more adventuresome and choose to ski a portion of the Catamount Trail over Mt Elmore. We spotted cars and then went to Elmore State Park to begin the trip over the mountain. After



exploring several little trails in the park we began a "gentle" climb up a road to the summit of Mt Elmore. To say it was all downhill from there is putting it mildly. We all have more respect for Bernie Webber's complete Catamount Trail adventure after seeing what is called a ski trail in VT. Many falls and laughs later we emerged safe and sound at our cars.

The next day we decided we were ready for groomed trails again and left early for



Craftsbury Ski Center, and, as usual, found the trails there to be in perfect shape.

After packing up on Thursday morning, and saying goodbye to Nancy, who was heading back to Lancaster, the other seven of us headed south to Widows Clearing Ski area just east of Middlebury. This is a nice area discovered and skied by Kim and Matt on their way up to Morrisville and they wanted to share it with us. Sandy, Dave, Matt and Nan all fell in love with the trails, and found that there are lots more in this area. Bill and Kim decided not to ski and spent some time exploring possible lodging with the thought of coming back to Middlebury for a longer stay.

We all agreed that the Morrisville Village Victorian was a great location, with many wonderful skiing opportunities and very comfortable accommodations. Really a place we should plan to return to.

Nan Reisinger

Trip Report Bennington, VT Jan 22-25, 2010

Trip participants were myself (Dave Powell), leader along with Bill & Sandy Stine, Nan Reisinger, Pete Oswald, Mike & Pam McMullen, Andrea Hospodar, Chris Mummert and Becky Cotich.

This was a totally new area for all of us so it wound up being an exploratory venture. On Friday morning Dave, Bill,

Sandy and Nan set out to ski a



trail to Little Pond along a joint use trail used by skiers and snowmobiles. Fortunately only four snowmobiles passed us going in then again coming out. The trail was actually pretty good for skiing considering that it is also used by snowmobiles. Further up the mountain the ski trail to Little Pond splits off and we skied in nice deep fresh powder. On our way back up the trail at the junction Mike, Pam & Andrea caught up with us. We then skied down the trail where another ski-only trail splits off. This again was a nice ski through fresh powder down to a power line where we could have followed the line back to the original trail. We opted for the deep powder trail back through the woods. A great day!

Saturday we went to Prospect



Mountain Nordic Ski Center. Chris & Becky had arrived late Friday night and joined us for the day's outing. We found Prospect Mountain to have a wide variety of well groomed

trails. I stayed with Chris who had not used her Nordic skis for years and Becky who is a new skier and had brand new skis and boots and they were not sure they could keep up with the group. I coached Chris and Becky all morning. After lunch I joined the rest of the gang while Chris and Becky did their own thing. There is a terrific trail up the mountain, hence the name Mountain Trail. It wends its way upwards for a long way then the payoff with a wonderful long, twisting descent. We had big smiles on our faces. We also checked out a trail through the woods that leads to Woodford State Park on the other side of the mountain. On another trip we'll plan to take a backcountry trip to the park.

Sunday we went to ski the



ungroomed backcountry trails at Woodford State Park. To start with the trail seemed doable for Becky so I hung back and coached her some more. At a trail intersection I went ahead to scout out the trail around the lake which had been skied and snow shoed. Bill stayed back at that point and worked with Becky.

Further down the trail it became evident that it would be too difficult for Becky so I left the group and skied back

to advise Bill. I told him that he could go ahead and catch the group but he said he would stay with Becky and head back. I suggested that we stay in touch by cell phone but Bill did not have his phone so I gave him mine. The only other person in the group who had a phone was Chris but at least we had one phone with each group. So, ok, we had a plan.

After proceeding around the lake trail we came to the intersection where the trail around the mountain to the Prospect Ski Center crosses the lake trail. I skied up to the campsite area and shouted for Bill. No response, but I was not concerned so I went back and joined the group who had already left. After a while I suggested that Chris try to raise Bill on the cell phone to see where he was. Chris said he did not answer his phone. Then I reminded Chris that he had my phone. We all laughed. Chris dialed my phone but Bill didn't answer so she left a message. Then I remembered that I had not given Bill my PIN to retrieve messages. Duh... We all laughed some more. On some hilly sections I



stayed back with Chris to give her the confidence that she

could do it, which she did. Meanwhile Sandy and Andrea had gone on ahead and when they came to an intersection which either took you back to the camping area or on around the lake. Sandy and Andrea had headed toward the camping area and were out of sight on the other side of a small stream valley. Others had followed but had not gone as far as Sandy.

I shouted for Sandy to see where she was going, and then others started shouting as well. It seems as though everyone was shouting in the woods. It was rather comical. Finally I shouted very loudly for everyone to SHUT UP! When it got quiet I could converse with Sandy. She wanted to go find Bill, which would have been nearly impossible. I told her that Bill was expecting us to ski around the lake and he might be coming in from the other direction. After a while Chris tried calling Bill again, dialing my phone number this time, but he still didn't answer so she hung up without leaving a message since Bill couldn't retrieve it anyway.

We skied on around the lake to the starting point. No sign of Bill. We went to the parking lot. Becky's car was gone but Stine's car was there. However, Sandy did not have a key. We tried calling Bill again. No answer. Andrea had her car so we decided that rather than stand around in the cold she would shuttle us down to the lodge at Prospect Mountain. Sandy, Nan, Pam and Chris all rode to Prospect while Mike and I waited in the

cold for Andrea to return or for Bill to show up, whichever came first. When Andrea came back for Mike and I we left a note on Bill's windshield letting him know where we were.

Since we didn't know where Bill was Chris decided to call Becky who had gone back to the hotel to see if she could drive up and take some of us back to the hotel. After Chris gave Becky directions, we sat back to await her arrival. Then Bill showed up. Chris called Becky to say she didn't have to come after all. Bill had skied with Becky back to the parking lot then took off alone around the lake the same direction we went instead of going the opposite direction which would have caused us to meet. We had lots of laughs over this whole scenario.

When Chris arrived home she had three messages from Bill saying where he was along the trail. Bill had been calling Chris's home phone number instead of her cell number. Anyway, a good time was had by all. Sunday was Becky's 65th birthday so I bought her a birthday cake and candles to welcome her to Medicare. The restaurant served it after dinner that evening.

Everyone on the trip expressed satisfaction with the skiing that was available and would consider going there again. There are other areas that we were not able to ski since we didn't have enough days. I'll check out other places to stay instead of staying in a hotel, although the rooms were nice

and the breakfast was more than adequate. It would be nice to stay all together in a house.

Dave Powell

TRIP REPORT LAUREL HIGHLANDS

Small trip, small report. The week before our scheduled Saturday/Sunday trip, the pictures and reports were of the Laurel Ridge and Forbes State Park at their best. Two feet of snow at Laurel Ridge concession and pictures of Forbes showing trees groaning under the weight of the snow. Alas, the intervening week took care of that. The marker at the Laurel Ridge ski shack was down to one foot. Nonetheless, 12 of us met at the Ridge and enjoyed the well-groomed trails all day. Although the weather was a bit warm, the good base was very skiable, though a little slick. The western Pa ski crowd was out in force; the parking lots were full and some cars were parked on the park road clear out to the state road.

Beth and Dennis left the Ridge late afternoon to scout conditions at one of the trailheads in Forbes, which looked inviting. We talked to some of the day's skiers in the parking lot and they had very happy reports. We did this scouting knowing that the forecast for Sunday morning was steady rain most of the day. The report of morning rain caused a number of our

dozen to head home Saturday evening.
Sunday morning dawned with low and threatening clouds. The threat materialized during breakfast and the three remaining hopefuls drove home in the rain.

As always, the Laurel Highlands are a great place to ski, but you have to be lucky in your timing. Being able to cancel hotel reservations up to six pm was again a useful trick. Next year in Somerset!

Dennis & Beth Major

Nominating Committee Charged by Bill Stine

As is our custom, Club President, Peg Hampton, charged Immediate Past President, Bill Stine, with forming a Nominating Committee for the purpose of proposing a slate of officers for elections at the Club's regular meeting in April. Over the next few weeks, Bill will select additional members to work with him on the committee. If you are interested in any of the elected offices, please contact Bill (717-471-6326 or william.t.stine@verizon.net) for consideration.

The section of the Club's bylaws that covers elections is cited below:

"The Club, at a regular meeting in April, shall nominate and elect, by ballot of the members present, officers for the following year.

A slate of nominees shall be presented by the Nominating Committee. Open nominations from the floor, properly nominated and seconded, shall also be received before the ballot is held.

"The following officers, together with the appointed Executive Committee Board Members, shall constitute the Executive Committee:

President
Vice-President/President Elect
Secretary
Treasurer
Trip Coordinator
Program Coordinator
Membership Chairman
Immediate Past President
Day Trip Coordinator
Newsletter Editor

"The terms of office of each of the officers shall be one (1) year commencing with their installation in April. Each officer shall continue to serve until his successor shall have been duly installed."

Panic...not to worry!

Think..."**little red sports car**"

A cross country skiing primer
Technique of Greg Prisby.

Standing at the top of a hill, with only skinny skis underneath you, does not mean you are on a downhill trip to a face plant. The strategy is a simple visualization technique called *The Little Red Sports Car*.

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.

Roberta Strickler



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