



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: March, 2010

President's Corner

By Peg Hampton

Wow! It just seems like a few short weeks ago that we were skiing at Craftsbury, VT. Where did the time go? I guess the saying; "time flies when you're having fun" definitely applies here. There are three ski trips remaining as I write this article. The highlight of the season for eleven other Gliders and me was the trip to Yellowstone. It took several seasons of planning before we got it booked into our season schedule, but was worth the wait. I'm sure some of the Yellowstone pictures will be featured in the banquet slide show so plan to attend the Banquet on April 21. Stay tuned for details.

We have two more membership meetings this year. The March 2 meeting will feature a presentation of Cheryl Capitani's volunteer trip on a medical mission to Ethiopia. The April 6

meeting is election of new officers and trip planning for the 2010-2011 season. Please plan to attend if you want to be a part of the planning for next season.

February 17 was the monthly dinner social at TJ Rockwells in Elizabethtown. Twenty-one Gliders attended and enjoyed the great menu selection and each other's company. Some folks even got money back - a refund from the Morrisville trip! We have one more dinner social during our "official season schedule." It is on March 17 at the Bangkok Wok in Mechanicsburg.

We are always up for summer activities. If you have any ideas for summer activities, let me know. You know the Gliders, we are always willing to join together for camaraderie, food, and exercise!

I hope all of you continue to enjoy the snow in Harrisburg area. It seems like we are the only folks

that are enjoying the two plus feet of snow.

Upcoming Events:

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.

**Wednesday, Mar 17
Social 7:00pm**

Bangkok Wok,
125 Gateway Dr.,
Mechanicsburg.

Great variety of wonderful
Thai food+ BYOB.
Menu online.

Day trips:

**Saturday February 27
Eagle's Mere**

Chris Brubaker
717-872-8971

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

To Be Announced
**Allegrippis Trails at
Raystown Lake**

Rick Begley
717-763-4561

Impromptu trip.

Date to be announced by
e-mail based on snow
conditions.

Important Dates

***Tuesday, April 6
Trip Planning Meeting***

Now is the time to start
thinking about next

season's ski trips and our
upcoming trip planning
meeting in April.

We are always looking for
new venues to ski. So, if
you have any suggestions
for new trips, start pulling
together information now
to present at the trip
planning meeting. The
following info is needed in
order to make a decision:

- **Location**
- **Type of accommodations**
- **Estimated cost**
- **Possible dates**

***Tuesday, April 21
End-of-Season Dinner***

Mark your calendars now
... plan on attending our
year-end dinner to be held
at:

**What If Restaurant
Hershey, PA**

Come for the great food, to
see your skiing friends
and, of course, for the
always entertaining video
of the past two ski seasons.

More details to follow in
the April newsletter.

Come help us celebrate our
past two wonderful ski
seasons.

Sandy Stine

**Pioneer Lodge is:
For Sale!**

Kick 'n Gliders' recent trip
to our favorite B & B –
Pioneer Lodge in Turin,
New York - revealed a sad
fact: Pioneer Lodge is for
sale! Diane Gaylord, who
now runs the B & B by
herself, says that
maintaining the 200 year



old farmhouse is too much.
Among other maintenance
chores, every year she has
to replace wooden timbers
that have rotted over time.
But selling a place like
Pioneer Lodge takes time
and, while we wish Diane
well, we also hope that the
lodge will somehow be
open for our use again next
year.

For those who have not
had the good fortune to
stay at Pioneer Lodge, we
note that this old
farmhouse had been turned
into a B & B by Fran, who



collected antique furniture
and other items and used

them to furnish all of the rooms in the lodge. This created the unique and



wonderful ambiance that we have enjoyed for so many years.

Old-timers remember that Pioneer Lodge was found by Norma Brandon while researching places to ski on the East side of Tug Hill. The information was trotted out in 1992 when a group of Kick 'n Gliders found some spare time after a day of skiing on Tug Hill. We drove to Turin and were greeted by Fran Gaylord, Diane's then Mother-in-Law, who was preparing dinner for a group of happy skiers, engaged in sipping wine and discussing the day's conquests. We took a couple of quick photos and retreated, but the next year (1992-1993 ski season) we spent New Year's Eve at Pioneer Lodge and had our own party in the large dining room. Almost every year since then, we have enjoyed the warm hospitality of Pioneer Lodge.

Yellowstone National Park

Jan 27 - Feb 3

Early Wednesday morning 12 skiers left Harrisburg airport for Bozeman, MT. We arrived safely around 4:00 p.m. Miracle of miracles, so did all of our luggage and skis. We climbed into 3 rented vehicles and set off for Walmart's to do our grocery shopping before heading off to Gardiner to our "Chalet by the River". Unfortunately, Nancy and Jean left their evening meal in a basket near the checkout, only for the employees to put back on the shelves.

Thursday morning we were all up and ready to go. Chris and Barbara took



the snow coach to Old Faithful for the day while the rest of us headed for the Bear Den to find out about the trails. We then ventured to the Upper Terraces and skied up and around some of the geysers. The sky was crystal blue and the sun was warm and bright. We ate lunch in a nearby

warming hut and after lunch, several of the skiers tried out Snow Pass Trail, which had a great climb and a long downhill run. Unfortunately, Cheryl wiped out and twisted her ankle which set her back a day.

Friday, we all went to Tower Falls and skied uphill past the lounging



Bison. Further along the trail, we came across a coyote. The view from the top was a spectacular site of the canyon below. We continued up to Chittenden trail, which lead into some of the fire burn area of 1988. The day was cloudy and overcast, but the skiing conditions were perfect. Some of the skiers turned around and went back, while 5 of them continued through and finished the trail.

That night, we were all awoken by the fire alarm. It not only went off once, but three times before Dennis disconnected it in

his room. Thankfully there was no fire, just bugs in the alarm setting it off.

could look back and see the Teton Mountains. The views were terrific on such

Barbara Spengler, Jamie Hackman and Jean Geiger went out to Lamar Valley to spot wolves.



After spotting them, we met up with the other group to try a new trail. We headed for Blacktail Plateau. Dave and I placed a car at the end of the trail for those skiing through. The rest of us did "in and out". Once on top of the mountain, you could see wonderful views of the mountain range and the valley below. Coyotes, once again, made their presence known.

The following day, Dave Powell, Cheryl Capitani, Tim Musser, Beth and Dennis Major got up and went out to Lamar Valley to watch for wolves. They later skied trails into Cook City, where they had lunch. As Dave Powell said "you don't have to go far to see animal tracks." The animals are abundant in the park, particularly bison and elk.

a clear day.

On Sunday, another early day. Nancy Borremans, Dave Walborn, Peggy Hampton, Chris Brubaker,

In the afternoon, six of us traveled out to Chico Springs to sit in the hot springs. It was an old resort from years ago, with a large outdoor pool and a large oversized hot tub.

The rest of us took the Canyon Tour. We climbed aboard the snow coach, which took us deep into Yellowstone. We skied many of the groomed trails, some along the canyon edge. We also skied up the side of Mount Washburn, where you



The resort pumps in the mineral springs each day. We sat in the tub drinking Bloody Marys and beer, as snow fell down around us.



Yellowstone Association Tour took us all on a wonderful ski and wildlife tour. Our guide, Amanda, was terrific. She told us all about the wildlife in the park and took us to Lamar Valley where we used scopes to view the wolves. We heard and saw them howling to each other, which was awesome. We then skied over to a wolf den, which was built by one of the famous wolves in Yellowstone. Later, we

skied to the wolf sanctuary, where they had reintroduced the wolves back into Yellowstone. It was back country skiing

and a lot of fun. Dave Powell and Tim Musser conquered one of the steeper and trickier hills, while the rest of us walked down it.

Our last day, we took the shuttle out to Indian Creek. Some of us were dropped off at Golden Gate and skied across to Indian Creek, while others skied out of Indian Creek. We passed each other on the way, each cutting a new

trail. We followed the coyote tracks when there wasn't a clear trail. Discovered the coyote takes the "path of least resistance."

Other animals that were observed were the mountain goats and the prong horned sheep in the acres of Yellowstone. I believe the trip was a huge success and "no skier was left behind!"

Skiers Flee Snow!
North Conway, NH
by Bill Stine

As nearly three feet of heavy snow blanketed the mid-Atlantic from two successive storms, a group of fourteen Kick 'n Gliders sought refuge in the White Mountains of northern New Hampshire.

The irony of the situation was not lost among the locals. "What are you doing here?" they asked. The White mountains area was suffering from a one-two punch of low early-season snowfall followed by devastating rains that washed away much of the existing snowpack.

Early arrivals, Close, Begley and Hospodar, took the opportunity to head to

the nearby Jackson XC ski trails, on the east side of Mount Washington, for a look. They had fun skiing and said much of the trail system was open but that the tolerable conditions were a tribute to the determination of the Jackson staff and to their excellent grooming gear.

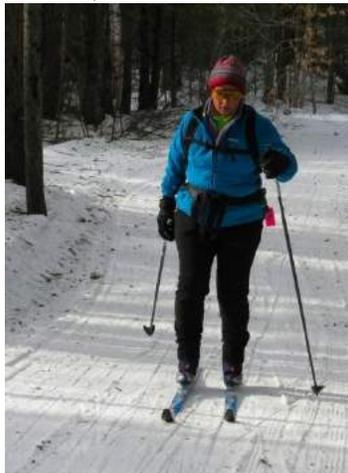
Meanwhile, the crew at the in-town Intervale trail system admitted to having only about half of the Whitaker Woods trails open and none of the other trails. They also opined that the best snow was on the west side of Mt. Washington at Bretton Woods. And, so, after much deliberation over Stine's chili & salad accompanied by a variety of libations, it was determined that we'd head to Bretton Woods the next morning.



We were not disappointed! Conditions at Bretton Woods were excellent. They'd gotten a couple of small dumps of powder that missed the east side of

the mountain. The trails were perfectly groomed and we had a great day! To cap the day we were treated to a hearty dinner of Chili-Mac by the Wilcoxes.

Bear Notch is also on the west side of the mountain so that was our next day's destination. Unlike Bretton Woods, Bear Notch is a



tiny operation, essentially operated by two brothers. They had a lot of trail damage caused by heavy rains a couple of weeks earlier and they had to rebuild whole portions of the trails and even replace a bridge! They did a great job and the trails were lots of fun. We pretty much skied the place out but we had a ball doing it. Once again, we repaired to our condos for a turkey roast dinner with fixin's by Nancy Kauh. l.

Beginning just past the entrance to Bretton Woods is one of many of this

area's backcountry trails known as the Zealand trail. It goes to Zealand Gap and the Zealand hut. The write-ups say that there is



an unplowed road that parallels the trail which follows the course of, yup, you guessed it, the Zealand River. We were disappointed to find that the road was now plowed because of lumbering activity. Most of us elected to do the trail, one we'd have to rate as fun but difficult, mainly because of the many small open streams we had to cross.

The snow was perfect, though, and we had fun. We didn't reach the hut because it was getting late and skiers were getting tired. So we walked the plowed road out though a few of us elected to ski down the steep, last one-third of the trail. It was a blast! That evening we walked a couple of blocks

to the Moat Mountain Brew Pub where we had an excellent dinner, not to mention some quality craft beers.

The Great Glen trails are high on the east side of Mount Washington. Although they'd gotten less snow than Bretton Woods, we decided to try them anyway. Again, in a tribute to hard efforts at grooming, most of the trails were in excellent shape. We had a great day skiing even though our favorite, black diamond-rated downhill trail was closed. Returning to the condos we wiped out the pasta with sweet Italian sausage dinner prepared by the Stines.

For our last day we returned to Bretton Woods. It's a big trail system so we were able to ski trails we hadn't skied earlier in the week. Again, conditions were excellent and we had a great time. That night we gathered together our leftovers and were all well fed in preparation for our long drive home the following day.

If you can swing it, North Conway remains one of the best ski value trips the club runs!

Highland Forest

Bill Hoffman, leader

What lake effect can create, wind can take. That's the summary from



this year's Highland Forest trip. On Monday of the week prior to the trip, all of New York State was hammered with very warm temperatures and heavy rain. Nearly all the snow in the Syracuse area was lost, and what remained froze solid in the cold temperatures that followed. Lake effect snows resumed late Tuesday and continued through Friday, and absent the wind, would have produced great skiing.

Our plans to ski at Highland Forest on Saturday had to be changed when we arrived at the park to see just a bare covering of snow in open areas and discouraging reports from the park office. So we got back in the cars and drove 50 miles north to Osceola, where we were rewarded with excellent conditions, comparable to those the

previous Saturday that the Pulaski trippers enjoyed (including myself). At Osceola the 8 skiers among us split up, most skiing solo. We were a widely varied group in terms of ability, so this wasn't a bad thing. Everyone had a great time.

Sunday's planned ski was at Stoney Pond, a new venue for us, about 8 miles southeast of Cazenovia. But when I checked it out on Friday I found numerous wet spots, even on cross-slope trails. There was enough snow, and more was falling as I skied, but I feared that the Saturday skiers would ski off the new cover, leaving exposed ice. With no further snowfall on Saturday, Highland Forest again was not a viable option. And nearby Green Lakes State Park, which I also visited on Thursday to check conditions, was iffy, and its trails that run through open fields definitely wouldn't have been ski-able.

But all was not lost. On Saturday evening at the Brae Loch Inn, where we stayed, Bill Stine happened to talk to an employee who skis on an abandoned rail line that's now part of the North Country hiking trail. The NCT passes through

Caz and the section that's been converted starts half a mile from the Inn. There's 2-1/2 miles open for public use, with the last half mile separated by a road crossing. The railroad bridged the road, but the bridge is long gone, replaced by two sets of steps down to and up from the road. The trail had barely enough snow to give us 5 miles of mostly level skiing. Not exactly what some of us were looking for, but given the very marginal conditions in the area, we were happy for it. On future trips, this trail would be a good short ski for early arrivals.

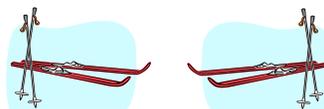


There were 10 participants on this trip: Bill and Sandy Stine, Jim and Martha McGraw making their debut with the club, Dan Eliff and Rose Rentzel, Nancy and Victor Martinez, Tom Gibson, and your leader. Tom and Dan were repeaters from last year's inaugural stay at the Brae Loch. The first-timers all raved about it. We ate dinner at the Inn on Saturday, minus Dan and Rose, who chose to go to a

Celtic music concert in Homer that they thoroughly enjoyed. The food was excellent and the portions generous. True to its name, the Inn features Scottish dishes, including haggis, which only Victor was brave enough to try.

On Friday, the early arrivals ate at a new place in town, the Cazenovia Grill. It was established in July by Cazenovia College but is independently run. Most of the customers were Caz students, and it was hopping. It offers a nicely varied menu, including gluten free items to accommodate Sandy, and the food was very good.

The bottom line is that there are still untried ski venues in the Caz area for future trips. We also learned from Tom that Greek Peak, located south of Cortland, also has Nordic trails. I stopped there on the way home to investigate. The trails were closed due to insufficient snow but I picked up a map and will investigate a Cortland-based weekend that could include Greek as well as Highland Forest.



Lake Placid

by Bill Hoffman

The ten of us registered for this trip approached Lake Placid with some trepidation over the amount of snow. Our fears turned out to be unfounded. Certainly the snow depth was nowhere near what we had at home, but we managed quite well.



On Saturday we returned to our old favorite, Mt.



Van Hoevenberg. Despite

no significant new snow for at least a week, there were no bare spots and no ice. We enjoyed a full day of great skiing. Most of us spent the morning on the Ladies 5K, a 3-mile hilly trail, with an extension near the top in order to enjoy a longer downhill run. Following a “cool down” on one of the intermediate trails (about 3 miles), we ate lunch before tackling part of the Porter Mtn. loops, the most demanding trails at the facility. Those opting for shorter distances played on the intermediate trails. Most of us ended the day with 12 miles under our belts.

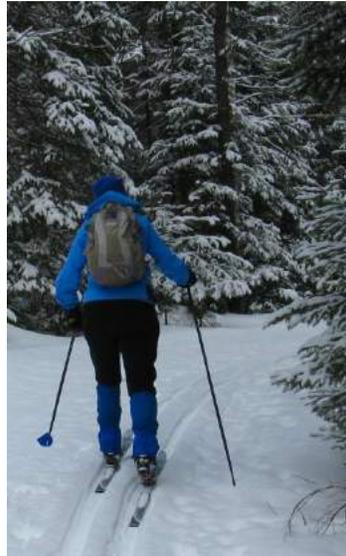
Sunday morning greeted us with about 2” of new snow, just what the doctor ordered to restore what was skied off Saturday. We decided, in deference to the wind, to ski the



mostly wooded Connery Pond-Whiteface Landing trail, one that only Dave and Nancy had skied before. It is three miles from the trailhead along Rt. 86 to the landing,

mostly level with one 1/3-mile climb outbound. A side 3-mile trail to the summit of Whiteface Mtn. diverges at the landing. Bill, Sandy, Ron, and I skied about a mile up this trail to a lean-to, at which point the trail begins climbing in earnest to the summit—on the order of 2,700 feet in 2 miles. That works out to about a 26% grade—not exactly skiable, even if we wanted to.

Monday’s destination was the Visitors Interpretive



Center (VIC) at Paul Smiths, another old favorite. This time we had about 2-3” of snow overnight, producing fantastic skiing. We all skied the 4.5-mile Esker trail, along with an offshoot trail, not on the VIC’s map, of almost a mile to a lean-to alongside a pond. The trail beyond the pond quickly

deteriorated, thus preventing us from finding out where it goes. Following our return to complete Esker, Matt, Ron, and I started on the Jenkins Mtn. trail. After about ¾ of a mile, it drops 15-20 feet onto a pond to bypass a small stream, and then re-climbs the “ridge”. But at this point this trail also deteriorated, and not having been skied recently, was impossible to follow. So we turned around. After we returned to the VIC, the three of us did most of Tamarack. Several others—the Stines and Kim—did Tamarack in reverse direction after completing Esker (it’s actually nicer that way). They wound up with 8 or so miles of skiing for the day, while we three had about nine miles.



Not wanting to call it quits, the three of us drove back to Lake Placid and skied a

newly opened trail just outside of town called Henry's Woods. It's a lollypop trail—a ¼-mile "stick" with a 2-mile loop at the top of the stick. This trail is rated by a local as "novice to low intermediate." We beg to differ. "Advanced intermediate" would be a more accurate tag. It climbs steadily for half its length, steeply at times, then levels off for maybe a quarter mile, then begins descending to the origin. There is a very sharp S turn shortly into the descent, with another sharp left near the bottom of the loop. If you ski this trail counter-clockwise, which is not recommended, you climb more gently than clockwise but have an extended steep twisting descent. By late afternoon when we skied this trail, all the fresh loose snow had been skied off, so the steep descent would have been, well, interesting. With better cover, it might be worth a try.

Our lodging this year was Hawthorne, a 5-bedroom house built in 1906 but completely remodeled in 2001. It's on the grounds of the former Lake Placid Club, which is now a Crowne Plaza resort. It features views of Whiteface and other

nearby mountains and an eclectic mixture of furnishings. The house was exceptionally well equipped in terms of high-end kitchen appliances and equipment, but the kitchen itself was a masterpiece of inefficient design. This despite the fact that the owner's wife is a cookbook author who previously worked with Martha Stewart. But the sub-par working environment did not prevent us from creating delicious meals every night. Starting with Bill Hoffman's cream of mushroom soup and homemade anise seed bread on Friday, we progressed to Rose Rentzel's barbecue beef brisket, Hoffman's pork loin roast with shallots and pears, and finally Bill Stine's Santa Fe chicken with black rice on Monday. Ole'! The evenings were spent watching the Winter Olympics, instead of playing scrabble, board games, or telling tall tales. The local cable company carries a Canadian channel, which carried the games all day.

Despite the dysfunctional kitchen, everyone loved the house and voted unanimously to return next year, if it's available.

Participants: Bill and Sandy Stine, Dave Leroy and Nancy Kaul, Kim Lausch and Matt London, Dan Eliff and Rose Rentzel, Ron Henry, and Bill Hoffman, leader.

Pulaski 1 Trip Report January 22-25, 2010

Eleven Gliders and four fisherman shared the 1880 House this weekend. The fishermen dared us to use the karaoke machine and we double dared them back! The karaoke machine remained on the shelf.

Teka, the 1880 House cat, was sitting out on the stoop at the side door on Jefferson Street when Marilyn & I pulled up. As we parked, he started walking to greet us! He is still the same great cat!

Don & David arrived at the 1880 House shortly after noon. They sampled the soups and went to Chateaugay to scope out the ski conditions. The conditions were a little sticky, but they reported having a successful ski. Marilyn & I went to Winona Forest and skied for about three hours to check the conditions.

Based on the conditions we encountered, a decision was made to head to



Osceola for the Saturday ski. Conditions were pretty good and the trails were nicely groomed. We split into small groups based on our abilities. We returned to the 1880 House for soup to hold us over for dinner. Dinner was humongous portions of lasagna. It was excellent, but we had to beg Linda to downsize on the portions sizes.

On Sunday, we headed to Winona Forest and started from the CCC Camp to get a little variety from the usual Wert and Center Road parking lots. The conditions were a little icy for me. I was leaving for Yellowstone in three days and wanted to stay injury free. Marilyn & I drove to the Little John Wildlife Management Area hoping to snowshoe. The area wasn't very well marked so I ended up driving my Honda van down the trail. After a few miles, it was apparent that there was no parking lot. I decided to turn around before I got

stuck. Mission accomplished - the van is trail worthy! We later found out that folks just park along the road which is a hard concept for me. I hope to return there on a future trip now that I know where the trail head is located. We returned to Winona and snowshoed there for three hours. The Gliders had the trail pretty much to ourselves. There



were three sled dog teams training in the forest. At one time, we heard a snowmobile coming on the ski trail. As we jumped out of the way, a team of ten dogs running ahead of a snowmobile blew by. The dogs were going faster than any other team I've observed and the snowmobile was able to keep up! We returned to the 1880 House. Most folks had a round of soup to hold them over until the baked ham dinner was served.

It started raining Sunday night and was raining hard on Monday morning. Everyone decided to pack up and drive home in the morning.

As always, the cooked breakfasts and dinners were excellent. Linda & Dawn always treat us well. The snow conditions were somewhat less than normal, but the group made the best of things.

Attendees: Bill Hoffman, Marilyn Grove, Lisa Baer, Bart Richwine, Don Youngblood, David Walborn, Kay & Bill Pickering, Kim Lausch, Matt London, and Peg Hampton (trip leader)

Temperature and Exercise

Question: Does a person tend to burn more fat exercising outdoors in colder weather or in hotter weather?

Answer: "Contrary to conventional wisdom, the combination of exercise and cold exposure does not act synergistically to enhance metabolism of fats," according to a study published in 1991 in the Journal of Sports Medicine.

The study, done at the Hyperbaric Environmental Adaptation program of the Naval Medical research Institute in Bethesda, MD., found that some of the

bodily processes involved in fat metabolism were actually slowed down by the effects of relatively cold temperatures on human tissue.

The researchers suggested that the slowdown in metabolic processes might be linked to the constriction of blood vessels in the peripheral fatty tissues when exercise is done in the cold.

The study found that the volume of air inhaled and exhaled in one minute increases upon initial exposure to the cold but may return to rates comparable to those in warm-air exercise upon prolonged exertion.

The heart rate is often, but not always, lower during

cold-weather exercise, the study found, while oxygen uptake may increase, something that the researchers suggested could be at least in part the result of shivering.

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Readers are invited to submit questions to Question, Science Times, the New York Times, 620

Eighth Avenue, New York, N.Y. 10018 or to question@nytimes.com

Searching in PubMed, I found a current article in *Medicine and Science in Sports and Exercise*, 2002, that states “The diminished fat oxidation at colder temperatures potentially reflects a reduction in the oxidative capacity of the muscle.”

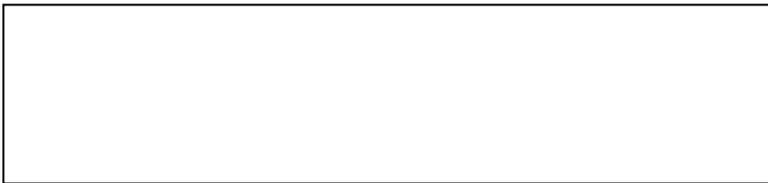
Submitted by Cheryl Capitani

CUL DE SAC

BY RICHARD THOMPSON



Dave crossing road at Bear Notch, NH



Break time at Bear Notch, with Bill, Rick, Dennis, David, and Sandy





Beth and Cheryl



Lodging near Yellowstone



The end



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Temperature and Exercise

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