



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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New Meeting Location

We will be using the Community Room at the Harrisburg Mall (formerly known as the Harrisburg East Mall) for our membership meetings that are held the 1st Tuesday of every month.

The entrance to use is the main entrance to the mall (currently under construction). Immediately inside the building, take steps to the downstairs and the community room is on the left. See map at end.

OX ROAST and Trip Sign-up - October 16 at 3:00 p.m.

Again, we will launch the Kick 'n Gliders season with a party. It is called an Ox Roast because the main entrée is a large piece of beef cooked over an open fire. The location is Black Birch Hollow, the Perry County home of Dave LeRoy and Nancy Kauh. We all bring a dish to share and some

soda, beer or wine to create a grand buffet. And the cost is only \$5.00.

The conversation at the Ox Roast revolves around ski trips – both last year's trips and those scheduled for the upcoming season. A great number of the reservations for ski trips are made at the Ox Roast. To facilitate this, a poster with photos and descriptions of each trip is available and the Season Schedule that includes ski trip information and the schedule for meetings and day trips and other useful information about XC skiing is distributed.

The Ox Roast is a great place for new members to learn about ski trips and ask questions about them from folks who have been on these trips in earlier years. And they will meet lots of neat folks who they will hopefully be skiing with next winter.

The Ox Roast starts about 3:00 pm and **reservations are required.** Call Pam McMullen at 717-200-1111 to sign up and tell her what food you will bring. She will

provide you with directions to Black Birch Hollow and answer any questions you may have about this event. Please make your reservations before October 14, 2010, so we are sure to have enough beef for everyone!

First Business Meeting to feature Hubble Astronomer Nolan Walborn

Nolan Walborn, an astrophysicist at the Hubble Space Telescope Science Institute, will speak on the topic "Birth, Life, and Death of the Stars" at the first business meeting on Tuesday, November 3, 2010.

Nolan explains that the stars are essentially nuclear reactors. Since they do not have unlimited fuel, stars have finite lifetimes. The nature of their deaths depends on their initial masses.

Although the fusion of hydrogen nuclei into helium

nuclei is the nuclear reaction that produces most stellar energy, stars can also synthesize heavier elements such as carbon, oxygen and iron. Those elements, essential for biological life, return to the interstellar medium during the final phases of stellar lifetimes, and can be incorporated into new generations of stars and planets.

Nolan writes, "A complete panorama of stellar life cycles will be presented, largely based on images from the Hubble Space Telescope. The emphasis will be on the most massive stars, the spectacular regions they inhabit, and their violent ends as supernovae. These titanic explosions occur at a rate of about one per second in the Universe, and they have now been observed in the form of gamma-ray bursts at distances corresponding to the first 5% of the age of the Universe.

Nan Reisinger Reaches the End of the Appalachian Trail

On Tuesday, September 7, just two days past her 70th birthday, Nan Reisinger reached the summit of Katahdin Mountain, the northern end of the Appalachian Trail. Nancy Kaulh and the writer had traveled to meet Nan at Katahdin Stream Campground in the backwoods of Maine on the evening before her momentous climb. We had brought with us Pete Oswald,

frequent companion of Nan. He had just returned from his Washington State home and a fishing expedition to Alaska. Nan was in the company of her brother, Tom and friend Barry and had been on the trail for the 11 previous days. She looked like she had lost a little weight and her trademark smile was continually on her face.

The climb started at 7:30 am and the group left Nancy and me behind within minutes. We soon caught up with Nan who had just dropped her trekking pole into the creek and had solved the problem of retrieving it without getting any of her clothes wet. A small crowd had gathered to watch the event. That was the last of Nan that we saw until



she and the others returned from the summit.

Nancy and I continued for 4 hours climbing about 2000 vertical feet in a distance of almost 3 miles. The trail was rocky and steep with each step requiring a bit of planning. However, the rocks were rough granite and not slippery in spite of the light rain that was falling. Our efforts were relieved by visiting a large and quite picturesque waterfall beside the trail.

Our return trip (which also took 4 hours) was highlighted by talking to a crew of about 20 who were building steps (granite stairways really) on the trail. They explained that they were using rocks from the creek bed over 100 feet below which they split by drilling a row of round holes in the rock and driving small wedges into each hole until the rock split in two. The rocks were then lifted to the trail using a system of steel cables the largest of which was a horizontal cable stretched across the valley in which the stream was located. The rocks were lifted from the streambed to the level of this large cable using a block and tackle, then pulled horizontally to its end by several workers using a



second cable. The steps were well seated and did not rock or wiggle when we used them and made climbing a whole lot simpler. On each side of the steps were placed a continuous row of rocks a little larger than grapefruit that discouraged walking in these areas and prevented erosion.

Nan, Pete, Tom and Barry arrived back at camp after being on the trail about 10 hours. They reported that the area above where Nancy and I had quit was steeper and

required continually climbing over rocks. They also reported winds as strong as 60 mph and thick fog. Their accomplishment was commemorated with champagne, cheese and crackers around a campfire in front of a lean-to.

We hosted two ex-Kick 'n Gliders at the evening campfire. They were Chris Cessna and Peter Fleischer who had been on the 1999-2000 Craftsbury Trip. Chris's claim to fame is that she is a distant relative of those whose name appears on the famous Cessna airplane. Peter's claim to fame is that he is from

Cortland, New York, birthplace of the writer. They were on vacation hiking and bicycling, etc. while their 7-year-old daughter stayed with Grandma.

Nan shared a couple of stories about the bear-ropes that hikers on the trail use to hang their food each night. On one occasion, one of her party had hung their food in a bucket only to find that the bucket created a neat perch for a chipmunk while it consumed some of the food. They also met a man on the trail whose head was wrapped in a large bandage. He explained that he had been throwing a rock over

a tree branch with the bear-rope attached. The rock effectively positioned the rope, but on its trip downward it struck its launcher on his head.

Hiking the length of the Appalachian Trail is no mean feat. Only a minority of those who attempt it are successful. It has taken Nan over 7 years to reach this point. Those of us who have dreamed of hiking the AT can experience it vicariously through Nan.

David LeRoy



Location Harrisburg Mall



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