



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kicknogliders.org)

Issue: April, 2011

The meeting will be held Tuesday, April 5 - 7:00 pm in the basement of the Harrisburg Mall. Enter through the front entrance which is currently involved with construction.

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## Trip Planning Meeting

by Sandy Stine

Participate in the planning of our 2012 ski trips. Mark your calendar for this, our last meeting of the season:

- **Tuesday, April 5 - 7:00 pm**
- Community Room - Harrisburg Mall

We need your input. And, now is the time to think about what trips you'd like to see scheduled for next season and suggestions for new trips. We are always interested in new skiing adventures.

Your new trip proposals need to include the following information:

- **Location** of Trip
- Possible **Dates** for the Trip
- Type of **Accommodations**
- Estimated **Cost**

If you would like to propose a new trip or have any questions about trip planning, please contact Sandy Stine at sandy.stine@verizon.net or call 717-471-6329.

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## 2011-2012 Slate of Officers:

The Nominating Committee, consisting of Peggy Hampton and Tanya Richter, is pleased to nominate the following persons for election at the April meeting of the Kick 'n Gliders Nordic Ski Club:

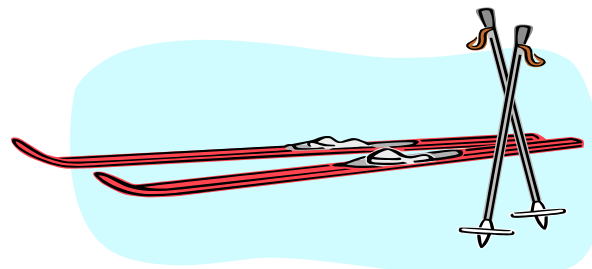
President:	Bill Hoffman
Vice-President:	Jean Geiger
Treasurer:	Dave LeRoy
Secretary:	Marilyn Grove
Extended Ski Trips:	Andrea Hospodar
Day Ski Trips:	Ron Henry
Membership Chairman:	Mike McMullen
Programs:	Nan Reisinger
Newsletter Editor:	Pete Oswald

Also recommended for jobs that are not explicitly specified in the club's standing rules are:

Publicity:	Dave Powell
Webmaster:	Bill Stine

Respectfully submitted,  
Peggy Hampton

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# North Conway Trip Report

February 6–12, 2011

Andrea Hospodar, trip leader

With good travel weather, 18 K&G'ers arrived in N. Conway, NH on Sunday afternoon to find a nice 2' of snow, give or take. Participants were: Fred & Carole Wilcox, Bill & Sandy Stine, Nan Reisinger & Pete Oswald, Jim & Virginia Magee, Dave Powell & Cheryl Capitani, Dave Leroy & Nancy Kauh, Bill Hoffman, Dave Walborn, Rick Begley, Jean Geiger, Barbara Brandt and me. Our accommodations were 3 of the nicely appointed condos at Stonehurst Manor. As you may recognize, that date is Superbowl Sunday. Roughly half of our group opted to stay in the condos that evening to watch the game, and were treated to a hearty pot of chili graciously prepared by Cheryl Capitani. The other half ventured into town for dinner at the Flatbread Co, where they offer all-organic wood fired pizzas. All were quite pleased with the delicious flatbread pizzas and salads, as well as the friendly and accommodating service. I had to indulge in the highly recommended (by my brother) brownie sundae, and was assisted by Pete Oswald who "never orders dessert when he orders beer"... but since he hadn't *ordered* it, no reason he couldn't indulge! We then returned to the condos for the second half of the game to commiserate with the rest of our group as Pittsburgh lost.

Monday we decided to head through Crawford Notch to Bretton Woods XC Center with 100 km



of groomed trails at the foot of spectacular Mt. Washington, famous for its observatory and the legendary "worst weather in the world". Typically there is even more and better snow north of the notches, as the Presidential mountains squeeze the snow out on that side. We were rewarded with excellent snow, having had fresh powder the day before while we got the rain back home. Temps were very comfortable in the low 30's. We split

into two groups with most opting for the longer ski. Trails were, as always, immaculately groomed and wonderful. I think both groups ended up making a brief rest & snack stop at the Yurt, which also offers a port-a-john...much appreciated by many. We skied a few more trails and then headed into the Nordic Center for a lunch break. As the center doubles as the pro shop and golf clubhouse in warm weather, it is quite comfortable and accommodating! After lunch we headed out to tackle Willey's Way and Tunnel, all uphill! But it was well worth it for the exhilarating downhill as we cruised back on Coronary Hill and then finished on the mild length of Stumpwalk. We reunited back at the center to see how the other group fared, only to find regrettably that Dave Leroy had taken a spill and badly hurt his shoulder... we feared a rotator cuff tear. We returned to the condos for some R&R and a delicious chili mac casserole and salad prepared by Carole & Cheryl.

Tuesday we decided to head to Bear Notch, which is only about a 10 minute drive north of the condos. Dave and Nancy decided to head to a critical care clinic to have the shoulder checked out (they would be heading on to the Hut-to Hut trip in Maine). Bear Notch is a completely different setting than Bretton. It is rather rustic, run by 2 brothers, the ski shop is an old farmhouse and the lunchroom is a converted farm shed. Bear Notch offers 65 km of trails nicely tracked and groomed by the brothers with a snowmobile-towed setup. Since the temps were 32 & up we had somewhat granular snow, but a very enjoyable day. We again broke into smaller groups venturing off on different trails, but covered much of what the center has to offer. We broke for lunch in the warming hut where they always offer 2 crockpots of homemade soup for sale at a reasonable price, and homemade bread coming out at 12:30. Dave & Nancy joined us with the good news that he was given the OK to ski... he was able to pole but couldn't raise his arm above shoulder height. After lunch the temperature dropped and the wind picked up. Many of us headed on the long trail (some did this before lunch) that heads up the mountain, then drops back down to cross Rt 16 and circles back following the bank of the Saco river... very scenic, but rather brisk and windy this particular day. On the trip home, most made a shopping stop

at Ragged Mountain, an outfitters shop with almost any type of outdoor gear and clothing you could need. And they make their own fleece wear right on the premises. Most found *something* to buy. Another sumptuous dinner that night was prepared by Sandy & Bill Stine and consisted of Southwest Chicken, rice and broccoli.

Temperatures overnight dropped to low single digits and wind was forecast for the day. Wednesday is Two'fer day at Bretton Woods so most returned there to ski the Nordic trails. Rick Begley and I headed to their downhill mountain and were rewarded with a glorious powder day... another 7-8 inches of fresh powder had dropped that side of the notch thru the day Tuesday, and we thoroughly enjoyed it Wed, both on the downhill slopes as well as the Nordic trails at the center. It was mostly sunny through the day so it was quite comfortable. If you think the views of the Presidentials are great from the base, you should see them from the top of the mountain! Spectacular. We tried to pick out members of our group on the XC trails below from atop the chairlift, but to no avail! Since there were no lift lines, Rick and I logged a lot of vertical miles, while others put in many miles on the XC trails. Another faction headed to the Intervale Trails which pass right through the grounds of Stonehurst, so you can buy your trail pass at the office and hop on the trails right there. This group headed south, as those are the more interesting trails of this network, but were disappointed to learn that they were closed to the public due to high school XC races that day. So they made the best of the north bound trails and, all in all, had a good day. Wednesday dinner was prepared by and hosted at Nan and Nancy's condo and was yet another delectable feast of marinated beef, mixed veggies and oven roasted potatoes.

Thursday we headed for Jackson XC Center which offers 154 km of impeccably groomed trails. Once again we broke into groups, some heading to the rolling trails known as "The Wave" and played in that area for the day. Others headed out on a 16 mile trek selected by Rick Begley. We warmed up on a trail following the Ellis River for the first several miles, and then headed on the long, steep climb up Popple Mtn. Once there some took the side trail to the so-called "Scenic Vista"... it was not... maybe once was, but not anymore! But our

efforts were rewarded with a long, fast downhill then back along the river trails to call it a day. Dinner this night was across the street at Moat Mountain Brewery/Pub. The menu was quite extensive, food and beer were quite tasty and the service was quite good, even with our large group of 18.

For our final day on Friday we headed to Great



Glen to take advantage of their Two'fer day. They are about a 25 minute drive from the condos and are located on the opposite side of Mt Washington from Bretton Woods. It is a smaller trail system, but also had excellent snow, great grooming, and you couldn't beat the views of the Presidentials from the ski center lunch room. The sun was out, the sky was blue and it was a perfect final day to a great week. For dinner Jean Geiger and Barbara Brandt baked a batch of potatoes, and everyone brought together their leftovers as toppings for the potatoes. It tasted great and no one went hungry! The evening was topped off with Bill Stine's picture show of photos collected from everyone during the week. As always a wonderful show enhanced by Bill's editing craftsmanship. A fitting end to a great week of skiing and camaraderie in the White Mountains.

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# Lake Placid Trip Report

February 18-22, 2011

Bill Hoffman

Ten KinGers—how's that for a new moniker for our club (to avoid charges of sexism, perhaps I should name female members Queen-gers)—attended this year's Lake Placid trip over Presidents' weekend. Although there was plenty of snow on the ground, two warm days and some rain, followed by an abrupt cool-down, had us concerned about the quality of the skiing we'd be facing. That fear was completely allayed when we awoke Saturday to 3" of new powdery snow, sufficient to cover any ice that might have formed overnight as the temperature dropped.

We skied Saturday at Mount Van Hoevenberg, which has excellent grooming, and were treated to nearly perfect conditions, the only downside being the strong winds accompanying temperatures from the mid-teens when we arrived to 5° by the time we left in mid-afternoon. Most of us did East Mountain and the Ladies 5K in the morning, as the new cover tempted us to do the black diamond trails. These were easily negotiated by all, as the snow hindered our speed on the descents.

In the afternoon we skied on the opposite side of the facility, doing parts of Brookside, Perimeter, and some other connecting trails. By then much of the powder had been skied off, but we were still able to snowplow on the downhill.

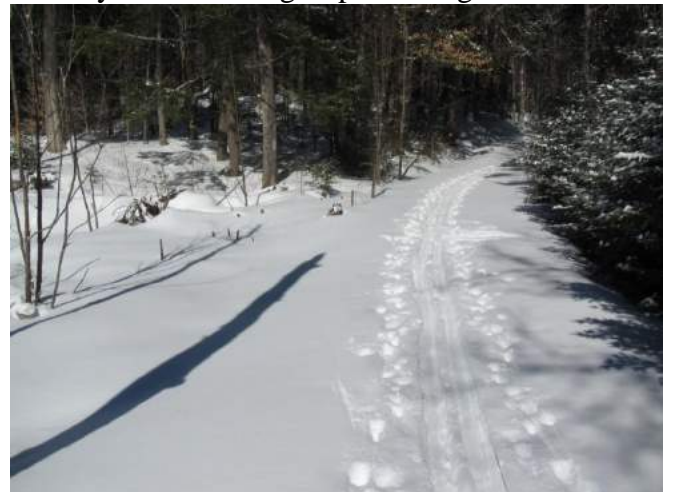
On Sunday most of us skied at the VIC, whose



ownership has been transferred from the Adirondack Park Agency to Paul Smiths College. While the visitor center itself was closed, the trails

were open, and for the first time, Esker, the longest of the trails there, was groomed. No track was set, but a groomer of unknown type had been over the trail, making it half again as wide as it was pre-grooming. Tamarack, the second longest trail, had not been touched, but had been skied enough by noon so that those of us who skied it in the afternoon didn't have to break trail. Neither the Jenkins Mtn. extension nor the short Hemlock trail had been skied, so we avoided those. Not as long a day mileage-wise as Saturday, but very enjoyable skiing nonetheless.

Monday found the group heading for the Fish



Pond truck trail, an 11-mile out-and-back trek. I've skied this trail 3 or 4 times, and this year's conditions were the best I've experienced. We broke trail for the second half of the outbound leg, as that portion had not been skied since before the several most recent snowfalls. It took us about 2-1/2 hours to reach the pond, where we quickly consumed our lunches in the 10° temperature. The return leg was much faster, thanks to our earlier trail-breaking. By the time we returned to the cars, everyone was tired.

Traditionally on Tuesday, when conditions permit, we have done the eastern end of the Jack Rabbit trail, a 5-mile one-way ski of one mile uphill and four down. This probably would have been an opportune time for it, given the conditions, but nobody chose to ski that day.

We were favored with great skiing weather, with the daytime highs never reaching 20, and overnights close to zero, except Monday night when it got down to -13°.

For the second year, we stayed at Hawthorne, a 1906-era 5-bedroom house on the grounds of the Lake Placid Club. The unanimous consensus was for the leader to reserve the house for next President's weekend. Some discussion arose as to making Lake Placid a 5-day, mid-week trip, and I will inquire about that in time for our trip planning meeting in April.

Participants: Barbara Brandt, David Walborn, Bernie Webber, Jim and Virginia Magee, Nancy Kauhler and Dave Leroy, Nan Reisinger, Pete Oswald, and the leader, Bill Hoffman.

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## Crystal Lake & Eagles Mere

February 26-27, 2011  
Christine Brubaker

No snow in Lancaster? No problem. Good skiing at Crystal Lake on Saturday February 26th was fun for Kn'Gers Nancy Borman, Carolyn Hoffman, Tom Hooper and Christine Brubaker. Nancy and Carolyn skied separated while Tom, a first timer, was shown the territory by Christine. Tom has vowed to not only go again but urges the club to make it a weekend effort. Chris was first introduced to Crystal Lake by Pennsylvania Women Outdoors and stayed several times in the now demolished Youth Hostel building. Then she skied on wooden boards, 200 cm, and found the Crystal Lake hilly slopes very challenging. Tom also had wooden boards when he lived in Chicago. Now both she and Tom are seasoned skiers with updated equipment and thank the club for all the new winter fun!

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## Rocky Point Trip Report

Feb 25 to Mar 1, 2011

The deer stood its ground on the snowy New York road as the SUV approached. Driver Bill Stine inched his way to the left to get around the animal and stopped. Wife Sandy Stine, seated in the front passenger seat, lowered her window, and the four Pennsylvanians inside struggled to discern the deer's issue. The snow-capped creature peered

expectantly into the SUV. Finally, Fred Burgess reached into his backpack, pulled out a Giant Food Fruit and Grain Bar and handed it to Sandy, who tossed it toward the deer. It gobbled down the bar in one bite. Welcome to the Adirondacks, a winter wonderland where even the critters demand a toll from out-of-staters.

The tolls began Friday, Feb. 25, with plenty of stress about the time the eight Kick n' Gliders crossed the state line. Snow-slick Interstate 81 led to white-knuckle driving and a drastic reduction of speed. What should have been a 6-hour drive to Rocky Point near Inlet, N.Y., turned into an 8-hour ordeal complete with tractor-trailer rigs in the I-81 median strip, passenger-car spinouts on N.Y. Route 12 and, in the case of Fred and passenger Barb Sears, a close call with a Utica city bus that slid through a red light. The tolls continued on Monday, Feb. 28, when heavy rain turned the skiers into shoppers. The primary beneficiary was Mountainman Outdoor Supply Co. in Old Forge, where the eight spent untold hundreds of dollars on ski and camp gear. Nancy Kauhler, Dave Leroy, Kay Pickering and Bill Pickering did themselves proud, but one of the biggest spenders was Fred. He paid about \$125 for a winter coat and felt good about it until another skier pointed out Bon-Ton carries the same brand. Had he waited till he returned home, he could have avoided New York's hefty sales tax.

But such tariffs seemed a small price considering the supreme skiing Saturday and Sunday. The base amounted to one to two feet, and the snowfall on Friday and Saturday added up to a foot of light powder, depending on the location. Splitting into two groups for the back-country treks, the groups hit Fern Park, Moss Lake, Little Bubb Lake and the Great Camp Sagamore, whose 27 buildings were owned by the Vanderbilt family in the first half of the 20th century and now operate as a National Historic Landmark. All the skiers encountered the Sagamore caretaker, Bob, who recalled Dave's volunteer work there in the 1970s.

But the highlight of the weekend for Sandy, Bill, Barb, and Fred came Sunday morning after encountering the toll-taking deer. The skiers made their way to a trail that hadn't been skied anytime recently, and they gleefully tackled the unbroken terrain leading to Chub Lake. The tree limbs were

bedecked in powder, providing a challenge when it came to looking for trail markers and for avoiding the dumping of snow down the skiers' necks. But the hide-and-seek aspects of the trail and the continuous temptation to photograph the evergreen-rich landscapes combined to make it an unforgettable morning.

Back at the condos, the Stines, Pickerings and Leroy/Kauhl combined to supply a rich supply of nutrients for the hungry skiers, ensuring that no one shed even an ounce during the weekend. Fred was especially envious of the speed with which the women cleaned the dishes and has been practicing at home since he returned. The evenings featured plenty of stories, Scrabble games and, on Sunday, the Academy Awards on TV. Bill Pickering surprised even himself by staying up past midnight with some of the women to watch the full broadcast. On Tuesday, March 1, Sandy, Bill, Barb, and Fred returned to Fern Park and discovered the skiing was great despite all the rain of the previous day. They got in two hours of skiing before an uneventful -- and much less stressful -- journey back home.

Fred Burgess

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## Pulaski II Trip Report

March 4-7, 2011

Peg Hampton

This was the last official trip of the season - and we were rewarded with very good snow conditions - minus that one day of pouring rain.

Trip Participants: Faith & Brad Ditzler, Nan Reisinger, Pete Oswald, Bernie Webber, Madelaine Gray, Peggy & Ben May, Nancy & Rich Levin, Emory Ehrenfeld, and trip leader, Peg Hampton

The Friday afternoon group consumed the traditional bowls of soup and headed to the Wart & Center Road access to Winona Forest. When we first took the Bill's Belly trail to Winona Way, we negotiated tire tracks on the trail. We persisted and the tire tracks ended and trail conditions improved. We skied out Winona Way, made a left on Sally's Ride, a left on Hiscock (couldn't they

give that trail another name), and left on Center back to the parking lot. Emory & Bernie were our pace setters and stopped to wait for the rest of us



at trail intersections. Within a short distance of our cars, we passed two energetic skiers and exchanged greetings. We didn't find out until later at the 1880 House that they were our newest members, Faith and Brad Ditzler. We stopped at the Winona Lodge Nordic Emporium which is within walking distance of the Wart & Center Road parking lot. We talked to Jamie Wilson, the owner and also the Race Director for the next day's Tourathon Race. Jamie offered to register us for the race, but we were content to sip hot chocolate while Emory purchased a new jacket. Nan & Pete were at the 1880 House when we returned. Nancy and Rich Levin checked in and told us of the excitement of their brief residence in New Holland - they have since returned to their home in Reading. Wow, people actually read all the details in my trip letter and I had to admit that I plugged the Levins into my previous trip letter to maintain the style and format and neglected to update the city.

We woke to the sound of pouring rain on Saturday morning and the forecast was for more of the same. After a leisurely breakfast, the Mays, the Ditzlers, Emory & Peg drove to the Osceola Ski Center. The ski conditions were very good for ducks. Emory and Peg stayed to test drive some new skis - purchases were made and Peg's new skis match both of her red ski jackets! The Ditzlers drove to the Winona Lodge Nordic Emporium where they purchased Louis Garneau snowshoes with heel lifts. Osceola doesn't permit snow shoeing at the center; therefore, he doesn't sell them. We returned to the 1880 House and discussed what everyone did with their time

during the deluge. The Levins went to Canada for the day. They were looking for some relaxation and deliberately left their skis at home.

The forecast for Saturday night and Sunday was iffy. The rain was supposed to change to snow "sometime," but the forecasts differed on when that might happen. Due to the forecast for heavy rain in PA, the Levins decided to cut their trip short and head south. We sat at the breakfast table and watched the rain while hoping that it would turn to snow. Finally, our watchfulness was rewarded when we started to see tiny snowflakes. The flakes continued to multiply and accumulate. At 11 AM, we left for Osecola and were rewarded with excellent ski conditions. We skied from noon



until almost 5 PM when skiers are requested to be off the trails. Conditions were so manageable that the trip leader encouraged the group to repeat one loop so that we could enjoy the big downhill near intersection 11 a second time. Nan and Pete were test driving skis and Hugh was selling all his inventory of backcountry skis never to carry them again. Nan purchased two pair of skis and Pete purchase one pair of skis - he didn't indicate if they matched his ski jackets. It was a great day and got even better when we returned to the 1880 House for the baked lasagna dinner. After dinner, Bernie and Emory went to one of the local watering holes to play a few games of pool. They didn't feel all that welcomed and returned to the B & B shortly.

On Monday morning, we woke to a beautiful snow landscape. Areas around Syracuse had received about a foot of snow overnight. Pulaski had 6 - 8 inches of new white stuff. Faith & Brad decided to head south, but the going was challenging enough that they stopped at Highland Forest in Cazenovia to try out their new

snowshoes. The group ski headed to the Winona CCC Camp in Mannsville to ski the 8.2 mile race loop. Bernie, Madelaine, Ben and Peggy skied part way and then looped back to their vehicle with the plan to arrive back in Harrisburg earlier in the evening. Nan, Pete, Emory, and Peg continued on the race loop. We took turns breaking trail with Emory at the front most of the time. The rest of us took turns rotating our position in the group to rest from trail breaking. It was a beautiful day and a wonderful experience for the four of us to be alone in the middle of the nearly 10,000 acre New York State Forest Preserve. What a wonderful way to end the ski season!

We shared the 1880 House with a couple and their son who were also XC skiers. And, there were two different groups of fishermen in the annex over the weekend. The first group left early Saturday afternoon when the rain made the river water very swift and deep and not conducive for fishing. Sharing the 1880 House worked out well.

We came, we saw, we skied, we ate & drank. We stimulated the local economy - five pairs of skis, two pair of snowshoes, a ski jacket, poles, and miscellaneous other purchases.

If you haven't done so already, put some F4 on your skis to protect them until next season.

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**Note: Cheryl and Dave's bibliography handout from their March presentation is on the Meeting Minutes page of <http://www.kicknogliders.org> as a PDF file**

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**Note about Cheryl and Dave's presentation**