



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kickngliders.org)

Issue: February, 2012

Meeting place Rookies Sports Bar 7:00pm Tuesday, Feb 7

2238 Derry St., Harrisburg. It's on the north side of the street, between 22nd and 23rd Sts., about opposite where Greenwood St. intersects Derry at an angle.

From I-83 southbound: exit 45 to Paxton St., west to 29th, right on 29th to Derry (about 1/4 mile), left to Rookies.

From I-83 northbound: exit 44B to 19th St., left on 19th to Greenwood (1st intersection, after RR bridge), right to Derry, sharp left to Rookies.

Program Meeting 7:00 pm Tuesday, Feb 7

Are you curious about Antarctica and the land of penguins, icebergs and plenty of snow? Come join Lin and Walt Pomeroy (new kick n glider Mechanicsburg members) at our February meeting for a photo summary of their recent trip to Antarctica and South Georgia Island aboard a small expedition cruise ship. They will present a video and slide show and share their experiences with hundreds of thousands of penguins, seals, and icebergs. They will also share a few stories of their travels along the route followed by Ernest Shackelton's

1914 famous expedition across the Weddell Sea to Elephant Island. Plenty of ice and snow, but you can leave your long underwear at home!

Social meeting 7:00pm, Wednesday, Feb 22

Lancaster Brewing Company
469 Eisenhower Blvd
Harrisburg, PA 717-564-4448

The change to Article XII Ski Trip Finances of the Kick 'N Gliders Nordic Ski Club Constitution and Bylaws, dated 1989 has been accepted. Article XII, Section 1 of the bylaws posted on www.kickngliders.org/bylaws will be modified to reflect the changes to the trip sign up procedure shown in part below. The updated version of the Bylaws will be indicated as "Revised 2012"

Members' deposits for ski trips *shall be considered non-refundable...and* will be accepted by the Treasurer *on or after a publicly announced specified date after* the trip calendar and deposit amounts have been published in the clubs'

newsletter or on its web site.

To be eligible to be on the trip roster, a member's deposit must equal or exceed the prescribed deposit. Deposits postmarked on or before the date specified will be considered as being received on the specified date, thus giving all such deposits equal priority on the trip roster. Should the number of such persons exceed the trip capacity, their position on the roster or waiting list shall be determined by lot.

The trips for the 2012-2013 ski season will be determined at the club's April 3, Election of Officers and Trip Planning meeting. The trips will be publically announced (newsletter and/or online at www.kickngliders.org) and a date in the future will be specified on, or after, which the postmarked prescribed deposits will be considered.

This newsletter article is intended only to explain the trip sign-up procedure. It in no way supersedes the club's bylaws in the event of any discrepancy here.

Lemons Haunt Anyone?

Dave LeRoy

Twenty-four skiers arrived at Craftsbury Outdoor Center on December 29 to find good food, friendly personnel and very little snow. Rick Begley and some others found that they could ski many of the trails but



most of us were limited to Lemons Haunt and a few kilometers of nearby trails.

The management crew was using their new snow-making equipment to accumulate mountains of snow



which were distributed to Lemons Haunt with dump trucks. We got used to running into big trucks on the ski trails!

We were pleased that Craftsbury managed to get enough snow on their trails to hold a race – classic style skiing with racers grouped by age from pre-school to 70 plus. It was fun to watch.

Besides skiing back and forth on Lemons Haunt, some of us from our group amused ourselves by driving over to Stowe (where there was just a bit more snow) to ski. And Craftsbury helped to keep us busy by offering free group ski lessons, a wildlife tour, and a rustic furniture

workshop. A number of our group took advantage of each.

Of course the bonfire on New Year's Eve was a big hit



with plenty of champagne. Also, Ken from New Jersey presented a great show of images from western USA.

The folks on the trip were good sports about the limited skiing and a discouraging word was not heard by the trip leader. We have reserved 30 spaces for next year's trip to Craftsbury and we expect to see the usual amount of snow.

Laurentians Come Through, Again!

by Bill Stine

It's been slim pickin's for cross-country skiers in the northeast this year. Temperatures have been warm and snow's been sparse. The Laurentian Mountains, north of Montreal, had been no exception ... up until our arrival, that is. This was our fifth consecutive year of running a trip to this region and the second for which we rented chalets from Chalet Chanteclair Resort. We added a fourth, three-bedroom unit this year to accommodate the demand of the 22 skiers who attended this six-night trip.

None of us got there early enough to ski on arrival day. Rather, we made skiing and meal preparation plans over first-night-chili at the Stine's chalet. (It's worth mentioning that the chalets are situated in a very hilly area. In spite of good road maintenance, the steep grades were sometimes a real challenge for two-wheel-drive vehicles.) Twenty-two people is a big crowd to feed in a single chalet, which are designed to accommodate six people. However, we agreed that it would be simplest to have each chalet cook one night and shoehorn all of us into that single chalet to eat rather than to have multiple chalets cooking each evening. It was a good decision judging by the roar of conversation each dinner hour and the lack of complaints about the SRO accommodations. The

excellent meals may have had something to do with it, too, of course!

Oh, "Too much, already, about the eating and sleeping!" you say. "How was the skiing?" Oh, yeah, the skiing ...

Tuesday dawned a bit on the chilly side, beginning at about -4°F and finishing at about 6 °F. We chose to



spend the day skiing at nearby Parc régional de Val-David--Val-Morin. This is a big ski area that is operated by the adjoining villages indicated by the park's name. It's a pretty big place with a ski center in each village. Since there wasn't much snow when we arrived, only the easy, main trails were open. Still, that's a lot of trails. Just the main trail between the two centers is 3.5 miles long and there were plenty of side trails open so there was lots of skiing to be done. In fact, since this was the first skiing of the season for many participants, most were content with a simple out and



back skiing experience. Conditions were pretty decent, a bit skied off but still plenty of snow for a good day of skiing. And, those low temperatures? No one seemed to mind them at all.

Temperature-wise, Wednesday was forecast to be about the same as Tuesday, low temps and no new snow overnight. Since the other nearby ski area reported marginal conditions, we decided to trek north

to Parc national du Mont-Tremblant (Secteur La Diable). It's a one-hour drive but worth every mile. The park's website reported themselves to be 100% open with very good conditions on all their trails and they were right. Well, yeah, there was still a tiny bit of crusty stuff under the grooming and a few slightly exposed obstacles on one of the legendary long downhill but, overall, trail conditions were spot on. To put some icing on the cake, it snowed about an inch while we were there. That eliminated even minor objections by the ski-litists and everyone seemed to have a great time. Add to that the beautiful ski center (a summertime national park visitor center) that served a couple of excellent soups for those coming off the trails and you ended the day with some pretty happy skiers!



The new snow transformed local conditions and we chose to ski Parc des Campeurs in nearby Ste-Agathe-des-Monts on Thursday. When you first ski this place



every skier is initially mystified and disappointed to find themselves skiing along summertime campground roads surrounded by snow-covered campers. "What the ...?" But then they get onto the trails proper and they forget all about the campground and Parc des

Campeurs becomes most folks favorite area venue. The trails are beautifully laid out with nary a straight nor a level line through the woods. Always undulating, always beautiful and sometimes breathtaking on the more difficult trails, it's a great place. Although not all the trails were open on that day, there was plenty of skiing to be had and conditions were excellent. Of course, there is a complete ski center with a huge waxing room and a full snack bar.

That left Parc régional de la Forêt Ouareau as our choice for Friday skiing. Forêt Ouareau is kind of a backwoods, local folks place, not visited by too many tourists. It's not too sophisticated but it's got plenty of charm. The trail system consists of a backbone, consisting of a summertime winding, up-and-down



road that is groomed double-wide and that connects a series of five overnight/warming huts. Off the main trail is a series of narrower, side trails that offer more variety for the more adventurous skier. The new ski center location, opened last year, brings you in somewhere near the middle of the main trail so that you can now choose to ski north or to ski south from the center of the trail system rather than always entering from the far-south end as was the case in the past. We had lots of fun at Forêt Ouareau!

Saturday continued the slow warming trend that began on Thursday with high temps for the day nearing the freezing mark. And being Saturday, the parking lots were crowded because the skiers show up in force in the Laurentians! Most of us returned to Parc des Campeurs, a few headed back to Parc régional de Val-David--Val-Morin while still others visited Le P'tit Train du Nord linear park out of Val-Morin and most of us made it a short day so we could explore the villages of Val-David and Ste-Agathe-des-Monts. Even fewer took the whole day to explore!

I'd be remiss to fail to mention our meals. Without getting into crediting all the many cooks, by day we



were blessed with (1) autumn chili with salad, bread and cookies; (2) Moroccan pork with rice, salad & cherry cobbler; (3) ham, baked grits, salad & brownies; (4) roast pork and root vegetables, salad & flan; (6) ham & navy bean soup, veggie pasta with sausage, salad & ice cream. The other night was dinner on your own when some made dinner on their own in their chalets while others sampled a local, Lebanese restaurant.

The Laurentians are a wonderful place to ski. Will next year be our sixth? Damn straight!

Cazenovia trip report

Bill Hoffman

During the week leading up to the Cazenovia trip, temps in central New York were in the 40s, and the ground was bare everywhere. So I advised trip participants to bring hiking boots and board games. But finally the weather turned cold enough for snow and the lake effect machine kicked into gear. The Caz area got about 7" on Friday and another inch or two on Saturday.

One member, Emory Ehrenfield, cancelled on Thursday, leaving us a group of six, Victor Martinez having previously bowed out of all KnG trips this season. The group consisted of Tom Gibson, Bart Richwine and Lisa Baer, Nancy Martinez, rejoined member Cindy Iberg (who was a KnG'er about 20 years ago), and me. Nancy didn't arrive until Saturday



afternoon and left very early Monday due to having to work that day, so she only skied on Sunday. Lisa was under the weather as a result of the shots she had to have for her upcoming trip to Tanzania, so Bart, the dutiful husband that he is, remained with her in the limited skiing she was up to. They went to Highland Forest on two days. Cindy explored Caz on her own.

The changeover from rain to snow on Friday morning was abrupt—too abrupt, in fact, in that the standing water that might have soaked into the ground or frozen, providing a good base, was instead insulated by a blanket of snow. That created numerous wet spots at Highland Forest for Saturday's skiing. On the way back to our digs at the Brae Loch Inn, I scouted Stoney Pond State Forest some 10 miles east of Highland, and found similar conditions there. That caused a change of plans for Sunday. Instead of Stoney Pond or Green Lakes State Park, three of us drove the 50-plus miles to Osceola, where we were rewarded with nearly ideal skiing.

Monday's venue was Green Lakes, being close by and having easy access to I-81 for the drive home. But this, too, was a mistake. Tom and I, the only trippers who skied that day, found that the trails closest to the parking area had been over-skied and were left icy. After about an hour, I gave up and headed for my rental house in Potsdam, where I had just had an unexpected vacancy that I was quickly able to fill. Since I was already 2/3 of the way there, it made sense to go to meet my new tenant then rather than make the trip all the way from Lancaster. Tom, meanwhile, continued to ski and found excellent conditions on the golf course at the south end of the park, where no skiers had ventured.

While it's unfortunate that we didn't have better conditions this year, I envisioned them being much worse. Cazenovia remains popular with the "regulars", and is our closest ski venue in New York. Everyone is happy with the Brae Loch Inn, which has become our home there.

Laurel Highlands, PA - Jan 16-18

Nan Reisinger, Trip Leader

Well, we lucked out and had a nice snow two days before our scheduled trip. Six of us, Ron Henry, Barb Spohn, Jean Geiger, Wanda Pritulsky, Pete Oswald, and I, met at Laurel Ridge State Park to find the trails in reasonable shape after what looked like a very busy weekend. After several hours of



skiing we went to the cabins at Kooser where we met up with the rest of the group, Ben and Peggy May and Barb Sears. Kooser was looking like a winter wonderland. We enjoyed hot soup, salad, and a variety of breads followed by many cookies. Barb Sears suggested we play a game and introduced us to "Catch Phrase", which turned out to be a pretty rowdy game.



But, alas, it started to rain during the night and did not let up until the following afternoon. Being hardy souls

we put on our rain gear and went for a nice hike. That is everyone but Pete who decided to stay in the warm cabin and catch up with some reading, and Barb Sears, who left for home. We returned to the cabins for a lunch of leftover soup. After we dried out we regrouped for an afternoon hike led by Ron Henry. Pete also sat out this one as did Wanda, Barb Spohn, and Nan. The ladies participated in a lively game of Scrabble while Pete read.



Tuesday evening, after a fire was started by a joint effort, we dined on a southwest casserole and salad, followed by more cookies. Another Scrabble game was played along with more reading by some trip members.

It snowed several inches during the night but not enough to do any skiing. So another hike was planned. Ben, Peggy, and Barb Spohn decided to head home, but Ron, Wanda, Jean, Pete, and I hiked in Forbes State Forest. The hike was great because we did new trails that were not skied.

From feedback I got from the group I will declare the trip a success.

Chocolate Covered Bacon!

by Bill Stine

Cold weather poses special challenges when choosing foods on which to snack when we're out skiing. Many foods on which we'd usually snack contain high amounts of water. This causes them to freeze and makes them difficult, if not impossible, to eat while on the trail.

Following are some suggested cold weather snacks from Eszter Horanyi's article, "Frozen Meals", published Dec 28 on singletrack.competitor.com. (Thanks to member, Emory Ehrenfeld, for sending us a link to the article.)

Consider the following suggestions for shorter outings where calorie content is the most important and a balance of carbohydrates, proteins, and fats isn't a major concern:

- Some candies that do well in the cold include Reese's Peanut Butter Cups, Reese's Pieces, Mini M&M's.
- Nuts are king. Almonds, pecans, peanuts, walnuts and macadamias all change very little when frozen solid. And, you can dress them up.
- For example, roast some almonds with spices of your choice: salt, pepper, cayenne, etc. Simply add the nuts to a fry pan, add a little oil along with spices, and toast over low heat for 10 minutes.
- Dark chocolate has a low water content of less than 3% and is eaten easily, with the thinner wafers being easier to break off and chew.
- Chocolate also coats many things well, including nuts. Try making your own chocolate covered almonds. Melt a bar of dark chocolate in a double boiler or on low power in a microwave. Add a bunch of almonds (or other nuts of your choice) and mix until all the nuts are covered in chocolate. Spread the result out on a sheet of waxed paper and refrigerate.
- Of course, for bacon lovers, winter is a perfect excuse to indulge that favorite snack: **CHOCOLATE COVERED BACON!** (I think I'm in love!)

If you are headed for a multiple day outing, a better caloric balance is needed than nuts with sugar can provide. You're going to need some complex carbs.

- Sweet potato chips, either homemade in a food dehydrator or store bought are an excellent source of carbohydrates.
- Chips in general freeze well and contain a substantial number of calories. They can either be preserved in a plastic baggie in their original shape and size, or crushed up and eaten as a powder.
- For more carbohydrates, dried fruit also packs and freezes well.

Following is a recipe you might want to make for yourself.

Note: Nut butters do not freeze well so add nuts to the food processor at the end of the mixing cycle to avoid them getting chopped too finely.

Frozen Sweet Potato Bars

- 1 sweet potato
 - 3 tbsp flax seeds, ground
 - 3 tbsp chia seeds
 - 2 eggs
 - 1 tsp cinnamon
 - 2 tbsp honey
- Additions: Any other low water content ingredients: Nuts, dried fruit, ground espresso beans, etc.*
- Bake sweet potato and remove skin.
 - Add all ingredients to food processor and blend until smooth.
 - Spread thinly on a well-greased cookie sheet.
 - Bake at 375 for 20-30 minutes until edges start to turn brown.
 - Let cool. Slice into individual bars and freeze in plastic bags.

To maintain your health and fitness, don't take a winter break from exercise

By Carolyn Butler, Published: January 16, Washington Post

Although we've had a bit of a cold-weather reprieve this year, there's nothing like rapidly plunging temperatures to encourage hibernation at all costs. But, if you want to maintain your health, there's no such thing as a winter break from exercise. "You need a consistent, year-round program in order to stay well, not only physically but also psychologically," says B. Don Franks, professor emeritus of kinesiology at the University of Maryland at College Park. He notes that regular exercise [can positively impact mood](#), weight control, energy level, stress and sleep, among other pluses. For example, a [2010 study](#) found that adults who worked out on a consistent basis had significantly lower rates of depression than those who did so irregularly. [Research](#) has also shown that a hiatus from training [can result in added pounds](#) that are difficult to shed, even once you start exercising again.

What about fitness levels? "You will lose whatever advantages you've gained over time and be back down to couch potato status within three to six months, but the effect of inactivity starts within days," says exercise physiologist J.P. Hyatt, an associate professor in the Department of Human Science in the School of Nursing and Health Studies at Georgetown University. For starters, he points out that cardiopulmonary fitness can decrease by 20 percent within three to eight weeks of stopping your workouts.

For those who worry that being active outdoors in extreme cold also poses a risk to health, sports physiologist Mike Bracko of the Institute for Hockey Research in Calgary, Alberta, offers reassurance: "There is no real danger, whether you're running, cross country skiing, taking a long trail walk or anything else, as long as you're prepared and dressed appropriately."

Delia Roberts, an exercise physiologist who chaired the winter-sport interest group for the American College of Sports Medicine, agrees. "As soon as you start exercising at a reasonably high level — even just walking with purpose — about 40 percent of the energy you consume is lost as heat, and so your body very quickly warms up" she explains.

The key is learning how to keep your overall body temperature at a constant level. "If you lose too much heat, that's when it becomes problematic," says Roberts, who says [careful layering](#) is key to guarding against the cold, wind, rain, snow and other elements. She suggests always protecting your extremities — head, hands and feet — which lose heat quickly, and using a vest to keep your core toasty.

Many people wonder whether there's a specific danger temperature, but it's really all relative. "Everybody's different — one person may not want to go outside at 32 degrees, while another is okay at zero — so it's really based on individual comfort level," says Bracko, who exercises

outdoors throughout the Canadian winter and finds it "refreshing and invigorating."

Roberts says she knows people who are active outside no matter the weather, and she provides some tips that may allow you to do the same.

Avoid overdressing. Though walking out the door for a winter workout can be a shock, it's important not to load up with too many thick layers, and also to shed clothes when you start warming up. "If you keep heat in too much, you're going to sweat; and if you're sweating heavily, it doesn't matter how good the wicking properties of a material are: You're going to be saturated," says Roberts, who notes that damp clothing not only is uncomfortable but also hastens the loss of body heat.

Grab a scarf. Lung tissue is very delicate and can be damaged if it's exposed to freezing-cold air. A muffler can help you create a space to warm air before you inhale it into your mouth and nose, says Roberts, who suggesting starting "with the scarf wrapped close and tight and then, as body temperature increases and your face is generating more heat and the air is being warmed faster, you can adjust and loosen it." She adds that this step is especially important for someone with asthma, "whose airway is going to be little more reactive and susceptible to those changes in air temperature that can cause constriction."

Don't forget to hydrate. Even though you may not sweat profusely in the cold, you're still losing fluid through your lungs; thus, drinking water or sports beverages is as important as in the heat, says Roberts. She says some research suggests that people may be more susceptible to frostbite when they are dehydrated.

Keep moving. When you're jogging, biking or being otherwise active at a pretty good pace, your body will generate enough heat to warm. But if you stop moving, because of fatigue or an injury, "that can be a real problem," says Roberts. "You cool down very rapidly and may have a problem maintaining your body temperature, which increases the risk of [frostbite](#), [hypothermia](#) and other issues." Always watch out for slick, icy terrain.

If you simply can't face braving the cold, there are plenty of ways to get a decent workout indoors, whether it's at a gym or using inexpensive motivators such as workout DVDs, fitness apps or weights at home, says Georgetown's Hyatt. But he warns that because indoor fitness can be monotonous, people may not exercise long or often enough. That's okay, he counsels, as long as you increase intensity. "That will challenge your cardiovascular and muscular systems enough to keep moving forward — or at least sustain the initial fitness you had in the summer months — all through the winter."

submitted by Fred Richter



KICK 'N GLIDERS
P.O. Box 1353
Mechanicsburg PA 17055

ADDRESS SERVICE REQUESTED

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