



The
Easy Glider
Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: December, 2012

Please Note: Our meeting Place has changed!
Meetings are now held at [Center Street Grille](#), 4 Center St, Enola PA, 717-732-6900.

The Center Street Grille is on the east side of Center Street just south of Wertzville Rd (PA-944).

Directions from 581 and Rt 15 interchange:

- Go north on Rt 11/15 about 1.7 miles to N. 21st St stop light
- Turn left on N 21st St and go 0.3 miles to Center St stop light
- Turn left on Center St then continue northward (changes to E. Penn Dr) 2.7 miles to Wertzville Rd stop light
- Turn right onto Wertzville Rd, go 0.1 mile to first right
- Turn right on Center St; Center Street Grille is on the left.

Directions from I-81 and Rt 11/15 interchange:

- Go south on Rt 11/15 about 0.5 mile to Valley Rd stop light
- Turn right on Valley Rd and go 1.8 miles to Salt Rd
- Turn left onto Salt Rd and continue southward (changes to E. Penn Dr) 0.9 miles to Wertzville Rd stoplight
- Turn left onto Wertzville Rd, go 0.1 mile to first right
- Turn right on Center St; Center Street Grille is on the left.

Program Meetings are held upstairs at the **Center Street Grill**, 4 Center Street, Enola, PA

Seating for 8-10 people will be reserved in the restaurant prior to the meeting for those wishing to dine early.

Starting out our year of programs on Tuesday, November 6, was a very interesting presentation by **Peggy and Ben May** on their recent 3 week walking tour of New Zealand's South Island. About 25 Kick 'n Gliders were in attendance.

23 Kick 'n Gliders enjoyed dinner at the first social at **Florentino's Restaurant** at the Lancaster Airport on Wednesday, November 21.

Tuesday, December 4 at 7pm - **Steve Runkle** will give a presentation of a hike at Lake Louise and a canoe excursion on Moraine Lake in the Canadian Rockies.

Wednesday, December 19 at 7pm - **Holiday Party at Bill and Sandy Stine**. See below for details.

Tuesday, January 8, 2013, Program Meeting at 7pm with **Tom Conner** on his recent solo bike trip across Ireland.

Wednesday, January 16, 2013, Join Kick'n Gliders at 7pm for dinner at **Carrabba's Italian Grill**, 5250 Carlisle Pike, Mechanicsburg, PA 717-795-9200 www.carrabbas.com/

Cheryl Capitani

**Holiday Party 7:00 pm
Wednesday, Dec 19**

Hosted by Bill and Sandy Stine, 627 N. School Lane, Lancaster, PA.

Bill and Sandy are delighted, once again, to host the annual Kick 'n Glider Christmas Party at their home in Lancaster. Join your fellow Kick 'n Gliders for this festive holiday gathering! It's a chance to meet new members, swap stories about past exploits on the ski trails, and plan for an exciting 2013 ski season.

As usual, bring a dish to share with others and a beverage of your choice.

DIRECTIONS: From the intersection of PA 283 and US 30 near Lancaster:

- Follow US-30 west
- Take the 1st exit, Harrisburg Pk (Park City)
- Turn LEFT onto Harrisburg Pk
- Go to the 2nd light after RR overpass
- Turn RIGHT onto President Ave
- Turn RIGHT onto Valley Rd (4th street)
- Turn RIGHT onto N School Ln (1st street)
- 627 N School Ln is the 4th house on RIGHT (Tudor style, brick sidewalk)
- Any problems? Call 717 392-1675

From Crystal Lake's web site:
Check <http://www.crystallakeskicenter.com/> for current info about opening.

Crystal Lake Ski Center
1716 Crystal Lake Rd
Hughesville, PA 17737
clski@windstream.net
<http://www.crystallakeskicenter.com/>

Conditions and Ski Info
570.584.4209

Notes: We made it through Sandy with minimal damage, but lots of sticks and branches were on the ground. A great big THANK YOU to all the folks who helped on the trails during the clean up weekend.

Season pass sale continues. We plan on opening on Dec. 15, snow permitting of course.

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Panic...not to worry! Think..."little red sports car"
A cross country skiing primer

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

Credit for this technique belongs to Greg Prisby..



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



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

ADDRESS SERVICE REQUESTED

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