



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: February, 2013

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.

TWO NEW EVENTS Mark your calendars:

Wednesday, April 17, 2013 Kick 'n Gliders Banquet

February 2014 - Jean Geiger, Sandy Stine and Cheryl Capitani are planning a Kick 'n Glider trip to **cross country ski in Austria**. A number of members indicated at our last meeting that they were interested. More information will follow as plans are made.

Thank you to Tom Connors who presented an interesting program in January about his solo cycling trip to Ireland.

17 people enjoyed dinner at Carrabba's Italian Grill on the Carlisle Pike on Wednesday, January 23. The sangrias were popular.

Don't miss these upcoming events:

Tuesday, February 5, at 7pm – Program Meeting - Center Street Grille – Dick Norford, long time member of the Capital Area Greenbelt Association (CAGA) will give a presentation on this wonderful trail, also called the “emerald necklace” that surrounds the capital city area. You can read more about the CAGA on their website at <http://www.caga.org>

Wednesday, February 20, at 7pm – Social Meeting - Fenicci's of Hershey on W Chocolate Ave.

Craftsbury, Vermont

It finally happened! We had four days of perfect skiing conditions at Craftsbury Outdoor Center in northern Vermont. Temperatures were between 5 and 25 degrees, the snow was powdery, and the grooming was impeccable. Perhaps last year's sacrifice to the snow gods (old skis on the bonfire at midnight) really worked?!

The trail system at Craftsbury has been enhanced with some new trails connecting some of the old favorites. Even though we could only ski Lemons Haunt last year we didn't avoid it this year; Lemons Haunt still was a favorite trail and the choice for the night-time ski on New Year's Eve. We received fresh snow every day and the temperatures were perfect for waxing, for those so inclined.

Craftsbury has taken over grooming the trails to and at nearby ski center, Highland. Even though the lodge there has closed, the Craftsbury staff was willing to shuttle us over there so we could ski into Craftsbury Village where we were shuttled back to Craftsbury, all on our schedule. This was greatly appreciated! When we skied to Craftsbury Village, we enjoyed the friendly hospitality (and chili) of the General Store.

Every day after skiing, the Kick 'n Gliders gathered in the hallway for happy hour, sharing some snacks and stories about the day's ski adventures. The hallway was also the place for Scrabble after dinner, thanks to Dan Eliff's classy, rotating Scrabble board. Ken from the New Jersey club presented pictures taken on his month-long summer bicycling trip to Iceland. Russ Senior, the founder of Craftsbury Outdoor Center, often ate with us in the dining hall, and Russell Junior orchestrated the bonfire on New Year's Eve and saw that all of the Christmas trees were burned at the very beginning of the new year.

Those who participated in this year's Craftsbury Trip included regulars Rick Begley, Cheryl Capitani, Dan Eliff, Peggy Hampton, Ron Henry, Andrea Hospodar, Mick and Jen Marhevka, Tim Musser, Dave Powell, Bill and Sandy Stine, David Walborn and Marie Pieretti; returning club members Beth and Dennis Major and Martha

Ruff; first-timers to Craftsbury (though not new to the club), Greg Briggs and Paulette Montville; and trip leaders, Nancy Kahl and Dave LeRoy. We befriended Tom and Laurie from New Jersey (possible future Kick 'n Gliders?), listened to advice from Nancy of Buffalo about skiing in Austria (possible Kick 'n Glider trip next year?), and marveled at the group of friends who looked like family (they all had thick, dark, curly hair).

The trip was well documented by photographs that Bill Stine put together into a great slide show that we viewed on the final evening. Then we passed a peppermint pig to hammer apart and pass around for Good Luck for 2013. If our luck holds, 2013 should be a fantastic ski season!

Back at Bolton Nordic

by Bill Stine

Bolton Valley, located just north of I-89, about halfway between Montpelier and Burlington, VT, is best known as a family-oriented, downhill ski resort. They also have a Nordic Ski Center that claims 26 kilometers of groomed trails. It's not the groomed stuff that attracts me, though ... but I'll bet you already figured that out. It's the 75



kilometers of ungroomed, backcountry trails that get my heart pumping!

Sandy & I have only been to the area a couple of times. Both visits were memorable for the exquisite backcountry experience. This year Dan Eliff and Ron Henry joined us for a third visit during our return trip from Craftsbury. (Dan

spotted a moose on the drive up the mountain to the ski center.)

The base elevation at Bolton is the highest of any Nordic center in Vermont so it gets lots of snow. The 100 kilometers of trails traverse more than 1,100 acres of unfragmented forest making it one of the three largest Nordic trail systems in Vermont. The Catamount Trail runs through it and it connects to several other notable backcountry routes. The trails are maintained by a small army of volunteers.

But the place is not about the facts; it's about the skiing! There was lots of snow on the ground when we got there. And, at about 0°F, it was pretty chilly when we left the touring center. That was no problem, though, because, following the Catamount Trail's path through the center, we warmed right up as we began the 700 ft climb up



to Bryant Camp at 2,690 ft. Although it gets a bit tiring, the climb is not technically difficult. I remembered from previous occasions that the trail was signed one-way up but those signs were nowhere in evidence this visit. Nevertheless, I wouldn't recommend it as a down trail. Along the way, a trail named Cliff Hanger branched off to our left. We gave it a pass.

From Bryant Camp we followed Birch Loop and onto a trail called Heavenly Highway. By this point the stunted conifers were so heavily covered by fluffy white snow that they began to look like hoodoos. It was truly beautiful. The Heavenly Highway is mainly used by telemark skiers to reach the top of the downhill area. Since we were not equipped with telemark gear and, just maybe, a tiny bit tired, we turned around and followed the rest of Birch Loop, instead. This is a fairly easy

trail through a snow-covered fairyland that eventually returned us to Bryant Camp. It was time for the main event, ski back to the base that we'd earned during our climb.

Gardiner's Lane branches off Birch Loop just a few feet from the cabin and is the most popular return route to the ski center. The trail twists and turns with lots of short descents. Although it had obviously been used since the last snow, there was still tons of light, fluffy stuff to make for easy control on this steep down trail. You can take this trail fast or you can take it easy as we did. There is plenty of fun to be had either way with lots of little challenges you can use to hone your downhill skills. We eventually came out to the groomed, World Cup Trail and followed it back to the Nordic center. We'd only skied a little over seven kilometers but it felt like more!

The special qualities of Bolton are threatened. The land was offered for private sale with development as a resort a likely outcome. Instead, the Vermont Land Trust stepped up and contracted to buy the land as an addition to Mt. Mansfield State Forest. \$800,000 of the purchase price was covered by a grant. They need to raise the remaining \$1,050,000 money through donations by March 31, 2013.

That's not much time. Want to contribute? Find the details on the Vermont Land Trust website at <http://www.vlt.org/initiatives/active-community-projects/bolton>.

CAZENOVIA, NY

This year's Cazenovia trip had a record 12 participants, including 4 maidens making their—what else?—"maiden voyage" with KnG. There were also three other first-timers for this trip. Fortunately, we had plenty of snow, unlike the two previous years.

Saturday we skied at Highland Forest, where we split into three groups. The majority, including the leader, did the Southside loop with the extension, for a total of 9 miles. Most of this group added part of the West Wind loop at the end, for a day's total of about 11.5. The hardier skiers—Tom

Gibson, Dan Eliff, and Ron Henry—went on their own and probably did at least that many miles. They did the demanding East Rim trail, which they pronounced “tough”.

When we finished skiing, I noticed the parking lot was full and cars were parked along the entrance driveway, something I’d never seen before. Still, at no time did we sense the place was overcrowded. Granted, not everyone there comes to ski—there’s snow-shoeing, sledding, hiking, and sleigh rides—but the majority are on skis. The park is large enough and has enough variety to accommodate that many people without it feeling crowded.

On Sunday two-thirds of the group went back to Highland, while the “maidens”, who were staying an extra day on their own, went to Green Lakes State Park. I was not optimistic about conditions there, as that park is at a much lower elevation than Highland, so it doesn’t always get as much lake effect, and is partly exposed to west and northwest winds, which blew quite strongly on Friday. In addition, the trails at GLSP are not well marked, and the map is not too intelligible. Their plan was to go to Stoney Pond on Monday, a state forest with 13 miles of ungroomed back-country trails. In all our trips to Caz, for various reasons we have yet to ski Stoney Pond as a group.

Although there was ample snow, the temperature both days got into the mid-30s, which softened the snow by afternoon. Saturday was also windy, but since nearly all of Highland Forest is wooded (why else would it be called a Forest?), the wind effect was minimal.

On Friday evening we all went to dinner at a new place in town, the Henneberg Tavern, which offers a more extensive menu than our usual haunt, Caz Pizza. It looks like this will be our new dinner spot on Friday. On Saturday as usual, most of us ate at the Brae Loch Inn, although some had appetizers at the bar rather than a full-course dinner in the restaurant.

Although this year’s Caz trip reverted to a two-day weekend, a good time was had by all. First-timers: Bonnie Gardner, Ellen Hughes, Barb Sears, Shirley Lentz (the four maidens), Ben and Peggy May, and Ron Henry. Returnees: Tom Gibson,

Dan Eliff, Lisa Baer, Bart Richwine, and the leader, Bill Hoffman.

Laurentians Trip

Jan 12 - Jan 18, 2013 by Bill Stine

What do you do when it rains on the first day of your ski trip? Why, head to the horse races, of course! Yes, it did rain on our first day. And, no, they weren’t exactly the kind of horse races you might expect.

Twenty-one intrepid skiers found their way to Val-David and the four units we rented at Chalets Chanteclair. None of us wanted to believe the forecasted rain would really happen, but we delayed making plans until Sunday morning when ski conditions could be accurately assessed. Parc Dufresne had already declared they’d be closed. And on Sunday morning Parc des Campeurs was busy putting up barriers on the trails. It was their staff who recommended we might want to check out the racing scene.

There’s a park in downtown Sainte Agathe that fronts on Lac des Sables. Sunday, it turned out, was the finals for the annual horse-drawn sleigh racing on that ice-covered lake. There were classes for one-horse and two-horse teams. The course was a tight slalom-style affair and the races were against the clock. The horses are shod



against slipping with specially studded shoes. Water was puddled on the ice and was splashed up by the sleighs. The footing for observers could be wet and dicey. But the racing was great! Followed by some downtown shopping and capped off by a coffee-house treat, it was a pretty nice way to spend a non-skiing day.

Everything was refrozen by Monday but the ski trails were still closed. It was now too icy and there had not been time to groom. A few people opted to ski on the linear trail, the P'tit Train du Nord, even though it was theoretically closed.



More of us opted for an afternoon of snowshoeing. Parc Dufresne rents gear and has a very nice system of trails, some of which are pretty challenging. At least two groups were up for the challenge and we had a great time!

Tuesday marked my third day of early-morning surveying of local ski conditions. Parc des Campeurs said they'd be about half open and that's where we opted to ski. It was open, to be sure, but the crew was mostly concerned with clearing fallen trees and patching holes in the trails that the heavy rain had opened up. Not much actual grooming had been completed. The skiing was ok, sort of, in the morning. Conditions and grooming were considerably improved when we revisited some of the trails in the afternoon and those of us who stuck it out had a pretty good time. But it was certainly disappointing compared to our usual wonderful experience in this ski center that is the favorite of many participants.

By Wednesday, we reasoned, the spectacular trails of La Diable Sector of Parc national du Mont-Tremblant would be well groomed. So off we headed, following our pre-programmed GPS units. And when we arrived an hour later ... they were CLOSED FOR SKIING ... Ugh ... who'da thunk! Unfathomable, to us, they'd opted not to groom the trails until there was additional snowfall even

though there appeared to be plenty of snow cover?? Lesson learned but it was a hard one.

What to do? A couple of people stayed there, rented snow shoes and had a good time in the park. A few others had chosen the wrong waypoint and ended up at the ski center also known as Domaine Saint-Bernard. This is a "community ecotourist park" and is blessed with both an extensive trail system and Pisten Bully grooming equipment. And they were groomed! Folks who returned to Domaine Saint-Bernard had a very good ski day. A few of us returned to Val-David and skied the limited number of recently groomed trails at Parc Dufresne and actually had a pretty good day.

Thursday marked our final day for skiing. The choice was unanimous; it was for Domaine Saint-



Bernard! We all headed there and had a great day. Yeah, it was zero degrees (Fahrenheit, not Celsius) but no one seemed to mind. It was nice to end our skiing experience on a high note!

I won't detail the meals prepared by our volunteer cooks but each chalet served a fully cooked meal one of the nights. They did a great job and our thanks go out to all of them. Oh, and I certainly don't want to slight our clean-up crews. The spirit of cooperation and volunteerism among our members really makes this trip a pleasure to lead!

Laurentians ... next year ... again? You bet!

Group Skiing – The Implied Contract

by Bill Stine

We lost a skier during the Laurentians trip last week.

Most of us like to ski with others. It adds social and safety elements to a stimulating but possibly hazardous experience. The social aspect speaks for itself. But the implications of the safety element seems not to be so obvious to many of our number. The main hazards on this particular ski were unfamiliarity of the trails and the cold, 0°F temperature.

We eventually found our skier and no one was injured. That's a good thing! What wasn't so good, though, is that we didn't live up to the implied promise that comes with skiing as a group.

When a group of skiers heads out on the trails, it is usually the expectation of most of the participants that they will ski together and look out for each other. That requires that the fastest skiers periodically stop to let everyone catch up and catch their breath. It also requires that someone direct the slower skiers at every branch of the trail, which is what went wrong on this occasion. Finally, a strong skier should perform the role of "sweep", skiing last-in-line to make certain that everyone is doing OK.

Do we always have to ski in a group? Of course not! (We do strongly recommend that we ski in groups of a minimum size of three for safety, especially in outback situations.) But, if we don't intend to ski as one group, an explicit agreement must be made so that everyone understands the situation!

PLEASE:

1. Be responsible if you are part of a group when heading out on the trail.
2. If the group is large and starts to spread out too much then STOP!
3. Wait for everyone to catch up.
4. Decide, as a group, if and how you will split into smaller groups.
5. Each smaller group, in turn, needs to follow recommendations for rest stops, branches in the trail and sweep role.
6. Group size should be three or more in back-country situations.

Try this: Everybody keep the person behind you "in sight". editor

Pulaski 1 Trip Report

January 18 – 21, 2013

At noon time on Friday, five Gliders (Marilyn & Jeff, Ron Henry, Emory, and trip leader, Peg Hampton) arrived at the 1880 House. Some things were just the same - as if we had not been gone for ten months. Teeka, the 1880 House cat, greeted us at the door. (We learned that he had an adventure while we were gone, but Linda's \$200 reward got



him back to the 1880 House. He is now wearing a collar & bell.) Also, the soup pots were on with delicious, steamy hot soups just like last year.

We had a few rounds of soup and discussed the marginal snow conditions at our regular afternoon ski spots. It seems the area had a lot of snow until the weekend before we arrived when the temps went up to 60 degrees and melted much of the wonderful white stuff on the ground. We debated taking naps, snowshoeing, or hiking. Eventually, we opted for a hike at Selkirk Shores State Park. Peg turned, in error, into the first entrance to the park; therefore, our adventure started immediately. We finally found a space to park two cars at the cabins since we were not at the parking lot down by Lake Ontario. We hiked from the bluff down to the parking lot and pier. Our loop took us through the woods past the frozen Frog Pond and across the road to the Red Trail. Then, we left the marked trail system using unmarked trails and had to work our way back to the cars. The large gray body of water to our left and Jeff's GPS helped us find a new route back. The heavy snow fall made it difficult to see landmarks. As we were leaving the incorrect parking area, the guys had to move some barrels from the road so that we could get through. Jeff even chased one barrel down a small hill. We

made it back to the 1880 House just in time for more soup, libations, and to greet the remaining ten Gliders joining us for the weekend. A group of us socialized in the living room and it turned into "pick on Bill Pickering night."

On Saturday morning, Linda & Dawn prepared a hot breakfast complete with pumpkin pancakes. During cold weather, "calories are your friend" so I was told. We were well fortified and headed to the Osceola XC Ski Center for the day. There was a biathlon on the ski center's side of the road trail system - using live ammo we were told. (A Biathlon is a competition that combines cross-country skiing with rifle shooting at targets along the course.) Conditions were reasonably good as we crossed the road and went uphill with each of us taking turns leading the way. After lunch, we went back across the road where the trails were over skied as a result of the biathlon. Some folks went back across the road in search of better snow.



The day of skiing came to an end and we returned to the 1880 House with much anticipation of the upcoming baked ham dinner prepared by the 1880 staff.

During Saturday night, the winds really picked up and there were high wind warnings in effect for Sunday. We returned to Osceola because Hugh Quinn had planned to groom first thing in the morning. It turned out that he did not groom, but it was still the best ski conditions available. The wind was blowing and snow was blowing. Jeff started down a grade that was slippery and the wind really gave him a push. At lunch time, some of us cut the day short and returned to the 1880 House. We learned that they had a power outage that lasted several hours. Fortunately, it did not

impact the timeliness or quality of our lasagna dinner. Jeff brought a frozen margarita mix which we all enjoyed. Football games (49ers vs. Falcons and Ravens vs. Patriots) kept most folks entertained both before and after dinner.

Monday morning arrived much too quickly! Once again, the staff prepared a delightful hot breakfast. Based on marginal ski conditions, cold temps, the forecast, and travel time home, all fifteen Gliders opted to leave early instead of staying to ski.

The Pulaski trip is always a great trip; therefore, I booked two weekends for 2014. And, I will be returning on March 1 for Pulaski 2 – YIPPEE!!

Trip participants: Kay & Bill Pickering, Lara & Chas Ford, Cheryl Capitani, Nancy Kauh, Dave LeRoy, David Walborn, Nan Reisinger, Pete Oswald, Marilyn & Jeff Grove, Ron Henry, Emory Ehrenfeld, and Peg Hampton.

Just a FYI: credit card chips for use in overseas travel.

I called my Mastercard Bank of America and am able to get a new card with a European chip in it with no annual fee. For those that travel to Canada and overseas, it would be helpful to have. Cheryl C. was telling me that when they were in Europe this past summer, they could not use their credit cards there. It will take 3 - 4 weeks to get, but it may be worth investigating. Jean

Corrections to the People to Ski With

Chris Brubaker's cell phone number is 717-380-4692

Tom Gibson's cell phone number is 570-713-4812

Ron Henry's cell phone number is 717-575-1889

Grace House's home phone number (preferred) is 717-766-4054

Tim Musser has email at trmuss56@gmail.com

Jeremy Swavely's cell phone number is 717-421-6852 and his email is

hockeyrocks91@comcast.net



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ADDRESS SERVICE REQUESTED

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