



The  
*Easy Glider*  
Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

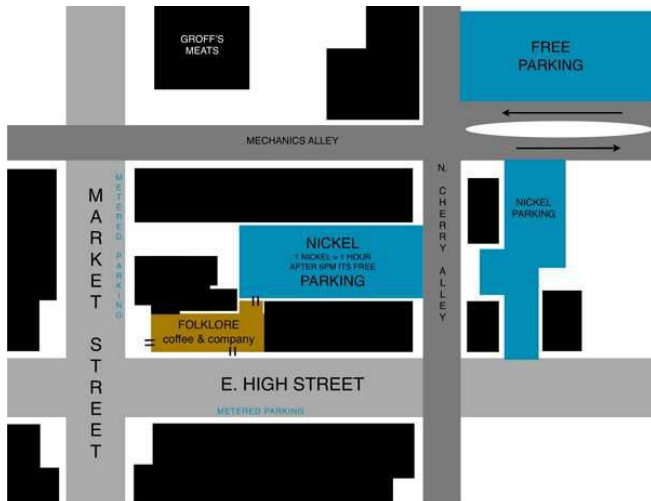
Issue: November, 2013

Please Note: Our meeting for November only is being held from 7:00 to 9:00 at:

**Folklore Coffee & Co.**  
Downstairs meeting room.  
**1 North Market Street**  
**Elizabethtown, PA 17022**  
**(717) 361-1658**

<http://folklorecoffee.com/venue.cfm> for directions

**Folklore and Coffee Co. location and parking:**



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Place – **new location** for this first meeting of the year. This is for November only. The **December meeting will be held at the Center Street Grill.**

There is plenty of free or nickel-per-hour parking available. No alcoholic beverages served but BYOB is okay if the alcohol remains in the

downstairs meeting room. The fare is soups and sandwiches. Customers must indicate they are with Kick 'n Gliders to earn the rental fee discount.

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**Tuesday, November 5, 7:00 p.m.**

The presenter will be Adam Reed  
Assistant Manager at Eastern Mountain Sports  
765 Park City Center  
Lancaster, PA

**Topic:** Clothing layering systems.

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First social of the year:

Wednesday November 20, 7:00 p.m.  
Florentino's at the Lancaster Airport  
500 Airport Road  
Lititz, PA 17543  
717/569-6732  
<http://www.fiorentinos.com/>

Tuesday, December 3 at 7:00 p.m. - returning to the Center Street Grille.

Returning presenters Janey and Steve Runkle will give a presentation on "Native American Life in the Susquehanna River Basin Region"

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## Spaces Available on Ski Trips

Space is still available on some of the best ski trips planned for the 2014 season:

Laurentians	3 spaces
Quebec City	9 spaces
Inlet	3 spaces
Pulaski – 2	10 spaces
Garnet Hill	3 spaces

Soon, we will need to give a final count to the innkeepers on most of these trips so submit your deposit as soon as you decide. The small number of spaces available on some of them makes it clear that you need to act quickly if you want to snap up an available space. Dave LeRoy

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## Successful Ox Roast

Saturday, October 19, 2013, dawned with such promise for a delightful day in the woods at Black Birch Hollow for the annual Kick ‘n Glider’s Ox Roast. However, by 3:00 pm, the appointed time for the festivities to begin, the clouds had moved in and it was raining lightly. A number of people kept their rain jackets handy and visited with Dave at the fire in order to keep an eye on, and occasionally turn, the roasting meat.

Meanwhile, fifty-one ski club members congregated inside and the roar of conversation filled the house. As usual, there were numerous snacks to keep hunger at bay until the meat was properly cooked. When the meat came off of the fire at 5:30, a variety of salads and side dishes completed the bounty of good food to complement the good company. Plenty of desserts were available to top off a delicious meal.

The skies cleared in time to permit the full moon to shine down into the hollow, but no one was really interested in sitting in wet chairs around the chiminea. In spite of the slight dampness, everyone who attended the Ox Roast appeared to leave satisfied and looking forward to another good season of cross-country skiing. After all, that is what the Kick ‘n Gliders are all about!

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## Bill Brooker

Last summer, Nancy and I ran into Bill Brooker at his son’s hardware store in Old Forge. Bill was our host at the hostel, Brooker Family Lodge, in the late 70’s. Bill spends most of the year in Florida, but visits the Adirondacks in the summer. He is in his early 80’s, in good health and asked about a number of old-timers in the ski club. Dave LeRoy



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## A Piece of History

Those travelling to Quebec City may have noticed the bridge pictured in the background here. When opened in 1917, its 1800 foot span made it the longest truss bridge in the world. It remains so to

this day. It is of the cantilever type and crosses the St. Lawrence River a ways west of Quebec City. Its height is also impressive, exceeding 300 feet – a football field standing on end! You can see that its width accommodates several traffic lanes and rail traffic. The suspension bridge alongside it shows that modern design and materials allow spans of similar length to be more attractive and use a whole lot less steel. The St. Lawrence here is accessible to the Atlantic and tides cause the river to flow both ways. Dave LeRoy



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Correction to the June 2013 newsletter: Please note that, although the date for the North Conway trip in the description is correct, the table incorrectly shows Feb 2-Feb 8. The correct dates are Feb. 8-15. Sorry for any confusion.

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### Volunteers needed to lead day trips!

I am looking for volunteers to lead day trips during the 2014 ski season.

Bill Hoffman has Jan 11 taken for Nolde Forest already.

Below is a list of some possible ski venues...

- Boyd Big Tree Preserve Conservation Area in Harrisburg, PA
- Black Moshannon State Park in Philipsburg, PA
- Crystal Lake Ski Center in Hughesville, PA
- Hickory Run State Park in Jim Thorpe, PA
- Mauch Chunk Lake Park in Summit Hill, PA

Please contact me if interested. Thank you.

Matt London

Day Trip Coordinator

717-393-9185

mattdog333@gmail.com

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### Summer Activities 2013

Tuesday, July 2, 2013...**If they don't win it's a shame...**Five Kick 'n Gliders met at The Brickyard Restaurant and Sports Bar, in Lancaster, on the evening of July 2. After enjoying a meal together, we walked up the street to Clipper Magazine Stadium to watch the Lancaster Barnstormers play baseball with the Sugar Land Skeeters. It was a warm and muggy day and we questioned whether the game would take place, but the predicted thunderstorms never appeared. We experienced a few sprinkles before and after dinner and twice during the game but we got seats under the roof overhang and stayed dry. The game was tied, 6-6, at the end of the ninth inning. The Skeeters managed to get another run in the 10<sup>th</sup> inning to win the game. Those attending this event were Cheryl Capitani, David Powell, Bill Pickering, Dave LeRoy and Nancy Kahl

Saturday, July 27, 2013 **Music in the Nissley Vineyards** Rain kept many people from enjoying the evening concert by the Silver Hawks (a classic rock, soul & Motown group) although a few brave

souls made an appearance – Mary-Liz Tadaro and her 2 friends, David Walborn, Fred Wilcox and organizers Bill and Kay Pickering.

Sunday, August 25, 2013 Mount Gretna Bicycle Trail Ride, no report submitted.

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Future socials:

January 22, 2014  
Carrabba's Italian Grill  
5250 Carlisle Pike  
Mechanicsburg, PA 17050  
<http://www.carrabbas.com/>  
717/795-9200

February 19, 2014  
Fenicci's of Hershey  
102 West Chocolate Avenue  
Hershey, PA 17033  
717/533-7159  
<http://feniccis.com/>

March 19, 2014  
Herbie's El Mexicano  
720 Main Street  
Bressler/Steelton, PA 17113  
717/939-0624

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## Boaters and Dehydration Cross country skiing also

Dehydration, or excessive loss of bodily fluids, is a common problem in a number of boaters and hydration athletic endeavors, and it's often a problem that boaters experience. The average hand in hand sedentary adult loses a bit over 2.5 quarts of water every day by:

Breathing. Our lungs humidify the air we inhale. When you exhale, some moisture is lost. You can see that visually on a cold day. Most of the time, we don't see this loss and therefore underestimate its extent.

Sweat. Dogs pant to help regulate their internal temperature. We sweat. As our temperature increases, our skin emits perspiration, which is largely water but also contains sodium, potassium and other minerals (more on these later). As the sweat evaporates, it cools the skin, and the blood right under the skin. This cooled blood circulates and lowers body temperature.

Kayaking, rafting, SUP, canoeing and other watersports can be quite strenuous, resulting in greater fluid loss. The American Dietetic Association uses this scale for the progressive effects of dehydration:

Loss of body water	Progressive effects
0-1%	Thirst
2-5%	Dry mouth, flushed skin, fatigue, headache, impaired physical performance
6%	Increased body temperature, rate of breathing and pulse rate, dizziness, weakness

A 2% loss of body weight in the form of fluid loss isn't that much. In a 175-pound person, that's just 56 ounces of water, less than one-half gallon (64 ounces). Yet just that much loss is already putting you into the area of fatigue and impaired performance.

### How do people get dehydrated?

Obviously, as we paddle and row vigorously, we breathe out more moist air and sweat more profusely. Solution: just replace those fluids.

It can be difficult for us to drink. Our hands are full, and the demands of keeping the boat under control can make us delay replenishing our fluids. Solution: use a hydration system like the [PFD Hydration Pack](#). A bladder-type system can also be attached to the deck of a boat or stowed inside and the drink hose brought up through a day hatch or spray skirt. In some cases, it may just be possible to take frequent breaks to drink up.

It can be difficult for us to pee. If you're boating through a built-up area where there's no privacy, out in open water where there's no place to stop,

or in a mixed group, you may find yourself cutting back on drinking so you don't have to pee. Solution: master the use of a pee bottle—a plastic container with a tight-fitting lid. Depending on how you're dressed, it may not be easy for a guy, and it's even more difficult for a gal. For women, if you're not familiar with a feminine urinary device (FUD) like the [Whiz Freedom](#), you should consider giving it a try.

In the case of boating in a mixed group, it's best to be up front about it and just ask that heads be turned when you have to go. In a kayak out in open water, it may be necessary to have one of your boating partners steady your boat while you make things happen.

How you dispose of the urine depends on where you're boating. In some areas it will be okay to put it right out into the water. Elsewhere you may need to take it back to a toilet. Check for local rules and regulations.

### **How much liquid is enough and what kind is best?**

- A good plan is to prehydrate by drinking 16-32 ounces before you get on the water. And remember, all that coffee or tea you're drinking is a diuretic that's causing you to lose fluids, so make sure the hydration liquids are water or fruit juices.
- While you're on the water, try to drink 5-8 ounces every 15-20 minutes. Space consumption out since your body can only absorb so much water at one time. If you try to chug a bunch all at once, most of it will just pass through without actually hydrating you.
- After you get off the water, continue to drink fluids liberally.
- Avoid caffeinated beverages and alcohol while boating because they draw more urine out of your system. And remember, when you're consuming them off the water, you'll need to replace the fluid they're causing you to lose.
- For most types of boating, just drinking water is fine for maintaining proper hydration. However, as mentioned earlier,

you lose sodium and other minerals in your sweat and urine. Generally, you can replace these minerals by munching on fruit, veggies, and salty snacks like peanuts, pretzels and crackers throughout the day.

- In prolonged vigorous exercise like racing and hardcore constant paddling, especially in hot weather, you may want to add some sports drinks to your fluid intake. They contain moderate amounts of sodium and other minerals, plus some easily digestible sugar for an energy boost. It's a good idea to pack some powdered sports drink in your emergency kit.
- Check out this handy hydration calculator: <http://www.hydracoach.com/calculation/index.html>. You plug in your weight, normal daily activity level and the intensity of the exercise or specific activity, and it gives you a recommended fluid intake per hour of exercise.
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- If you want to do a little scientific experiment on your hydration level, before you go out paddling, empty your bladder and weigh yourself. While on the water drink like you normally do and record the amount of fluid you take in. When you get off the water, dry off, empty your bladder and weigh again. The difference in the two weights will be mostly water loss. And a pound of water = a pint (16 ounces).

from NRS website:

[http://www.nrs.com/safety\\_tips/boaters\\_dehydration.asp](http://www.nrs.com/safety_tips/boaters_dehydration.asp)

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KICK 'N GLIDERS  
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