



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: December, 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.

Holiday Party

7:00 pm, Wednesday, December 18

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

Bill and Sandy are delighted 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 2014 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 Pike (Park City)
- Turn LEFT onto Harrisburg Pike
- Go to the 2nd light after railroad overpass
- Turn RIGHT onto President Avenue
- Turn RIGHT onto Valley Road (4th street)
- Turn RIGHT onto N School Lane (1st street)
- 627 North School Lane is the 4th house on RIGHT (Tudor style, brick sidewalk)

Any problems? Call 717-392-1675

Maine Hut-to-Hut trip

Maine Hut-to-Hut is full.
Accepting wait list requests.

Dave Powell

Trail Work Day at Crystal Lake

by Andrea Hospodar

On Saturday, Nov. 9 three hearty Kick ‘n Gliders – Mike and Pam McMullen, and Andrea Hospodar – headed up to Crystal Lake Ski Center to help with one of their trail maintenance days. It was a beautiful, crisp November day and we got some exercise and fresh air as well as enjoyed the trails from a different perspective – not covered in that white stuff! Plus we had the satisfaction of helping to prepare the C.L. trails for the upcoming ski season.

I have been skiing Crystal Lake for over 30 years now. I love Crystal Lake. It’s a simple nuts and bolts operation, not some glitzy state-of-the-art world class destination. And I love that about it. It’s a local “mom-and-pop” facility in rural Pennsylvania, not part of a Mega Corporation pumping lots of dollars into it. And I love that about it.

We Kick ‘n Gliders like to think of Crystal Lake as “our” local hometown ski venue. It saddens me to know that it is struggling to survive in this era of global warming. In the paucity of Pennsylvania snow in recent years, there are not enough skier dollars generated from trail passes to cover all their expenses. It is only thanks to the dedicated efforts of a small group of volunteers who perform all the tasks needed to enable C.L. to function – trail clearing, running the ski shop, grooming the trails, ski lessons, ski trail patrol, maintenance of the facility, etc, etc. – that C.L. survives today, and they do it all only for their love of XC skiing, and for their love of Crystal Lake and their desire to help it survive.

I think it is time for us as a club to step up to the plate and do our part to help C.L. survive, for our

own gratification, and for the benefit of future generations of skiers. I think we should:

- a. Include the Oct. and Nov. trail maintenance days on our calendar as official club activities, and as many as possible should participate to help prepare “our” facility for the upcoming ski season. And help in any other volunteer capacity that may be needed.
- b. If you like to ski at Crystal Lake, buy a season pass, or at least a 6-pack. Even if you do not get there enough to break even, think of it as a contribution to the continued survival of C.L.
- c. It would be nice, if our budget permits, for the club to make a monetary donation to Crystal Lake to help with their financial necessities.

We don’t get snow often these days in PA, but if there is a banner snow storm, I sure would hate to not have Crystal Lake available to make the most of that snow and enjoy the trails. Think about it, then get up and do more than just think...

Crystal Lake Season Passes

Season passes for the 2013-2014 Winter Season are available. Rates are discounted if purchased before December 1, 2013. Click on the Season Pass button on our web-site, www.crystallakeskicenter.com. If you prefer to pay by check, send your request and payment to 1716 Crystal Lake Road, Hughesville, PA 17737.

Your early purchase of a season pass will not only help us with preparation for this ski season, but insure that skiing will be able to continue into the future.

See you soon!

Crystal Lake Ski Center Team

And here we go again—a free ski lesson!

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



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ADDRESS SERVICE REQUESTED

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