



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: February, 2014

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.

Event Calendar

No Program Meeting was scheduled in February due to a conflict with the Quebec trip.

Social meeting, Wed, Feb 19, 2014, 7:00 pm
Fenicci's of Hershey
102 West Chocolate Ave
Hershey, PA 17033
717-533-7159

Tuesday, Mar 4, 2014, 7:00 pm Program Meeting - **Alaskan Chronicle**. Bill & Sandy Stine will present a video chronicle of their summer-long camping trip to Alaska.

Social meeting, Wed, Mar 19, 2014, 7:00 pm
Location to be determined

Tuesday, Apr 1, 2014, 7:00 pm, Election of Officers and Trip Planning
Last general meeting of the year - Election of new officers and trip planning for the 2014-2015 season

On January 7, Dave & Cheryl presented a video of the 13-day Grand Canyon float trip they participated in with Bart & Lisa. The guided trip was sponsored by the Harrisburg Canoe Club. Many segments of the video were of kayaking the rapids on the river. Some segments were taken from the shore while others were taken with helmet-cams. (Several of the helmet-cam segments presented underwater views when the

paddlers rolled over.) Also shown were photos of some of the beautiful hikes and side-stream paddles the group took. Dave said, "You couldn't be afraid of heights when you did those hikes!"

The trip was professionally guided. The food was excellent and the camping setups very nice.

It was a neat video. Thanks to Dave & Cheryl for presenting it!

Help Promote Your Club

Our club president has challenged us to think of ways to promote the Kick 'n Gliders and increase our membership. A few of us have met numerous people on the ski trails this winter who have asked about our club and shown interest in what we do and where we ski. We propose that each member print a sheet of the "business" cards included later in this newsletter (they do not need to be on cardstock; regular paper will fit better in small spaces), cut the individual cards apart and keep a supply of them in your wallet or daypack to present to anyone you meet who might be interested in cross-country skiing with us. If you cannot print cards but are willing to carry some with you to promote the club, contact Nancy Kauhler at membership@kicknogliders.org. Thank you for your assistance.

From the President

To further respond to the membership challenge facing Kick 'n Gliders, a series of four proposals will be presented at the March 4 General Meeting for approval by the members of the Club. These proposals outline operating procedures to be adopted and implemented by the Club and are not revisions to the Constitution and Bylaws of the Club. The proposals would furthermore be rendered null and void even after eventual approval were they deemed by consensus of the Executive Committee to be in serious contravention of the Constitution and Bylaws. Numerous individuals have had input in the formulation of these proposals; among them I

would like to single out for recognition Bill Stine, Dave LeRoy, Nancy Kauhler, and Bill Pickering. The final version presented here is, however, mine alone.

David Walborn

First Proposal: Making initial participation easier

1. Membership in Kick 'n Gliders Nordic Ski Club shall continue to be a requisite for participation in all Club Trips.

2. Membership dues for new members shall be set at 1/4 the regular membership fee. (Under the current fee structure, new member dues would be \$5.00 for an individual and \$7.50 for a family.)

3. Nonmembers who fill out a Membership Application & Release form may participate in a Day Trip, but then must forward the new members' fee to the treasurer before participating in another trip.

4. New members, upon receipt of their application, will receive a welcome call from the Membership Chairperson or someone designated by the Chairperson.

Second Proposal: Increasing and enhancing opportunities to participate

1. Day Trips will be scheduled for a number of weekends during the ski season, and notification of the trip's status--as determined by weather and snow conditions--will be made via e-mail, Facebook and Twitter.

2. Members will be encouraged to provide coaching and guidance to new skiers.

3. "Beginner skier coaching" training will be offered to current members.

Third Proposal: Facilitating initial participation by families

1. The Craftsbury Trip will be promoted as a "First Time Family Trip" by implementing the following procedures:

a. Insuring that the Craftsbury Trip is always scheduled between Christmas and New Year's

Day, to coincide with the Winter Holiday school break.

b. Giving priority to new families for a small block of the Kick and Gliders' reserved rooms at Craftsbury. Preference for new families would be extended beyond the mid-July initial signup deadline to the day of the Ox Roast meaning that some members might have to be wait-listed for the trip until the extension expires, and new families have been afforded this expanded window to join the trip.

c. Instituting a "skiership" for children of first time participants of \$50.00 each child. To fund this "skiership" a \$5.00 voluntary contribution will be solicited from members on payment of their annual dues.

d. Providing for some form of limited child-care by members depending on the age of the children so that the parents can enjoy some adult skiing if their children can't keep up.

Fourth Proposal: Increasing awareness of the Club among younger people

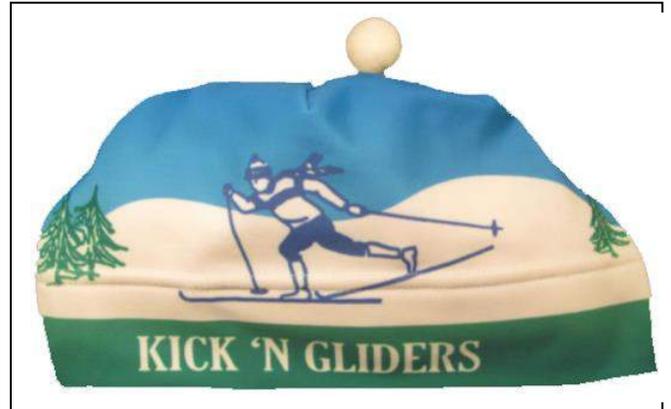
1. The Web Master shall continue to operate at his sole discretion the Club Facebook and Twitter accounts incorporating the following restrictions: no personally identifiable information such as trip participants' last names or potentially objectionable activities such as the consumption of alcohol be revealed or portrayed.

2. Any member may object to and request the removal of any material on the social media websites by contacting the Web Master.

Club Hats have arrived!

Some of you saw the initial notice that we were offering club hats to members for \$20 and ordered a hat unseen! The design was finalized and the first order has arrived. If you ordered a hat, it has been given or mailed to you. For those of you who would like one now that you can see what they look like, Nancy Kauhle will be placing another order on February 3, 2014. If interested in

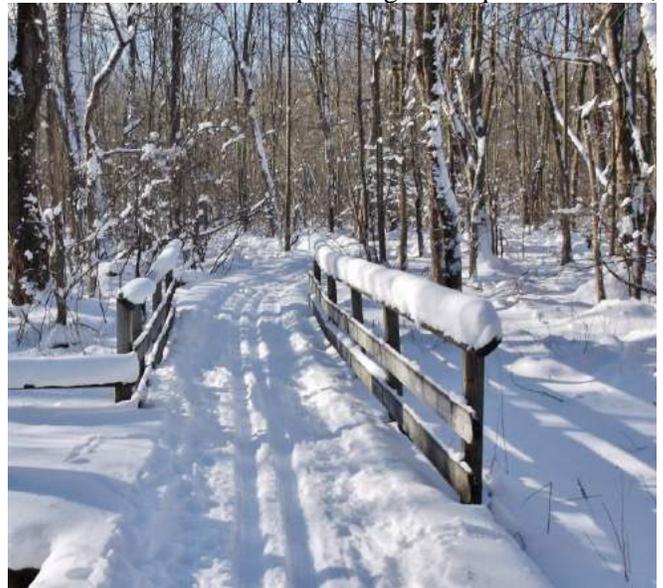
showing your pride in the Kick 'n Gliders by wearing one of these hats, please submit an order this week to the club address. In your order, please indicate what size hat you would like. The hats come in regular (8" from top of crown to bottom edge) or long (9" from top of crown to bottom edge); the diameter is the same and the fabric is stretchy.



Cazenovia Trip Report, January 3-5, 2014

Bill Hoffman

A record 13 KnG'ers attended this year's Cazenovia trip. Eight were also on the Craftsbury trip, which ended only two days before Caz began, so they took advantage of the opportunity for some extra skiing up north. This planning paid off,



because a major snowstorm blew in during this interregnum and provided better snow than was experienced at Craftsbury.

Despite the ample snowfall on Thursday (Jan. 2), conditions at Highland Forest, our typical Saturday ski venue, were not good; the park's webpage showed only a 2-3 inch base with some bare spots. So I investigated Green Lakes State Park, whose webpage did not include report of conditions, and Beaver Lake Nature Center, which I phoned. The latter reported 5-6 inches of new snow and good conditions, which proved quite accurate. So we went there—a 35-mile drive from Caz. I had skied Beaver Lake once before and consider its trails quite easy, and indeed, they were for the level of skiers in the group. There are four ski trails there, totaling about 9 miles. We skied them all, two of them twice by various participants.

Beaver Lake, like Highland Forest, is owned by Onondaga County, and also boasts a lodge with a bird-viewing area (this is a nature center, after all).



The lodge is not as commodious as the one at Highland, but has an indoor eating facility. Everyone enjoyed the skiing there, even though it was not very demanding.

The day was not as biting cold as the two previous days, but a strong wind blew from the south, and was very noticeable in open areas.

On Sunday we went to Green Lakes, which I had scoped out the previous afternoon on the drive back to Caz. Conditions there were excellent, too. Most of us started by climbing the hill to the golf course, which offered a few hills and, surprisingly, had no bare or thinly covered areas despite being exposed to winds.

Then we descended the Tower trail, which descends steeply along a power line for about a quarter of a mile to a right turn, then continues down steeply, but is narrower, with a ditch on one side, until all the elevation gained to access the golf course, and then some, is lost. This trail can only be skied, downhill at least, when there's ample soft snow, as there was this day. The park map identifies it as an uphill only, but that didn't stop us from doing it backwards. We saw no other skiers anywhere on this trail. From the bottom of Tower we were in the woods, including on some snowshoe trails, back to the parking lot by Green Lake, the larger of the two in the park. We side-stepped down one hill which was narrow and had a tree in the way on a curve. Green Lake never completely freezes due to its depth of 195 feet and the lack of mixing of the top and bottom waters (there's a \$10 term for that which I neglected to note). Hundreds, maybe thousands, of snow geese winter there, and we used their squawking sound to alert us that we were getting closer to the lake. By the time we finished skiing shortly after noon, the snow was starting to get sticky as temps warmed into the mid-30s.

Trip participants: Lisa Baer and Bart Richwine,



Dave Leroy and Nancy Kauhl, Ron Henry, Dan Eliff, Tim Musser, Fred Burgess, Shirley Lentz, Barb Sears, Ellen Hughes, Barbara Brandt, and Himself. Bonnie Gardner was a last-minute dropout due to her son being in a serious car crash the night before. He'll survive, but Bonnie, understandably, did not want to go away until his condition could be ascertained.

Pulaski 1 Trip Report, January 17-20, 2014

by Peg Hampton

Ski conditions were fantastic! Ten skiers arrived at the 1880 House on Friday in time to sample soup, change

clothes and head out to ski at Winona Forest from the Wart Road Parking lot. We did an out and back to avoid skiing on the snowmobile road and burned two hours' worth of calories. The skiers (Bill, Sandy, Jeff, Marilyn, Emory, Wayne, Mike, Pam, David & Peg)



enjoyed skiing the South end of Winona Forest. Everyone was happy to return to the 1880 House and more soup. And, some of us had a special evening planned. Terry Lee Goffee, a Johnny Cash Impersonator, was doing a concert that night at the newly remodeled Kallet Theater. The theater is right across the street from the 1880 House. Concert goes Pam, Mike, Tom, Richard, & Peg thought that it was an excellent concert.

On Saturday, we all skied at Osceola XC Ski Center which has enjoyed a total snowfall of 163 inches of snow so far this season. Conditions were the best ever! All 19 gliders were there to enjoy it. We returned to the 1880 House for soup and showers and socialized before the baked ham dinner was served. For those still awake, Peg gave a hands on demo of her "my pillow" from mypillow.com. We all went to bed with dreams of snowflakes in our heads and were awakened at 3:15 am by the snow removal equipment scraping the pavement clean and beeping incessantly each time the equipment was shifted into reverse.

On Sunday, the Gliders split up. Bill Stine took a large group to Barnes Corner. Bill's group included: Sandy, Wayne, Emory, Nancy B., David W., Mike, Pam, Emory, Dave L., and Nancy K. Peg took a group of four to the CCC Camp at Winona Forest. Marilyn, Jeff, Tom & Peg skied the 8 mile race loop with very good conditions. Martha & Jim also went to the CCC Camp and explored some of the trails near the camp. The Pickerings made their first trip ever to the CCC camp and wondered why they did not experience it before? Richard also tested some of the trails near the CCC camp. Happy skiers returned to the 1880 House for more soup. By now, it was snowing a lot and a car missed the turn and ended up on the side walk just inches from the wall of the 1880 House. We were treated to a baked lasagna dinner and all the fixings.



Silence arrived quickly as the tired and happy skiers crashed for an early night. The snow removal equipment delayed their middle of the night visit until 4:30 am.

On Monday, some folks headed to Canada for the Laurentians trip. Some folks headed home. Dave, Nancy, Jim, Martha & Bill went to Chateaugay for a short ski and reported that ski conditions were good.

Did I mention that ski conditions were fantastic all weekend?

The food was excellent, the beds were comfortable, and yes, we are going back in 2015. I booked two weekends for next year.

Laurentians Trip, January 20-26, 2014

Squeaky Snow Defined
by Bill Stine

The beautiful Laurentians Mountains, north of Montreal, came through for us once again, albeit a bit on the frigid side. As seventeen Kick 'n Gliders

gathered for an arrival evening dinner of beef stew, we discussed our ski plan for the week. Forecasts for morning temperatures in the negative teens, Fahrenheit, gave us pause and we elected to make sure a warm cabin was never too far away for the first few days of skiing.

A morning temperature reading of -15°F convinced us to visit the nearby trails on the first day. With two ski centers, Chalet d'accueil Anne-Piché in Val-David and Chalet Far Hills in adjacent Val-Morin, most of us opted to ski the #33/2 Vals and the #1/Maple Leaf trails from Anne-Piché to Far Hills. Grooming on the trails was good but the going was slow due to the cold



temperatures. We took time at the chalet for a leisurely lunch while re-warming our extremities. With temps warming to near 0 °F, most of us took a more adventuresome afternoon route, climbing across the saddle between the two Mont Condor peaks via #1/Maple Leaf, #7/Mount King and #11/Dufresne trails. Several skiers even braved



the steep trail to the Mont Condor Ouest overlook. The snow was somewhat faster due to the warming temperatures and our final return via #39/Anne-Piché made for an exciting glide toward home.

Showered, shaved and thoroughly civilized, we discussed our next day ski venue over a dinner of baked ham with fixin's. Deciding to, again, stay close to shelter, we opted to ski Parc des Campeurs in nearby Sainte-Agathe-des-Monts.

Although it has only one ski center, Parc des Campeurs offers several choices of ski distance. Some opted for the shorter but lovely Vanier trail around Lac Grignon while others chose longer morning skis around the Grignon, Belvoir and Davis trails. Regardless of our choices, the skiing was great. Yeah, it was a bit slow due to subzero temperatures, again, but the grooming was excellent and the scenery great. Two busses were parked at the ski center and, on our return, we discovered that they'd delivered a ski club group. It was an all-female club from the east side of Montreal. Nearly 100 of their members crowded the center. We returned to the Chalets and shared another excellent dinner, this one of white chili.

The third day was also cold and we chose yet another location with a warm place to get shelter between ski sessions. This time we chose Domaine Sainte-Bernard. Located outside the small town of Mont-Tremblant, this center offers enough beautifully skate-groomed



and track-set trails to occupy even the strongest skier for the day. Most of us skied the popular A1 and A7 trails in the morning. After lunch, which for many of us included a bowl of hot soup from the concession, several skiers headed out for a bit more adventure. The author accompanied several others to ski the A16-A19-A2 loop in the afternoon. We were relieved that we'd

(continued after the club cards)

chosen to do the loop counterclockwise. Climbing the expert-rated A-19 trail, we decided none of us would have probably survived skiing down it! Dinner? This evening it was a delicious one of Southwest Chicken.

The regional park, Forêt Ouareau, was our choice for our fourth day of skiing. This is a more rustic venue than the others but it is still quite nice. It was still just as cold as it was the first few days and the snow was just as slow but trip leader Stine's navigation error made the going a bit more difficult than it should have been. The navigation error turned us onto an access track that appeared to be a poorly groomed trail. We eventually encountered a guy hauling firewood. He had no English and all we could really make out was that the trail we were on was not a ski trail. Shortly, we encountered a cross-trail that was on our map and we followed it until it connected with the trail we were supposed to be on. Grooming on the steep, uphill cross-trail was pretty bad and we discovered that it was actually closed when we got to our intended trail. Finally, good grooming! We arrived at the Prud'homme shelter for a short rest before skiing the #6 loop. Returning to the shelter, we lit a fire but it was just too cold to luxuriate there. After having a lunch snack we returned to the ski center where we packed up and headed back to Val-David.

That evening we were on our own for dinner. While a few folks made other arrangements, most of us ended up at the new-to-us Micro-Brasserie Le Baril Roulant in Val-David that Tom Hooper recommended. Right on the main street, the place is pretty small so we made early dinner reservations. We were seated upon our arrival and were glad to have had the reservation as the place quickly filled up. We have no idea how the cook produced the delicious dinners that we were served. The food was excellent, presentation was great, the beers were delicious and the prices modest. They even had a gluten free draft beer! We'll be back!

People skied where they pleased on the last day. Temperatures finally rose to the low 20s and a light snow dressed the trails. Any ski choice would have been great. Some skied the Deux-Lacs trail at Parc des Campeurs for the first time. They said it was beautiful. Others skied out of one of the Parc Dufresne centers, skiing some of the less popular trails. One of those was the expert-rated, un-groomed #5 trail. With several inches of new snow it was fast and easy to navigate. Oh, yeah, it was beautiful, too! Sandy and I couldn't leave without taking the opportunity to ski the steep downhills of the #7 expert trail. Wow ... what a rush!

Tradition has it that the last-night dinner is leftovers. Thanks to the forward-thinking planning by our cooks,

we had plenty of delicious stuff to go around. So, great food and photo video rushes of our adventures capped off our final evening in Val-David.

Will we be back? The vote is in and the answer is in the affirmative!

Pursuing a Dream: Gliding on Snowshoes by Tom Gibson

On various trips in the past, several club members have seen me playing with some funny-looking short, fat skis that looked a bit like snowshoes. Club members have helped in my effort to develop these by trying them and giving me their input and by taking photos of me using them. And because they're so wide, I've been chosen on occasion to break trail after snowfalls as we head out skiing.

After pursuing development of these for more years than I care to remember as a hobby, it has now transitioned to more of a serious business. This season, I soft-launched this product, which I've dubbed Trackers Skishoes.

What does the term soft-launch mean? We haven't actually begun producing skishoes yet, mainly because doing so requires an investment of over \$50,000 for injection molding equipment. Rather, we're putting the word out this season via a website, sales brochures, and social media. We're also calling hundreds of ski and outdoor shops around the country to gage their interest and sign them up as dealers. Once we get enough shops to buy a few pairs, we'll pull the trigger to purchase the necessary equipment and begin production for next season.

My concept of skishoes originated many years ago when I found myself slogging through knee-deep powder on skinny skis after a big snowstorm (remember when we used to get those?). On other occasions, I tried to ski on ice or hard crust from a freezing rain that followed a dump of snow and slid all over the place. And we've all encountered narrow, steep trails occasionally and had to take our skis off and walk. There has to be a better way, I thought. I envisioned a fat cross-country ski or something that would float on deep powder and somehow grip the snow on ascents and slow you down on descents.

On a trip to my local hardware store, I came across some cheap plastic snowboards, so I bought a pair to try as my initial prototype and mounted a 3-pin cross-country ski binding on them. When I took them out in

the front yard on some crusty snow, I could hardly stand up on them, as they wanted to slide all over. That's when I realized they needed something to stabilize them like grooves or holes in the bottom. I initially tried grooves and later bought a big piece of ½"-thick polyethylene plastic at a local surplus store and had skis machined from that. I tried many configurations of hole sizes and patterns before realizing I really needed something protruding from the bottom, like crampons on a snowshoe. I came up with what I call sliding crampons that consist of two rows of teeth running lengthwise along the bottom. These were plastic at first, but that didn't hold up well, so I later switched to aluminum. It took several iterations to come up with the ideal tooth size and pattern. As the net result, these allow the ski to track without sliding sideways when crossing the fall line.

In doing all this, I had prototype parts machined by local shops, and I assembled them in my garage and basement. Much to my wife's chagrin, I've collected a pile of prototypes in the garage.

The resulting product will ultimately consist of an injection-molded ski with the sliding crampons (a.k.a. tracking fins) pinned in grooves on the bottom and a binding screwed to the top. With this modular design, you can mount any type of cross-country ski binding, including NNN, NNNBC (backcountry), SNS (Salomon), or 3-pin. I've also designed adapters that mate a snowshoe binding to the skishoe, so snowshoers can use it.

Trackers Skishoes also come with two accessories: climbing skins and lateral crampons. At one point, I had a skin permanently affixed to the bottom of the ski, but I later made it removable to improve the glide, reduce weight, and lower the cost. The skin works just like ones you see for backcountry and alpine touring skis and has a sticky bottom with a tip loop and a hook in the back end to secure it to the ski. The fuzzy nylon surface grips going uphill but glides downhill (they slow you down slightly downhill, which is an advantage because it gives you more control on steep). The crampons attach with hand-tightened nuts and effectively turn the ski into a full-fledged snowshoe.

As I've developed the skishoes and had various levels of success, I've worked with the Bucknell Small Business Development Center to develop a business plan and marketing strategy. We had to acknowledge that this is a niche product because it's made for extreme conditions, which are not for everybody. However, it has multiple markets including cross-country skiers, snowshoers, and winter enthusiasts who

have never tried either. Snowshoers can add a gliding component to their sport, and wannabes can ski without owning any special equipment such as boots.

One interesting application of this type of ski you hear about is as an ascent or approach ski. For example, rock and ice climbers typically use them to get to where they do their thing, and rescuers can use them to reach sites in the backcountry.

This leads to the conclusion that skishoes are actually not a new concept. In doing patent research, I discovered that about everything you can try on this type of ski, including my components, have been tried. The woods are full of about a dozen competitive products. A few years back, we saw the Yupi Skishoes, an aluminum platform with skin attached permanently to the bottom. The Altai ski, which started life as the Karhu Karver and Meta Sweepers, consists of standard ski construction with a skin glued to the bottom. The Marquette Backcountry ski is a hollow molded plastic ski with fish scales on the bottom for climbing.

Although these companies advertise their products as skishoes, they're more like skis than snowshoes. I like to think my sliding crampons offer an advantage and improve the stability of the ski, and that, combined with the optional climbing skins and lateral crampons, shift it more into the snowshoe realm. I think of it as a gliding snowshoe with a modular platform.

This whole experience is a dream for a person like me. There's nothing more fun for a mechanical engineer than designing a product related to a sport they love, fabricating it, and then testing it. At least it's fun when things work; occasional disappointments occur such as a ski falling apart. Now the marketing takes center stage, and the hard part begins.

Another aspect to this is that I've made Trackers easy to assemble and disassemble. The plastic ski can be recycled easily, and a local sheltered workshop will assemble the skishoes, providing jobs for them.



Trackers Skishoes with snowshoe bindings



The underside of a skishoe shows the sliding and lateral crampons



The author skishoeing in R.B. Winter State Park



Kick 'n Glider Dan Eliff tries a pair at Highland Forest



Member Tim Musser skishoes at Barnes Corners

Check out our website at
www.TrackerSkishoes.com

Craftsbury Beet Burgers

- 1 cup grated beets
- 1 cup grated carrots
- ½ cup diced onions
- ¼ cup fresh parsley
- ½ cup cooked rice
- ½ cup sunflower seeds (unsalted)
- ¼ cup sesame seeds
- 1 egg beaten
- ½ cup grated cheddar cheese
- 1 ½ tablespoons whole wheat flour

Sauté onions with olive oil. Mix all ingredients. Form into patties or balls.
 Bake at 350° for 30 minutes

Makes 6-8 servings



KICK 'N GLIDERS
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ADDRESS SERVICE REQUESTED

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Recipe from Craftsbury - Beet Burgers, yes BEET

