



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kicknsliders.org)

Issue: March, 2014

Please Note: Our meeting Place has changed! Directions from 581 and Rt 15 interchange: 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).

- 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.

Upcoming events

Social Dinner: 7:00 pm Wednesday, Mar 19

Herbie's El Mexicano, 720 Main Street, Bressler/Steelton/Harrisburg, PA

Business Meeting: 7:00 pm Tuesday, Apr 1, 2014 Election of Officers and Trip Planning

This is the last general meeting of the year where we elect/re-elect officers and conduct the trip planning for the 2014-2015 season.

Slate of Candidates for club offices 2014/2015 term

President-----Dave Powell
 Vice President ----- Lisa Baer
 Secretary ----- Marilyn Grove
 Treasurer -----Dave Leroy
 Trip Coordinator -----Ron Henry
 Program Coordinator - Cheryl Capitani,
 Jean Geiger, and Nancy Martinez
 Membership Chairman --- Nancy Kaulh
 Day Trip Coordinator-----Jean Geiger
 Newsletter Editor-----Pete Oswald

Trip Reports:

A TALE OF TWO CASUALTIES...

North Conway, NH
Feb. 8 – 15, 2014
Andrea Hospodar

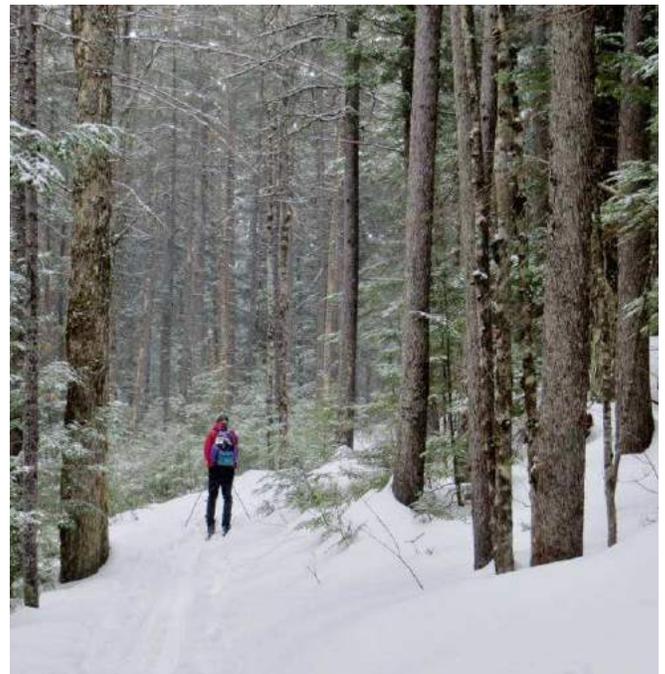
With beautiful driving conditions, all but two of our group arrived in N. Conway on Saturday in time to check into our condos at Stonehurst Manor, get settled in, and head to Flatbread Pizza Co. for our “traditional” first night’s dinner of wood fired pizza made of all organic ingredients. Service was once again very good and we were entertained with front row seats to watch the magical skills of their pizza tosser. Tom Hooper arrived later that evening and Nancy Martinez texted us that she was detained by work obligations and would be arriving a couple days later.

Sunday we awoke to sunny skies and temperatures in the mid-teens as we headed out to one of our favorite ski venues – Bear Notch. NH had recently received about 10” of fresh powder, so conditions were excellent. We started out together but soon broke into several smaller groups, each group taking on the trail distance and challenge that suited them. Grooming was, as usual, impeccable. The two brothers who run this operation work hard to make this a gem of a ski venue. We enjoyed loops up and down the upper trails, as well as crossing over the road to the trails along the scenic Saco River. A lunch break to the warming hut found hot homemade soups and bread waiting and available for a modest fee. After lunch most did another hour or so of skiing before heading back, many making stops for groceries or at Ragged Mountain to oogle and/or buy something from their vast array of outdoor gear. Sunday’s dinner was prepared by Jim and Ginny McGee and consisted of ham, baked potatoes and broccoli, with Ginny’s specialty – pound cake – for dessert. Then we all gathered around the TV to watch the Olympic Games.

Monday we again woke to partly sunny skies, with flurries throughout most of the day, and another day of temps in the teens. We took advantage of the new Monday two-for-one day at Great Glen. We found perfectly groomed powder which was fun, but made the skiing a bit slow. Once again we started out as one group and shortly split up into several groups, each seeking their own

adventures. Of course, the Bill Stine group headed directly up to Dugway Trace, the one black loop they have at the top of the mountain. We had been told it was not open as it had not been groomed since the last snowfall. When we got there, it was not roped off and we found several inches of fresh snow on top of a packed trail. So up we headed. It was a very pleasant ski and not quite as fast as usual due to the fresh snow. We found a couple ungroomed backcountry trails to keep Fred Burgess happy and, in fact, he and Bill Stine headed out after lunch for more backcountry trails. We all took a break in the second floor lunchroom of Great Glen center. Even though the mountain tops were cloud covered, it is still a very scenic view. However, we were saddened to learn that new member Pam Dunn had fallen and badly hurt her ankle. We hoped it was just a sprain, but learned the next day that it was in fact broken when hubby Dennis took her to the urgent care center. Most of us headed back out after lunch for more wonderful skiing, but

Barbara



Brandt and a few others headed home a little early to prepare our evening’s meal of pork, rice, and carrots with lemon bars for dessert. Yum!

Tuesday was again mostly sunny and in the mid-teens, so we headed to Jackson ski center. This time we broke into several groups right from the start. One group headed out to ski the fun trail area known as “the wave”, so called for its gradually undulating terrain. I made the mistake

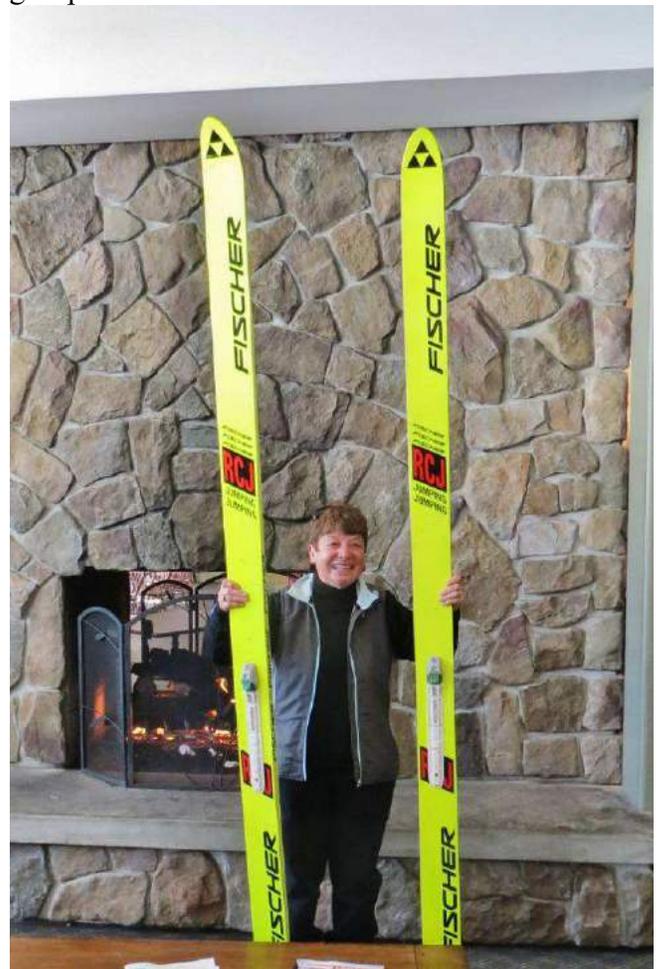
of saying I would join Bill & Sandy Stine without first finding out what they had in mind. I knew I was in trouble when Bill, Sandy, and Fred Burgess all pulled out their backcountry skis, as all I had were my long skinny track skis! We did some groomed trails, but also several backcountry trails. The other three thoroughly enjoyed the day's ski, but I found it a bit challenging at times with my long skinnies. We also did a very long climb part way up the Wildcat trail, which eventually goes to the top of Wildcat Mountain, a downhill ski venue. We took in some great views, but found out later from the groomer that we stopped just short of the most spectacular



view in the area! When we returned to the center we found that Dennis was able to join the group after taking care of Pam in the morning. Many headed over to the Ellis River trails to enjoy this scenic area for the afternoon ski. Glenn Barnes prepared our Tuesday meal, his tender and delicious Hungarian Chicken, potatoes and salad, with ice cream for dessert.

Wednesday we headed to Bretton Woods for their two-for-one deal. It was a bluebird sky day, almost no clouds and again mid-teens. It may have been the most spectacular ski day I have seen in NH. The Presidential Mountain Range surrounded us in all its glory and the Mt. Washington Weather Observatory was the clearest

I've ever seen it! And I didn't take my camera with me...I really wanted to kick myself! While the rest of the group started out together, I rented skate skis to practice skating for the day. I shortly met up with them half way up the B&M trail, but the group was short two heads! Our second casualty! David Walborn took a spill but didn't get hurt, till he tried to get back up. Pushing up on his poles his forearm audibly snapped! Little did we know he had been skiing for over a week with a hairline fracture sustained on the Maine Hut-to-Hut trip. However, he made it quite clear that it was not a ski fall, but a walking fall that caused the initial fracture! He was trying to be careful and walk down a precarious incline, only to fall walking! So Bill Stine graciously walked him back to the ski center and then on to the urgent care center for attention to the arm. The rest of the group continued on their ski to the yurt for some snacks and a rest break, then we split into several groups



taking varying routes for the rest of the afternoon back to the center. Except for David's mishap, it was a glorious day! For dinner tonight we headed back to Jackson to the Wildcat Tavern to take

advantage of their two-for-\$24.50 night. This special menu offered about eight entrees to choose from, with something that suited everyone. The food was delicious, plentiful and the service was quite good. We even had our own private room making for a very pleasant evening.

Thursday was a skier's choice day. It was cloudy, colder and snowed all day. Four of us headed to Attitash downhill area for their Senior Day special. Bill S. and Fred B. headed to the Nanamocomuck trails off the Kankamagus highway for backcountry skiing that they reported to be quite good and enjoyable, with trails ranging from easy to challenging. The rest returned to Bear Notch for another day of very good skiing in fresh powder. This time I prepared dinner for the group: Hula Chicken, rice and broccoli with assorted pies for dessert. After dinner we were entertained by one of Bill Stine's videos of the first several days ski pictures.

Friday was our last ski day before heading home. We woke to about 10" of fresh powder that had fallen the day before and overnight. We started our day a bit slow since we had to dig out all the cars, and also wanted to allow some time for trail grooming. Tom Hooper couldn't resist a second day of downhill and went to Bretton Woods. Bill Pickering and Jim Magee headed to town to snowshoe the Whittaker Woods trails while most of the rest of us headed to the same area to ski. It is a small system of looping trails behind downtown N. Conway and part of the Mt. Washington Valley trail system that can be skied right from our condos. However it was windy and we doubted there would be grooming all the way to our condos, so we opted to drive to the Whittaker House and start from there. We did a variety of loops skiing up, then



down, then up and back down again. You can do

this all day by mixing up the loops and never get bored! Many of us headed into town for a lunch break at Horsefeathers and enjoyed delicious soups and sandwiches. Then we braved the increased winds for an afternoon ski of more loops. It really wasn't bad in the woods. Our final dinner consisted of leftovers which were equally good the second time around. We shared valentines (yes, it was Feb 14) between good friends, and then Bill treated us to a longer video including all the week's pictures and video clips.

Except for our two casualties it was a wonderful week and yes, I do plan to do it again next year! The Saturday drive was a little snowy, but not too bad as we headed home or on to other ski trips.

Lake Placid Trip Report

Feb 15 – 19, 2014

Bill Hoffman

We stayed this year at the Sunshine Cottage annex, which we had partly used last year when we stayed at the main house next door. That house was sold during the year but the owner retained and expanded the capacity of the annex. Due to illnesses and injuries, our original complement of 18 skiers was reduced to 14 by the time the trip began. They were: Dave Leroy and Nancy Kauh, Bill and Sandy Stine, Jim and Virginia Magee,



Barbara Brandt, Nancy Borremans, Jamie Hackman, Jean Geiger, Ron Henry, Tom Hooper, Bernie Webber, and the leader, Bill Hoffman.

Although on the whole very commodious, there are some limitations to the accommodations in both the private and public areas. This was communicated to the owner, with whom we have dealt before, and I was left with the impression that our suggestions will be adopted. Next year, if we return to the Sunshine, I will set a lower limit on attendance in order to keep the accommodations more comfortable. It worked pretty well with 14, but 18 would have been too many.

As for the skiing, it was superb. The area received considerable snow not long before we arrived, and cold weather kept it from melting.

People arrived on Saturday, Feb. 15, from noon until 6PM, some coming from home and the rest from N. Conway. A few attended the full moon ski at Cascade in the evening, though this was not an "official" outing. Ron Henry, in late afternoon, sprang for a bobsled and skeleton ride at the Olympic Center. He thoroughly enjoyed both, which is fortunate because the per-minute cost of this adventure was *hors categorie*.

Opening night dinner was prepared by the trip leader and included honey mustard chicken, potatoes Romanoff, spinach salad, and apple crisp, and elicited numerous compliments—how's that for objective reporting?

The VIC at Paul Smiths was Sunday's selected



venue, and a good choice it was. Conditions were excellent, supplemented by a half-inch of snow that fell overnight. We all skied together in the morning, then split up after a late lunch. Since Paul Smith's College took over the VIC operation, the trail network has been greatly expanded and enhanced, and there's now grooming. It was a cold day, with the temperature not reaching 15 degrees. The snow was a little slow in the morning, but was noticeably faster in the afternoon.

Dinner, prepared by Jean Geiger and Jamie Hackman, consisted of gluten-free lasagna, salad, and brownies with fresh strawberries and vanilla ice cream.

Mt. Van Hoevenberg was our destination on Monday, and another great day of skiing it was. Owing to an overnight low temperature of -21, most of the group opted to leave the house later than the planned 9:30 departure. That is, all except Bill H. and Tom, who left at the appointed time, and began skiing a little after 10 when the touring center's thermometer registered an even 0. With no wind (that's why the temp dropped to -21) and a sunny sky, the cold was not an issue.

Independently, everyone opted to start on the Ladies' 5K, which climbs, quite steeply in places, but then there's an extended descent, in stages, back to the center. Although there wasn't a lot of

loose



snow on the trails, the descent was manageable if you held your snowplow. After lunch everyone skied on the western side of the park, but again, not in a single group. Bill and Tom, who had started earlier, and eaten lunch earlier, than the others, went out first. Tom had had enough when we returned to the center about 2:20, but Bill had a few more miles in him so he skied another 45 minutes. Also coincidentally, everyone finished skiing within about 5 minutes of each other, and the day was enjoyed by all.

Nancy Borremans prepared a zesty taco soup for dinner, and has since published the recipe on the club's email list for anyone who wants it.

Tuesday the group split up. Tom went downhill at Whiteface and pronounced it terrible—cold, windy, icy. The Magees went to Cascade. Dave, Nancy, Jean and Barbara did the Connery Pond trail, and D & N later skied a place near Wilmington called the Flume. The rest of us went to Adirondack Loj and skied from there to Avalanche Lake via the remnants of Marcy Dam, which had been dismantled. About one-third of the way in, Bernie and Nancy B. decided this was more than they cared to undertake, and turned back, on foot. This 2.1-mile back-country trail is very demanding in spots, but otherwise quite pleasant. At the former dam, Jamie and Bill H. stopped for lunch at a lean-to, then opted to return via the truck trail to the South Meadow Road, then back to the road leading to the Loj. While this

made for two miles of uninteresting road skiing, it enabled the two of us



to enjoy the truck trail, which was in better condition than I've ever seen it. The others—Bill and Sandy and Ron—continued another mile up toward the lake before turning around. Everyone (except for Tom) pronounced the day a success.

It snowed most of the day, with about an inch of accumulation. While the temperature was in the low 20s, a welcome change from the cold conditions of previous days, it was very windy. Being mostly in the woods tempered this, however.

This being our last dinner, it was leftover night, put together and augmented by the Stines. Still, some food remained uneaten, to be taken home or to the next trip, Inlet.

On Wednesday, we took advantage of the excellent conditions and warming temps to ski the eastern-most 4 miles (we always thought it was 5, but Bill Stine's GPS measured 4 and change) of the Jackrabbit trail. We didn't know it until we got there, but there is a new parking area at the end of the road leading to the trail. It did not exist the last time we skied here, and it would have saved us a half-mile uphill walk on the road. Next time we'll know.

As for the trail itself, it was in superb condition. There was plenty of coverage and the snow was acceptably fast due to temps in the low 20s. All

the



descents were manageable. When we ended at Rock and River outside of Keene, the seven of us who skied today all left for home or other trips.

Lake Placid has always been a popular trip—it's filled up every year I've run it, which I'm sure has nothing to do with the leader—and this year's edition was no different. If you want to go next year, sign up early.

Recipes:

Nancy Borreman's Lake Placid Taco Soup

- one 15 oz can of each of the following:
- black beans
- French cut green beans
- pinto beans
- corn
- stewed tomatoes
- tomatoes with green chilies
- 1 bottle of beer
- 1 pkg. ranch dressing mix
- 1 pkg. taco seasoning mix
- 1 lb of ground beef, browned

Brown ground beef, add other ingredients, simmer and serve.

Top with sour cream, crushed taco chips, and or shredded cheese.

Tripled the recipe for 15 people.

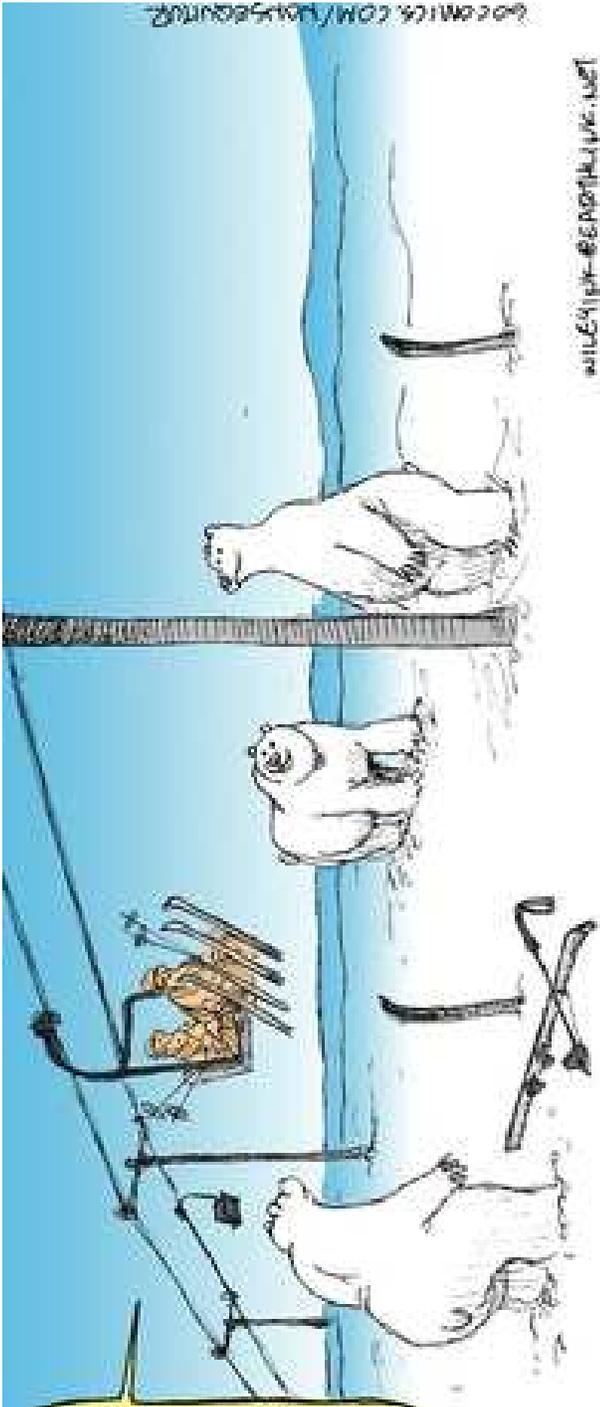
and...

Pam McMullen's Inlet Salad Dressing

- 1 C. mayonnaise
- 1/2 C. buttermilk
- 1/2 C. sour cream (I substituted plain non-fat yogurt)
- 1 clove garlic, pressed
- 1/2 tsp. distilled white vinegar
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1/8 tsp. cayenne pepper
- Bacon bits

Was served over iceberg lettuce wedges and sprinkled with bacon bits.

YES, THE BROCHURE
SAYS THIS COURSE
IS GUARANTEED
TO MAKE YOU A
WORLD-CLASS
CROSS-COUNTRY
SKIER, AND, NO,
I DIDN'T READ
THE FINE PRINT...



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