



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickgliders.org)

Issue: November, 2014

Meetings are held upstairs at [Center Street Grille](#), 4 Center St, Enola PA, 717-732-6900 unless otherwise noted.

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.

Upcoming Events

November

Program Meeting 7:00 pm, Tuesday, Nov 4, 2014

Richard Hertzler: Photographer for the Lancaster Newspapers

An aggressive, award-winning professional photojournalist with four decades of experience, Rick Hertzler has earned the respect of the Lancaster Pennsylvania community for the consistent quality of his work, and more importantly, the sensitivity he shows in the fast paced and spontaneous nature of news photography. His images have appeared in People magazine, been broadcast across The Associated Press wires, and won Picture of the Year on MSNBC.com - not once, but twice.

Special Meeting Place, November only:

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

Check the website for directions and parking.
<http://www.folklorecoffee.com>

Plenty of free or nickel-per-hour parking available.

The fare is soups and sandwiches.

No alcoholic beverages served but BYOB is okay if the alcohol remains in the downstairs meeting room.

Customers must indicate they are with Kick 'n Gliders to a 15% discount on their food order.

Dinner Social 7:00 pm Wednesday, Nov 19, 2014

Florentino's Italian Restaurant & Bar
500 Airport Road (Lancaster Airport)
Lititz, PA 17543
717-569-6732

December

Program Meeting 7:00 pm, Tuesday, Dec 2, 2014

Steve Runkle: Canals and Canal Life in and around the Susquehanna River Basin

Holiday Party 7:00 pm, Wednesday, Dec 17, 2014

hosted by Bill and Sandy Stine.

A Note from the President

Dave Powell

Our season got a good kick start on October 18th as 40 plus members attended the Ox Roast hosted by Nancy Kauhler and Dave LeRoy at Black Birch Hollow. It was good to see everyone. Among those attending were four new members to the club. They are Joseph & Barbara Allis and John & Nancy Class. Joe and Barb are from further north, in Galeton, PA where they get more snow. Joe said he skied 60 or 70 days last season. Joe owns his own grooming equipment and works on grooming the Denton Hill Cross-Country Ski Trail in Susquehannock State Forest. John and Nancy are newer skiers and are anxious to get out on the trails and learn more about X/C skiing.

Also attending the Ox Roast was our newest celebrity, Nan Reisinger who just became the oldest recorded woman through hiker to complete the entire Appalachian Trail. She started last March

30th in Georgia and finished on October 19th by hiking the final 5 miles to finish at the Appalachian Trail Museum in Pine Grove Furnace State Park. Congratulations Nan!

Don't forget to mark your calendars for our regularly scheduled business and program meetings the first Tuesday of each month and the socials the third Wednesday of each month. Details are in the newsletter and on line at the Kick 'n Gliders web site.

It's not too late to sign up for ski trips. There are still openings on numerous trips.

Looking forward to seeing you at upcoming meetings or out on the trails in the woods.

Nan "Drag'n Fly" Reisinger Thru-Hikes Appalachian Trail

Nan hiked into the record books on Sunday, October 19, becoming, at age 74, the oldest female hiker to complete the feat in a single season. She was accompanied all of the 2,182-miles by her friend, Carolyn "Freckles" Banjak, who is age 67.



On the final, five-mile segment, Nan and Carolyn were accompanied by a dozen or so friends, including a few Kick 'n Gliders. Their finish was at the Appalachian Trail Museum in Pine Grove Furnace State Park. There Nan and Carolyn were greeted by a small army of fifty or so friends, most of whom joined them for a picnic in the park.

Nan and Carolyn departed the southern end of the trail at Springer Mountain, Georgia, on March 30.



They reached the northern terminus at Katahdin, Maine, on Oct. 4.

They were blessed with generally good weather conditions along the way. Most missed things? Try fresh fruits and vegetables. Nan lost 23 pounds along the way, Carolyn 15. And as you might guess, they wore out a few hiking shoes, three pairs for Nan, four for Carolyn.

Would they do it again? Well, Nan says, “No!” But then, again, that’s what she said a few years ago after finishing section-hiking of the same trail!

Ox Roast was a success!

The first event of the Kick ‘n Glider’s 2014-2015 season was held October 18 at the home of Dave LeRoy and Nancy Kauh. Although the skies were overcast, it only sprinkled a bit, and the 43 people who attended our Ox Roast were able to enjoy being outside. The meat cooked over the wood fire in the backyard. The variety of food was spectacular and delicious. Four new members joined many long-time members for conversations about skiing and other activities. Special thanks to all of the willing helpers who lent a hand stoking the fire, grilling sausages, moving picnic tables, carving the roasted meat, making sure the coffee never ran out and cleaning up. It made everything seem easy and Nancy and Dave were able to enjoy the party too.

Tom O’Donnell and the Kick and Gliders

Elsewhere in this issue of the Easy Glider, Roberta Strickler has written about Tom O’Donnell. Here are a couple of memories that I have of Tom that show what kind of a guy he was.

I don’t remember when I first met Tom, but it was somehow related to the Kick ‘n Gliders. Tom soon found himself president of the Kick ‘n Gliders. At this time, we were trying to fill a need by creating a couple of guidebooks to cross country skiing venues in Pennsylvania. Tom’s contribution was interesting. He felt someone other than the ski club should take the financial risk associated with the book. Using his business acumen, Tom arranged for Wildware Outfitters to completely finance the printing of the books! Although he didn’t have the time to work extensively on writing the books, Tom managed to stop by at each of our work sessions to see how we were doing and offer words of praise and encouragement. The books were a big success with hundreds of copies sold to local ski shops and outdoor stores as well as EMS who contacted us and asked if they could sell our ski guides!

Roberta has mentioned that a group of cyclists had arranged for Tom and Kathy Schick to meet on the Harrisburg Bicycle Club’s Fall Tour to St. Michaels. When we arrived at St. Michaels, Tom was to meet Kathy for a drink at a bar in St. Michaels. Tom was not normally a shy person, and in fact, was usually far from it. But to meet Kathy, he asked Meredith Hill and me to go along! They were never the same after that.

Over the years, the Kick ‘n Gliders had become a little more sophisticated and we no longer settled for those \$5 per night country hotels. It was time to do something big. Kathy O’Donnell was originally from Colorado and was familiar with skiing there. So we decided to get on an airplane and spend a week in Colorado. Tom and Kathy were in charge. Tom’s contribution to the finances kept the trip cost well under the \$1,000 advertised price and those of us who went got a big refund. The cost included airfare, our condo, several vans and food for all meals. The trip was wonderful. Our

condo was fabulous with a hot tub and view of the Rocky Mountains. And the skiing was the best ever.



KnG with Tom & Kathy, center, in Colorado

The success of this trip has emboldened us to make several other week-long trips to western venues.

I was fortunate to be part of these experiences. The legacy that Tom left remains to this day.

David LeRoy

Roller Skiing Anyone?

I'm a brand new member, and am all "gung ho" to get skiing this season. I would love to find out if anyone else is interested in roller skiing together before the snow season starts.

I'd also like to spread the word that there are some training camps at Craftsbury in early December, one of which I signed up for in anticipation of going there with the club over New Years. Here's the link to the signup site for the camp: <https://www.skireg.com>, but I think people could obtain additional info about the camp from the Craftsbury web site directly at <http://www.craftsbury.com/skiing/events/campInfo.htm>

If you are interested in roller skiing contact me at 717-940-9657.

Ed Cook
Lancaster, PA

Volunteers Needed to Lead Day Trips

Bill Stine

As Day Trip Coordinator I'm going to try out a new way to organize and run Kick 'n Glider Day Trips. And, I'm looking for a few Day Trip Leader volunteers to help out.

Up until this year we created our Day Trip schedule more than eight months in advance. Yeah, it seems kind of ridiculous, doesn't it? By definition, Day Trip ski destinations are in Pennsylvania and it's impossible to forecast when and where there might be skiable snow. As a result, most scheduled trips never actually happened.

The only way we can reliably schedule Day Trips is to wait to see where good skiing conditions occur and then schedule trips to those places. To do that we need to have someone:

1. decide to organize a last-minute trip,
2. contact members who might be interested in going along, and
3. communicate the arrangements.

Yeah, I know ... sounds like a lot of work. Well, I've been working pretty hard on that problem and think I've found a way to dramatically reduce the work involved. Being something of a techie, some tech is involved but I don't think the tech part will unduly burden users of the system so please bear with me.

Within a few weeks a new "Day Trips" page will appear on our website. On that page will be a box that you'll be able to scroll through that will display messages about Kick 'n Gliders' Day Trips. Not only will you be able to see what others are saying about Day Trips, you'll also be able to participate in the discussion. The box is actually a so-called Twitter "feed" that displays Tweets containing the hash tag, #KnGDayTrips.

The page will also display instructions for you to participate and you'll be able to add your comments right on the page. Your comments will be immediately visible to others who look at the page. Of course, you'll need a Twitter account in order to participate. But that's no problem. The account is

free and you'll be able to create your own account right on our web page.

The idea is that people who regularly ski suitable locations will volunteer to lead some Day Trips on behalf of the Kick 'n Gliders. They would Tweet that conditions are good, let's say, at Crystal Lake, and that they wish to lead a trip there next Saturday. They would propose a place and time to meet and that people who are interested should "speak up". Ride sharing could also be arranged.

Of course, Twitter and our web page are open to the public and so would be our Day Trips. That's part of the idea. Day Trips are an excellent way for people to become familiar with the sport and with our club. Non-club members would be welcome to participate but we'd ask them to sign our standard waiver at the beginning of the day.

So, what do you think? I welcome your input and suggestions. And, of course, I welcome volunteers to run Day Trips!

OBITUARY AND TRIBUTE TO TOM O'DONNELL

Kick 'n Gliders and Harrisburg Bike Club members may not know that our active friend and cyclist and skier, Tom O'Donnell, died May 6 at his home at St James in Southport NC. The cause of death was glioblastoma, Stage 4 brain cancer.

Here is a short summary of our years in the great romance of Tom and Kathy and our/their shared outdoor athleticism:

Just about the time Kathy and Tom met, he was finishing his Presidency of Kick 'n Gliders. They met in 1989 and the connections to that meeting are part of the legends of the cross-country skiers/bicyclists in Central Pennsylvania:

Kathy, who was working in New York City at the time, went on a Bike Across Massachusetts bicycle trip in 1989. There she met Dave LeRoy, Marilyn and Jeff Grove, Cheryl and Bill Sanders, and Dennis Major, who invited Kathy to the Fall Tour

to St Michaels MD, later that season. In the mind of at least Cupid LeRoy this was designed as a fix-up for Tom with Kathy and it was an instant success.



Tom O'Donnell, Bernie Webber and Tim Poole
1989 Fall Tour

As Kathy now says, "We loved both of those clubs, which brought together and provided lots of friendships for years and years."

Tom and Kathy moved to a house (designed around their baseball memorabilia) in Quentin, PA, from the time they got married in 1995 until they moved to Southport in 2003 when Tom retired from Hershey Foods where he had worked for 23 years.

Ever the outdoorsman and athlete, Tom continued to play golf for 3-4 years after his 2005 diagnosis of Parkinson disease. Kathy says: "Tom's son, Tommy, said to me: 'You had a hard time dealing with a series of Dad's medical issues.' Yet, none of these diagnoses stopped us from having a wonderful and active life together. We travelled a lot. Our last river cruise was from Basel Switzerland to Amsterdam in October 2013. But we

did six different other cruises throughout those wonderful years together”.

After their move to Southport NC, 11 years ago, Tom turned his considerable energies into their neighborhood of St. James Plantation. He was an avid golfer and a regular at the Members Athletic Club. Perhaps his greatest legacy of those years was his role as the co-founder of the Brunswick Civil War Round Table (CWRT). “Today”, said Kathy, “only 4 years after its founding, this is the largest CWRT in the country with over 725 members.”

And major league baseball is missing a wonderfully knowledgeable and an enthusiastic collector and fan. Their amazing collection of baseball memorabilia was formed during lots of trips to Cooperstown, NY, and baseball card shows throughout the northeast. Tom was forever a loyal and vocal New York Mets fan.

Tom is survived by his wife, Kathy, two brothers, one sister, two sons (Tommy and Matt), and 3 grandchildren.

This past Labor Day, in Greenwich CT (where Tom grew up), a memorial service was held at a beautiful outdoor location very special to Tom, called Tod’s Point. Eight members from his high school class and all of his family were there celebrating Tom’s love of the outdoors.

For those of you who would like to communicate with Kathy, she can be reached by email to tomkat450SL@yahoo.com.

written by Roberta Strickler. October 8, 2014

Skiing Without Snow: The Upside of Roller Skiing

Roller skis have been used by cross-country skiers training in the off season for more than 25 years.

Today, the technology, the feel, and the on-snow benefits of dry land skiing isn’t just for the nords!

“The roller skiing we do today feels so much different than roller skiing 15 years ago. Today it actually feels like skiing,” says Andrew Gerlach, owner of Endurance Enterprises, Inc., an athlete management and sports marketing company in Bozeman, Montana. Gerlach, an avid asphalt roller skier, has it right. Roller skiing gives you a very realistic on-snow feel during the snowless months of spring, summer, and fall.

For all you glide freaks who like to stay in shape for skiing, strap on a pair of roller skis. Here’s why: The direct benefits of roller skiing for nordic skiers are obvious—sport-specific muscle training, technique improvement, and endurance training. In addition, our alpine friends gain core-balance development and refinement; fine motor movements and skills in the feet, legs, hips and abs; as well as enhanced pressure management, edging, and balance.

Imagine working almost all of the critical core alpine skills by roller skiing in the summer and fall, then reaping the benefits throughout the snowsports season.

Roller Skiing Q & A

1. How do you stop while going downhill?

Sooner or later, you’ll have to tackle the tricky issue of hills. While uphill techniques from classic and skate snow skiing apply directly, stopping and slowing are two key skills that require strategies you might not be familiar with. Most roller skiers manage this difficulty by selecting terrain that doesn’t require stopping for safety. But there is the inevitable situation where stopping is needed, so here are a few techniques:

- Step turn out of the “fall line.”
- Perform a “crab-walk wedge” to slow or stop.
- “Run” into the grass.
- Drag the back foot in a lunge.
- Use a roller-ski accessory known as a speed reducer.

Learning to manage speed is a key skill for safety when leaving the level playing field. Parking lots

can make a great training area, especially when freshly coated with a new coat of seal.

Mastering stopping and turning are crucial for travel on mixed terrain, especially if you're likely to encounter other traffic (on pathways and roads).

Sometimes night training offers a fun alternative since streets are generally quieter and traffic is low. If you wear a few reflective bands and lights most traffic will slow down to gawk anyway.

2. Why do you like roller skiing?

I enjoy roller skiing in the non-snow months for four primary reasons: it's fun, it mixes up my routine of jogging and biking, it's low impact, and— most important—it feels like skiing!

3. Why should others try roller skiing?

Applying key athletic skills like functional balance, coordination, timing, strength, and speed in new disciplines or alternative exercises keeps the mind awake and the body tuned. And applying familiar movements to new situations or new sports provides numerous rewards in our familiar sports of choice.

4. How is roller skiing now different than roller skiing in the past?

Roller skis of the past sent vibrating shocks through the user and were slow. Now skis are smooth with almost frictionless guide. In fact, skis have become so good you have to buy slower bearings to provide some resistance during a ski.

5. What are the on-snow benefits of roller skiing?

There is no better nordic ski-specific exercise! Roller skiing is as close to the real thing as you can get. Since nordic skiing is thought of as one of the best all-around workouts in the world, you can't give your body a better gift than roller skiing.

6. How kind of poles should I get, and what length?

For classic skiing, go with poles that reach to armpit height, and for skating poles should reach somewhere between the chin and nose. Adjustable poles are also an option.

7. What's a good way to get set up with gear?

This year, Swenor became PSIA-AASI's official supplier of roller skis, so association members can log in to TheSnowPros.org and check out the company's offerings in the Pro Offers section. Swenor has developed a composite that gives its roller skis a ski-like flex and snow-like feel underfoot. A variety of wheel options produce the glide and snow-like contact with the asphalt.

David Lawrence

David Lawrence is a member of the PSIA Nordic Team, and teaches at the Methow Valley Ski School in Winthrop, WA.

Copied in part from 32 Degrees WEB EXTRA Fall 2011



Roller skiing equipment – add your own bindings



KICK 'N GLIDERS
P.O. Box 1353
Mechanicsburg PA 17055

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