



The
Easy Glider
Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kickngliders.org)

Issue: February 2018

Meetings are held upstairs 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 to Center Street Grill at end of newsletter.

Events

Events

7:00 pm, Tuesday, February 6, 2018

Program Meeting: **Lumbering and Lumber
Rafting in the Susquehanna River Basin**

Another of guest speaker Steve Runkle's excellent
and informative presentations.

7:00 pm, Wednesday, February 21, 2018

Dinner Social at Herbie's El Mexicano
720 Main St, Steelton, PA

7:00 pm, Tuesday, March 6, 2018

Program Meeting: Dave and Nancy in Alaska

Dave LeRoy and Nancy Kauhl have offered to
present a short travel log of their 44 day trip to
Alaska.

7:00 pm, Wednesday, March 21, 2018

Dinner Social at Thai Palace
3608 Market St, Camp Hill, PA

7:00 pm, Tuesday, April 3, 2018

Last general meeting of the year.
Election of new officers and trip planning for the
2018/2019 season.

7:00 pm, Wednesday, April 18, 2018

Dinner Social at Blue Bird Inn
2387 Cornwall Rd, Cornwall, PA

Treasurer David LeRoy asks members that
when sending checks to him, to please give him
the breakdown of which trip or trips they are for.

Survival Tips - Take Two

At the January 2, 2018, KNG Meeting, Dave
LeRoy revealed the contents of his daypack,
including a few survival items. A recent segment
on TV addressed wilderness survival when lost.
Dave had mentioned that a cheap compass points
to the same north as an expensive compass. The

TV show told the experience of a man who had become lost because his fancy electronic compass had been improperly calibrated! Maybe Dave had a point.

The TV program also suggested that your chance of being rescued improves if you leave two items on the dashboard of your car at a trailhead – a picture of yourself and a sock you have worn (and not washed!). The picture will help the humans find you if you are lost and your sock will help a bloodhound to do the same.

Craftsbury Trip Report

Dec 28, 2017 – Jan 1, 2018

Thirty-two Kick ‘n Gliders braved really cold temperatures in Craftsbury, Vermont, for our traditional New Year’s trip. Snow conditions were very good, there was little wind and some sunshine to make the sub-zero temperatures bearable. Indoor activities included putting together a puzzle with a hidden message (SAVE THE PLANET), Gustavo (Marhevka’s exchange student from Brazil) teaching several of the women how to play canasta, the usual socializing, and reading. Ken Mayberg presented slides of his 2017 trip to the Faroe Islands; this unfamiliar destination provided opportunities for some great pictures. The four bucks (Rick, Dan, Ron and Tim) got to try out one of the new cabins. Many of the rest of us stopped by to check it out and they were generous to host a group for happy hour one evening. The crowd at the bonfire was a bit smaller than usual; the cold temperatures were too much for some to brave. The clear nights gave us a good view of the nearly-full moon.

Cazenovia Trip Report

Jan 8-10, 2018

Bill Hoffman

Evidently several years of lean snow discouraged KnG'ers from signing up for the Cazenovia trip, as there were only four of us this time: Dave Leroy and Nancy Kauh, Wayne Kirchgasser, and

myself. But the lake effect gods did their job and we had excellent snow at Highland Forest and at Beaver Lake Nature Center, both of which are operated by the Onondaga County Parks Department.

We arrived at our regular lodging, the Brae Loch Inn in the charming village of Cazenovia on Monday afternoon following a week of bitterly cold temperatures. While we were skiing, however, it ranged from the mid-20s to upper 30s.



We skied on Tuesday at Highland, where all the trails had ample coverage and had been groomed. The longest trail, which runs to the southern border of the park, had been closed since Jan. 1, evidently for reasons other than snow cover. At nearly 9 miles, none of us were interested in skiing that far. Wayne and I did the 3-mile Westwind loop in the morning and the 3.5-mile Southern cutoff in the afternoon. Dave and Nancy opted to ski by themselves, and they also did Westwind. When Wayne and I returned from our afternoon ski we found them comfortably ensconced by the fireplace in the lodge.

On Wednesday Wayne left for home in the morning due to the death of the wife of a friend of his. The rest of us went to Beaver Lake, but again skied separately. I did all four trails, totaling about 7 miles. I saw Dave and Nancy arrive but did not see them after that. But when I left the park around 1 PM their car wasn't there.

Beaver Lake often gets more snow than Highland because it's closer to Lake Ontario, and that was the case this year. They had about a 12-inch base versus about half that much at Highland. I found the trails to be quite fast in the morning, as the light fairly wet snow that had fallen the day before

froze overnight. I imagine the snow got quite soft as the temperature rose into the low 40s in the afternoon, aided by ample sunshine.

It was nice this year not to have to drive 50 miles to Osceola to find snow.

Passing of an early KnG Member

One of the early members of the Kick ‘n Gliders, Wilma “Candy” Ney, died June 12, 2017 of cancer. Candy was a tall blond and loved to cross-country ski. Candy was editor of The Easy Glider for a number of years. Old-timers will remember that she added snowflakes and pictures of skiers to all of the borders of the newsletter in a creative way. Her artistic talents also revealed themselves in paintings and craftwork. She had retired from Harrisburg Hospital where she worked as a receptionist.

A cross country skiing primer for rookies and pros alike.

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 by 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

Meetings are held upstairs at the Center Street Grille, 4 Center St, Enola PA, 717-732-6900.

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.



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

ADDRESS SERVICE REQUESTED

In this Issue of Easy Glider:

Events

Survival Tips - Take Two

Craftsbury and Cazenovia Trip Reports

A cross country skiing primer for rookies and pros alike.

Center Street Grille, directions to