

The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kicknsliders.org)

Issue: March 2019

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, March 12, 2019 Peru
slideshow produced and presented by Bill Stine
**NOTE THE CHANGED DATE. THE
MEETING IS A WEEK LATER THAN
NORMAL**

7:00p Wednesday, March 20, 2019
Dinner Social: **Note the modified venue** of
Morzoni's in the Rossmoyne Business Center

7:00 pm, Tuesday, April 2, 2019, Annual
election and trip planning meeting

7:00 pm, Wednesday, April 17, 2019
Dinner Social at the Blue Bird Inn



Trip reports

Pulaski, NY #1
Jan 18-21, 2019

Participants: Bill Morrow, Larry Wasser, David
Walborn, Kathy Yinger, Pam McMullen, Mike
McMullen, Bill Pickering, Kay Pickering, and trip
leader, Peg Hampton

Wow! We had some fantastic snow for this trip
and then the snow gods delivered an additional ten
inches of snow on Saturday night!

We were a little late arriving in Pulaski as it
snowed overnight in Harrisburg delaying our
morning departure. The Friday afternoon ski was
in Winona Forest out of the Center and Wart Road
parking lot. Conditions were rated as A+. The
trails were nicely groomed and tracked. Larry,
Bill, David, Kathy, and Peg enjoyed a traditional
loop out Winona Way to Sally's Ride before doing
an about face. We even skied some parts of Bill's
Belly trail that Peg usually avoids. We returned to
the 1880 House and sampled the many pots of
soup that Linda prepared.

For the first time in years, there was enough snow and conditions were so good that Pam, Mike, Larry, Bill, and Peg skied the 8.4-mile Tourathon Loop. It was 4 degrees when we started, and the temp was 7 degrees when we returned. Larry remarked that Friday was an A plus day while the conditions on Saturday were an A minus day. We finished the loop in 3 hours and 17 minutes with just a brief snack stop. We were happy to finish and return to the 1880 House for more soup and to



relax before the baked ham dinner. We caught up with David and Kathy who went to Osceola for the day. Kathy purchased new skis. Bill and Kay went to Selkirk State Park and had lunch at a restaurant just across from the park entrance. We all enjoyed sitting together at one table in the dining room and eating the baked ham dinner

Pulaski got ten inches of snow overnight. It was bitter cold and windy for the Sunday morning dig out. Most of the group decided to hunker down at the 1880 House for the day. Larry and Bill drove to Osceola and got some undivided time with Hugh Quinn, the Owner of Osceola XC Ski Center. Osceola Ski Center is up for sale – looking for a buyer that will maintain the ski center. We sure hope this gem of a ski center gets a new owner that is as dedicated as Hugh. We didn't really earn the calories but enjoyed the lasagna dinner Sunday eve.

Monday morning was bitter cold and blustery. Conditions just weren't pleasant to be outside. We consumed the cooked breakfast with featured pumpkin pancakes and loaded up our vehicles.

David left for Stowe, VT while everyone else headed for PA.

Recommended product for use when skiing – Dermatone sunscreen products. While skiing Saturday, Mike said his face felt a little tingly. Bill, Larry, and Peg said we all used Dermatone sunscreen before getting on the trail. Dermatone is the official sunscreen sponsor of the US Ski Team, US Snowboarding Team and others. Dermatone has been tested in some of the most extreme environments on Earth, including Mt. Everest, K2, and Antarctica. It is water-resistant, sweat resistant, and has a broad-spectrum SPF formula. All three of us highly recommend using this product on your face for outside winter activities.

Stowe, VT
Jan 20-25, 2019
at the Commodores Inn

Winter storm Harper put a damper on the beginning of the Stowe trip. Of the ten participants, three arrived a day early and six arrived a day late to avoid the hazardous travel. Only one arrived on time and that was because he was in the area to begin with, Go Glenn. The late arrivals found travel fine until they reached Vermont where roads were snow covered and slick. The early arrivals got to ski an extra day!

Our group was finally all together on Monday. Monday evening we ate at the von Trapp Brewing Bierhall Restaurant. Amazing that we all managed to get there as the wind and snow nearly blew us away as we walked toward the entrance. We really needed to be in full XC ski clothes!

Tuesday arrived with temps below zero or rather minus eight with a wind chill of minus 18. We waited until around 11am to ski with high temps predicted to be eleven to twelve degrees. To Stowe we went where the morning snow, surprisingly, was a little slow. The afternoon ski, however, was a little faster. All-in-all it was a good ski day at Stowe followed by a buffet dinner at the Commodores.

On Wednesday, most of us went to von Trapp along with our NJ friends, The Magees. Some of us then proceeded to the cabin at the top via the black trail. What a workout!!! A couple went to Craftsbury and found it to be a great ski day there. Most of the group met afterwards at the Bierhall



for some brew, some even skiing there via the trail across the road from von Trapp, Go Sandy and Nancy! We all met for a delicious dinner at one of our favorite spots in town, Harrison's.

Like last year, we woke to a rainy day in the forties. This year it was Thursday and we decided to go to the movies in Burlington to see THE GREEN BOOK. Of course, a trip to Burlington would not be complete without a stop at the "Ski Shack" and the "Outdoor Gear Exchange." A buffet dinner at the Commodores was again enjoyed by all followed by entertainment provided by Bill Stine and the "Geek Guy."

Since most of us were traveling on to the Laurentians, we decided to stay an extra night at the Commodores and to leave Saturday morning instead of Friday morning. Because of this, we had another day of skiing. Off to von Trapp we went. The conditions were amazingly good considering Thursday's rain. Temps were in the twenties with snow that provided a nice cover to some of the crusty spots. Ed took a group of us on a fun loop of the lower trails where we found fun down hills, smooth skiing along the lower trail and only some small shorter climbs back. Others climbed to the cabin. Afterwards, some skied down to the

Bierhall. We decided to meet for Happy Hour at the Lighthouse Inn at the Commodores and ended



up eating delicious meals off of their menu.

All would agree that we had a great week and some of the finest Stowe skiing in several years. Until next year.....

Laurentians, Quebec
Jan 26-Feb 2, 2019

Believe it or not, for a week with temperatures that hovered between - 8°F and +8°F, it was a delightful ski trip! Well, yeah, the snow was pretty slow most of the time but that actually pleased some of our downhill-shy types. To top it off, we had between one and six inches of new, fluffy white stuff nearly every day.

All agreed that the eleven bedroom "Great Chalet"



that we rented in Sainte-Agathe-des-Monts for the first time this year was a winner. At about 8,000 ft², there was plenty of room. Most of the

bedrooms were equipped with private baths and there was plenty of seating in the living room and den for conversation. The dining area easily accommodated all twenty three participants for leftover night.



And the “Chalet Beaumont” in Val David that Nancy Borremans used for the overflow trip was also quite satisfactory. The group staying at the hostel enjoyed interaction with the Canadian guests and the warm ambiance of the evening fire in the stone fireplace in the living room, plus breakfast on the windowed “porch” overlooking snowy pines. Our hosts Linda and Cal were welcoming and hospitable.



Day one, Sunday, found most of us at the Val

David end of Parc Regional de Val-David/Val-Morin. Others began their ski day at the Far Hills end of the system. Since Quebecers don't shy away from low temperatures, the place was quite busy. The majority of us skied the main trails to the Far Hills end of the system and returned by



various routes depending on our levels of ambition and how cold our bodies were!

Monday's choice for most skiers was Camping-Sainte-Agathe where some people chose the tamer Vanier trail while a few more ambitious souls tackled the Grignon/Davis loop. Others chose to ski a section of the 120 mile long P'tit train du Nord multi-use trail. Skiers found ski conditions were good, if cold-temperature-slow.

Domaine St. Bernard in Mont Tremblant was Tuesday's choice for skiing. It was a longer drive but offered an accommodating ski center with food service where skiers could warm up between ski loops and take advantage of the excellent grooming for skating. Conditions were very good.

Most skiers took a lay day on Wednesday letting sore muscles recover and exploring the area's shopping and café scenes.

We first discovered the Gai-Luron ski center last year and it was Thursday's choice for all of us. This ski center offers a unique trail layout of concentric loops of increasing difficulty as you move away from the central trails, although none

are really difficult. Again, we had excellent ski conditions and everyone had a good time. A great way to end our skiing for the week.

As usual, no one lost any weight on the trip with excellent meals prepared by participants. Jesse Jepsen and Karen Northeimer kicked the week off with chili and applesauce. Lin Pomeroy served up a dinner of ham and a sweet potato casserole. Sue Berg prepared lasagna with garlic bread. Bill and Sandy put together a round of Nancy Borreman’s famous Mexican chicken while Barbara Allis topped off one of our two “leftovers” nights with an excellent rendition of baked beans with bacon. “Salad Queen”, Caroline Coleman, supplemented most of our meals as well as a round of her patented chocolate chip cookies. Finally, of course, no week in the Val David area would be complete without a meal at restaurant and brew pub, Baril Roulant.

A bit chilly, to be sure, but that’s just part of the mystique of the Laurentians, still one of our all-time favorite xc ski haunts!

Susquehanna Lodge

Feb 1 – 3, 2019

Once again the lake effect snow had us well provided with excellent skiing conditions. It was so good that we explored newly groomed trails which then lead into a beautiful valley with the welcome sight of cars for a return trip. We enjoyed teaching the 2 new skiers. Tony and Galen had a good introduction. On the final day, Tom Gibson and Brent Linde were adventuresome into the back woods with the Tracker Ski Shoes that can transverse varied terrain. The single runner sleds got a good work out both in cold smooth snow and they even worked fantastic on the one warm day. As is usually the case, Chef Ed had the best of the best, prime rib roast, Salmon , chicken lasagna , and excellent rice with mixed veggies for the non-meat eaters. We even get to enjoy the company and birthday celebration for our York friends.

Feb 1,2,3.

North Conway, NH

Feb 2-9, 2019

Due to the popularity of this trip we once again ran two concurrent trips to North Conway, the “A” group led by Andrea Hospodar, and Nancy Kauhl leading the “B” group with two condos and 10 participants each. Most travelled to North Conway from the Laurentians trip, with good driving weather gracing our travels. As is tradition, we met at Flatbread Co. for wood fire baked pizza and salads, and as usual, they did not fail to meet our expectations. We then settled into our condos to prepare for our first day ski. Participants in my group were: Stines, Nancy Borremans, Nan Reisinger, Pam & Dennis Dunn, Jim & Ginny Magee and Glenn Barnes.

Both groups met Sunday morning at Bear Notch Ski center to find near perfect conditions. They had about 2 feet of snow on the ground, a fresh powder surface, and pleasant temperatures in the mid twenties with sunshine. A great way to start



the week. We split into suitable groups and headed out for our favorite trails to enjoy the excellent conditions. As always we enjoyed the homemade soups and bread they offer for lunch. Most did another shorter ski after lunch.

We did meals a bit differently this year by pairing two condos per night and rotating with Nancy

Kauhl's group. This way we only had to prepare for 10 people, and we got to enjoy the company of different people each night. Seemed to work well, and I think all were pleased with this arrangement. We all enjoyed wonderful meals prepared by our volunteer cooks, and nobody went hungry!

Monday we woke to warming temperatures and some freezing rain overnight. We hit highs of upper 40's for the day! Snow was crusty to start, but ended up wet and mushy by day's end. We



went to Great Glen for the two for one day to find that their groomer had called off sick for the day. The backup groomer was out working on the trails and they recommended we wait a bit before setting out to ski. Six of our group headed back to North Conway to do other things, while the rest of us waited for the groomer to make a few passes. She did a great job and it made for a wonderful ski, again with sunny skies. After lunch it was wet and mushy, but we still had an enjoyable day.



Tuesday we had another touch of freezing rain overnight and a forecast high of upper 50's! Some

of our group went back to Bear Notch while others headed to Whittaker Woods to snowshoe or ski. The skiers went into the shops in town for a bit to wait for the snow to soften up. It turned out to be quite nice skiing at about 10:00am and we found that the snowshoers had nicely groomed the backcountry trails for us! It was a shorter but another enjoyable ski. Tuesday night both groups convened at Deacon St. restaurant for their two for \$25 night and were treated to delicious meals at a bargain price!

Wednesday was supposed to be two-for-one day at Bretton Woods, but overnight temps in the 20's turned yesterday's wet snow into hard pack. About 2/3 of the group headed to Jackson Ski Touring center while the rest of us returned to Bear Notch. Conditions at both places were reported to be good thanks to the grooming, and all had an enjoyable day of skiing.

Thursday was an off day for many of the group due to another forecast of warm temps. A call to Bretton Woods indicated that they were grooming and sounded optimistic for reasonable conditions by late AM. So a group of us headed up there to find that they were not! Turns out the groomer opted not to groom, and a scouting by Bill Stine indicated that conditions were quite icy. We turned around to head back to Bear Notch for a third day to find that they had about an inch of fresh snow there and that coupled with their excellent grooming efforts made for another very nice ski day.

The Magees had left Thursday to return home to attend the funeral of a close friend, and with the forecast for rain on Friday, the rest of condo 16C – the Dunns and Glenn Barnes - decided to leave a day early. The rest of my house opted for a rest day Friday, but diehards Sandy Stine and Hospodar were determined to get in a last day of skiing. We waited till after lunch for the rain to stop and headed to Great Glen again. Not only did we save on their two for one deal, we also got ½ day rates! And although soft, again we had a blast skiing there. We also were quite amused to encounter hordes of moose tracks traipsing all over the trails and cutting in and out of the woods. They must have had a heyday in the rain with no

skiers on the trails. Alas, we did not spot any of the owners of those tracks!

All good things must come to an end and we headed out Saturday morning. The lucky ones were headed on to Bethel Maine, but some of us returned home. Fortunately we again had good weather for the drive! Another successful trip, and looking forward to next year already!

Bethel, ME
Feb 10-15, 2019

An intrepid band of 12 souls joined the Bethel Trip including Tom Hooper, Ed Cook, Rick Begley, Fred Burgess, Jim and Ginny Magee, Caroline Colman, Barbra Brandt, Dave Walborn, Bonnie Telegraphis, Ken Britton, and Rick Manix.



We all skied Great Glen the first day due to preceding warm weather which made some of the other areas questionable. There was plenty of snow but it was fast. The next day some of us headed to Jackson where the higher elevations had good snow. Tom and Rick went downhill skiing. As a result of good grooming, the Bethel Inn had skiable trails and were enjoyed by others from the group. On Tuesday night into Wednesday we received a foot of new snow. Tom and Rich went snow shoeing. Gould Academy was the favored venue for cross country, also it was free. On Thursday morning the group went to Carters and found that the new snow had not been packed down as well as they would have liked. In the afternoon they once again went to Gould Academy which was perfect and the highlight of the trip. Our host Sandy one again cooked

wonderful breakfasts and participants appreciated the fact that you could walk to two of the ski venues which were in town. A couple of changes this year. Big Mike, Sandy's dog went to dog heaven and we sampled the town's fine cuisine on two different nights.

After three years of heading the Bethel Trip I am retiring. Should anyone be interested in leading the trip next year, I will give you all my files and advice.

Rick Manix

More Bethel

Icy Maine trails convinced many of the Kick 'N Gliders on February's Bethel trip to drive higher into the White Mountains to Great Glen near Gorham, NH. We figured better grooming equipment there would add up to a less stressful skiing experience.

I had not been to Great Glen for several years and had forgotten that one of the main trails is labeled as the Great Grumpy Grade. "How childish," I muttered to myself when I noticed the name.

Making my way to the top of the trail, I found a stunning view of the Presidential Mountain Range and decided to stop for a "selfie." I wanted a picture where I didn't look too dorky and that included a good view of the mountains behind me. Of course, this required many, many shots and lots and lots of time.

By the time I was done, nature was calling. A portable toilet was nearby, so in I went, taking care to latch the door behind me so I wouldn't shock anyone else who wanted to use it while I was camped out there.

Everything went well till I was done and tried to leave -- only to find that I couldn't budge the latch. I had gone to the center with other folks, but we weren't skiing at the same pace. So I was by myself. Talk about stress! No one was around to respond to my howls and my hammering on the door. Plus, I didn't have cell phone coverage there, so I couldn't even call my employer to say I had to extend my vacation.

Finally, with a mighty heave (or at least as mighty a heave as my scrawny frame could manage), I slammed open the latch and stumbled out to freedom. And, true to the name of the trail, I was sure enough grumpy.

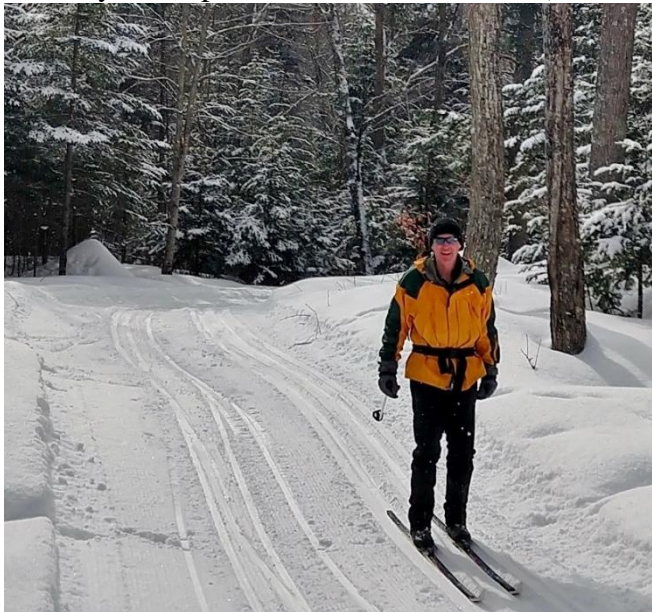
Fred Burgess

Lake Placid, NY
Feb 15 – 19, 2019

Fifteen KnG'ers (down from the original 17) arrived at our new Lake Placid digs on a rainy Friday, Feb. 15. But by 4PM the rain had changed to snow and left an inch or two overnight, freshening up an ample base.

Our new house, having been previously rented for his family by Bill Stine, is actually two condos combined into one. With 10 bedrooms, it has a theoretical capacity of 20, but because of the way the rooms are laid out, the actual is around 16 or 17. The house has two fully equipped kitchens, plenty of bathrooms, two entrances, a hot tub, and other entertainment equipment. The only downside is limited parking on the premises, but the owner made arrangements for the excess cars to be parked at the Lake Placid Club lodge about a quarter mile away (less if you walk through the snow-covered yards of the houses across the street.

Saturday we opted to ski at the VIC (Visitors



Interpretive Center). We broke into two, and then three groups. Only David Walborn didn't ski, as he was feeling under the weather and chose to rest, which put him in good enough shape to ski the rest of the weekend. Conditions at the VIC were quite good in the morning, owing to grooming, but trails that got heavy use were soon rendered a little uneven, though there were no bare spots.



Sunday brought ideal weather: a high of 25 after a morning low of -14, with negligible wind. Eight of us went to Mt. Van Hoevenberg. We did the Ladies 5K in the morning, which I found very difficult due to very thin cover. The trail was not icy but climbing and descending were quite demanding. Even with metal-edged skis, I could not get enough purchase to stay on the trail on one curve. After lunch we skied on the west side of the entrance road, where the terrain is not nearly as steep. Most of the rest of the group skied right from the house on the trails on the golf course, which connect to the Jack Rabbit Trail, and used that to reach the Peninsula trails, which they said were in excellent shape.

Sunday overnight and into mid-afternoon Monday brought about 4 inches of light powdery snow, enough to cover up the slickness that had resulted from over-skiing. The group went various ways: some to Adirondack Loj, some to Mt. Van

Hoevenberg, some to Cascade, a venue we have not used in many years, and a few skied locally around the house. Ken and Bonnie went home, with Ken not feeling well. This happened last year as well.



Did we eat well on this trip? A rhetorical question if ever there was one. Friday night the leader made ziti and spinach parmesan with kale and baby spinach salad. Saturday's repast was pork and sauerkraut with mashed potatoes, baked apples and onions, with a mixed salad, and Lin Pomeroy's apple cake for dessert. On Sunday, Bonnie Close served up chicken with green beans over rice, salad and chocolate cake. On Monday



we ate leftovers, supplemented with Sue Berg's taco soup (very much like chili) and Lin Pomeroy's corn bread.

A successful trip for all. Participants: Rick and Bonnie Close; Bill and Sandy Stine; Dave Leroy and Nancy Kauh; Mark Kern and Sue Berg; Ken Britton and Bonnie Telegraphis; David Walborn; Ed Cook; Wayne Kirchgasser; Lin Pomeroy; and Bill Hoffman, leader. Dropouts: Walt Pomeroy (illness) and Kim Lausch (injury (but not from skiing)).

Cazenovia, NY Feb 19 – 22, 2019

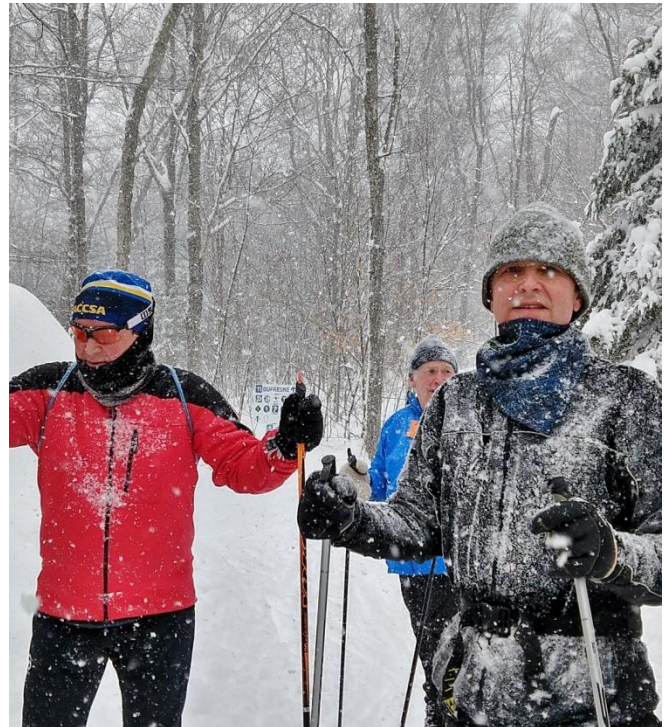
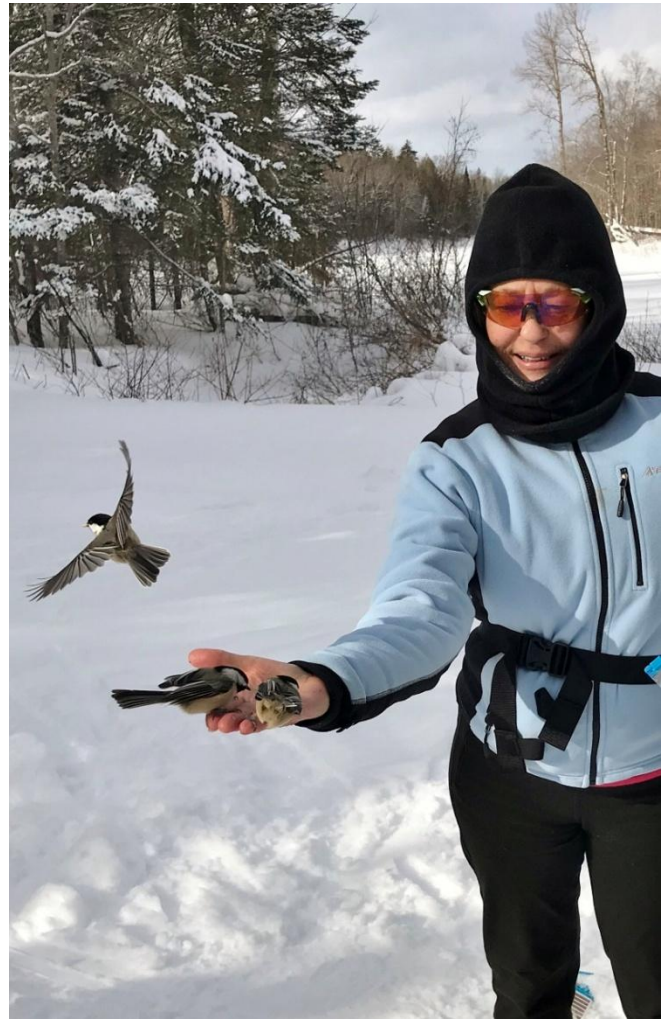
Only five KnG'ers attended the Cazenovia trip on Feb. 19-22 (3 nights): Lisa Baer and Bart Richwine, Bob and Joan Johnston (new members but not newbie skiers), and the leader, Bill Hoffman. As usual, we stayed at the Brae Loch Inn, which has been our home for as long as I've run this trip. Bart was recovering from knee surgery and was under doctor's orders not to ski, so he snowshoed instead.

On Wednesday, the first day, we went to Highland Forest, which had been blessed by a few inches of new snow a day or two before. That salvaged this venue, which had been icy until then. We skied the 4-mile Westwind trail in the morning and the Southside Loop (using the shortcut) in the afternoon, for another 4 miles. Both trails were well groomed and despite finding ice less than 2 inches down, conditions were quite good, without ice on the surface and no bare spots. It being a weekday, there were not many other skiers around.

Storm "Petra" that brought a mixed bag of precipitation to Pennsylvania left only a bit of freezing rain in central New York. Thursday morning found temperatures in the mid-30s. After a brief scouting walk around the Inn to test the snow, we decided to go to Stoney Pond State Forest. Andrea Hospodar had tipped me off to this place about 10 years ago, and I've skied parts of it once or twice. Today we found conditions adequate—not great but quite skiable. The top layer of snow had softened from the rain, which aided in control on descents. And since almost all the trails are in the woods, the sun doesn't get much chance to melt the snow. But we discovered

a new wrinkle: some of the trails here are now groomed! It was hard to see evidence of it, as no tracks were set, but there were small mounds of snow on the sides, indicating that a groomer of some type had been through, though probably not recently. We were the only skiers here this day, at least until about 1PM when we left. Bart again snowshoed, but today Bob joined him. It's nice to move this place higher on the list of venues for the Caz trip. I like it better than Green Lakes State Park, where we have skied a number of times, and it's closer to Caz.

We have had some nearly snow-free trips to Cazenovia, which may help explain the often low attendance. But everyone who's gone likes the Inn and the close proximity of ski venues. So I guess we'll keep this trip on the roster.





**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.



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