



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kicknriders.org)

Issue: February 2020

Up-coming Events

February 26 - Social at Fenicci's, Hershey

NOTE: This is fifteen days after our February meeting date!

7:00 pm – The February social will be at our old favorite, Fenicci's in Hershey (102 W. Chocolate Ave., Hershey, 717-533-7159). Our date is the 26th, safely past Valentine's day so that we will avoid the inevitable crowds on that date. RSVP to mcmullenm@acm.org (preferred) or 717-730-6073.

March 10 - Meeting at Center Street Grille

NOTE: This is the second Tuesday of the month!

5:30 pm – Meet for dinner prior to the meeting. If interested in dinner, RSVP to mcmullenm@acm.org (preferred) or 717-730-6073.

7:00 pm – Business Meeting followed by program "Borders".

Hear about Fred and Tanya Richter's 2019 travels. As they describe it, "We crossed or nearly crossed several contentious borders: Israel/Jordan and Armenia/Georgia and straddled Lebanon, Syria, Russia and Azerbaijan. It got us thinking about border crossings. We'll share our experiences, including hiking a small portion of the TransCaucasian Trail (TCT), crossing 12 language "borders", with these and other border crossings like US/Mexico and through Europe". With our well-traveled Kick 'n Gliders, hopefully others will also share their border stories.

March 18 - Social at John Wright, Wrightsville

7:00 pm – On March 18th we're going to try something new to us, the John Wright Restaurant (234 N. Front St., Wrightsville, 717-252-0416) in Wrightsville. This is a delightful, river-side restaurant in an historic building. Again, shouldn't be too busy since this is the day after Saint Patrick's Day. RSVP to mcmullenm@acm.org (preferred) or 717-730-6073.

April 7 - Meeting at Center Street Grille

5:30 pm – Meet for dinner prior to the meeting. If interested in dinner, RSVP to mcmullenm@acm.org (preferred) or 717-730-6073.

7:00 pm – Business Meeting, Elections and Trip Planning. If you have a favorite ski destination and you'd like to lead the club there, start collecting information to help with planning our schedule.

April 22 - Social at Bluebird Inn, Cornwall

7:00 pm – Seems like it's becoming kind of a tradition for the Kick 'n Gliders to wrap up our season with a social at the Bluebird Inn in Cornwall (2387 Cornwall Rd., Cornwall, 717-273-3000). We're doing it again this year, so why not put Wednesday, April the 22nd at 7pm on your calendar for this favorite destination?

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.



It's All Downhill From Here – Musings On Learning A Skill

Watching the tiny kids on their little skis shuffling around at Craftsbury is so entertaining, and encouraging. What an advantage it is to learn skiing when you're young, not so far to fall when you go down and there's usually a parental cheering section there with encouragement. What a great way to learn a new skill, one step at a time.

Some of us have a real problem with downhills. A steep slope ahead can be intimidating even as others go down, making it look so easy. There has to be way to get past this.

Seems like one way to address this is the old technique to breaking what looks like a big problem into small, simple, steps.

Looking out the back of Cedar Lodge at Craftsbury you see the two slopes going from the upper field to the lower one. Maybe that's a way to start simple, just go do that slope. A nice, wide open slope with no encroaching trees to worry about running into, no drop-offs or other hazards to worry about.

So, what have I got to lose? A little time? Down we go. And then again, and again. It must have been at least 20 times going down that slope and each time felt a little more certain. Let's add a turn...focus on bending the knees...now to avoid skiers downhill!!!

Looks like it may have worked. When we did Winona State Forest and then Osceola on the Pulaski trip, I have to say that none of the downhills felt particularly intimidating and I made it down all of them without incident.

It's a lot like the advice we cyclists give parents about teaching their little ones to ride a bike. Get a push-bike, no pedals to worry about. First learn how to balance. Then some turning. Keep it simple, learn one skill at a time, then add the pedals and you've got it mastered! ~by Mike McMullen



Trip Reports

Where is the Snow, Cazenovia? (January 14-17, 2020)

(With apologies to Simon & Garfunkel and their lyrics "Where have you gone, Joe DiMaggio?" ~Ed.)



This will be a very short report, in that there was no snow in Cazenovia until we were about to depart. Things were so bad that even Osceola didn't open. On our first day, Wednesday, Jan. 15, we hiked at Stoney Pond State Forest, one of the ski venues we (try to) use on this trip.



I was surprised to find boardwalks over several low spots that are occasionally wet when we ski there. Under normal snow conditions we don't see them.



On Thursday Dave and Nancy went to the Baseball Hall of Fame in Cooperstown. (They found Joe DiMaggio! ~Ed.) It snowed most of that day but not enough for skiing. Wayne and Ron tried skiing at a local golf course but the snow was so wet they had to wax every few minutes. David and I opted not to join them after they relayed the conditions. Instead, we walked around the village for an hour or so.

Friday, we awoke to about 8" of snow. Dave and Nancy had a pre-arranged car repair in Syracuse and left before breakfast. The rest of us went to Highland Forest and skied the 4-mile Westwind loop. Conditions weren't great, but we were happy to be on skis.

Participants: Dave LeRoy, Nancy Kuhl, Ron Henry, Wayne Kirchgasser, David Walborn and Bill Hoffman, leader ~by Bill Hoffman



Pulaski 1 – Groomed for the Gliders (January 17-20, 2020)

Trip Participants: Andrea Hospodar, Joan & Bob Johnston, Kay & Bill Pickering, Pam & Mike McMullen, David Walborn, Ron Henry, and Peg Hampton (Trip Leader)

It was great to return to the 1880 House again! There were four different pots of soup ready when we arrived at noon time on Friday. Pam & Mike arrived just before Andrea & Peg for the Friday afternoon ski. Prior to our ski, Pam & Mike decided that an afternoon of reading and napping seemed more inviting than



skiing. Andrea & Peg headed out to Winona Forest, Center & Wart Road parking lot. My expectations were not high for good ski conditions; however, I was pleasantly surprised. My Winona Forest Contact, Matt Westerland, is one of the groomers. He knew the Gliders were coming to ski this weekend and was out grooming ahead of us. The trails were in pretty good shape

considering the small amount of snow. We skied some of the ski trails and then went on the roads that are traditionally all chewed up by snowmobiles. The big groomer had gone ahead of us and we were delighted with the ultra-smooth conditions! Matt did pass us on the groomer but didn't have time to stop to talk since he had a meeting. The afternoon forest was beautiful.



Saturday morning started with a delicious cooked breakfast! The group (minus the Pickerings) skied/bushwhacked the 8-mile race loop. It was a challenge! The second half of the trail was in much better condition with fewer water crossings and additional snow that accumulated while we were skiing. We were happy to return to the 1880 House for soup and to learn what Kay & Bill did. They did some sightseeing at their favorite stops. All ten of us sat at one table in the dining room for a delicious dinner of stuffed Cornish Game Hens, mashed potatoes & gravy, and peas.

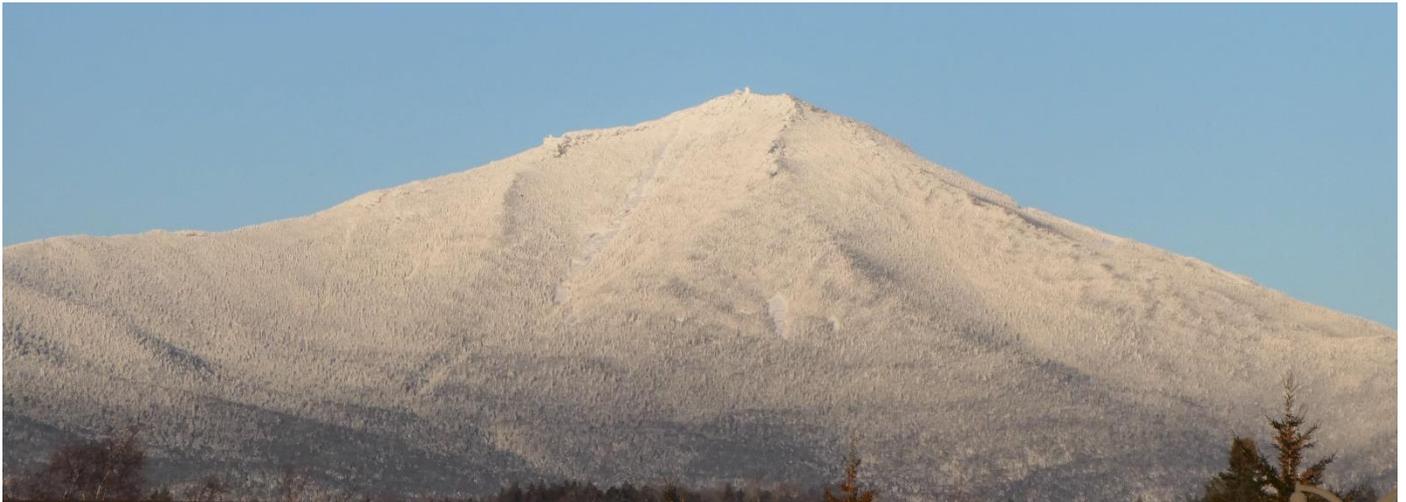
On Sunday, we went for what might be our final day of skiing at Hugh Quinn's Osceola Tug Hill XC Ski Center. It is distressing to think of this great ski center being lost to us. Hugh estimated that he received about 16 inches of new snow since Saturday morning. He ran the groomer over the south side five times. He did not groom the north side of the trail system. After lunch, some folks tested new skis, but no purchases this trip. The trip leader took a bad fall and opted to sit out the afternoon ski. No serious injuries – just a minor knee sprain that will require a few weeks of rest. On Sunday



evening, the 1880 House staff prepared and served the tradition baked ham dinner with pineapple, plus carrots and escaloped potatoes.

Monday morning arrived too soon. For the third morning in a row, we had a delicious hot breakfast. David was heading to Lake Placid. Pam & Mike headed back to Camp Hill. Joan & Bob left for Chateauguay with trail maps and plans to snowshoe. Andrea, Ron, & Peggy squeezed all our gear into Peg's CR-V and headed home so that Peg could go to the OIP Ouch Clinic.

Another great trip with the Gliders who always make the trip fun and easy to lead! ~by Peg Hampton



Sunny and Snow-frosted Lake Placid (January 20-25, 2020)

Sixteen Gliders converged on Sandbrook Duo in Lake Placid for the first 5-day edition of this popular trip. Four other members, most of whom lost out on the trip lottery, rented a condo a few doors from ours. They were invited to ski and eat dinner with us.



We enjoyed four mostly sunny days of skiing with plenty of snow. However, with no new snow to freshen the trails during our stay, metal-edged skis soon came in handy due to the loose cover having been skied off. Each day was a little warmer than the one before, with temps rising to the low 40s by Friday from a daytime high of 12 on Monday, arrival day.

On Tuesday we skied, in different groups, at the VIC (Visitors' Interpretive Center) at Paul Smiths. We had never been there before on a weekday and found the Center closed. Only the entry foyer and bathrooms were open. Still, the trails had been groomed and tracked, and a payment box was there to accept our trail fees. However, we learned from David Walborn, who was waiting in the foyer for me (his chauffeur) to return, that an employee there told him that he would open the Center for us if we called in advance. I was given his business card.

Wednesday found most of us at Mt. Van Hoevenberg, exceptionally uncrowded. It was there that the lack of loose cover reared its head. The Ladies' 5K, a trail that many Gliders do there, is partially closed due to construction on the property. Just as well—the very fast snow would have challenged even the strongest skier. We spent the morning on the west side of the entrance road, where most of the trails are rated moderate. To me, moderate became expert under the prevailing conditions.

On Thursday most of the group went to Cascade, a venue we have not visited since I started coming on this trip over 10 years ago. I had KP that day, so I spent the morning in the kitchen, then went to the nearby Peninsula trails, which can be accessed on skis from our condo development (although I drove there since I needed to go to the supermarket



anyway). Dave and Nancy had been there the day before, where they observed DEC personnel clearing fallen trees from the Lakeshore Trail.

Friday found us again at different venues. Some skied the Whiteface Mtn. highway, several others skied to Marcy Dam from Adirondack Loj, a few went to Cascade, and a

scattering of other places. Most people reported issues with sticking as the temperature rose. As the forecast for Saturday was for rain arriving, the end of the trip seemed very timely.

Dinners, all of them sumptuous, were prepared by Bill Morrow and Larry Wasser (Monday), Jesse Jepsen and Karen Northeimer (Tuesday), Bart Richwine and Lisa Baer (Wednesday) and yours truly (Thursday). Friday was leftovers night. That evening was capped off by an 80-minute DVD bought by Nancy Kauhl describing the 2016 Saranac Lake Winter Carnival. It showed the construction of the ice palace, festival parade, float competition, and the effect the event has on the community. What we didn't know is that boot camp prisoners from the Moriah state



prison were brought in to help with construction since the availability of local labor has been diminishing. Prisoners get an earlier release for their work.

Participants: We welcomed Larry Wasser and Bill Morrow on their KnG debut. The rest of the crew included Dave Leroy and Nancy Kauh, Mark Kern and Sue Berg, Jesse Jepsen and Karen Northeimer, Lisa Baer and Bart Richwine, Dennis and Pam Dunn, Ken Britton and Bonnie Telegraphis, David Walborn, and the leader, Bill Hoffman. The lottery misser-outers were Glenn Barnes, Ed Cook and Lin Pomeroy, and Nan Reisinger.

The house will be reserved for next year, subject to availability, after the trip planning meeting in April. ~ by Bill Hoffman

Stowe's Hills Were Alive in 2020 (January 26-31, 2020)

Twenty-one people gathered for a fun and snowy week at the Commodores Inn in Stowe, VT from January 26-31. Everyone had a great time xc skiing at Stowe, Von Trapp, Bolton, and Craftsbury. Ed Cook, our energizer, skate skied throughout the week and even bought a new pair of skate skis from our favorite store, the SKIRACK in Burlington. Nancy and John Class enjoyed snowshoeing as well at Stowe, Von Trapp, and Craftsbury. Brent Linde and Shirley Lentz had a great time downhill skiing on Monday and Tuesday. New ski club members, Joan and Bob Johnston, fit right in and were a delight to ski with. Sue Wills



provided morning chair yoga for all who were interested. Our New Jersey buddies (some also members of our club) were with us as usual and skied along-side some of our members throughout the week.

Our week began on Sunday with the early arrival of 8 members who were also on the Lake Placid Trip. These members got in an afternoon ski at Stowe before the rest of the crew arrived. Our fear of rainy, wet conditions soon dissipated as we arrived to temps in the mid 30's and slow, but skiable, trails. We then enjoyed a delicious 6:00 buffet meal at the INN.

On Monday, we headed to Stowe for a delightful ski. Temps were in the low to mid 30's and a few inches of snow had fallen over night. Trail conditions were very good with a little stickiness that made easy climbing. There was no wind so the scenery was amazing with snow piled on most tree limbs. Some of us skied to the cabin and enjoyed a delicious bowl of soup. A fun dinner at the Trapp Brewery and Bierhall completed the day.

Tuesday found most of us at Trapp. We must note that they have group rates and we were able to take advantage of them. Conditions were wonderful!!! Temps ranged from 25-30 degrees. It snowed lightly as we skied. Another delicious buffet meal followed at the INN.

People scattered on Wednesday. Temps were in the mid-teens to twenty with abundant sunshine. Half of the gang went to Craftsbury where they found frozen granular conditions which made it slippery and fast. One needed to dig in to climb and employ his/her best snowplow on the downhill. It was truly a good day for a hearty workout. Ed said the conditions were great for skate skiing. The Lindes, Ellen Hughes, and Shirley Lentz went to Bolton where they broke trail in



the deep snow and enjoyed spectacular views. Brent wore Bill's GO PRO and provided us with great moving video scenes Thursday night. Our early risers, Bonnie Telegraphis and Ken Britton, were the first skiers at Trapp today and found a few inches of freshly fallen snow. Bonnie Close rode the bus to town and went exploring. Dinner was on your own. Some of us ate at the bar at the INN. Others took advantage of the various restaurants around town.

A group of us returned to Trapp on Thursday to another beautiful ski. Temps were in the mid-teens to mid-20's. A few went to Bolton, but found it less enjoyable than Stowe and Trapp. Happy Hour at the bar at the INN followed around 5:00. Everyone had another evening to explore restaurants in town. Bill showed us his video for the week's ski adventures around 8:00.

Till next year and another great week of Vermont xc skiing... ~by Pam Dunn



Did you know...

...there is a meteorite collection in Bethel, Maine? The Maine Mineral & Gem Museum was recently written up in The Week magazine as a world-class science museum in rural Maine.



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

ADDRESS SERVICE REQUESTED

In this Issue of Easy Glider:

Up-coming Events

February 18 Social
March 10 Meeting
March 18 Social
April 7 Meeting
April 22 Social

Musings on Learning a Skill

Trip Reports

Cazenovia
Pulaski I
Lake Placid
Stowe