



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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Up-coming Events

The first two meetings of the season will be held via ZOOM. Check out the link to virtual meetings information – <https://kicknogliders.org/wp/virtual-meetings/> -- before the meeting. Our host, Bill Stine, will send all members an **email** invitation for each meeting a few days prior and, again, about half an hour prior to the start of the meeting. The host will open the meeting for participants to join about fifteen minutes before the meeting begins.

November 3 – Meeting via ZOOM

7:00 pm – Business Meeting followed by program “A Covid Summer”. Bill Stine will host the meeting and will also present a program on his and Sandy's summer activities. He will present vignettes on their summer activities including travels and camping which include some members of Kick 'n Gliders.

December 1 – Meeting via ZOOM

7:00 pm – Business Meeting followed by program “Gallivanting Around Southeast Asia”. Gary Musser will describe his six-week trip through Southeast Asia.

In this quiet time of Covid-19, we can still travel vicariously from home!



Trips Fall Victim to Covid-19

Craftsbury #1 -- Vermont's restrictions on travelers from outside of the state affects more and more counties in our area as the coronavirus surges again. The Craftsbury Outdoor Center made the difficult decision to exclude visitors from Pennsylvania and New Jersey through November and December of 2020. Thus, the Kick 'n Gliders' traditional New Year's trip has been *rescheduled* to the end of December 2021 – 14 months from now!

Laurentians – Not knowing when Canada may permit US citizens to cross the border to visit our northern neighbor, the executive committee decided to cancel the trip to the Laurentians. Bill Stine found an alternate location for a ski trip to southern Vermont during the same time frame. People who had signed up for the Laurentians trip were given the option to transfer to the southern Vermont trip.

Good News From Osceola

Dave LeRoy just had an encouraging phone call with Hugh Quinn who until recently owned the Osceola Tug Hill Cross-Country Ski Center (OTH). The good news is that there will be cross-country skiing in Osceola this year. Hugh has sold the trail system on the south side of the road (same side of the road as the ski shop) to a couple from Smyrna, New York. Their names are Tom, a retired school teacher, and his wife, Kristin. They will be running the south side trail system this year. This includes trail grooming, selling trail passes, etc. Hugh is retaining ownership of the ski shop and residence upstairs. He will be there to sell XC ski equipment several days a week. We expect those who have travelled to Osceola in the past for good advice and good prices on ski equipment will continue to do so. Hugh says he will now have time to do some skiing!

The situation regarding the trails on the north side of the road (the portion across the road from the ski shop) is more complicated, but there will be skiing there. First of all, Hugh will be retaining ownership of the red house which he rents to skiers for two or more days when there is snow on the ground. And he has a buyer for the trails on this side but closing of the sale has been delayed. Until the property is actually transferred to the new owner, Hugh will make these trails available to Kristin and Tom who will be grooming them and making them available to skiers. After the sale goes through, the situation involves Dustin Hite, the owner of the new Osceola Ski and Sport Resort (OSSR) located adjacent to OTC. Dustin has made arrangements with the new owner to groom these trails and use them in addition to his trail system. So these trails will be available to those who buy a trail pass from OSSR.

Current State Travel Restrictions

Every one of our ski trips is in jeopardy because of Covid Travel Restrictions. Following is a brief summary of the travel restrictions for each of the states where we have scheduled ski trips, based on my research of each state's online information. Each state is slightly different. Many of these restrictions have been in place since late spring or early summer and, unless relaxed, they **will have a profound effect** on our entire ski trip schedule.

Except for Maine and Vermont, as indicated below, we would need more details regarding the definition of "quarantining" and the availability of testing before we can make decisions whether to cancel the trip or allow individuals to drop out of each trip. In short, every trip that we have scheduled will be impacted by the Covid restrictions in force at the time of the trip. In particular, the quarantine requirements may appear to be impractical. But for many of us, they may involve a tolerable alteration in our lifestyle for a couple of weeks. Think about it.

Travel across the US Border with Canada: Restrictions limit travel to essential travelers, which does NOT include tourism for recreation. These restrictions were first instituted in early spring, have been extended month-by-month, and were just extended through November 21, 2020.

Travel to Maine: Maine has **mandated** that all out-of-state travelers (with the exception of *residents* from Connecticut, Massachusetts, New York, New Jersey, New Hampshire, and Vermont) complete a 14-day quarantine upon arrival, including arriving with enough food for 14 days (cannot go out to grocery stores), cannot go out to public places, and avoid contact with others. In order to forgo the 14-day quarantine, adults may have a negative COVID-19 Antigen or PCR test collected no more than 72 hours before arriving in Maine.

Travel to New Hampshire: Those traveling to New Hampshire from non-New England states are **asked** to self-quarantine for the first 14 days of any intended stay in NH after travel (starting from the last day of their travel outside New England). Anyone traveling into New Hampshire from Maine, Vermont, Massachusetts, Connecticut, and Rhode Island does not need to quarantine.

Travel to New York: New York's travel advisory requires individuals who have traveled to New York from areas with significant community spread to quarantine for 14 days. As of October 20, 2020, neighboring states Connecticut, New Jersey and Pennsylvania meet the criteria for the travel advisory -- however, given the interconnected nature of the region and mode of transport between us, a quarantine on these states is not practically viable. That said, New York State highly **discourages**, to the extent practical, non-essential travel to and from these states while they meet the travel advisory criteria.

Travel to Vermont: People who are coming to Vermont from many out-of-state locations will need to quarantine. (Travelers from counties in New England and New York with 400 or fewer active cases per million are exempt from the quarantine requirement. Vermont's website updates this information every Tuesday.) "Quarantine" means staying at a home or dwelling before doing **any** activities outside of the home, like grocery shopping or getting together with friends. If you plan to travel to Vermont in a personal vehicle (including a rental vehicle or private plane), you may complete either a 14-day quarantine or a 7-day quarantine followed by a negative PCR test in your home state and enter Vermont without further quarantine restrictions. Continue to quarantine while waiting the results of the test until you travel to Vermont.

Summer Activity Reports

July 14 Bike Ride - On Tuesday, July 14, 2020, thirteen Kick' n Gliders gathered at Bainbridge, PA, for a morning bike ride on the Northwest Trail to Columbia and back, about 22 miles. People wore masks as they arrived, unloaded bikes, and greeted one another. Then the group set off, some fast, some slower, and some stopping to read historical markers and view the river. After a break in Columbia, where a few indulged in ice cream, the group returned to Bainbridge where some ate a BYO lunch at the pavilion. After lunch Chris



Brubaker led 3 energetic riders, Ron Henry, Gil Linde, and Gary Musser, on an additional 6-mile round-trip ride to Falmouth. Along the way Chris gave



information on geological formations. It was a great outing; the weather cooperated in producing a sunny day in the low 80's with low humidity. Participants were Fran Horn, coming from New Jersey, Beth Major, Nancy Kauhl, Dave LeRoy, Ron Henry, Gary Musser, Nancy Sherer, Gil Linde, Nancy Borremans, Chris Brubaker, Karen Northheimer, Jesse Jepsen and their friend, Camille.



August 19 Bike Ride - On Wednesday, August 19, 2020, Jamie Hackman led a bike ride on the Warwick to Ephrata Trail. The riders met at the Warwick Township building on Clay Road in Lititz and rode the 7 miles to Ephrata. After picking up pre-ordered lunches at the Scratch Bake Cafe in Ephrata, the group of seven rode to Ephrata Park and ate at the



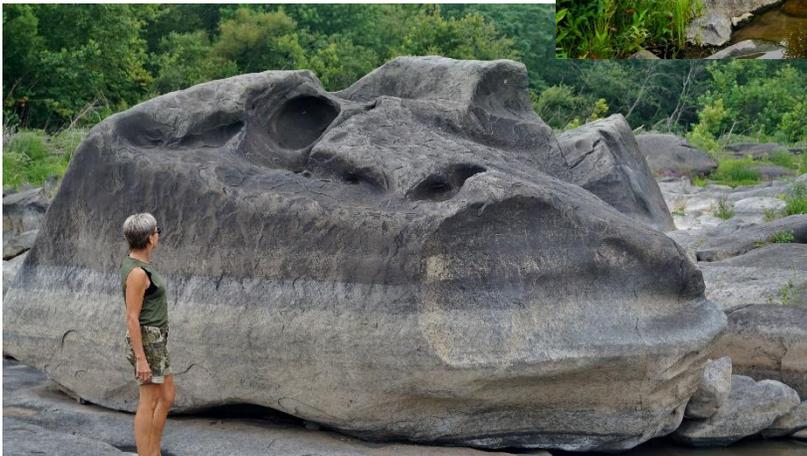
pavilion. My lunch of sandwich and pasta pesto salad was delicious. Bill and Sandy Stine joined us for lunch and the ride back to Lititz. Although there was early morning rain, the day was perfect for a bike ride. Cooler temperatures, low humidity and some overcast skies in the morning made for a perfect day.

Participants were Andrea Hospodar, Ron Henry, Gary Musser, Nancy Kauhl, Dave LeRoy, Nancy Borremans, Jamie Hackman, and the Stines.



August 23 Susquehanna River Potholes - On August 23 KnG member, Chris Brubaker, led a walk and paddle to see the potholes in the Susquehanna River at the Falmouth Boat Launch just south of the small community of the same name. The early morning venture was a semi-cloudy day which allowed for good photography and cooler land and water travel. We all agreed that conditions were perfect, no strong current or wind while we explored in our kayaks on the water.

This collection of diabase, Triassic age, create one of the most expansive fields



of potholes in the United States. Touring them requires a watchful eye while hiking on the curvy rocks but also by boat which means you have to twist and turn your boat, but it is more fun too. There are small sandbars for beaching, lunch spots, sunbathing, swimming, fishing, etc. which make for needed solitude in very small groups. At the boat launch (you need a F&B sticker!), go straight toward the York

County side and you will find the little pull-outs. If you go immediately to the right toward the falls, it is lovely but no pull-outs.



The pothole field will not expand because the glacial floods which carved the rocks no longer exist. Williamsport's Lake Lesley had a glacial ice dam which broke and eroded rocks below. Navigation in this area could not be done except in high water. Conewingo Falls was

altered dramatically by the creation of a diversion canal and dam. This served first a paper mill and later York Haven red brick hydro power company. Downstream are the Brunner Island smoke stacks for the coal and now natural gas power company. This plant produces more power than the total of the four hydro-dams on the Susquehanna River.



August 23 Spring Gate Winery Social - On Sunday, August 23, 9 Kick ‘n Gliders showed up at Spring Gate Winery for some social time along with salads or sandwiches from the food trucks and, of course, wine or craft beer. A band played “oldies” at just the right volume to allow for conversation. Balmy breezes kept us cool and the overcast sky didn’t dissolve into rain until we were folding up our chairs and saying our good-byes. It was so good to see our friends and share our summer adventures in this time of COVID-19 in a place that allowed for social distancing. We look forward to more fun on the ski trails this winter.



Did you know...

...that you can prepare for ski season NOW! I'm sure many of us know of some exercises that we can do to get in shape for the upcoming season. And they don't all have to be physical exercises. Start honing your visualization techniques as well. Do you remember the "Little Red Sports car", a visualization technique for skiing downhill on skinny skis? If not, here is an excerpt from Roberta Strickler's article in the January 2006 Easy Glider.

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.

Credit for this technique belongs to 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.





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