



The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

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Happy New Year!

Up-coming Events

Our meetings this season will be held via ZOOM. Check out the link to virtual meetings information – <https://kickngliders.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.

January 5 – Meeting via ZOOM

7:00 pm – Business Meeting led by Andrea Hospodar will give an update on events for the club. Justin Geissinger, physical therapist with Prana Physical Therapy in Lancaster, will present a program on suitable stretches and helpful exercises for Cross Country Skiers. There will be an opportunity ask questions. Bill Stine has posted the link to the meeting in the club website.

NO Meeting in February

March 2 – Meeting via ZOOM

7:00 pm – Business Meeting followed by Dr. Larry Bieber presenting a program on photography using pictures from his travels. Larry has taught classes in photography and will point out basic techniques using his photos.



Trips Fall Victim to Covid-19

As you may have heard, we had to make the difficult decision to cancel all trips for this season due to COVID-19. We simply could not meet the various state's quarantine requirements nor incur the possible liability of any possible COVID-19 related litigation. We are hoping for more favorable conditions for the 2021-2022 season.

DIY Ski Trip Resources

Webmaster, Bill Stine, has added two new pages to our website to assist members who wish to ski on their own or who wish to run ski trips on their own and wish to offer the opportunity for other club members to join them.

Both pages can be located on our website as the first two menu choices under the “Trips” menu item.

The first page, “DIY Ski Trip Resources” (kicknogliders.org/wp/diy-ski-trip-resources/) lists contact information for many of the facilities Kick ‘n Glider Trip Leaders have used to house our club on extended trips as well as a link to locations and information about the ski venues near that location.

The second page, “Member Run Trips” (kicknogliders.org/wp/member-run-trips/) lists details about trips that members are running on their own. Members may contact Bill Stine, the webmaster, or simply email webmaster@kicknogliders.org to request that he post information about a trip that they want to run. [This page currently lists Gil Linde’s annual Susquehannock Lodge trip. Check it out!](#)

Additional Skiing Opportunity Near Boonville, NY

For those of you who may be willing to risk travel to and from New York state for some skiing this winter, there will soon be additional trails available near Boonville, NY, that are managed and groomed by BREIA. If you've participated in our Boonville trips in the recent past, you will already be familiar with the Canal trail and the trail systems at Egypt Road and Jackson Hill. This year, BREIA is opening another five miles of trails at Potato Hill Farm which is located very close to Boonville.

BREIA (the Black River Environmental Improvement Association) is a not-for-profit corporation funded by a private family foundation, as a gift to the people of New York. Access to the trails and facilities is free, and donations are never accepted. The trails remain open throughout the year, and offer hiking and biking opportunities during the warm seasons. During the winter months, they groom the trails for cross-country skiing. For more information and maps of the trail systems, check out www.breiax-countryski.org.



New York at Your Own Risk Travel Restrictions Are In Place

Many of our cancelled ski trips had been scheduled for venues in New York. As of early December, New York state's travel advisory exempted Pennsylvanians from COVID-19 quarantine and testing requirements; however, Pennsylvania has restrictions on travelers coming into the state from New York, even Pennsylvanians returning home. Although the health concerns that led to the cancellation of our trips this season remain and, indeed, are now even more concerning, New York's ski venues are open to those who still feel comfortable with traveling and are willing to abide by the states' travel advisories.

Bill Stine added a new page to our website, under "Trips", that details news about some of our favorite ski venues in New York state.

Cross-Country Ski Lesson #2

Roberta Strickler offers this sequel to the *Downhill Like a Little Red Sports Car* lesson. These are the pointers she gleaned from a lesson with Louise at Crystal Lake back in 1994!

On the kick, come in like an airplane landing. Then push a “tennis ball” with your ski tip on each kick.

When going up a hill, crunch “popcorn” under your skis. Keep your head up, shoulders back and “sit on the pot” as long as you can.

Alternate high and low tucks going downhill.

Three pole positions for a pole drag technique:

1. Split the poles in thirds with your hands.
2. Upright style is one pole behind each shoulder to act like a coil spring.
3. Hold two poles together diagonally inside one foot OR alternately outside one foot by the boot.

On turns, advance the ski that is on the outside of the turn slightly. Crouch and point the hands toward the outside of the turn resulting in the weight going to the inner ski.



Virtual Holiday Party

Bill Stine hosted a Zoom Holiday Party on December 16, 2020. He set up numerous “rooms” where guests could meet in smaller groups to talk. Attendance was smaller than the reality parties that we have come to love, with all of the shared food, but it was a good time to get together virtually since that was the day of the big snowstorm! It was good to see everyone who participated, even those who live too far away to join us at the Stine’s home.

Did you know...

...that old skis can be repurposed? KNG member, Kim Lausch, was the recipient of a new skiing buddy for herself and the birds that frequent her yard, thanks to the ingenuity of her husband, Matt London. Matt took some old skis and poles, combined them with tree branches and wood, to create a one-of-a-kind skier bird house.





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In this Issue of Easy Glider:

Up-coming Events

January 5 Meeting
No February Meeting
March 2 Meeting

Trips Fall Victim to Covid-19

DIY Ski Trip Resources

Additional Skiing Opportunity - Boonville, NY

New York at Your Own Risk

Cross-Country Ski Lesson #2

Virtual Holiday Party