



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kickngliders.org)

Issue: February 2021

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 to 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.

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.

April 6 – Meeting via ZOOM

7:00 pm – Business Meeting: This meeting is Election night and our Annual Trip Planning. Immediate past-president Fred Burgess will present a slate of nominees for our consideration. Of course, in accordance with Article V, Section 1 of the Bylaws, nominations can be accepted from the floor. See proposed slate on page 12 of this Easy Glider.

Our annual trip planning is dependent on all of you! This is your chance to propose a trip for consideration by the membership at this meeting. If you wish to propose a trip, be prepared with possible dates, lodging possibility and estimated costs, and skiing venues. This is an exciting meeting of give and take as we put together a ski trip schedule. Plan to participate with us!



Skiing in the Time of COVID

In spite of the cancellation of the official Kick 'n Gliders' 2021 ski trips, some of us have found ways to ski this winter. Thanks to everyone who wrote an article and shared photos. Speaking for myself, I am enjoying skiing vicariously through the reports and photographs received over the past week. ~Editor

Local Skiing:

Bart and I are enjoying our local neighbor's fields and forests (with permission) as well as some local parks: Little Buffalo, Detweiler, and Ibberson. We have skied

12 days in a row since the last big storm. This is a wonderful winter in PA!!

~Lisa Baer



I have not skied for several years. So, this space in time was perhaps sent to me to practice out my back door, behind my apartment house, where a private tennis court is surrounded by a forest of bamboo.

I went out early, each morning, and skied to the tennis court where the owner had mounted a huge outdoor thermometer by his bench. First off, I would check the thermometer. Often it hovered between 28 and 29 degrees and I stayed there a short while trying to remember: is this a

perfect Blue Wax or a Green Wax Day?

Then I went off in huge circles around the tennis court and down a very long city block, behind the houses. The snow stayed soft, sheltered by the bamboo.

My skiing got better and better. So off I went to the golf course and Overlook Park, always a grand space with gentle hills and big spaces, in Lancaster.

By now, this is still Pennsylvania. The state where you can experience all four seasons within the space of just one day. The sun is strong, by now well past the solstice, and so there is a crust on the snow.

I panted my way up a hill, behind houses, and found a snowman. I had only a small lollipop in my pocket. But the snowman welcomed it and I hoped it would make some child as happy as was I on this bright sunny 29-degree day.

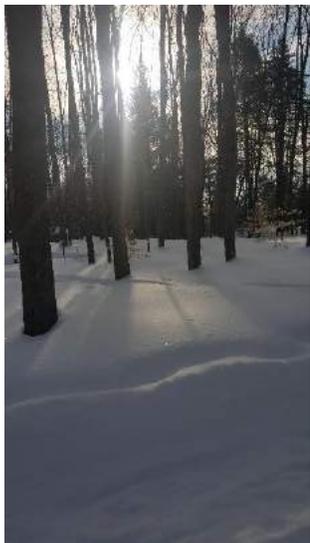
~ Roberta Strickler



We're doing some skiing around Masonic Village. Today I was out with a friend in Shenk's Park in Hershey. We miss nice groomed trails. ~Fred Richter

Carpenter Road and Garnet Hill

Barb Sears, Ellen Hughes, Bonnie Close, Shirley Lentz and Mary Ann Smith travelled to the North Country Manor in Boonville, NY. They skied at Carpenter Road, where they found lots of snow and had a wonderful time. They also skied at Garnet Hill. ~ Shirley Lentz



Snow Chasers - Laurel Ridge & Laurel Mountain

Around mid-January, my weather apps finally showed perfect conditions developing at the Laurel Highlands for the week ahead so I recruited a small cadre of like-minded KNG stalwarts (Rick Begley, Fred Burgess, Karen Northeimer and Jesse Jepsen). On Sunday, January 17th, we drove out the turnpike 3 hours to stay at Somerset, PA. We arrived at Laurel Ridge mid-day and were pleased to find sufficient snow, a full parking lot and snow still falling. We got in a nice session on the red, green and blue trails on the south side of the road. It



was also great to see many young people and families with kids discovering a new experience

under fairly good conditions. The main concession building was closed due to Covid and the warming hut was only open for using the rest rooms. After wearing ourselves out we drove back to Somerset and checked into the Hampton Inn and later dined at the Pine Grill, our favorite restaurant in the area. (Tip: the hotels will give you a 10% discount card if you inquire at the front desk). They always have several decent beers on tap and do a nice job with seafood, salads, veggies and, well, most everything.

On Monday we drove back to Laurel Ridge and skied the Orange trail loop (6 miles?) on the north side of the road. We were the first tracks on ~4 inches more of snow that fell overnight; just glorious! After a lunch break, we did some more loops on the south side in order to burn and earn our supper indulgence. This night it was Rey Azteca, quite good Mexican fare, where we ordered margaritas and were shocked (for a moment) by their enormous size.

On Tuesday we headed to Laurel Mountain (north of Somerset) where we've never skied



before. What a treat! They had more fresh snow with over a foot in the woods. It felt like we were in Vermont or Tug Hill. It has a varied and extensive trail network on a mountain top plateau with beautiful snow-covered pine and laurel lining many sections. There is a nifty warming hut with a wood stove that is actually OPEN (with no restrictions, trail fees or tickets) and extensive parking right at the hut and trail head. We met some interesting regulars, including Denny McDonough who couldn't have been more welcoming, helpful and informative. We hit most of the primary trails on the first day and had good conversations at

the hut at lunch. What a hidden Gem! The trails are groomed by PACCSA volunteer(s) and they were taking a day or 2 off after the weekend so the surface wasn't perfect, but it didn't matter much. Afterwards, at Denny's advice, we did a scouting mission to explore nearby Ligonier and to stop at The Pie Shop (worth the ride!). That night it was The Italian Oven Restaurant, an old favorite with brick oven pizza and such.

We returned to Laurel Mountain the next day and hit a lengthy back country loop ~8 miles (yet more snow). After lunch a couple of us skied with "greyhound" Denny on waxable classics in race mode training. It was a maximum effort day and we returned to the Pine Grill for a final feed before departing the next morning. Overall a most excellent trip highlighted by a new find for us that we highly recommend to all KNG members! ~Jesse Jepsen



Osceola Ski Trip Report

Friday, January 22 – Wednesday, January 27

Trip participants included Bill & Sandy Stine, Kathy Yinger, Ed Cook and Lin Pomeroy.

On our way north we stopped and skied the Highland Forest trails on groomed trails that were blessed with a couple of inches of new, dry snow. Conditions couldn't have been better! Unfortunately, the park's wonderful Skyline Lodge facility is closed



and well appointed. We took all our meals during our stay in their restaurant. The food and service were excellent and we were never closer than about fifteen feet from other diners.

The following day we skied at Osceola Ski & Sport Resort, a mile east of Osceola. Dustin Hite, who owns the business, constructed a nice, new trail system and connected it to Hugh's old trails on the north side of the road, trails that Dustin leases from the person who purchased that part of the property from Hugh. Dustin built a brand-new ski center that is quite nice. Snow conditions were even better than the day before and we had great skiing.

this season due to COVID. That evening we stayed at Lincklaen House in Cazenovia, an older Victorian hotel. Dinner was in their Tavern downstairs. Very good meal!

The next morning, we continued on to Osceola Tug Hill XC Ski Center, the place long owned and run by Hugh Quinn. The center continues its operation under a hybrid model. Tom Pryor and Kristin Gaugler, a husband-and-wife team, bought the half of the trail acreage on the south side of the road and are taking care of grooming, memberships, trail fees and snack bar items. Hugh still owns the part of the property where the parking and house is and is running the gear sales. The skiing was very good that day and we had great skiing.

After skiing we headed to our accommodations for the next few days, the Tailwater Lodge in Altmar, between Pulaski and Osceola. It's a very nice place, a Tapestry Collection property by Hilton. The rooms were spacious





For our last day we headed to Winona Forest, skiing out of the Wart Road parking area. Many of the trails had just been groomed and track set. We hadn't skied Winona for several years and the changes were striking. That was especially true of the Bill's Belly trail. It was GROOMED and there are BRIDGES! So, the trail now presents fewer challenges in terms of searching for frozen places to cross the many streams along the trail.

But it is still a lovely, single track affair with short, challenging hills before and after the stream crossings. I loved it!



As we were leaving Winona, we met Matt Westerlund, president of the Winona Forest Recreation Association. He's a cool guy who personally dedicates a huge amount of energy to the trail system. We asked about making a donation and he responded that the best way to support the organization is to become a member. Membership growth improves his ability to get grant money to help support the organization's efforts. We became members! ~ Bill Stine

Susquehannock Lodge Ski Trip Report

February 4 – 8, 2021

Trip participants included Gil, Mary Ann & Brent Linde, Tony Good, Bill & Sandy Stine, Tom Gibson, Chris Brubaker, Bill Hoffman and Gary Musser.

Gil Linde has been running an annual ski trip to Susquehannock Lodge in Potter County for many years and this "Year of COVID-19" was no exception. Susquehannock





Lodge, owned and operated by Carol and Ed Szymanik, is only four miles from the cross-country ski trails of Denton Hill State Park just off PA-6. Our stay in the Lodge included full cooked-to-order breakfasts and full home-cooked dinners. The food was excellent.

The trail loops specifically designated for cross country skiing are just the beginning of the trails in the area. Eight miles of park trails connect with many more miles of trails in the adjoining Susquehannock State Forest,

including the 29-mile Denton Hill Cross-country Ski Trail System, which is groomed. The Susquehannock Trail System (STS) also runs through the park and actually connects directly with the Lodge property. Nearby Cherry Springs State Park also has a system of ski trails. Those trails are groomed by Kick ‘n Glider member, Joe Allis.



Ski conditions were very good during our stay and members took advantage of a wide variety of trails, skiing both as groups and as individuals. Also joining us the first day were Joe and Barbara Allis, Lin Pomeroy, Caroline Coleman and Sue Dice.

But skiing wasn't our only activity. Like me, many of you have heard over the years about the custom sleds that Gil builds, including his single runner sleds. And, like me, many of you may be skeptical about the single runner idea. Apparently invented in New England, single runner sleds date from as early as the mid-1800s. The "Jack Jumper" brand was marketed in the early 1900s. Known as Skibock in Europe, the sleds consist of a bench seat attached to a single ski.



We played with both double and single runner sleds on the long hill behind the Lodge. It was fun and the single runner actually works great. There's a knack to it to be sure but the sleds are much faster than double runner sleds because less effort is needed to move just one runner through the snow. To cap off the sledding activities, Gil demonstrated a stand-up single runner sled he designed. Yeah, really! Instead of the bench there are foot stands oriented so that you ride and steer it like a skateboard. After a couple of false starts Gil



actually made it all the way down the 200 yard plus long hill! I made a couple of videos during the trip that include the sledding and links to them are posted on our website at "Trips | Daily Videos | Susquehannock Lodge #1 and #2". (Links:

<https://youtu.be/aFLNwmMIGoE>

and

<https://youtu.be/bwKfOKAEg4Y>)

Susquehannock Lodge and Denton Hill are great places with wonderful skiing, engaging hosts and excellent food. We'll be back! ~ Bill Stine

Allegany State Park

Following the unofficial Susquehannock Lodge weekend, Gary Musser and I spent two days skiing at Allegany State Park, just over the border in Salamanca, NY. I had originally planned to lead an unofficial Cazenovia trip, but since Gary was the only taker, I offered him the choice of skiing in the Syracuse area as advertised or exploring a new venue. He chose the latter (as I hoped he would).

Allegany is the largest state park in New York and has about 20 miles of groomed trails. Despite the size of the park, the trails are all centered in one area, about three miles in from the north entrance in the city of Salamanca. There is a warming hut there (much bigger than what you'd think of as a



hut), which was opened for bathrooms but not for indoor eating due to Covid. We were there on a Monday and Tuesday (and I did a short ski Wednesday morning before heading home) when there weren't more than about a dozen cars in the parking lot. On weekends when conditions are good parking is apparently at a premium.

You can find a trail map on the park's website. (Go to www.parks.ny.gov and select Allegany State Park, Red House area, then click on maps and you'll find the ski trails map.) Unfortunately, there were no printed maps at the warming hut. The trails are color-coded and markers in the field correspond to the given trail's color. Once on a trail you won't find a lot of markers, but since few of the trails intersect or cross any others, you're not likely to start on one trail and wind up on another. But that happened to us the first day because we followed the grooming and missed a 50-yard or so ungroomed but skied connector back to the main access trail.



The trails are mostly rated moderate (blue), with only one easy (green) that I saw. Still, none of the moderate trails we skied had any steep hills, although there were a few fairly long (maybe 0.1 to 0.2 miles) grades that generally did not exceed about 5%. Most of the grades were less than that.

All the trails are double tracked except on the steeper pitches where there's only a single track. That allows for herringboning up and snowplowing down. We saw the groomer at work several times and although I don't know what type it is, it's a pretty serious piece of equipment.

The trails are about 10-12 feet wide and I saw no sharp curves. The grooming is immaculate and snow and weather conditions were ideal while we were there. There was plenty of depth, no ice, and no downed trees or branches.

When you leave the warming hut and cross the road (ASP #1) to the trails, there is a main access trail with four sets of tracks (just like the Pennsylvania RR main line) for the first quarter mile or so, until the trails diverge. At each point where a trail begins there is a sign with its name and distance. The distance on these signs does not include the distance on the access trail, which is also indicated. The direction back to the parking lot and warming hut is clearly posted, including the distance. For example, if you ski the 2.9-mile Leonard Run trail, you're actually doing 5.1 because the trail begins 1 mile from the road and ends 0.2 miles from the start, where it meets the Ridge Run trail.

On Monday afternoon, after Gary had had his fill, I wanted a few extra miles so I did the Patterson trail, marked as 3.2 miles. It begins with a continuous 2.2-mile downhill, which I covered in 20 minutes. Then I turned around and did the return 2.2 in one hour. That indicates that the grade is not steep; on mostly level terrain with grooming, I can't manage more than about 3 mph.

Gary and I stayed at the Seneca Allegany Casino in Salamanca, which normally I would not have considered. The place has 413 rooms on nine floors. But I found a \$45 a night rate on the internet. The casino tacks on a \$20/night resort fee which includes mostly things we didn't need or want, but even at \$65 (and no tax) it was cheaper than any place in Salamanca, Olean or Bradford (that you'd care to stay at), and more convenient. But a nice plus was a 6-story garage so we didn't have to brush snow off our

cars in the morning. Most casinos have buffet restaurants, as does this one, but it was closed due to Covid. The other choices in the hotel were rather pricey, and only one was open on the days we were there. Other dining options in Salamanca are rather limited. The city is within the Indian reservation and looks rather forlorn.

After coming home, I researched inns and B&Bs in Salamanca and Bradford, and found one in each city that may be suitable for a club trip. All in all, I think Allegany SP has potential for the club, especially if it's combined with other nearby venues. One could fill two or three days just in the park without repeating any trails. I found (but did not scope out) two other downhill venues nearby that have cross-country, so those would no doubt have a trail fee. ASP's website does not show a park entry fee in the winter, but I read somewhere else that that is only because of Covid.

Now, about getting there. It took me 5 hours to drive home to Lancaster, with no traffic issues. That's less than driving to Lake Placid or any of our venues in New England or Canada. It's comparable to the time to Tug Hill, but the roads are not as good. However, with the imminent completion of 322 from the top of Seven Mountains to State College, the time should be shortened by about 15 minutes. ~ Bill Hoffman



Dunn's XC Ski Adventures December, January, and First Half of February

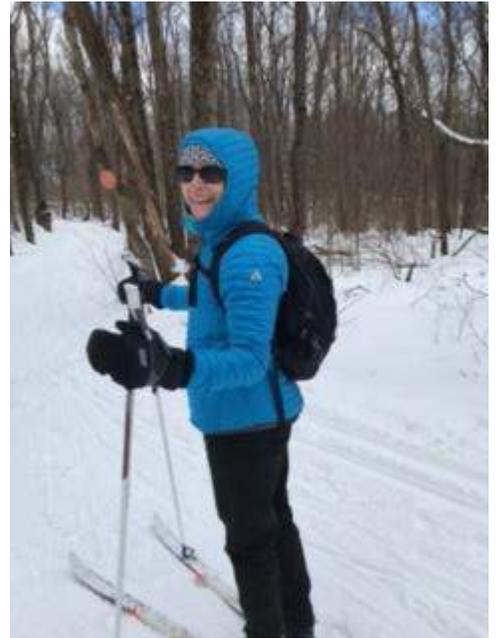
So far, Pam & Denny have only xc skied within the state of Pennsylvania. Four of their xc skiing "adventures" were in the park, along a trail, and on the golf course right across the street from their house. The first time was in the December snow storm that dumped 15 inches in State College.





The end of January, Pam & Denny skied with Bonnie Telegraphis at Laurel Ridge. The conditions were fast and the first hill was very scary, but fun.

Denny and Pam skied at Crystal Lake on February 4. The conditions were very good for the most part. As the afternoon progressed and the sun beat down on the snow, some spots became sticky and skied off lumpy.



On February 10, Bonnie Telegraphis, and Pam & Denny Dunn skied the Moss Hanna and Indian Trails at Black Moshannon. For back country, the skiing was great. We plan to go again soon.



Our future plans include Art Roscoe right across the NY border near Salamanca and the trails with the Allis and Linde families. ~ Pam, Denny, and Bonnie



Get Your Shots!

I am chomping at the bit in anticipation of our 2021-22 cross-country ski season! But I will feel a lot more comfortable on our extended ski trips if the others on the trip have been vaccinated for COVID-19. It's probably impractical to rely on masks to keep us safe at our accommodations on extended trips or carpooling on day trips. Getting the vaccine will help us to minimize the sticky situation regarding members who are unvaccinated or unable to get vaccinated and want to sign up for our ski trips. I don't think it is prudent for the club to sponsor day trips or extended trips which includes those who were not willing or able to get vaccinated. Life will be simpler the more Kick 'n Gliders have been vaccinated, so we should each make a heroic effort to get the recommended shots in our arm. ~Dave LeRoy



Proposed Slate of Officers for 2021-2022

Immediate-past-president, Fred Burgess, has twisted some arms and proposes the following nominees for consideration at our election of officers on April 6.

- | | |
|---------------------------------|-------------------------------|
| President: | Fred Burgess |
| Co-Vice-Presidents: | Tanya and Fred Richter |
| Secretary: | Marilyn Grove |
| Treasurer: | Dave LeRoy |
| Extended Ski Trip Coordinators: | David Walborn and Nancy Class |
| Day Ski Trip Coordinator: | Bill Stine |
| Program Coordinator: | Cheryl Capitani |
| Membership: | Nancy Kauh |
| Newsletter Editor/Publisher: | Nancy Kauh |

Financial Summary for 2020-2021

Treasurer, Dave LeRoy, while recuperating from knee surgery, has completed a preliminary report of the finances for the 2020-2021 fiscal year. Because the club's official schedule of ski trips was cancelled due to the Covid pandemic, 99% of the financial transactions of the Kick 'n Gliders current fiscal year have already occurred. This summary does not include expenses incurred after the end of January 2021.

Financial Summary Kick n Gliders 2020-21

Item	Number of Participants	Income	Expense	Profit
Dues		\$1,825.00	\$10.00	\$1,815.00
Misc Income/Expense			\$106.00	-\$106.00
Newsletter			\$601.85	-\$601.85
Bank Charges			\$15.00	-\$15.00
Boonville 1	16	\$990.00	\$990.00	\$0.00
Boonville 2	4	\$200.00	\$200.00	\$0.00
Cazenovia	6	\$1,075.00	\$1,075.00	\$0.00
Craftsbury 1	19	\$1,600.00	\$1,600.00	\$0.00
Craftsbury 2	9	\$2,644.08	\$2,644.08	\$0.00
Eustis	11	\$2,067.35	\$2,067.35	\$0.00
Garnet Hill	7	\$1,120.00	\$1,120.00	\$0.00
Inlet	7	\$3,842.60	\$3,842.60	\$0.00
Lake Placid	12	\$5,731.25	\$5,731.25	\$0.00
Laurentians	23	\$4,083.99	\$4,083.99	\$0.00
North Conway 1	16	\$4,041.75	\$4,036.75	\$5.00
North Conway 2	15	\$5,574.06	\$5,574.06	\$0.00
Pulaski	7	\$1,050.00	\$1,050.00	\$0.00
Southern Vermont	13	\$3,425.00	\$3,425.00	\$0.00
Stowe	13	\$1,200.00	\$1,200.00	\$0.00
TOTAL*	178	\$40,470.08	\$39,372.93	\$1,097.15

*Number of persons who made deposits prior to the cancellation of all ski trips.

Financial Summary for 2020-2021, cont.

Fiscal Position at the beginning of 2020-21 Fiscal Year (As of 4/30/2020)	
Balance at 4/30/20	\$15,478.34
2020-21 Payments made by KNG prior to 2020-21 Fiscal Year	
Craftsbury Deposit (#5075)	\$3,601.36
2020-21 Income Received by KNG Prior tp 2020-21	
Dues	-\$155.00
Adjusted Value	\$18,924.70
Fiscal Position at the end of 2020-21 Fiscal Year (As of 12/31/2020)	
Balance at 12/31/20	\$17,870.49
2021-22 Payments made by KNG during the 2020-21 Fiscal Year	
Craftsbury Deposit - Carried over from 2020-21	\$3,601.36
2021-22 Payments received by KNG during the 2020-21 Fiscal Year	
Begley - Craftsbury	-\$150.00
Cook - Craftsbury	-\$150.00
Hampton - Craftsbury	-\$250.00
Kauhl/LeRoy -Craftsbury	-\$300.00
Marhevka - Craftsbury	-\$300.00
Walborn/Pieretti - Craftsbury	-\$300.00
Adjusted Value	\$20,021.85
Adjusted Balance as of 4/30/2020	\$18,924.70
Adjusted Balance as of 12/31/2020	\$20,021.85
Profit	\$1,097.15
Error	\$0.00



Did you know...

...the place in Pennsylvania with the highest average annual snowfall, based on the NCEI 30-year climate averages (1980-2010), is Laurel Summit with an average annual snowfall of 151.6 inches! Compare that with Harrisburg with 30.6 inches and Lancaster with 18.3 inches.



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