



The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kickngliders.org)

Issue: May 2021

Dues are Due

The Club's fiscal year begins May 1 and our Treasurer is now accepting dues and updated membership applications (copy enclosed in this issue of the *Easy Glider*). Although dues can be paid any time before December to be included in the yearly *People To Ski With*, why put it off?

Up-coming Events

Summer is coming and many of us are spending more time outside. Here are some options for joining other Kick 'n Gliders in outdoor activities.

June 15, Tuesday - Hike to Pole Steeple in Pine Grove Furnace State Park

Leader: Nan Reisinger

Join me for a hike to Pole Steeple in Pine Grove Furnace State park. Meet at 10:00 at the Furnace Parking Lot. We will walk the AT to the back approach to the Pole Steeple overlook and return with a decent and level walk back to the Furnace Parking lot. This is a 6-mile lollypop loop, all level with an easy elevation gain to the overlook, so don't let the distance scare you. We will have lunch at the Trail Side Cafe (great sandwiches) at the outdoor tables or of course you can bring a packed lunch if you want. After lunch we can visit the Appalachian Trail Museum, the only museum dedicated entirely to a trail, and worth a visit.

Just a note: The Trail Side Cafe is where AT thru hikers have the ice cream challenge. The challenge is to eat a half gallon of ice cream by one's self. We may be lucky and meet some thru hikers.

Hope you can join me. Please let me know if you plan to attend so no one is left behind.

Nan's Cell: 717-364-9824 nanreisinger@comcast.net

June 26, Saturday – Bike on Lebanon Valley Trail from Mount Gretna

Leaders: David LeRoy and Nancy KauhI

Plan to meet at the main parking lot in Mount Gretna (along Rt. 117 between Carnegie and Princeton Avenues, behind the Porch & Pantry) at 9:30. We'll ride bikes on the Lebanon Valley Bike Trail south towards Colebrook and the Conewago Trail, and then return to Mount Gretna to grab a bite to eat at the Mt. Gretna Pizzeria.

The Lebanon Valley trail and the connecting Conewago trail (at the county line) are crushed stone surface. The distance from Mount Gretna south is about 12 miles (or 24 miles round-trip).

Nancy and Dave's Home: 717-582-2562 kauhlbbh@pa.net

July 7, Wednesday – Bike the NW Lancaster County River Trail along Susquehanna River

Leader: Dave Powell

Join Dave Powell on a bike ride on the fully paved NW Lancaster County River Trail along the Susquehanna River. Depart Koser Park on Race St. in Bainbridge, PA at 10:00 AM on Wednesday, July 7th and ride 11 miles to the Welcome Center in Columbia where there are restrooms and water fountains. On the way back we can stop at the 15-mile mark and have lunch at McCleary's Pub in Marietta, then finish the 7-mile ride back to Bainbridge.

Dave's Cell: 717-796-7635 xrsyz39@gmail.com

August – TENTATIVE – Evening at Nissley Winery

Leader: Bill Pickering

Bill is looking at possible dates for an outing to Nissley Winery for an evening of music. Keep an eye on your email for updates.

September 16, Thursday – Hike Darlington Trail to the AT

Leader: Dave Powell

Join Dave Powell on Thursday, September 16 for a 4-mile out-and-back hike on the Darlington Trail to the Appalachian Trail to the Cumberland Valley overlook. This is a trail through woods, mostly level with some

ups and downs, not steep. A typical Pennsylvania trail, with rocky sections. Wear hiking boots or good sturdy shoes. Meet at the trailhead parking lot on top of Blue Mountain at Millers Gap. Take Millers Gap Road north from Wertzville, PA (at Visaggio's Restaurant) on Wertzville Rd. (PA Rt. 944). Be ready to hike at 10:00 AM. Bring water and snacks. There are no facilities at the trailhead.

After the hike we could have lunch, coffee or ice cream at Walden where there are three choices with outdoor seating located next to each other. There is the IDEA coffee shop, Sophia's or Home Slice pizza & ice cream.

Dave's Cell: 717-796-7635 xrsyz39@gmail.com

October 2, Saturday - Ox Roast

Hosts: Nancy Kauh and David LeRoy

When there is a nip in the air and hints of color in the leaves on the trees, it is soon time for the Ox Roast! Dave LeRoy and Nancy Kauh will again host this kick-off event of the Kick 'n Gliders' ski season at Black Birch Hollow, their home in Perry County, on October 2, 2021.

You are welcome to arrive as early as 3:00 pm for conversation and snacks; the fire will be burning and the meat will be roasting in anticipation of eating dinner at about 5:30 pm.

New policy: For the comfort of all who attend, please be fully vaccinated against the Covid-19 virus.

What you are expected to bring: Your favorite potluck dish to share, your alcoholic beverage of choice, \$5 event fee (to cover the cost of the meat and paper products), lawn chair if the weather is nice and your checkbook if you want to make deposits/payments on any of this season's ski trips.

What will be provided: Meat ("ox" roasted over an open fire and sausages on the grill), soda, ice, paper plates, plastic cups, utensils, napkins, and coffee. Some serving utensils will also be available.

Want to help? Your help keeping the fire going, grilling sausages, welcoming newcomers, or set-up and clean-up will be much appreciated. If you are willing to help with any of these, please offer when you make your reservation so the hosts can plan accordingly.

Reservations: Let Nancy know (717-582-2562 or kauhlbbh@pa.net) **by September 30, 2021** if you are coming, who/how many you are making reservations for and what potluck dish you plan to bring. If you need directions to Black Birch Hollow, let Nancy know and she'll email them to you.



Officers for 2021-2022

Congratulations to our newly elected officers!

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

Reminder: Get Your Shots!

Addition to Club's Rules of Conduct

The Kick 'n Gliders Nordic Ski Club values our reputation with the many properties we have rented over the 40-plus years that we have been running trips and many of our leaders have developed stellar relationships with our hosts. It recently came to the Executive Committee's attention that the management of one of our desired trip destinations was hesitant to rent to us in the future. They felt that one of our members was out of line in the way they complained about the unit in which they were staying on a previous trip.

The Executive Committee has, therefore, added a new rule to ***Club Rules of Conduct and Safety Regulations*** which reads:

An extended-trip participant with a maintenance complaint, or any other issue with property the club is renting, should inform the trip leader. The trip leader will try to resolve the problem. In NO CASE should a trip participant take complaints directly to the property management.

We ask that all members, particularly those who participate on club trips, take note of this change to the ***Club Rules of Conduct and Safety Regulations***.

Kick 'n Gliders Nordic Ski Club

www.kickngliders.org

2021-2022 Membership Application & Release

<p>Print form & fill in by hand</p> <p>Important: Be sure to sign release on second page</p>	<p>Dues Year: May 1 to April 30</p> <p>Dues: Individual Family New Member....\$5.....\$7.50 Renewal.....\$20.....\$30</p> <p>Make Checks Payable to: KICK 'N GLIDERS</p>	<p>Mail Application and check to:</p> <p>Kick 'n Gliders P.O. Box 1353 Mechanicsburg, PA 17055</p>
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Check the box on the right for any information to **not** be published in the club's roster, *People to Ski With*

Name(s)	<input type="checkbox"/>		
(Other family members)	<input type="checkbox"/>		
Address	<input type="checkbox"/>		
City	State	Zip	<input type="checkbox"/>
Phone () (primary)			<input type="checkbox"/>
() (cell)			<input type="checkbox"/>
<p>Note: Please indicate your cell phone number because it may be necessary for the trip leader to contact you when you are traveling to/from a Kick 'n Gliders' trip.</p>			
E-Mail:			<input type="checkbox"/>

Please print clearly



Please print clearly!

Check here if you are willing to forgo the paper copy and receive the *Easy Glider* electronically.

We MUST have a valid email address for you to receive the *Easy Glider* electronically.

Be sure to sign and date the release on the next page.

RELEASE

(Excerpted from the Bylaws of the Kick 'N Gliders Nordic Ski Club)

Article XI. General Rules of the Club

Article XI, Section 1. No member or members of this Club shall obligate or commit the Club to any major endeavor, unusual activity or extraordinary action, unless Executive Committee approval shall have previously been obtained.

Article XI, Section 1A. Every member agrees to abide by the Kick 'N Gliders' Constitution and Bylaws and the Club Rules of Conduct, recognizing the social nature of the group and the authority and discretion granted to the Executive Committee herein.

Article XI, Section 2. Members desire to participate in the various activities of the Club. Each must recognize that all activities are strenuous and involve substantial risks of accident, injury and even death. Such activities, although engaged in as a group, are essentially individual activities/sports for which each individual must be physically and mentally prepared and capable, and in which each individual is essentially responsible for his own safety. The Club is simply an unincorporated association of interested persons which offers a central meeting point for those desiring to engage in the various activities; the Club does not sponsor or operate the activities for its benefit or profit; the leaders, the providers of motor vehicles, and drivers are all volunteers who lead or drive as an accommodation and not for their benefit or profit; the Club, its officers, the trip leaders, the activity leaders, vehicle owners, and vehicle drivers may not have (and in reliance hereon may not purchase) any insurance covering the individual or benefiting him in the event of accident, injury or death. Finally, each individual must recognize that many Club activities are conducted in wilderness or backcountry areas where appropriate medical care may be either totally unavailable, or hours and miles away and therefore inadequate in the event of emergency, but trip leaders and activity participants do not necessarily have any specific rescue, first aid, medical, or leadership skills or training. Each individual must understand that any and all trip leaders, activity leaders, and fellow participants are entitled to, and will rely on, the individual's ability to participate with the others.

I hereby recognize the Kick 'N Gliders as a nonprofit, unincorporated association of persons who have voluntarily organized themselves to participate in and enjoy various activities. I hereby certify that I have read the above section of the Club's Bylaws and understand the responsibilities of being a Club member and release, discharge and waive the Kick 'N Gliders and each and every one of its members from any and all liability for any loss, damage or injury I may suffer or sustain as a result of any of the activities of the Kick 'N Gliders by signing my name below.

I agree to abide by the Kick 'N Gliders Constitution and Bylaws and the Club Rules of Conduct.

I recognize the authority of the Executive Committee to revoke membership for violation of the Kick 'N Gliders' Constitution and Bylaws or the Club Rules of Conduct.

I recognize the authority of each trip leader to determine the composition of the roster for his trip.

SIGNATURE OF MEMBER(S)

_____ **DATE** _____

If member(s) are under 18 years of age, a parent or guardian must also sign:

_____ **DATE** _____

Signature and Relationship

2022 Proposed Extended Trips

Following are the thirteen trips that were proposed at the April 6, 2021, planning meeting. Trip leaders are securing reservations for the proposed dates before finalizing the schedule. We expect to publish a final schedule mid-June at which time we will begin accepting deposits.

Trip: Dates, Nights, Leader:

Craftsbury #1: Dec 29 – Jan 2, 4 nights, LeRoy/Kauhl

Tailwater/Altmar: Jan 17 – 20, 3 nights, Sandy Stine

Boonville #1: Jan 20 – 23, 3 nights, Jesse Jepson

Stowe: Jan 23 - 28, 5 nights, Pam Dunn

Laurentians: Jan 29 – Feb 5, 7 nights, Bill Stine

Susquehannock: Feb 4 - 7, 3 nights, Gil Linde

North Conway: Feb 5 – 12, 7 nights, Andrea Hospodar

Lake Placid: Feb 12 – 17, 5 nights, Bill Hoffman

Cazenovia: Feb 17 – 21, 4 nights, Bill Hoffman

Allegany SP: Feb 21 – 25, 4 nights, Bill Hoffman

Craftsbury #2: Feb 21 – 25, 4 nights, Martha McGraw

Inlet: Feb 25 – Mar 1, 4 nights, Pam/Mike McMullen

Boonville #2: Mar 1 – 6, 5 nights, Bill Stine

Calendar View:

- A full page calendar view of the proposed schedule can be found at the following link: <https://kicknsliders.org/wp/wp-content/uploads/TripPlanning/KnG-Master-Schedule-2022-PROPOSED.pdf>

Notes:

- **Tailwater/Altmar** moves us eight miles east from our traditional digs in Pulaski to the Tailwater Lodge Altmar, Tapestry Collection by Hilton. Tailwater is a modern facility with a very good restaurant, pool, hot tub, etc. Travel times to our usual area ski venues is the same as it was from Pulaski.
- **Allegany SP in Salamanca, NY**, is a new trip for the club. Skiing is on the beautiful trails of the Art Roscoe Cross Country Ski facility.



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

ADDRESS SERVICE REQUESTED

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