



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kickngliders.org)

Issue: December 2022

Up-coming Events

December 6, 2022 - Meeting at Centre Street Grille

5:00 pm – Meet for dinner prior to the meeting. If interested in dinner, RSVP to Andrea Hospodar at ahospodar10@comcast.net.

7:00 pm – Business Meeting – Program "Starry, Starry Night Sky" will be by retired science teacher Denny Phlippy. He will share his knowledge and passion about the night sky and what you can see at this time of year.



December 14, 2022 - Holiday Party at Stine's

7:00 pm - Together again after a two year hiatus!

Bill and Sandy are delighted to host the annual Kick 'n Glider Holiday Party. We will gather in their home at 1501 Bloomfield Way, Landisville, PA. Please join your fellow Kick 'n Gliders for this festive holiday gathering. It's a chance to meet new members, swap stories about past exploits on the ski trails, and plan for an exciting 2023 ski season.

- Bring a dish to share with others and a beverage of your choice.
- We strongly encourage members to be fully vaccinated.
- Car-pooling is encouraged as parking is tight in our community.
- Questions or problems? Call 717-471-6326.

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Directions to the Stine’s Home

Google Maps and your phone know where 1501 Bloomfield Way address is but it does not yet appear on some GPS navigation systems. See below if that’s the case with yours.

From the PA-722/Landisville on PA-283 exit, 4 miles west of Lancaster

- Turn onto State Rd following the sign toward Landisville
- Go 0.6 mi to the third traffic light and turn RIGHT onto Harrisburg Pike
- Go 0.3 mi and take the first LEFT onto Bowman Rd
- Go 0.6 mi turn RIGHT onto Nissley Rd (sign for Landis Farm)
- Go 0.2 mi to a small traffic circle
- Our home is the corner property on the far left quadrant of the circle.



January 3, 2023 – Meeting at Centre Street Grille

5:00 pm – Meet for dinner prior to the meeting. If interested in dinner, RSVP to Andrea Hospodar at ahospodar10@comcast.net.

7:00 pm – Business Meeting – Program "**Patagonia Adventure**" will be presented by club members and co-presidents Fred and Tanya Richter. They recently spent 21 days touring Patagonia. Patagonia encompasses the southern end of South America and is within the borders of Argentina and Chile. The southern section of the Andes Mountains runs through Patagonia with lakes, fjords, rivers, glaciers, temperate rainforests and steppe lands. The far south latitudes also offer foul weather with 100 mph winds and unique fauna like guanacos and rheas. Come and join Fred and Tanya for an informative visit to this truly beautiful part of our planet. Nos vemos allí.

Note: The previously scheduled presentation on skiing Tuckerman Ravine on Mt. Washington, NH will now be on March 7.

January 18, 2023 – Social at Sawasdee Thai, Hershey

6:00 pm – Meet at Sawasdee Thai Restaurant, 1319 E. Chocolate Ave., Hershey, PA 17033. RSVP to Andrea at ahospodar10@comcast.net.

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FREE! Nordic Track – excellent condition. It will keep track of your distance and speed. Also has an attachment for a book while working out. Contact Lin Pomeroy lpomeroy@comcast.net. Lin is located in Mechanicsburg - easy to pick up in conjunction with a club meeting.

**Meetings are held upstairs at the Center Street Grille
4 Center St, Enola, PA
717-732-6900**

Directions from PA-283 at Exit to I-283

1. Follow I-83 S toward Harrisburg
2. Take Exit 42 toward Lemoyne onto Lowther St.
3. Turn right onto S. 3rd St.
4. Turn right onto Market St.
5. Take the 1st left onto S. Front St. / S. Enola Rd.
6. Turn left onto PA-944 W
7. Turn left onto PA-944 W / Wertzville Rd.
8. Turn left onto Center St.
9. Destination will be on the left.

Directions from I-81 N at PA-581

1. Follow I-81 N (1.2 mi)
2. Take Exit 61 for PA-944 / Wertzville Rd. (0.2 mi)
3. Turn right onto PA-944 E /Wertzville Rd (2.1 mi)
4. Turn right onto Center St.
5. Destination will be on the left.

Directions from I-83 and I-76, PA Turnpike

1. Follow I-83 N (1.8 mi)
2. Take Exit 41B for Lemoyne (0.5 mi)
3. Turn left onto Lowther St. (0.2 mi)
4. Turn left onto S. 3rd St. (0.5 mi)
5. Turn right onto Market St. (0.4 mi)
6. Turn left onto S. Front St. (2.0 mi)
7. Continue onto US-11 N / US-15 / 501 N (1.0 mi)
8. Turn left onto Enola St. (259 ft)
9. Bear left onto South St. (0.1 mi)
10. Turn right onto PA-944 W (0.4 mi)
11. Turn left onto PA-944 W / Wertzville Rd. (0.6 mi)
12. Turn left onto Center St.
13. Destination will be on the left.

All I Want For Christmas is...



SNOW!

President's Message

It seems the Kick 'n Gliders have been going to the Craftsbury Outdoor Center (COC) forever, but were you aware that COC is part of a movement to make our planet a little less hostile?

The Craftsbury facility has 3,000 square feet of photovoltaic solar panels on the roof with a goal for the facility to have a net-zero annual electricity usage. In 2010, eight tracking solar arrays were installed yielding about 45,000 kilowatt hours of energy annually. The facilities further Craftsbury Outdoor Center's quest to become a steward of environmentally-friendly practices.

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The Craftsbury Outdoor Center mission includes the use and teaching of sustainable practices. In 2004, it joined the Green Hotels program. COC incorporates other sustainable practices like composting toilets and the reduced use of one-use products.

Despite doing so many things right, it's not helping their snow conditions; as of the beginning of December, Craftsbury lacks a natural snow cover. The conditions at our second 2023 season ski venue is markedly better. Ski sites in Quebec have already opened some of their cross-country trails.

We wish all the Kick 'n Gliders a wonderful and safe ski season and the happiest and healthiest new year.

Fred and Tanya
Co-Presidents



Cascade Cross-Country Ski Center

Over the years, the Kick 'n Gliders have often enjoyed the beautiful wooded trails of the Cascade Cross-Country Ski Center, conveniently located near the Mt. Van Hoevenberg Olympic complex east of Lake Placid, NY. We loved the full-moon ski parties, complete with bonfires, hotdogs and beer, and some of us purchased equipment there.

The Cascade property was recently acquired by the Adirondack Mountain Club (ADK). ADK has renamed it Cascade Welcome Center and will open this winter with a full cross-country and snowshoe operation at the center, using 12 miles of groomed trails. The trails are typically only about 6 feet wide and wind through the woods, and a portion of the trails are lighted allowing for night skiing. Many of these trails are rated as easy, but there are a few exciting downhills, too. The Mt. Van Hoevenberg ski trails link to the Cascade trails at a trail junction; ADK is considering continuing the joint ski passes which have permitted skiers to use both trail systems with one pass. In addition, the Jackrabbit Trail passes through the Cascade property. ADK will offer ski and snowshoe gear for rent or purchase. As an incentive to visit this trail system, members of ADK will be able to ski/snowshoe for free. Check out the hours of operation at ADK.org/cascade-welcome-center.

By Dave LeRoy

Past Event Report

Business Meeting on November 1, 2022

Tyler Savakinas, Pt, DPT of Drayer PT, was our speaker and presented information on how physical therapy can help with some common cross-country skiing injuries. Tyler took a lot of time at the end of the program to answer our questions and discuss some of our own injuries. We all got a chuckle when Tyler referred to "falling" by the dictionary definition: "descending quickly to a lower level".

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The attendees at the November 1 meeting approved a proposal to donate \$500 to each of four trail associations for the maintenance and development of cross-country ski trails. On November 2, 2022, Treasurer, Dave LeRoy, sent checks to: The Catamount Trail Association, Crystal Lake Ski Center, The Barkeater Trail Alliance which oversees the Jackrabbit Trail, and Winona Forest Association.

We have received a nice “thank you” letter from **The Catamount Association** (CTA). Our support will help their staff and volunteers to continue the work of stewarding and expanding access to backcountry terrain for skiers throughout Vermont on North America’s longest backcountry ski trail. Some of their current projects include opening over 4 miles of new trail (in Camels Hump State Park), building 8 new bridges to make the trail more skiable in low/variable snow conditions, and extensive outreach with new landowners along the trail to ensure continued access for skiers and snowshoers.

The **Barkeater Trail Alliance** has recently announced that a portion of the Jackrabbit Trail between Keene and the Cascade Welcome Center (see article on previous page) has been re-routed onto private property. The Jackrabbit Trail relies on cooperation with private landowners who allow use of the trail from December 1 to March 31 each year. Skiers are asked to be good guests when using the trail to help maintain public access across the private and state lands. Skiers may ski on the portion of the Jackrabbit Trail that goes through Cascade without purchasing a trail pass, but if they intend to ski other Cascade Trails, they should purchase a pass.



Did you know...

...some trip leaders are already planning for the 2023-2024 ski season? In order to reserve blocks of rooms at Craftsbury Outdoor Center, group leaders need to enter their request over 13 months in advance. This year, Craftsbury began accepting requests for reservations at 12:00 am on December 3 (yes, that’s midnight, folks!).

At midnight, Nancy Kahl requested accommodations for December 28, 2023 to January 1, 2024. This request for the New Year’s trip was accepted and we have reserved 16 rooms and one apartment. Most of these rooms are on the second floor.

Martha McGraw also stayed up until midnight to send a request for our second trip of the season to Craftsbury. She has reserved 7 rooms for March 2 – 6, 2024.



KICK 'N GLIDERS
P.O. Box 1353
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ADDRESS SERVICE REQUESTED

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Cascade Cross-Country Ski Center

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