



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kicknogliders.org)

Issue: March 2024

## Up-coming Events

### March 20, 2024 - Social at Fenicci's in Hershey

6:30 pm – Meet us at Fenicci's (102 West Chocolate Ave., Hershey, PA, 717-533-7159), since 1935, the longest continuously-operated restaurant in Hershey. It is home of the famous Upside-down Pizza, among other fine entrees. Please RSVP to Ed Cook at tedsdad@aol.com so he can alert the restaurant how many to expect.

### April 2, 2024 - Meeting at Centre Street Grille

5:00 pm – Meet for dinner prior to the meeting. If interested in dinner, RSVP to Ed Cook at tedsdad@aol.com.

6:30 pm – Elections and Trip Planning: Come to this meeting with your ideas and particulars (such as lodging options and availability) for any trip you're willing to lead or with which you'd like to participate. The trips are planned and scheduled *by* and *for* you, so get involved!



# Proposed Slate of Officers

Our immediate past-presidents present the following slate of officers for consideration of the membership. Elections will be held at our April 4 meeting.

President	Gary Musser
Vice-President/President-elect	Fred Burgess
Treasurer	Bill Hoffman
Assistant Treasurer	David Walborn
Secretary	Marilyn Grove
Extended Trips Coordinators	David Walborn, Jamie Hackman
Day Trips Coordinator	Bill Stine
Membership	Nancy Kauhl
Programs	---vacant---
Newsletter Editor	Nancy Kauhl

Notice that no one has agreed to run for Programs. That means we do not have anyone in charge of arranging for summer activities and winter meeting programs. If you can help out with even one activity or program, let our President, Gary Musser, know.



## Past Event Reports

### North Conway, New Hampshire

February 4 - 11, 2024

Thirteen Kick 'n Gliders from group "A" plus a "B" group of 6 led by Bob and Joan Johnston arrived at the Stonehurst Manor condos in North Conway on Sunday, February 4. The weather was clear and mostly sunny, roads were dry and traffic is usually light on a Sunday, so the drive was pleasant. We had a late cancellation by Judy Warner due to a medical issue, but the spot was quickly filled by Jim Schaeffer so all beds were filled. It was an unusual trip as we had no couples this year so were not able to make the most efficient use of bed capacity. My group gathered at The Flatbread Co. for pizza and salads, and as usual were more than pleased with







our meal and service there. Group “B” had housekeeping issues so were treated to dinner by their condo owner as compensation for their inconvenience.

It was again a lean snow year even in NH, and we had no new snow all week, but most venues had a 7-10” base, and temperatures held below freezing until the end of the week so they were able to hold the snow they had. And with good grooming efforts, skiing was mostly good so long as you stayed on freshly groomed trails. Most of the week we had clear, bluebird skies and comfortable temperatures ranging from upper 20’s to mid-30’s up until the end of the week when some clouds crept in and temps hit mid 40’s as the highs. Both groups convened on Monday at Bear Notch, our usual first ski venue. Warming hut is open this year to all and although he does not normally do soup and bread

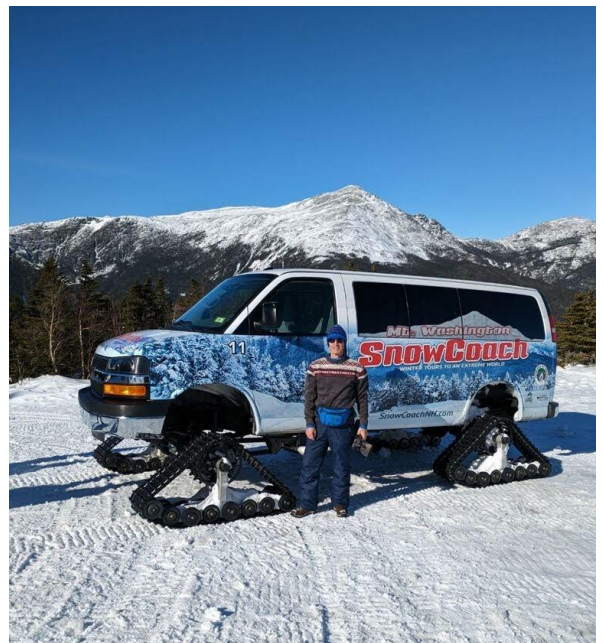


on weekdays, Doug offered two soups and homemade bread for our group. We emptied both pots!! They had lost part of their trail network and a couple freshly built bridges in the serious flooding they experienced in fall, but there was still plenty of our favorites to ski.

Tuesday most of the group went to Great Glen with a few skiing at Jackson or the Intervale system. Again, ski conditions were good on groomed trails, and the mountain views were spectacular with blue and sunny skies. Both groups gathered at an old favorite Moat

Mountain Smokehouse for our second group dinner. Food was abundant and tasty and service was good. We will likely return as I have now learned the trick to getting around their “no reservations” policy.

By Wednesday, as is usually the case, small groups started splitting off to their favorite venues with people they were comfortable skiing with. Many headed to Jackson and reported good skiing there. There was one fall resulting in injury and sadly Caroline Coleman headed home early, finding out the next day she sustained cracked ribs. Some took a day to rest or shopped in town. Jim headed back to Great Glen for a Snow Coach ride half way up Mt. Washington and had picture perfect weather, a rarity on that mountain! It was calm and warm enough to explore outside the coach with a sweater and no coat! I and several others headed to Whittaker Woods and were quite pleased to find they made several improvements over the last year including the best grooming I’ve seen there thanks to a newly acquired pisten bully and daily grooming. I would go so far as to say they had the best conditions of all venues I skied! They also added new posts at every intersection with signage indicating trail name







Thursday was more of the same. Some of us took a day for downhill and had a blast at Attitash. Friday most of us headed to Bretton Woods early and got a good ski morning in before the temps hit 40 and the snow got soft. Gary, Lin and Nan took an afternoon ride on the Cog Railway up Mt. Washington to the 1/2 way point where they were treated to hot chocolate and

and intersection numbers correlating to their trail maps. They also now have a trail network designated, marked and groomed specifically for fat bikes, snowshoeing and walking. This keeps most of those users off the ski trails and likely adds more revenue with the appeal to fat bike users. The downside is skiers lost some of the narrow cross trails that were fun when the snow was good.



marshmallow to toast over the firepit.

Our meals this year were once again done in individual

condos except for our two restaurant meals. There was an impromptu social hour planned for Saturday afternoon, but when it became known that one of the group was ill with symptoms for a couple days, the gathering was cancelled to err on the side of caution. Fortunately for all, once covid testing was performed, the results were negative and all heaved a sigh of relief, especially those going on to the Stowe trip. Alas it was Sunday and time to depart. Some were fortunate to be heading on to the Stowe trip, and those heading home were grateful for good weather for the long drive. Once again, a great ski trip and a great group of people. Thanks to all for making it a success! See you next year!

*~by Andrea Hospodar*

## Stowe, Vermont

February 11 - 16, 2024

Nine intrepid Kick 'n Gliders arrived on Sunday, February 11, for five nights at the Commodores Inn. Everyone except Ed Cook had been on the North Conway trip the previous week. Minimal snow cover and brown ground initially "greeted" us, so Karen and I took an afternoon scouting drive to inspect conditions first hand at Trapp, Stowe XC, nearby Edson Hill, Weisner Woods, Upper and Lower Rec Path, and finally The Alchemist (best conditions that day).



It was Super Bowl Sunday and there is a new sports bar, The Penalty Box, operating at the adjacent bar and dining facility. It was booked up, so many of our group watched the game in the lobby on the big screen TV. We noticed that there were very few skiers in the hotel this year. The Inn's front



building is housing extended stay guests (some with dogs) who are staffing the hospitality and local service businesses. Overall, the inn was in good shape and not much else had changed since our visit last year.

On Monday we decided to ski at Trapp where they still had some snow cover due to the higher elevation. All of the trails below the lodge level were closed so most of us headed out with the aim of making it to "The Cabin" via a blue trail route with lots of tough climbing. All who attempted the trek made it, even 80-year-old Tom H.! The colorful self-proclaimed ski bum who manned the Cabin hit the mark with several hearty

soups and fresh baked bread. It was a memorable experience and an entertaining glimpse into how the "Cabin guy" mans



the rustic, off-the-grid cabin for six nights a week over the duration of the winter ski season.



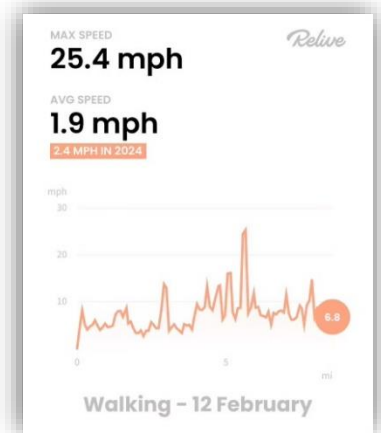
Prez. Impresses: As there were few trails open, we returned from the Cabin via

Chris's Run, the same blue trail we agonizingly climbed on the way in (856' elevation gain per my Fitbit). What goes up, must come down. On the return, Karen and I had almost reached the bottom of the longest icy steep section and only a banked sharp left-hand turn remained below us. We had paused to recover from the cramps in our thighs and feet caused by extended snow

plow. Just then we heard an ominous carving sound above us and so looked uphill and saw a flash of red. It was our fearless President, Gary Musser, rocketing towards us. We furiously waved our arms and shouted in vain something about icy conditions, slow down, watch the turn, the rock, etc. Well, I think most of us who have skied with Gary this year have noticed his improvement which he modestly attributes to a new pair of KNG club-standard Fisher OTX / Spider Crown 62 metal edge skis. However, nothing prepared us for this wild scene. He screamed past us in a blur and I'm 99% sure he skied right over Karen's ski tips. She noticed the tassel ties of his knit Inca hat flying horizontal straight back and heard the flapping of his downhill broad cloth ski pants. I pulled my arm up to cover my



eyes in case the likely impending carnage actually occurred. To our shock, relief, and amazement, Gary HELD ON and made the kamikaze turn and eventually re-entered the atmosphere after a dazzling runout of about 50 yards. When we reached him, we were all about equally breathless and giddy. Expressions of joy, relief and amazement came forth. Gary muttered a typical Gary tongue-in-cheek remark, something about “wanting to uphold the Musser family tradition.” The crowd went wild! Chants were heard of “Four more years!” and “Gary for Prez.” ...or was that just my imagination? Later that evening I received a text message from Gary with a screenshot from his Strava tracker app for that day’s Max Speed: 25.4 mph...let that sink in folks!



After returning to the yurt from the Cabin jaunt, most of us called it a day after logging ~7.5 miles. Several of us drove a mile down and over to the Trapp Bierhall. After finishing our first brew, Ed and Gary showed up and impressed us [again] with their feat of having skied there via the closed off lower trail system where they picked their way on top of the crusty but flat snow that paralleled the icy tracks of “Lager Lane.”



On Tuesday, we hit Stowe XC as option # 2 of 2. Again, the conditions were fast and firm (aka “icy”) with limited trails open. We made the most of it and Fred, Joan, Ed and I skied the main loop twice logging ~10 miles.

That evening we satisfied our appetites and curiosity by dining at Sushi Yoshi which had we had all passed many times while driving to and from the ski venues. Fortunately, by arriving around 4:45 we beat the surprising crush that soon followed. Lots of families and kids squealed with delight watching the hibachi chefs perform with their chopping, knife work and flashes of fire. Luckily, we got a corner table with comparative calm away from the

commotion. Everyone enjoyed their suppers and satisfied their craving for veggies which sometimes arises on our trips. Good service and fair prices completed our KNG stamp of approval.

Wednesday morning, we awoke to 2” of light snow but also very cold temps and high winds resulting in a windchill factor not conducive to skiing. So, everyone but Fred decided to take a skiing day off. Ed and Gary drove to Burlington for



some sport shopping and sightseeing. Ed revealed that Gary has a phone app that shows interesting and whacky roadside attractions which led them to “the world’s tallest filing cabinet” (see pic). Karen and I departed early for PA for personal reasons as we would only miss one more day of skiing on Thursday.



On Thursday, the weather mellowed, the sun returned, but conditions around Stowe were little improved so Ed and others made the 45-minute drive to Craftsbury where they were rewarded with decent conditions albeit with a very limited number of trails open. Ed skated up a storm all three ski days and, I think, overall attendees felt that we got enough skiing in to salvage a trip that began with a dismal outlook.

~by Jesse Jepsen



# Laurentians, Quebec, Canada

February 16 - 23, 2024

We were supposed to number 16 for this return trip to Thyra's Ark in Ste.-Agathe-des-Monts, Quebec, Canada, but unfortunately, we lost one of our number before the trip even started when Caroline Coleman broke some ribs while in North Conway, New Hampshire.

Fred was the first to arrive and was our unofficial porter for the day, helping many of us to carry our luggage up the stairs and through the



winding house to our rooms. While he greeted the participants, Nancy B and Jamie prepared dinner of Southwest chicken which was accompanied by salad prepared by Lin and me. The new commercial-style refrigerator was wonderful; it held all of the group food which was visible to everyone. The commercial toaster took some getting used to. The new hot tub was leaking and was not available when we arrived.

Joe and Barb had arrived in Ste. Agathe a day early and reported that the ski conditions at Domaine St. Bernard were very good so most of us went there to ski on Saturday. They have changed things there; the old building where we changed our boots and

ate our lunches is gone and all of those operations now take place in the large stone building that most of us had never really noticed before. Most of us skied Grand Allee, the 6.7 km loop. I skied with our trip leader, David Walborn. David fell coming down a hill about 2/3 of the way around the



loop and he hurt both ankles. While he started walking back to the center, I skied ahead to request help from the ski patrol. They brought David in on a small snow cat. We drove back to the house and began icing David's ankles, but his ribs were also causing some discomfort. We decided that it was best



for David to avoid stairs so Fred moved all of his belongings from the third-floor room to the main floor and we set up the fold-away bed for David. Dinner that night was lasagna prepared by Ed with ice cream for dessert.

The Laurentians have been beautiful and fantastic. New snow a couple of days ago, excellent choices of venues that groomed daily. Great sharing in the house and the Laurentians is always such an uplifting trip to be on. ~ Lin





It was snowing on Sunday! We went to the Far Hills end of Parc Dufresne and enjoyed the wonderful fresh snow conditions. The tables in the large dining area upstairs had signs on them reserving them for people who were buying food at the café but there is a smaller room around the corner (who knew?!)



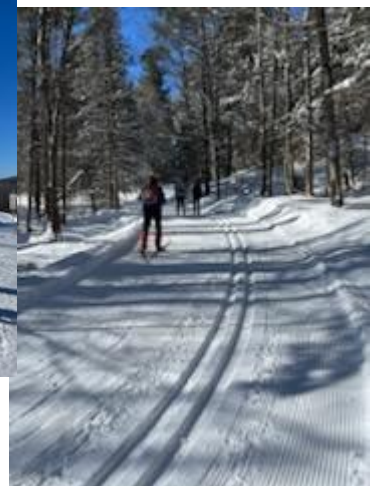
for those who brought in their own food to eat. It was loud and buzzing with kids when we arrived but after they left it was more pleasant. Lin prepared the soup that David had planned to make for dinner that night. Ed entertained us that evening by showing the women's ski races from the World Cup held in Minneapolis earlier in the weekend.



Some of us went to Gai Luron on Monday, while a few people



went to Camping Ste. Agathe. Conditions at Gai Luron were wonderful with the new snow and fine grooming. Dinner that evening, prepared by Gwen and Paula, consisted of pasta with meatballs, salad and cookies. After dinner, we watched the men's World Cup races.



Our ailing leader, David, decided he was feeling well enough to drive home on Tuesday. Bob and Ed shuffled all of his belongings to his car and pulled it up close to the house so he didn't have to walk farther than necessary.



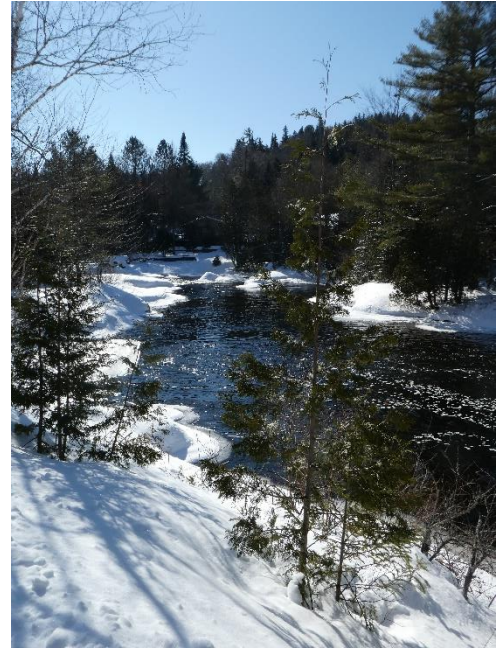
Most of the group went to Camping Ste. Agathe on Tuesday. That was Fred's third day at Camping – he couldn't get enough of the hills there and he had a willing companion in Paula. Meanwhile, Barb A spent the day in the kitchen, filling





the house with the homey fragrance of ham, baked beans and scalloped potatoes. Barb B. completed the meal with a light lemon 'bisque', also referred to as sawdust cake.

Wednesday was a beautiful, sunny day with temperatures around 20 degrees. Bob, Gwen and I skied on Le P'tit Train du Nord trail from Val-Morin towards the south for 4 km. This portion of the trail travels along the shore of Lac Raymond and



follows the Riviere du Nord. It is the most scenic portion of this flat and somewhat boring ski route. On our return, Gwen and I saw a most unusual

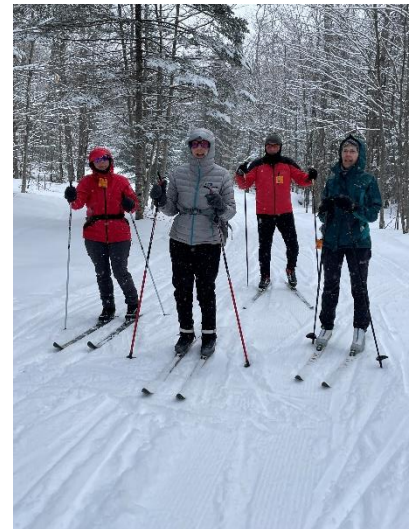


cloud formation. Another skier on the trail pointed out to me that there were two of these holes in the clouds and he had heard of them on the news the week before but had never seen



one before. Other members of our group skied Parc Dufresne from Anne Piche to Far Hills and back. Barb and Joe went to Parc Tremblant Diable and skied 12 km on Le Bois-Franc. Our host arrived to fix and fill the hot tub. It took a lot of water and, in trying to accommodate those who wanted to use it, he filled it with hot water. Ed was unable to get a hot shower because it all went "out the door"! In the evening, we went out for dinner at Baril Roulant in Val-David, where we have eaten before.

Fred had to leave us on Thursday so he could get home for an appointment scheduled for Friday so we were down to 13. There was a fresh dusting of snow but temperatures were warmer than they had been which made for some sticky snow conditions.







Several people opted to ski at Far Hills and six of us chose to try Le P'tit Train du Nord. The hot-tub was finally available for those who



wanted a relaxing soak after skiing. Our dinner that evening consisted of leftovers from all of the dinners we had that week and there was still plenty of food.

Barb B packed up Thursday night and left us before breakfast on Friday. Barb A and Joe were not going far, choosing to stay in the Ste. Agathe area for a few more days before traveling west to Gatineau. Jamie, Nancy B, Lin and I were the last to leave Thyra's Ark. We closed up the house for this year's visit to the Laurentians before heading to Ottawa for a long weekend.

~ by Nancy Kauh!



*This was the best cross country skiing I have ever experienced. There is something for everyone given the number of venues one can explore. Fred took me to places I never would have gone to on my own. I loved how everyone collaborated for dinner and the videos were great (just wished we played some games). Hope to make the cut next year!*

~Paula







Snow sculpture at Great Glen

### *Did you know...*

Scientists studying the fluid dynamics of snowflakes are finding that, in spite of the infinite structural variation in snowflakes, they fall to earth in a predictable pattern. There appears to be a linear correlation between how much a snowflake swirls (which is a measure of its average acceleration) and its Stokes number, a value that describes how quickly an object responds to changes in air turbulence. Even with a wide variability of air turbulence and range of snowflake shapes and sizes there is a fixed mathematical pattern to how much a snowflake will swirl as it falls.

~from *Scientific American*, March 2024



KICK 'N GLIDERS  
P.O. Box 8884  
Lancaster, PA 17604-8884

ADDRESS SERVICE REQUESTED

## In this Issue of Easy Glider:

### Up-coming Events

March 20, 2024 – Social at Fenicci's  
April 2, 2024 – Meeting at Center Street Grill

### Past Event Reports

North Conway, New Hampshire  
Stowe, Vermont  
Laurentians, Quebec, Canada