



# The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl ([editor@kickngliders.org](mailto:editor@kickngliders.org))

Issue: January 2025

## Up-coming Events

### February 4, 2025 – Social at Plaza Azteca

**5:00 pm** – This dinner social will be held at Plaza Azteca, 1700 Fruitville Pike, Lancaster (717-299-7161, [plazaazteca.com](http://plazaazteca.com)). Please let Jamie Hackman ([xcski1927@gmail.com](mailto:xcski1927@gmail.com)) know if you plan to attend no later than February 3<sup>rd</sup> so she can confirm the reservation.

### March 5, 2025 – Social at The Hideaway

**11:30 am** – Come on out for lunch at The Hideaway, 40 Boulevard Avenue in Mt. Gretna (717-675-7987, [mtgretnahideaway.com](http://mtgretnahideaway.com)). Maybe it will be a nice day and we can do a short walk/hike in Mt. Gretna before lunch. RSVP to Jamie Hackman at [xcski1927@gmail.com](mailto:xcski1927@gmail.com) no later than March 4 so she can confirm the reservation.



## Give Back to the Club

The nominating committee is looking for those of you willing to give back to the club by serving as an officer. If you would be willing to serve the club as an officer, please contact Fred Burgess at [fburgess1012@gmail.com](mailto:fburgess1012@gmail.com).

# Trip Reports

## Craftsbury #1 - Déjà vu in Vermont

December 29, 2024 - January 2, 2025

I was reading my article about last year's Craftsbury #1 trip and was surprised by how similar it started to this year's trip. We drove up in "warm" temperatures in the 40s and they continued the next day, but this year the next day also brought rain! A few of us skied on Sunday and Monday, in spite of the crazy weather. The trail conditions were pretty good the day we arrived and stayed pretty nice on the inner loops (Lemon's Haunt and the Race Loop). The trail groomers at Craftsbury do a remarkable job spreading the snow they do get or make to keep the inner loops skiable. Most of us got out on our skis the remaining days.



A couple of weeks before the trip, I learned that a woman I had known 40 years ago lives in Craftsbury now. I was able to contact her and we got together on Monday afternoon. She joined us for dinner in the dining hall that evening and gave us some ideas for alternative activities if conditions deteriorated. Not that we had much trouble finding other things to do. Mick went out exploring by car looking to follow the route of the Bailey Hazen Road, the old military road from the Revolutionary War era, that runs through the Craftsbury Outdoor Center.



A number of us drove into Craftsbury to the General Store, looking for local cheese that my friend had recommended. Nan and I led the reminiscing at dinners, remembering when we first started spending New



Year's at Craftsbury and many of the characters in the club over the years. Tuesday evening found a group of us in the basement of Cedar Lodge,



watching Penn State play (and win!) in the Fiesta Bowl, one step on their quest to be national champions. Mick, Jen, Nan and I enjoyed several hours learning and playing Mexican Train dominoes. And there were always more football games to watch!





As we often do for our New Year's trip, we shared the lodge with high school ski teams the first night. I overheard the coaches talking among themselves about the trials of dealing with prohibited substances (liquor) and raging hormones among their charges and I was very glad that, as the leader of this trip, I didn't have to deal with any of **those** concerns! But what about the slamming doors at 5:30 am?!?



One day, a ski team was running drills on the hill between the soccer field and the practice field. Dave patiently waited for a break in the action that didn't come. Jen finally interrupted the drill and, speaking with the coach, explained that an older gentleman was interested in descending the hill. The kids were surprised that Dave went

straight down the hill; I shared that we had nicknamed him "Downhill Dave" and they all cheered him! The coach took the opportunity to show his kids that cross-country skiing is a life-long sport, as evidenced by our group.

A group from the Apalachin Mountain Club was sharing the lodge with us the last couple of nights. They built a fire in the fire pit New Year's Eve and some of our group joined a couple of their group to ring in the new year Tuesday evening.



Wednesday evening, Craftsbury Outdoor Center hosted a presentation in the Activity Center that was open to the public. I was the only member of our group who attended. The presentation was about a 400-mile snowshoe trip across remote Quebec in 2003, using a route that followed a river. The 60-day trip was taken by 7 people and was self-supported. Each person pulled a toboggan to drag all of their supplies. They travelled with 2 tents and 2 titanium stoves for heating and cooking. They started with 1700 pounds of food and supplemented it with 100 ptarmigans (similar to chickens) that they shot along the route, but they were still very hungry when they arrived at their destination. When they started out, in mid-February, they only travelled about 2 miles per day. It took about 2 hours each day to cut the fire wood that they needed for the stoves, chisel through 3-4 feet of ice



for water each day, and set up camp before the short days ended and it was too dark. By the end of the trip, they were averaging about 15 miles per day, with longer periods of daylight. They also had to melt snow for water the last 2-3 days because they were approaching the sea coast and the river water was getting brackish with the tides. While melting snow for water sounds like it would be less work than chiseling through 3-4 feet of ice, it also requires a lot of fuel (remember, they are already spending 2 hours cutting enough wood for the stoves for cooking and warmth) and takes a lot of time to get much quantity of water from melted snow. A key to the success

of their trip was that the people chosen to participate had the right attitude to work together. To encourage that, their “housekeeping” tasks and sleeping arrangements rotated each day, so no one was “stuck” with the least desirable situation. Overall, it was a very interesting presentation.

The weather forecast for Thursday was disappointing for us – it was calling for snow! Almost half of our group decided to beat the storm and left Craftsbury on Wednesday. Those of us who stayed awoke to about 4 inches of fresh powder on Thursday. Anxious about what the roads might be like, my carmates and I were on the road by 8:00 am. The first few miles were a bit treacherous but by the time we reached the highway, we had smooth sailing and got home about the same time as we would have had there been no snow.



~ Nancy Kuhl

## Methow Valley Offers Great Snow and Views

January 6 - 18, 2025

Eight adventurous travelers left Pennsylvania on a snowy morning: Jesse Jepsen, Karen Northeimer, Rick Begley and Jamie Hackman from Philly; Gil, Mary Ann and Brent Linde and Fred Burgess from Harrisburg. We flew into Spokane, where we rented cars, packed up, stopped at the Walmart, and then started the 3 ½ hour drive to Winthrop in the beautiful Methow Valley.



We had two cabins at Methow River Lodge, where we could walk into town or hop on the trails right from our door. We mostly cooked, or I should say Jesse did. A big thank you to him for feeding us all. Although breakfast was included in our lodging, except for the waffles, we found it not so great, and so Jesse came to the rescue for breakfast, too. However, the location, the river views and comfort of the cabins, outdoor jacuzzi included, made it worthwhile. There was an ice rink right across the street, and we enjoyed watching the kids play hockey. Brent joined in the open skate several times.

We skied at various trailheads, including Winthrop, Mazama, Sun Mountain (twice), Rendevous, Brown’s Farm and Wolf Ridge, where we parked a vehicle and skied back to the lodge. They had very little snow while we were there, but what they did have before our arrival was deep and perfectly groomed on a schedule of every two or three days. There was a choice of easy, moderate and difficult trails. Some were fairly flat in







the wide-open valley while others skirted the sides of the mountains and had fabulous views with the climbing and long downhill you would expect. Several of us even skied at night by the full moon. We didn't even need headlamps!

When we first arrived, it was kind of cloudy, but as the week went on the sun came out and we got our views. Temperatures were just about perfect, not too cold or too warm.

The Rendezvous system has a hut-to-hut ski available where outfitters will take your gear to the huts. We did not do this as we had our cabins, but we did ski to the Grizzly Hut and one other one. These trails had some beautiful views.



The Sun Mountain Lodge sits at the top of the mountain, and we did take advantage of their beautiful dining room for snacks and drinks after skiing there. You can ski right up to the lodge from the Chickadee Trailhead. These trails also have portions with fabulous views.

At Mazama there is the Mazama Store and the Mazama Public House for drinks and snacks/meals. We enjoyed these trails, mostly easy and moderate, just nice skiing.

We found the people at Winthrop Mountain Sports, where some of us rented skis, to be friendly and helpful. Winthrop is a very cute, old western town, kind of artsy and



old-fashioned. There's a lot more I could say, but I'll leave it at this. I think all would agree that this venue was spectacular.



We chose it over Colorado because of altitude concerns. It didn't hurt that we were there when the conditions were perfect. I would highly recommend it!

*~ Jamie Hackman*

# IMPACTS

IMPACTS (Investigation of Microphysics and Precipitation for Atlantic Coast-Threatening Snowstorms) is a project conducted over three years by NASA. The project studies the atmospheric conditions and snowstorm physics to collect data that will hopefully assist meteorologists to better forecast where snow will fall and how much will accumulate. The project was the subject of an article in *Scientific American's* January 2024 issue.

Basically, when cold air from the poles meets warm, moist air from the tropics, ice crystals form. When those ice crystals become heavy enough, they fall to the ground, usually as snowflakes. But the mechanisms of how those ice crystals become a snow squall are complicated and meandering. Other factors, such as nearby updrafts, also affect how the snowflakes form bands of squalls, but that process is not understood very well. Even when the snowflakes make it to the ground, how deep they accumulate is affected by things such as the warmth of the earth.

An earlier study collecting data for Midwest storms, called PLOWS (Profiling of Winter Storms), showed that there are areas within a cloud where convection-driven wind blows upward even as ice crystals fall down. The study team called these areas snow plumes and were surprised at how much was happening within the snowstorms that had not been known before. Their use of newer airborne radar systems collected a lot more data than earlier studies, allowing for more understanding of how these storms behave.

The IMPACTS study was the first to fly two planes simultaneously to collect data at two levels of a storm. Through the data collected, the project revealed microphysical processes by which snowflakes become heavy enough to fall. The process of aggregation involves ice crystals combining and growing into snowflakes. Riming is the process where ice crystals pick up supercooled water droplets as they fall. Riming had not been observed much before the IMPACTS study; this study provides a much better understanding of this process within snowstorms.

All of this scientific study may one day make it possible for forecasters to provide skiers (us) with some good news – enhanced snowfall!





# A Blast from the Past

How many of you remember skiing at Hanley's Happy Hill in Eagles Mere? Sandy Stine recently sent me some postcards that she found showing skiing at Hanley's, and riding the toboggan slide. If conditions were right, one could slide far out onto the lake. What a blast!



## *Did you know...*

We first went to Craftsbury as a day trip when there was not enough snow around the Tweed River Inn near Killington where the club was staying for New Years. The Inn is still there but is now known as the Clear River Inn. The first year that we stayed at the Craftsbury Outdoor Center for overnight trips was in 1992; it was a mid-season trip. A few years later we worked our way into staying there over New Years because it was one of the few places most likely to have snow early in the season.

The club's first long distance trip to western US was also in 1992 when the club spent a week in Dillon, Colorado. Other western trips have gone to Lake Tahoe (twice); Snow Mountain Ranch near Winter Park, Colorado; Yellowstone Park; and Lake Louise.



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