



The *Easy Glider*

Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kickngliders.org)

Issue: May 2026

Welcome to the 2026-2027 Fiscal Year!

The club's new fiscal year began on May 1. Now is a good time to renew your membership dues! Our treasurer will appreciate receiving your dues money to help keep the club coffers intact when he starts making deposits for the proposed 2027 trips. A membership application form is enclosed in this newsletter (or you can fill one out online at the club's website, www.kickngliders.org). Membership dues are \$20 per individual or \$30 per family. Make checks payable to "Kick 'n Gliders" and mail to the club address, PO Box 8884, Lancaster, PA 17604-8884.

Up-coming Events

May 23, 2026 - Lititz Springs Park Concert

7:00 pm -- Join Jamie on May 23 at 7:00 at Lititz Springs Park where the Lancaster Symphony Orchestra is performing a free concert. RSVP to Jamie at xcski1927@gmail.com. I'm sure it will be crowded so plan on getting there early and bring a chair. There are benches but they fill up fast.

June 18, 2026 - Walk Masonic Village, Elizabethtown

10:00 am -- Join the Richters for a walk around Masonic Village in Elizabethtown. We'll leave from the bike racks behind Whisk Café, 98 Masonic Drive, Elizabethtown, PA. Parking is behind the Whisk near the bike racks.

Last June a group of 10 walked 5.5 miles without leaving the Masonic Village campus. Our walk this year will once again hit the highlights: the Farm Market, formal garden and the underground tunnel. We'll take a different route than last year and alter the distance based on how far the group would like to walk. It will be in Masonic Village so expect ups and downs. Toilets near the start and along the way.

Call Fred and Tanya (717-361-5572) with any questions or to let them know you'll join the group walk. (Rain Date: June 19.)

New Officers

The following officers were duly elected at our meeting on April 8, 2026, to serve the club for the 2026-2027 year:

President –	Ron Henry
Vice President/President Elect -	Bob Johnston
Secretary –	Marilyn Grove
Treasurer –	Bill Hoffman
Assistant Treasurer –	David Walborn
Extended Trips Coordinator(s) –	Ed Cook and David Walborn
Digital Media Manager –	Bill Stine
Events Coordinator –	Jamie Hackman
Membership Chairman –	Nancy Kauhl
Newsletter Editor/Publisher –	Nancy Kauhl

In addition to the above officers, our Immediate Past President, Fred Burgess, is a member of the Executive Committee. Congratulations to the new board.



Summer Activities

From our Events Coordinator, Jamie Hackman:

“As the weather warms up, let's get some summer fun on the calendar! Let me know if you'd like to lead a hike, a bike ride, a deck dinner, a concert, a kayak tour, really anything. Contact me at xcski1927@gmail.com.”

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Kick 'n Gliders Nordic Ski Club

www.kicknogliders.org

2026-2027 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 8884 Lancaster, PA 17604-8884</p>
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Be sure to sign and date the release on the next page.

Check the box on the right for any information to **not** be published in the club's roster, *People to Ski With*

Name(s)	
(Other family members)	
Address	
City	
State	
Zip	
Phone () (primary)	
() (cell)	
<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:	
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.

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

A tidbit from the Dave LeRoy archives -

From The Master Skier, February 1999

Cross country fun at the Beach

By Bob Gregg, Master Skier Publisher

Don't put all your skis away when the season is over.

If you've got a nice beach by your house, you might want to give "beach skiing" a try.

"Beach skiing," said Bill Koch, "is a new way to play at the beach."

Koch has re-discovered a little known sport and is currently promoting it as great warm weather training fun for Nordic skiers.

"I love to ski," said Koch. "In fact, I love it so much I've skied on pine needles, grass, gravel, you name it. But beach skiing is the answer. I've been skiing beaches for the past 15 years, and I've found that sand, like snow, has different speeds."

A video Koch recently made in Hawaii shows he and some of the top female skiers in the country skating and diagonal striding on the beach at speeds equal to most snow conditions.

"I believe beach skiing is the most specific cross country training you can do," Koch said. "The girls in the video went straight from sand in Hawaii to snow in Alaska and reported the easiest and smoothest transition to snow they had ever made."

According to Koch, everyone can do it. Even people who have never skied.

Maggie Connor, an Olympic freestyle skier recovering from knee surgery, used it as her favorite rehab activity and was amazed how easy it was.

Did you know...

If you are looking for old skis to try on the beach, check with Nancy Kauhl - she found over 40 pairs of skis in her basement! Of course, some are old wooden skis, some have broken bindings (and numerous styles), and lots of them are rather long.



Top U.S. women skiers beach skiing in Hawaii.

Koch told The Master Skier that he is looking for fast beaches all over the world in his quest to promote the sport.

"You know you've found a good beach if it's fast enough to skate," he pointed out.

The best place to beach ski is where the sand is slightly wet, although on some beaches the semi-dry sand works fine.

On some beaches, like those in Hawaii, skiing does not wear out your skis any more than snow skiing, although people who ski the sands in the Midwest say you can wear through a pair of skis in one summer.

You may want to use your old skis or rock skis to do it.

No special waxes are needed, but you should have a protective coating on to keep your bases clean. Midwest beach skiers have found that silicon spray works well and gives excellent glide.

"Short skis seem to work best," said Koch. "And the slick zone created from retreating waves is the best place to skate. The wet to dry sand is best for classic."

The nicest thing about beach skiing is that it eliminates the need for snow.

You can use the same equipment you have for winter.

And, best of all, you can take off your skis and go swimming as soon as you're done.



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

ADDRESS SERVICE REQUESTED

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