



The
Easy Glider
Kick 'n Gliders Nordic Ski Club

Editor: Nancy Kahl (editor@kicknogliders.org)

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Up-coming Events

September 6, 2026 – Trail Ride/Train Ride, York Heritage Trail

1:30 pm -- Meet at Brillhart Station south of York on the York Heritage Rail Trail. We will ride the train which takes bikes and passengers to New Freedom (an hour and a half train ride). From there we will ride our bikes to AleCraft Brewing for refreshments.

After leaving the brewery, we ride the rail trail back to Brillhart Station (16 miles downhill).

Participants would need to purchase train tickets online. Northern Central Railway, Bike Aboard – Brillhart to New Freedom 2PM (www.northerncentralrailway.com under Buy Tickets/Search by Date). Train tickets are \$29.

RSVP to Gary Musser: musser.gary@gmail.com.

September 29 or October 1, 2026 – Ox Roast Preparation

2:00 pm -- If you are willing to help with set-up during the week before the Ox Roast, Nancy will be very appreciative. Hosting up to 50 people does require some preparation, like setting up tables and chairs, and pulling plates, utensils, and cups from storage. If you are willing to lend a hand, call Nancy at 717-418-9659.

October 3, 2026 – Ox Roast

12:30 pm, plan to eat between 2:30 and 3:00 pm – 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! This kick-off event of the Kick 'n Gliders' ski season will be held at Black Birch Hollow, Nancy Kahl's home in Perry County, on October 3, 2026. You are welcome to arrive as early as 12:30 pm for conversation and snacks; the fire will be burning and the meat will be roasting in anticipation of eating dinner. We will plan to eat between 2:30 and 3:00. Should it rain, come anyway! There is plenty of room inside the house for a crowd.

What you are expected to bring: Your favorite potluck dish to share (salads, baked beans, veggies or desserts are good choices; chips, nuts or a chunk of cheese are fine if you're kitchen challenged), your beverage of choice, **\$10** 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), ice, paper plates, plastic cups, utensils, napkins, and coffee. Some serving utensils will also be available.

Want to help? On the day of the Ox Roast, your help keeping the fire going, grilling sausages, or set-up and clean-up will be welcome. If you are willing to help with any of these, please offer when you make your reservation so the host can plan accordingly.

Reservations: Let Nancy know (717-582-2562 or kauhlbbh@pa.net) **by October 1, 2026**, 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.

December 9, 2026 – Holiday Party in Lancaster

5:00 pm – Join your fellow Kick 'n Gliders to celebrate the holidays at Bill Hoffman's house, 624 Candlewyck Road, Lancaster. Please bring a dish to share and BYOB. **IMPORTANT NOTE: DO NOT BLOCK ANY MAILBOXES IF YOU ARRIVE PRIOR TO 5:00 AND DO NOT BLOCK ANY DRIVEWAYS.**



Ski Equipment for Sale

Jean Geiger has the following equipment for sale: Salomon 175 cm wax less skis, Salomon 136 cm contact grip skis, and Salomon boots, size 6, 6.5, 7. She is asking \$25.00 for each.

If interested, contact Jean at 717-503-0717.

Trip Openings

The early registration period ended on August 10 and the **Stowe** trip was a very popular trip choice! The Stowe trip was thus subject to a lottery, held on August 24. As a result, over 10 people are currently on the waitlist for that trip; the club is trying to find additional accommodations in the area so that more of those interested in this trip can participate.

But don't despair – there are currently plenty of spaces on several other trips! **Craftsbury #1** has a couple of spaces, **Gatineau**, **Lake Placid**, **Bartlett**, **Laurentians**, and **Craftsbury #2** all have space available. In fact, if we don't have at least 6 more people sign up for the Laurentians trip, the trip may have to be cancelled. Andrea Hospodar is planning to give up one condo in Bartlett on September 1 unless more people express interest in that trip, so act soon if you are interested.

The **Susquehannock Lodge** and **Boonville** trips are not financed through the club, so check with the trip leaders if interested in those two trips.



Future Plans for Maine Huts & Trails

Some of us remember fondly the club's trips to Maine Huts & Trails (MHT), especially the trek to Grand Falls Hut, the most remote of the four huts run by MHT. The Grand Falls Hut has been closed for a number of years because the battery system that provides the power to the water pump and other hut systems, making it possible to have a crew on-site needed to be replaced. With the hut not being used, the trail system along the Dead River between Grand Falls Hut and Flagstaff Hut fell into disrepair.

MHT was recently awarded a grant that will enable them to install a new battery system. After the new battery system is operational, they will be able to station a crew at the hut to begin upgrades to the surrounding trail network. The grant is financed through a financial fund that channels revenue from a wind farm that is located in the remote area back into the surrounding community.



Looking for a challenge?

A trail preservation nonprofit overseas a company in the Laurentian Mountains of Quebec northwest of Montreal that offers ski tours with meals and overnight accommodations along 75 miles of trails. *Les Route Blanches* wants to revive the tradition of skiing from village to village in the Laurentian mountains. Although the route follows mountain ridgelines and crosses frozen lakes, the company states that the terrain is not extreme. In some areas the trail winds through neighborhoods. However, the trails are best skied with backcountry Nordic skis and climbing skins may be useful.

Nearly a century ago, "snow trains" carried skiers from Montreal to the rural villages of the Laurentian Mountains. During the 1938-39 winter alone, more than 111,000 skiers took the ski train to the region and stayed in local inns. *(Anyone remember Parker's Lodge, where the KNG stayed the first couple years we travelled to the area? I imagine many of the inns were like Parker's Lodge. ~ Ed.)* The historic trails began to disappear by the 1960s, however, and many of the inns closed.

Private landowners, conservation groups and municipal leaders have been trying to restore the region's old ski trails over the past few decades, seeing the potential to boost the winter tourist economy. There is a provincial rule that requires land developers to pay a park tax, equivalent to 10% of a sale's cash value or 10 percent of the land, to be used for trails or other green space. These public right-of-ways are being used to revive the village-to-village tourism of a century ago. *~ adapted from National Public Radio, February 21, 2026*



Summer Event Report

**June 18, 2026 - Walk
Masonic Village,
Elizabethtown**

It was raining when 13 hardy Kick 'n Gliders left for a 6-mile walk around Masonic Village. This was the fourth



year K'nGers have hiked on the 1400-acre campus. Heck, what's a bit of rain to a cross-country skier?



The walkers traipsed through the formal gardens and ducked out of the weather as they entered the underground tunnel, popping out at Sell's Chapel. Taking a break, the group made a surprise visit to Lisa Baer's aunt (Lisa did call ahead) who lives on campus.

The hike then headed upward. There are always hills to be walked in Masonic Village. The route followed the outer orchard fence, past the cemetery and

back to the Farm Market before heading downhill to lunch at the Whisk. Along the way the rain stopped, the temperature rose and the sun tried to make an appearance.

~ Fred Richter





Cadence

Saturdays are spent
cross-country skiing.
My friend borrows my mother's Icelandic sweater
and army fatigues (Burt's Surplus, \$12.95);
I wear my own and catch
my fingernails
on stray lamb's wool
and silver-sparkled glove liners.

We wax our skis
together,
apart;
she stands in the garage,
and I sink through my snowbank,
neck bent,

feeling sorry for the snow
(cold, because it comes from January,
falling through her empty gray mouth).

Winters are spent
forgetting
the cut flowers and open doors
of last August...
We stamp our skis
(like cold, anxious horses)
and glide down slopes of January sunshine.
Carefully balanced,
we kick up snow, leaving a trail
for anyone who can follow,
never looking back.

Wendy K. Martin, 19,
Grand Rapids, Mich.

As published in Seventeen, January 1985

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Did you know...

..there is growing interest in saunas and the health benefits of this age-old practice. Some cities, like New York, Minneapolis and Seattle, are hosting sauna festivals. Researchers say a sauna challenges the body in ways that are similar to exercise, testing your cardiovascular system with the sudden increase in heat pushing blood to your skin where it can be cooled more easily. Regular sauna use can lower risk of cardiovascular disease and death, and may improve mental health, according to some studies.



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