



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kicknogliders.org)

Issue: April, 2008

END-OF-SEASON BANQUET

REMINDER:

Wednesday, April 16, is our big bash of the season . . . Our year-end banquet. It's being held at the Naval Depot Commissioned Officers' Mess in Mechanicsburg, PA. We've had a great response. Applications are to be mailed in time to arrive before April 4. If you didn't get your application mailed in time, contact Peg Hampton at 717-737-2721. Peg will do what she can to get you included. It will be fun!

Inlet Trip Report

Peg Hampton

The official weekend kick off started at the Old Mill Restaurant in Old Forge. Ten happy Gliders met for dinner. Meals at the Old Mill include the traditional soup tureens and salad bowls that are continuously filled. One Glider, Pete Oswald, was celebrating his second retirement. The staff did a great job of preparing and serving our meals. It was snowing lightly when we departed the restaurant.

The Saturday ski venue was an eight mile trail from Fern Park to South Shore Road. Prior to our departure, an industrious group of our Gliders (including Bart & Bill Stine) started cleaning snow off all the cars with PA license plates. Yippee!! Every one except the Pickerings, Terry, & Peg went on the eight mile ski. Near the half way point, Mary-Liz's ski boots came apart. With some creative duct taping by Bill Stine, she and Bill were

able to reverse directions and return to Fern Park. They then went shopping for



new ski equipment for Mary-Liz. The rest of the group continued on breaking trail and working around blow downs. This made it challenging to stay on the trail.

The Pickerings & Terry spent the morning skiing the delightful trails at



Fern Park. Then, they made the traditional lunch stop at the Red Dog. (Bill's car stayed in the parking lot this trip.) If you are doing the math and following the names, you may have noticed that there is one skier missing from the morning count. That was me. I woke up with a brutal headache, took some Motrin Sinus and a three hour nap. I woke up at noon feeling like a new woman and headed out for some exercise in the snow. I met Bill, Kay & Terry as they were leaving the Red Dog. We headed to the South Shore Drive trailhead and donned our snowshoes. We trudged in breaking trail and expecting to meet the energetic "eight mile gang" coming

from the opposite direction. It was tough going on the snowshoes. We made a



double wide path figuring that our Gliders would be glad to see our "groomed" trail. Bill & Kay turned back and Terry & Peg continued on. When Terry, got fatigued, Peg continued on a while longer. Prior to turning back, I wrote notes in the snow. It was snowing and blowing snow most of the day, so only one of my messages was read. The Gliders were happy when they got to ski in our tracks. The day ended with no injuries and everyone headed back to the condos for the super appetizers. Saturday night's dinner, a pasta dish, was prepared by the Stines and their condo mates. Eighteen hungry Gliders descended on their condo. Matt & Kim prepared dessert. After dinner, the group enjoyed our usual camaraderie including checking out Bill's skill at duct taping ski boots.

We woke up on Sunday morning to a great surprise - another 6 plus inches of snow! We split into two different groups. One group went to Fern Park in the morning. The other group went for the five mile Cascade Lake Trail. Two men on snowshoes headed into Cascade Lake ahead of our group. We appreciated their tracks & it made it easier to ski through

the two feet of snow on the ground. We did have a few blow downs to cross. We



made the customary trip back to Cascade Falls and yes, once again, the falls were frozen. It was a beautiful day and we took



some pictures at the falls. We arrived safely back at the trailhead. I talked to one of the locals and he advised that we had the best snow all season this weekend. Once again, the group subdivided with some skiers heading to Moss Lake, back to the condos and to other ski destinations. Bill H. & Dan went to McCauley Mountain. Conditions were excellent and there are no trail fees after March 1. At the end of the day, we regrouped once again for the super appetizers while waiting for Nan and her condo mates to prepare dinner. Nan's baked ham dinner was excellent - probably due to her number 1 helper, Bart. Bart's homemade bread was a definite hit. Bill Stine collected cameras and once again, we enjoyed another slide show. Kay offered foot rubs and, as usual, Sandy accepted. Dan gave Terry a foot rub, too. After all that excitement, everyone headed back to their own condo.



There was a light drizzle on Monday morning. The Laurentians Canada bound group was doing laundry and getting ready to drive north. The Pennsylvania

bound folks loaded up to go home. Bill H. slide into the snow bank with his car. He was able to shovel himself out. (Terry did you enjoy that ride?) We saw another car getting pulled out of a snow bank. It seems that there was black ice on the road. As we continued south, the temperature started to creep up. It was 50 degrees before we arrived in Binghamton, NY. I was wearing my gore-tex hiking boot and fleece top when we arrived to a balmy 60 degrees in Harrisburg. It was hard to believe that we came from the Adirondacks and two feet of snow.

Bill P. said this was the best snow ever at Inlet. And, we had no injuries this year. Quoting our leader, "a good time was had by all."

Trip Participants: Bill & Kay Pickering (trip leaders), Nancy Kauh1, Dave DeRoy, Nan Reisinger, Pete Oswald, Terry Brown, Kim Lausch, Matt London, Lisa Baer, Bart Richwine, Mary-Liz Todara, Dan Eliff, Bill & Sandy Stine, Dave Walborn, Bill Hoffman, and Peg Hampton.

Laurentians Trip Report

by Bill Stine

Our Monday afternoon arrival at Auberge du Lac Paquin was uneventful except that road signs had yet to be changed from the Lodge's previous name, Parker's Lodge, confusing some arrivals. The lodge's owner and host, Ludovic, showed us around and we quickly felt at home in this worn but cozy and entirely satisfactory small hotel.



The earliest arrivals donned their skis to explore the small lake that our lodge overlooked. It appeared that we were in for a skiing treat as the Laurentians area was experiencing near record snowfalls this winter. Ludovic began serving our dinner, a choice of steak or fish, just as the last of our group arrived.

After a cooked-to-order Tuesday morning breakfast, we headed to the Parc régional Dufresne, a large park that borders our village, val David, and nearby val Morin.

The two municipalities jointly maintain an extensive set of cross-country trails in the park. Unfortunately, the trails were closed because recent rain and cold weather had rendered the trails into icy masses that were impossible to groom. According to park staff, other nearby ski areas were also closed. Returning to the main street shopping district, we were determined to shop away our disappointment when we spied the Parc linéaire du P'tit train du Nord, a converted rail bed linear park that stretches for 200 km. It was groomed and track-set, icy to be sure, but flat and skiable. Several of us skied on the trail and had a fine time!

Tuesday night and the first half of Wednesday brought heavy snow and sleet that totaled about eight inches. After finally getting dug and plowed out, we had lunch at the lodge and headed for the trails at Parc régional Dufresne. This time, though not track-set, the trails were open. We skied a variety of trails, most of the way to val Morin. The picturesque trails were single and double track width, designed for classic technique only.

The trails at Parc des Campeurs are located in nearby Sainte-Agathe.



Oddly, they begin in a summertime campground and the groomed tracks to the main trail system take you past dozens of campers and RVs buried in more than four feet of snow. The trails, lovely groomed single-track paths, wound up and down a hilly, wooded area



and around a couple of small lakes. Overall, the area was beautiful and lots of fun to ski. These trails were also among the best signed we've ever encountered, indicating even the steepness of the slopes ("raide" = steep, "douce" - gentle).



Everyone had a wonderful time and many roamed the town afterwards, stopping at cafes for coffees and sweet treats.

Mont-Tremblant is the name of a mountain, a popular alpine ski resort, a town and a provincial park. The park has a couple of xc-ski areas as does the town. We chose to try the ski trails operated by the town of Mont-Tremblant in Domaine St-Bernard. These are a bit more familiar in style with impeccably skate-groomed trails that wound through wooded areas and by a nearby river. We had a very good day here but all agreed that we missed the intimacy with the woods that we enjoyed the day before.

Since we'd still not been on the trails of Parc régional Dufresne when they were fully groomed, we decided to head there once again. We were not disappointed! We started at the Chalet Anne-Piché at Val-David. The trails were in great shape and we had a wonderful day. Many of us made the trek to Centre de ski Far Hills at val Morin and skied trails to the south of that center before stopping back for lunch. Several of our number tried our hands at some of the ungroomed, expert-level trails in the system. Those I talked to had a great time though some of the trails would have been difficult to negotiate had the snow conditions not been ideal.

Mother Nature had one last laugh Saturday night, dumping another 6-8 inches of snow on us by wake-up time.



After an early breakfast we all chipped in with Ludovic to help clear the parking lot so we could begin the long drive home.

This was an excellent trip! We've barely touched the skiing available in the area so there's a lot more to explore. The scenery and small towns were delightful and the people were friendly and helpful. All of those who participated in the trip look forward to our return.

Telemark Anyone?

I went to ski instructor training at Middlebury College Snow Bowl in Vermont this weekend. Since it is an 8 hour drive, I took a couple of extra days off, and spent one day skiing with the dreaded Dick Ruben. He had to go kind of slow, as I only took my metal edge skis and we were not in an area with set tracks. Still, since I hardly ever get out on my sticks, I didn't know I would be in for gigantic blisters on my heels. I bet there are a lot of Kick 'n Gliders with advice on how to treat those. They still have huge piles of snow around their streets & buildings and at least 2 feet of snow on the ground. It even snowed 3 inches more while I was there.

The topic of my PSIA training for the weekend was level one telemark skiing



and instruction. After I bribed the trainer with a big tip for her efforts, she saw fit to approve my pathetic turns and I am now certified as a level one, telemark instructor.

So, if any of you have a chance to try out tele equipment, I could help get you started on good turn techniques.



My ultimate goal, for telemark skiing, is to do some backcountry or hut-to-hut adventures...probably, in northern Idaho,

where my cousins live. Who can start planning to come along? I know that hardly any of you have alpine, downhill, lift-served skiing experience; yet advances in telemark equipment have made the sport much easier to learn. Plastic boots and shorter skis with increased side-cut significantly shorten the learning curve.

Martha Ruff

More news from Crater Lake NP

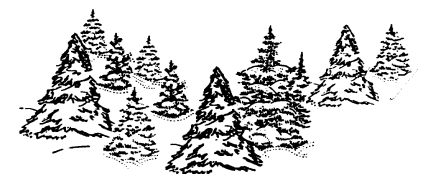
There is some great sledding in the park. The run-outs could be over 0.4 miles.



The one photo is Fred at the top of the hill and the second near the bottom. The GPS showed him going 31 mph. Perhaps the club should be called the "Kick, Gliders, and Sliders"



Fred Richter



Kick 'n Gliders
Nominating Committee Report
Nominations for 2008-2009 Slate of Officers

The Nominating Committee consisting of David Powell, Chair and Beth Major & Sandy Stine presents the following slate of officers for the Executive Committee for the 2008-2009 season. The Executive Committee, according to Article V, Section 1 of the bylaws, consists of the following positions. This slate of nominees will be presented at the April 2008 membership meeting. If anyone else is interested in running for office, nominations can be made from the floor. The vote will take place after the nominations are closed.

- President..... William Stine
- Vice President/President Elect.....Peggy Hampton
- SecretaryMarilyn Grove
- Treasurer David LeRoy
- Trip Coordinator Nancy Borremans
- Program Coordinator Tanya Richter
- Membership ChairMichael McMullen
- Immediate Past President.....David Powell
- Day Trip Coordinator..... Andrea Hospodar
- Newsletter Editor Peter Oswald

Respectfully submitted,
Nominating Committee, David Powell, Chair; Beth Major & Sandy Stine

Reminder: Before you put your skis away for the season you might want to apply a coating of wax to the bottom to help preserve the bases and perhaps some lubricant to the bindings to help prevent corrosion.



Reminder of the April 1 trip planning meeting

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Do you have some ideas for cross country ski trips that you would like the club to schedule for next season? If so, please research the location, costs, nearby x-c ski venues, etc., and bring the information to the April 1 meeting at 7:00 p.m. at Wildware Backcountry. If you have any questions, please contact Nancy Borremans (nborremans@comcast.net) or Bill Stine (william.t.stine@verizon.net).

We hope to see you there.

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Name and Location:

Lodging arrangements:

Dining arrangements:

Approximate cost per person:

Available x-c ski areas nearby:

Travel method, mileage and approximate time:

Notes:



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ADDRESS SERVICE REQUESTED

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