



The Easy Glider

Kick 'n Gliders Nordic Ski Club

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A Closer Look

December Member Meeting

Matt Willen has explored many of the state's hiking trails and kayaked many of its rivers. He will share his experiences and his absolutely gorgeous photos of things he saw during his hikes.

Matt once calculated that one year he spent 250 days sleeping in a tent. He has tons of hiking, camping and outdoor experience because of working for Outward Bound for many years. He is currently a professor at Elizabethtown College, where he teaches courses in professional writing. He lives on a farm outside of the town of Hershey.

Matt's writing credits include "60 Hikes Within 60 Miles: Harrisburg" and "Best in Tent Camping : Pennsylvania: A Guide for Car Campers Who Hate RVs, Concrete Slabs, and Loud Portable Stereos".

Join us for a great evening! ... and remember, we have a \$25 Wildware Backcountry gift certificate drawing for members attending each meeting!

Season Guide Corrections

- The Ottawa trip write-up lists an incorrect telephone number for trip leader Chris Brubaker. Chris's correct number is 872-8971.
- The Highland Forest trip write-up lists an incorrect telephone number for trip leader Bill Hoffman. Bill's correct number is 560-3636.
- Information about the April Social is incorrect. The dinner is at 7:00 pm on Wed, Apr 22, at Outback

Steak House, 3527 Union Deposit Rd, Harrisburg, PA.



Holiday Party Details

WHO: All Kick 'n Glider Members

WHEN: Wednesday, December 17, 2008, 7:00 PM

WHERE: Bill and Sandy Stine's home

Bill and Sandy are delighted, once again, to host the annual Kick 'n Glider Christmas Party at their home in Lancaster. Join your fellow Kick 'n Gliders for this festive holiday gathering. It's a chance to meet new members, swap stories about past exploits on the ski trails, and plan for an exciting 2008-2009 ski season.

As usual, bring a dish to share and your beverage of choice.

DIRECTIONS: From the intersection of PA 283 and US 30 near Lancaster:

- Follow US-30 west
- Take the 1st exit, Harrisburg Pk (Park City)
- Turn LEFT onto Harrisburg Pk
- Go to the 2nd light after RR overpass

- Turn RIGHT onto President Ave
- Turn RIGHT onto Valley Rd (4th street)
- Turn RIGHT onto N School Ln (1st street)
- 627 N School Ln is 4th house on RIGHT (Tudor style, brick sidewalk)

Any problems? Call 717 392-1675



It's Who You Know that Matters

Each Year we publish our "People to Ski With" list of Kick 'n Glider members. Please make certain that you've provided us with your latest, most up-to-date contact information when you sent in your membership application and dues.

(Not to belabor the point, but you did remember to send in your dues, didn't you?)

Some of our members fail to fill in the membership application at all! Filling in the (simplified) application helps make sure we've got the latest stuff. We really do check that stuff.

And, please make sure we have up-to-date e-mail and cell phone numbers. We increasingly rely on our website and e-mail to spread the word fast, to save money and to provide increased value to members with features like "Places to Ski" and "Meeting Minutes" that appear only on the website. If you participate in trips, cell phone numbers are invaluable to coordinate travel and spread warnings about road hazards, etc. to trip participants.

Jan Powell Will be Missed

Members of the Kick 'n Gliders Nordic Ski Club were saddened by the passing of Jan Powell on September 15. Jan was a past club president and one of our most active members. Her upbeat attitude and zest for life will be missed by all who knew her, especially her beloved husband and soul mate Dave.

Jan was diagnosed with a rare and deadly form of cancer in April 2007. By the time it was diagnosed, the cancer had spread too far to perform successful surgery. True to her spirit, however, in June of 2007, well after she'd learned of the cancer, she and Dave rode their bicycles from their home in Mechanicsburg to visit friends near Ocean City, MD.

Jan suffered greatly from the radiation and chemo treatments she endured during her last eighteen months. But she managed to maintain her positive attitude all through her treatments. She never wanted to stop being with friends. Even towards the end, in February, Jan and Dave took a three week trip to Florida where chemo sessions were arranged in nearby Melbourne. Finally, in March, she and Dave flew to Crater Lake, Oregon, to visit volunteer Park Rangers Fred and Tanya Richter for a week where they cross country skied, went snowshoeing and even spent a day downhill skiing! After that trip the cancer began slowing her down considerably.



We can all take a lesson from the way Jan lived her life. She was an inspiration to those who knew her. Jan was not happy unless she was outdoors bicycling, skiing, hiking, kayaking or traveling. She travelled around the world visiting countless countries on every continent except Antarctica. Her indomitable spirit and infectious laugh brightened the day of those around her. She will be sorely missed, especially by her husband, Dave.

We miss you lots Jan!

Trip Status

This has been an exceptional season, already, with record numbers of members signing up for our extended trips. That's not to say that all the spaces are taken. It's just that several of the most popular trips are at the waiting-list stage.

Trips that still have plenty of room include:

- **Tug Hill** - Port Leyden, NY (Jan 9-12)
- **Lapland Lake** - Northville, NY (Feb 20-22)
- **Lake Effect Trip II** - Pulaski, NY (Mar 6-9)

Others that only have a few openings left include:

- **Craftsbury**, VT (Dec 31-Jan 4)
- **Highland Forest**, Cazenovia, NY (Jan 30-Feb 1)
- **Ottawa**, Canada (Jan 16-20)

Of course, there are occasional cancellations that will draw participants from a waiting list. In other cases trip leaders may be able to adjust room assignments to allow room for another person or two. But, the only way to secure your spot for an extended trip is to make a deposit. Details on all our trips can be found in the Season Guide or on our website at www.kicknogliders.org.

Of course there is no participation limit on our **Laurel Highlands** weekend-trip or on our **day-trip destinations**. Simply contact the trip leaders to make arrangements to meet the group!

However, if you want to get in on one or more of the overnight trips, you'd best make your deposit(s) soon!

See you on the trails!

Nordic Happenings

Tug Hill Tourathon:

Dave LeRoy reminds Kick 'n Gliders that the Tug Hill Tourathon events are coming up. The events have morphed a bit, now being hosted by the Winona Forest Recreation Association (WFRA).

The association will sponsor the shorter 2009 Try-It Fun Race on Sat, Jan 17, in conjunction with WFRA's 2nd Annual Winterfest. In addition to the race, you are invited to enjoy family activities such as a snow sculpting exhibit & children's

workshop, skijoring lessons, dogsled rides, snowshoe tours, sleigh rides, ski lessons, snowmobiling, a bonfire and lots of good food!

The big race, the 29th Winona Forest Tourathon, will be held on March 14 with a new & adventuresome course for all levels of skiers from novice to expert.

Both the Try-It and the WFT (Winona Forest Tourathon) will be presented with many improvements such as improved course grooming, state of the art electronic timing and results by "Score-This", led by qualified and competent leaders, personnel and volunteers and sanctioned by NYSSRA Nordic! Look forward to a super event with electronic timing & results and a challenging triple 15K loop course.

Registration and details for these events will be available online at www.winonaforest.com/skier.html or contact the club via email at info@winonaforest.com or raceinfo@winonaforest.com

Your membership & donations help keep the ski trails groomed.

TelePalooza:

What the heck's a TelePalooza you ask? Well, you should read on if you're interested in telemark skiing.

Jim Kapp, chairman of the event writes to tell us about the Appalachian Telemark Association's 7th annual two-day Nordic downhill festival at Seven Springs Mountain Resort in Champion, PA. The event will be held Sat & Sun, Jan 31 & Feb 1, 2009.

The event features the 7th Annual Jack Zoppetti Memorial GS Telemark Race and a race billed as the longest Up Hill/Down Hill Fun Race in the Mid Atlantic Region. They will have Professional Ski Instructors of America Nordic pros there for clinics.

You can contact Jim Kapp, TelePalooza chairman, on his cell (724-989-8913) or via e-mail at kapperzootie@aol.com. The website for the Appalachian Telemark Association is at www.telemarker.org/ and there's a direct link to the event announcement at the top of their home page.

Summer Outing Roundup

Although we are certainly less active as a club during the summer, we did have a few events.

- Swing Concert at Nissley's Winery, July 19, lead by Kay & Bill Pickering: About a dozen members showed up to enjoy the musical group, "The Jazzberries", who entertained the crowd with some great big band swing.
- Mount Gretna Bike Ride, Aug 24, lead by Nancy Borremans & Don Youngblood: Another dozen members joined for a delicious breakfast at Le Sorrelle, a café in Mt Gretna, followed by an easy bike ride on the shady Lancaster/Lebanon and Conewago rail trails.
- Rickett's Glen State Park Hike/Paddle Outing, Oct 11, lead by Andrea Hospodar: It was a gorgeous day for a fall hike along the Falls Trail where they enjoyed the many free-flowing waterfalls that make this ancient hillside one of the most scenic parks in Pennsylvania.

Ox Roast

Dampened but not Deterred

To the uninitiated it looked pretty bad. Rain, rain and more rain was the order of the day. Yeah, the weather service said it would slow down, but



not until deep into the event.

Well, the uninitiated didn't know the Kick 'n Gliders. As promised, hosts Dave and Nancy started the fire early and the ox roasting process was well underway by the time club members started to filter in. However, the plan

for an outdoor event was “out the door”. Fortunately, Dave and Nancy’s home is a spacious one with lots and lots of seating. Members laid out their covered dishes on kitchen counters and tables. Treasurer Dave set up shop in the den, collecting monetary contributions for the party, dues and deposits on trips.

Nancy declared the roast done just a few minutes behind plan and skillfully carved the perfectly roasted twenty pounds of beef. And then ... and THEN ... the 51 attendees descended on the feast. All agreed that the food and drink were excellent.

Toasts to a party-plan well-adapted and to our hosts capped the evening!



And so another season begins. May it be a great one!

Gear Fest

November Member Meeting

Wildware owner Andy Clements provided our traditional update on gear. Well, not exactly. In fact, he took quite a different tack this year. This year the emphasis was on keeping it clean.



Now, Andy was NOT accusing us of not showering. Nor was he accusing us of obscene acts. Instead, he was telling us how to keep our gear working well by properly cleaning it.

It turns out that your normal clothes cleaning methods are not always the best for cleaning your active, cold-weather or wet-weather gear.

Following are a few of the pointers Andy gave to the 18 Kick ‘n Gliders who attended the meeting:

- All outerwear will benefit from a quick brush and sponge after use. Removing abrasive dirt will prolong the life of the outer material which, in turn, protects waterproofing.
- Technical fabrics, such as Gore-Tex, etc., are usually easy to clean.
- Washing instructions found on the garment's sew-in care label are normally dependent on the other components - READ THEM!
- Dry cleaning is rarely required or even desirable.
- Fabric softeners "waterproof" a wicking garment and prevent it from performing.
- Consider purchasing specialized cleaning products designed for technical outer fabrics. There are also specialized cleaners for down-filled and for base layer garments.
- Waterproof properties of breathable garments come from either a laminate or coating.
- Waterproof garments usually also have a water repellent treatment to their outer surface which assists water bead and roll off. Without this treatment, the outer surface quickly soaks up water (wetting out) and not only feels uncomfortable but dramatically reduces the breathable properties of the material. The resulting build up of condensation and the material wetting out is often mistaken for the jacket leaking.
- Shell fabrics can often be re-waterproofed using wash-in or spray-on treatments.
- Dry your garment in an airy place AWAY FROM DIRECT HEAT.
- Clean, dry garments should then be stored free-hanging in a cool, dry environment to prevent possible mildew attack.

Thanks, Andy, for an excellent presentation!

The \$25 Wildware Backcountry gift certificate was won by Nancy Kauh.

For Sale

- Fischer Nordic cruising skis, 174 length, Rottefella NNN bindings, barely used, like new. \$150 (Less than half the new retail price).
- Peltonen Nordic skis, 188 length, Rottefella NNN bindings, good starter or kick around skis. \$25.
- Rossignol poles, 136 length, \$10
- Swix poles, 130 length, \$10
- Alpina women's NNN boots, approximate size 7, Thinsulate insulation, zipper front covers laces, barely used, like new. \$70 (Less than half the new retail price).
- Maxel women's NNN boots, approximate size 7. \$20

Call Dave Powell, 717-796-0689

Another "Place to Ski"

Andrea Hospodar offers information on another nearby place to ski when we get snow.

The Susquehanna Area Mountain Bike Association (SAMBA) has constructed mountain biking trails in Swatara State Park. Andrea reports that the trails are free of rock, basically loamy soil, so they would be good for skiing. The terrain is not too tough and there is a parking area at the trail head.



SAMBA maintains a website at sambabiker.com. If you follow their links to trail maps at the park you will find their trails sketched onto a topo map of the park. A page in our website's "Places to Ski" section will be created to point to the trails and provide a Google map to the trail head.



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ADDRESS SERVICE REQUESTED

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