



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Pete Oswald (editor@kickngliders.org)

Issue: May, 2009

President's Corner

Peg Hampton

On May 6, the newly elected officers held their first Executive Committee meeting. The Stines graciously offered their home as the meeting location. Nine people were able to sit comfortably around their large dining room table. I looked around the table and felt a sense of gratitude for the officers that donate their time to ensure that the club is active and successful. In addition to the officers, the trip leaders and event organizers contribute their time and energy for the well being of the club. I thought about all the friends I've made and the camaraderie in the club. We shared many laughs and a few tears over the years. Club members shared their knowledge of cross country skiing and their excellent cooking skills. The Kick 'N Gliders are truly a unique group of people. All of you help to make my job as President easier.

We have lots of activities planned for the upcoming year. The activities will be posted on the web site and published in the Easy Glider. Don't miss out on any scheduled or impromptu events - keep your email address up to date with the club. (If you change your email address, send the updated information to membership@kickngliders.org.)

Please renew your membership now. A renewal application is included. Take the time to fill in the application and pay your dues now. You will enjoy being part of this dynamic group that does more than just cross country ski.



Aged Skier wins Prize

This is to report on my experience at the Tug Hill Tourathon that was held on March 14 of this year. The course was a



12.5 k (7.5 mile) loop starting at a CCC Camp at the northern end of the Tourathon Trail System near Pulaski, New York. Racers competed in classical cross-country skiing events consisting of 1, 2 or 3 laps around the course. I selected a single lap (7.5 miles) and was in the category of males 60 to 69 years of age. The course was well groomed and fast and the snow stayed below 32 degrees despite the sun. I planned to pace myself at my usual 2.5 mph speed so as to complete the race in 3 hours. Humbly, I placed myself at the rear of the mass start and we finally took off. The trails in this area (which I have only partially ever skied) are very nice and the scenery is pleasant.

After passing the water and refreshment stop, I actually pulled ahead of a perfectly healthy woman from near Syracuse. The trail was winding and undulating but rarely did we need to herringbone up hills and there was only

one downhill offering a challenge. As I neared the finish line, I poured on the coal, double-poling like the 3-lappers who by now were passing me on their final lap. I was astonished as I passed the time-clock at the finish line to see that I had finished in less than 2 hours! My reward for this accomplishment was a 3rd place medal in my group which, as mentioned, consisted of skiers as young as 60 (I am approaching 69). The medal was made not of bronze but of copper, but I am proud of it and can't wait to try again next year. The over-all winners of the 1-lap race were a brother and sister, pre-teens who showed up all of the adults.

Dave LeRoy

\$ Time To Renew \$

Why not fill out fill out the enclosed membership form right now and send it in? Or, you may access it on the Kick 'n Gliders' website.

Here's an easy way to check off a to-do item and come the Fall you can check your Easy Glider mailing label and see that you're all set to sign up for next season's Kick 'N Glider trips. There's a great lineup of trips and we all know that next year has to be the year for lots of snow.

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Outback Dinner Social Report

April 22, 2009

Attendees: Rick Begley, Joan Short, Sandy Stine, Norma & Jim Brandon, Nan Reisinger, Pete Oswald, Lois Froelich, Bernie Webber, Al Hoch, Rich Levin, Cheryl Capitani, Mary-Liz Todaro, Bob Schneider and Peg Hampton (Reporting)

Bernie & Al led the Glider charge on the Outback. Joan & Peg were next to arrive and headed straight to the bar to learn that they weren't the first arrivals. Sandy Stine showed up solo and the rest of the group drifted in. The Outback was expecting us. Tanya Richter did a great job making our reservations.

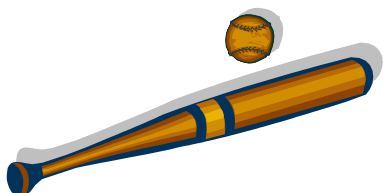
The Outback menu featured a lot of new food entrees that were marked with a boomerang. They even had some drink specials. Peg tried the sangria margarita - delicious! Al ordered a Bloomin' Onion



which he graciously shared with both tables. The group entertained each other with tales of adventure - like hiking in the snow and plans to paddle the Missouri River. The conversation included Dave Powell's bike ride to Florida to attend his class reunion and his blog sharing the journey with all of us. We discussed the 2009 ski season and the upcoming 2010 schedule. The entrees arrived shortly and the noise level decreased to near zero. This was the last dinner social of the season. It was good to see everyone. Does anyone know if Al & Bernie opted for their backup plan versus driving home?

KICK 'N GLIDER SUMMER SCHEDULE

June 30--Lancaster Barnstormers vs. S. Maryland Blue Crabs



Enjoy the game and a great ballpark with its free parking. For those who are available, join us for a quick dinner at the Brickyard restaurant just across the street from the field. We'll meet there at 5:30 so we can be back to the ballpark by 6:45 for the game that begins at 7pm. Tickets are \$9. Send a check made out to Kick n Gliders by June 12th. to Tanya Richter 102 Locust St., Annville, PA. If you can't come for dinner, meet at the ticket office in the stadium at 6:45.

July 25--Join Kay and Bill Pickering for a lawn concert at the beautiful **Nissley Vineyard** featuring **Nightwind** (classic light rock) . Bring eats for yourself and to



share and plan to arrive by six so you can claim a choice spot for your chairs. The cost of tickets is \$15 per person and credit cards and out of area checks are not accepted at the admissions tent. The concert runs from 7:30 – 10:00pm. The wine and snack bar is open from 6:00 – 9:00pm. The recommended arrival time for all concerts is 6:00 – 7:30pm however it is recommended that folks arrive **REAL EARLY** (even before 6:00 PM). **Nightwind** is probably the most popular concert. It will be a large crowd that may get sold out before everybody is in.

Let the Pickeringings know you are coming.
(717) 232-1326 or e-mail Bill at : billpick55@comcast.net.

August 9--Long's Park Amphitheater - Al Kooper and the Funky Faculty



The founder of Blood, Sweat and Tears whose striking organ riffs earned him a spot in the Musician's Hall of Fame and a Memphis Blues' "Comeback Album" award will be on hand with his trio. Bring some picnic fare to share with the group, chairs and/or blanket for seating, Meet in front of the amphitheater at 6:30pm – the free concert begins at 7:30.

Late August, early September--

Mt. Gretna Rail Trails Bicycle Ride
This ride has everything going for it: a relaxed pace on a shaded rail trail plus



breakfast at Le Sorelle one of Mt. Gretna's gems. Nancy Borremans and Don Youngblood will once again host this delightful morning. Look for date and time in an upcoming newsletter and on the Kick 'n Gliders' website.

October 17th--Ox Roast

Hosted by Nancy Kahl and Dave Leroy. More information will be available in upcoming newsletters.

Kick 'n Gliders Nordic Ski Club
www.kickngliders.org
2009-2010 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 Dues: \$20 Individual \$30 Family</p> <p style="text-align: center;">Make Checks Payable to: KICK 'N GLIDERS</p>	<p>Mail Application and check to:</p> <p>Kick 'n Gliders P.O. Box 1353 Mechanicsburg, PA 17055</p>
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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 (home):			
(work)			
(cell)			
E-Mail:			

Please print clearly

Check here <input style="width: 20px; height: 15px; background-color: yellow; border: 1px solid black;" type="checkbox"/> if you are willing to forgo the paper copy of <i>Easy Glider</i> and receive it electronically (we MUST have a valid email address for you).

Be sure to sign and date the release on the next page.

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:

Signature and Relationship _____ **DATE** _____

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KICK 'N GLIDERS
P.O. Box 1353
Mechanicsburg PA 17055

ADDRESS SERVICE REQUESTED

In this Issue of Easy Glider:

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\$\$\$\$\$\$\$\$Time To Renew Your Membership \$\$\$\$\$\$\$\$\$

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KICK 'N GLIDER SUMMER SCHEDULE

Membership Renewal Form