



The Easy Glider

Kick 'n Gliders Nordic Ski Club

Editor: Peter Oswald (editor@kicknriders.org)

Issue: summer 2017

Meetings are held upstairs at Center Street Grille, 4 Center St, Enola PA,
717-732-6900.

The Center Street Grille is on the east side of Center Street
just south of Wertzville Rd (PA-944).

Directions to Center Street Grill at end of newsletter.

Events

Summer events

9:30 am, Thursday, July 13

Pedal the Northwest Lancaster County Rail Trail. Meet at Bainbridge at 9:30. Ride 11 miles along the Susquehanna River to Columbia. We will stop for lunch in Marietta, on the way back to Bainbridge.

Please contact Nan Reisinger 717-763-8094 or email at nanreisinger@comcast.net if you are interested in participating. Please do contact Nan so she knows who is coming and so she can let you know if there is any change in the schedule.

Sunday, August 13, Time to be Determined

Mt. Gretna Rail Trail Ride. What is becoming a Kick 'n Gliders tradition: a ride on the Mt. Gretna Rail Trail followed by lunch on the wonderful porch at Tom Hooper's Mt. Gretna Cottage.

Next General Business Meeting

Tue, Nov 7, Ed Cook will tell us about his racing experience in Switzerland and the upcoming Master's World Cup in Minneapolis

Social Meetings

Sat, Sep 30, Ox Roast at the Perry County home of Dave Leroy/Nancy Kauh. Details to follow.

Wed, Nov 22, T. J Rockwell's American Grill & Tavern - Elizabethtown, PA

Ski trips scheduled for 2017-2018 Accepting deposits now!

Craftsbury, VT Dec 28 - Dave LeRoy &
Jan 1 Nancy Kauh

Cazenovia, NY January Bill Hoffman
8 - 10

Pulaski #1, NY	January 12 - 15	Peg Hampton
Laurentians, Quebec, CA	January 15 - 21	Bill & Sandy Stine
Stowe, VT	January 21 - 26	Denny & Pam Dunn
Susquehannock Lodge, PA	January 26 - 28	Gill & Mary Ann Linde
Quebec City, CA	January 28 - Feb 2	David Walborn
Bethel, ME	February 4 - 9	Richard Manix
North Conway, NH	February 9 - 16	Andrea Hospodar
Lake Placid, NY	February 16 - 20	Bill Hoffman
Laurel Highlands, PA	February 18 - 19	Kathy Yinger
Pulaski #2, NY	February 23 - 26	Peg Hampton
Boonville, NY	Feb 26 - Mar 2	Bill & Sandy Stine
Inlet, NY	March 2 - 6	Mike & Pam McMullen

We are now accepting deposits for this season's 14 trips.

Details and pricing of the trips is available on our website at the following location:

<http://www.kicknogliders.org/pages/extendedtrips.html>

A few reminders:

- You **must** be a club member to participate in our trips
- *(Find out how to join the club on our [Membership page.](#))*
- The **full**, published deposit amount is required to make a reservation.
- Indicate **exactly** which trip(s) your deposit(s) are intended for.
- *(As wise and experienced as he is, our Treasurer still has difficulty divining your unstated intentions.)*

- Make your checks payable to "Kick 'n Gliders" and send them to: P.O. Box 1353, Mechanicsburg, PA 17055. (**Do not send payments to trip leaders!**)
- Contact Trip Leaders for further details on a trip.
- Trip finance policy is detailed on our [Trips/Finances page.](#)
- The "**lottery deadline**" for early registration deposits is July 25, 2017.
- The **lottery** for overbooked trips will be held, if necessary, on August 1, 2017.
- Read how the lottery works on our [Lottery page.](#)

Summer activities trip report.

May 27 - Hike at Pine Grove Furnace SP

Starting the hike in a light drizzle 6 of us set off for Sunset Rocks. This is a fairly easy hike in the beginning with a steep hill climb then a challenging rock scramble. After the rocks it is once again easy walking to Camp Michaux, where we walked around and looked at the remains of foundations, a fountain built by the POW's, and several other items of interest. Returning to our starting point on a easy stretch of the AT, we stopped at the Country Store for lunch. The food was good, but no one went for the half gallon ice cream challenge, although there were several AT thru hikers there working their way through a carton of ice cream.

Attendees: Bonnie Gardner, Ron Henry, Lin Pomeroy, Matt London, Kim Lausch, and me, Nan Reisinger.

June 10 - Paddle on the Yellow Breeches Creek\

It was a little cloudy when I got up and then there was a nice shower. But after the rain had passed I loaded my canoe and headed to Messiah College, in Gardner. It was a beautiful sunny day and the water level was perfect for a paddle but, alas, no one showed up. That is no one from the K'nG showed up. Lots of other paddlers and tubers were out to enjoy the day. Not being one to waste

a good paddling day I ask another group that was getting ready to set up a shuttle if I could spot my car and hitch a ride back to Messiah with them. They agreed, but they were only going to Bowmansdale, which is not a very long paddle. But some time on the water is better than none. After dropping my canoe I followed them to Bowmansdale and parked my car. After coming back to Messiah and getting on the water I spotted an acquaintance from the Harrisburg Canoe Club, Carl, getting ready to set off down the creek. I ask where he was taking out and he said Lower Allen Community Park, which was where I wanted to go. I ask if he could give me a ride back to Bowmansdale from Lower Allen Park after the paddle. He agreed. He had a group of Penn State students out for a gym unit on canoeing. So I paddled on ahead to the Lower Allen Park and waited for them there. When they got there Carl said that normally he takes the students to Liberty Forge Gulf club after the paddle to take their test and get ice cream cones and did I want to go with them? Who says no to ice cream? So, after taking the test with the kids and eating ice cream, Carl dropped me at my car. While tying my boat on my car, two young ladies approached me and asked, "Was I leaving and would I be able to give them a lift back to Messiah to their car." They had floated the creek in inner tubes. Sure, I said, playing it forward. So, after jamming their tubes into my car, we headed to Messiah, where they had started. Long story short where there is a will, there is a way. I had a great day on the water.

Attendees: Nan Reisinger, trip leader Nan Reisinger

The World Masters XC Championships
Davos/Klosters, Switzerland 2017
submitted by Ed Cook

Help! The year is half over and I don't have a goal yet, and I'm noticing the lack of one.

But last ski season there was no such problem, because what kept me motivated all year long was my planned trip to participate in the World Masters XC Championships, held in

Davos/Klosters, Switzerland from February 28th through March 11th.

Happily, the only requirement for participating in this annual event (there's also a similar national event) is that you be over thirty years old – that makes you a "Master." Well, when I realized I was qualified (just barely!), I thought it would be a wonderful way to combine skiing with a European trip, as well as the opportunity to meet many people devoted to cross-country skiing in general, and interested in racing in particular. I first found out about this event by following the web site "xcskiworld.com" of the American XC Skiers Association, known as AXCS. The prior year I had decided to join the organization, since I was following and joining everything related to XC skiing that I could find.

The trip was superbly organized by "JD" Downing of Bend, OR, who was the group's leader and Coach, and who was elevated this year to the head of the entire World XC Skier Association. In the Spring of 2016 details began to flow out about the trip, and this is when I checked airfares and decided to go. All other details were organized by "JD", but each person needed to make his own flight arrangements since Americans from all over the country would be converging on Switzerland, and arriving on slightly different dates. There were over 200 Americans signed up, so I expected to meet many people, perhaps even a large group, right at Newark airport, from where my flight was departing. So, I was perplexed that there only seemed to be 3 or 4 people I scoped out as being likely other XC skiers waiting to board the night flight to Zurich. Was I on the right trip... on the right date??? Later in the week I realized that the contingent came from all the various hot spots of XC skiing throughout the country, and there were probably seven different airports people departed from – Newark not being as universally compelling to the average American as I had assumed. I was the only person in the contingent, as it turned out, from PA or NJ, so that explains a lot of the airport mystery, too.

On arrival in Zurich "JD's" talent for organizing logistics became evident, as he gracefully assembled hundreds of skiers from around the country swiftly into half-a-dozen charter bus

departure groups. In the terminal and on the bus to Klosters (a two-hour drive) we all got our first chances to start getting to know people. Then, in Klosters the bus dropped people off at the six different hotels that Americans were staying at. My hotel was the last one (see picture on page 6), situated midway between Klosters and Davos about 1,000 feet in elevation above both towns. The hotel was named “Kessler’s Kulm Hotel,” named after the family that has run the place for several generations. It’s also where the US XC Team stays whenever they are in Davos for races or training. It turns out they have stayed there every year for a long time, and there is even a picture wall of fame in the small lobby featuring the recent US Ski Team athletes. The US Ski Team has become famous, in addition to skiing, for their music videos. One of which prominently features the hotel. If you ever plan a trip to the region, you couldn’t do better than to stay at the Kessler’s Kulm Hotel.

The next night there were wonderful opening ceremonies in the Klosters central square, or “Platz,” and after the next two days of registration and practice runs, the first races of the six days of championship races began. Every contestant could register for three races in the style of his choice, i.e. classic or freestyle (skate), but you could only enter one race per distance, i.e. 10k, 15k, or longer. In every race, there were age-bracketed starting groups, starting with 30-35-year-olds and every 5 years over that in age up to 85-and-over. Saturday, the first day of racing was “shorter” skate races, which I was not entered, so I spectated, photographed and took in the sights and scenery.

Sunday was the first day of classic races, and the first of my three races. I was in age group 8, 65 – 70-year-olds. The night before, like most people I had talked to, I waxed my skis with klister kick wax because the conditions had been warm, and were likely to remain that way. But at the pre-start warm-up it was clear to all the Americans who had prepared the same way that klister was going to be an absolute disaster for the conditions. So, panic set in at the Team US ski waxing container that had been rented for our use. There were half a dozen of us who hurriedly changed our wax to what we hoped was better kick wax. We got great

help from a lot of our team members. It was really a fantastic team effort.

The race was a “short” 15k classic race. Did I mention I have never done 15 of anything, other than ride my bike? But that’s OK, throughout the season leading up to the trip to Switzerland I had gotten much encouragement from many of the Kick ‘n Gliders I talked to, and this day I felt the figurative, gentle hand of KNG’er support on my shoulders, thus my spirits were high. So, we were off and running! My goal was simply to finish the race, which is good, because by about the third kilometer I think I was in about fiftieth place out of about 57. That didn’t seem too bad though because, mercifully, racers like me with no track record were automatically placed at the back row at the start line, so not all that many guys had passed me. After about 7k though, the hotshot 75 and 85-year-olds started passing me. It was getting a little ugly, but I plodded on. These first 7 – 9 k were almost entirely uphill, climbing up into the beautiful Alpine valley south of Klosters. Soon, the elite ladies started zipping by: graceful, long-legged Russians, Germans, Americans, and Finns – ex-Olympians and World Cuppers from just a few years prior, no doubt. At this point, all I could think about was just being able to catch my breath... and to finish. Then, at about 13k the downhill home stretch turned long and steeper so it got very, very fast. But, anything was better than having to go uphill, as far as I was concerned, since I was exhausted, so I let the skis run as fast as they would. Then, suddenly, that gentle hand of K’nGer support seemed to turn into a heavy elbow shove, because the next thing I knew I stumbled out of the tracks into one hell of a fall – what, in downhill skiing, you would call a “yard sale.” I had hit my head hard, but felt like everything was relatively OK after a few seconds, got going again, and was able to finish the race – even faking looking composed when the track entered the stadium where all the spectators were. It was cool to hear the public-address announcer cheer your name and country as you crossed the finish line, and to be handed some hydration by a beaming, friendly volunteer.

After another great dinner in the dining room of the Kessler’s Kulm Hotel that evening, I returned to my excellent little private room in the annex

building of the hotel and retired to bed, sleeping as I love to do in the winter, with the room temperature cool, in my long-johns, wearing warm socks. The next morning, I arose, saw my now swollen left thumb, and upon taking off my socks, a purple, massively swollen right big toe. So, after breakfast I got ready and took the free Swiss Rail train downtown to Klosters to go have everything checked out at the event's first aid station near the stadium. The doctor there thought things looked bad enough to refer me to a regular doctor's office a short walk away in town, where I had an exam and x-ray, which confirmed that I had broken my big toe, so no more racing. I was in no discomfort, so couldn't have been happier to have to miss my next two races!

The next couple of days were spent spectating more and taking pictures of other racers suffering, as well as getting around to see more of the sights. Then, on the last day before the closing ceremonies of the event, I and many people I had become friends with decided to take "The Bernina Express," one of Switzerland's two UNESCO World Heritage Site rail excursions over the Alps into Italy. That journey turned out to be the highlight of the whole trip. I'll just leave it at that since there aren't enough words to describe the beauty and majesty of the Alpine scenery, and the mind-blowing daring and expertise of Swiss railroad civil engineering. I haven't ever compiled a "bucket list," but that trip is going to be number one or two on any such list that I compile retroactively. If you ever get the chance – do it!

On the trip, I got to know Trina Hosmer a little better. K'nGers who heard her talk to us on the last two Stowe trips will remember her, and I can tell you she won some more Gold at Klosters. Also, there were a couple of other skiers I've met or seen before at Craftsbury, who it was nice to get to chat with and get to know better.

I'll go on Masters Championships trips again without hesitation, especially those that go to Europe, where the events are usually held. Interestingly though, this coming World Championship in 2018 is going to be held for the first time in many years in the US, at Minneapolis in January. These events are superbly well organized, and a blast to attend. Let's keep our

eyes on them for consideration by the KnGers for future trip possibilities.

And speaking of future trips, I now have a goal for this coming season, which is to learn as much French as I can before (I hope!) going on Dave Walborn's trip to Quebec.

Crystal Lake

Sent in by Rick Begley

2018 Season Passes Early Bird Discount! (Before Aug. 1st 2017! Early-bird pricing is open now, so head to our website to purchase a pass!

Why purchase a pass? Because of Passholder Perks:

1. Sign a once-per-season waiver (as opposed to signing one at each visit to the Ski Center)
2. Have a quicker sign-in process at the Ski Center
3. Receive 10% off on lodging at Crystal Lake
4. Are granted 2 day-passes and 2 free rentals to give to friends (you must be present) AND group pricing per person) if bringing additional friends
4. In the fall and spring, you will not pay the day-use fee for property use during office-hours (with prior reservation)
5. Receive 10% discount on merchandise

Rating Snowflakes For Safety

Every snowflake may be unique, but some types cause more trouble -- avalanches, treacherous roads -- than others. Knowing which kind is coming down on which road could help highway crews respond more swiftly to storms.

A high-speed camera developed at the University of Utah captures detailed images of snow crystals. It's around the freezing point that you really want to know what's falling. They have an instrument that can diagnose sleet, snow, or rain.

(from National Science Foundation magazine)
sent in by Sandy Stine



The American masters at Kessler's Kulm Hotel, Heinz Kessler, the proprietor, in front

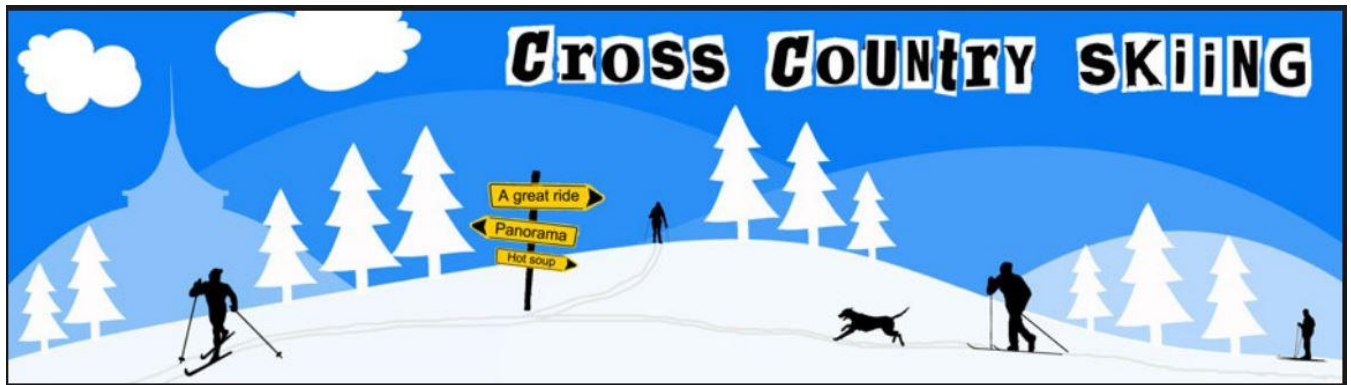
**Meetings are held upstairs at the Center Street Grille, 4 Center St, Enola PA,
717-732-6900.**

Directions from 581 and Rt 15 interchange

- Go north on Rt 11/15 about 1.7 miles to N. 21st St stop light
- Turn left on N 21st St and go 0.3 miles to Center St stop light
- Turn left on Center St then continue northward (changes to E. Penn Dr) 2.7 miles to Wertzville Rd stop light
- Turn right onto Wertzville Rd, go 0.1 mile to first right
- Turn right on Center St; Center Street Grille is on the left.

Directions from I-81 and Rt 11/15 interchange:

- Go south on Rt 11/15 about 0.5 mile to Valley Rd stop light
- Turn right on Valley Rd and go 1.8 miles to Salt Rd
- Turn left onto Salt Rd and continue southward (changes to E. Penn Dr) 0.9 miles to Wertzville Rd stoplight
- Turn left onto Wertzville Rd, go 0.1 mile to first right
- Turn right on Center St; Center Street Grille is on the left.



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KICK 'N GLIDERS
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ADDRESS SERVICE REQUESTED

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Picture of The American masters at Kessler's Kulm Hotel

Center Street Grille, directions to