



# Happy Trails

Newsletter of the Long Island Cross Country Ski Club

website: [www.LICCSC.org](http://www.LICCSC.org)

Club Forum: [LICCSC@googlegroups.com](mailto:LICCSC@googlegroups.com)

Face book : [www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC)

January 2018

## President's Message

**HAPPY NEW YEAR!** I hope everyone had a good holiday season and are planning on getting out to do cross country skiing in the New Year! For those that attended the December meeting we were treated to an awesome presentation from Mike Rizzo, News 12 Meteorologist. The photo on the right is from this meeting. At the meeting Mike Rizzo predicted January would be the best snow month of the winter so sign up for our January trips (Lake Placid, Mount Saint Anne) and get out there when we have local snow. You can find details of all upcoming trips in this newsletter.



**The Winter Olympics** are happening Feb 9, 2018 – Feb 25, 2018 in PyeongChang, South Korea. I am excited about this event and thought it would be good to understand more about the US Olympic Cross Country Ski Team and how they are selected.



(men) or Skiathlon final at these competitions will serve as that athlete's ticket to PyeongChang. FIS World Cup events with U.S. Olympic Team qualifying implications begin in Ruka, Finland on November 24, 2017.

## Building Team USA

Team USA may enter four athletes per event in PyeongChang, and the team will consist of 12 men or 12 women, with a maximum of 20 athletes. The bulk of the U.S. cross-country team will be named using the following criteria. **From November 23, 2017 to January 15, 2018, U.S. cross-country skiers will compete in FIS World Cup competitions.** Finishing in the top eight in a classical sprint, individual 10km (women)/15km

**January Meeting Program:** Our own Vlad Drozdoff has traveled to several World Cup destinations and has been following the US Cross Country Ski Team competitions leading up to the 2018 Winter Olympics. He will talk about the World Cup destinations he has visited (with photos) and will give us insight into how the US Cross Country Ski team is doing in these qualification races. Also, in November of 2017, Vlad and his wife Donna went on a Cross Country ski trip to Crested Butte – the Nordic Ski Capital of Colorado. He will also speak about his trip and about Crested Butte as a great destination for future LICCSC club trips.

**Next Meeting:** **Thursday, January 4<sup>th</sup>, 2018 at 7PM.** Plainview/Old Bethpage Library, 999 Old Country Rd, Plainview. Lower level meeting room. All welcome! I look forward to seeing you all at the January meeting. THINK SNOW!

## Editor's Corner

Happy Holidays and a Happy New Year to everyone. Hopefully the recent snow has whetted everyone's cross country skis appetite. If you haven't signed up for one or more of our trips and are thinking about it, it may be too late. Details of these trips can be found in this newsletter and on our website ([www.LICCSC.org](http://www.LICCSC.org), please check with the trip leaders for the latest status as they may be already filled.



Our December guest speaker left a note for everyone and some members replied back. If you have a Facebook account you can keep up to date with Mike's snowcast for local ski conditions.

[Meteorologist Mike Rizzo](#) -Wow! I met with some of the coolest people on Long Island tonight at the [Long Island Cross Country Ski Club](#) meeting! I presented a winter weather outlook and climate talk with them this evening, hoping to answer some pressing questions related to this winter season ahead! Thank you for having me at your event!

[Sherry Buch](#)- Oh gosh, thank you (I'll presume I can say for us all); I felt you are so knowledgeable talented, and motivated in your field and I thoroughly enjoyed your enthusiastic personality!

[Denise Diliberti](#) Thank you Mike! We are looking forward to a great ski season with the hope of Alberta clippers & some coastal snowstorms!

[Thad Demos](#) Mike. Thank you so much for coming to our meeting. The presentation you gave us was fantastic. You are going to go far!

[Tommy DiFolco](#) Sounds like a Great time was had by all Mike... Have a Fantastic Day... Your Weather Fan...Tommy

[Angie Garcia](#) Lol keep up the great work Mike

[Theresa Smith](#) Great!

[Dave Pudz](#) Rizzo be looking like 😨 :o

A reminder we need members to be active on the trails as well as on the web to promote the club. The easiest and most cost effective is to be active on the club's Facebook page. One way is to post a comment, a picture or, simply click on the 'like' of a posting. Each posting or 'like' triggers a notice to **anyone** who has "LIKEed" the club's page will see all the posts on their Facebook home page automatically. For more information speak to Kim, myself or see the Facebook introduction in this newsletter.

Finally if you have any club or ski related topic for the newsletter please Email your contributions to me at [bicyclistken@yahoo.com](mailto:bicyclistken@yahoo.com) Also visit our Facebook and Yahoo Groups pages where more up to date information on trips, trip photos and cross country skiing related information are posted. [www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC) and the google group page [LICCSC@googlegroups.com](mailto:LICCSC@googlegroups.com)

## Message from the V.P. - Trip Coordinator

Here are our trip date for this season – Watch from more details on [LICCCSC@googlegroups.com](mailto:LICCCSC@googlegroups.com)

- Gunflint, MN: 12/29 - 1/3 (Regina G, Ronnie )
- Lake Placid, NY – **Bus Trip:** 1/12-1/15 (True H) \*\*\*Great for new members!
- Mount Saint Anne, Quebec, CA: 1/28 – 2/2 (Rolande & Brian C)
- Windblown, NH: 2/16 – 2/19 \*\*\*Great for new members!
- Craftsbury, Vermont, 2/26 - 3/3 Yoga and Nordic Skiing \*\*\*Last minute addition
- Fahnestock, Lapland Lake, and Minnewaska trips sprinkled in between these dates TBD

## Updates as of December 19, 2017

- **GUNFLINT, MINNESOTA, Dec 29 – Jan 3**—There is still one bedroom for 2 available in one cabin.
- **LAKE PLACID, NY, Jan 12-15 (MLK Weekend), BUS TRIP WITH SIERRA CLUB**  
Rooms are on request only. If anyone wants to go please contact True Hampton to see if some space can be obtained. Also if you've signed up for the trip and are driving to Bethpage Park for the bus please send True the make and model of your car and the license plate number. The park police will need this information. For example. Red Toyota Camry. Plate number AVY1063. Please let her know at least a week before the trip she needs to submit this information to the park police.
- **MT. ST. ANNE, QUEBEC, CANADA, Jan 28 – Feb 2– Open**  
There is still room on the trip to Mount Saint Anne in Quebec, Canada Jan 28 – Feb 2. This is a fabulous trip where we have lots of snow and miles and miles of groomed trails in beautiful wooded trails. This trip is good for beginner – advanced skiers. You can fly or drive. Kim Schultze is flying and renting a car at the Quebec Airport. Anyone who is flying to Quebec is welcome to share her car/van. Please let her know of your flight plans, and check with her to assure there are no last minutes changes in the flight schedule. Anyone that comes on this trip will have a fabulous time. Plus Old Quebec and the winter carnival is only about 30 min drive away.
- **Craftsbury, VT** — Trip is full as per Road Scholar
- **Windblown, New Ipswich, NH, Feb 16-19** — Fully booked.
- **Lapland Lake, Northville, NY** — is fully operational keep an eye out for a possible weekend trip
- **Fahnestock Winter Park, Carmel, NY** — needs more snow
- **Minnewaska, Kerhonkson, NY** — needs more snow, but is open for rock skis

## **Meeting dates for 2017/2018 season**

**Meetings are 7PM – 9PM at the Plainview/Old Bethpage Library, 999 Old Country Road, Plainview.**

- Thursday, January 4, 2018
- Thursday, February 1, 2018
- Thursday, March 15, 2018

### **Places on Long Island to Buy or Rent XC Skis**

**Sun & Ski** – Sells cross country ski equipment, does not rent. Tell them you are with the LI Cross Country Ski Club! 197 South Service Rd, Plainview – (516) 249-7980.

**Sundown Ski & Patio** – Rents and Sells cross country ski equipment. Website:

[www.sundownski.com](http://www.sundownski.com).

- 1296 Route 110, Farmingdale (631) 420-3796
- 47 Northern Blvd, Greenvale (516) 621-6668
- 3060 Middle Country Rd, Lake Grove (631) 737-8600
- 2726 Hempstead Tpke, Levittown (516) 796-1565
- 2105 Lakeland Ave., Ronkonkoma (631) 588-2111

**Sno-Haus / 44 Board** - Sells cross country ski equipment, does not rent.

- 2 W. Jericho Tpke., Huntington Station (631) 549-5087
- 244 N. Franklin St., Hempstead (516) 481-3305

### **Good Websites to Buy Cross Country Skis**

- LL Bean: [www.llbean.com/XCSkiing](http://www.llbean.com/XCSkiing)
- REI: [www.rei.com/Nordic-Skis](http://www.rei.com/Nordic-Skis)
- Eastern Mountain Sports: [www.ems.com](http://www.ems.com)
- New Moon Ski Shop: [www.newmoonski.com](http://www.newmoonski.com)
- Gear West : [www.gearwest.com](http://www.gearwest.com)

## **Gunflint Minnesota - New Years Eve 2018**

**DATES:** December 29, 2017 - January 3, 2018

You can adjust dates of stay to meet your needs. There is a 3 night minimum over this holiday weekend.

**LOCATION:** Grand Marais, Minnesota, on the shore of Lake Superior

**DESCRIPTION:** This is a cross country ski trip to a remote and pristine resort, located in north eastern Minnesota, where there is more wildlife than people! We will be staying in the cabins at the Gunflint Lodge. In addition to skiing, the resort offers (depending on snow conditions) dog sledding, ice fishing, star gazing, wild life observation, snow shoeing, guided naturalist activities, snowmobiling and massage. Gunflint has 50 km of groomed trails. Bearskin Lodge is 15 miles away and offers 75 km of groomed trails.

**COST:** Cost per night for double occupancy is \$279, including breakfast. Its \$35 extra per night per person sharing the cabin. Airline flight on Delta is \$446 round trip. We will be renting cars for the 3 hour drive from Duluth Airport to Gunflint Lodge, cost will be divided up per person. There is a \$12 daily trail fee at Gunflint, \$18 daily fee at Bearskin.

**AIRLINES:** Seven of us are booked on the following Delta flights:

1919 - Lagaardia to Minneapolis (MSP)

4573 - MSP to Duluth (DLH)

4131 - DLH to MSP

2269 - MSP to LGA

**TRANSPORTATION:** Flight from LaGuardia to Duluth, MN. Car rental to Gunflint Lodge and return.

**EATING OUT:** Breakfast is included in the price of the cabin rental. Cabins have a kitchen, so we can stop on the drive up to pick up lunch food, snacks, party stuff, etc. Gunflint has a restaurant in the main lodge which serves breakfast, lunch and dinners. Bearskin has facilities for soup and chili. There are several local restaurants in the area as well.

**SKILL LEVEL:** Good for beginners, intermediates and advanced. They have both classic and skate skiing available.

**SKI RENTALS/LESSONS:** Skis, boots and snowshoes are provided free of charge, however they are very basic. The recommendation is to bring your own equipment if you prefer a higher end ski.

**LODGING:** Cabins at Gunflint Lodge are equipped with kitchens and fireplaces (wood is provided). Cabins are still available for this time frame.

**RESERVATIONS:** Notify Regina Giglio 631-822-5562 or Ronnie Levy 631-455-4251 if you are intending to go. Call Gunflint Lodge 800-328-3325 to book your cabin. Let them know you are with the 'Giglio Group'.

**CANCELLATION POLICY:** \$500 deposit is due at time of booking. Deposit is refundable, minus \$50 up to 30 days prior to arrival. Less than 30 days, deposit is forfeited. Airline tickets are nonrefundable.

**QUESTIONS:** Call Regina 631-882-5562 or Ronnie 631-455-4251



## Lake Placid, NY (BUS TRIP – no driving!)

**Dates:** Friday, Jan 12 - Monday, Jan 15, 2018 (Martin Luther King Weekend)

**Description:** This is a joint trip with the Sierra Club and is our only bus trip (No driving required!). There are BOTH cross country and downhill skiing options available on this trip. Members, non-members, couples, singles, people of all ages - join us for a fun-filled extended weekend to the Lake Placid, NY. We will be staying at the North Woods Hotel on Main Street in the heart of Lake Placid. This boutique hotel is in the heart of the town of Lake Placid and keeps you close to all the attractions. The town of Lake Placid is very charming and walkable with an abundance of shopping and dining options, all just an elevator ride from your guest room. Lake Placid is home to the 1932 and 1980 winter Olympics and offers an abundance of things to do including:



- Olympic Center (1980 Herb Brooks Arena) with 2 ice skating rinks
- Whiteface Mountain
- U.S. Olympic Museum
- High Falls Gorge
- Two X-Country Ski Centers
- Miles of trails to snowshoe

**CROSS COUNTRY SKIING:** There are two full service cross country ski centers: Mt. Van Hoevenberg and Cascade Cross country Ski Center offering 70K of groomed cross country trails with beautiful scenery. Both XC centers offer ski rentals, sales and lessons and both locations have a small restaurant. The XC ski trails connect between the two trail systems so XC trail passes can be purchased for one or the other location or you can get a “combined” pass. **Our bus will take people once a day to/from the cross country centers.**

**ALPINE SKIING:** Whiteface Mountain is the home to the greatest vertical drop east of the Rockies, with 86 trails stretching over 22 miles and encompassing three peaks! The mountain offers something for everyone with green trails to advanced runs. **There is a public shuttle that runs between the hotels and Whiteface to get you to/from the Mountain each day.**



**Skill Level:** Good for beginners, intermediate and advanced skiers.

**Transportation:** Bus departs Bethpage Golf Course Friday at 11am. Returns late Monday night.

**Cost:** Double occupancy \$464 pp / Single occupancy \$714 pp. Price includes bus transportation up and back + 3 nights. lodging in a room with 1 or 2 beds & a private bath + 3 hot breakfasts + taxes and gratuities Bus driver gratuity will be collected on the way home.

**Registration:** **Call True Hampton (516-835-7689) to see if she can still get you a room.**

## Mount St. Anne, Quebec 2018

**Dates:** Sunday, January 28th - Friday February 2nd, 2018

**Location:** Mount Sainte Anne Nordic Center <http://mont-sainte-anne.com/en/winter/cross-country-ski-center/>

**Description:** Mont-Sainte-Anne Cross-country Ski Center features 200 km of perfectly groomed trails with warming huts, including a 191 km network for skating stride. It is considered to be the largest cross country ski center east of Royal Gorge. It is nestled in the beautiful scenery of the Laurentian forest. There is skiing for all levels of skiing ability. There are also 7 warming huts along the various trails and are suitable for lunches and rest stops. A normal winter for the area provides close to 400cm (157") of snow. Quebec is about a 30 min drive from our hotel. The Quebec Winter Carnival takes place while we are there. Lots of fun activities at the Carnival. For more information about the Quebec Winter Carnival go to: <http://carnaval.qc.ca/en/>

**Cost to Ski:** To be determined as new rates have not yet been posted.

**Skill Level:** Good for beginners, intermediate and advanced skiers.

**Ski Rentals/Lessons:** Available at ski center

**Hotel:** We will be staying at Chateau Mount Sainte Anne, 500, boulevard du Beau-Pré, Beaupré (Québec) G0A 1E0, Canada. 1-800-463-4467. Each room has two Queen sized beds, a small kitchenette with dishes, cutlery, pots and pans, a microwave, three burner stove and a small frig. There is also WIFI, a full service Spa at the hotel, games room, small cinema, indoor pool and outdoor hot tubs and fitness center with sauna. The hotel is located just minutes from the cross country ski center by car. To get to the hotel some people drive (10+ hours) while others fly. If you are flying you will fly into Quebec Airport and either rent a car or take a taxi to the hotel. If you are driving let us know if you would like to car pool with others who are driving.

**Cost (Rates in Canadian \$):**

### ROOM ONLY:

SINGLE or DOUBLE Occupancy: \$129.00 per room/night. (\$153.50 *Taxes included.*) *Gratuities not included.*

### ROOM WITH FULL BUFFET BREAKFAST:

SINGLE Occupancy: \$142.80 per person/night (157.03 x 5 = 785.15 *Tax and Gratuities included*)

DOUBLE Occupancy: \$78.30 per person/night (\$185.24 x 5 nights \$926.20 *Tax and Gratuities included*)

TRIPLE Occupancy: \$61.80 per person per night (218.94 x 5 nights 1094.70) *Tax and Gratuities included*

**DEPOSIT:** 50% at the time of booking.

**Food:** There are two restaurants at the hotel. There are other restaurants off site – Pubs/Bistros that we explored just a 2 minute drive from the hotel and we will try to seek out other places as well before the trip. All restaurants will accommodate Gluten Free and Vegetarians. On the main road (Ste Anne Blvd) you will also find a large grocery store, a liquor store and pharmacy. **Lunches are not available at the Ski Center during the week so it is wise to stock up on food for lunch that can be stored in the refrigerator in your rooms.**

**For Reservations:** Contact the hotel at 1-800-463-4467. **You must mention that you are a member of the Long Island Ski Club.** For pictures and more information about the resort go to: [www.chateaumsa.com](http://www.chateaumsa.com). Check-in Time: 4:00 PM and Check Out Time: 12:00 PM.

**Cancellation Policy:** Cancellation within 7 days of arrival you will pay for one night's stay. (Last day to cancel with no penalty would be Sunday, January 21st) If you cancel outside the 7 day limit there will be no penalty.

**Questions?** Contact **Rolande and Brian Catchpaugh**, email: [redhouse@axion.ca](mailto:redhouse@axion.ca) or [redhouse76@gmail.com](mailto:redhouse76@gmail.com) or 450-539-1685. Please let Brian & Rolande know after you make your reservation.

## **Windblown, NH - 2018 President's Weekend**

**Dates:** Friday, February 16th - Monday, February 19th.

**Location:** Windblown Cross Country Ski Area, 1180 Turnpike Rd, New Ipswich, NH 03071

**Description:** Back by popular demand! Windblown has been southern New Hampshire's Premier Cross Country Ski Area. [Since 1972 skiers from all over New England have been returning each year to ski their](#) favorite trails at Windblown. Here in what Thoreau called "The Front Range", on the beautiful high terrain at the gateway to the Monadnock Region, you will find 40 kilometers of trails with a variety to please every member of your family. They provide exceptional grooming, the highest quality rental skis and snowshoes, and a family-friendly handcrafted Base Lodge with healthy food and pleasant wood-heated spaces.

**Hotel:** We will be staying at the Jack Daniels Motor Inn (80 Concord St, Peterborough, NH 03458). It's a very nice motel and they are working with us on the price and holding 10 rooms for us until January 16th. If you don't reserve by January 16th the rooms will be released and then it is catch as catch can. It's a small motel so they do not have a lot of availability. The Jack Daniels Motor Inn is less than 20 minutes from Windblown. Based on last year's response, this should fill quickly. Please note that once our block of 10 is sold out, like they were last year, you can only reserve if others haven't taken the motel's remaining rooms. If you wait, you will be too late.

Room Amenities include:

- Wifi high speed internet access at no charge
- Complimentary coffee, tea, juice, muffins & breads for breakfast
- Micro fridge/freezer/microwave in all rooms
- Complimentary visits at a nearby Health & Fitness club

In addition to our rooms, the hotel also rents out a house a very short distance away. The house includes a master bedroom with a king size bed, two additional bedrooms with one queen size bed each, a living room (perfect for playing Rummy Kube) with 2 twin fold up beds, 2 ½ bathrooms (one of which includes a bath tub) and a kitchen. The owners of the hotel are willing to let us use the house at a very reasonable rate. There is a 3 person minimum and the latest that you can cancel your reservation without a penalty is January 16<sup>th</sup>.

**Rate:** \$89.00 per room plus tax with a 2 night minimum (same as the past 3 years). This is for single or double occupancy. An additional charge of \$10.00 per person will be applied to third and fourth people per room.

**Reservations:** To reserve a room, call 603-924-7548 and say that you are with the Long Island Cross Country Ski Club. Because this is a special rate you cannot make reservations by computer. After you have made your reservation please contact Andy Suntup at [vermonster77@comcast.net](mailto:vermonster77@comcast.net) or 802-857-5383. Also, please let me know if you decide to cancel.

**Skill Level:** Good for Beginner, Intermediate and advanced skiers

**Cost to ski:** Skiing at Windblown is approximately \$18 per day and \$16 for seniors. If we have at least 12 people the price is reduced by \$2 per day. **Just tell them when you pay that you are with the Long Island Cross Country Ski Club.** (They might be raising the rate slightly this year but won't decide until sometime in November. It won't be much however.)

**Cancellation Deadline:** 72 hours (2pm Tuesday, February 13, 2018). If cancelled before then you will get a full refund. If after that time, you will lose one night's cost plus tax taken from the credit card on file.

**Questions:** Contact Andy Suntup at [vermonster77@comcast.net](mailto:vermonster77@comcast.net) or 802-857-5383



Last minute addition

**Crafttsbury, Vt - 2018**

**Dates:** Monday, February 26th - Saturday, March 3

**Dates :** 26 Feb - 3 Mar 2017 6 days, 5 nights, 5 breakfasts, 4 lunches, 5 dinners

**Location:** Craftsbury, Vermont \_Craftsbury Outdoor Center . [stay@craftsbury.com](http://stay@craftsbury.com)  
535 Lost Nation Rd . Craftsbury Common, VT 05827 . 802.586.7767 tel

**Description:** The Craftsbury Outdoor Center is one of the pre-eminent nordic ski centers in Vermont. The snow generally falls early and remains late because we sit high in the hills of Vermont's snow belt. In 2011, we added the capacity to augment our natural snow fall with man-made snow, smoothing some of the bumps and thaws in a New England winter. Whether you are a seasoned veteran or a first-time skier, our outstanding ski instructors teach the techniques to help you progress in your skiing. Explore over 105 kilometers of expertly groomed and tracked ski trails and an extensive snowshoe trail network - all right outside the door of your trailside lodging. In between your outdoor instruction and academic pursuits, gather with your fellow participants around the tables of our Vermont Fresh Network certified dining hall. The food is abundant, healthy and delicious, with lots of local produce forming the staples of your diet. You'll be well-fueled for all

**Accommodations**

Our clean, simple lodges and homey, all-you-can-eat meals (always with a vegetarian option available) will make you feel at home. Our community lounge, kitchen, fitness room, sauna and [massage therapist](#) are just a few of the amenities that will leave you feeling relaxed and comfortable. Most of our accommodations are dormitory style, however, you can upgrade to a private bath, suite or cabin if desired.

**Registration**

All registration for Craftsbury's Road Scholar programming occurs through Road Scholar itself. They can be reached

[www.craftsbury.com/general/roadscholar/road-scholar-schedule](http://www.craftsbury.com/general/roadscholar/road-scholar-schedule)

Cost: \$799. double occupancy.

**Questions:** [smcvetty@aol.com](mailto:smcvetty@aol.com)

## Message from Membership Chair

All memberships in the Long Island Cross Country Ski Club (LICCSC) are due for renewal on November 1 each year. Please note that our dues were raised by \$5 this year (\$20/person and \$25/Family). If you do not renew by the December 31, 2016 you will stop receiving our [Happy Trails](#) newsletter, you will lose access to the club Google Group ([LICCSC@googlgroups.com](mailto:LICCSC@googlgroups.com)) and will lose all your member benefits. Please renew today by filling out the attached membership form in this newsletter or by going to the club website at [www.LICCSC.org](http://www.LICCSC.org) and clicking on "Join/Renew Membership" to fill out and print the membership form.

Kim Schultze

### XC Ski Recycling Program

We are trying to offer more ways for new members to get access to XC ski equipment. Because of our unpredictable snow on Long Island it is very difficult to find a store that sells or rents cross country ski equipment.

We are continuing "XC Ski Recycling" program to loan used XC ski equipment to "new members" to help them get started with XC skiing. **To make this happen we need used equipment . We are asking anyone who does not XC ski any longer or who has old equipment they do not use any longer to donate it to our XC ski recycling program.** If you have any used equipment to donate please contact Kim Schultze (631-897-1001, [kim.schultze@cbmoves.com](mailto:kim.schultze@cbmoves.com)) or Linda Ilan ([ljilan@msn.com](mailto:ljilan@msn.com), 516-398-0056).

# Long Island Cross Country Ski Club

## Membership Form

Indicate:      New Member \_\_\_\_\_      Membership Renewal \_\_\_\_\_      Updated Contact Information \_\_\_\_\_

Membership Type:   Individual (\$20) \_\_\_\_\_      Family (\$25) \_\_\_\_\_      Date: \_\_\_\_\_

Member Name 1: \_\_\_\_\_      E-mail: \_\_\_\_\_

Street: \_\_\_\_\_      City: \_\_\_\_\_      State: \_\_\_\_\_      Zip: \_\_\_\_\_

Phone: Home \_\_\_\_\_      Cell \_\_\_\_\_      Signature: \_\_\_\_\_

### Partner/Family Member Contact Info

Member Name 2: \_\_\_\_\_      E-mail: \_\_\_\_\_

Phone: Home \_\_\_\_\_      Cell \_\_\_\_\_      Signature: \_\_\_\_\_

Membership is valid from November 1 - October 31 each year. Membership includes your on-line subscription to the ski club's newsletter, *HAPPY TRAILS*, inclusion in the club's Google Group: LICCSC@Googlroups.com, a club pin, and participation in all club trips and events! *HAPPY TRAILS* is sent out via email only so please provide a valid email address above and make sure to **PRINT CLEARLY.**

**Make checks payable to**

**Long Island Cross Country Ski Club**

**Mail to: Kim Schultze, 37 Lone Oak Drive, Centerport, NY 11721**

## Who Are We?

We are Long Island's only cross-country ski club. We give members opportunities to experience cross country skiing and enjoy other outdoor activities throughout the year in a spirit of camaraderie and fun. We welcome newcomers of all abilities and ages. If you have never tried cross country skiing before we will help you get started. If you are an experienced cross country skier we will provide you with opportunities to do whatever level of skiing you desire. Come to one of our meetings and see what we are about! ***ALL WELCOME!***

## Skiing

When there is snow on Long Island you'll find us at such places as Bethpage State Park, Muttontown Preserve, Caumsett State Park, Connetquot State Park and parks/fields across Long Island.

Each season we schedule trips to places like Lapland Lake—a family owned ski center in the Adirondacks; Fahnestock Winter Park, NY; Mount Saint Anne—Quebec; Stowe, VT; Craftsbury, VT; Jackson, NH; Windblown Cross Country Ski Center, NH. All offer cross county skiing for all levels of skiers—beginners to advanced. We are adding new trips all the time!

Visit our website:  
**[www.LICCSC.org](http://www.LICCSC.org)**

## How Can I Join?

Our annual dues are \$20 individual and \$25 family. Membership is open to all persons over 21 and their households. You can become a member by completing the membership form on this page, and sending it with your check payable to the Long Island Cross Country Ski Club. Mail to: **Kim Schultze, 37 Lone Oak Drive, Centerport, NY 11721**

**-OR-**

## Come To Our Meetings At:

Plainview/Old Bethpage Public Library  
999 Old Country Road  
Plainview, NY  
(About a quarter mile east of Rte. 135)

Our meetings are held **7:00—9:00PM** in November, December, January, February, and March. The day of the month may vary so we suggest you go to our web-site (**[www.LICCSC.org](http://www.LICCSC.org)**) for the latest meeting schedule.

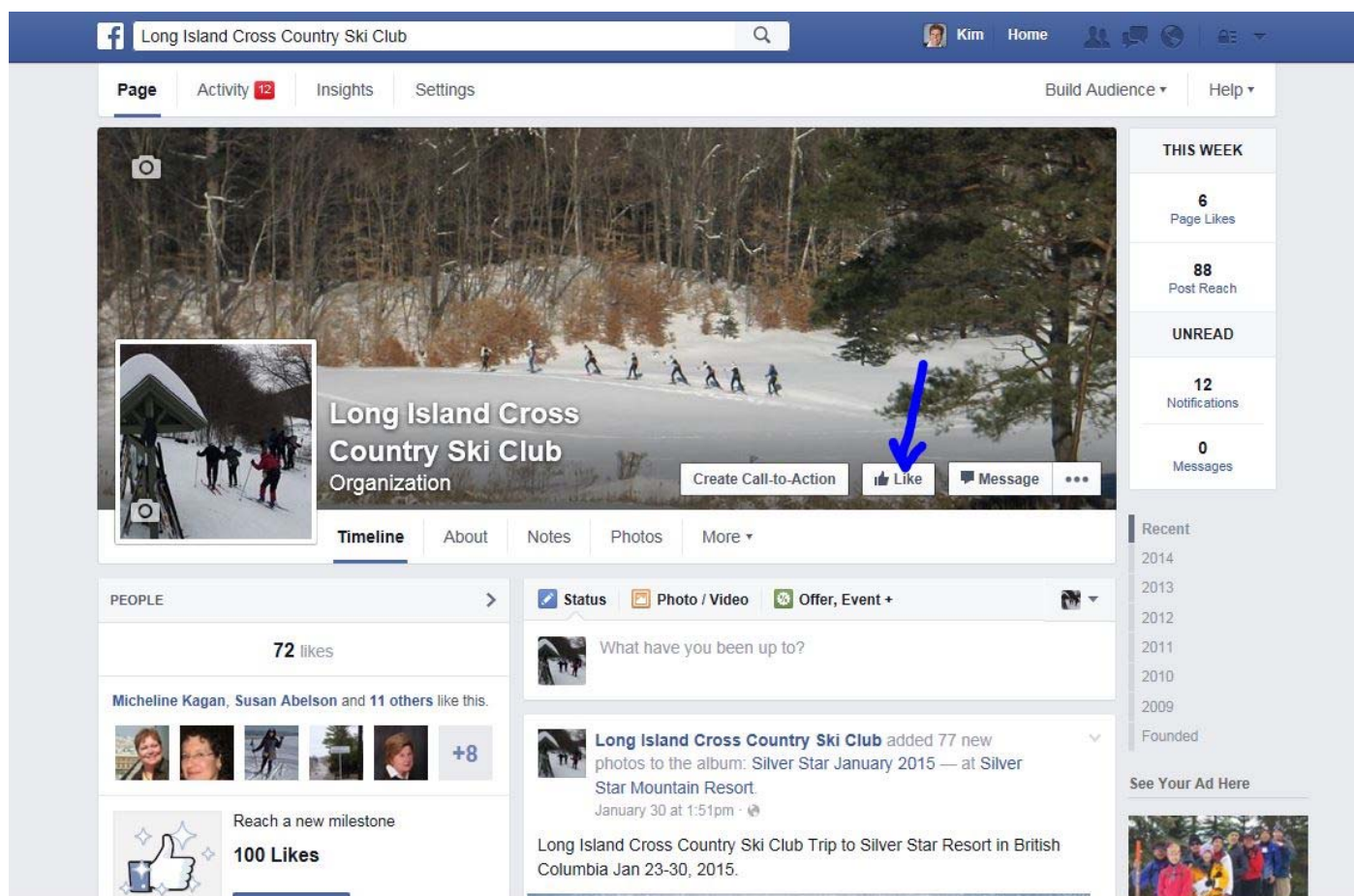
Each meeting begins at 7:00 p.m. with about a half hour for members to share conversation and refreshments before we come to order. You don't have to be an experienced skier to join us and have fun. ***ALL WELCOME!!!***

Visit us on Facebook: **[www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC)**

# Did You Know Our Club Has a Facebook Page?

by Kim Schultze

I want to make sure everyone knows that the LI Cross Country Ski Club has a Facebook Page. Many people go there to post questions and update photos. For example, I posted all the Silver Star photos there from our recent club trip. To access the club Facebook page you will need a personal Facebook account. To get to the club's Facebook page either type the following link on any web browser: **[www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC)**, or log onto Facebook and type "**Long Island Cross Country Ski Club**" in the search box on the top of Facebook. Once you are on the club's Facebook page click on the "**LIKE**" button and you will get updates from this Facebook page on your Facebook home page.



One difference is you do not have to be a club member to "LIKE" our Facebook page. You can post questions on the Facebook page to ask if anyone is doing any local skiing – the same way you can on the club forum. However, instead of doing it with an email you do it on Facebook with a "POST" to the page. Anyone who has "LIKEed" the club's page will see all the posts on their Facebook home page automatically. Take a look – it is very nice! Also, do not forget to visit our **club website**: **[www.LICCSC.org](http://www.LICCSC.org)**.

## Long Island Cross Country Ski Club

### Key Contacts

#### Executive Committee

|                 |                  |              |  |
|-----------------|------------------|--------------|--|
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