



# 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)

**March 2018**

## President's Message

I hope you all have been watching the Winter Olympics. Until today the Norwegians have been dominating the men's and women's Nordic races. However today (2/21/18) **Diggins & Randall made history by being the first American cross-country skiers to win an Olympic gold – ending a 42-year Olympic cross-country medal drought!** Such an exciting finish! I hope you all got to see the race.

The thrilling gold-medal triumph of Diggins and Randall was many things, depending on perspective. By late Wednesday night, the partici-



pants were talking about the **impact the race might have on cross country in the United States, and across the world.** It was an improbable victory and a career achievement. It was a surpassing finish and a historic moment. It was, in Randall's words, "amazing validation." It was, in the longest view, a miracle. Diggins and Randall had won the first women's cross-country medal in U.S. history and the first country's cross-country medal **for any gender in 42 years!**

I will be sad when the Winter Olympics are over as we will have to wait 4 more years to see this again when Beijing, China hosts the 2022 Winter Olympics. Our winter is shaping up to be another mild winter with little snow. Hopefully many of you were able to get off Long Island this winter to find some snow. **NEXT MEETING:** Make sure to come to our next meeting, **Thursday, March 15th at 7:00.** We will have a great XC skiing video, a Slide Show from member photos of our 2018 ski season.



We will have elections for Treasurer and VP. **Nomination for Treasurer is Regina Giglio and for VP is Ronnie Levy.** Nominations will be accepted from the floor.

I also have a skeleton schedule of 2018/1029 XC ski trips to wet your appetite for next year. I would **like to have discussion on where else people would like to XC Ski next season. We need some new XC destinations – come share your ideas with us!** We will also be discussing our annual dinner on April 21 (look for full details in this newsletter – Sign up by April 1).

I encourage people to offer off-season, summer socials so we can keep in touch with each other over the summer. Any summer socials can be announced by sending an email to the Google Group [LICCSC@googlegroups.com](mailto:LICCSC@googlegroups.com).

Hopefully March will still bring us some snow. Look forward to seeing

you all at the March meeting. THINK SNOW!

Kim Schultze

## Editor's Corner

Apparently my optimism of a snowy February didn't pan out and the Windblown trip for the Presidents' weekend sadly had to be cancelled. It was a very successful trip last year and everyone signed up early and was looking forward to it. With Windblown cancelled I was experiencing withdrawal symptoms. Also, I promised my nieces we would go skiing that weekend so I had to make good. Some people feel Lapland Lake 'exaggerates' their skiing and snow conditions but I often find it very skiable. I was determined not to disappoint myself more than my nieces or let a long weekend go without skiing. I checked the weather forecast and it looked favorable. I sent an email alerting LICCSC to join us at Lapland. Two club members joined us and we skied Saturday and Sunday. It turned out to be another excellent skiing weekend. Wish you were there. Winter is not over yet there is still good skiing at Lapland. I hope to get another weekend of skiing there please join me if you can.



I Hope you were able to catch the Olympics on TV. The US women have been awesome. From Alpine, Slope side boarding, Hockey and especially XC skiing. The women's 2X1 relay was a thriller. Thanks to Vladimir Drozdoff for coverage and web contributions. If you did not get the email here are a few links he provided.

<https://www.outsideonline.com/2283111/us-womens-cross-country-gold-huge-deal>

Here is the exciting finish as Diggins comes across the finish.

<https://www.nbcolympics.com/news/us-ends-42-year-olympic-cross-country-medal-drought-historic-gold>

Also from the NYTimes. Diet to lose weight?

<https://nyti.ms/2EXHo0a>

Olympic summary

<https://www.facebook.com/SKolympics/posts/418916658558480>

Two reminders our [end of 2017-2018 season dinner is Saturday April, 21](#) and 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 Face Book 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 thanks to everyone for sharing their experiences on trips and trails. If you have more club or ski related topics, or pictures from local ski outings to share please Email your contributions to me at [bicyclistken@yahoo.com](mailto:bicyclistken@yahoo.com) and I will post them in the newsletter. 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)

- Fahnestock, Lapland Lake, and Minnewaska trips sprinkled in between these dates TBD based on snow conditions \*\*\*Great for new members!

## Updates as of Febuary 22, 2018

- Windblown, New Ipswich, NH, Feb 16-19 — Cancelled due to lack of snow
- Lapland Lake, Northville, NY — Depending on Snow Conditions
- Fahnestock Winter Park, Carmel, NY — closed needs more snow
- Minnewaska, Kerhonkson, NY — Depending on Snow Conditions

## Trips for 2018-2019 Season

### Eagle Mountain House, Jackson, NH – Feb. 3–8, 2019

**Save these dates!** Take note – these dates are a change from late to early February for this trip in hopes of more favorable snow conditions.



For those of you who have not been there, Eagle Mountain House was built in 1879, is one of the last remaining “Grand Hotels” in the White Mountains and is a recognized Historic Hotel of America. While quite large it is cozy with many amenities and area to socialize, play games or just relax. We can ski right out the front door or drive to several other nearby ski areas.

Complete details will appear in the November newsletter.



## Meeting dates for 2017/2018 season

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

### Thursday, March 15, 2018—last meeting of the season

#### Highlights of the meeting agenda:

- A great XC skiing video
- A Slide Show from member photos of our 2018 ski season
- Elections for Treasurer and VP. **Nomination for Treasurer is Regina Giglio and for VP is Ronnie Levy.** Nominations will also be accepted from the floor.
- Schedule of 2018/2019 XC ski trips to wet your appetite for next year – including a **discussion on where else people would like to XC Ski next season. We need some new XC destinations come share your ideas with us**
- Annual dinner on April 21 (Sign up by April 1).

#### 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)

# LI Cross Country Ski Club

## Annual Dinner

\*\*\* **SAVE THE DATE** \*\*\*

**Saturday, April 21**



### Bertucci's

881 Walt Whitman Rd.

Melville, NY 11747

(631) 427-9700

5:30 – 6:00pm

### COCKTAILS AND CONVERSATION

Cash bar at the Bar

6:00pm

### DINNER

#### SALAD:

Mixed leaf lettuce, tomatoes, cucumbers, red onions and black olives with Romano cheese – GF

#### SIDES:

Tuscan Roasted Vegetables - GF

Rosemary Roasted Potatoes - GF

Roasted Green Beans –GF

#### ENTREES:

Grilled Chicken Marsala

Roasted Eggplant Pomodoro - GF

Grilled Salmon – GF

Rigatoni, Broccoli & Chicken

Chicken Parmesan

#### DESSERT:

Coffee/Tea

Gelato – GF

Unlimited fountain drinks/soda

Note: GF = Gluten Free

#### COST

\$22/person for members

\$33/person for non-members

Pay with cash or check made out to [LI Cross Country Ski Club](#)

>>> Mail to Elaine Sullivan, 44 Arlington Road, Lake Ronkonkoma, NY 11779 <<<

>>>>> **Payment must be received on or before Saturday April 1.** <<<<<

#### DIRECTIONS

**Long Island Expressway:** Exit 49N. Take Route 110 North about 1 mile. Bertucci's is on LEFT/West side of Route 110 across from Dicks Sporting Goods.

**Northern State Parkway:** Exit 40N. Take Route 110 North about 1/4 mile. Bertucci's is on LEFT/West side of Route 110 across from Dicks Sporting Goods.



2018 Club Photo  
Show

Raffle Prizes



## Message from Membership Chair

As of February 22 we have 121 Members. We could have many more members but people do not even know our club exists! I hear this all the time when I speak to people about our club. Many people would like to try cross country skiing or already ski but have no one to ski with. Help me spread the word about our club. Tell people about LICCSC. Invite them to a club meeting. Refer them to our website ([www.LICCSC.org](http://www.LICCSC.org)) or our Facebook page ([www.Facebook.com/LICCSC](http://www.Facebook.com/LICCSC)). Send a copy of our newsletter to all your friends and invite them to a meeting. Lets tell people what a great club we have and how much fun cross country skiing is!

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).

## Members on the Trail – St. Anne, Quebec/Lake Placid NY

### Lake Placid Trip 2018



Our Lake Placid bus trip turned out to be well attended with 45 people on the trip. Our hotel was right in the heart of town – couldn't have been better! Just a short walk to everything! It had rained the day we arrived but Mother Nature cooperated and gave us about 6-8 inches snow overnight. We skied the first day at Mount Von Hovenberg. Many trails were groomed but not track set. Although we received great snow overnight the snow that was under that new snow was too soft from previous day's rain to set track. On Sunday a small group

went to Cascade XC Ski Center while the majority went to Mount Von Hovenberg. Temps had dropped considerably Sunday (-24F overnight) so it was bitter cold. However this cold enabled groomers to set tracks so we had excellent skiing on Sunday, albeit very cold. The town of Lake Placid was wonderful with beautiful scenery, quaint shops and lots of good restaurants to explore. Ken and Fay even found a great bike shop in town that had a fantastic selection of Nordic clothing and ski equipment for sale. They offered our club a great discount on everything so several of us took advantage of the sales! We boarded the bus Monday around noon and headed for home. A wonderful trip was had by all.



Thanks to our trip leaders True Hampton and Jane Fasullo! **I highly recommend this trip to everyone for next season!!** [Kim.Schultze@coldwellbankermoves.com](mailto:Kim.Schultze@coldwellbankermoves.com)

### Mount Saint Anne, Quebec, Canada 2018

We had another fantastic 4 days of XC skiing at Mount Saint Anne in Quebec again this year. Our hosts Rolande



Brian Catchpaugh always do such a wonderful job to make sure our trip is perfect in every way. Our hotel is picturesquely situated at the base of a downhill ski resort. Our first day of skiing found a good base of well-groomed but packed, crisp snow. So we had a slippery start but as the day warmed up the snow became perfect. We all got our snow legs that first day. Brian and Rolande led us each day thru wonderful, scenic terrain. The trails were all well-groomed and none were too challenging. On the last day we had fresh snow which made skiing a breeze so we explored some more challenging trails that were great fun.

Some of the group went to explore Quebec City and the Winter Carnival – a real treat if you have not seen these! Many enjoyed the 2-tier outdoor hot tub at the hotel after skiing. Every evening before dinner we gathered in Rolande and Brian's suite to share stories of the day and enjoy a huge selection of snacks and wine. Thanks again to our hosts, for another wonderful trip! If you missed this trip this year you will probably have to wait a while to go again since I



think Rolande and Brian want to take some time off. But when this trip does come back on the calendar **I would highly recommend this trip to everyone!** [Kim.Schultze@coldwellbankermoves.com](mailto:Kim.Schultze@coldwellbankermoves.com)

## Members on the Trail – St. Anne, Quebec

### Saint Anne -

A group of hearty people headed out for Canada at the end of January, meeting our lovely hosts Roland and Brian. There were 4 great days of skiing. Temperatures were very cold, but the snow was well worth it! Also, a few of us toured Quebec, and had a great time seeing the ice hotel, a winter park area with a partially frozen waterfall, winter carnival, the island area, and enjoying the food and ambience of the old city, including some first-rate French Canadian dining. We stayed in a resort, about a half hour outside Quebec city, in Mont Saint Anne. It had a wonderful outdoor hot tub, and an inside pool and gym. The people everywhere were friendly and accommodating. I think I speak for all of us in saying that the whole experience was well worth the trip to get there!

Eleanor Perlman <[eleanorperlmanlcs@gmail.com](mailto:eleanorperlmanlcs@gmail.com)>

### Lapland Lake

Saturday. Wonderful day. All trails were opened and well groomed. The surface was primarily packed powder and relatively fast, with a few hard patches. The new Olavi's Dream 3K extension to the lake trail is great for beginners looking to improve their stamina. Several members enjoyed skiing on the frozen lake which had good snow and was groomed but not tracked. I hoped more LICCSC members would come on up on Sunday as they expect another 4 inches of snow on top of a solid base.

Tuesday. I wanted to send this out Sunday night while the memory of the day was fresh but my Tablet decided to quit on me. Anyway, we received about 4 inches of fresh snow overnight. Entering the Adirondack park the ever greens were beautiful, covered with fresh snow against sunny blue skies. It was picture perfect. Lapland's trails were freshly groomed. We started out on the Lake Trail as a warm up. The first fifty feet or so were a bit slower than Saturday due to the fresh loose powder. Several spots in the sun were sticky, a bit of glide wax would fix that. After we skied for several hours on the blue trails, Sisun Kharhu Polku. Two people took a short detour on the black diamond Napi Piiri trail, the rest waited for them to return on a steep decline intersecting on Tuulen Tie. We continued on Tuulen Tie over the bridge past the lodge to the lake trail again, then back to the Lodge for lunch via Olavi's dream, and Vasa. We had a great time and the trails were beautiful. Thanks to the fresh snow and the trail groomer. Looking forward to the next opportunity to visit Lapland.

Kenneth Wong [bicyclistken@yahoo.com](mailto:bicyclistken@yahoo.com)

### The Olympics

We're all so proud of Jessie Diggins and her amazing last minute super effort to win a gold medal in the XC skiing team sprint. Vlad introduced us to her at our February meeting, and I feel like I was rooting for a friend as I watched that relay race. As for skiing locally, this year has been a BIG disappointment - up to now. However, there are still three more weeks of winter.

Linda Ilan [LJILAN@msn.com](mailto:LJILAN@msn.com)

## Members on the Trail – Lapland Lake New York

### Lapland – Winter Wonderland

Despite uncertain weather reports, Lapland trails were very ski-able with a bit of icy-ness but not enough to keep you from hill climbing (great exercise)! On Sat., there was a dedication to the founder Olavi Hirvonen – with the renaming of part of the Lake Trail to Olavi Uni (Olavi's dream). There was cake but of course, we opted out of the calories & skied instead! Overnight snow (2-3 inches) made for great conditions on Sunday. We were able to ski all the blue trails as well as a black trail (Tunturri Loop). For the hungry skiers – there was the usual Sunday lunch BBQ available in addition to the Lodge cafe. Sadly, it may well be the last ski trip for the season. We're not giving up - still hoping for a big storm in March for a return trip.

[fayskaterv1@yahoo.com](mailto:fayskaterv1@yahoo.com)



# 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.

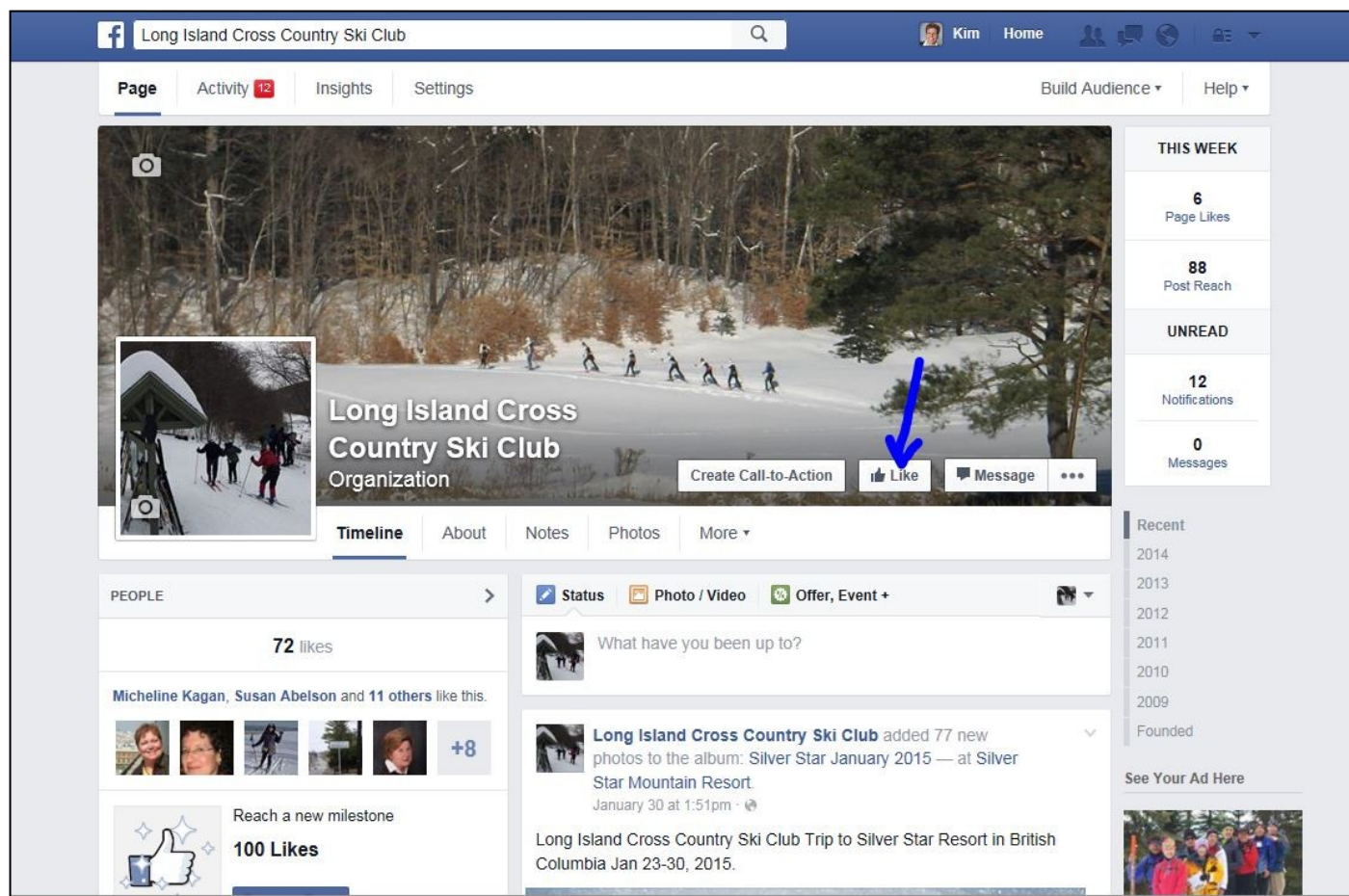
Each meeting begins at 7:00 p.m. with about a half hour for members to share conversation and refreshments before we come to order. You don't have to be an experienced skier to join us and have fun. ***ALL WELCOME!!!***

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](https://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

President	Kim Schultze	631-897-1001	kim.schultze@cbmoves.com
Vice President	Linda Ilan	516-935-1268	ljilan@msn.com
Treasurer	Haakon Jakhelln	631-261-0904	haakonogjudi@hotmail.com
Secretary	Suzanne McVetty	516-650-2386	smcvetty@aol.com
Past President	John Bennett	631-475-6539	sailoars@optonline.net
Member at Large	Kenneth Wong	718-539-3966	bicyclistken@yahoo.com
Member at Large	Ronnie Levy	631-455-4251	<a href="mailto:nurserbl@hotmail.com">nurserbl@hotmail.com</a> .
Member at Large	Vladimir Drozdoff	631-805-5932	drozdofv@yahoo.com

=====

Hospitality	Roanne Kulakoff	347-867-5607	rkulakoff@gmail.com
	Linda Ilan	516-935-1268	ljilan@msn.com
Membership	Kim Schultze	631-897-1001	kim.schultze@cbmoves.com
Newsletter	Kenneth Wong	718-539-3966	bicyclistken@yahoo.com
Webmaster	Open		