

Happy Trails

Newsletter of the Long Island Cross Country Ski Club

website: www.LICCSC.org

Club Forum: LICCSC@googlegroups.com

Face book : www.Facebook.com/LICCSC

March 2019

President's Message

I am hopeful that you have gotten on one or more of our great off-LI XC ski trips this season. If you haven't, chances are you have not done any XC skiing. Sadly, as of the 1st of March we have not had any skiable local snow on Long Island yet this season. There is still time though - last year we received over half of our local snow in March and April. We had good XC skiing at Lake Placid, NY and Craftsbury, VT in January. Jackson, NH + Lapland Lake + Garnet Hill and Fahnestock in February. Finally, we have Craftsbury, VT again in March.



Jackson, NH



Garnet Hill, NY



Lake Placid, NY

Our Annual Club Dinner is scheduled for Saturday, April 27th at Bertucci's in Melville. Look for details later in this newsletter. Besides great food and raffle prizes there will be a photo show from all of our club trips this season. You will not want to miss this event! Thank you Anita Risener, Jan Brenner and Ellie Perlman for your efforts to coordinate this wonderful even for the club!

I hope you all can make it to our next meeting, March 19 from 7pm-9pm at the Plainview/Old Bethpage Library, 999 Old Country Rd, Plainview – Lower level meeting room. We will have refreshments from 7:00-7:30. For our March meeting program **we will have 3 guest speakers: 1) Owen Kassimir, president of the Huntington Bicycle Club, 2) Dan Giovanni, LI Paddlers 3) Wendy Schmittzoh, Suffolk Bike Riders Association.** Each will speak to us about their club and some of the fun things they do. If time allows after the presentations I will have a photo show from the Lake Placid trip that completed in January. It should be a great meeting. Hope to see you all on March 19. All Welcome!



Make sure to check out our Website www.LICCSC.org (go to the CALENDAR to see info on our trips and meetings) and check out our Facebook page www.Facebook.com/LICCSC. Think SNOW!

Kim Schultze

Editor's Corner

It's been a busy six weeks for the club ski trips. A Road Scholar trip to Craftsbury starting at the end of January into February first, followed almost immediately with Eagle Mountain House in Jackson, NH. Then the Presidents' Weekend to trip to Lapland Lake, followed by a quickly organized trip to Garnet Hill to replace the Maine hut to hut trip, which was canceled due to a fire in the main hut which shut down the water supply. There still one more trip to Craftsbury as we head into March. I hope everyone has had the opportunity to join at least one trip this season as skiing on Long Island was non existent. If not, as of this writing there may be an adhoc weekend of skiing available not too far north, watch for email alerts.

Thanks to everyone who shared photos and reports for this months newsletter. All our ski trip pictures are available on our Face Book Page. However, you must create or have an FB account to log onto Face Book. If you need help there are instructions further down in this newsletter.

Don't miss our March 19th meeting. It's the last club meeting of the season. There will be speakers from local outdoor activities clubs. Learn about what adventures are available off ski season. There will also be a slide show of our bus trip to Lake Placid.

Our annual year-end dinner will be held Saturday, April 27, 2019 at Bertucci's, 881 Walt Whitman Road, in Melville.

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 and 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.



If you're looking for some new equipment:

Sun & Ski is having their end of season sale. They are a great sponsor of our club. They now have XS skis with bindings on sale for under \$200.

<https://www.sunandski.com/c/cross-country-skiing>

Finally if you have any club or ski related topic for the newsletter please Email your contributions to me at bicyclistken@yahoo.com Also visit our Facebook page www.Facebook.com/LICCSC and web site www.LICCSC.org where more up to date information on trips, trip photos and cross country skiing related information are posted.

Message from the V.P. - Trip Coordinator

Hello Fellow Skiers,

I hope everyone got their share of cross country skiing in this season, and there may still be hope for a local snow storm that would allow us to get some home skiing in (one can always be optimistic). I participated in three of the club trips, and all were excellent: good skiing, great companionship, and fun times

If you didn't get out on one of the club trips, make a commitment to do so for next year, you won't be sorry. Also consider leading a trip for the club to one of your favorite places, near or far. The options are unlimited. We are always open to new experiences.

So, fingers crossed for just one more storm and many thanks to all the folks who stepped up to the plate and lead a trip for the 2019 season.

I'll see you at the last club meeting of the year!

RonnieVP/Trip Coordinator



LI Cross Country Ski Club
Annual Dinner
*** **SAVE THE DATE** ***
Saturday, April 27



Bertucci's
881 Walt Whitman Rd.
Melville, NY 11747

5:30 – 6:00pm

COCKTAILS AND CONVERSATION AT THE BAR

Cash bar



6:00p

DINNER (Family Style)

SALAD:

Insalada— GF & Farmhouse—GF



SIDES:

Tuscan Roasted Vegetables - GF

Rosemary Roasted Potatoes - GF

PASTA:

Rigatoni with Meat Sauce

Chicken Domani

Raffle Prizes

2019 Club Photo Show

ENTREES:

Chicken Piccata

Roasted Eggplant Pomodoro - GF

DESSERT:

Coffee/Tea

Tiramisu and Cannoli

Unlimited fountain drinks/soda. Note: GF = Gluten Free



COST

\$30/person for members. \$43/person for non-members

Pay with check made out to LI Cross Country Ski Club

>>> Mail payment to Anita Risener, 3 Merrimac Ct, Coram NY 11727 <<<

>>> Indicate with payment if you need a Gluten Free Entrée and Dessert. <<<

Payment must be received on or before Wednesday April 24.

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.

Meeting dates for 2018/2019 season

- **Tuesday, November 13, 2018 – Meeting room B (Lower Level) 2018/2019 XC Ski Club Trips**
- **Tuesday, December 11, 2018 – Meeting room A (Lower Level) Kathy Eaton from Fit Body Boot Camp – Nutrition and Stretching for XC Skiing**
- **Tuesday, January 8, 2019 – Meeting room B (Lower Level) XC Ski Equipment and places to XC ski**
- **Tuesday, February 12, 2019 – Meeting Room A (Lower Level) Places to Ski on Long Island (Coordinated by Suzanne McVetty)**
- **Tuesday, March 19, 2019 – Meeting room A (Lower Level) LI Bike and Kayak clubs presenting about what their clubs offer**

Ski Trips for 2018/19 Season

- **January 18-21 Lake Placid Bus Trip, NY full payment due December 12.**
- **January 27– Feb 1 Road Scholar Craftsbury, Vermont**
- **February 3-8 Eagle Mountain House, NH**
- **February 16-18 Lapland Lake, New York**
- **February 25-28 Hut to Hut, Maine**
- **March 3-8 Craftsbury, VT fully booked**
- **March 3-10 Sun Peaks, British Columbia (XC and Downhill skiing) 2 double rooms left.**

Places on Long Island to Buy or Rent XC Skis

Sun & Ski – Sells cross country ski equipment, does not rent. They will offer our club members XC ski equipment at pre-season sale prices. Just 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.

- 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
- REI: www.rei.com/Nordic-Skis
- Eastern Mountain Sports: www.ems.com
- New Moon Ski Shop: www.newmoonski.com
- Gear West : www.gearwest.com

Reports From The Trail

Lapland Lake Presidents Weekend Feb. 16-18, 2019

Ken Wong

We had a surprising large turnout for this three day trip. Everyone met and arrive very close to lunch time on Saturday. Early in the morning the the trails were well groomed, a bit hard packed especially in the shaded areas, which is normal as the temperature was below 20 degrees, but not icy. The green trails (easy) The Lake trail, and Era Poku which are the most popular softened up nicely as more skiers were on it. Skiing the hillier and longer blue trails Sisu, Honka Tie, Vasa, were especially nice after lunch as they had fewer skiers and required more skill and control. Only one black diamond trail, Tunturi, was opened as the others were too icy from the previous warming trend and refreezing and the higher elevation. The most of group met later in the after for oatmeal cookies and cake, provided by the leader, before leaving for their respective hotels. The entire group of 23 met for dinner at the Holiday Inn's 380 Prime restaurant. The restaurant was very accommodating. The set up 2 white lined round tables in a private room for us. Their prime ribs, and other steaks were a best seller among the group. It was a wonderful fun trip.



Reports From The Trail

Garnet Hill Lodge – Feb 25-28 by Fay Wong

A fire at the AMC wilderness huts resulted in the cancellation of the Hut to Hut trip. Great legwork on the part of the participating members led to an incredible trip to Garnet Hill Lodge. Daily conditions improved with fresh overnight snow enabling the group to ski everyday. Trails were well groomed due to great Garnet Hill Lodge staff. Fortuitously, we encountered the groomer who cleared a previously ungroomed part of the trail (at Gina's request, we're not worthy) so that we were able to continue further into wooded trail. Comfortable lodging at cabins with private rooms/baths. A cozy common room in one of the cabins for happy hour was a relaxing end to a busy ski day. Caveat: no pizza delivery within 10 miles of GHL! Otherwise, we were happy skiers.

Garnet Hill Lodge – Feb 25-28 by Ken Wong

The cancellation of the H to H trip, started a back and forth storm of emails among Fay (*I WANA SKI!*), Regina (we're not worthy), and Ronnie (*I need more equipment*), to arrange a replacement trip, as Richie T (*make it Stop!*), played referee. Other HtoH members were too cyber shocked to interfere. A final decision (phew!) was made to go to Garnet Hill Lodge. It turned out to be the best skiing we had all season. We started Tuesday morning skiing the easy green Old Faithful trail in the morning to warm up. The afternoon was spent skiing the blue trails Trapper, Cougar Run, and Sugar House. We stopped at the Sugar House for a short rest and decided to return using the lower loop of the same trails, only to realize while on the trail that it was all up hill. We made it back the lodge totally burnt. The entire loop total about 8 miles. The next day we took the same loop in reverse, opting to take the bus at Rodgers Road back to the lodge. However, that meant we had to ski an additional 2 miles on Loggers Loop. Arriving at the trail head of Roger's Road we discovered it hadn't been groomed yet. We got lucky, the groomer came by while we were deciding what to do. Gina (we're not worthy) convinced the groomer to groom the trail for us, even though it wasn't on his schedule yet. We arrived at the bus pick up an hour before the bus arrival. Rather than wait in the cold skied another loop to the Sugar House to warm up before the bus arrived. We skied near the lodge for the remaining afternoon and had our happy hour before dinner. The next morning we woke up to 6+ inches of fresh snow. After breakfast we skied near the lodge on fresh packed powder and sadly had to pack for the trip home.



Reports From The Trail

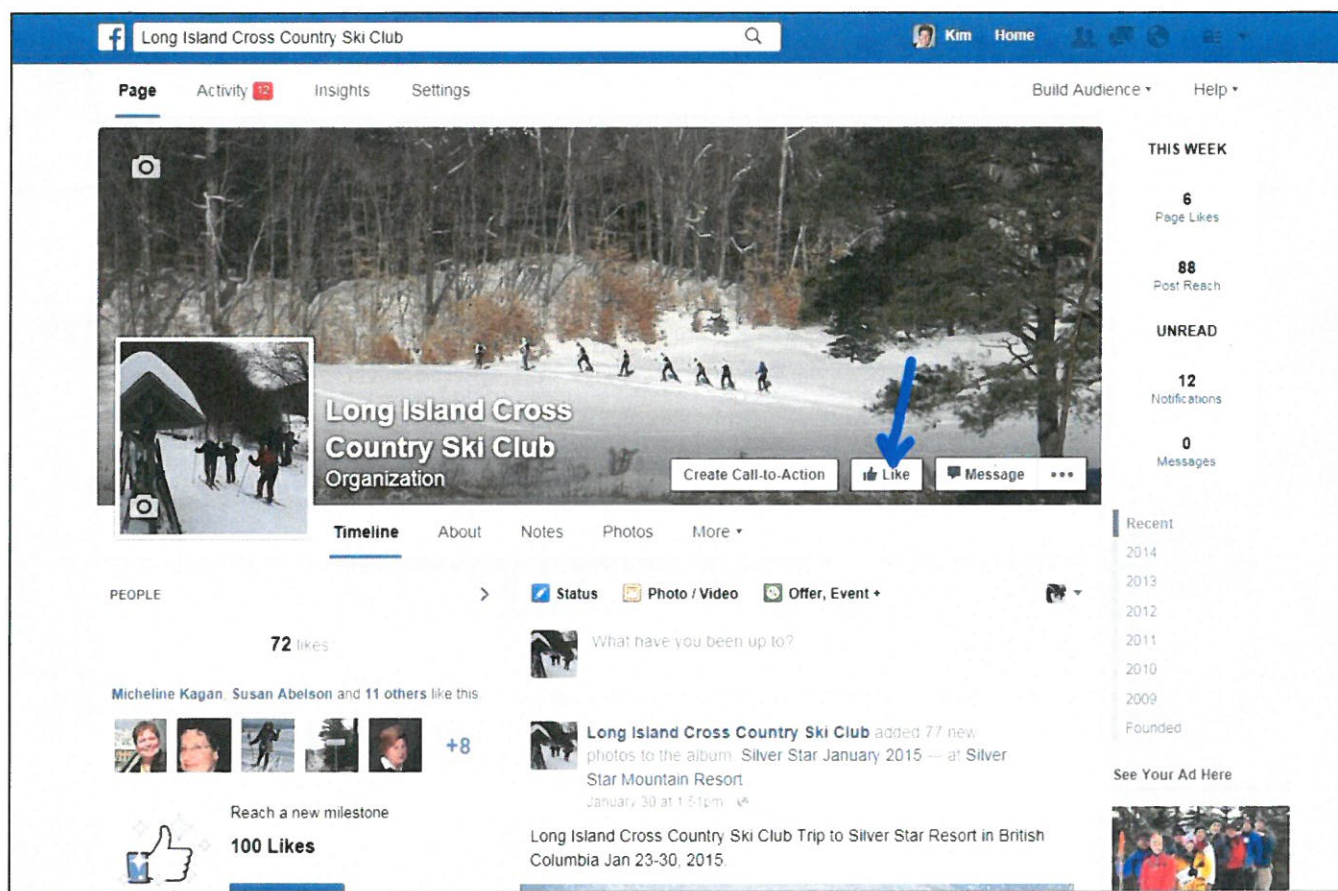
Caumsett State Park 2019-03-02 by Ellie Perlman

Caumsett was pristine today! The snow was perfect and the temperature was ideal, a comfortable 37°. I was there between 1 and 4 and shared it with some geese, in the background of one of these pictures, lots of other birds, and walkers and skiers! The base was at least 5 inches, packed powder!



Did You Know Our Club Has a Facebook Page? by Kim Schultze

I want to make sure everyone knows that the LI XC 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**, 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**.

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 to loan. 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 loan program.** If you have any used equipment to donate please contact Kim Schultze (631-897-1001, kim.schultze@cbmoves.com) or Linda Ilan (ljilan@msn.com, 516-398-0056).

Long Island Cross Country Ski Club

Key Contacts

Executive Committee

President	Kim Schultze	631-897-1001	president@liccsc.org
Vice President	Ronnie Levy	631-455-4251	vp@liccsc.org
Treasurer	Regina Giglio	631-882-5562	treasurer@liccsc.org
Secretary	Suzanne McVetty	516-650-2386	secretary@liccsc.org
Past President	Linda Ilan	516-935-1268	pastpresident@liccsc.org
Member at Large1	Vladimir Drozdoff	631-805-5932	mal1@liccsc.org
Member at Large2	Anita Risener	631-806-9662	mal2@liccsc.org
Member at Large3	Open		

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Hospitality	Roanne Kulakoff	347-867-5607	hospitality@liccsc.org
Membership	Kim Schultze	631-897-1001	membership@liccsc.org
Newsletter	Kenneth Wong	718-539-3966	newsletter@liccsc.org
Webmaster	Open		