

## 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)

### Presidents Message

Hello XC Skiers! I am excited to be starting another XC ski season and looking forward to opportunities to get out and enjoy the snow and socialize with all of you. I want to start our season where we left off last year...with the excitement around the FIRST OLYMPIC GOLD METAL for the US in Cross Country Skiing in the history of the winter Olympics! That gold medal won by Jessi Diggins and Kikkan Randall in the 2018 Winter Olympics has brought new excitement to the sport and I am hoping it carries forward into this season and we get more new members wanting to try the sport and join our club. So remember to tell all your friends about how much fun XC skiing is and encourage them to come to a meeting and give the sport a try. Also, you will be hearing more news about a XC skiing World Cup event in Minnesota happening in 2020. Stay tuned!



We have lots of great trips planned for you again this season so take a look and sign up quickly for any that interest you. Many will fill up quickly or have deadlines for signing up in November. Our trips are your best chance to get really good XC skiing and to get to meet and know others in our club. All our trips are good for beginner – advanced skiers. Even if you have never skied before and are new to our club our off LI trips are a great opportunity for you. Every destination we travel to have trails for beginners,

rental equipment and lessons. Plus we have a pot luck social every day before dinner to talk with others on the trip about your day and get to know one another better. So don't be shy...sign up for a trip and have fun.

I want to take this opportunity to thank all the members who have signed up to coordinate a XC ski trip and also for our Executive Committee (see back page of this newsletter for Executive Committee and other committee people). Without you this club could not function. Tanks also to the members – it is you who make the club. We are Long Island's only cross country ski club and that is something to be proud of.

**I hope you all can make it to our next meeting, Tuesday, November 13 from 7pm-9pm** at the Plainview/Old Bethpage Library, 999 Old Country Rd, Plainview – Meeting room B (lower level). We will have refreshments and will be presenting all our XC trips for the season. See you there! Think SNOW!

Make sure to check out our Website [www.LICCSC.org](http://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](http://www.Facebook.com/LICCSC).

Kim Schultze



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

Welcome members. The weather has taken a definite turn towards winter recently. I've had to break out my gloves already. This upcoming ski season looks to be another excellent one. There are trips available for everyone and every level. There are some of the tried and true favorites and a new expedition to Maine for a Hut to Hut ski adventure. Be sure to check out the calendar and the trips listed below and decide which trips you will go on. We can't guarantee the snow conditions but we can guarantee a great time with some great folks!

Ronnie [nurserbl@hotmail.com](mailto:nurserbl@hotmail.com)

## Editor's Corner

Hi Everyone,

Welcome new and current members to another season of winter fun and adventure.

With summer fading it's time to break out the cold weather equipment. Yes that fashionable outfit is important, but if you stored your skis in the dark recess of your attic or garage without a thought— as the unofficial ski police, shame on you! Skis of all types perform better if cleaned and stored properly at the end of the season. Now is the time to make amends. Prepare your skis for the new season by first removing any old wax from the skis, check for any gouges, nicks and splinters. If there are serious gouges, you should have a shop make repairs. Nicks and splinters should be carefully removed with fine sandpaper. The small nicks and splinters are insidious as they act like a plow catching soft snow which builds up and freezes causing you to lose control. Here's some helpful information on maintaining your ski for better performance.



<http://www.sceniccaves.com/how-to-prepare-cross-country-skis-for-summer-storage/>

<https://www.youtube.com/watch?v=HZfv1xW4fdw>

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)

## **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) Sun & Ski – 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**
- **●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**
- **●March 3-10 Sun Peaks, British Columbia (XC and Downhill skiing)**

## **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](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)



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

**Dates:** Friday, Jan 18 - Monday, Jan 21, 2019 (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 down-hill 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.**



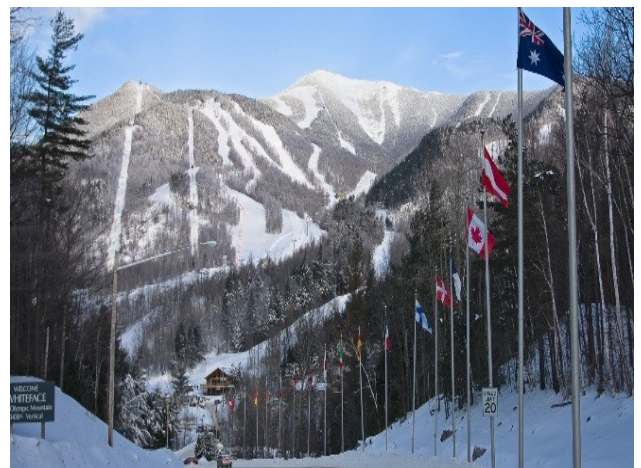
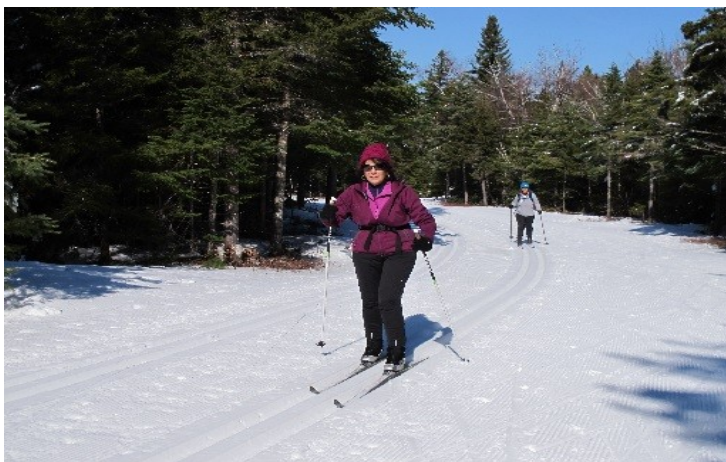
**ALPINE SKIING:** Whiteface Mountain is the home to the greatest vertical drop east of the Rockies, with 86 trails stretching over 22 miles and encompassing three peaks! The mountain offers something for everyone with green trails to advanced runs. **There is a public shuttle that runs between the hotels 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 \$469 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:** **Deposit of \$200 due by November 22, 2018.** Make your check out to “Sierra Club L.I. Group”. Mail check with a stamped self-addressed business envelope and your phone number to True Hampton, 26 Revere Rd., Port Washington, NY 11015. **Balance is due by December 12th.** **Send your deposit quickly and invite your friends and family. We must have 30 deposits by November 22nd or the trip will be canceled and your deposit refunded.**

**Questions:** Call True Hampton (516-835-7689) or Jane Fasullo (631-689-1568).



## EAGLE MOUNTAIN HOUSE, JACKSON, NH

DATES: February 3 – February 8, 2019

LOCATION: Jackson, NH

DESCRIPTION: Eagle Mountain House, built in 1879, is one of the last remaining ‘Grand Hotels’ in the White Mountains and is on a recognized Historic Hotel of America. While quite large, it is cozy, with many amenities and areas to socialize, play games or just relax. We can ski right out the front door, or drive to several other nearby ski areas.

COST: Per night fees include room, breakfast, dinner, food service fees and taxes.  
\$165.10 per night single, \$222.65 per night double, \$21.30 per night standard suite upgrade

TRANSPORTATION: Drive or carpool on your own

EATING OUT: Lunch is on your own, bring snacks or purchase in town

SKILL LEVEL: Beginner, Intermediate and Expert

SKI RENTALS/LESSONS: Not available at the Eagle Mountain House. Lessons and rentals available in town at Gorham Bike and Ski Shop – 603-303-7100.

LODGING: Eagle Mountain House

RESERVATIONS: Call Eagle Mountain House – 603-303-6911 and indicate that you are part of the Long Island Cross Country Ski Club. A one-night deposit will be charged to your credit card. Once your reservation is confirmed, email Lyn Lettieri ([cal19@cornell.edu](mailto:cal19@cornell.edu)) to let her know you are joining the trip.

CANCELLATION POLICY: Cancellation before January 27th – deposit is refunded, minus \$25 processing fee. Cancellation on or after January 27th – you will lose your deposit. **Important:** In your reservation confirmation letter you will find a different cancellation policy. **Ignore it.** That is the policy for individuals, not groups.

QUESTIONS: Email Lyn Lettieri [cal19@cornell.edu](mailto:cal19@cornell.edu)

PS: Brings snacks and beverages to share at our get-together each evening before dinner in our hospitality room.

**Presidents Weekend Feb. 16-18, 2019**  
**Ski Trip to Lapland Lake**

[http://www.laplandlake.com/cross\\_country\\_ski .htm](http://www.laplandlake.com/cross_country_ski.htm)

This is a long weekend three or two nights trip, your choice. Lapland Lake is located 4 hours from Eastern NYC. We will be staying at a nearby motel. Lapland is one of the northeast's top 10 Nordic ski centers. They have 50 KM of groomed trails from beginners to the expert 135 Mile Northville to Lake Placid wilderness trail. They rent classic, skating, and back country skis. Lessons are available.

**Location:** Benson, New York route 30

**Directions:** From NYC & Albany: Take the NYS Thruway (I-90) heading west (toward Buffalo) to Exit 27 at Amsterdam. Follow Rte. 30 north for 27 miles (3.2 miles north of Northville). Turn left onto the Benson Road (CoHwy 6) for 5.2 miles. At Storer Road turn right and continue 3/4 mile, bearing right.

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

**Trip Information:** Once you reserve your room at one of the Motels for the number of nights you wish to stay notify me at [bicyclistken@yahoo.com](mailto:bicyclistken@yahoo.com) or my home 718-539-3966 or my cell 718-309-9750. Please indicate where and the number of nights you are booked for. There's no cell reception at Lapland.

The Motels are across the street from each other and about 30 minutes from to Lapland Lake, in Benson. They are 10 minutes from downtown Johnstown where there is a large Price Chopper supermarket with a deli and bakery also several restaurants. We will always meet at Lapland Lake to ski, either individually or in small groups. Dinners are on your own or in informal groups.

**Where to stay:**

**Super8 Motel in Johnstown** 301 North Comrie Avenue, Johnstown, NY 1209

This hotel in Johnstown, New York offers a daily breakfast and free Wi-Fi. Each room includes a microwave and small fridge for guests' convenience. Parking is free.

Phone: (518) 736-1800

**Holiday Inn in Johnstown** 308 North Comrie Ave, Johnstown, NY 12095

Feature minifridges, microwaves, coffeemakers, work desks and flat-screen TVs with cable channels. WiFi is complimentary and kids 19 and under stay free with an adult. Amenities include a casual restaurant where kids 12 and under eat free, an outdoor pool, 24-hour fitness room, business center, 4 meeting rooms and a guest laundry. Parking is free. Phone: (518) 762-4686

**What to bring:** Snacks and drinks are available at the Lapland Lake snack bar, but bring your own and a day pack to carry them if you plan to be on the trail for several hours.

**Johnstown Dinner Places:**

**Roma's Italian Kitchen** Address: 219 N Comrie Ave, Johnstown, NY 12095 Phone: [\(518\) 762-3931](tel:5187623931)

**Union Hall Inn** Address: 2 Union Pl, Johnstown, NY 12095 Phone: [\(518\) 762-3210](tel:5187623210)

**Applebee's** Address: 223 N Comrie Ave, Johnstown, NY 12095 Phone: [\(518\) 762-1720](tel:5187621720)

**Questions?** Contact Kenneth Wong , the trip leader, at [bicyclistken@yahoo.com](mailto:bicyclistken@yahoo.com). – or Cell - 718-309-9750

## **Cost to Ski at Lapland Lake as of 2018:**

Adult Classic Ski Package	\$24.00	\$22.00
Youth Classic Ski Package	\$20.00	\$18.00
Jr Classic Ski Package	\$18.00	\$16.00
Adult Skate/Performance Package	\$29.00	\$27.00
Youth Skate/Performance Package	\$25.00	\$23.00
Jr Skate/Performance Package	\$23.00	\$21.00
Pulk Sled (advance reservations advised)	\$25.00	\$15.00
Snow Tube	\$15.00	\$10.00
Adult/Youth Snowshoes	\$18.00	\$16.00
Junior Snowshoes	\$12.00	\$10.00

**Questions?** Contact Kenneth Wong , the trip leader, at [bicyclistken@yahoo.com](mailto:bicyclistken@yahoo.com). – or Cell - 718-309-9750



**Hut to Hut in Maine Wilderness**  
**Feb. 25 Monday – Feb. 28 Thursday**

**Update: We currently have 8 persons (thank you!) Trip is on!**

**Ski Itinerary**

Feb 25 Mon.	9 am start - Lot to Lyford cabin	Ski 6-7 miles from parking lot to cabin
Feb 26 Tues.	Lyford cabin	Ski TBD – Lyford has extensive trails, backcountry skiing & Snowshoeing trails to waterfalls
Feb 27 Wed.	Lyford to Gorman cabin	Ski 6.5 miles
Feb 28 Thurs.	Gorman to Lot – 3 pm arrival	Ski 7-8 miles

Bring your sense of adventure! Join us on Maine's beautiful wilderness trails on your XC skis! Lodging is at the Appalachian Mountain Club's wilderness cabins, rustic but comfortable and includes 3 meals daily & educational talks at night. Trip will have certified AMC guides leading us, all experts in wilderness skiing & animal tracking, skilled in first aid & medical emergency procedures. Your personal luggage (keep it to 1 reasonable sized bag, ski bag + sleeping bag) will be transported by AMC.

**What to Expect**

**Ski level:** ability to ski at least 6-8 miles daily.

**Ski Trails:** All groomed & wide but not track set – means no cut grooves for skis like what you find at ski touring centers like Lapland or Windblown or Jackson. You must be able to ski comfortably without tracks. Regular touring skis or skate skis will work fine. Backcountry skis will be slow.

**Lodging:**

- Lyford cabin is typical Maine rustic – pillows/blankets provided. You must bring your own sheets or sleeping bag & towels. Feel free to bring your favorite beverage (alcohol ok). Composting toilets, hot showers & sauna available at central building. No private facilities in cabin. Extensive trails by the cabin. Cabins hold 1-5 persons with combination of double & bunk beds (dorm style). No private rooms.
- Gorman Chairback cabin – “less rustic”. Bed linens/towels included. Cabins for 4 pp with 2 bedrms (single bunk beds). Private bath. Beer & wine is sold. Fewer ski trails but backcountry skiing & snowshoe trails are abundant. Complimentary snowshoes available.

*Note: Please indicate whether you prefer individual bunk bed or shared bed. Given the cabin configurations – it's important to have this in advance so we get the appropriate # of beds and/or cabins.*

**Meals:** 3 meals daily. Breakfast 8am sharp. Trail lunches ordered prior eve. Dinner 6pm sharp (soup, salad, entre, dessert). First meal is dinner on day of arrival. Last meal is trail lunch on day of departure.

**What to Bring:**

Skis. You may wish to bring backcountry skis & snowshoes for Gorman cabin area activities.

Usual xc ski apparel & other clothing for relaxing in cabin.

Daypack – carry when you are skiing on trail

Favorite trail snacks/beverage

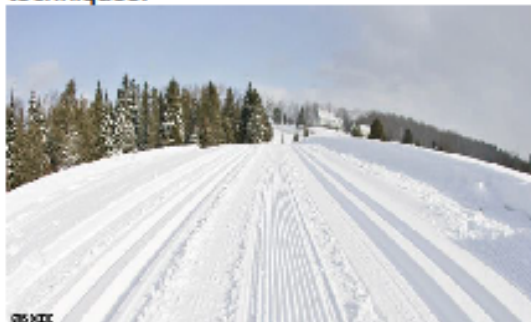
Water bottle (must be filled at start & end of trip)

Sheets or Sleeping bag & towel (for 2 night stay @Lyford cabin)

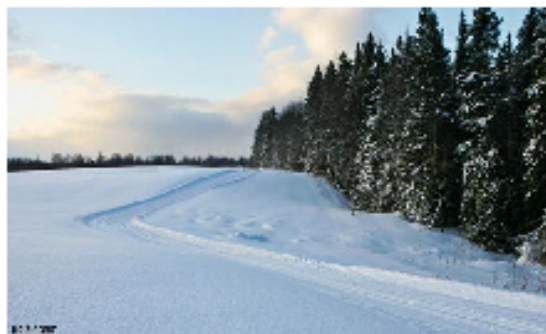
**Craftsbury, VT**  
**(Road Scholar Program 20276)**

**Dates:** March 3-8, 2019

**Description:** This trip is run by Road Scholar. Go to [www.RoadScholar.org](http://www.RoadScholar.org) and then type program number "20276" in the search box to see the details of the trip. Experience some of New England's finest cross-country skiing in the heart of Vermont's unspoiled Northeast Kingdom. Spend the week expert instructors developing your Classic style Cross-country skiing technique, otherwise known as Diagonal Stride Technique. This program may be an introduction to cross-country skiing or a refresher course to hone your skills at every ability level. Whether your goal is physical training or exploring Vermont's scenic treasures, you'll have extensive options on trails that are wide, expertly maintained and groomed daily for classic and skate ski techniques.



**Craftsbury Outdoor Center:** 535 Lost Nation Rd, Craftsbury Common, VT 05827. Craftsbury Outdoor Center is located on a quiet dirt road in the Northeast Kingdom of Vermont. Provides 105k of groomed trails connecting Northeast Kingdom villages, farms, field and forest. To provide a more reliable skiing experience, if Mother Nature doesn't provide enough snow, Craftsbury has developed its ability to make snow to supplement what nature provides.



**Trip Itinerary as presented by Road Scholar:**

DAY 1: Check-in, Dinner, Welcome Orientation  
DAY 2: Group Ski Lessons, Yoga, Artisan Cheeses  
DAY 3: Ski Lesson, Yoga, Live Music and Sing-Along  
DAY 4: Ski Lesson, Feldenkrais Method, Yoga  
DAY 5: Group Ski, Skate Ski or Snowshoeing, Movie Night  
DAY 6: Group Ski, Program Concludes.

**Skill Level:** Good for beginners, intermediate and advanced skiers. *Note: this trip is especially good for beginner skiers or those new to XC skiing* since lessons are provided daily and the ski instructor skis with the group throughout the day.

**Food:** 14 meals are included (5 Breakfasts, 4 Lunches, 5 Dinners). The Craftsbury Outdoor Center has a strong commitment to serving locally sourced and organic foods. While at the Center, you can enjoy milk, meats, vegetables and other specialty products that are raised and produced throughout Vermont, some within a few miles of the Center. The Craftsbury Outdoor Center also produces many of the vegetables used in the kitchen, in gardens located around the property. Dinner is a catered buffet of home-cooked dishes served family style in our rustic dining hall. Hot entrees, including vegetarian options, salad bar, fresh fruit and dessert are offered every evening.

**Transportation:** Drive (carpool) to Craftsbury Outdoor Center, 535 Lost Nation Rd, Craftsbury Common, VT 05827.

**Cost:** Double occupancy \$849 pp / Single occupancy \$1059 pp. Price includes 14 meals are included (5 Breakfasts, 4 Lunches, 5 Dinners), Ski lessons and skiing each day, lodging and daily programs (yoga, movies, wine & cheese)

**Registration:** **There are 11 rooms reserved for the LICCSC but only until October 26.** After October 26 any unused rooms get released back to general public. Call Road Scholar 1-800-322-5315/1-800-454-5768

# Sun Peaks

BRITISH COLUMBIA, CANADA ~ March 3-10, 2019 (Sunday – Sunday)

## *Trip Information & Pricing for MNYSC Club Members*

Sun Peaks is the second largest ski resort in Canada (behind Whistler Ski Resort) with 4,270 skiable acres of terrain. It has 130+ runs and 2,894 feet of vertical, with a good spread of green, blue, single black and double black trails. An amazing playground for intermediates, with lots of long groomed fall line runs, Sun Peaks is also very good for beginners and advanced skiers/riders, with terrain across multiple mountains. Next to the village is Sundance Mountain which has easy green and blue runs. Mt Tod is the main part of the resort. Behind the village is the north facing Mt Morrisey that has meandering blue runs and a few steep bump runs rated as double black. Skiers' right off the Burfield boundary are lots of fun trees. A major highlight of Sun Peaks is the Sun Guides hosting program. Other highlights are the distinct lack of crowds and the fact that the Village elevation is only 4,117 feet and the summit elevation is 7,060 feet.

Sun Peaks Village is a European-style, ski-through village filled with quaint shops, cafes, eateries, après ski, bars and nightlife. The layout of the village makes it fuss free to get around. There is a myriad of other activities such as a day spa, dog sledding, ice skating, snowshoeing, tubing, horse drawn sleigh rides, Cross Country Skiing, and snowmobile tours. You won't lose track of your friends, yet there's more than enough terrain, bars, shops and restaurants to keep everyone entertained for a week.

Sun Peaks Grand Hotel ~ This 4 star property has a convenient ski in/out location in the heart of the village. Guests can enjoy all the full services such as Mantles Restaurant and Lounge, Night Club, Pub, room service, ski valet and Business Centre. Enjoy exclusive use of the health club with an indoor entrance to a heated outdoor pool, 3 hot tubs, well equipped gym, steam room and sauna. The spacious guest rooms are luxuriously appointed, offering one king or two double beds. All rooms have a hair dryer, mini fridge, high speed internet, coffee maker, kettle, iron & ironing board.

### TRIP INCLUDES:

- Roundtrip direct air: JFK or EWR to Seattle and bus transfers to/from Sun Peaks (see discussion on page #2)
- Seven nights lodging (double occupancy) ~ Sun Peaks Grand Hotel
- Welcome Reception
- Breakfast Buffet for 5 mornings
- 5 day lift pass valid at Sun Peaks (6<sup>th</sup> day option)
- First Tracks voucher. Includes \$15 meal (valid at Sunburst Mid Station or The Annex restaurant) and a \$10 credit voucher at Masas restaurant (alcohol excluded)
- 40% off Alpine Equipment rentals (Standard or High Performance)
- Complimentary guided tours
- MNYSC Banquet Dinner
- Bus Driver Gratuities
- All taxes

PRICE: **\$1,800** PER PERSON

Trip Leader: **JEFF MEYER** (631) 471-2129

P. O. Box 303, Lake Grove, NY 11755 ([jeffski@optonline.net](mailto:jeffski@optonline.net)).

Payment/Cancellation Schedule and more information on Page #2

## 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 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](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 (\$15) \_\_\_\_\_ Family (\$20) \_\_\_\_\_ Date: \_\_\_\_\_

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

Street: \_\_\_\_\_

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

### Partner Contact Info

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 yahoo group, LIXCSKICLUBFORUM@YahooGroups.com 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**

### 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.

### How Can I Join?

Our annual dues are \$15 individual and \$20 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**

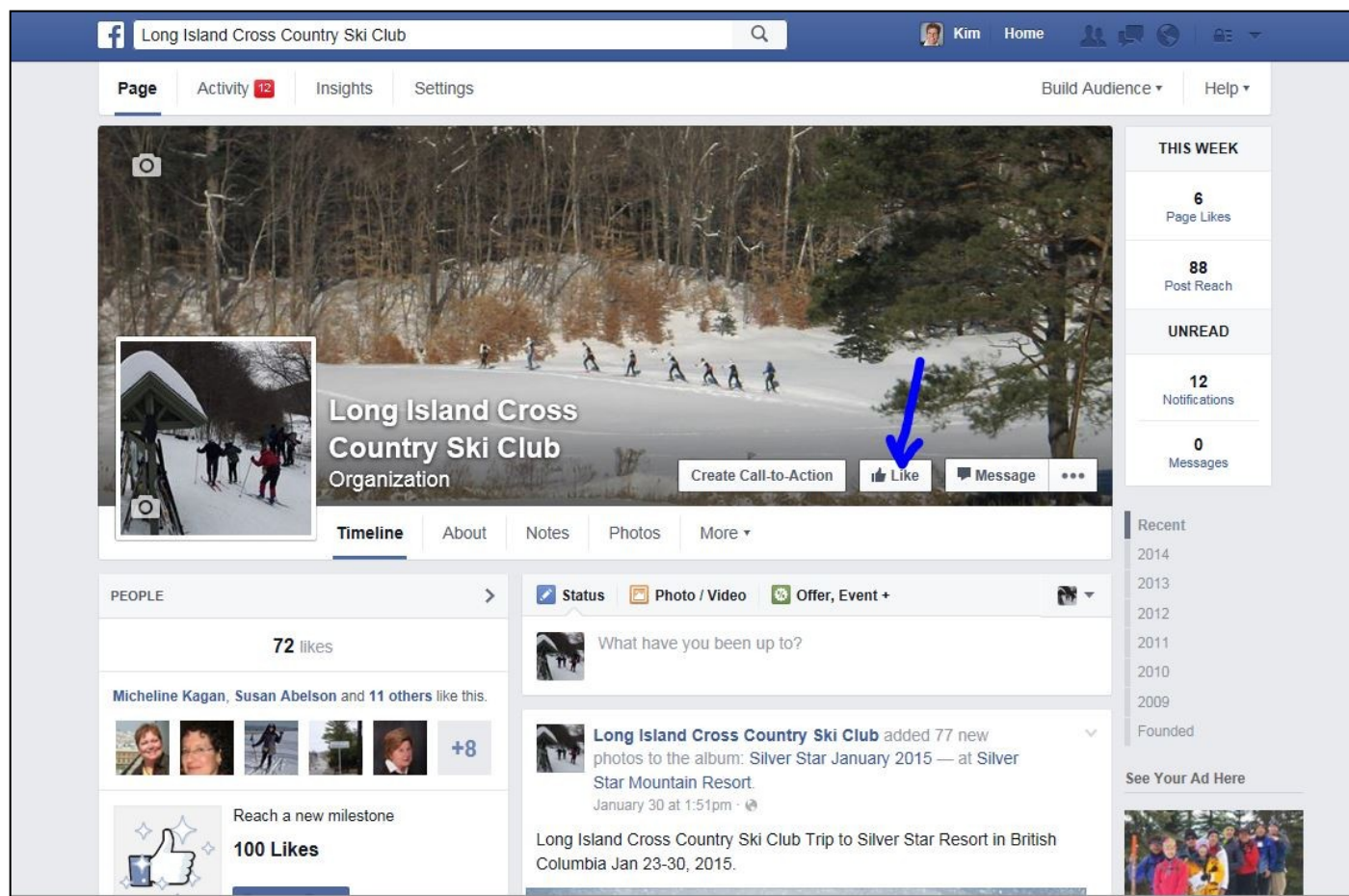
**(About a quarter mile east of Rte. 135)**



# 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](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

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