



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

November 2019

President's Message

Welcome to the 2019/2020 Ski Season! We have a lot of exciting things to share with you as we kick off this new season....

We have a new website! When you go to www.LICCSC.org you will see it has a new look. It is more engaging, user friendly and easier to navigate. **We have new features:**

HOME – The Home screen will have new and relevant content about the club and about what is happening with XC skiing outside of the club (e.g. XC ski World Cup events)

MEMBERSHIP – Ability to Join or Renew your membership online with a credit card

PHOTOS – a photo gallery is now available to see all our member/trip photos

Phone and tablet access – You can access LICCSC.org on your phones and tablets making it a resource anywhere you go.

In addition, this new website is built to make it more visible to people doing internet searches for XC skiing – which makes it easier for people to find us! We hope this new website brings us more new members.

Next, we have lots of **great XC ski trips** planned for you. Check out the details in this newsletter. Complete details for all our trips can be found in our website in the CALENDAR. Make sure to sign up quickly since these trips are filling up fast.

Finally, we are going to try something new this year – **a XC ski Swap & Sale**. At our December meeting we will have tables set up around the room where you can bring in XC ski items you would like to swap or sell – clothes, ski equipment, waxes, ski bags, etc. This should be a fun event that I hope to do on an annual basis.

I am thankful to this club and all of its members because the anticipation of all the fun times we have together, playing in the snow and socializing, helps me look forward to winter. ***Come play in the snow with us!***

The next meeting of LICCSC is Thursday, November 14, 7:00-9:00 at the Plainview/Old Bethpage Library, 999 Old Country Rd., Plainview. We will have time for refreshments and socializing at 7:00. The business part of the meeting starts at 7:30 with:

- Presentations of our upcoming ski trips – Ronnie Levy and/or Trip Organizers

A presentation on our new website including the **NEW online membership function and how to use it, NEW Photo Gallery and NEW phone/tablet access!** – Kim Schultze
All are welcome!

Editor's Corner

Welcome back everyone to our 2019-2020 Season.

As winter approaches I begin to daydream of snow covered woods and newly tracked trails, and the apre ski talk in front of a warm fireplace. But, I'm getting ahead of myself, why do I... we enjoy, cross country skiing.

For one it is one of the top Nordic sports, it involves the navigation of mountainous snow-covered terrain, most of which relies solely on your body's own strength and stride rather than the gravity used when going downhill. It's a physical and mental challenge of coordinating left arm and left foot and right arm and right foot, left brain and right brain, and balancing on one leg as you glide. It's exceedingly rewarding when everything works in unison. But the best reason is the extended health benefits of physical fitness. Here is Outside Magazine top 10 Health Benefits of Cross-Country Skiing.

You get a full-body workout. Nordic skiing combines both a lower body and upper body workout, while simultaneously working both the "pulling" and "pushing" muscles of each region. The workout comes in the fact that you use your own locomotion to move through the terrain. Even muscles that don't seem to be in use are actively involved to balance and coordinate the entire body.

Burns lots of calories. Nordic skiing burns more calories than any other form of exercise or sport — up to 1,122 calories per hour for vigorous mountaineering!

Improves cardiovascular endurance and health. Cross-country skiing is an excellent aerobic workout, and because no single muscle group is overstressed, the activity can be sustained for hours on end. Maintaining an elevated heart rate during exercise can strengthen and improve your heart's capacity to pump blood efficiently and effectively.

You have a higher level of physical fitness. Skiers are about 40 percent fitter than physically fit individuals, suggesting that the full-body workout provided by cross-country skiing is uniquely effective.

It promotes social engagement. As cross-country skiing is easy to take-up and can be learned from a young age, it's an ideal sport for family and friends to enjoy together.

It helps relieve stress. Escaping town to the pine forested wild provides you with some very therapeutic thinking time. The peace and tranquility that comes with snowfall is relaxing, helping you leave your stress behind and give you a renewed sense of calm so you return home feeling refreshed.

It's highly functional. When you cross-country ski, you're training your body to move in a way that it was designed to move. You're teaching it to improve the process that makes you more capable in daily movements.

It improves endurance. Forget energy drinks. Doing long-distance endurance sports like cross country skiing help improve your aerobic fitness as well as running does, while making you feel ready to burst out of your skin with energy!

Excellent form of cross-training. Cross-country skiing is a great way to prepare for summer sports; after cross-country skiing, muscles will be better prepared to manage the lactic acid they produce when they are used.

Allows you to connect with nature. Cross-country skiing is a very pleasant way to enjoy the great outdoors on a sunny winter's day and see the sights with friends — all while getting a good workout.

Now you have at least 10 reasons to sign up for our 2019-2020 ski trips listed below. Lastly read how some members spent their off ski summer..



Message from the V.P. - Trip Coordinator

Hello Returning Members and New Members,

Welcome to the beginning of the 2019-2020 Cross Country Ski season. We are always hopeful for a cold and snowy one, so we can get out both locally and away to enjoy nature, get some exercise and have some fun with our friends, on our skis. The season has an auspicious beginning with the creation of our new website. If you haven't checked it out, be sure to do so. It is worlds above the old one, and kudos to our president Kim for moving this forward to completion.

To date we have 4-5 excellent away cross country ski adventures. Do consider joining on one or more of them, this is the only way to really 'get into' cross country skiing - where there is lots of snow, groomed trails, comradery, ability to try and or purchase new equipment, and skiing for several days in a row. Of course, fingers are crossed for a couple of good local snow storms so we can get out locally.

I encourage you to think about adding to our trip schedule this season by volunteering to organize a local or away trip, there are plenty of us around to offer assistance and guidance.

Here's to a great ski season ahead!

Ronnie

Vice President, nurserbl@hotmail.com

Ski Trips for 2019/20 Season

Details of each trip can be found on our website LICCS.C.ORG CALENDAR

- January 17-20 [Lake Placid Bus Trip](#), NY Full payment due December 12.
- January 26– 31 [Road Scholar Craftsbury, Vermont](#) - **Music Program Trip is Fully Booked**
- February 2-7 [Eagle Mountain House, NH](#)
- February 23-27 [AMC Highland Center, Bretton Woods, NH](#)
- March 1-6 [Craftsbury, VT— two versions see web site for details](#)

Meeting dates for 2019-2020 season

November 14, 2019 —Downstairs Meeting Room A . Meeting starts at 7:00 pm with refreshments and social time. Club business begins at 7:30 pm.

- Presentations of our upcoming ski trips – Ronnie Levy and/or Trip Organizers
- A presentation on our new website including the **NEW online membership function, NEW Photo Gallery and NEW Smartphone Access!** – Kim Schultze

December 12, 2019 -Downstairs Meeting Room A. Meeting starts at 7:00 pm with refreshments and social time. Club business begins at 7:30 pm.

- Update on our upcoming ski trips – Ronnie Levey
- Crested Butte trip report – Vlad Drozdoff
- Small review of New Website and functionality Kim Shultze
- **1st ANNUAL XC Ski equipment and clothing swap/sale!** Bring any kind of XC ski equipment or clothing that you do not use any more and sell it or swap it. I hope this will be fun and hope to make it an annual event.

January 9, 2020 - Downstairs Meeting Room A. Meeting starts at 7:00 pm with refreshments and social time. Club business begins at 7:30 pm.

- Brief update on our XC ski trips – Ronnie Levy
- Update on World Cup events and US XC Ski Team – Vlad Drozdoff
- Video on Classic XC ski Technique – Kim Schultze
- Discuss local XC skiing opportunities and locations

February 13, 2020—Downstairs Meeting Room A. Meeting starts at 7:00 pm with refreshments and social time. Club business begins at 7:30 pm.

- Instructional video on XC skate ski technique – Kim Schultze
- Photo presentations from recent ski trips – Kim Schultze
- Lake Placid, NY – Kim Schultze
- Craftsbury, VT – Rich Mardosa/Regina Giglio
- Jackson, NH – Kim Schultze
- Details about our Annual Club Dinner – Anita Risener

March 12, 2020— D ownstairs Meeting Room A. Meeting starts at 7:00 pm with refreshments and social time. Club business begins at 7:30 pm.

At this months meeting we will have:

- Presentation on the club trip to NH, staying at a new hotel – Highland Lodge – Ken and Fay Wong
- Presentation on the club trip to Craftsbury, VT – combined Road Scholar and non-Road Scholar trip at same time. How did it go? – Kim Schultze
- Discuss local XC skiing opportunities
- Presentation on Annual Dinner – Anita Risener

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

**BUS TRIP TO LAKE PLACID (MARTIN LUTHER KING WEEKEND)
JANUARY 17, 2020 @ 10:00 AM - JANUARY 20, 2020 @ 6:00 PM**



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 – we are going NORTH for a fun-filled winter weekend with lodging at the North Woods Hotel on Main St in the heart of Lake Placid and you are invited! 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 walk-able 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 and rental ice skates
- U.S. Olympic Museum
- High Falls Gorge
- Two X-Country Ski Centers

Miles of trails to hike or snowshoe

On the trip, besides great skiing, you'll learn about and see how global warming is affecting the winter sports industry in the Northeast.

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. Skiing between these two ski centers is optional but only takes about 1 hour. 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 FREE 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 10am. Returns late Monday night.

Cost: Double occupancy \$499 pp / Single occupancy \$759 pp / Triple Occupancy \$419 pp or \$429 pp with a cot. 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 (\$17-\$20 recommended).

Registration: Payment in full due ASAP. A block of rooms is being held by the hotel until December 14th. Unpaid rooms will be turned back to the hotel on Dec 14th. After December 14th, participation is by room availability only. **Make your check out to “Sierra Club L.I. Group”. Include your phone number and your car’s make, model, color and license plate number.** Mail check to True Hampton, 26 Revere Rd., Port Washington, NY 11050. We cannot accept credit card or other electronic payment. All checks will be held until December 14th so if you need to cancel up until Dec 14 just let True know and she will return your check.

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

CRAFTSBURY, VT WITH ROAD SCHOLAR – MUSIC PROGRAM
JANUARY 26, 2020 @ 12:00 PM - JANUARY 31, 2020 @ 3:00 PM
*****THIS TRIP IS FULL*****



Description: This trip is provided by Road Scholar (www.RoadScholar.org). Rich Mardosa is coordinating this ROAD SCHOLAR trip with LICCSC to the Craftsbury Outdoor Center from Jan 26-31. Experience some of New England's finest cross-country skiing in the heart of Vermont's unspoiled Northeast Kingdom. Led by expert ski instructors, enjoy 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 classical and skate ski techniques.

Road Scholar provides a New England Music and Country Dancing program after skiing. Learn the history of traditional country dance and song. Instructors offer old standbys as well as newer songs and dances from New England, the Canadian Maritimes, the British Isles and Scandinavia. Live music to accompany song and dance will be provided by guitar, banjo and fiddle – bolstered one evening each week with additional local musicians for a festive contra dance.

Cost: The cost is app \$849 double occupancy – single room, if available, will be more. Includes 4 nights of accommodations, 11 meals: 4 breakfasts, 3 lunches, 4 dinners.

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

Ski Rentals/Lessons: Available at ski shops and ski centers

Room Amenities: Lodging is dorm style with a shared bath down the hall. For an upgrade fee, bedrooms are available with private bath facilities. For information on UPGRADING your room and availability please contact the Craftsbury Outdoor Center office at 802-586-7767.

Reservations: ***TRIP IS FULL!***. Book this trip directly with Road Scholar (www.RoadScholar.org or 800-454-5768), **Trip id 20276EDV**. After you make your reservation call Rich Mardosa so he can keep track of who has signed up. (631-864-1803 or mrichrich26@msn.com)

Cancellation Policy: See Road Scholar cancellation policy.

JACKSON, NH @ EAGLE MOUNTAIN HOUSE
FEBRUARY 2, 2020 @ 3:00 PM - FEBRUARY 7, 2020 @ 11:00 AM



Jackson, New Hampshire is nestled in the mountains and is still one of this club's favorite XC ski trips. **Beginner, intermediate and advanced skiers** will each find many trail options to enjoy. The prepared trails in Jackson offer skiing conditions for all levels of skiing abilities and close to the hotel. We also can drive to great skiing locations at Bretton Woods and Great Glen. All locations offer XC skiing for beginner to advanced skiers and all have rentals and lessons available. Great Glen has a really great ski shop which has fabulous sales at this time of year – a great place to upgrade your ski equipment! Discount trail passes are available at the hotel desk for Jackson Cross-County ski trails. We'll have a large room for our evening pot-luck socials we have before dinner every night. Please bring wine and snacks to share for this fun time to socialize and discuss the day's activities. For those that love to shop, Jackson has a great outlet stores.

Take Note: These dates are a change from late to early February to in hopes of more favorable snow conditions.

Lodging: Eagle Mountain House, 179 Carter Notch Road, Jackson Village, NH 03846, 1-800-966-5779, 603-383-9111. 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 areas to socialize, play games or just relax. We can ski right out the front door or drive to several other nearby ski areas. Rooms are very comfortable and there's a charming lobby and a reading room, both with fireplaces, for relaxing and socializing. The coffee pot is on in the morning and there's always a warm fire. There's also a small gym and a hot tub, so bring your swimsuits. Dietary restrictions will be accommodated.

Room Rates: Per night room rates include room, breakfast, dinner, food service fees and taxes.

\$165.30/night for single occupancy

\$224.83/night for double occupancy

\$21.80/night for a standard suite upgrade

Reservations: Call Eagle Mountain House **BY JANUARY 15th, 2020** at (603) 383-9111 to reserve your room and indicate that you are part of the Long Island X-Country Ski group. A one-night deposit will be charged when you make your reservation. When your room is confirmed E-mail Lyn Lettieri at cal19@cornell.edu to let her know you will be participating in the trip.

Ski Rentals/Lessons: Available at ski shops and ski centers

Cancellation Policy: Reservations must be cancelled no later than 72 hours (**January 30**) prior to arrival date. All cancellations have a \$25 cancellation fee. Cancellations after January 30 you lose your first night's deposit.

Important – In the letter confirming your reservation you will find a different cancellation policy. That is EMH's individual reservation cancellation policy that does not apply to groups – **ignore it.**

Check-in: After 3:00 PM- If you plan to ski on the day of your arrival travel in your ski clothes. **Check-out: Before 11:00 AM**

Social time: Bring snacks and beverages to share at our get-togethers each evening before dinner in our hospitality room.

Questions? Contact Lyn Lettieri, trip leader at cal19@cornell.edu or 802-489-5463

AMC HIGHLAND CENTER LODGE @ BRETTON WOODS

FEBRUARY 23, 2020 @ 3:00 PM - FEBRUARY 27, 2020 @ 11:00 AM



Located at Crawford Notch & near the famous Mount Washington Hotel resort, Bretton Woods is New Hampshire's largest ski area, and one of the most beautiful settings with extensive trails for all levels of Nordic skiers (classic and skate styles). From Highland Center, you can ski from the front door to Bretton Woods Nordic ski center (where rentals are available). The drive from Highland Ctr to Bretton Woods Nordic Ctr is 4 miles on Route 302W.

AMC also has an LL Bean gear room with free equipment (based on availability). Additionally, there may be free evening programs.

Lodging & Meals: Private room with private bath – queen bed + bunk bed. Accommodates double occupancy or triple sharing (if 2 people don't mind sharing queen bed). Buffet breakfasts (6:30am – 10am) & family style dinners (6pm sharp) included. Dinner on arrival day; breakfast on departure day. Lunch on your own. Trail lunches may be ordered & purchased night before or you can return to Highland's deli for soup & salad etc. (11am – 4pm). Consider skiing to Mt. Washington Hotel to have a lunch at their café or restaurant! Beer & wine sold during dinner hours. Personal alcohol must be consumed in own room. Daily coffee & tea available in lobby @ 5 am.

AMC was nice enough to provide us with a private conference room for our Mon – Wed social hour (4:30 pm – 5:30 pm). Please bring along your favorite snacks to share. **Due to state law – You cannot bring own alcohol in any public area or to social hour. You may purchase wine/beer & snacks from AMC. You can enjoy your own alcohol in your private guest room only.**

Cost – per person per night (includes breakfast & dinner) AMC members – \$146 plus tax. Non -member – \$176 plus tax

Trail fees by Age (2019): 18-64 (\$21). 13-17 (\$19). 5-12 & 65+ (\$14). 80+ (free). Tickets sold at AMC desk. (2020 fees not yet posted.)

If you become an AMC member, you receive discounts and other membership benefits as well as saving on AMC lodging, trips etc. Annual fees: Senior (under 69 years) \$25, Adult \$50, Family \$75 (2 adults & all children under 21). Under 30 \$25.

Reservations: 8 rooms (each with private bath, a queen & a bunk bed) are being held under the name Long Island Cross Country Ski Club until December 10. Once all the rooms are taken, participants will need to make their own room arrangements with AMC. The \$146/\$176 rates quoted are good until December 31, 2019. New rates go into effect January 1, 2020. So book early to lock in the 2019 rates.

To Book – You need to: Call (603) 466-2727 select option #1. Use group reference # 454564.

Cancellation Policy: Full refund minus a small processing fee if cancelled 14 days before arrival. (Cancel before or on Feb 9, 2020.) You will receive confirmation of your booking with stated cancellation policy.

Directions: Approximately 350 miles (6 hrs from NYC). Please google for directions. Route 302, Bretton Woods, New Hampshire 03575

Questions: Please contact Fay Wong email: Fayskaterv1@yahoo.com phone: (718 539-3966 home)

CRAFTSBURY, VT – 2 VERSIONS:
1) CRAFTSBURY WITH ROAD SCHOLAR 2) CRAFTSBURY (NO ROAD SCHOLAR)
MARCH 1, 2020 @ 1:00 PM - MARCH 6, 2020 @ 11:00 AM
***** THERE IS STILL ROOM ON BOTH VERSIONS *****



We are trying something new this year – combine 2 different versions of a club trip to Craftsbury, VT at the same time, March 1-6:

- **VERSION 1** – Booked directly with ROAD SCHOLAR (which includes dormitory style room, meals, lodging, XC skiing, group XC ski lessons, yoga and entertainment)
- **VERSION 2** – Booked directly with CRAFTSBURY (which includes lodging in Cabins, meals and XC skiing)

The goal of this is that the people that want daily group lessons and Yoga can do that and the ones that just want to XC ski without the lesson and Yoga can do that and we can meet up at meals and at our daily pot-luck wine and cheese social each day. **Make sure to look at the specific directions in the version of the trip you want to do. Instructions are different in each version.**

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.

VERSION 1 DESCRIPTION: This trip is run by Road Scholar. Go to 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.

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. Trip includes group XC ski lessons each day. The group is broken up into smaller groups of similar skiing ability. **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.**

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).

Road Scholar Cancellation Policy:

- Before Nov 3: lose \$50
- Nov 3- Jan 6: lose \$100
- Jan 6 –Feb 17 : lose \$200
- Feb 17 – Mar 1: lose 50%
- After Mar 1: lose 100%

Trip insurance is recommended. Road Scholar offers trip insurance for \$79/person double occupancy; \$100/person single occupancy.

Registration: Call Road Scholar directly to reserve 1-800-322-5315/1-800-454-5768. **Mention that you are with the LI Cross Country Ski Club and Trip ID 20276. After making reservations with Road Scholar, please email Kim (president@liccsc.org) so we know who is coming.**

VERSION 2 DESCRIPTION: This version is booked directly with Craftsbury Outdoor Center and does not have any program – you are free to do what you want when you want. This trip includes your lodging (in one of the CABINS at Craftsbury), 14 Meals (5B, 4L, 5D) and your XC skiing trail pass each day.

There are 10 cabins that can sleep 2-3 people. These are what I am recommending we book for the trip without Road Scholar.

2-bedroom suite in Cedar Lodge: \$130/person/day
8 Cabins (Spruce, Maple, Elm): \$135/person/day
2 Cabins (Balsam, Hemlock): \$145/person/day

NOTE: These cabins book a year in advance and 8 of the 10 cabins are already booked for Mar 1-6, 2020 so reserve ASAP. Contact Kim Schultze at 631-897-1001 or email: president@liccsc.org if you are looking for a share in a cabin.

Craftsbury Cancellation Policy: Deposits are refundable on a written notice of cancellation at least 14 days prior to arrival and are subject to a \$20 handling charge per room. For cancellations within 14 days of arrival (including date of arrival), deposits are forfeited. Any changes made to a reservation within 14 days of arrival will result in a \$20 handling charge per room. Deposits will be applied to the last night's stay.

Reservations at Craftsbury WITHOUT Road Scholar: Call Craftsbury at 802-586-7767 and indicate which cabin (listed above) you want. After making reservations with Craftsbury, **please email Kim (president@liccsc.org) so we know who is coming.**

***** THERE IS STILL ROOM ON BOTH VERSIONS OF THIS TRIP *****

People attending Craftsbury WITH Road Scholar:

- | | |
|--------------------|-------------------|
| 1. Helen Horton | 5. Thomas Power |
| 2. Trisha Allen | 6. Linda Ilan |
| 3. Marjorie Allen | 7. Steven Spang |
| 4. Roanne Kulakoff | 8. Kristi Halpern |

People Attending Craftsbury WITHOUT Road Scholar:

- | | |
|---------------------|----------------------|
| 1. Kim Schultze | 7. Roland Catchpaugh |
| 2. Anita Risener | 8. Brian Catchpaugh |
| 3. Haakon Jakhelln | 9. Fay Wong |
| 4. Judi Jakhelln | 10. Ken Wong |
| 5. Lyn Lettieri | |
| 6. Charles Eliosoff | |

[Membership Message](#)

Annual club memberships cost \$20/person (there are no more family memberships).

If you have not already done so – please renew your membership in the LI Cross Country Ski Club by going to our website www.LICCSC.org and then clicking on the **MEMBERSHIP** menu. On this page you will see 2 choices to renew your membership.

METHOD 1 is to renew online with a credit card (NEW) and is the preferred way we would like you to renew. Just click on the blue box that says [Purchase Membership Online](#). And you will be asked to “Signup” if you have not already done so. You will create an online account with a NAME, EMAIL, PASSWORD, ADDRESS and PHONE for each membership. [Online memberships will automatically renew on the annual anniversary of the date you signed up online.](#)

METHOD 2 is to renew with a check (old way). You will have to click on the blue link that says “[Print Membership Form](#)”, fill it out and mail it with a check. Once again you will need to provide a NAME, EMAIL, PASSWORD, ADDRESS and PHONE for each membership. [Offline memberships with a check will need to be manually renewed on November 1 each year.](#)

The NAME, EMAIL, PASSWORD, ADDRESS and PHONE you provide – regardless of whether you use METHOD 1 or METHOD 2 – will be what is used by LICCSC Membership for your contact information so please make sure the address, email and phone you provide are what you want as your contact information for each individual member.

You can change any of your online information by going to LICCSC.ORG, then go to the MEMBERSHIP menu and scroll to the bottom of the page where it says: “**Already a Member and Need to Update Your Account Info? Click [HERE](#) to update your... Address, Phone numbers, Email, Credit card information**”

[Since we no longer have family memberships each person in a couple will have to create an individual membership and each will need to do this with their personal information \(not the spouses\).](#) If a couple shares an email address then only one of them will be set up on the Google Group (our club communication forum).

PLEASE NOTE: If one person in a couple chooses to sign up online for themselves and then also SIGNUP their spouse they should SIGNUP their spouse with a separate account and password. If they do not do this then the spouse will be signed up with their email and will not have a separate email in our membership database and will not have their own account on our Google Group.

Please let me know if you have any questions.

Kim Schultze
631-897-1001

Members Corner

Catherine Guagenti Camping and
fishing in Saranac Lake



Members Corner

Ken and Fay Wong 3 Island Greek hiking trip

After not hiking regularly for many years, we took up the challenge and fun of 9 hiking days with Sierra Club on the islands of Tinos, Naxos and Amorgos. With bright blue skies above and a sparkling emerald green Aegean sea below, we hiked narrow donkey path trails still used by Greek farmers. Scampering over loose rocks, squeezing through overgrown trails, enjoying breathtaking views from 3000 feet high points, and coming upon ancient ruins & cathedrals (3-5th century B.C.) – made the daily 6 hour hikes worthwhile. Of course other rewards included apres hike swims in the hotel pools delicious Greek meals in the villages and a new cold expresso drink with a scoop of ice cream called “affogatto”! Final 2 days included a restful stay in Athens surrounded by the Acropolis, and delicious gyros and baklava.



Members Corner



Members Corner

Kristi Halpern

Even during XC season I was training for my summer sport, rowing.

1. Masters Regatta Carnegie Lake, Princeton NJ.
2. Taking a closer look at Tiger Woods' yacht, Privacy
3. My first sprint race in a single, Schuylkill River, Philadelphia PA
4. Days like this are like a beautiful day on a ski trail!



Members Corner

Ronie Levy

Four of the LICCSC members participated in a cycling/safari adventure to South Africa this summer. No snow, no cross country skiing, but lots of biking and animal sightings. A great time was had by all!



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