



Happy Trails

Newsletter of the Long Island Cross Country Ski Club

February 2020

Website: www.LICCSC.org

Club Forum: LICCSC@googlegroups.com

Presidents Message

We are now approaching February and have not yet had any local skiable snow. Hopefully it will come soon. Watch for email announcements from our Google Group (LICCSC@googlegroups.com) announcing local skiing, day or weekend trips when snow conditions allow. In the meantime, **the bus trip to Lake**



Placid was a big success. Lake Placid received new snow on Friday, Saturday and Sunday and we had great skiing in both Cascade and Mt. Van Hovenberg. All trails were open and most were well groomed.



Temperatures were cold but not so cold that we could not stay out and enjoy ourselves. We had a really fun group of people which made the trip special. We explored Lake Placid and found really yummy food. Some people also went dog sledding, ice skating and snow shoeing. **A big thanks to the trip leaders True and Jane who did an amazing job as always!**

There is still openings in our EMH/Jackson, NH (Feb 2-7), AMC Highland Lodge @ Bretton Woods (Feb 22-26) and Craftsbury, VT (March 1-6) so make sure to check out the trip details in this newsletter or on our website.

Elections for President and Vice President will be held at the March meeting. We will announce nominations of a slate for these positions at the February meeting as well as solicit nominations from the floor.

Our next meeting is Thursday, 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.

- Announce President and VP nominations for next season and take nominations from floor.
- **Instructional video on XC classic ski technique – Kim Schultze**
- **Photo presentations from recent ski trips to Lake Placid, NY and Jackson, NH– Kim Schultze**
- Discuss local XC skiing opportunities
- Details on Annual Dinner – Anita Risener

All welcome! Look forward to seeing you all there!

Editor's Corner

Welcome to February, February is usually the peak month for some dependable snow and most of our trips are scheduled for this month. The Lake Placid trip was a huge success and everyone had a wonderful time. True and Jane again, managed to provide fresh snow to ski on every day there. A Finish skier once said to me, if enough skiers wear their Jammies inside out it will snow. We'll have to confirm that with Jane and True.



If you missed Lake Placid, don't miss any of the fun trips listed in our schedule. New to the club, previously cancelled and relisted with a new date is the AMC Highland Center trip. [AMC Highland Center](#) is in the heart of the New Hampshire White Mountains you can ski directly from the center and connect with the Bretton Woods trail system. While there you may want to stop at the historic [Mount Washington Hotel](#) for lunch or afternoon tea.

If you're going to Jackson/Eagle Mountain this weekend here is their [latest trail report](#).

Lastly, a big thank you to members for sharing their photos and reports from the trails of Lake Placid, Craftsbury and other ski areas. Please visit [our web site](#) or our [FB page](#) to see all of the photos.

Jammies inside out?

Ken

Message From The V.P. – Trip Coordinator

Hello Fellow Cross Country Skiers,

I am getting myself ready for my first Cross Country Ski trip this season as I write this. The cold weather and touch of snow covering my back yard are somewhat inspirational! I understand that the Lake Placid trip was a great success, great conditions, great skiing and a fun group of people. There is still room on many of the trips for anyone who is on the fence about signing up. We are a warm and welcoming group, fun to be with, and very encouraging of new folks. Consider going to Eagle Mountain House in Jackson New Hampshire, Highland Center in Bretton Woods or the March Craftsbury trip in northern Vermont. All trips are good for beginner to expert skiers, guaranteed a good time will be had. Plus, when traveling to Vermont or New Hampshire to ski, we are pretty much guaranteed good ski conditions, and opportunity to shop, try out and purchase a very wide variety of equipment that we just don't have on Long Island. Have a great February, and if we are lucky, we will have an opportunity to ski locally!

Best Ronnie, VP

Meeting dates for 2019-2020 season

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.

- Announce President and VP nominations for next season and take nominations from floor.
- [Instructional video on XC classic ski technique – Kim Schultze](#)
- [Photo presentations from recent ski trips to Lake Placid, NY and Jackson, NH– Kim Schultze](#)
- Discuss local XC skiing opportunities
- Details on Annual Dinner – Anita Risener

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

- Photo show on the club trip to Craftsbury, VT – combined Road Scholar and non-Road Scholar trip at same time – Kim Schultze
- [Guest Speaker: Presentation on Tai Chi by Marvin Berg - the Injury Prevention Coordinator at Nassau University Medical Center and a Tai Chi instructor](#)
- Details on Annual Dinner – Anita Risener

Ski Trips for 2019/20 Season

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

- February 2-7 [Eagle Mountain House, NH](#) —
- February 22-26 [AMC Highland Center](#)
- March 1-6 [Craftsbury, VT— two versions see web site for details](#)

Membership Message

We have 94 Members. 8 new Members so far this season.

Welcome to our newest member!

Michelle Munro

January is when I remove all members who did not renew from the prior year. Our membership declined in January due to 1) members moving, 2) illness and 3) getting rid of family memberships (spouse did not renew). However, our membership is growing and I am confident our membership will continue to grow. It is because of our members that our club is so great. Our members lead trips. Our members are friendly, welcoming and fun to be with. Our members enjoy being outdoors and playing in the snow. Our members are awesome!

I sent out the membership list with contact information to everyone in early January. If you did not receive the membership list please contact me using the email Membership@LICCSC.org and I will get one out to you.

Most members are using our new online membership function to join or renew. Our new website is attracting new members. I am confident this club will continue to grow this season and under new leadership next season. In the meantime, don't keep our club a secret - tell all your friends about how great this club is and invite them to come play in the snow with us.

Kim Schultze

Membership Chairperson

631-897-1001

Reports From The Trail –Lake Placid

Kim Shultze—The bus trip to Lake Placid was a big success. They received new snow on Friday, Saturday and Sunday and we had great skiing in both Cascade and Mt. Van Hovenberg. All trails were open and most were well groomed. The new snow made skiing a bit slow so we were able to get good control on the hills and some of us attempted new trails. Temperatures were cold but not so cold that we could not stay out and enjoy ourselves. We had a really fun group of people which made the trip really special. We explored Lake Placid and found really yummy food. Some people also went dog sledding, Ice skating and snow shoeing. **A big thanks to the trip leaders True and Jane who did an amazing job as always!**

True Hampton—The Martin Luther King weekend bus trip to Lake Placid was a roaring success. 32 participants enjoyed wonderful snow and ski conditions staying at the Northwoods Hotel conveniently located in the middle of Lake Placid Village. We had two happy hours in the hotel's private party room with everyone contributing drinks and snacks. Individuals formed groups to arranged dinners out in the villages restaurants and cafés. The bus took us skiing at the two cross country ski centers in area. Mount Van Hoevenberg and Cascade. Lake Placid Village also has a free shuttle bus for down hill skiers. Snow conditions excellent All participants agreed they wanted to go again next year. Join us next year!!!!!!

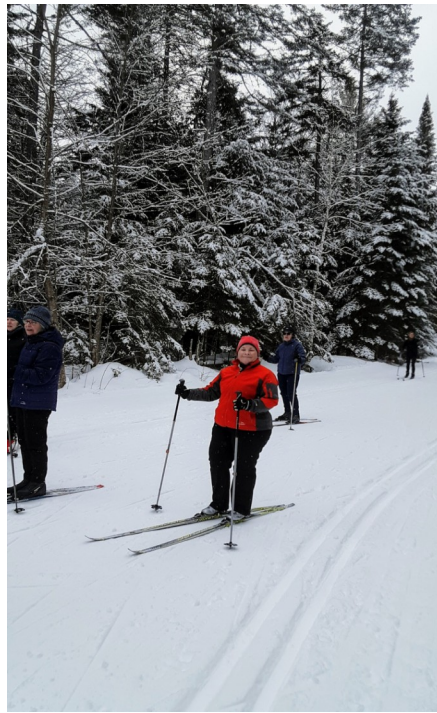


Reports From The Trail– Wild Wings

Thad and Denise- XC skiing was at Wild Wings and at Viking, both near Londonderry, VT. The night skiing was a special treat, available only for that night. The trails were well lit, and the snow sparkled! We stay at a B&B with the other AMC members, within walking distance of Magic Mountain. There is also an outdoor hot tub and fireplace.



Reports From The Trail –Craftsbury



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.

AMC HIGHLAND CENTER LODGE @ BRETTON WOODS

FEBRUARY 22, 2020 @ 3:00 PM - FEBRUARY 26, 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 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: Bunk with shared bath – 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), or ski 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.

We may have conference room for our social hours (4:30 pm – 5:30 pm). Please bring along your favorite snacks to share. **Due to NH 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 – \$102 plus tax. Non-member – \$113 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 join AMC, 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 To Book – Call Highland Center directly to book a room: 603-466-2727. Then call Regina (631-882-5562 or Ronnie (631-445-4251) know if you are going , or want further information.

Cancellation Policy: Full refund minus \$10 processing fee if cancelled 14 days before arrival. 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

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 & 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.**

Trip details continued on next page.....

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 |

Places on LI 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

Club Officers

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 Large 1	Vladimir Drozdoff	631-805-5932	MAL1@liccsc.org
Member At Large 2	Anita Risener	631-806-9662	MAL2@liccsc.org
Member At Large 3	Kenneth Wong	718-539-3966	MAL3@liccsc.org
Hospitality Committee	Roanne Kulakoff	347-867-5607	Hospitality@liccsc.org
Membership Committee	Kim Schultze	631-897-1001	Membership@liccsc.org
Newsletter	Kenneth Wong	718-539-3966	Newsletter@liccsc.org
Webmaster	Open		