



# Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club



## Co-Presidents' Message

Hello Fellow Skiers,

This is just a reminder to mark your calendar for Thursday December 16th at 7:00 PM for our monthly Zoom meeting. This is a time to connect with club members and get updated information on club ski trips. There will be an educational component as well. Look for the

Zoom link in your email before the meeting. (If you don't see it, please check your spam or junk folder.) [The link is also on p. 2 of this newsletter. -Ed.]

Think Snow!

*Ronnie Levy and Bruce Redlien*

Future club meetings:

**Thursday December 16, 7 pm (Zoom)**

**Thursday Jan. 20 (Plainview library, we hope)**

**Thursday, Feb. 17 (Plainview library)**

**Thursday March 17 (Plainview library)**

The above "blast from the past" was a group club photo taken in March 1998 at the Far Hills Inn, Val Morin, Quebec, Canada. See p. 4 for more info about how we acquired these "vintage" pics! (That's me on the lower right.)  
—Stephanie Sakson



## *Zoom into Our Next Meeting!*

December Meeting Long Island Cross Country Ski Club  
Time: Dec 16, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94183787139?pwd=VTd2NDIvdHUvOEY0K0JIMGx0bzNXdz09>

Meeting ID: 941 8378 7139. Passcode: 047536  
One tap mobile: +12532158782,,94183787139#,,, \*047536# US (Tacoma)  
+13462487799,,94183787139#,,, \*047536# US (Houston)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 941 8378 7139

Passcode: 047536

## *Zoom Etiquette*

Before you join our next Zoom meeting (or any Zoom meeting, actually), please be mindful of the following, so the meeting can run smoothly for all:

1. When you are not actually speaking, please keep your microphone OFF. Use the mute button on the lower left of your screen.
2. Please do not move around (e.g., adjusting your screen constantly, getting up and down from your chair), eat or drink while in the meeting. If you must do these things, please turn OFF your video.
3. The meeting is chaired by our co-presidents Ronnie Levy and Bruce Redlien. If you have something to say, it might be a good idea to raise your hand if you are on video or to ask politely for the opportunity to speak. We are a talky group; let's allow everyone a chance to speak and be heard. After the meeting is concluded, you may stay and chat with anyone else you like.
4. The chat function is a good way to share information about websites or other links; you should look for chat messages when someone posts something and use it yourself when you want to post things to the whole Zoom group (or even to just one person in the group). When you open up the chat box, you will see a choice of: send to everybody or just to a certain person.

Thanks for joining us on Zoom and we hope this makes it a better meeting for everyone!

—Stephanie Sakson

## TIPS ON NORDIC SKI TECHNIQUE

### Beginner

#### SNOWPLOW

A technique to slow down or stop on a downhill run.

**\*TIP\***

Push your ski tails out like squashing a grape with your heel while keeping equal pressure on the inside edges.



#### STRAIGHT RUNNING

Skiing straight down a gentle hill.

**\*TIP\***

Look ahead and use your knees as shock absorbers. Stay loose.



#### HERRINGBONE

A technique used to climb relatively steep hills.

**\*TIP\***

Imagine walking like a duck or penguin with skis in a "V" position. Keep head up.



#### DIAGONAL STRIDE

The fundamental Nordic technique for flat terrain.

**\*TIP\***

Combine the stride of jogging with the gliding grace of ice skating for a perfect diagonal stride.



#### UPHILL DIAGONAL STRIDE

A diagonal stride modified to climb hills.

**\*TIP\***

Use quicker strides, with hands low when poling. Look up the hill.



### Intermediate

#### SNOWPLOW TURN

A safe, stable technique to make a controlled turn.

**\*TIP\***

Keep a good "V" wedge and pressure one ski more than the other.



#### STEP TURN

An easy way to turn a corner at slow speed.

**\*TIP\***

Take small steps to the side while maintaining edging and balance.



#### KICK TURN

A way to turn around while standing still (requires limber knees and hips).

**\*TIP\***

Plant poles behind, chorus-girl kick, pivot ski around and follow with the other.



#### DOUBLE POLE

To move faster on flat or slight downhills using only the pole push.

**\*TIP\***

Hinge at the waist. Push with both poles.



#### DIAGONAL STRIDE WITH GOOD WEIGHT TRANSFER

A way to ski efficiently on the flat.

**\*TIP\***

Shift the weight from one ski to the other as the feet pass one another, then continue gliding on one ski only.



### Advanced

#### DIAGONAL STRIDE TIMED CORRECTLY

To achieve the graceful, fluid motion of the racer.

**\*TIP\***

Coordinating the poling, pushing off from one ski, and gliding on the other ski requires balance, timing, and practice.



#### TELEMARK TURN

The classic Nordic turn.

**\*TIP\***

Drop into a semi-kneeling position and steer the front ski into the turn while edging both skis to make them curve.



#### PARALLEL TURN

Used to turn or slow down using both skis together.

**\*TIP\***

Use a strong up motion to unweight the skis so they can be turned and edged together.



#### ONE-STRIDE DOUBLE POLE

A combination of diagonal stride and double poling.

**\*TIP\***

Bring both hands forward while pushing off with one



leg. Finish with a double-pole push.

#### SKATE TURN

A way to maintain or increase speed on a turn.

**\*TIP\***

Spring off a well-edged ski onto the other one in the new direction.



**SKI ONLY AT THE SPEED AT WHICH YOU CAN MAINTAIN CONTROL!**



## *The Origins of Our Club*

Rich Gehringer, one of the founders of the Long Island Cross-Country Ski Club, passed away a few years back and left a treasure trove of photographs and documents relating to the club and the many trips we've been on. I was lucky to have known Rich and gone on many trips to Upstate NY, Vermont, and Canada. Over the coming months I will publish some of the photographs, but I wanted to start with the founding of the club. The first issue of the newsletter of the Massapequa Park Cross-Country Ski Club, Inc. (!) began thus:

"IT'S SKI TIME!! [Next] Meeting January 5, 1981 Massapequa Park Village Hall.

"The first meeting of the Massapequa Park X-Country Ski Club on Dec. 1 showed promise of great things to come.

"SNOW GUARANTEE: New Prexy Bob Henken opened the 1980-81 season by forthrightly guaranteeing "SNOW\* or double your money back."

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\*somewhere in the continental U.S. or Alaska

"As Sec'y Susan Dion inscribed the commitment in invisible ink, Treasurer Ellen Farrant whetted members' appetites with a slide show of the snows of yesteryear.

"DUES DUE: For those who missed our first meeting dues of \$5.00 for individual \$6.00 for family may be mailed to Ellen Farrant [address].

"PATCHES and cards are on order and will help us find each other at Bethpage and other local areas.

"VOLUNTEERS NEEDED... [some things never change!]

"SKI SCHEDULE: We plan to have day ski trips almost every weekend throughout the ski season. Members may call a volunteer phone-person to find out where the club will be skiing that day.... As always, if there is snow on the Island, the Club will meet at the

Bethpage Park Cafeteria at 9:00 AM Sat. and Sun. and will hit the trail at 9:30."

So you can see that even without the internet the club managed to get together to ski as often as they could. To our credit, the club's members now live all over the Island and even in NYC, but this is also a drawback, as there isn't a single place where we can easily meet up to ski without arranging it beforehand (as was Bethpage Park for the founders of the club).

However, let's promise ourselves that we will make an effort to post in the Google Groups email chain when we are skiing locally, where, and what time. We have multiple local places to ski (see the list in the last newsletter) and we can all look forward to getting together to continue this club's tradition. Think snow!

—Stephanie Sakson



On the trails at Craftsbury, VT, 2002. Left to right: June Stelboum (former president), Rich Gehringer, Marilyn Milne (former sec'y), Al Cobrin (historian/PR)

## *Cross-Country Skiing in Lake Placid, NY (Bus Trip), January 14-17, 2022 (Martin Luther King, Jr. weekend)*

Members, non-members, couples, singles, people of all ages: we're going NORTH for a fun-filled winter weekend with lodging at the High Peaks Resort (the North Woods Hotel, now called the Grand Adirondack Hotel, was flooded due to a water main break in town and will not be open until March). High Peaks has a heated indoor pool and access to a hot tub. You must be vaccinated to attend.

*Within a short walk of our hotel are:*

- The Olympic Center (Herb Brooks Arena) with rental ice skates
- U.S. Olympic Museum
- Miles of trails to hike or snowshoe
- Dog sledding on the frozen lake
- A public ice rink
- Many restaurants and shops

*Nearby but out of the town are:*

- Mt. Van Hoevenberg, Olympic-class cross-country ski area
- Cascade cross-country ski center, with a lovely lodge, great food and brews
- Whiteface Mountain downhill ski area
- High Falls Gorge

*On the trip you'll learn about and see how global warming is affecting the winter sports industry.*

**Local transportation:** Our bus takes people to Mt. Van Hoevenberg or Cascade each day. Free Lake Placid Village Shuttles run to and from Whiteface Mountain (a twenty-minute ride) during the day from less than a block from the hotel.

**Included:** Coach Bus **transportation** up and back \* / 3 nights **lodging** in a room with 1 or 2 beds & a private bath / 3 **breakfasts** / **taxes and gratuities** (except for bus driver).

\* bus: Departs Bethpage Golf Course Fri., 10 am / Returns late Monday night.

**Prices:** Dbl. occupancy \$679 pp / Single occupancy \$1059 pp. / triple occupancy \$539 pp / quad 469 pp. A bus driver gratuity will be collected on the way home (\$17 to \$20 per person is recommended).

**Registration:** Send your check, made out to "Sierra Club L.I. Group", along with your car's make, model, color and license plate number (for security when leaving your car at the golf course) to:

True Hampton, 26 Revere Rd., Port Washington, NY 11050.

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

## *Cross-Country Skiing at Eagle Mountain House* *Jackson, NH, February 6–11, 2022*



Eagle Mountain House, 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. **Beginner, intermediate and advanced skiers** will find many trail options.

### **New this Year:**

**New Faces** – The Burlington Ski and Outing Club will join us on this trip. I’m sure you will find them quite compatible, in fact five of us are LI “transplants.”

**COVID-19** – If you are fully vaccinated at least 14 days before arrival you can travel to NH with no restrictions. If not, get tested with a [viral test](#) 1–3 days before your trip and again 3–5 days after your trip.

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

\$170.26/night for single occupancy

\$235.28/night for double occupancy

\$25.95/night for a standard suite upgrade

**Reservations:** Call Eagle Mountain House by January 15, 2022 at **(603) 383-6911** 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](mailto:cal19@cornell.edu) to let her know you will be participating in the trip.

**Cancellation Policy:** Overnight reservations must be cancelled 72 hours (**February 3**) prior to arrival date. All cancellations have a \$25.00 cancellation fee. If a cancellation is made within the 72 hours cancel time the first night’s deposit will be retained by the Eagle Mountain House.

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

**Check-in: 3:00 PM.** If you plan to ski on the day of your arrival, travel in your ski clothes.

**Check-out: 11:00 AM**

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

## *Cross-Country Skiing at Craftsbury, VT*

### *January 30–February 5, 2022*

The club trip is Jan 30 to Feb 5 (but others have signed up for other weeks, through Road Scholar, which seems to be all sold out now). If you want to go, contact Craftsbury at [www.craftsbury.com](http://www.craftsbury.com). The price is less than a Road Scholar trip because there are no lessons or lectures included; the price also varies based on lodging.

Whether you plan to participate or not, trip coordinator Helen Horton requests that you fill out the Google form at your earliest convenience at the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSebGX1Grrz9oFq0mFqD46svck1wN38mmjqEyP9TQb7p9VHxug/viewform?vc=0&c=0&w=1&flr=0>

Questions? Contact Helen at 631-779-3236 (home); 631-523-7889 (text) or [hahbreeze@gmail.com](mailto:hahbreeze@gmail.com).

### *Need Gear?*

**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 (call to confirm). [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 (call to confirm). 2 W. Jericho Tpke., Huntington Station (631) 549-5087

244 N. Franklin St., Hempstead (516) 481-330

**Action Sports** - Sells cross country ski equipment; does not rent. 1384 County Rd 85, Oakdale (631) 589-6563

#### **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)

## Message from your Membership Chairperson

**LICCSC Members: 113**

**New Members so far this season: 3**

Membership renewals are now coming in at a nice rate. As your membership chairperson, I am asking everyone to renew their membership again this year.

- If you joined or renewed electronically on the LICCSC.org website (with a CREDIT CARD) you will be reminded by the website to renew 1-month prior to the 1-year anniversary of when you last joined/renewed. **You do not have to do anything to renew with this method unless your credit card information has changed.**
- If you renewed manually (with a CHECK or CASH) last year, **your membership expires on Oct 31, 2021.** You can renew by going to our website [www.LICCSC.org](http://www.LICCSC.org), clicking on the **MEMBERSHIP** menu. Go to the **"Pay With A Check"** section and **print the membership form.** Fill out the form and return with your check.

It is important that everyone renews their memberships. I am passionate about this club and all that it provides. It is because of all of YOU, our members, that this club exists and is so awesome! Please let me know if you have any questions.

**Kim Schultze**  
**Membership Chairperson**  
**631-897-1001**

## Club Officers

Co-President	Ronnie Levy	631-455-4251	President@liccsc.org
Co-President	Bruce Redlien	631-413-2481	President@liccsc.org
Vice President	Frank Posillico	631-928-5232	VP@liccsc.org
Treasurer	Regina Giglio	631-882-5562	Treasurer@liccsc.org
Secretary	Carol MacBride	516-376-7644	Secretary@liccsc.org
Newsletter editor	Stephanie Sakson	516-356-6839	Newsletter@liccsc.org
Past President	Kim Schultze	631-897-1001	PastPresident@liccsc.org
Member at Large	Vladimir Drozdoff	631-805-5932	MAL1@liccsc.org
Member at Large	Anita Risener	631-806-9662	MAL2@liccsc.org
Member at Large	Kenneth Wong	718-539-3966	MAL3@liccsc.org
Hospitality	Roanne Kulakoff	347-867-5607	Hospitality@liccsc.org
Membership	Kim Schultze	631-897-1001	Membership@liccsc.org
Webmaster	Patricia McGillicuddy	917-913-0027	Webmaster@liccsc.org