



Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club

Co-Presidents' Message

Hello Happy Long Island Cross Country Skiers,

As of this writing, our wishes have been fulfilled, having just weathered the monster blizzard of 2022. Some of us out in Suffolk County are contending with 16–22 inches of the white stuff, with somewhat less in Nassau County and Queens. At any rate, we all look forward to enjoying the skiing on Long Island for as long as the snow holds up. The LICCSC Google Group is busy with notices of members' ski plans, recommendations, and reports on snow conditions. Do share your experiences and pictures with the group. That keeps us all connected and inspired.

Stay active, healthy and safe!
And ... continue to THINK SNOW!

Ronnie Levy and Bruce Redlien
Co-Presidents, LICCSC

Future club meetings:
Thursday Feb. 17 (Zoom)
Thursday March 17 (Plainview library, we hope!)

Table of Contents

Pole Hiking article from New Moon.....	2
Photo Gallery.....	3, 4
Eagle Mountain House Trip.....	5
Classified Ads.....	6
Instructional Video links	6
Membership/Officers.....	7



Top: Anna Fader makes tracks in Brooklyn. Bottom: Linda Ilan and Roanne Kulakoff at Bethpage Park.



Pole Hiking Can Add an Edge to Your Walking Workout

Reprinted from New Moon News (<https://blog.newmoonski.com/2021/11/03/pole-hiking-can-add-an-edge-to-your-walking-workout/?A360=217319690>)

Pole hiking/Nordic walking had been around for years before it was formally recognized as an off-season cross country ski training method in 1979 by the Finns. But you definitely do not have to be an athlete to reap the benefits of this low-impact sport.

In fact, Chris Y. really got into pole walking after his back fusion a few years ago. Over the course of his recovery, walking became a little too easy and he was looking for a bit of a challenge, “Using poles turned walking into a full-body exercise,” he says. “They added a component that helped stabilize my core and an aerobic component that helped me regain some fitness. I was able to achieve double the amount of exertion (than walking) in about half the time.

Adding an aerobic component is just one pole perk. Using your arms not only ups the cardio but, of course, engages those specific muscle groups, promotes better circulation, and prevents swelling. Walking poles take stress off your joints, especially when climbing or descending. They also help you walk smoothly, usually at a slightly faster pace. Poles can help you balance over tricky terrain, water crossings, ice, or loose ground. And, use your them to check water depth, ice thickness, or the stability of a questionable section of trail.

Joel and Kristy decided to switch the Tuesday night group over to pole hiking for many reasons, not the least of which is that it is a great mimic of cross country skiing. “When you’re working out with poles, the muscle specificity is pretty analogous to xc skiing,” Joel explains, “You can feel each muscle group working—the lats, the triceps, the biceps.”

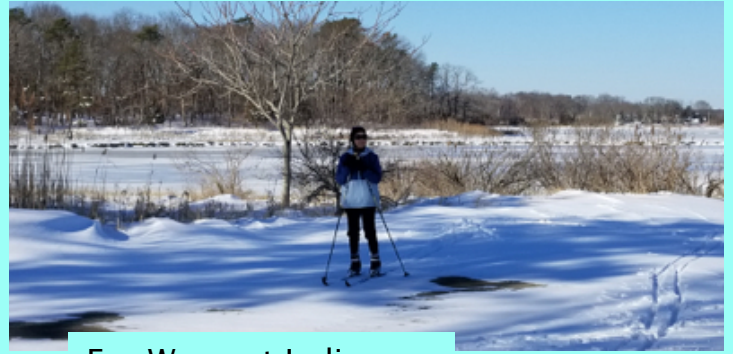
“But really, there are two main reasons I like to pole hike for exercise at this time of year. Number 1, I’m lazy,” laughs Joel. “I like to ride this time of year, too, but bike cleanup takes too long. It’s a half-hour more after I’m already wiped out. When I pole hike, I throw my clothes in the wash, put the Sidas Therm-ic UV pods in my shoes, and I’m done.” The most important reason, though, is the company, he says. “It’s very social. I don’t like to go out after a long day and work out. If I’m with a bunch of folks, that makes it easy for me.”

As with all pastimes, you can get deep into pole hiking/ Nordic walking: technique, equipment, Nordic theory. But the great part is that it can be super simple, too. Grab some poles that are comfortable for you, some appropriate footwear, maybe a few friends and you’re ready to go.





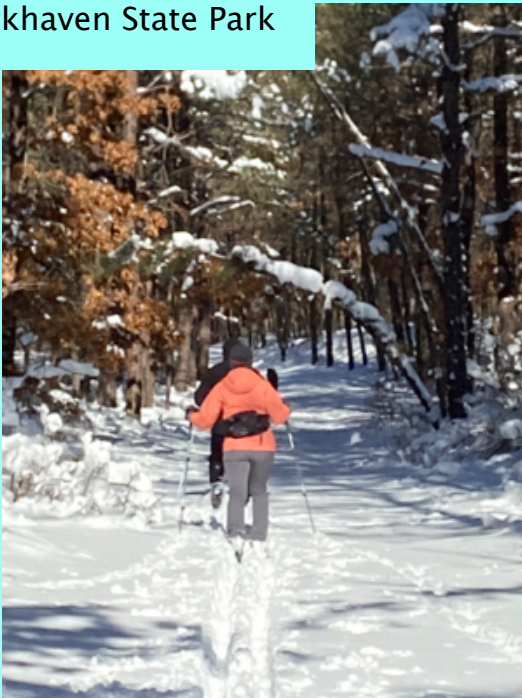
Jan Brenner, Linda Ilan, and Claudia Schellenberg at Caumsett State Park



Fay Wong at Indian Island County Park

Bethpage State Park

Anita Risener and Lisa Romanacce at Brookhaven State Park



Regina Giglio, Bob and Verna Rothberg at Wildwood State Park



Stephanie Sakson, Amy Olander, Sue DeMasi, and Lars Olander at Muttontown



Jean McGuinness and new member Carrie Dansky at Sears Bellows



Ronnie Levy, Bob Rothberg, Frank Posillico, Regina Giglio, and other club members at Wildwood State Park

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 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.

Classified Ads

New! The *Happy Trails* classified ad section; please drop me an email if you have something to sell or give away or are in search of something. From skiing equipment to whatever you might need or want to share with someone else, list it here! Please specify FOR SALE, FREE or WANTED, provide detailed description, price (if not FREE), location, your email and/or your phone number. —Stephanie Sakson, *Happy Trails* editor

FOR SALE: Merrell Moab mid waterproof boots (still # J88792) size 9.5. Used but in great shape. They are regular width, but might run on the narrow side. I LOVE them. Very comfy, but my feet grew! Color is gray-periwinkle. I paid \$135; will take \$75 or best offer. Call/text Sue DeMasi at 631-553-2404.

FOR SALE: Snowshoes, Atlas Helium trail, size 23. Black with green/yellow straps. They go for about \$135-140 new. I only used them once after buying them in 2020. Is \$100 ? Asking \$100 or best offer. Call/text Sue DeMasi at 631-553-2404.

FOR SALE: Acoustic guitar, very good condition, Yamaha FG-402. Asking \$100. Call or text Stephanie at 516-356-6839. In Port Jefferson but will deliver!

FREE: Soaker hose for garden. Call/text Stephanie at 516-356-6839.

WANTED: Slate paving stones (those big gray ones, irregularly shaped or rectangular) or bricks. I will haul away for free! Call or text Stephanie at 516-356-6839.

FREE: Cross-country ski poles. Length 145, in decent condition. Call/text Lars at 631-258-7904.



Instructional Videos

How do I start cross country skiing?

<https://www.youtube.com/watch?v=K6IHqFwmnI4>

<https://www.youtube.com/watch?v=eRjFcZRRN1Q>

How do I ski Uphill?

<https://www.youtube.com/watch?v=3X0Q8VWYNUI>

How do I go down hill?

<https://www.youtube.com/watch?v=9JUxBLikLPo>

What is meant by a snow plow and How do I make turns?

<https://www.youtube.com/watch?v=1rGOKDjTZE5>

https://www.youtube.com/watch?v=_yRGLRAR7QI

Message from your Membership Chairperson

LICCSC Members: 106

New Members so far this season: 5

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 membership subscription yearly anniversary (Your membership subscription yearly anniversary = the Month/Day you initially joined online). **You do not have to do anything to renew with this method unless your credit card information has changed.**
- If you renewed manually last year (with a CHECK or CASH), **your membership expired on Oct 31, 2021.** You can renew by going to our website **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

Club Officers

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