



Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club



Happy club members at the May 15, 2022, club picnic at Bethpage State Park. Photo by Ken Wong. See pages 2 and 3.

President's Message

Hello Fellow Cross Country Skiers!

I am looking forward to an active and fun winter. My fingers are crossed for chilly temps and frequent snow storms. The club has several off-island trips planned and a few more in the works. See all the details in this newsletter or on our website or Facebook group. Do plan to go on one or two trips. It's the best way to improve your skills, check out equipment, and bond with other ski club members.

I also strongly encourage you to attend our meetings at the Plainview Old Bethpage Library. Each meeting will have an educational

component related to XC skiing, plus good people and some light refreshments.

I hope to see you at our first meeting on Thursday, November 17 at 7 pm.

Our meeting dates are as follows, 7 PM sharp, on the third Thursday of each month:

November 17, 2022

December 15, 2022

January 19, 2023

February 16, 2023

March 16, 2023

Ronnie Levy



LICCSC Club Picnic at Bethpage State Park, May 15, 2022

Covid put the kabosh on our annual club dinner typically held at the end of the season, so we thought an outdoor event would work. Anita Risener suggested Bethpage State Park, and put in many hours of planning to make it a huge success. Thank you, Anita! She was the mastermind behind a wonderful day, which included lawn games, biking, hiking, and a fun raffle with some really nice prizes. The weather



was perfect and we had a nice turnout.

Covid had also slowed our chance to acknowledge the work our former president, Kim Schultze, had done for the club, so at the picnic we had the opportunity to give her a gift of appreciation. What a great club!



Linda Ilan (above) sorts out the raffle prizes, of which there were many! Thanks to all who helped out to make this event a success! Photos by Ken Wong.



Helen Horton oversees the giant Jenga game! Photos by Linda Ilan.



Club members enjoying a delicious picnic. Left to right: Michelle Munro, Stephanie Sakson, Jan Brenner, Bill Houck, Sima and Bruce Redlein. Photo by Ken Wong

Where to Cross-Country Ski on Long Island *(from West to East)*

I asked some of our members about their favorite local places to ski, and here is what they said! *Note:* Check hours of operation; many parks close at 3:30 or 4 pm. State parks may charge \$8. Many of these parks are multiuse, so other users may have walked on ski tracks.

Bethpage State Park

A club favorite, rolling terrain, nice views, facilities

Muttontown Preserve

Stephanie Sakson says: fun to discover the ruins of Zog's mansion, 500+ acres, limited parking, bathrooms, no fee

Dix Hills Park, Dix Hills

Neil Grossman says: With a golf course, swimming pool, and an ice-skating rink, in the past the town has also marked a x-c ski trail on the golf cart paths. [Not sure whether they will mark trails this year.]

There are three ways to cross country ski there. People walk on the trails, so the best time to ski is right after a snow fall (paths leading to the sledding hills have the heaviest foot traffic). You can ski: (1) on golf cart and walking paths inside the golf course, (2) on the golf course itself, (3) on the perimeter trail, which follows the park boundary fence, 1.9 mi.

For a map of the park and trails see below or go to: https://www.hufsd.edu/assets/pdfs/community/local/archived/2010/local_town_trails_guide.pdf

Shortly after you enter the park there is a parking lot to the right that is used for the golf course. It is usually not plowed in the winter until all other roads are plowed. If unplowed then continue on the main road until the traffic circle. Here if you go to the right is the ice-skating rink. To the left is a large parking lot. At least part of this parking lot is always plowed. All of the trails/roads marked with a dotted gray line; to the left of the center parking lot are trails good for x-c skiing.

Caumsett State Historic Park Preserve, Lloyd Harbor

Eleanor Perlman says: there are bathrooms and parking

Stephanie says: nice views of Sound, often well-tracked by other skiers

Caleb Smith State Park, Smithtown

Anita Risener says: lovely, well-marked wooded and open trails with beautiful scenery, small parking lot, bathrooms

Connetquot Park Preserve, Oakdale

Bruce Redlien says: 3400+ acres, flat, blue trail is 8 miles, nice view of lake and streams, limited parking on popular days, closed Mondays

Setauket-Port Jeff Greenway

Ronnie Levy says: 7 miles round trip, plenty of parking, multiuse

Stephanie says: no fee, paved surface needs sufficient snow, no facilities

Wertheim National Wildlife Refuge, Shirley

Ronnie says: totally flat loops, plenty of parking, clean portapotties

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Where to Cross-Country Ski on Long Island (from West to East) (continued from page 4)

Brookhaven State Park (entrance on William Floyd parkway northbound)

Ronnie says: parking on side of William Floyd Parkway (unless gate is open), choice of 3–4 loops of various lengths, some mild rollers, views of lake, outdoor portapotties

Bruce says: green trail is 5+ miles long, tracks often put down by other skiers

Wildwood State Park, Wading River

Bruce says: nice rolling terrain, big parking lot, heated bathrooms

Anita says: a favorite local place to ski, well-marked trails with some maps along trails, yellow trail has views of Sound

Indian Island golf course

Quogue Wildlife Refuge

Helen Horton says: 300 acres, wide trails, ski rentals available (check first), nature center with fireplace

Sears Bellows County Park, Hampton Bays

Sheila Lipshie says: Terrain is flat to rolling. Trails have a couple of small steep spots that are a bit tough on skis but there are also lots of woods roads that are wider and more suitable for skiing. There's also a power line running along the edge of the park that's perfect for skiing: rolling hills, wide and well graded. Plenty of parking, clean heated bathrooms open every day, two lakes, picnic area with tables and benches.

This article in Newsday has more information: <https://www.newsday.com/lifestyle/recreation/where-to-go-cross-country-skiing-on-long-island-1.14367495>

Where to Cross-Country Ski Off-Island

The club has hosted trips off-island for many years, but even if a trip is not planned, consider taking advantage of these lovely ski centers, some only a few hours or half a day's trip from Long Island.

Fahnestock Winter Park, Carmel, NY

[from their website]: Situated in the heart of the Hudson Valley, the ski area is nestled in the 16,000 acre [Clarence Fahnestock Memorial State Park](#). Fahnestock Winter Park offers 18 km of machine groomed, tracked and mapped trails for beginning and experienced skiers and snowshoers. Families find the park particularly enjoyable because it offers easy terrain to ski on near the lodge. The sledding hill and hot chocolate to sip in front of the outdoor fireplace are nice complements to day-long trips.

The Park features Concession stand with food, beverages, and restrooms. The Winter Park is located at an elevation of 1,100 feet which helps capture addition snow during storms. Along with a forested northwest trail system, this helps maintain a good snow base. A variety of lodging options are close by.
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Club Trip to Lake George, NY (Bus Trip)

January 13-16, 2023 (Martin Luther King, Jr. weekend)

This year for the Martin Luther King weekend bus trip we are unable to return to Lake Placid as they are hosting the International Winter Games and the town is booked. After much research we have chosen Lake George. It is a two hour less bus drive. We will be staying at the Fort William Henry Resort. It is lakeside lodging, and has an indoor pool, a sauna, and jacuzzi. On site there are three restaurants and bars. The resort is close to town, which has shops, cafes, and eateries.

The price includes breakfast daily, round-trip motor coach transportation, and all taxes and services at resort.

Prices per person are: single \$925 / double \$619 / triple \$509 / quad \$459

To register, please write a check made out to the Long Island Sierra Club in the entire amount and send to: True Hampton, 26 Revere Rd, Port Washington, NY, 11050

Please include your address, email, and phone number with the check. Also, please include the license plate number, color, and make and model of the car you will be driving to meet the bus at Bethpage Golf Course parking lot.

No check will be cashed until December 7. At that time if we do not have sufficient number of participants, the trip will be canceled and the check will be returned.

Questions? Call: 516-835-7689 (True Hampton) or email truehampton@yahoo.com

Where to Cross-Country Ski Off-Island (continued from p. 5)

Lapland Lake XC Ski Center, Northville, NY; https://www.laplandlake.com/cross_country_ski/

[from their website]: Founded in 1978, Lapland Lake features unparalleled woodland skiing on a superb trail system designed by Olavi Hirvonen, former U.S. Olympic skier (1960, Squaw Valley). Tucked away in a unique snow basin in the heart of snow country, Lapland Lake has some of the most reliable snowfalls in the East. Glide through majestic forests and alongside scenic streams and lakes. Trails are groomed midweek days as well as on weekends and holidays.

Sheltered by pine and hardwood forests, 38 of our 50 kilometers of trails are trackset with skating lanes. The vast majority of our trails are one-way, providing skiers and snowshoers with a remarkably peaceful woodland experience. Twelve kilometers of trail are ungroomed, marked and mapped snowshoe trails which provide a solitary Adirondack wilderness experience.

Other places (see information on following pages for club trips planned to these and other locations):

Lake Placid, NY / Stowe, VT / Jackson, NH / Garnet Hill Lodge, North River, NY

Club Trip to New Hampshire, February 5-10, 2023



The **Glen House** is located on the grounds of the Great Glen Ski Area and features an indoor, heated, saltwater pool and full-service restaurant. The Glen House will be a comfortable alternative to the Eagle Mountain House and the location allows us to ski at the same familiar areas. A block of rooms will be held for us until January 6.

Rooms: We have a choice of rooms with either one or two queen beds. The rate is \$172.50 including tax, regardless of how many people use the room, up to a limit of 4 people in a 2-bed room.

Meals: We can eat breakfast in the hotel restaurant and order from the regular menu. If we have 12 or more participants, I can arrange for a breakfast buffet for \$24.73 per person, including tax and gratuity. Given the price I would only consider doing that for the first morning.

The hotel restaurant also serves dinner and there are several other restaurants in the area.

Reservations: We can begin to make reservations on Oct.23 - call 1-603-466-3420. Be sure to identify yourself as a member of the Long Island Cross Country Ski Club. A one-night deposit is required. If you are sharing a room, one person should make the reservation for both of you and provide your roommate's name. After your reservation is confirmed e-mail Lyn Lettieri at cal19@cornell.edu to let her know you are participating and whether or not you are interested in a buffet breakfast on the first morning.

Cancellations: If you cancel up to 48 hours before the arrival date you will be charged \$30; any later than that you will lose your first night deposit.

Skiing: Great Glen: ski right out the door; Jackson: 15-minute drive; Bear Notch: 28 minutes; Bretton Woods: 50 minutes

Snowshoeing & Hiking: All the ski areas have snowshoe trails but hiking is not generally permitted on them. Trail fees are the same as for skiing.

White Mountain National Forest trails permit both snowshoeing and hiking. There is no trail fee, but a day-use pass must be displayed on your car and can be purchased on-line for \$5 at <https://www.recreation.gov/sitepass/74457>

There are several other trails in the area where you can snowshoe or hike for free. Lyn will have information to share. Bring warm, sturdy hiking boots and spikes.

Meeting room: We will have use of a room where we can meet and socialize but we are not permitted to bring in any of our own food or drinks.

Cross-Country Skiing with Road Scholar at Garnet Hill Lodge, North River, NY February 27-March 3, 2023

Road Scholar is running several trips to cross-country ski at Garnet Hill Lodge in North River, NY. The club has been to Garnet Hill before, and it is a stellar place to ski. There are several dates, but club members have signed up for the Feb 27-March 3 trip. The program number is 23189HGZ. The trip price includes 5 nights of lodging and 6 days of skiing, as well as 14 meals. Included in the cost will be xc skiing with instruction at various levels for small groups, a nighttime snowshoe trek, yoga, outdoor survival lessons, and "other activities." This trip is similar to the Craftsbury trips many of us have gone on in the past.

The cost is \$1399 per person in a double and \$1689 for a single person, in a standard room. There are additional costs for choice of a room with a balcony and if you are adding an airport shuttle.

If interested, please call Road Scholar and see if you can get on the waiting list.

If you say you were referred by me, you can request a Road Scholar brochure and be entered into a \$500 sweepstakes. Their phone numbers are 800-454-5768 and 877-426-8056.

We currently have 7 people signed up. If you are going and wish to carpool, I will be happy to try and help connect people.

Ellie Perlman (eleonorperlmanlcs@gmail.com; 631-807-5317)

"Rusty"?

At the beginning of the season we all might feel a bit "rusty". How confident are you on the trails? Visiting a cross-country ski center or going on one of the club trips and meeting with an instructor, even for only one session, will help you out on the trails. Why limit yourself to just the "easy" trails? If you take a lesson or two, you may learn some skills to help you get out of the beginner's rut. Take a look at the "achievement card" to the right and see how many skills you feel confident with. See the next page for tips on nordic ski technique.



Message from the New Vice President of the LICCSC

Anita Risener

Hello everyone. As you may have heard, our previous Vice President, Frank Posillico, has stepped down and I have stepped up to this position. Thank you, Frank, for your efforts while in this position. Thus far, I have received enormous support from the Executive Board and want to extend my thanks to all.

One of the primary tasks of the VP is the Club Trip Coordinator. This entails gathering all the details of scheduled trips from the trip leaders, organizing the info into a consistent format, and forwarding it to the webmaster for inclusion on our webpage and to our newsletter editor. This process has fallen apart over the past few years.

I am hoping to get us back to following this process in order to avoid confusion and provide all necessary information for club members to

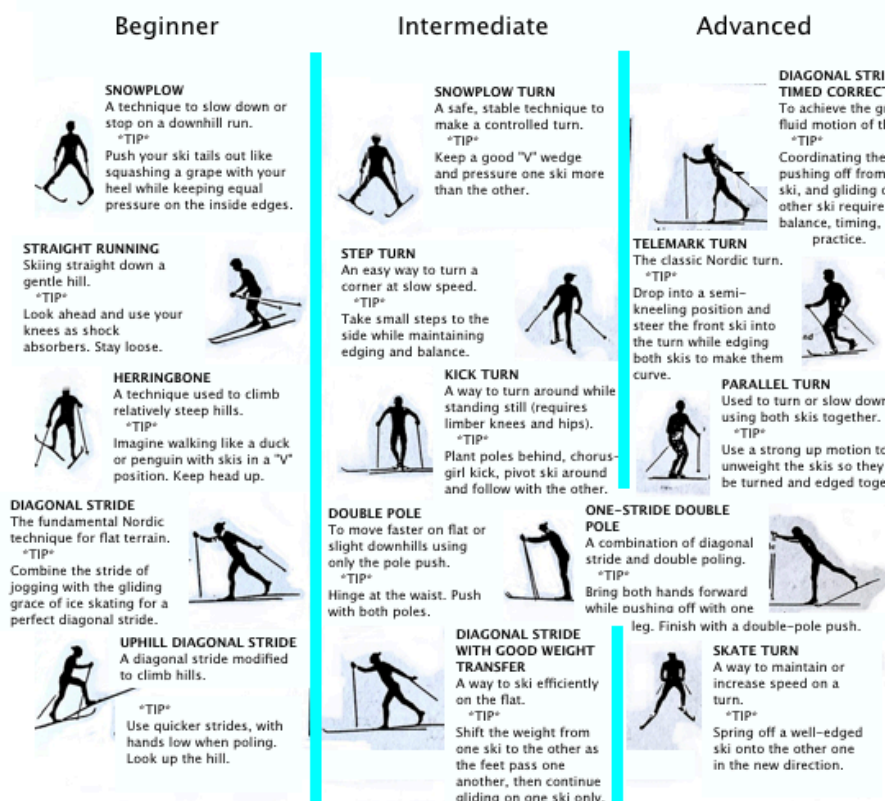
be able to choose their trips and know who to contact for further questions. Toward that end, we are developing an easy form for trip leaders to complete with the required trip information. I will ask all trip leaders to complete and forward the form to me and I will then get the info to the webpage and newsletter. This will apply to new trips, but those already organized can benefit as well.

I appreciate trip leaders' cooperation with this process even though you've all been doing it differently for a while now. The goal is to make everyone's tasks easier.

I'm looking forward to a snowy winter and seeing you all on trips, at in-person meetings, and on hikes (when no snow!)

Thank you!

Anita Risener, VP, LICCSC



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

Message from your Membership Chairperson

LICCSC Members: 117 / [New Members so far this season: 2](#)

With the cooler weather comes the anticipation of getting to go XC skiing! I am so looking forward to skiing with LICCSC this winter. As your membership chairperson, I am asking everyone to renew their membership again this year.

If your membership was paid online (with a credit card there is nothing you have to do. Your membership will renew automatically on the anniversary of when you signed up online.

If you joined or renewed your member manually last year (with a CHECK or CASH), **your membership will expire on Oct 31, 2022.**

You can renew manually by going to our website www.LICCSC.org, click 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.

If you prefer to pay with a credit card online this year, go to our website www.LICCSC.org, click on the MEMBERSHIP menu. Go to the “Pay with a Credit Card” section and click on the blue box that says “Purchase Membership”

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! Come play in the snow with us!

Kim Schultze (kschultze@cbamhomes.com; 631-897-1001)

Club Officers

Co-President	Ronnie Levy	631-455-4251	President@liccsc.org
Vice President	Anita Risener	631-806-9662	VP@liccsc.org
Treasurer	Regina Giglio	631-882-5562	Treasurer@liccsc.org
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