



Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club



Trails at Cascade Cross-Country Ski Center, near Lake Placid, NY.

SWAP MEET!

The January club meeting is our annual swap meet! Bring items (or show them on Zoom) that you want to sell, trade, or give away.

CLASSIFIED ADS to come!

Fellow skiers! Have things to sell or something on your wish list? Send me classified ads and I'll list them for free in the next issue of *Happy Trails*!

—Stephanie Sakson, editor
(email: newsletter@liccsc.org)

President's Message

Hello Fellow Cross County Skiers,

It is officially winter, so continue to THINK SNOW!!! We have our club ski trips coming up right around the bend, although as I write this, it's more like the beginning of spring. Let's be optimistic about getting some local snow so that we can enjoy all the great parks that our area has to offer for skiing.

Our next meeting will be on Thursday, January 19, 2023, again with a hybrid format. You may attend in person at the Plainview Old Bethpage Library, or you may tune in via Zoom. We will be meeting in a different room for January and February; details will be forthcoming. January will be our annual Swap Meet. Bring any equipment, clothing, or other

related items to sell, swap, or give away. Those attending via Zoom will have a chance to show attendees anything they wish to be included in the Swap.

Just a reminder that if you are on the fence about the bus trip to Garnet Hill/Lake George, you have until January 5 to let True Hampton know your interest and send her your check [see p. 5].

I certainly hope that everyone enjoyed the holidays. Best wishes for a Happy, Healthy, Safe and Snowy New Year ahead.

Ronnie Levy
President, LICCSC

UPCOMING MEETINGS

January 19, 2023

February 16, 2023

March 16, 2023



So, You Want New Skis?

Some Advice from Rick Halling at Fischer Sports

Rick Halling of Fischer Sports was kind enough to give a presentation and answer many questions from club members at our last meeting in December. Here is some information he provided after the meeting. Feel free to contact any of the helpful folks at New Moon, for example, or other retailers.

So, you want new skis. **Here are some questions to consider:**

1. How much skiing have you done? Do you ski in groomed tracks? Do you break your own trails?

2. Do you own equipment now? What type of equipment? Touring, backcountry? Racing? Why do you want new gear? What is it you like or dislike about your current equipment?

3. Where will you be doing most of your skiing? Groomed tracks or outside groomed tracks? If you are skiing both, how much time will be in track and how much will be out of track? If you are skiing in the back country, how rugged will the terrain be? How serious will the descents be where you are going?

4. With whom will you be skiing? If your friends are on wide, metal-edged skis with backcountry boots, then you will need similar equipment to handle the same terrain. If your friends are on narrow, lightweight touring skis with light boots, then you might want similar

gear to keep up. It is best if people are on gear similar to the rest of the group.

5. How often do you think you will ski? This will give you an idea of how high up in any one category you should go with gear. It doesn't matter if you want backcountry, lightweight touring, or racing; if you will be skiing a lot, then you might consider fairly high-end gear within each sector.

6. What other sports do you enjoy? If you are a fairly serious athlete in an aerobic sport, and you live near groomed tracks, you will probably be happiest with actual race skis and boots even if you are new to this sport. At the other end of the spectrum, if you are not very active you might want wide soft, easy-to-use touring skis even if you have been Nordic skiing for a number of years.

Types of Skis

NORDIC CRUISING

Also referred to as compact touring or light touring, these skis range from 48 to 60mm wide in the tip, only come in waxless versions, and do not have metal edges. They range from 159 to 189cm in lengths.

What are they made for? These skis are fun for both in- and out-of-track skiing if the snow is no more than calf deep. They really excel in "skied-in tracks" when you ski at a place where

there is no grooming but a lot of people ski over the same path. And they perform very nicely in machined groomed tracks at an actual ski area.

For whom are they made? Those who will be skiing in lighter, out of track conditions, who don't need wide or metal-edge skis. Those who enjoy fun recreational skiing in groomed tracks and are not looking for the performance of a racing ski.

The Nordic Cruising/Sport boots are lighter and more flexible than boots for the back country. They are easier to get good kick and glide than a BC boot. This category boot fits a little wider than race boots for better circulation which means better warmth and comfort than a race boot. The extra insulation and the nice soft sole makes these boots a few grams heavier than a race boot, but they are still genuinely light when compared to BC.

Fischer Nordic Cruising Skis: Orbiter, Cruiser, Voyager, Jupiter, Inspire My Style, Mystique My Style, Passion My Style, Desire My Style

SPORT

Most of what was written above for Nordic Cruising applies to Sport as well. These are skis that are 48 to 60mm wide and come without metal edges. However, they come in longer lengths than Nordic Cruising with their longest lengths ranging from 207 to 210cm. Just like the Nordic Cruising, they are great for casual out-of-track skiing and in-track skiing, and they are fun and forgiving in groomed tracks. Why offer both Sport and Nordic Cruising? Sport skis with their longer lengths will glide a little faster than Nordic Cruising. Skiers who spend most of their time in terrain with very gentle and easy downhills like the

faster glide of sport skis. Skiers in the mountain states prefer the Cruising skis because of the easy control during descents. If in doubt, go with Cruising.

The Sport category uses the same boots and bindings as the cruising category.

Fischer Sport Skis: Superlite, Sport Glass, Summit Crown, Ridge Crown, Country, Spirit Crown, Country Crown

RACING

A large percentage of racing gear is sold to people who will never enter races. This is a fun category for a wide range of people who just want to ski in groomed tracks; you don't have to be an elite athlete to enjoy the benefits of racing gear. Racing skis are narrower, stiffer, and lighter than the skis of any other category because they are meant to be used only in groomed tracks. The boots fit snuggler than the boots of other categories and they are lighter, with less insulation. The idea is that racing boots are like running shoes; the skier using them is going around a track at a high tempo and they do not need the insulation to stay warm.

It is very common for those who live near groomed tracks and are fairly athletic to go with racing skis and boots, even if they will never compete. If you are active and plan on skiing only on groomed trails, then you should consider racing gear even if you are fairly new to the sport. Skating is often the better choice over classic for some people. It is quicker and easier to develop the basic skills of skating than classic and you don't need to learn about kick waxes. This is especially true for those serious bike racers or triathletes who are looking for effective off-season training.

Fischer Race Skis: Speedmax Skate/Classic, Carbonlite Skate/Classic, RCS Skate/Classic, RCR Skate/Classic, SCS Skate/Classic, CRS Skate/Classic, SC Skate/Classic/Combi

OFFTRACK CRUISING

Skiers who spend most of their time skiing out of track, and just occasionally ski in groomed tracks, will want Fischer's Offtrack Cruising series of skis. The tips range from 60 to 68mm wide and they are rather soft, so these skis have nice flotation in untracked snow. However, they are not too wide for groomed tracks and they have enough camber for lively kick and glide. Seniors love these skis for groomed tracks because they are so forgiving and stable; they also like the metal edges for downhills on groomed tracks. However, these skis are by no means an "Old Person's" ski. Others love them for lively skiing in a broad range of conditions.

The Offtrack skier wants higher-cut boots with more insulation and more ankle support than Cruising customers. Fischer offers the Offtrack 3 and 5 series of boots for this category, which use regular touring soles and are used in the basic T3 Touring binding. The Offtrack 3 BC and Offtrack 5 BC use the BC sole for the NNN BC binding; both of these boots are also available in My Style versions. Skiers who are doing a lot of in-track skiing or going where the snow levels are not too deep will probably prefer the regular Offtrack 3 or Offtrack 5. The regular touring sole is a little softer and lighter than the BC version and it makes for better kick and glide. Skiers who are predominantly skiing out of track and/or dealing with some steeper vertical and deeper snow will want the BC versions. The BC sole is a little wider with a stiffer torsional flex so it offers better control of the ski.

Fischer Offtrack Skis: Adventure 60 Nis, Spider 62, Outback 68

BACKCOUNTRY

The best way to describe this category is: *Skiers who want nice long kick and glide skiing in gentle rolling or flat terrain without serious vertical descents far away from groomed tracks.* This is where your answers to the questions is key. Wilderness skiing for many people means logging roads in state or National Forests, crossing frozen lakes, or enjoying snowy meadows with rather slight inclines. These folks want skis that range from 89 to 109mm at the shovel, have true double camber, and come in long traditional lengths and have metal edges. These skis will offer better kick and glide performance than their shorter counterparts. Backcountry skis can turn okay on the downhills; they simply are not as maneuverable or easy to turn as shorter, metal-edge skis.

Boot choice for Backcountry is similar to what was discussed above with Offtrack Cruising. The regular Offtrack 3 and Offtrack 5 boots make for better kick and glide if the skier is dealing with gentle terrain. If you want better turning and control on downhills, go with the Offtrack 3 BC or Offtrack 5 BC.

Fischer Backcountry Skis: E89, E99, E109

S-BOUND

A large percentage of these out-of-track skiers are not looking for long kick and glide performance. They are breaking trail, bushwhacking, and skiing far away from the madding crowd. Excellent grip is a high priority and so is nice flotation in deep snow. Getting a fast smooth glide on the flats or gentle uphill is not a major consideration for these folks. They are also placing a high priority on vertical performance. They want a



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.

Price includes breakfast daily, round-trip motor coach transportation, and all taxes/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 January 4. 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

ski that turns easily in steep terrain on everything from wind-blown hard pack to soft, deep powder. Fischer S-Bound skis range from 78 to 112mm at the shovel and all have the Nordic Rocker Camber for nice flotation and easy grip. The S-Bound 78 has the most camber of all the S-Bound skis. This means it will glide a little better than the wider models in the fats. As you go wider, up to the S-Bound

112, the skis have less camber. Why less camber? It is easy to flex a ski with less camber, which makes it easier to turn the wider skis. The steeper and deeper of the vertical, the better it is to go wide. The flatter the terrain, the better it is to go narrow.

Fischer S-Bound Skis: S-Bound 78, S-Bound 88, S-Bound 98, S-Bound 112

Club Trip to Craftsbury, Vermont

January 22-27, 2023

Location: Craftsbury Outdoor Center
535 Lost Nation Road
Craftsbury Common, VT 05827
802-586-7767
stay@craftsbury.com

Trip Coordinator: Ronnie Levy
631-455-4251
nurserbl@hotmail.com



Cost: This is an all-inclusive trip. Once you arrive at the facility you do not need to use your car again. Three healthy, hardy, sustainable meals are provided daily. The price of the ski pass is included in the cost as well. Cost will depend on the accommodations you choose, but are generally reasonable. For example, a double room in Cedar Lodge with shared bath will cost approximately \$534 per person for five nights, which includes all meals and trail passes.

Lodging: They offer a wide array of lodging styles. Cedar Lodge offers traditional dormitory-style rooms with a mixture of twin and full-sized beds with shared bathrooms. They also have two suites and one room with private bath available. The Lakeside Cottages offer rustic private accommodations for up to 8 people and are only a stone's throw from both Hosmer Pond and the dining hall. The newly built Hillside Cabins have flexible sleeping arrangements for up to four people and mini kitchens in each unit.

How to Sign Up: Contact Craftsbury directly at the above phone number to discuss room availability and rates. You can always go on the waiting list if the type of room you want is not available. Then let the trip leader (Ronnie Levy) know of your plans.

Cancellation Policy: You can cancel up to 14 days prior with a \$20 handling fee.

Miscellaneous: There are about 25 LICCSC members signed up for this trip, so it will be a great way to meet others in a relaxed enjoyable atmosphere. We will have a nightly happy hour, games, and socializing at the Cedar Lodge. Lessons are available. I will explore group lessons once they open for the XC season. Also we will be skiing with very high-level athletes who are in training at Craftsbury. They do have a smallish ski shop as well. I encourage you to check out their website. This is really a special place.

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 \$150.82 including tax,

regardless of how many people use the room, up to a limit of 4 people in a 2-bed room. The rooms have mini-fridges. Our block of rooms will be held until January 6.

Meals: We can eat breakfast in the hotel restaurant and order from the regular menu. There is a nice variety of choices and a wide price range. The hotel restaurant has a dinner menu and a less expensive bar menu. Days and times of service vary between the two, but we will be able to have dinner in the hotel every night.

Reservations: 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, email Lyn at cal19@cornell.edu to let her know your are participating.

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)

Message from your Membership Chairperson

LICCSC Current Members: 112

New Members so far this season: 4

I want thank everyone in LICCSC for renewing their memberships and I want you all to know how much I value all our members. It is because of all of you that we are great! I **would like to ask all current members to help us grow. Invite others you know to join LICCSC. Equally important is to make sure we all welcome new members and encourage them to feel included in all club activities.** If you see someone you don't know at a meeting or at a XC ski event – go up and introduce yourself. They would probably like to meet you as much as you would like to meet them. Please remember to include/invite new members to ski when we have local snow or to include them on XC trips or in carpooling, etc. If we cannot attract and retain new members we will not survive as a club. I am passionate about this club and I suspect you are as well. Help me to attract and welcome new people to this great club. Invite them to come play in the snow with us!

The annual membership list with contact info will be coming out via email in January. Please watch for it in your email. It is only sent out once each year.

Come play in the snow with us!

Kim Schultze
Membership Chairperson
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	Fay Wong	415-793-1953	Treasurer@liccsc.org
Secretary/Sunshine	Carol MacBride	516-376-7644	Secretary@liccsc.org
Newsletter Editor	Stephanie Sakson	516-356-6839	Newsletter@liccsc.org
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Member at Large	Kristi Halpern	516-241-5659	MAL1@liccsc.org
Member at Large	Judy Kislik	516-965-8353	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