

# CNSC NEWSLETTER

March 2009  
Dan Karig, Editor

## PRESIDENT'S COLUMN

What a great ski season it has been. Most, if not all of the planned tours came off as scheduled. I know first-hand that the BREIA, Highland Forest, and Bear Swamp tours were well attended and were lots of fun. Read on for pictures and reports of some of these tours. Club members were also very active on the racing scene, representing CNSC respectfully in the NYSSRA points series, the Empire State Games, and even at World Masters Championships. Look for Dan's article for more details of CNSC at the races.

Club members put on two technique clinics at the Swandrome. Dan presented a classic technique clinic and LiLynn gave a freestyle clinic. Plenty of skiers made use of these opportunities. Good technique deserves well-tuned skis, and that's where Tom Sebring came in, giving an early-season waxing clinic, after which we were able to test our skis on the Sebring/Swandrome trails. After that, we all lied about how fast we were able to make our skis go over glasses of wine and bottles of beer. Thanks to everyone who organized and participated in the tours, the races, and the clinics. Special thanks go to Glenn and Marcia Swan, Tom and Susan Sebring, and Lois Chaplin for inviting us into their houses for après ski gluttony.

To celebrate this season's success, and to discuss next season, we will hold our spring dinner and meeting on March 27. See the announcement in this newsletter. In addition to the routine topics, spring is when we

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### **CAYUGA NORDIC SKI CLUB SPRING DINNER**

When: March 27th, 6:00 PM (social time at 6:00, dinner at 6:30, business meeting to follow. Out by 8:15)

Where: Riley Robb Conference Room (Room 400) Cornell Campus

How Much: \$8.00/member. Pay upon arrival.

What \$8.00 gets you:

A catered meal, veggie or non-veggie

The chance to re-elect club officers or to toss them out on their ears.

[\(If you would like to become an officer, please let a current officer know before April 6\).](#)

The opportunity to give us your input.

Please bring your own table service. The club will provide soft drinks, coffee, and tea.

Hope to see you there.

**PLEASE RSVP BY MARCH 20 TO:**

Jack 607-5396710, [jrueckheim@frontiernet.net](mailto:jrueckheim@frontiernet.net)

## *President's Column; continued*

elect our new slate of officers or, more likely, re-elect our old slate of officers. I repeat; if you are interested in becoming an officer, or know someone else who is interested (even though they don't know it), please let me know. If we have time following the business meeting, we will explore some of the deeper mysteries of the CNSC, including

- Who will run next year's club race? Or, Will there be a club race?
- What does "PJ" stand for?
- What does a person have to do to become Immediate Past President (Tob, help me out here)?
- Will Dan ever slow down?
- There are 113 CNSC members. Where are the 83 members we've never seen?

Hope to see some of the lost tribe at the dinner meeting!

### **CAYUGA NORDIC AT THE RACES**

*By Dan Karig*

Prez Jack should be writing this column instead of me, as he's been much more involved in the racing scene than I have since the last newsletter. I can dispose of my activity in a few sentences. The Masters' Word Cup (aka championships) races in Autrans, France were frustrating. Snow conditions were less than fun, being close to that miserable 0° C and with new snow in the first race. I double poled with the best for the first half of that race but was totally out of it on the steep hills near the end. Wax-less skis worked and mine didn't. My second race went better, but I still had insufficient kick. Nevertheless, a 4<sup>th</sup> place was at least as good as I had realistically hoped for. Then I caught the disease that more than decimated the field-end of story. After the several weeks I needed to recuperate I had lost interest in competition and decided to just ski-a pleasant contrast.

On the other hand we had a number of club members who certainly didn't lose their interest in the chase. Leading the charge was Pat McCabe, who entered 9 NYSSRA-Nordic races this season and who had top points in his age class (M5). Audrey Balandier was tops in the women's section of the M5 class. OK, I topped the M9

class, but in a field of 2! Prez Jack was only the 3<sup>rd</sup> M5, but out-persisted the competition to win that class in the 20 km classic NYSSRA-Nordic championship race. We've got to see that medal.

The club lacked a number of racers this season, for a number of reasons, but still was 6<sup>th</sup> of the 18 registered NYSSRA-Nordic racing clubs. We need some new young(er) blood.

### **A YOUTH SKI PROGRAM**

*By Dan Karig*

As has been noted by several of us at several occasions (at least), the club is a bit top-heavy, age-wise that is. Of course there is nothing wrong with having as many of us "elderly" as possible participating in the various aspects of the club but shouldn't we also be looking at the other end of the spectrum? We have several skiing families with young skiers and, I note with pleasure, there have been several junior skiers on our tours.

We used to have a youth ski program but it morphed several times and now seems to have disappeared. There is really no good reason why this program shouldn't be re-instituted. It is obviously too late for this year but the right time to start thinking about next year. A framework already exists in the NYSSRA-Nordic sponsored Bill Koch Youth Ski League. They provide instructional and logistic support and insurance for participants. The cost is quite modest, especially compared with those of other activities. More information can be found at [www.nyssranordic.com](http://www.nyssranordic.com). Open membership and then manual-see p, 35.

We have the resources to start a local club. It could be centered around the ski hut (Hammond Hilton) on Hammond Hill but use patches of snow elsewhere when conditions require. What we lack is organization. I'm willing to serve as a resource for information and instructing, but parents are the backbone of such an organization.

When I first started a program, many years ago, I began by putting a notice in local papers for an organizational meeting, held in a local ski shop. Several dozen families showed up. Through my racing sponsorship I can also arrange for purchase of equipment at reduced

*Continued on p. 3*

## *Youth Program; continued*

cost. What we need now is a show of interest. We can, of course, discuss this at the spring meeting but many families who might be interested won't be there. I need to hear from you. Pass on the word to others who might be interested and let's get moving.

### **IF YOU BUILD IT, THEY WILL COME**

*By LiLynn Graves*

Global warming and a torrential downpour occurred about an hour before the skate clinic was to take place. Regardless, Jack, Glenn and I were out checking the snow and lack thereof. It was a little scary with the melt down of the underlying base as you would suddenly break through so it was a challenge to find a stretch that would be suitable for teaching.

This was especially important to me as I had only been on skis once this year and I needed primo conditions to look good as I instructed with my lack of balance. Of course relating to the beginners learning to balance also. And with 30 minutes to go it was looking just OK in one area.

All of a sudden, here comes "king Swandrome" on the snow machine and believe it or not, set a fast and wonderful teaching area. With that in place I was ready to see if there was any hope for Jack to get this skating thing and maybe some other folks would show up.

11 die-hearts braved the grey, ominous day and it was truly a success. We had a few beginners, a few there to sharpen up their technique, and a couple masters. I even managed to balance for the entire two hours but have to admit, this group would have kept going for the entire day if there wasn't food waiting for us inside thanks to "queen Swandrome."

Thank you everyone that participated. It was a great group of folks and thanks so much to the Swans for having us!

#### **CLUB OFFICERS**

**President:** Jack Rueckheim,  
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**Tours:** Tob deBoer, ptd1@cornell.edu

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## Nordic Tech Tips #3

By Tom Sebring

*A seemingly interminable series of short takes on ski waxing techniques and other oddities:*

**Stuck on Klister:** The Klister season is here and it's probably worth a few words on the reviled art of using the sticky stuff. Most people reject the use of klister and even abhor the word. Unfortunately, they are opting out of some of the best skiing...not to mention the only skiing a significant fraction of the time in our perverse climate in Upstate NY.

Hard wax will mostly quit working when the snow gets old and highly corned (not like corned beef) but rather melted, clumped, and then re-frozen as larger particles. It is particularly futile on hard, icy track and trails. It also gives up as the temperature rises and crosses the freezing point. A few key techniques can demystify the choice and application (not to mention removal!) of klister.

**Types of Klister:** The new Swix KR Krystal line is highly recommended. These exhibit a much wider temperature range and are much less likely to ice up when presented with colder fine snow than the traditional (left over from the last 20 years or found at a garage sale) klister. Though expensive (about \$25 per tube) you can survive on three colors and they will probably last the next 10 years or so. Buy the KR 30 Blue, KR 50 Flexi Klister, and the KR 60 Vario Klister. The Vario is for sunny warm days, above freezing, and soft snow. The Blue is for below freezing, icy track and coarse snow. The Flexi is for in between and truly amazing stuff. Add some silver (universal) klister (every other chevron) when the track is dirty to help reject grime and leaves.

**Applying Klister:** Start with a clean kick zone-which you have sanded with 100 grit sandpaper to provide a good purchase. Iron in a thin layer of green klister (you can use the old green for this) to bond the klister to the ski. This helps keep klister on the ski with abrasive coarse snow and ice. After cooling apply the klister of the day in a series of diagonal thin blobs, a chevron like pattern on either side of the center groove. The klister should ideally be ironed in. The wax pocket should be shorter and more

precisely defined when skiing hard tracks...that plus the fact that glide is very efficient is what makes klister skiing often very fast.

In the field, klister can be added by smoothing the chevrons down using the heel of the hand moving slowly so that the heat from the hand helps melt the klister in. Using the plastic paddles that come with the klister doesn't work all that well. It helps if the klister has been warmed by keeping it close to your body while skiing. Remove the klister from your hand by inserting it in your glove and skiing...when you take the glove off it will be gone like magic!

**Removing Klister:** This is what bugs most people. The easiest is to use your waxing iron...follow the iron with a piece of rag mopping up the melted klister. Turn the rag frequently. When you've got most of it off, then use a solvent such as Swix wax remover or citrusolv. Not really that bad was it?

Waxing with klister beat the snot out of wax-less skis in icy conditions when the fish scales won't penetrate the track. Also ices less in the in-betweens. So pull your socks up, smear it on and go!

### *Editor's Note:*

I can't resist passing on MY favorite way of removing klister. Take a length of toilet paper and put it over the klister (on a ski that's well anchored to a ski waxing form of some type). Pat the toilet paper down onto the klister firmly. You can tear off the excess toilet paper and even remove one layer, if you're cheap like me. Now the critical part. Take a plastic scraper (not a klister applicator) and place one end at one end of the toilet paper. Push hard down the klistered section of the ski and 95% of the klister will come off, stuck to the toilet paper. Simply throw away the toilet paper-if you can keep from getting it stuck to your fingers. Finish off the rest with a bit of solvent using the bit of toilet paper you trimmed off (or some more-it's cheap!). You might also consider putting the toilet paper on the klister right after you finish skiing so that the klister doesn't get stuck to your ski bag or whatever is close to that klister.

Klister can be magic so don't avoid it when conditions call for it. Now, will someone tell me how to keep klister tubes from developing leaks?

# TALES FROM THE TOURS

## SECOND ANNUAL BREIA OUTING

This report is a compilation of comments from some of the participants

The warming hut at Jackson Hill was quite crispy when the first skiers and entered at about 10:00 AM...but there was newspaper, kindling, logs, and (probably left over from some pre-Nader era) strike anywhere matches! In just a few minutes the hulking soapstone woodstove was blazing and skiers started showing up. We'd skied there the day before and knew that the groomed track was boiler plate with train tracks and FAST! Hence we weren't anticipating really great skiing...when we took off, about 11:00 however, Lois was leading a group down the steeper trails and the word was that it was good...we followed along and it was superb...about 6 inches of fresh snow over old flat grooming. After cruising these, we had lunch and then made our way over to Sunfields, where the tracks were fast, the sun was bright, the crust under the fresh snow on the hillsides was go-anywhere strong and about a score of whooping skiers played for a couple of hours. Dinner at Lois' was a great party with more food than we could eat, more wine than we could drink, and lots of great people to talk to. The next day at Egypt Road was fast set track and klistar time again. Snow gave way to ice on the outer reaches of the Great Trail, but fun anyway. Kudos to Lois and Joan for organizational efforts and hospitality, all the skiers for great attitudes and some fast packs, and to everyone who brought food, drink, and friendship to Lois' camp. Can't wait till next year! Names are largely withheld to protect the guilty! –Tom-

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As an outsider who knew no one I found myself to be welcomed by all on both outings and had a great time trying to keep up with the "fast group" at BREIA for four hours only to find them waiting for me at trail junction. Had a great time getting to know everyone at the pot luck dinner. I have belonged to many outdoor clubs over the past seventeen years or so and have to say the I find the Cayuga Nordic Ski Club to be one of the friendliest. Most have something to do with

Ithaca. I plan to attend next year regardless of where I find myself living. –Jerry-

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Yup, I want faster skis after chasing Tom and Susan around Sunday morning on the old beater waxless skis. – Jack-

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Many of us were skiing on the BREIA trail system for the first time. Putting the Jackson Road section and the Egypt road sections together, it's as good as or better than any prepared XC ski place in the Northeast that I've visited -- that comment includes places like the Trapp Family Lodge or Craftsbury Common areas in Vermont. High points for me were the Saturday loop on a large open meadow on the "Into the Woods Trail" and Adirondack Field loop in the northern, Skyfield section, and a "Rim Trail" - "Glacier Trail" loop in the Egypt Road section on Sunday. Views from the Rim Trail to the Adirondacks to the east were spectacular. The Sunday skiing was zingy but a bit challenging -- snow-plowing on a pretty solid base of refrozen snow tested my well-worn legs!

The Saturday eve dish-to-pass at Lois's place was a great evening -- ski and outdoor talk mixed in with good food and drink, some background music, as well as intuitive analysis and solution of all of the World's problems. Comments by "Steve" about the remarkable history of the BREIA enterprise were fascinating. What a great way for the godfather of BREIA to spend his money. –Don Holcomb-

My friend Anthony and I stayed at the Bear in the Woods B&B which I would recommend for its friendly hosts (especially Lynne, a wonderful cook), delicious meals (breakfast is included but she also provides dinner for a modest cost if you like), and hot-tub, as well as very reasonable prices. We skied the Egypt Road trails on Saturday and Jackson Hill on Sunday which was the opposite of the group because we arrived later on Saturday. Both places were beautiful with very nice trails. – Kristin-

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Our trip to BREIA began with a drive directed by Verizon Navigator, the "shortest" route, which is interesting since this "as the bird flies" route

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## *Breia Trip (Continued)*

sometimes takes some interesting roads. Forty seven turns later... we arrived in Boonville (<http://village.boonville.ny.us/content>) to a beautiful blue-sky day with perfect temperatures in the high 20's. We headed straight for the Egypt road trail system, finding it, but no people, by about 11am. Thinking we just didn't recognize the cars and there really was a gathering of CNSC skiers somewhere out on the trails, we did a few loops in search of glide and company. We found the glide, but soon realized we were mostly alone on these trails except for a group of (even older than us!) skiers we didn't recognize. So PJ used her handy communication device (something my mom would have dearly loved to have when I was growing up to keep better track of my dad) to locate our group. So I guess we should have prepared better by actually reading the emails. But soon we found our group on the Jackson Hill side of town, met for lunch at the beautiful warm-up hut and then skied the tracks in the sunshine for the afternoon. This is not my first-love of XC skiing - I'd usually rather be in the back-country breaking trail, but as a change of pace this was great fun as well. And if I learn my waxes as well as Tom has taught us... I'll be pulling ahead of those bionic knees soon!

The following day on Sunday we somehow didn't get going early enough to meet the group at 10am (NOT MY FAULT), so preparation of the wax-able skis was not going to happen. I decided then instead to check the off-trail conditions, and was glad I did! The conditions were perfect for this; sunny blue skies again, high 20's, and a hard-packed surface covered by a few inches of semi-powder that allowed me to stay on top without breaking through, but have good control in the top layer that was nice and fast. The woods on the Egypt Road side are great; sparse enough in most places that allowed me to ski anywhere through the woods. I started with the "off-trail" group (PJ, Lois, Anne, Rich), but soon lost them in my haste to get into the woods. No problem, I took out into the woods and thought I'd make my best attempt to do a big circle around the top of the hill and find the trails again, or if not I'd certainly be able to back-track on my own tracks. After an hour or so of this, I saw through the woods a glimpse of pink and blond, and knew I'd found my group again. PJ!

I met up with the group and convinced them to do the loop I'd just marked again, so once more around we went. It was great - best conditions for off-trail at BREIA yet!

What's it doing there now? Check the WEB-CAM! <http://www.breiax-countryski.org/webcam.php5>

Check out the B&B we stayed at. It was clean, pretty, friendly owners, good food, and - aside from all the motor-heads (snowmobilers), although they really were very nice, was a good place to stay and close to the trails. <http://www.northcountrymanor.com/> -Scott-

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It is first time I have joined CNSC. I always was worried that I would be the slowest and it turns out that is true. But Lois encouraged me to come by saying that it is like bird watching and there are people of all levels of skills. I was amazed at the skills of others and the speed with which they skied. I enjoyed watching them glide so effortlessly. My aim of skiing has been to get out and look around me than going fast. I guess I will stick to it:-)

I would like to thank Joan Jedele for being so very nice and kind keeping me company in the pre-lunch session on intermediate trail on Jackson Hill Road area. I also like to thank Jerry for teaching me some of the tricks of turning and snow plowing the next day. I did improve some of my skills on this trip!

On Egypt road, I went on my own speed and often stopped to listen to birds and look for possible owls among the white pines. I did find some Black-capped Chickadees, some already doing their songs and also several Red-breasted Nuthatches. I had one flyover of White-winged Crossbill. From the look-out point I watched a pair of Red-tailed Hawks displaying. On the way to Jackson Hill road from the Ithaca, along the Canal Trail we watched an adult Bald Eagle circle over the creek. Also we saw a flock of Wild Turkeys looking lost on the snow banks.

At Lois's place it was fun to watch silly Pine Siskins gobbling on sunflower seeds. I watched one threaten a poor chickadee from picking a seed. But Red-breasted nuthatches were smart, they landed on the top of the feeder and walked down along the feeder tube to pick up the seed and thus fooled siskins by not landing on the platform! -Meena-

My daughter and I had a great weekend with the ski club. On both days the sky was an incredible blue and with all the snow it was really bright outside. On Saturday, at Jackson Hill Road, we enjoyed a morning ski on the hilly Telemark and Serpentine trails. Luckily these trails were not groomed since the warm weather earlier in the week had made all the hard packed surfaces quite fast. The climb back uphill to the hut was strenuous so the lunch break there was very welcomed. What a place to have a lunch break! The hut is beautiful! It has lots of large windows and a view to the east that extends to the Adirondack Mountains. Just visiting the hut made the trip from Ithaca worthwhile.

After lunch a whole group of us skied the Into The Woods Trail, the Murray Hill Loop, the Adirondack Field and the Barkeater Loop. The conditions were fast and at times it was a challenge to keep my skis in the groomed tracks. By the time Frances and I got back to the hut our legs were exhausted. But it was fun to hang out there again, so much so, that I had a hard time leaving.

There was great food at the party held in Lois' 'camp.' Only main courses with lots of carbs and "low-cal" desserts were present. Perfect food for hungry skiers. Fun was had by all but we were so tired that we were unable to stay up as late as all the others. Thank you Lois for inviting all of us to your camp!

On Sunday Frances and I skied with Joan. We explored the Cherry Tree Trail and the Creekside Loop at the Egypt Road trail system. The conditions could have been better; it was slick and crusty but just being outside with that blue sky was worth the effort. We ended our visit with lunch in the warming hut there. Again it was nice to have a warm place to eat and converse after a long ski.

Overall we had a great weekend and my muscles are still recovering! Thank you everyone for putting this together. -Kyra -

## **HIGHLAND FOREST TOUR**

*By Marilyn Dispensa*

We had a great turnout for the Highland Forest Ski Tour on Saturday 1/31/09. Joan J, Marilyn and Gretchen were the tour leaders. Joan counted 27 people! Marilyn and Cindy brought 2 kids and a few less experienced adults on the shorter loop for some "lessons" for about 1.5 hours.

Highland Forest is a great place for beginners because the trails are groomed and wide. Even the more "advanced" trails don't have many sharp turns or obstacles. Meanwhile a "medium" group did the west side blue trails and ended up convening in the lodge for lunch around the same time. The fast group did the whole Southern loop including the extension and did not return to the lodge until about 2:15 PM. If you want more information ask Jack.

## **YELLOW BARN TOUR**

*By Joan Jedele*

The temperature had plunged from 40 degrees the night before to a cold, windy 10 degrees the day of the tour. Nine participants met at 10:00 AM at the Valero Gas Station on Rt. 13 and were joined by nine more participants at the top of Tehan Rd. The age range was from 77 years old to 3 years old with 16 adults, two teenagers, and two children.

Because of the cold weather conditions, the participants did not waste any time starting out and soon divided into a fast and slow group. We skied down Signal Tower Rd and around the pond. Then we continued up Signal Tower Rd. across the field and around a loop in the woods and returned about the same way to the parking area. The skiing conditions were surprisingly good and it did not seem that cold when we were skiing in spite of the wind.

As it turns out, everyone skied the whole tour except 3 year old Casey and his mother, but even Casey skied around the pond and back to the parking area. His 6 year old brother, Elliot, had no problems keeping up with the rest of the slower group. Jack, Jim, and Bill, in the faster group, skied around the loop in the woods twice. The faster group returned to the parking area and were gone when the slower group returned. That group enjoyed hot chocolate and cookies before leaving. We all agreed that it had been great to get out and ski that day and enjoy the winter.

# PICTURES, PICTURES AND MORE PICTURES



*Yellow Barn folk, including the Walsh trio (lower left).*



*Highland Forest folk, especially Don Holcomb, relaxing afterward*



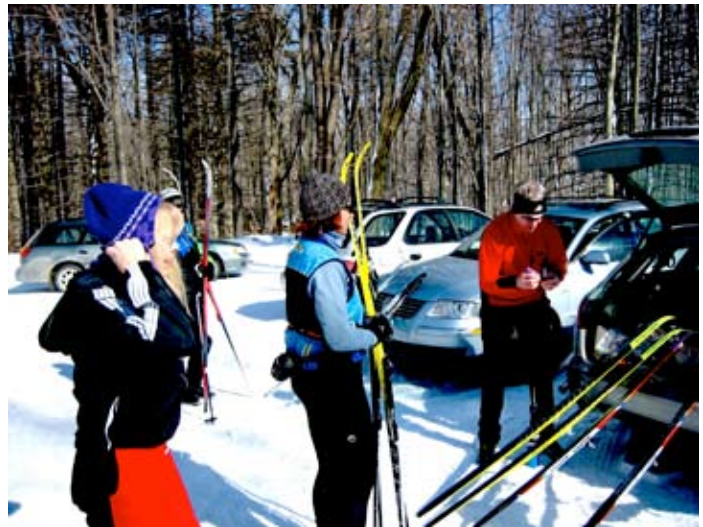


Intrepid skiers taking a break in the Egypt Road warming hut. From left to right Rich Lupinski, Anne Becker, Joan Jedele, Meena Haribal, Frances Steen.

Hidden from view, Don Holcolm.

Tracker Rich is off the beaten path with Anne and PJ. "This is definitely Sasquach that passed through here."

*Photos from: Kyra Stephanoff*



*A few shots from the  
BREIA  
Trip*

