

MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 20 No. 4

- A WORD FROM JIMMY -

President's Potpourri

BY JIMMY VANDEN BROOK, PRESIDENT



Top ten list - If you haven't gotten in as much skiing as you want or need then you probably deserve a visit from a motivational speaker. Conditions in the Madison

area have been solid since December 11th, and from what I can see, everybody is out skiing. While the "List of leading economic indicators" contains ominous warnings, the "Nordic catalog of cross-country clues" is overwhelmingly positive. In fact, here are the top ten clues that we're having a fabulous ski season:

10. You've skied more in Madison than up north and enjoyed it.
9. There's an ice dam on the roof but you'd rather go skiing than deal with it.
8. Your neighbors have you waxing their skis, though they haven't skied in 10 years.
7. The hills at Elver are smaller than last year.
6. The inside of your car has been converted to a drying rack for ski gear.
5. You know the difference between a "Pisten Bully" and the "Bully Pulpit".
4. You've done so many laps at Elver that you don't need the lights after dark.
3. You're positively, definitely going to get snow tires next year.
2. You're so buff from skiing that you're starring in the video "Quads of Steel". ... and the number one reason you can tell we're having a fabulous ski season:
1. All of your polypro undies have

seen active duty.

WOMEN'S SKI CLINIC WITH CINDY SWIFT - JANUARY 7TH

This very successful, though not entirely uncontroversial, ski clinic was very successful and full to capacity with very enthusiastic women. The Madison Nordic Ski Club hosted, and largely staffed the event. Read more about it in an article by club member Leslie Taylor. We will probably hold

this clinic again next year but also provide co-educational sessions and perhaps a men's-only session. Let us know what you think about the best approach to ski education and participation.

“... EVERYBODY IS OUT SKIING”

NORTHSHORE LAKE SUPERIOR TRIP WITH JAN WOOD - JANUARY 11-15TH

Again this year the trip was big fun despite some slushy conditions. The group took in the beauty of the North Shore and Jan kept everyone entertained. The cabin filled early so jump on this trip right away if it is offered next year.

24 HOURS OF TELEMAR - JANUARY 13-14TH

This event is the sleeper of the decade. When first announced, the idea of skiing for 24 hours seemed a trifle extreme, even if you had a bunch of pals to help out. This race turned out to be one of the most enjoyable things I've done skiing. Two more articles follow on this fantastic event. In brief, the club was very well represented with Madison area teams reaping a host of medals. You can check out the results at www.team-sportsinc.com *

Be part of the skiing community discussion group! See article on page 5.

OUR NEXT MEETING

February 12th, 6:30 pm
Rocky Roccoco's West
(Next to Erehwon)

Agenda

- 6:30: Socialize w/videos on the 200 inch screen
- 7:00: All you can eat pizza, salad, breadsticks (\$6.50 per person/ \$3.25 for members 8 years or younger)
- 7:30: Announcements (trips, races, club projects)

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Women's Ski Clinic Had Great Glide!

INTRO BY MARGARET RANKIN RILEY

ON JANUARY 7TH, 50 HIGHLY ENERGETIC WOMEN CONVERGED AT THE ELVER PARK SHELTER HOUSE FOR A SKI CLINIC ORGANIZED BY CINDY SWIFT AND THE MNSC. OUR PRESIDENT, JIMMY VANDEN BROOK, WAS THE TOKEN MALE MAKING SURE EVERYTHING WAS RUNNING SMOOTHLY AND TO SHOW HIS SUPPORT FOR THIS FANTASTIC SHOWING OF GALS ON SKIS!

UNFORTUNATELY, A FEW PEOPLE WERE TURNED AWAY AT THE DOOR SINCE WE HAD HIT OUR LIMIT OF 50 PRE-REGISTERED SKIERS. SORRY TO THOSE OF YOU THAT WEREN'T ABLE TO PARTICIPATE! BE SURE TO REGISTER EARLY NEXT YEAR! HOPEFULLY THIS CLINIC WILL BECOME AN ANNUAL EVENT, RIGHT CINDY?

MUCH THANKS GOES OUT TO EVERYONE WHO HELPED MAKE THIS CLINIC A SUCCESS! FOLLOWING IS A FIRST-HAND EXPERIENCE OF AN ATTENDEE, AND CLUB MEMBER, LESLIE TAYLOR.

The second Women's Ski clinic at Elver park was a big success with over 50 women from beginners to advanced attending and enjoying the perfect conditions. This reporter having never had any formal ski instruction but having tried to learn from the many lycra clad bodies whizzing by decided to attend the clinic to find out whether her technique was anything approaching correct.

The morning began with stretches led by Cindy reminding us all of the importance of finding some time to stretch prior to racing out on the trails. A brief discussion of equipment and clothing (polypro and layers were emphasized) followed. Afterwards women divided themselves into classic and skating groups and into beginner, intermediate and advanced and headed off to the trails.

I found myself in the advanced group led by Cindy and we sped off to some flat terrain for double poling work. Cindy reminded us that the double pole is an integral piece of both classic and skate technique and we concentrated on "falling" on our poles and using our weight and stomach muscles for more power. The open field was next and Cindy tapped out a rhythm (which of course I've forgotten) to help us master this technique.

We also practiced skating with-



The women attendees stay warm inside the shelter at Elver Park as Cindy Swift explains the importance of layering clothing when skiing.



Instructors Carol Ricker, JoEllen Torresani, Carolyn Senty, and Ann Pollock show how happy skiing can make you!



Many thanks to Instructors JoEllen Torresani, Carol Ricker, Megan, Cindy Swift, and Lorie Wesolek!

out poles and concentrated on weight changes, balance and keeping our upper bodies relaxed and low.

Lunch followed across the street at Griffs. Griffs prepared a variety of delicious soups, sandwiches and cookies. Several Moms in the group commented that Griffs would be a nice place to bring kids after a few hours of skiing at Elver. I ate lunch with a young woman from China, living and studying in Madison for the last several years, who was skiing for the first time! She'd decided like many of us to get out and really enjoy winter.

The afternoon program involved hills, both climbing them and descending them. Cindy ex-

plained that men tend to "barrel their way up hills" and that women can accomplish the same up hills by stepping up in a rhythmic fashion and keeping our weight low. She suggested we climb and be able to hold a conversation... this is a goal to strive for! Going down proved more challenging than going up. Cindy sped by on her "happy feet" — keeping skis moving through tight and fast corners, while the rest of us were forced to use the "death plow" as Cindy referred to our snow plowing.

Our hill climbing was punctuated by several discussions on technique. Cindy suggested we not fall ill to "terminal V-1 disease" and that we vary our technique and work on transitions. Recommendations were made to vary training routines as well and to emphasize the weaker side.

All in all it was terrific afternoon made possible by the outstanding coaches... Cindy Swift, Carol Ricker (got the beginner skiers all the way around Elver park!), JoEllen Torresani, Marie Heiligenstein and Lorie Wesolek and Megan (a friend of Cindy's).

Thanks also to the registration volunteers, Carolyn Senty, Ann Pollock, Margaret Riley and Cheryl Martin and to the sole male volunteer none other than our fabulous Pres... Jimmy VB. *



The enthusiastic group having fun and improving their technique out on the snow at Elver Park.



Now for snow time! Cindy Swift, explains technique tips to students at the clinic.

Miraculous Membership

By JIM COORS

We ran out of membership lists at the last meeting. I will bring another set to the next meeting, but if you would like me to send you one, please feel free to contact me.

The final and official MadNorSki membership tally for the each ski season is made in March, but you might be interested in the fact that we have blown the lid off the previous membership record of 222 from last year. At this point we have 250 paid members (115 families, 126 individuals, 9 juniors) and an additional 52 courtesy memberships.

What happened? There are several reasons. Among them – snow, great meetings, a spectacular race series, a wonderful series of trips, the specialized training programs (the women's ski clinic, Kidski, SilverSki, Juniors, the Prez's Elver training sessions), but something else may have helped.

I hesitated to bring this up until now because you'd think I was a



Miraculous vision in Rode Klister -Thomas Alsgaard doing the perfect V2.

kook, but since the season is going so well, you might now believe what I have to tell you. You may have heard of stories of miraculous appearances of holy visions. For example, every now and then someone spots the likeness of the Virgin of Guadalupe in a gnarled tree trunk or some other unlikely place. Before long, people are lined up for miles to

witness the miracle. Well, don't laugh. It happened to me early this season!

We had just arrived home after a long weekend of skiing in the north woods. I was tired and slammed down the wax box on top of my workbench in the basement, but I forgot I had left out an old tube of Rode Chola klister base. Splat, what a mess when the tube exploded and the sticky goo spread all over. But instead of feeling stupid and angry, a strange peace filled my mind. My spine straightened from my typical tired hunch. My arms swung gracefully at my sides, and I slowly began to sway gently back and forth on hips that only moments before were painful and stiff. I looked down and there it was, a miracle if ever there was one. Thomas Alsgaard doing the perfect V2, right in the middle of the splattered klister. Of course the season's going well. A little faith, some old klister, and a messy workbench explains it all. *

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24 Hours of Adventure at Telemark

TALES FROM SEVERAL TEAMS

AS MOST OF YOU KNOW, TELEMAR RE-SORT RECENTLY WAS THE HOME OF AMERICA'S FIRST 24 HOUR CROSS COUNTRY SKI RACE (JAN 13-14, 2001). HERE ARE A FEW STORIES FROM THE PERSPECTIVE OF PARTICIPANTS. READ ON...

MIKE IVEY'S ADVENTURE IN HIS OWN WORDS...

It was with a certain amount of reluctance that I agree to join a relay team for the 24 hours of Telemark.

Now that it's over, I'm glad our captain Tom Woody strongarmed me into participating.

I can say honestly I've never had more fun at a ski race – and not just because our team that included Madnorski members Tom Kaufman, Chris Halverson, Ben Neff and Dirk Mason took 3rd place in the 6-man division. We skied 41 laps, that's 410 kilometers. The winning team skied 46 laps.

Of course, it didn't hurt that January temperatures stayed around 30 degrees for the entire race and the course was fast. Save for some deep corn snow on the uphill, the 10K loop survived in pretty good condition.

Our team decided to ski four rounds first of 10K loops, meaning each skier got about a 3-hour break between efforts. During the break, we sat around the hotel room, eating, resting and watching TV. Kaufman, who has experience in these marathon relays, then suggested we each ski one round of 20K to give us all a longer break at night. We finished with one more round of 10Ks.

The whole event was so exciting that I barely managed to get any sleep but did grab about 90 minutes before my double shift.

But what a thrill zipping around the Telemark trails at night with a halogen headlamp to light the way. Thanks to the organizers for keeping support staff out on the course during the whole race. It really helps to keep the spirits up hearing the cowbells ringing on the course at 6 a.m.

My biggest memory? It was skiing alone on the trail at dawn, with the light just starting to filter through the trees and the fresh snow falling. Truly magical. *

HERE IS THE STORY OF WARD BUDWEG'S TEAM FROM DECORAH, IA, AS WRITTEN TO HIS FAMILY MEMBERS.

Hi Loyal Subjects

I say this because after our weekend we feel like royalty.

WHAT: 24 Hours of Telemark, the 1st 24 hour ski race, Telemark Lodge, Cable Wis.

TEAM MEMBERS: Princess Jacky, Nitro Nystrom, Druggy Douggy, Wide Body Dale, and myself (Ward Budweg).

GOAL: To ski as many 10k loops in 24 hours as possible. Most loops wins. Hilly loops.

CATEGORIES: 4 person teams, 6 person teams, solo freaks, co-ed teams, older than the hill and older than dirt.

We were in the 6 person team category. 1 of 14 teams in this group. 48 group entries total.

HOW THE EVENT UNFOLDED: Nitro goes from north Mpls to Telemark right from work. We leave Decorah at 5 p.m. (All good training requires hydrating before an event) Our 265 mile trip included 3 stops for the restroom because we were hydrating so much. When we got to the hotel, we roust Nitro for the planning meeting in the lounge. We were blessed and to our surprise saw Greg Lemond (Tour de France winner) there with Jeff Bradley (Team 7 eleven). We were surprised and somewhat taken aback as Doug introduces himself

and Sherry Lemond replies, saying, this is my husband Greg. Dumb Iowa Farmers we were.

Classic line of the evening was from Dale. During the conversation, one lady in the Bradley-Lemond group said she didn't like Dale. Dale's Reply "How can you not like me, you don't even know me." Then, after Jacky explained to them how her new skis had been roto-tilled. (I think she meant stone ground), we decided we better call it a night, it was 3 a.m. The race was to start at noon.

RACE ORDER: Nitro, Doug, Dale, Jacky, and myself.

Everyone was to do a lap before dark so as to see the course in the light.

Nitro shoots out the blocks and is ninth out of 48. Nitro great choice to give us the trail report. The course was a figure 8 and ended with a steep uphill and then shooting down the other side.

Doug and I are waiting for Nitro to come through the staging area, we wait and now he is in 20, 25, 30 position. No Nitro, We figure he got hurt or broke something. Then, we hear him yelling at Doug to do the baton exchange, for the next loop. Doug did not have his skis on so lots of fumbling. Doug was off and skiing. Now we are racing. Everyone took a daytime lap. then to the night skiing. 2 watt bulbs are not adequate for going down steep down hills. I used 5 watts and I did out-ski the battery as I was doing a 2 loop stage. 2 watts of light is better than no light at 10:30 pm.

We skied, we rested, we ate, we drank water, we charged batteries, we sweat, and kept going. The night was long and Nitro about lost it as his dead Grandparents started talking to him. No visual sightings. (Batteries too weak.)

Morning came and so did a heavy snowfall. New snow is slow snow. 3 inches is hard to ski in.

During the course of the nights results would be posted. We were as high as 9th and as low as 11th. By morning we were calculating we could end beating team #24, we were team #30. At 9:00 a.m. we were 31 minutes down on them. Doug was up, myself and Nitro to finish. Doug made up 8



minutes. We were 23 minutes down now. I had two laps to do. The other team was just doing 10k laps and we were 10's and I was doing 20's. I passed the #24 team about 4km from the end of my 2 laps. We had made up the difference and now to put some distance on them. I ended up with a 2 minute lead on them when I handed off to Nitro. Nitro's job was to not get passed by anyone wearing a #24 on their bib. It gets real exciting right now. Is Nitro doing okay? Are his dead grandparents still in the woods and is he talking to them? I handed off to Nitro at 11:15 a.m. The race is done at Noon. now here is how it works. you were scored by the number of complete loops that your team did during the 24 period. If it was 11:59 a.m. we could have sent another skier out to complete another loop and it would counted. But if it was 12:01 we could not and the total number loops completed was our score. As Nitro passed through the stadium area to do one last climb up the ski hill, he still had a huge climb and a treacherous downhill. About 2km of distance. The time was 11:52.

At 11:54 team #24 passes through the stadium with a huge climb and treacherous downhill.

We both had completed 30 loops—300km. Now if they could get to the tag zone by 11:59:59 they could ski another loop and beat us. 30 meters from the finish many other teams were waiting for high noon to strike so they could pass under the finish banner and record their final loop. Time is now at 11:57. Nitro flew up and down the big hill and was waiting for the end of the race. He had completed 80km and held off the #24 team. Team #24 had a skier waiting to do another lap, Nitro did not know this. We told him that he should be ready to ski another lap in case their skier was able to climb the big hill as fast as him. Nitro was waiting for noon and also looking over his shoulder to see if team #24 was in site. He said at least I can rest while they are working. Then we told him that they had a fresh skier on deck ready to kick some butt. 11:58. Nitro is frantic, tired and composing himself to ski another 10km or just finish. (Nitro said the last 2 minutes took an eternity. Do have to ski or do I finish?) High

“THE WHOLE EVENT WAS SO EXCITING THAT I BARELY MANAGED TO GET ANY SLEEP BUT DID GRAB ABOUT 90 MINUTES BEFORE MY DOUBLE SHIFT.”

—MIKE IVEY

noon hit and the steep hill took it's toll on Team #24. Nitro skied across the line and at 12:01:10 Team #24 came across. We won! Decorah bicycles was a winner. We finished tenth. Stats for the event: sleep—7 hours Friday night, 3 am to 10 am. little cat naps otherwise. food eaten—spaghetti, soup, sandwiches, chips, and lazy Daisy cake. Km skied—Nitro 80, Doug 50, Jacky 50, Dale 40 and 80 for myself. Falls in the event—Dale takes the cake, he fell 5 times in 4 laps. The end of another great ski adventure!

.....
*NOW SOME WORDS FROM JIMMY, OUR
PREZ., WHO ALSO PARTICIPATED...*

Two participants deserve some special mention. Juli Lynch was the only female to enter the Solo 24 hour class and turned in a tremendous performance - 210 kilometers all by herself! Congratualtions. Many of you know Chris Ransom for his very fast, and flamboyant skiing. Well, add long-distance champ to the list. Chris skied an incredible 310 kilometers in 24 hours. That's 6 Birkies in one day, close to 200 miles! Amazing.

I reckon about 32 of the 171 participants were from the Madison area (add 5 more if you include our Decorah Bicycle brothers and sisters). Here are the Madison area finishers:

SIX-PERSON TEAMS

Mike King was on the winning “Sawmill Six” completing 450 kilometers in 24 hours. The all-Madison, all MadNorSki “Team Woody” took 3rd with 400 k and includes Tom Woody, Tom Kaufmann, Mike Ivey, Chris Halverson, Dirk Mason, and Ben Neff. The “Noon-to-Noon Numbskis” finished with

360 k and included myself, and MadNorSki's Tom Gasner, and Reg Bruskewitz, along with MadNorSki wannabes Ron White, Andy Schultz, and Lee Rooker. “One Gore, Four Bush” 350 k, includes Dean Gore, Brenda Baker, and Tracey Lamers. The “Ashland 34 Laps” 340 k includes Harry Spehar and John Riley. “Decorah Bicycles” 300 k, includes Ward Budweg, Doug Burks, Jacky Budweg, Dale Putnam, and Mark Nystrom. “Archies Avengers” 290 k, includes Jeff Archibald, Ann Heaslett, Judy Archibald, Jon Nordenberg, Sharon Hau, and Jason Dorgan. “Slip Sliding Away” 250 k includes Shamane Mills, Jim Fenster, Clair Krueger, Tim Yancheck, Juli Wagner, and James Mills.

OLDER THAN DIRT

(45 years average age) Our friends at the Bicycle Doctor in Oconomoc took first in class with 410 k.

SOLO FREAK - 12 HOURS

Jason Newville 70k

SOLO FREAK WOMEN - 24 HOURS:

WINNER - JULI LYNCH 210 K SOLO

FREAK MEN - 24 HOURS:

Winner - Chris Ransom 310 k;
3rd - Mike Zeigle 240 k. *

Are You Part of the Discussion?

Over 40 Madnorski's are part of a new e-mail discussion group. Subscribe and you'll get daily insights on trail conditions, opinions, and ideas for developing Madison's ski community. Currently there's a spirited discussion about developing East side ski sites.

Here's how you “subscribe”: In an e-mail message on your computer, put in the “TO” box: majordomo@danenet.org, Put in the “MESSAGE” box: subscribe xc end

Leave everything else blank, don't add any additional information in the message, and press “send”. You'll get back a confirmation message that you're now part of the discussion group. If you want to send anything to the group at large, send e-mail to “xc@danenet.org” Thanks to Joe King for getting Madnorski skeee-wired! *

- JUNIORS ARE ON THE MOVE! -

A Junior MadNorSki Renewed

BY AMANDA DURKIN

The following account of a December 2000 weekend comes from 2nd year Junior MadNorSki team member and LaFollette sophomore Amanda Durkin. After winning several medals last year in her first year on skis, this spunky gal is ambitiously setting her goals even higher this year. I'm betting you'll hear more about her this winter.

— DON FARISS, JUNIORS COACH



could be expected nothing could have prepared us for what we saw. Drifts of plowed snow reaching almost ten feet, giant blobs of snow smothering trees in every direction and light flurries adding a dazzling sparkle to an already amazing scene. When we pulled up in the driveway and jumped out we begin pulling out twice the amount of luggage and skis I had thought could even fit into a car. It truly amazes me how much we manage to pack in every weekend on these junior ski team trips. With skis in hand I dashed down stairs and the waxing began. Over and over the process of melting, scraping and brushing is done and although it is late, and I'm tired from a week of school, being able to nearly see my reflection on the bases of my brand new skis gives me a priceless confidence that makes the whole process worthwhile. Finally it's time for bed. We wake early the next morning and quickly head to ABR. The conditions are wonderful, a beautiful

winter wonderland. As I get out onto the perfectly manicured snow I feel like I've never skied before, but after a couple hours of stumbling I begin to relax and feel like I'm not even touching the ground. After a long day on the trails we head back to a much anticipated sauna and extra time to bond with new team mates, all of us excited for the next day. I rise on Sunday and throw on nearly every layer I brought. The temperatures are so low that just thinking about them gives me the chills, but I put it out of my mind and get ready for the race to come. Quickly we leave for the race site. Walking out of the door into blizzard conditions and wondering how many people will brave the weather aside from us. Once at the site we find our answer, there are only fifteen people racing in my race today with some of the fifteen being my own team mates. At the start we are off in a frenzy of poles. And although the conditions are slow from the five inches of soft, new snow, and the temperatures extreme, each of us comes across the line with a sense of joy in just having finished. We come back to Madison in a state of content exhaustion with a renewed flame for the rest of the season to come. *

The excitement was intense as I loaded my things for the weekend journey to come.

The thought of being able to do some on-snow training as well as being able to test my wings on the first race of the season

had been on my mind all week. As fast as possible gear was loaded and we hit the road, impatient for the foot or so of white bliss that was sure to await us. Enthusiastic conversations about memories of wonderful experiences with fellow teammates new and old filled the car and every few minutes someone's eyes could be seen checking the ground outside the windows to inspect the conditions, waiting to see mounds of the fluffy white stuff we'd all come to love. Yet, for all we'd had in our minds of what



MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
Wednesday January 31	Monday February 12, 2001, 7:00 pm	Birkie Stories and non-race activities	Video Night and pizza	Rocky's	January 24
Wednesday February 28	Monday March 12, 2001, 7:00 pm	Spring Skiing options	Potluck, awards	Shorewood Community Center	February 21

Please Write!



The Madison Nordic Ski Club Newsletter is published five times annually. Submit articles via e-mail to: jpvanden@mhtc.net

Ads will not be accepted out of previous publica-

tions! No Ad will run without prepayment! See the schedule for deadlines. If you don't meet the submission deadline, there is no guarantee that it will get into the newsletter. *

Life in the Fast Track

MADLINE URANECK

QUIET BEAUTY

I was attracted to cross country skiing because it was beautiful and quiet. Deep snow, astounding sunshine, breathtaking blue skies, the heady mix of wool and sweat. I opened the door, skis in hand, and strode out into the back cornfield, happy to trod between the rows, cross barbed-wire fences, ski down little hills and jump the cow creeks.

Later, chance led me to ski where skiing had started. I swished from fäbod (mountain farm) to fäbod, high in the mountain/hills of Sweden. Red of goat herd cabins stark against pure white snow. A thermos of coffee in my pack, a couple pieces of cheese, and hours to cross frozen lakes and tundra before sunset.

With a sense of faint disdain, I observed downhill skiers. Noted how they all seemed to be in a fashion contest, drove sleek cars, drank wine après ski, swooshed through beautiful snow but had to stand in long lift lines and slog



Madnorski member and author, Madeline Uraneck, seen finishing a Tuesday night race at Elver in all of her glory.

SO HOW AND WHEN DID I FALL OFF MY MORALLY HIGH TREE STUMP?

through muddy parking lots to do it. There was no question that cross-country skiers were ecologically, politically, and spiritually superior human beings.

FLUOROCARBON HELL

So how and when did I fall off my

morally high tree stump? As if someone suddenly changed the channels, I find myself racing along with 7,000 Birkie skiers on noisy, half-acre-wide trails, or panting with other lycra-clad skiers on precisely groomed trails at Nine Mile or Minocqua Winter Park. There are receipts for new mittens, pants and jackets on my kitchen table. I fork over willingly for county park passes, state park stickers, and state trail permission. I own sacks full of waxes and am not above yearning for or borrowing electric irons and buzzing roto-brushes for the perfect wax job. My friends and I leave trails of fluorocarbons in the mossy forests, and cast plastic water bottles and shiny Power Bar wrappers in the trash. On weekends, we squeeze our Japanese model cars and mini-vans, topped with aerodynamic ski racks, side by side into crowded, muddy parking lots.

(SEE **FAST LANE**, CONTINUED ON PAGE 8)

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(FAST LANE, CONTINUED FROM PAGE 7)

THINKING BACK

I still like quiet forests and deep snow, but I drive farther and faster to find solitude and precipitation, fighting traffic on congested North Woods highways. Worse (and best), I jet to Canada, race through airports, dragging my ski bags in that busy, frantic pace we middle class North Americans sport to seek relaxation and recreation.

If I think back, I can retrace my strides from the simple pleasures of the snowy cornfield to the cash-strewn racetracks. Love of skiing — more skiing — citizen ski events — desire to improve technique — technique workshops — racing — need for more, equipment, more training, wider trails and yet more events.

MORE, FASTER, BETTER

A country and a generation has changed with me — backed away from a vision of a simpler, less-consuming lifestyle to a demand for very specific forms of recreation, the more the better. Too seldom do we challenge the words “more” and “growth” - whether in our own vocabulary

or vocabulary of the County Board or House of Representatives. Whether we want to ski more, ski faster, get more people to ski, relax more, get more out of life, we add to the flow of the speedy, greedy, consumer stream. More, faster, better.

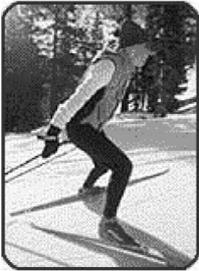
I am not yet willing to give up the thrill of careening downhill on

**I SQUIRM AS I FACE THE
CONTRADICTIONS IN WHAT
ATTRACTED ME TO
CROSS-COUNTRY SKIING**

well-groomed racetracks or my exploration of neighboring Canada. But I squirm as I face the contradictions in what attracted me to cross-country skiing. The cornfields fall to bulldozers, and developers build condo's for winter family get-aways. The groomers and trail-wideners growl in the once-quiet forests, the once-crystal mountains. *

Free Ski Lessons!

Want to learn how to ski?, but don't know where to get lessons? Don't want to spend a lot of money on lessons? Don't have time to travel far? Well, the Madison Nordic Ski Club has just the thing for you! Every Wednesday night volunteer members of Madnorski give free lessons at Elver park! Meet at the trailhead at 6 p.m. Lessons are for beginners and advanced skiers, and both classical and skating techniques will be taught. What a great way to learn how to ski and meet other Madison skiers at the same time. This is definitely the year to learn, so get out those skis you bought, or received at Christmas (or won at our last meeting), and hit the snow! Do it today, because before you know it, it will be time to get out the bikes again! *



Are you ready for the Birke?

From wax to poles, tights to hats, power-food to hydration systems, **REI has all the gear you need** to make this year's Birke a success!

Also, be sure to stop by and speak with one of our Nordic shop specialists for sanding, stonegrinding and waxing needs.



7483 West Towne Way
Madison, WI 53719
(located behind West Towne Mall)
608-833-6680

**COME JOIN US FOR A
BIKE AND SKI POKER RUN**

SATURDAY, FEBRUARY 3, 2001

FREE to all. Prizes and refreshments. Sag Service, and did we mention... it's FREE!

XC Skiing starts at Decorah Bicycles at 9:00 a.m., where you can pick up your map and Poker Run Card.



Biking starts at noon
Prizes at 5:00 pm.

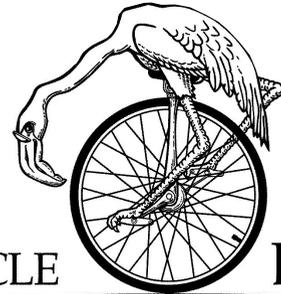
WHAT IS A POKER RUN? It is tour of an area where certain points of interest are highlighted. Usually these are bars, restaurants and parks. When you go to these places you receive a playing card. After the tour the best poker hand of cards wins the prizes. Some of the tour spots are worth more cards. So it pays to ride or ski to as many points as you can.) This a non-competitive event. Just fun.



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Birkie Race Strategy & Waxing Clinic Thursday, February 15th

Learn first hand from experienced Birkie racers on how to deal with the crowds and the course to develop a fast race-day strategy. Plus learn from the experts the best waxing techniques. Expert Birkie race wax recommendations from:



Toko Tech Team Member: *Eric Mittelsteadt*
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A Trip to Remember...Or What's Skiing Like on the North Shore?

BY KRIS LONG AND NANCY HOENE

Have you ever wanted to know what was removed from both Harpers Ferry and Jamestown? Well, you would know that and a few other miniscule details about the world if you had been on the January Trip to Cascade Mountain Lodge near Grand Marais, MN. Located on Lake Superior, 10 of us stayed at 3 cabins with our "cruise director" Jan Wood. Other "Survivor" members included Dave Robb, Dave Calhoun, Caroline Oldershaw, John Couver, Paul Segal, Levi Wood, Harry House, Nancy and Kris. Arriving at different times on Friday, most of us got a little skiing in before dark. Dave Calhoun and Dave Robb had the most elaborate birthday dinner for Dave R. including fresh from the microwave T.V. dinners! Those two really live in style! A perfect birthday for Dave included a rousing game of Trivial Pursuit, which he handily won with his partner Paul.

The snow conditions were similar to Madison in that they had not received much snow recently and temperatures were in the mid-30's on Saturday. We skied (classical) at Cascade State Park, which is directly out the back door of our cabins. Waxing conditions were tenuous, due to the warmth and the fact that we would be going uphill for much of our outing(s) that day. I witlessly selected the winning wax, using red only on the tips and tails of my waxless skis! Try that at next year's wax clinic and lets just see what the experts say! Believe it or not, I was one of the few who didn't slip! Cascade is a beautiful state park with excellent grooming and a variety of trails, most of which initially go uphill. In the afternoon many went out again, some skating and others hiking. Levi was our resident wildlife expert, and helped to identify different types of woodpeckers, and many signs of wildlife including fishers and beaver.

After skiing, we headed into town for swimming and frolicking at the local pool along with about 50 people under the age of 16. The zany ones (no doubt trying to act Finnish to fit in with the locals) in our group did the sauna—"I'm too hot now I need to jump in the snow" routine—much to the chagrin of the lifeguard on duty. We

had dinner at a local brew pub, then after a lot of humor and some song and dance, we were all pretty tired! It drizzled off and on, and we wondered what the snow conditions would bring tomorrow.

Sunday was slightly cooler with a breeze blowing and a little drizzle. We started the morning right with a bald eagle sighting on Lake Superior. With another day of questionable wax conditions ahead, Jan and Dave C. came through with the expertise we needed to get "off on the right foot". Some went to nearby Pincushion Mountain, which had

**"THE SOCIALIZING WAS
JUST AS FUN AS
THE SKIING."**

—CAROLINE OLDERSHAW

both skating and classical trails, and others of us attempted to ski the Cascade trails to nearby Moose Mountain. Conditions were much icier, so we did not make it all the way there. But we had some thrilling downhills coming back because it was slick!

The best ski of the morning was Nancy's trip up the Cascade River. "I skied upstream over rocks and smaller waterfalls," she said. "There were large open spots where you could see water rushing and you could hear it under the ice. The huge rock walls of the canyon were carved out where the river roars along it. Icicles hung from concave parts and trees grow out of the sides of the rock. I was totally protected from the wind. It was so cool to be right down in the river... skiing over boulders and places you can't even get to with hip boots in the summertime. Truly remarkable. I skied up to the upper falls and then back down to the lower falls and then stopped. Way fun!"

Caroline convinced her to ski the river again in the afternoon. It didn't take much arm-twisting.

On the way back, we walked down the steps overlooking Lake Superior, because it was too steep to ski. Nice view, but did I mention

the steps were covered with ice? We were glad to make it back in one piece... all of us but Paul, who broke a ski.

Later in the day, some went to ski at Pincushion, while others practiced up for "Talent Night". The competition would be tough! After a spaghetti dinner we were all too tired for talent, but we mustered it up... EVERYONE had talent, it was unbelievable! Dave R., Dave C. and John, well they sang about pigs, complete with Dave C.'s French Horn mouthpiece. Harry was Mr. Ed, Jan played the chanter (if you don't know what it is you will have to ask her—next step the bagpipes!), Nancy, Caroline and I were a very patriotic trio, and Paul, a former gymnast and paratrooper in Poland, told some fascinating true stories about his experiences in WWII. Afterwards we had famous Mad-Norske Nook pie and much more singing to do before we slept!

And now, you might think I am done with this story. But I still have the official quotes to share from everyone's highlights of the trip: Nancy: "Skiing on the Cascade River was my favorite run." Dave C: "Dave, shut up"! Changed to "Paul bounces better than any 81 year old man I know!" Caroline: "The socializing was just as fun as the skiing. Very organized yet very relaxed. Jan Wood's chocolate mint cookies were awesome." Levi: "Scenic skiing on a variety of trails" John: "Breaking rules at the pool—diving into the snow after the sauna". Harry: "How about those Vikings?" Paul: "Unbelievable vertical drop onto solid ice. It broke my ski but it was worth it! Jan: "I forgot the cake!" Dave R: "I was the only one who got kicked off the island!" Kris: "I didn't know I could ski this much and get so much un-interrupted sleep all in one weekend!"

We are already planning our "talent" for next year—something to do with singing and jump-roping... maybe with skis on! Thanks to everyone, especially Jan, for making it such a super trip! Oh, and it was the apostrophes that were removed from Harpers Ferry and Jamestown. Weren't you dying to know? Dave Robb was! *



Wish list

The Madison Nordic Ski Club is in need (want) of a few things. If anyone has these items they would like to donate to the club, it would be greatly appreciated!

- any used cross-country ski equipment for KidSki or Juniors, even stuff that you may think is worthless, can be used for parts.
- trail maintenance tools, like rakes, shovels, loppers, leaf blowers.
- a couple inches of snow every couple of days.

CLASSIFIEDS

Ads run free for MNSC Club members!

ROOMMATE NEEDED

Live near the Arb and Lake Wingra! Beautiful apartment across from Lake Wingra. Share 2 bedroom with busy female. no pets, no smoking Avail Feb 1 \$350.00

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Call Brett Fish
608-233-5989

FOR SALE

99 Enduro roller skis with brake and size 41 Riedell boots, \$300 firm.

Contact Gina
849-7187

WANTED: FOOL ON SKIS.

Adventurous older woman seeks male or female companion to ski out brains Feb 10-11, 2001, Ottawa to Montreal. 16 K, 160 K or any distance in between. Over hill & dale, field & forest, Laurentian Mountains. Sane or feint of heart need not apply.

Contact Mad Madeline
(608) 233-1930

For info on the event, check out the Canadian Ski Marathon web site:
www.csm-mcs.com



Lucky winner of the Atomic skis (donated by Bicycle Doctor), Linda Zelewski, is congratulated by Dave Robb, who just happens to be the perfect height and weight for those very skis.



Tuesday night racers discuss their strategy after a race. Left to right, Ann Pollock, Carol Ricker, and Margaret Rankin Riley.



Ned showing one of his many talents at the Elver ski race.



Madnorski members (spotted by an unnamed source), in an Irish Pub in Ironwood, MI Thanksgiving weekend show the importance of rehydrating after skiing many K at the ABR trails. They are, from left to right: Brian Watzke, Gina Interrante, Prez. Jimmy Vanden Brook, First Lady Judy Vanden Brook, Mike Ivey, and Tom Woody.



Madnorski member Steve Green recovers after racing at Elver Park.

Funstuff

Yippie! We got some entries! Thanks! Here are the entries, the winner will be announced at the next meeting (at Rocky's), It's Jimmy's decision and I hear he can be bribed! So come to the meeting and find out which of these entries is the winner!



John Ericsson, making fun of our "snowed-out" December meeting:

"How am I going to make it to the MadNorSki meeting with all this snow around?"

Kristin Gallagher and Amanda Durkin — Madnorski Juniors (to the tune of "Angels we have heard on high"):

Odd men we have heard up high rejoicing o'er all the snow

And their neighbors in reply:

"It's just the crazy skiers nearby."

Gloo-ooooh-ooooh-ooooh-or-ia.

"Might as well enjoy this snow!"

Karen Darcy's entry:

"I can't believe I left my skis in Florida!"

Brent Abraham says that guy should be saying:

"Your right dude/who ever, you can see Elver Park from here!"

Kay Lum thinks he should be saying:

"If it keeps snowing, everyone will be out skiing and no one will get their stuff for the newsletter to me in time!"

MEMBERSHIP FORM

Sign up now for the 2000-2001 cross-country ski season!

(you can also sign up on-line at <http://danenet.wicip.org/madnord/club.html>)

Is this a renewal or a new membership?

What type of membership?

- Individual \$15
- Family \$20
- Junior \$10 (18 or under)
- Kidski \$25 plus club membership

Additional donation \$ ___ to support local ski groups, trails, and promote XC activities

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Work phone: _____

Email address: _____

*Membership information is for club members only and is not supplied to commercial vendors.
If you do not want your email to appear in the membership list, please check here ___*

BRING TO NEXT MEETING OR SEND TO:

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