

MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 21 No. 1

- A WORD FROM JIMMY -

Adios to the Project List — Bring on the Snow

BY JIMMY VANDEN BROOK, PRESIDENT

WARNING! The surgeon general has identified excessive home-improvement as hazardous to your health.



This warning now appears on all

packaging leaving do-it-yourself centers like the Home Depot and Menards. Clinical tests show that obsessive do-it-yourselfing can lead to physical and emotional problems. Skiers, a generally energetic bunch, are especially susceptible to this addiction during the fall transition. In a process not well understood by modern science, the need for normal, healthful silent sports activities can be supplanted in the skier's psyche by a slavish devotion to that insidious thief of all spare time... the Home Project List.

I succumbed to this affliction myself after the Fat Tire Festival in September. I took the following week off work to paint the house. Since the neighbors up the street painted their huge Victorian Bed & Breakfast in four days I figured a whole week would do the job at our little house. That was over a month ago. Suddenly, the house is taller, longer, and wider. And, I swear, it has more sides than when I started. Bike rides have been replaced with intervals up and down the ladder. The roller-skis never made it out of the basement. I realized I needed help.

My Home Project List counselor, Jim Leide, has been working in this field for a long time. He runs the nationally recognized "Do-it-yourself Cessation Clinic" here in Madison. He pioneered the "Patch" some years ago and it is really working for me. You dab a little bit of white latex exterior paint on your arm (preferably exposed skin) and leave it there until it wears off. It relieves the urge to paint and lets you quit painting. Reapply as needed.

"THE ROLLER-SKIS NEVER MADE IT OUT OF THE BASEMENT. I REALIZED I NEEDED HELP."

He has a number of other techniques for just about any project you are thinking about around your house. And Jim has more than just chemical approaches to home project cessation. Always emulating Nancy Reagan, Jim began his "Just don't start!" campaign in 1991, which threw the home improvement industry into a tailspin. His 1992 effort entitled, "Remember the last time!", was especially

tough on suppliers of electrical and plumbing products.

Learn to recognize the warning signs of excessive home-improvement in your life and avoid exposure to second-hand home improvement if at all possible. If your Home Project List is giving you performance anxiety or if you prefer watching Norm Abram use his miter saw on "This Old House" rather than see the 4 by 10K X-C relay, you might want to seek professional help. So, take charge of your life, embrace entropy, and go ski. Remember, a project will always be there, but snow is a fleeting thing. *



OUR NEXT MEETING

Monday, Dec. 12th, 6:30 pm
RMT (see map page 5)

Agenda

6:30: Vendor Fair! Socialize, signup for trips, renew memberships. A short meeting this year, more time for meeting with the vendors!

MNSC BOARD OF DIRECTORS

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THANKS Guys!
(and gal!)

Ski Club "Diggin' It" at Blue Mounds State Park

By WILLI VAN HAREN

Building on last year's successful work days at BMSP, club members were back for two more work days on Sept. 29th and 30th. Trailmaster and Park Superintendent Karl Heil had some outstanding body-building work lined up for this year's work crews. Most of the work was done on the Northwest side on the Mound, on the Flintrock trail, where many of the old railroad tie bridges are in need of replacement. Along with trenching and installing a couple of small (8") culverts, workers tackled two major 36" culvert installations. Believed to be the largest culverts dug in by hand in Wisconsin since 1952 many hands were needed to create the final resting places for these monsters. Club prez Jimmy expounded on the origins of the bottomless yellow clay and rock whilst scraping it off his shovel. Turned out that the most effective digging method was to loosen the clay and then pitch it out by hand, one clump at a time, then pitch it back in when the culvert was installed. Please thank the following club members as you ski over these corrugated beasts. Jimmy "Gumbo" and Judy Vandebrook, Mike Ivey, John "Henry" Kotar, Mark Gnabsik (Friends of Blue Mounds), JeanPierre "Backhoe" Rosey, Bill "Clay" Delaney, Karl Heil. Several people from other volunteer groups also helped. Look for more work days next fall, and remember in the words of Steve Myr-

land, "Digging's perfect, that's the kind of thing all this exercise is designed to replicate". *

Yeah,
THANKS!

- YOU'RE WELCOME, KARL -

A Letter of Thanks

Blue Mound State Park
P.O. Box 98
4350 Mounds Park Rd.
Blue Mounds, Wisconsin 53517
Telephone 608-437-5711
FAX 608-437-6214

Scott McCallum, Governor
Darrell Bazzell, Secretary
Ruthe E. Badger, Regional Director

October 19, 2001
Jimmy Vanden Brook
President, Madison Nordic Ski Club

Dear Jimmy and members of the Madison Nordic Ski Club:

I wish to take this opportunity to thank you and your club members for all the support they have given to the ski program at Blue Mound State Park this pre-ski season. On September 29th and 30th volunteers from your club (as well as yourself and the First Lady!) did some serious trail work on the Flintrock trail at the park. A grassy segment of trail was raked and seeded and numerous ditches were dug to channel water away from the trail into culverts. One new, small culvert was installed on the trail. Additionally two 48" diameter culverts were installed to replace existing bridges that were near collapse. Digging these culverts into a mixture of clay and rock was no easy task, but your club members continued on with out complaint until the culverts were in.

The park was able to purchase a new snowmobile this fall to augment the 15 year old machine that we are currently grooming trails with. This purchase was made possible due to the \$1550.00 donation from your club members as well as money donated by the Friends of Blue Mound State Park. Having two machines will allow us to groom trails quicker, as well as provide a back-up machine.

Over the years Blue Mound has received financial support from the club to purchase grooming equipment and also volunteer labor such as that mentioned above. The park is very fortunate to have such a good relationship with your club and I will strive to continue to provide the best skiing possible in southern Wisconsin for your members and the general public.

Please feel free to contact me at anytime regarding suggestions for improvements. Thanks again!

Sincerely, Karl Heil
Park Manager
Blue Mound State Park

c.c. Sue Black
Director
Wisconsin State Park System

Candlelight Skis at Blue Mounds State Park

Blue Mounds State Park will be hosting candlelight skis for 2002 on Jan. 5th and Feb. 2nd (the first Sat. of each month). Both run from 6 - 9 p.m. We WILL have adequate parking this year.

Thanks. Karl. *



Wanna Go to Norway?

BY JIMMY VANDEN BROOK

If you've ever wanted to ski Norway, and if you've ever wanted to ski the Norwegian Birkebeiner, here's your chance. Jerry Norsman, of the Nordic Company, in conjunction with the Madison Nordic Ski Club, is offering a March 20 to March 30, 2002 ski trip to Norway. The club went in 1998 and had an incredible time. This time we want to go and have the option of skiing the Birkie too. The flyer at right gives the itinerary and details of the trip. Basically, for \$2,095, you get just about everything including all air and ground transportation, all accommodations, and most meals. Take a quick virtual tour of the Rauland area, (www.rauland.org) the Gausdal hotel (in Norwegian), (www.gausdal.com/hotell) the Hotel Karl Johan (www.virtualoslo.com/html/body_hotel_karl_johan.html) and the city of Oslo (www.visitoslo.com). To coax you a little more, here's a testimonial from Dave Calhoon, ex-President, and traveler on the first MadNorSki trip to Norway in 1998:

"Our trip to Norway was fantastic! From the mountains of Telemark to the night life of Oslo, that trip offered it all: great trails and conditions, an experienced Norwegian guide, charming mountain hotels and villages, wonderful side trips to cultural and historic sites, and a chance to immerse ourselves in a "ski culture." Jerry knows Norway like the back of his hand and is very well connected there — some of the cultural sites we visited were closed to the general public at the time and were opened up just for our group. Also, Jerry was very sensitive to our family's special needs. I only hope I get to go back!"

So, check out the flyer at right, or contact me for more information. You can call me at 608-437-4192 or Jerry Norseman at 288-8070.

I hope you can join Judy (MNSC First Lady) and me for a very special trip.

Thanks, and I hope to hear from you.

— JIMMY VANDENBROOK,
MNSC PRESIDENT

Birkebeiner Rennet til Norge

Madison Nordic Ski Club

March 20 – 30, 2002

Rena to Lillehammer Race in Norway –WORLDLOPPET!
In cooperation with Madison Nordic Ski Club

***\$2095 pp dbl occupancy**

Space limited to 28 skiers!

TOUR INCLUDES

- Transportation from MSN
- Airfare from Chicago
- All transfers on Deluxe coaches
- 9 Nights in mountain & OSLO Hotels
- Most meals — 10 B's, 4 L's, 9 D's
- Endless trails in Lillehammer & Telemark
- Sightseeing and cultural events
- All connections for Birkebeiner Race

1998 TRIP TESTIMONIALS

"Awesome trip, from trail grooming to the natives. NORWAY is heaven!

— MIKE IVEY, MNSC

"A beautiful country with endless ski trails, wonderful saunas, and fabulous people."

— MARGARET RANKIN-RILEY, MNSC

"BIRKIE" Itinerary

Day 1	W 20th	MSN—O'Hare — SAS to OSLO	Day 7	26th	Skiing in Telemark... Rauland Hoyfjellshotell, B L D
Day 2	T 21st	Arrive in OSLO— transfer to Gausdal Gausdal Hoyfjellshotell, B D	Day 8	W 27th	Skiing... Rauland Hoyfjellshotell, B L D
Day 3	F 22nd	Skiing in the area—125 + km's of trails Gausdal Hoyfjellshotell, B D	Day 9	T 28th	Mid morning coach transfer to OSLO Some sightseeing en-route Karl Johan Hotel, B
Day 4	S 23rd	Birkie DAY! Transfer to race and return From Lillehammer — enjoy festivities! Gausdal Hoyfjellshotell, B D	Day 10	F 29th	Morning sightseeing in OSLO Karl Johan Hotel, B
Day 5	S 24th	After breakfast transfer to Telemark Visit WWII Resistance Museum @ Vemork Rauland Hoyfjellshotell, D	Day 11	S 30th	Late morning transfer via coach Gardermoen Airport for USA departure 1325 SAS # 465 to Copenhagen 1530 SAS # 943 to Chicago 1740 Arrival Coach transfer to Madison
Day 6	M 25th	Skiing in Rauland area of Vidda 125 km's Rauland Hoyfjellshotell, B L D			

***\$2195 pp, double—twin occupancy \$350 single supplement**

- **\$100 discount for MadNorSki Club Members** with deposit made prior to Dec. 10, 2001 — Effective price: \$2095 pp — \$250 Deposit to reserve space!

• Send deposit to The Nordic Company:

5930 Seminole Centre Court, Suite C, Madison, WI 53711
www.nordicco.com • jerry@nordicco.com • 608/288-8070

Name: _____

Address: _____

Phone: _____

email: _____

Room type: _____



- JUNIORS ARE ON THE MOVE! -

Help us recruit

BY DON FARISS

We are trying to find active high school aged students interested in joining the Junior MadNorSki Ski Team and need your help recruiting. Consider your neighbor's or coworker's kids. They need not be skiers, we can provide instruction. However, some basic aerobic fitness is advisable. Any kid who is always outdoors running, playing soccer, on a bike or active with their parents is a likely candidate. Talk it up with them & have them call 437-8076 to have Don send potential team members a brochure.

Thanks. *

Blue Mound Challenge

BY DON FARISS

Nope it's not a race. It's a friendly, free no-fee get-together to take on this personal challenge accomplished at your own pace. So put on your running shoes, hiking boots or grab your roller skis, blades or bike and see if you can climb 900 feet in 3 ½ miles from Ryan Road to the top of Blue Mounds State Park. That works out to only 6 feet up for every 100 feet forward. This year's 6th annual version will be held Sunday November 11th at 1:00 p.m. At the entrance to the state park you'll see signs directing you down to the Moyer & Ryan Road intersection starting point. Most of the pavement is smooth asphalt, but a quarter mile of the route has some loose gravel. Water at the top and shuttle rides back down will be provided. For more info call Don Fariss at 437-8076. *

Ski-Guides Wanted!

(EVEN YOU CAN BE A SKI-GUIDE!)

Yes, even you can be volunteer Ski Guide right here at Elver Park. The Madison Nordic Ski Club, is looking for a few good-hearted volunteer skiers to assist visually-impaired skiers once a month this winter. This will give the visually impaired skiers an opportunity to get out and enjoy the beauty of the sport we all love. Making a difference in someone's life begins with You.

WHAT IS A SKI-GUIDE?

A Ski-Guide assists visually impaired skiers to classical ski. The Ski-Guide provides the visually-impaired skier with companionship and verbal coaching.

DO I NEED TO BE A GREAT SKIER TO VOLUNTEER?

No, the only requirement is that you are able to ski in the tracks and

talk/coach the visually-impaired skier down the trails.

HOW "YOUNG" DO I NEED TO BE TO VOLUNTEER?

High School age to whatever...

WHAT TYPE OF TRAINING DO I NEED?

Very little training is required but we will meet as a small group and discuss techniques that are helpful to know. What is most important is that you want to help!

WHAT KIND OF EQUIPMENT IS REQUIRED?

You can bring your own skis or rent them at Elver Park. *

For more information, contact Gina Interrante at 608/849-7187 or e-mail her at Purplebike@aol.com.

Feel Good about Skiing?

BY JIMMY VANDEN BROOK

Normally I write about trivial matters concerning, what seems in light of September 11, a trivial activity — skiing. Is our sport just something that amuses a small number of relatively wealthy Westerners? We could be viewed as just a self-absorbed little sub-cult of a vast consumer society that doesn't care very much about the rest of the world. But now, anyone can be touched by anyone, anywhere. Yesterday, the top floor of our building was evacuated because an unknown package was left unattended. It turned out to be nothing. We are going to learn to live as the rest of world does, with anxiety. But, we are very fortunate as well.

Some friends just returned from a glorious 15 day, 750 mile bike ride

through France. They left just about a week after the 11th. And the French were wonderful hosts to them, were shocked by it all, but my friend reported they didn't dwell on the tragedy. In their recent history, two world wars almost completely wiped out a generation of young French men. The scope of their loss was enormous yet they got on with life, and what beautiful, full, and tasty one it is, including sport.

So, enjoy this ski season as much as you can. If you have the chance to widen your circle a little bit please do so. Skiing gives our lives color and flavor, but it is our commitment to one another that gives it depth. Take your boards to new places, and feel really good about it. *



Vendor Fair 2001 — A Space Odyssey

By HARRY LUM

The first meeting of the year for the Madison Nordic Ski Club is always the Vendor Fair. Local retail stores from all over the area display their wares, answer questions about equipment, wax, skis, and even how to improve your technique. This is your opportunity to meet new friends, renew old ones, ask questions, listen, have an adult beverage or two, and enjoy yourself for a full three hours.

We also hope to have information and registrations on all the big races in the Midwest. We know the Madison area supports the Birkie by sending 679 skiers to last year's snowfest. How about signing up for Badger State Games?

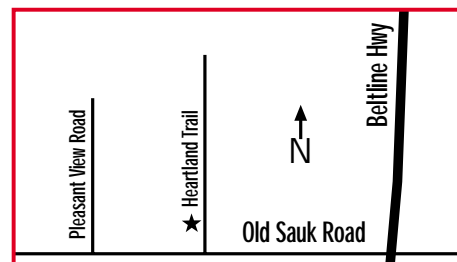
A new twist is being added this year; Don Miller Subaru will have a new all wheel drive Forester for you to test drive. When you are traveling to all those ski outings the last thing you want to worry about is not to make it

to the ski trails. Don Miller is our official sponsor of the Elver Park Race Series, so take advantage of test driving the car that can get you through the snow and even look good doing it.

We appreciate the time and effort of each participant at Vendor Fair 2001. Take advantage of the information available Monday, November 12 at RMT starting at 6:30pm. and lets show the Taliban there is no recession in Madison, Wisconsin. Put together your Christmas list early, and enjoy your nordic skiing season with a new pair of skis. You never know you might be one of the lucky members to walk away from the December meeting with one of our fabulous door prizes. But, you have to be a member to win, so bring your membership fee. (And, you have to promise to say thank you to the sponsor of the prize that you are sure to win.) Its better odds than winning the lottery! *

How to get to our November meeting

Our November meeting/vendor fair is at RMT (same place as last year). It will be easier to get there this year, no construction! The address is 744 Heartland Trail. Take the Beltline to Old Sauk Road, then take Old Sauk Road west and turn right on Heartland Trail!



Looking Ahead ...

Our January meeting will be at the Lussier Family Heritage Center at Lake Farm County Park, 3101 Lake Farm Rd., Madison. If there is snow, we may even be able to ski a little, before and after, and perhaps even during the meeting (if Jimmy or someone else gets too long winded). *

2001-02 MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
Wednesday Nov. 7 Jim Coors	Monday November 12, 6:30 p.m.	pre-season activities, trips	Vendor Fair! social hour trips signup	RMT 744 Heartland Trail (see map)	
Tuesday Nov. 27 TBA	Monday Dec 10, 7:00 pm	Holiday Ski parties Gifts for skiers	Potluck, Raffle, Tales of the Birkie	Shorewood Community Center	November 12
Wednesday Jan. 2 TBA	Monday Jan 14, 6:30 pm	Waxing Racing	Ski before the meeting Waxing tips	Lake Farm County Park <small>(more info in next issue)</small>	December 17
Wednesday Jan. 30 TBA	Monday Feb. 11, 6:30 pm	Birkie war stories/ Birkie alternatives	Ski Videos Pizza!	Rocky Rococo's	January 14
Wednesday Feb. 27 TBA	Monday Mar. 11, 6:30 pm	Racing wrap up	Awards & Potluck	Shorewood Community Center	February 11

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 publications! 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. *

- READY, SET, GO! -

2002 Elver Race Series Sponsored by Don Miller Subaru

By NED ZUELSORFF

Don Miller Subaru is sponsoring the club's 2002 seven-race series. The sponsorship allowed us to purchase new race bibs, improved timing software and other supplies needed to further improve the race experience for everyone. We are grateful to Don Miller and Subaru for their interest and help in our club's efforts. Any adult who test drives a Subaru at Don Millers from November 15 through January 15 can receive a certificate good for either two single race registrations or a \$10 discount on a series registration.

The Elver race series will begin on Thursday night, January 3, 2002. Subsequent races will be held on Tuesday nights through February 12. The general race format will be similar to last year's. Skiers will have the option of 5 or 10K lengths, and classic or freestyle techniques. Each weekly race will involve a different course at Elver Park on Madison's southwest side. Races may include either interval or mass starts. Classic skiers will have a separate start when mass starts are used. Registration will be from 5:45 to 6:45 in the Elver Park shelter with the race start at 7 PM sharp.

Our goal is to provide skiers of all



ages with a quality, safe and fun event. The course is normally groomed by the city on race day. Course conditions will be checked and races may be postponed until conditions improve later in the week. We greatly appreciate this flexibility the city has provided the club that has allowed us to hold nearly a full slate of races in each of the last two years. Racers can check on the status of a planned race by calling the club's hotline at 608/233-MADK (6235). We will also use email notices to those skiers with email access. Race results will be posted as soon as possible on the club's website at <http://danenet.wicip.org/madnord/club.html>.

New this year will be at least two "first-timer" races for beginning racers. These races will be held on Tuesday, January 8 and Tuesday, January 15. Additional races will be sched-

uled, if there is sufficient interest. First-timer races will be 3K in length for both classic and freestyle skiers. We hope that this will give inexperienced skiers a chance to try racing in a smaller group and perhaps less intensive atmosphere. Registration for these races will be from 5:15 to 5:45 with a race start at 6 PM.

Fees for single races will be \$6 and \$8 for adult members and non-members, \$3 and \$5 for junior (high school and younger) members and non-members. The seven race series fee will be \$25 and \$40 for adult members and non-members, \$12 and \$20 for junior members and non-members. First-timer race fees will be \$3 for adults and \$2 for juniors. All proceeds from the race series will be used to promote skiing and trails in the area.

For more info, contact me at 608/231-1876 or nedz@itis.com. *



Just think how fast you will be when you put on one of these bibs!

- RACE ATTIRE -

We're Stylin'

For the first time, MadNorSki can race in their own club lycra! Club members, Ben Neff and Dirk Mason have designed a MadNorSki racing suit from Louis Garneau, which includes a jersey, tights and jacket. The jacket looks similar to the top. They are blue, red, black and white.

Unfortunately, the first order has already been placed. If you would like to order one in the next batch, contact Dirk Mason at dmason@wi-ei.org. Just imagine how good they look in color! (Actually, if you go to our website, danenet.wicip.org/madnord, you can download the pdf of this newsletter and see it in livng color—how cool is that?) *



Winter Celebration Sale!



Thursday-Sunday
December 6th, 7th, 8th, and 9th

The Doc has moved!

Come visit our new

Nordic Ski Shop in Dousman, WI
XC SKIS AND SNOWBOARDS ARE IN!



Check out new products from:

- * Lafuma
- * Alpina
- * Nidecker Snowboards
- * SKS and more...



**MadNorSki member
SPECIAL!**
Show us this ad
and receive a **FREE**
Bicycle Doctor
Wax Scraper!



Don't forget, Bicycle Doctor has:

- * Wintersteiger Stone Grinding
- * Expert Ski Fitting
- * Snowshoes, ski apparel, waxes & more!

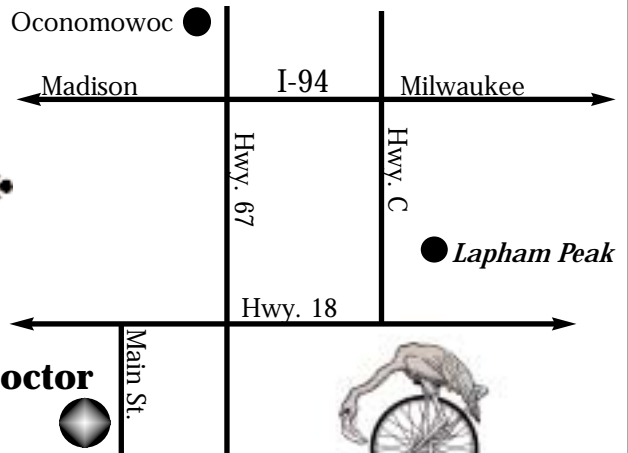
GRAND OPENING!



- ◆ *Unique Shopping Experience*
- ◆ *New Bike & Ski Service Area*
- ◆ *Cozy Atmosphere with Fireplace*
- ◆ *Coming Soon--Coffee Bar!*



Bicycle Doctor



105 N. Main Street Dousman, WI 53118 Phone: 262-965-4144 Fax: 262-965-5214 Email: bikedr@bikedr.com

Ski Club Hosts Myrland Exercise Clinic

BY WILLI VAN HAREN

On Saturday Sept. 29, the ski club hosted a clinic lead by sport exercise professional Steve Myrland of Middleton. Steve has worked with professional sports teams and individuals as well as UW crew and other local athletes. An "out of the box" thinker, Steve focuses on homegrown whole body fitness routines that work your body and not your charge card. His high energy, low budget, outdoor workout was perfect for skiers.

Steve led the group through a 2 hour progression of agility, balance and coordination sequences. Combining elements of yoga, plyometrics and Steve's own ideas of dynamic movement, each section required motion and stability in all three dimensions. Steve emphasized working the body front/back/ up/down and sideways. While not specific to skiing, the notion of muscular and neural vitality stabilizes the skier and helps to prevent the injuries and imbalances associated with repetitive motion sports (like skiing). Some movements were simple and others humbled par-

ticipants unable to make the appropriate mind/body connection, or maybe it was a need to disconnect.

Most of the work involved just the body or simple accessories. The 3kg medicine ball is one of Steve's favorite tools. Using the ball to emphasize body twisting, acceleration, and deceleration, it makes a good training partner. If you would be interested in purchasing a ball for about \$30.00 please contact Willi Van Haren at psh@it is.com and we'll put an order in. These balls bounce! (Unlike your other training partners)

Wouldn't be fair not to mention Steve's own ABC agility ladder. A simple device similar to a rope ladder and seemingly designed to embarrass the older athlete. Our efforts at skipping and hopping over and through the ladder were evidence that skiers are better at just putting one foot in front of the other than doing any kind of dance routine. Actually, with some practice we did get it going after a while.

The club thanks Steve for a great

clinic and Liese Pfeiffer for getting the whole thing going. We've incorporated some of Steve's ideas into our weekly dryland training at Elver Park. (See schedule elsewhere in newsletter) So, join in the workouts and look for another clinic next fall. *

- GET IN SHAPE! -

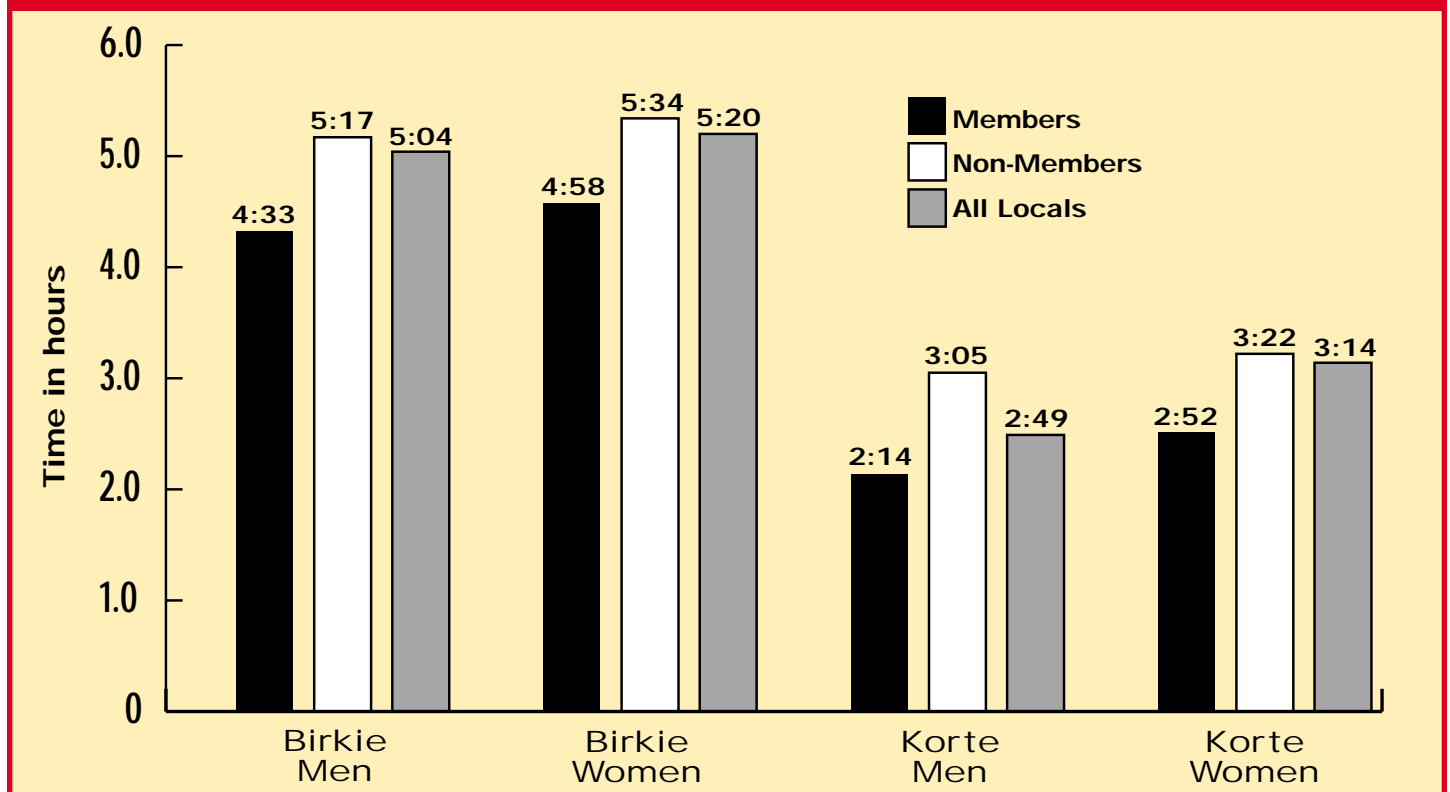
Dryland Training

Madison Nordic Ski Club has an ongoing Dry land training group open to all members. We start at 8:30 am sharp on Saturdays, meeting at the stone building at Elver Park. Leadership is rotational and the work outs are 1.5-2 hours long. Bring water, ski poles are optional. See ya there! *

Another Good Reason to Join the Club

STATISTICS BY JIM COORS

RACE TIMES BY MEMBERSHIP CATEGORY



A World Wide Web of Anticipation

BY JOE KING

Kristin wrote, "All I could think about was the race and what it could have in store for me." Thanks to the MadNorSki Juniors and the web page, we now know exactly what was in store for her. Kristin Gallagher's skiing story, *My first Half Marathon- the Noque- manon*, was voted the best of the the stories submitted to Madnordski (<http://www.danenet.org/madnord>) last season. Her story gives us the opportunity to relive the anticipation, worry, and elation that surround a major accomplishment.

Kristin's is one of several stories that were submitted for publication on the club-sponsored web site last season. There is a complete list of last season's stories at, <http://www.dane.net.org/madnord/stories.html>. The web site has collected nearly 60 stories relating to cross-country skiing since 1994. Of course, the length and detail varies but it's still fun to let a few clicks of the mouse take you to the back of pack at the Birkie or to the solitude of a back-country experience. When I read Mike McQuestion's story on Blackhawk Ridge, telling us that "... braving the switchback allows you to end your



outing with a schuss through the unbroken snow carpeting the gently sloping pine forest," I had to go see for myself. That was nearly five years ago I'm looking forward to a few more "schusses" this year.

Near the end of the 2000-2001 skiing season, the XC Discussion Group was asked which of the stories submitted to the web page was their favorite. Voting was limited to the stories submitted that season and Kristin's was the story selected. The intention is to do this again near the end of this sea-

son to give the authors some additional recognition and to highlight some of the more enjoyable skiing stories.

There's a new look to the web site that is slowly being incorporated throughout. The main page is at <http://www.danenet.org/madnord>. From there you'll find links to the "Skiing Stories", "Current Conditions", "Events", "Where to Ski", "The Club", "Discussion Group", and "Links". We get our event listings from two sources, from events submitted directly to the page and Silent Sports Magazine. The file from Silent Sports usually arrives shortly after Thanksgiving. Depending on the

weather, the "Current Conditions" page usually comes alive sometime in December with the northern most sites reporting sooner.

The web site lives on what you give to it. Your ski reports and stories are what makes Madnordski useful. So visit the site, write a story or submit an event or condition report. Like Kristin, just before her first half-marathon, I'm filled with anticipation. *

.....
Joseph J. King can be contacted at jking@mailbag.com

- WHERE ARE WE GOING? -

Trips Signup at the November Meeting



Get cost and travel details at the club meeting November 12th at RMT.

Dec 15th Demo Days at Minoqua Winter Park

Test the latest equipment, talk with reps, attend clinics, and ski one of the great venues in Wisconsin. Take a bus from Madison early Saturday morning, have a great day skiing, and be back that evening.

Jan 18, 19, 20 Seeley Hills Classic 42 & 24K on the Birkie Trail

Race in classic style on the Birkie Trail's magic carpet. Groomed for classic style only, it is a real treat. Limited accommodations at Valhalla next to Telemark. See Jimmy Vanden Brook for details: jpvanden@mhtc.net



Jan 25, 26, 27 Nordic Ski Rendezvous at Telemark Lodge

Join the Nordic ski clubs from Milwaukee, Wausau, Twin Cities, and St. Cloud for the second annual convocation of Wisconsin and Minnesota ski clubs. We had a great time last year. Over 150 folks were there and the skiing was fantastic on the Telemark trails which continue to improve. And of course, the Birkie trail is right out the back door as well. Join us for the Friday night social hour(s), Saturday night banquet with a large number of raffle prizes, and the best skiing around. See Jimmy Vanden Brook for details: jpvanden@mhtc.net *

Funstuff



Believe it or not, this self-portrait was taken by Phil Van Valkenberg on Sat October 27th on one of the trails at the Telemark Resort. Phil says it snowed all day on Thursday, October 25th, accumulating about 5-7 inches of the stuff! According to Phil, the skiing wasn't great, but just to say he did it in October was worth it!

SEND US YOUR PHOTOS!

Got a good picture of a ski adventure? Submit it to us. (If you take a digital photo, save it at the highest resolution possible.) Call Kay at 608-249-0186 ext. 110 for more information. Think Snow!



Above is a photo of the lodge during the snowfall on the 25th! Hopefully, it's a sign of a great ski season ahead!

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251 State Street, Sports Specialists
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We rent snow equipment!

Monday & Thursday	10 to 8
Tues., Weds., Fri., Sat.	10 to 6
Sunday	11 to 6

Donations in 2001

SOURCE	NO. CONTACTED	NO. OF DONATIONS	PERCENT CONTRIBUTED	AMOUNT
Groomer donations:				
Members	276	102	37%	\$6,945
Non-members:				
Local Birkie skiers	233	53	23%	\$1,210
Non-renewals	102	4	4%	\$60
Others	4	\$325		
TOTAL FOR GROOMER DONATIONS				
	611	163	27%	\$8,540
Ordinary donations				
	276	21	8%	\$435
TOTAL DONATIONS IN 2001				
	887	184	21%	\$8,975

CLASSIFIEDS

**Ads run free
for MNSC Club members!**

SKI HOUSE FOR RENT

20 Minutes to Winter Park, 15 Minutes to Razorback Ridges. 50 minutes to Ironwood. On lake, Fully furnished, sleeps 8. 2 Fireplaces, Loft. Large Waxing room. Very Nice. See it at <http://www.community-rentals.com/gresham.html>.

Call Erv 715-365-7004.

Got Something you want to sell?

Looking for something? If you are a member of the Madison Nordic Ski Club, we will run your ad for free! Submit Classified ads to Jimmy at jpvanden@mhtc.net.

Groomer Donations — Thanks to all!

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MEMBERSHIP FORM

Sign up now for the
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(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:

Madison Nordic Ski Club • PO Box 55281 • Madison, WI 53711

Madison Nordic Ski Club

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