

MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 22 No. 6

- A WORD FROM JIMMY -

A Word with Mr. Wonderful

By DR. PHIL A.K.A. "JIMMY" VANDEN BROOK



Recreational skiing with your significant other should be fun. Sometimes it's not. Occasionally, one side of the partnership has expectations about a proposed outing that isn't met. This is true of

many joint ventures that look good on paper but suffer in the execution. Over-booked contractors are testimony to the inability of couples to work through even the simplest home improvement projects together. Skiing should be more fun than hanging wallpaper but inattention to the needs and desires of your mate can lead to the same place.

By it's nature, cross-country skiing involves exertion in the cold. As long as you properly thermo-regulate and exercise within your aerobic limits, you can enjoy a smoothly unrolling winter panorama. But, over or under dress, or ski so hard that your lungs burn and quads seize, and what started out to be fun turns into a death march. And for all of us, there comes a point when another 5 kilometers is more than we care for. Unless your ski buddy is exactly matched to you in strength, stamina, technique, and temperament, adjustments and communication are needed to balance the scales. Which takes us to a recent example of communication breakdown.

A few weeks ago, Ned Z. and I escaped the snowless south and spent a few glorious, though chilly days skiing in the U.P. We skied the Michigan Tech trails in Houghton and ran into several couples that were gliding along at leisurely paces and having a very good time. Ned stopped

to talk to a pair of cross-country newbies who, though struggling a bit, were doing it together, stopping frequently, and not getting frustrated despite the cold temps and new, slow snow. They asked for a few pointers and then continued with big smiles. They were enjoying being on a trail together, learning. At ABR, in Ironwood, we ran into another pair of first-timers on the trail who were also having a slow but fun ski. Our excursion to the Swedetown trail system in Calumet was another story altogether however.

It was a blustery Sunday morning in Calumet and the temps were right around 0 degrees Fahrenheit. And, of course, it was blowing snow as it almost always does up in the Keweenaw in January. Despite lots of new snow, the course had been Pisten Bully groomed just a couple hours

before we arrived. We got our classic skis ready and hit the trails. A sharp wind blew right into our faces as we did the climb right from the chalet. It was bordering on nasty until we got into the protective woods and warmth returned to our extremities. If you could get past the first kilometer it was just fine. About 90 minutes later we were back at the chalet, warming up and fussing with our skis on the lower level. Suddenly, the atmosphere IN the chalet got nastier than a lake-effect whiteout.

A woman burst in the door and exclaimed, "I'm going to kill my husband." Ned, a real new-age guy with a keen sense for impending trouble, displayed his best conflict resolution skills and bolted up the stairs leaving me with a brewing tempest. She went on to explain that this was her first time skiing and that her husband just

(SEE WONDERFUL, CONTINUED ON PAGE 13)

SKIING SHOULD BE MORE FUN THAN HANGING WALLPAPER...

OUR NEXT MEETING

Monday, March 10th, 2003
Shorewood Community Center — POT LUCK!

Agenda

- 6:30: Potluck/beverages
- 7:30: Business meeting: Budget, Summary of season projects, Discussion of 2003/4, club priorities, Finland Report, Election
- 8:00: Awards & Recognition

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Storing Your Cross Country Skis

By ERIC MITTELSTEADT, TOKO TECH TEAM

How does the old saying go, "An ounce of prevention is worth a pound of cure"? Most cross country skiers realize the benefit of exercise to their overall physical health and well-being. The same approach applies to our cross country skis.

I like to think of my ski equipment as an investment in my health and happiness. We invest both time and money in preparing our skis to perform well so why not take a few minutes at the end of the ski season to protect our investment. Applying a "cover coat" of storage wax to ski bases is important for two reasons.

First, ski bases, when exposed to oxygen for extended periods (e.g., over the summer), can become dry which reduces the ski base's ability to absorb wax. Reduced wax absorption means that, while skiing, the wax will wear off of your skis more quickly and you will be waxing more frequently (if you want your skis to perform well). For any skis with a sintered base (which is most "sport" skis and better on the market) that have significantly oxidized, the only solution to refresh the base material is to have the skis stone ground which will cost about \$40 (more on stone grinding in a future issue).

Second, applying storage wax to ski bases also prevents scratches to the bases, collection of dust and dirt, insect droppings, etc. Following are two quick and simple steps that will keep your ski bases healthy and

extend the life of your investment:

1.) Using a waxing-specific brush (preferably copper but the basic white nylon will also work), firmly brush from tip to tail several times to remove any dirt and dust that may have accumulated onto the ski bases. In the case of waxable classic skis, remove the kick wax first, let dry, then brush.

2.) Apply one generous coat of hot wax (using a waxing iron set at a low temperature) to your ski bases using a "warm conditions" wax such as yellow. One or two passes with

the iron should leave the wax nice and even on the ski base. You don't have to get fancy at this point with expensive waxes. The idea is to protect the bases so just use a basic inexpensive wax such as Toko Worldloppet yellow, Swix CH-10 or any other "warm" wax. Technically, you can use any kind of ski wax as a "storage" wax but I prefer a "warm condi-

tions" wax like yellow because it's a lot easier to remove next season than a "cold conditions" hard wax such as blue. **DO NOT REMOVE THE WAX** as you would normally do for skiing. Just leave it cool (about 20 minutes) and you're done. Store your skis someplace that is cool and dry. This process of brushing and "cover coating" should take no more than five minutes per pair of skis. A small amount of time that's well worth your investment.

Have a great summer! *

I LIKE TO THINK
OF MY SKI
EQUIPMENT AS AN
INVESTMENT IN
MY HEALTH AND
HAPPINESS.

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MadNorSki Women Pile On the Pork

HEADLINE AND MOST OF ARTICLE
BY JIM COORS

The Seeley Hills Classic race was moved to Feb. 1, then cancelled at the last minute. But some MadNorSki found a good alternative: the Porkies Classic, which was held on Feb. 1 in the Porcupine mountains. There was a 40K and a 20K race.

Of the top five women's finishers, MadNorSki women took four places! Pictured (left to right) are JoEllen Torresani who was 1st, my own precious Ann who was 3rd, and Carol Ricker, who was 2nd. Not pictured was Madeline Uranek, who was 5th. Quite an achievement.

JoEllen won a \$300 gift certificate to the ski shop at the Porkies! *

WANT YOUR CAR WASHED?
OR PERHAPS YOUR POCKETS
CHECKED?



The Juniors were busy "checking (kick) pockets" for fellow ski club members at the January meeting.

- A SMALL BUT MIGHTY MADISON CONTINGENT -

Reflections On the Telemark Rendezvous

By *BRENDA ARMSTRONG*

The Telemark Rendezvous might be more accurately be described as "The Telemark search for any other MadNorSkis" rather than the Telemark Rendezvous! The Noquemanon Race was the same weekend, so we cozied up to the notion that it was just the four of us; Ruth and Scott Bachmeier, Carol Gosenheimer and me. And not that that's a bad thing -- just a surprise upon arriving. Carol and I arrived about 3 PM on Friday and were notified the trails closed at 4. Carol, being the dedicated skier that she is, was bound and determined she was going to SKI and ski she did... for an hour. There were hors d'oeuvres served Friday evening as the Madison contingent from MadNorSkis mingled with Milwaukee's Nordic Ski club and the North Star Club from Minneapolis--all hundred or so of them.

Saturday morning arrived and there was a lightly falling snow as we ventured out into the frigid 7 below temperatures with a cordial group of about fifteen. Arriving back various times around early afternoon, the MadNorSkis met up and enjoyed good food and conversation in the bar/restaurant. We were left fascinated and nearly speechless hearing tales of Scott's aneurysm experience last summer! We could only conclude what a lucky guy he is and how happy we were to have him out there skiing with us!

Carol and I headed back out in the late afternoon, I with my skate skis and Carol with her snow shoes, for one more round of fun! Then there was a dinner Saturday evening, followed by a little entertainment from



The small, but mighty MadNorSki contingent, from Left to Right: our very own meteorologist/Membership Chair, Scott Bachmeier, and his assistant/wife, Ruth, author Brenda Armstrong and Carol Gosenheimer.

**...TELEMARK
WILL BE FIGHTING
TO SURVIVE ITS
TROUBLESOME
FINANCIAL PAST
FOR SEVERAL
YEARS TO COME.**

We went out Sunday morning for yet another round of fun. This time the sun was shining and it was a beautiful morning of skiing, but it was now 10 below zero! Trail conditions were poor due to cold temperatures, making skating difficult, at best. In conversation with the General Manager at Telemark, I learned that Telemark will be fighting to survive its troublesome financial past for several years to come. And although the décor is dated, the staff was very accommodating, the skiing was literally right outside the door, the view from our room was lovely and the trails were great... which made for an nice weekend of skiing. *



Who are these masked MadNorSkis? Below Zero temps called for drastic measures! Could that be Carol and Brenda?

2002-03 MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
Wednesday Feb. 26 TBA	Monday Mar. 10, 6:30 pm	Racing wrap up	Awards & Potluck	Shorewood Community Center	February 19

- A VIRGIN NOKIE EXPERIENCE -

Wow, that Was Hard!

BY JOHN ERICSSON



The author, who has fully recovered, rests at the Jan. MadNorSki meeting.

As I sent off my entry fee for my first full ski marathon, the '03 Noquemanon Ski Marathon, I thought, "how hard could this ski marathon thing be?" I am a pretty good recreational skier and a pretty good bike racer —

"it will be fun." Two years ago my indoctrination to XC ski racing was the Noquemanon 1/2 Ski Marathon (~23K). It was a great year with tons of snow and I had a great time with a respectable finish time for my first ski race.

With only one day of skiing under my belt for the season we headed North to Marquette for the big event. Race officials promoted how Mother Nature blessed them with last minute snow and the course was looking great. I lined up in the last wave with a positive mental attitude, fresh legs, and a smile on my face. It was cold, around 10° F, but I knew I'd be warm

soon. We took off smoothly and I was skiing fast, close behind the leaders in my wave. At 10K I remember thinking, "this is really fun." That thought left me soon as we started the climbing. As we climbed and climbed and climbed to the halfway mark I started to realize, I am getting a "little" fatigued. I decided to ease up a bit, but when many people started to pass me my racer mind kicked in and picked the pace up again. Bad idea! As we neared the mid-course point, the trail started to deteriorate and so did the glide wax on my bases. Forward glide, my stamina and my positive mental attitude were starting a fast downward trend. We hit the 1/2 marathon start point and fresh skiers in the 1/2 marathon started to pass me like I was standing still. Plus, with more skiers on the second half of the course, the conditions started to deteriorate further. Again,

my glide, strength and attitude got worse and worse and worse. With 10K to go I felt like the most miserable person out there and I began the frustrated swearing — directed at the trail conditions, my skies, my decision to

**I REMEMBER THINKING,
"THIS IS REALLY FUN."
THAT THOUGHT LEFT ME
SOON AS WE STARTED THE
CLIMBING.**

do the race, etc. Sounds amusing now, as I must have looked pretty funny out there swearing at myself like an idiot. With some long rest stops and LOTS of Hammer Gel I managed to keep my head up just

enough to keep myself focused on trudging all the way to the finish line.

After a hot shower, a beer, and a soak in the hot tub I started to realize I really did have a good time, and I will be back for more. Plus, I got a really cool Noquey V hat.

Thanks to all the MadNorSki skiers that cheered me on as they passed me by on various parts of the course. It helped! *

Noquemanon Highlights

(IN OUR HUMBLE OPINION)



Madeline Uranek donned the bell she won for placing 2nd in her age group for the 25K classic race at the Noquemanon! (It just so happens to go perfectly with her earrings!)



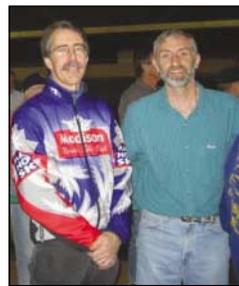
Tom Richner heads up on stage to receive his award for winning 3rd in the 16-17 age class for 25 km Classical race.



Lorie Wesolek and Yuriy Gusev checking results. Lorie was 5th overall and 3rd in 30-34 age class in 55 km Freestyle race. Way to go MadNorSkis!

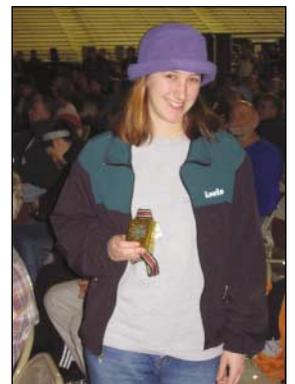


Kristin Gallagher (L) won 1st and Mikaela Robertson (R) 2nd in 16-17 age class for 25 km Classical race.



Don Fariss (L) and Mike Capp, both first in 50-54 and 45-49

age classes for 25 km Classical race patiently wait to be called to podium.



Louise Jones took 3rd in 16-17 age class for 25 km Freestyle race.

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- WHAT ARE THE SILVER SKIERS DOING? - Silver Skiers Go To State

BY GREG JONES

The annual Wisconsin State High School Championships were held at the Schwan Center just outside of Trego Wisconsin on February 8th and 9th. Races were held for the middle school division both days. There was a Freestyle race held on Saturday and the Classic race followed on Sunday. The Silver skiers had 5 boys and 3 girls competing in both races. Medals were awarded to the top ten finishers in both races.

In the girls division we had all three girls winning medals in both races. **Rachel Fanney** took a third in both races. **Corrina Jones** was right behind her in 4th place for both races.

Rachel's up and coming sister, **Hannah Fanny**, was 8th in the freestyle race and 7th in the Classic race. Team scores are also kept track of at the event. The top 3 skiers on each team score points to make a combined team score. The Madison area ski community should be very proud of



our three girls. They were the only full team in the middle school girl's division. With all of the great ski communities across the state, Madison was the only area that could put together a girl's team!

In the boys division we had 2 boys cracking into the top ten. **Noah Kenoyer** was fourth place in the Freestyle division and he was very impressive second place in the Classic division. **Birkin Schimpff** was 9th place in the Classic race. Birken is currently a 6th grader with 3 more years to compete in the middle school division. Keep an eye on this guy! There were 5 teams competing in the boys division. The Madison Area Middle school boy's team finished in first place in the Classic division. Also skiing on the boy's team were **Eric Delain** and **Erik Pederson** both skiing in their first races. Rounding out our boy's field was **Ross Nordenberg** who gave a brave performance skiing while just recovering with a bout of



Silver Skiers win medals at Wisconsin State High School Championship's middle school division. From left: Corrina Jones, Noah Kenoyer, Rachel Fanny, Hannah Fanny, and not pictured Birken Schimpff.

strep throat. Way to go boy's! Kudos to all eight of them that made the trip.

The Silver Skiers will continue meeting and skiing as long as we have snow to ski on. All of us from the Silver Skier's would again like to thank the Madison Nordic Ski Club, and the Madison area ski community for all of the support that you have shown us. *

2003 Wisconsin HS Championships

ARTICLE AND PHOTOS BY DON FARISS

Twenty-three of our 25 MadNorSki Juniors attended the 22nd annual Wisc. High School Nordic Ski Championships held at the Schwan Conference Center (of Schwan ice cream fame) near Trego, WI. Race volunteers pulled off a nearly flawless race after miraculously grooming 7 inches of light fluff into a passable skating course for the Saturday freestyle race. I think they surprised even themselves by laying more than adequate classical tracks for Sunday's pursuit style race. The Schwan facility itself was a fabulous site to hold the event with its brand new group lodges and motel rooms that housed nearly all of the 280 competitors. They fed us in style and staged our huge awards ceremonies.

We knew the rolling terrain of the 6K



Kristen Gallagher and her proud dad, Tom.

neither knew how realistic their chances were because with all the cancelled races in the last 2 years, there have been few chances to feel out the competition. I knew they would both be close, so I suggested they race as though they were in 11th place just 3 seconds out of

courses would challenge the skating skills of our beginning skiers as they had only a paltry few chances to practice on snow-covered hills at home. Our most committed skiers spent 9 to 12 hours in vehicles driving north to snow & races each of the seven previous weekends prior to the Feb 8-9 event.

Entering Saturday's freestyle race. Seniors **Tom Richner** and **Kristin Gallagher** had hopes of cracking the top ten and thereby winning a medal.

Neither knew how realistic their chances were because with all the cancelled races in the last 2 years, there have been few chances to feel out the competition. I knew they would both be close, so I suggested they race as though they were in 11th place just 3 seconds out of

10th. Since our races are interval start, you never know your place until the results are posted.

I wish I hadn't been so prophetic. Tom skated a fine race, but ended up agonizingly close to his goal; in 11th, just 9 seconds out of 10th! Dang! There were 13 more males in the next 60 seconds; a competitive field. Kristin was 15th, just 5 seconds back of her teammate sophomore **Louise Jones**. Louise was just 25 seconds from 10th. We had 3 more girls in the top 30 (**Amanda & Nicole Zach & Emily Dunn**).

Surprisingly, we had 20 practice sessions on classical skis in Madison. Thanks to all you adult MadNorSki's, we have an adequate supply of classical no-wax rock skis we use when there is just ½ inch of snow covering the grass. Hitting grass clumps, mud and skiing through dips makes for slow, rough skiing, but helps improve balance, strength and skiing outside of the track. What is lacking is practice gliding and handling speed on

(SEE CHAMPS, CONTINUED ON PAGE 10)

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www.MadNorSki.org

The Ski Spa: Moving Beyond the Hotbox Treatment.

By CAROL RICKER

Recently I was invited to go on what was enticingly called the "Ski Spa" in Northern Minnesota. Envisioning a weekend of relaxing skiing followed by massages, mud baths, and saunas, I eagerly packed up my skis and took off on the 7 hour trip to reach my dream destination.

It wasn't long before I realized that this vacation was not what I had anticipated. At check in, I was questioned as to the age of my skis, how many scratches were on the bases, and their race history; the highs, the lows, the in-between ski experiences. What this had to do with my weekend of bliss was beyond me. I was then asked which treatments I would like to sign my skis up for. My SKIS? Wait a minute. This was all for my skis? Completely at a loss, I asked what they recommended. After some discussion and agreement of terms I reluctantly signed up for the basic Nordic treatment.

My skis and I started out the next morning with a short "wake up" ski and then some basic stretching. This consisted mostly of lying flat on the floor with arms stretched out above my head, as well as the "standing ski" pose, the same pose done vertically.

Next, I watched as my skis were taken away from me and down to the steam room. There they spent a full 30 minutes in a "steam shower", the wax oozing out of their clogged pores.



From there they were wrapped in terry cloth robes and transported to the massage room. I listened to the soothing Norwegian music as 2 hefty women disrobed my skis, laid them on the massage table, careful to keep the bindings covered with a towel at all times. Here they poured warm waxes on their black bases and gently massaged, from tip to tail, releasing any stress or tension that had accumulated in their structure.

Next, the pine needle treatment.

Fresh pine needles were sprinkled across the bottoms to release my skis' Nordic roots. A short session of gentle thwacking with birch branches stimulated the fine hairs. That was followed by aromatherapy, as reindeer moss and lingonberry scented candles filled the room. I decided to skip the natural wax exfoliation session.

Then it was off to the ski therapy room. Here, they were laid on a white sofa and asked to talk about bad races and misunderstandings with their skier. Here I watched from a one way mirror, filled with guilt and remorse and my skis rambled on about the resentment they felt when I had once blamed them for a bad race, as they had valiantly strained up the hills under my extra 10 pounds. I vowed to never blame my skis again. This was followed by a group sharing session. It was interesting to listen while skis of all makes; Fischers, Atomics and Rossignols alike, found a common ground while they compared waxing techniques (soft nylon brushes; yes, rotobrushes; no), and the feeling of despair when their owners suddenly retired them to the status of "rock skis". It was almost too much to bear.

The Ski Spa brought new life to my skis. Next time you are considering a mere stonegrinding and hot box treatment, go for the whole works, at the Ski Spa! *

Meanwell Makes it To The Big Time

IN THE MINING JOURNAL OF MARQUETTE, MI

By KAY LUM



The online version of Walter's 10 minutes of fame shown here.



Madnorski member Walter Meanwell has done the Noquemanon ski race for all 5 years of its existence— and therefore earned a spot on the front page of the January 26, 2003 issue of *The Mining Journal* of Marquette, MI. Walter's quote: "This is just a fun course to race. Marquette is a nice place to be and the people here are nice. The race officials amaze me because no matter how poor the snow conditions are, they always pull off a fantastic race for us."

There were a total of 240 Legacy skiers who were honored with a special gift and a special green Noquemanon hat! Keep up the good work Walter! *

MadNorSki Finds Snow — in Sweden

By CHUCK CALLENDER

Madnorkis Jim Fenster and Chuck Callender hit the snowy trails of Mora, Sweden for a Nordic ski weekend in late January with a work associate from Stockholm. A snow depth of 25 to 30 cm and excellent conditions were found on the 90 km Mora Vassaloppet trail. The snow covered trails were a refreshing change from our Wisconsin tundra. Mora is located 4 hours drive north and west of Stockholm. A lively hamlet with 21,000 residents, many trailside rental cabins and some modest alpine skiing opportunities. If you can't get enough kilometers in during the short daylight



Jim Fenster and Stockholm colleague, Owen Whittaker, on the Vasaloppet trail near Oxberg.

hours, some trails are lit during the evening.

Jim and Karen Fenster are stationed in the Netherlands for three years by Jim's Middleton employer. If your work or holiday plans take you to Europe, Jim would welcome your advance notice and potential rendezvous in a Nordic location. Jim can be reached at jfenster@gilson.com. Jim has gathered some experience and information on the XC opportunities in Germany, Norway and Sweden during the past two winters. There are some great late season XC opportunities in Scandinavia when the long daylight hours begin. *



Many rental cabins within meters of the Vasaloppet trail. Admit it guys, was the stretching just for the camera?



On the Vasaloppet trail at Eldris. During the race, Eldris is the last timing and feed station before the finish at Mora.

THE MORA VASALOPPET IS THE MOST POPULAR AND WELL KNOWN SPORTING EVENT IN SWEDEN. IT IS HELD THE FIRST WEEK OF MARCH. IT'S A 90 KM CLASSIC-ONLY SLOG FROM SÄLEN TO MORA, SWEDEN. THE ENTRIES ARE CAPPED AT 15,400 WITH MANY ADDITIONAL PARTICIPANTS ALLOWED DURING THE WEEK PRIOR TO THE RACE. ACCORDING TO THE VASALOPPET WEB SITE, 350,486 SKIERS HAVE CROSSED THE FINISHING LINE, EQUIVALENT TO 787 JOURNEYS AROUND THE WORLD OR 41 RETURN TRIPS TO THE MOON. THE FIRST RACE WAS HELD IN 1922, IN REMEMBRANCE OF GUSTAV VASA'S ESCAPE IN 1521. MEN FROM DALARNA FOLLOWED IN VASA'S TRACKS PERSUADING HIM TO BE FUTURE KING, HELPING THEM TO DRIVE THE DANES FROM PRESENT DAY SWEDEN.

FIND OUT MORE AT THE VASALOPPET SITE: WWW.VASALOPPET.SE/ENGLISH

MadNorSki's Escape to Black River Falls



Gail Van Haren enjoys the "classic" beauty of the woods on the trails at Black River State Forest, a mere 2 hour drive from Madison, near Millston.



Gail Van Haren and Gail Van Sluys find a comfortable spot to rest (ironically NOT on a "Van") after a good ski.



Gail Van Haren, Tim Dirx, and Jim Martyn take a moment to reflect (and pose) on the trail.

(CHAMPS, CONTINUED FROM PAGE 6)
the downhill.

Sunday dawned at -10° F., but we were well prepared. We had glide waxed everyone with the hardest gliders before leaving Madison and had kick waxed with the old standby Rex turquoise ("Mantaranta") from a group of waxes I call "crazy waxes" — You'd have to be crazy to go out & ski in their suggested temperature ranges. As the girl's 10:00 A.M. start time approached, Yuriy rushed in to report that Toko green base binder both kicked and glided better than the Rex. We scurried to get a few of our skiers on this wax and most thought it was a slight improvement. Although no skier complained afterward as grip wax is usually not a factor at our race temp. (now +10° F).

Kristin & Louise started nearly side by side in the pursuit format. They had decided to work together as a team and pull each other. However, Kristin quickly pulled away from



Tom Richner in full stride!
Go Tom!

Louise and began steadily passing other skiers. As she skied by me 1k from the finish she had a huge grin plastered on her face and said she was having "the race of her life". Knowing it "ain't over 'til the fat lady sings", all I could yell was, "Focus!", thinking that she thought

a 10th place pursuit finish would get her a medal. In fact, medals are given for your speed in the second day's classical event and the pursuit results are only used for scoring teams. Although Kristin was glowing, we didn't know for sure until results were posted.

She truly did have a breakthrough race and pulled herself up to 8th in the classical for a medal. Louise was

17th and up & coming sophomores **Mikaela Robertson** and **Emily Dunn** were 23rd and 25th. Senior **Tom Richner** didn't have the day he had hoped for in his preferred technique and slipped to 14th in a valiant effort.

Other significant results were **Ansel Schimpff** and **Emily Ricker** who were 8th & 12th among their fellow freshmen. First year skier

Shanna Bodilly moved up 40 places in the classical race! (Hey Shanna — we need to spend more time on your freestyle!). Our girls' teams were 5th, 8th and 10th out of a field of 11 (Memorial, West and Middleton)

With only 2 of our team members graduating & several more coming up from the Silver Skiers ranks next year, we have a bright future. Come see us kick northern skier butt Feb 9-10 in Iola for the 2004 HS Champs. *



Louise Jones and Kristen Gallagher line up for the pursuit race.



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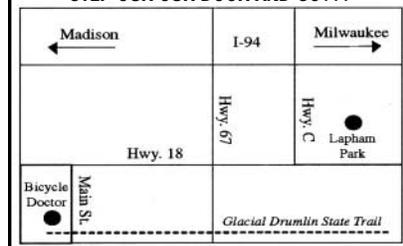


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- JUNIORS SPEAK UP! -
"Thanks Don!"

WORDS OF THANKS TO DON FROM THE JUNIORS



.....
 "THANK YOU SO MUCH FOR ALL THAT YOU DO. YOUR TIME AND ENERGY IS MUCH APPRECIATED. I WOULDN'T HAVE HAD AS MUCH FUN AS I DID THIS SEASON WITHOUT YOUR COACHING. 'Ski Ya'"

SARA EZKRICH

.....
 "DON, YOU ARE AWESOME! THANKS SO MUCH FOR INTRODUCING ME TO THE SPORT OF SKIING. I REALLY ENJOYED WORKING WITH YOU, AND YOUR MANY JOKES TO KEEP US ENTERTAINED. THANK YOU FOR HELPING ME WHEN I WAS JUST STARTING FROM SCRATCH AT THE BEGINNING OF THIS SEASON. YOU HAVE DEDICATED SO MUCH OF YOUR TIME TO THIS PROGRAM AND MADE THIS SEASON A LOT OF FUN. I APPRECIATE ALL THE COUNTLESS HOURS AT PRACTICE YOU'VE SPENT WITH ME AND I'M LOOKING FORWARD TO NEXT YEAR. (ALSO, WATCH OUT FOR THOSE WOOD MANTELS AT HIGH SCHOOL CHAMPIONSHIPS, THEY HAVE A TENDENCY TO FALL WHEN YOU PULL UP ON THEM)

SHANNA BODILLY

.....
 "THANK-YOU FOR HELPING ME BECOME THE BEST SKIER THAT I COULD BE THIS YEAR."

EMILY RICKER

.....
 "THANKS FOR ALL YOU HAVE DONE (AND CONTINUE TO DO) FOR THE JUNIORS PROGRAM. WE KNOW IT TAKES HOURS OF PLANNING AND EMAILS TO MAKE IT ALL HAPPEN. JUNIORS WOULDN'T BE A PROGRAM WITHOUT YOU."

JEFF SCHACHERL

.....
 "THANKS FOR MAKING SKIING ONE OF THE BEST PARTS OF MY LIFE! BECAUSE OF THE JUNIOR TEAM, IT IS MY ALL TIME FAVORITE ACTIVITY — THANKS FOR ALL YOU DO TO MAKE THE SKI TEAM SO SPECIAL. WE APPRECIATE YOUR DEDICATION AND LOVE OF SKIING."

MIKAELA ROBERTSON

.....
 "I HAVEN'T SEEN A CROSS COUNTRY SKI COACH THAT IS AS DEDICATED TO HIS SKI TEAM AND THE SPORT OF CROSS COUNTRY SKIING AS DON IS."

GREG JONES

.....
 "THANKS A BUNCH FOR ALL OF THE AMAZING THINGS YOU DO FOR US, I KNOW I'LL ALWAYS REMEMBER EVERYTHING ABOUT OUR TEAM!"

EMILY DUNN

.....
 "THANK YOU FOR YOUR DEDICATION TO DOING EVERYTHING POSSIBLE TO HELP ME REACH MY GOALS."

TOM RICHNER

.....
 "DON HAS SPENT SO MUCH OF HIS TIME AND HAS PUT SO MUCH EFFORT INTO HELPING US SKI— EVEN WHEN WE DON'T GET ANY SNOW!"

BRITTANY ALIOTO

.....
 "YOU HELPED ME BECOME A BETTER SKIER AND PERSON THAN I EVER THOUGHT POSSIBLE! THANKS FOR ALWAYS PUSHING ME TO DO MY BEST!"

KRISTIN GALLAGHER

.....
 "THANKS FOR TEACHING ME HOW TO SKI THIS YEAR, EVEN THOUGH I FOUND IT CHALLENGING YOU MADE IT FUN."

JENNA ACKER

.....
 "THANK YOU SO MUCH FOR BEING A SKI COACH. YOU HAVE HELPED ME SO MUCH OVER THE PAST TWO YEARS TO BECOME A BETTER SKIER AND INTO A WHOLE NEW GROUP OF PEOPLE. I AM SO GRATEFUL FOR ALL THE WORK YOU HAVE PUT INTO MAKING A TEAM AND RUNNING PRACTICES AND HOW MUCH ENERGY YOU USE TO HELP US. JUST WANT TO SAY THANKS."

NICOLE SCHIESSER

.....
 "THANKS FOR TEACHING US TO RESPECT OURSELVES WHILE HELPING US ACHIEVE OUR GOALS."

LOUISE JONES

.....
 "THANK YOU SO MUCH — I REALLY APPRECIATE ALL THE TIME YOU'VE SPENT WORKING WITH OUR TEAM, YOU CHALLENGE US TO BE BETTER SKIERS!"

KAREN STOLTZENBERG

- LET'S HELP A GREAT GUY -
MadNorSki
Bike Too!

I first met Dave Calhoon on the Best Dam Bike Tour, a fundraising ride for Multiple Sclerosis — a ride he has participated in for over ten years. Dave was the illustrious President of Madnorski for two years before being ousted out by the current regime of Jimmy V. Dave also volunteered for the ski for light program (spending a weekend guiding blind skiers) for 3 years. He finds time to help others, even though his family has concerns of their own.

When I first met Dave's wife Laurie and his 16 year old daughter Maddie, Laurie was walking. She has MS, a crippling disease that attacks the central nervous system. Currently, Laurie is in a wheel chair. Dave and Laurie have recently celebrated 20 years of marriage.

Due to Laurie's illness, the Calhoon family has had many new expenses which insurance does not cover. The biggest expenditure is for nurses aides to assist Laurie in day to day living.

Last year Dave needed to replace the old van and bought a new van with a wheel chair lift for Laurie. I asked the MS Society if they had any program to help out the Calhoon's but they do not have a program to assist them. (they focus more on finding a cure)

The biggest challenge is the unpredictability of MS. No one can predict how Laurie is going to feel or what's going to happen next.

So, how can you help? Come participate in the first bike ride of the year, a benefit ride for the Calhoon Family on April 26th, (tentatively) starting and ending at Christy's Bar on lake Waubesa. Registration will start at 10:00 and the ride will start at 11:00. We will have a long and short route. Registration will be \$20.00 individual or \$40.00 for a family of 3 or more.

We will have a flyer with more details at the March MadNorSki meeting... including extras for you to take and spread around. This ride is open to anyone. For more information, or to have a flyer emailed to you (when available) or if you can't do the ride but want to donate to the Calhoon family, e-mail Harry Lum at hlum@convenienceelectronics.com or call him at 608-273-2821.

Who knows, there might be a little swag there also. (EDITORS NOTE: KNOWING HARRY, THERE WILL BE!) *

(WONDERFUL, CONTINUED FROM PAGE 1)
 bolted up the trail and left her to her own devices. In less than one kilometer she had exhausted herself trying to climb into the wind, frozen her hands once she got on top, and then didn't know where to go since her husband was nowhere in sight. Now her skis were implements of torture not pleasure so she took them off and walked back with the wind and snow fueling her discontent. What was going to be a fun little ski turned into a nightmare.

She asked if skiing was always this frustrating and I told her that the conditions were tough even for veterans. I was convinced though, that it wasn't the conditions or her gear that led to her frustration. I suggested she try it another day and added as much encouragement as I could. Her mood lightened as we talked. Then her husband skied up to the window and prepared to come inside. Suddenly, her face darkened and she broke off our conversation with, "I need a word with Mr. Wonderful." This time, I knew when to take a powder and rushed for the door to do something important out in the car, though I didn't know at

that instant what that was. My role as Dr. Phil was over. Within microseconds the pair appeared headed for their car with the husband groping for his skis and inadequate excuses for dumping her on the trail. They might not ever ski together again. Too bad, especially when you live in Nordic heaven.

So, you can draw your own moral from this story. I'm sure Dr. Phil would have something profound to say about Mars and Venus. I like to think that Mr. Wonderful and his wife each bear some responsibility for their communication breakdown. I'll let you assign the percentages. So, if your abilities or proclivities differ, just take a little time to check in and don't be afraid to make your feelings known before it starts getting personal. Life is too short not to have fun when you go skiing. And skiing with somebody to share it with is even better.

By the way, Ned is NOT my significant other. I have the honor of being the First Lady's S.O. And no, Judy and I have never had a spat over skiing thank goodness. In fact, our first date was on the ski trail at Nine-mile Forest and we often refer to that occasion as our anniversary. *

For the Dogs

By WILLI VANHAREN

While skiing last month in the Lake Tahoe Area (the things I have to do for the newsletter) I noticed that a number of the XC ski areas had special trails for skiers with dogs. No, not like the dogs I skied on in the 2001 Birkie. But four legged snow sniffers. These trails were also open to other skiers but were mainly used by dog/skier combos. Lots of smiles out there and these trails seemed to be getting a lot of use during the weekdays that I was around. I'm not owned by a dog, but I wonder if there is something like this in our area, or if the local dogs would like us to look into the possibility for Dane County. If the dogs are happy with the way things are, great! However, if you would like to explore the idea further, talk to me or another board member and we can begin to sniff out the possibilities. *



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BY ANSEL SCHIMPPFF

Ticking clock, digital neon yellow "Wave 10 to the start!" the course captain calls out. I rush to the head of the line anxious to leap on my way. Clicking boots clipping into bindings on bright plastic skis — BOOM goes the cannon, flashing orange fire. The starting gate swishes up, nylon banners in the breeze, and the crowd cheers 500 skiers as we flash over the field. A frenzy of poles and skis clacking on soft snow passes through acrid gunpowder smoke. My heart pounds and I'm out in front. Only freedom ahead. I jump in the tracks for the first downhill. My skis hum over the white that blankets the ground. Round the



Ansel, with his award-winning family at races in Houghton. Ansel is 2nd from left.

bend I see before me power lines climbing up mountainous hills. The cadence of garbage can drummers keeps beat as I fly up the hills. In and out I weave through masses of people from earlier waves We reach the top and the first food station. I slow down but dare not stop

for fear of losing momentum. A cup of Gatorade warms my hand before I slosh it down. Most if it spills on my racing suit, now lime scented and cool, but I don't mind. We turn into the woods and I see a sign 5k. Oh joy, only 18k to go! *

.....
Ansel Schimpff is member of the MadNorSki Juniors.

THIS SUNDAY!

Fun Day at the Lussier Family Heritage Center

SUNDAY, MARCH 2, 2003 AT 2 P.M.

The Madison Nordic Ski Club will host a "Farewell to Winter" party featuring skiing/hiking and snow activities for all ages at the Lussier Family Heritage Center on March 2, 2003. This event is free and open to the public. We will have the entire facility open. Please bring the whole family. We will have skiing and hiking from 2-5 p.m. Chili and beverages will be available in the lower level from 2 to 5:00 p.m. At 5 p.m. we'll move upstairs for a potluck dinner. We'll have a bonfire from 4-7 p.m.

Contact Ned Zuelsdorff at 231-1876 or nedz@chorus.net for more info. Hope to see you there! *

- SPONSORED BY DON MILLER SUBARU -

The Elver Tuesday Night Race Series Lives!

BY NED ZUELSORFF



It just looks a little different. After a painful start, the series can be called a "series" for 2003. OK, so we haven't actually raced on a Tuesday yet this year. We've held two race events in the last week, including a "First-Timer" race Saturday morning. The race scheduled for tonight may get scrubbed due to warm temps and the pending Birkie weekend. Sixty four participants have been involved so far. If we can, we'll attempt to hold a few more races in March.

I have several unpaid, highly qualified consultants who've helped me this year in search of a race. We considered different venues for safe and skiable snow. However, we found that it's difficult due to uncertain ice conditions on the lakes, cold snow that doesn't adhere to the lake ice, lack of liability insurance that is required for some parks, and the availability of sufficient background light to see the course especially when you're out pouring it on with the other ski dogs.

We'll look at more options in preparation for next year.

Many thanks are in order related to the races that were held, as well as those where folks were "on call" to the last minute with hopes that we could pull one off. Thanks to the volunteers who helped with registration, timing, keeping racers on course, and picking up the course markers after the race. Thanks to our major race sponsor, Don Miller Subaru for their second year of financial support. Thanks to New Moon Ski-Shop, Hayward, and Fontana Sports Specialties here in Madison for generously donating door prizes for the races. Finally,

thanks to the Madison Parks Department for their grooming efforts, and providing us with the flexibility to move and hold races when conditions allowed.

I almost forgot one big thank you. That goes to our webmeister, Joe King. He posted race results on the website almost instantaneously after I emailed them to him. The listserve he set up allowed us to make last minute decisions on races and keep everyone reasonably informed. His latest addition to the race effort allows immediate release of "race alerts" to phone numbers of people who've signed up. Thanks Joe!

The Series lives! It will go on with the goal of providing racers with a fun and safe event, at a reasonable cost. It's the friendliest race you'll find. What other race allows you to enter a 10K event, get tired and pull in after 5K, and still get a finish time. Keep coming back and we'll keep trying. *

Other Stuff...



▲ Yes, a group of guys can cook a gourmet meal, as Scott Brandt, Ben Neff, Tom Gallagher, Mark Plane, Dirk Mason and Mike Ivey (photographer) refuel after the Porcupine Ski Race and get ready for a hard day at ABR. (Doesn't that food look delicious?)



◀ Ben Neff is auditioning as the Great Bear Chase mascot as he cheers on Mark Plane in the 42x Porcupine Classic race.

Harry Lum after a full day of gathering the proverbial "Swag" for the next meeting. (or did he just referee a game?)

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