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Saturday, Oct. 8, 11 a.m.
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Sunday, Oct. 23, 1 p.m.
Elver Park shelter

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Check one

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☐ Family \$40
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*Membership information is for club members only and is not supplied to commercial vendors.
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Cross-country Skiing for Everyone ❄️

MADNORSKI News

News for members of the Madison Nordic Ski Club

Summer 2005 Vol. 25 No. 1

Our Silver Anniversary Year



Dirk Mason and Walt Meanwell

This winter marks the twenty-fifth anniversary of MadNorSki. Given how long Nordic skiing has been around, 25 years is a relatively short period of time. However from when the club was formed in 1980, MadNorSki has seen many changes in cross-country skiing. We have seen snowed-in winters and pine tar, snow-less winters and high-tech waxes, traditional techniques

and new technologies; yet MadNorSki remains constant.

We will continue to build on the vision of our founders and our successes. Be sure to check out the club calendar at www.madorski.org under "Events". Through December we have planned four Open Skiing events on snow with lessons, four races, two ski clinics, a ski swap, two work parties, a vendor fair, and other fun events. This year will again be a busy and fun filled one. This newsletter is full of MadNorSki happenings, announcements and subliminal messages praying to Ullr (the Snow God). In response to your requests, we are also looking to add lessons to many of our events. Have a fun and safe fall.

Membership Discounts

JOHN RILEY

That's right! We have been working hard this summer to come up with a program for our members to get a discount when buying items from our local shops. This discount will be available from different stores and can save you the cost of your membership with just one purchase. So make sure you keep you membership up to date, because only current members for 2005 / 2006 will be eligible. We will be giving more details at the first meeting. But rest assured a Madison Nordic Ski Club membership is getting more and more valuable every day.

MadNorSki and Blackhawk Ski Clubs Combine Efforts

Mark Torresani

The 2005/2006 season marks what is hoped to be a long and prosperous relationship between MadNorSki and Blackhawk Ski Clubs. While each of the ski clubs will maintain their own uniqueness and identity, there will be cooperation between the groups in regards to the youth Nordic programs. Over the past few years both ski clubs have had Nordic programs for youth. MadNorSki has a rich tradition in bringing Nordic Skiing to many youth and families for a long period. Blackhawk is relatively new to offering Nordic programs but has a long history of jumping and alpine ski programs and snow making for skiing.

The goal of the cooperative effort is to bring the strengths of each club together to provide opportunities for more youth and families to get involved in Nordic skiing. The great backing that MadNorSki club members have given to youth programs is second to none in the Midwest. The snow making capabilities, facilities, recent acquisition of Nordic equipment, and opportunities in Nordic Combined and Biathlon at Blackhawk Ski Club will help programs offer more time on snow and a wider range of experiences to participants.

Programs that have been offered in the past will continue to be offered this year and hopefully for many years to

come. KidSki for children and Silverski for middle school age kids will be held at Blackhawk and sponsored by both clubs. High School race programs will also be offered and supported by both clubs. With the change this season to joint sponsorship and support of programs it is hoped that more participants will get the Nordic Ski bug and keep it for life. Details of the programs are still being worked out but ultimately need a lot of volunteer help to be successful. If you have the time and want to become more involved or would like to donate to the programs you can contact mark Torresani at 608-662-5374, Yuriy Gusev at 608-845-8254 or Don Fariss at 608-235-7961.

Early-Season Skiing Improves for 2005

Walt Meanwell

Have you ever wanted to do the Conga on your skinny skis? Are you looking for more instruction? How fast can you go thru the race course gates on Nordic skis? Would you like to jump start your racing this season? These and other questions await your answer this November and December.

The club will again be sponsoring the festive and popular early season skiing and racing at Tyrol Basin starting November 29th. We are adding a costume contest, instruction for all four weekend days of open skiing, and prizes for the Tuesday night races. We are also offering the MadNorSki/RSSS ski clinics sponsored by Rossignol. There is a lot of good happening here; don't miss it.

Racers take note: Juniors coach Don Fariss credits their stellar second place finish at the State H.S. championships in large part due to their ability to get on snow early. They were skiing weeks before their competitors and without having to drive long distances.

At press time Tyrol was still setting their pricing. We expect it to be in the \$10-\$15/day again this year. We have had success getting young people involved in cross country skiing. Price is an issue. We are looking for a donor who would be willing to pay half the cost of skiing at Tyrol for those who are enrolled in one of our three youth programs. Last year this subsidy was around \$500. Let me know if you would be willing to help with this.

Get on snow early and have fun!

Fall 2005 Tyrol Basin schedule:

Tuesday November 29th. Sprints. Open skiing starts at 6:00 p.m. Race at 7:00. Bar opens at 8:00. Munchies provided. Awards.

Saturday Dec. 3rd. Open skiing. 8:00 a.m. -10:30ish. Free Instruction at 9:30 skate and classic if can set tracks. Egg hunt for the little ones. Downhill race course. Conga.

Sunday Dec. 4th. Open skiing. 8:00 a.m. - 10:30ish Free Instruction at 9:30 skate and classic if can set tracks. Costume contest. Downhill race course. Costume conga.

Tuesday December 6th. 1-3k race. Open skiing starts at 6:00 p.m. Race at 7:00. Bar opens at 8:00. Munchies provided. Awards.

Saturday December 10th. Open skiing 8:00 a.m. - 10:30ish. MadNorSki/RSSS ski clinics. Sponsored by Rossignol and taught by elite Russian and U.S. skiers. Downhill race course. Conga.

Sunday December 11th. Open skiing 8:00 a.m. -10:30ish. MadNorSki/RSSS ski clinics. Sponsored by Rossignol and taught by elite Russian and U.S. skiers. Downhill race course. Conga.

Tuesday December 13th. 3-5k race. Open skiing starts at 6:00 p.m. Race at 7:00. Bar opens at 8:00. Munchies provided. Awards.



MadNorSki open-skiers enjoy real snow in November within a 20 minute drive from Madison. Tyrol Basin Ski Area's white slopes contrasted with the surrounding brown countryside.

Getting Motivated for Winter

Last year Scott Ackatz traveled Europe skiing World Loppet races. Some of that trip was spent traveling with Stanislav Rezac the Czech skier who would end up winning the FIS marathon Cup. This is the first of a series of articles reliving his trip.

Last year I lived out a dream of snow from November to April. People talked funny; the food was strange; 75 cents for a premium beer; "Hey this quarter has a hole in it"; a \$25 burrito; whale meat for lunch, "excuse me Miss, isn't this item on the menu an endangered species"; Turn on the TV—PORN; Turn on the TV—BIATHLON.

I did live out a dream; one created by Tony Wise called the World Loppet: 14 ski marathons on 3 continents—last year I did 9 of them on one continent.

The story started two years ago when I meet a guy named George in Canada. He and his friend Stanislav Rezac needed a ride to Hayward for the birkie. George told me if I ever need a place to stay... and a year later I was off to the Czech Republic.

My luggage consisted of 70lbs of clothing, wax and 3 pairs of skis. Negotiating three-story escalators in the Prague train station was a Chevy

Chase episode in the making. After transferring from train to subway to bus, I was finally in Liberec. George was waiting for me in his micro-

Continued on page 7



Scott hanging out with Czech Republic friends Dasa and George between ski races.



MadNorSki/Tyrol Basin Tuesday Night Race Series

Three early-season races at Tyrol Basin will kick off the southern Wisconsin racing season this year and man-made snow will remove the doubt of cancellation! Set aside these Tuesday nights: Nov. 29, Dec. 6, Dec. 13. Races begin at 7 p.m.

October

- 2 Blackhawk Bash/Open House; Blackhawk Ski Area
- 8 Work Party at Blue Mounds State Park; 11 a.m.; Rain date 10/9
- 8 MadNorSki/R.S.S.S. Roller-ski Pursuit Race; Tyrol Basin Ski Area; 9 a.m.; Registration 7:30 a.m.

- 23 Work Party at Elver Park; 1 p.m.
- 29,30 MadNorSki/R.S.S.S. Roller-ski Clinic; Badger Prairie Park

November

- 10 Board Meeting 6:45 p.m. Dirk Mason's
- 12 Ski and Gear Swap; Shorewood Community Center; 11 a.m.-3 p.m.
- 14 Club Meeting; 6:45 p.m. Social begins at 6 p.m. Lussier Center Lower Level
- 29 Tuesday Night Tyrol Race Series; 7 p.m.

December

- 3,4 Tyrol Basin Open Ski; 8 a.m.
- 6 Tuesday Night Tyrol Race Series; 7 p.m.
- 9 Board Meeting; 6:45 p.m. Dirk Mason's
- 10,11 Tyrol Basin Open Ski; 8 a.m.
- 12 Club Meeting; 6:45 p.m. Social begins at 6 p.m. Lussier Center Lower Level
- 13 Tuesday Night Tyrol Race Series; 7 p.m.

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda
Thursday, Nov. 3	Monday, Nov. 14	New gear, pre-season activities	Vendor Fair! Social hour
Thursday, Dec. 10	Monday, Dec. 12	Pot Luck	Guest speaker(s)
Thursday, Jan. 6	Monday, Jan. 9	Waxing for racing and recreation	Wax Demo
Thursday, Feb. 10	Monday, Feb. 13	Birkie stories	TBD
Thursday, March 10	Monday, March 13	Racing wrap-up Pot Luck	Season wrap-up

Junior Update

The MadNorSki Juniors are coming off a very successful year. That's true in terms of both medals and the fun generated by our tight-knit team. However, 8 of our 20 team members have graduated and moved on. Sniff, sniff. In their place, we have identified as many as nine new freshmen that may join us this season. With your help recruiting, we may grow even larger.

Once again, we begin our year informally with weekly long roller-skis in Sept. and Oct. We also begin our 4 month long Strength Challenge program. Our formal team training begins once most fall school sports are

over on October 25th. Thereafter, we meet 4 days a week until ski season. Then when we drop back to 3 days due to all our weekend race trips. Minimum attendance required is 60% of practices.

MadNorSki Juniors is open to all 9th through 12th graders whether they have skied before or are "never-ers". All newbies can try the program free with free gear supplied until December 1st. If you know an active teen who would like to join this fun group, have them contact coach Don Fariss at 235-7961 or farissd@charter.net Thanks. Look for us on the trails at Elver & Blackhawk.



2005-06 Board

Presidents

Dirk Mason: ddmason@charter.net
Walter Meanwell: waltmeanwell@tds.net

Vice-president

Tom Kaufman: runski@charter.net

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Tom Galliger: sdgallag@facstaff.wisc.edu

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jones6601@ameritech.net

KidSki Chair

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WNSF

Walter Meanwell: waltmeanwell@tds.net

Trips

Walter Meanwell: waltmeanwell@tds.net

Roller-Skiing Reminders

Walt Meanwell

For those of you who are getting out the roller-skis or have already been rolling for awhile the following may be helpful.

Check Your Gear Loose axle nuts or bindings as well as lost rubber on your wheels can lead to pain and suffering.

Take 10 seconds to check your skis before you clip in.

Know your Route The sudden and unexpected appearance of pea gravel at the bottom of scary downhill #9 can be unfortunate. Avoid a high speed dive for the grass by riding your route first.

Take a Phone If you are still conscious you can make a call from the ditch.

Seeing is believing Wear bright, colorful, and stylish clothes.

Continued on page 11



Experienced roller-skiers wear helmets, gloves and other safety gear in addition to carrying water, energy bars and phones. Glasses-mounted rear-view mirrors help keep an eye on overtaking vehicles.

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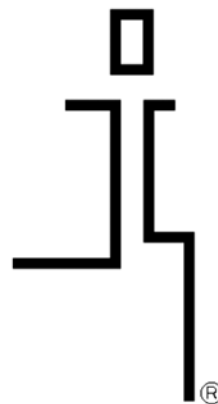
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Ski Swap Saturday, November 12

Tom Kaufman

Do you have skis that don't fit? Boots that aren't compatible with your current binding system? Are you looking for rock skis or interested in finding your first pair of racing skis without paying a premium price? The first MadNorSki ski swap and resale could be just what you have been waiting for.

The ski swap will be held on Saturday, Nov. 12 at the Shorewood Community Center.

We will take in items for sale from 8:30 am to 10:30 am. The sale will start at 11:00 am and run until 3:00 pm. Items not sold can be picked up from 3:30 pm to 5:00 pm or if you like, you can donate any unsold items to the club for use with our junior skiers. We would like the sale to have an exclusive Nordic theme. We will take cross country skis, boots, bindings, poles,

and roller-skis. Save your used Alpine boards for one of those other sales.

We are holding this sale to give club members an easy way to shop for and sell equipment that still has some life left in it. We know that buying used equipment can be a tricky proposition. Does it fit? Are these skis too stiff, too soft, or just what you need? Club members will be available to help with sizing and proper fitting of all equipment. You can help yourself and help support the club at the same time. 15% of all proceeds will go to help MadNorSki keep funding the programs you have come to love and rely on. You will be able to get your cash for all items sold by the December club meeting. Plan on coming to the Shorewood Community Center on November 12 to drop stuff off, buy new (for you)/ old (for someone else) stuff or just see what's going on.

3rd Annual Pursuit Race is on!

Yuriy Gusev

It must be fall. The popular and challenging MadNorSki/R.S.S.S. pursuit race is again being held in the beautiful hill country around Tyrol Basin 14 miles west of Madison. The running/roller-ski race is on Saturday October 8th and starts at 9 a.m. A 5k trail run starts things off and takes place on a soft, rolling course. Then you get to enjoy a 6k roller-ski up the rolling hills of county highway F. There are no downhill. Several pairs of similar roller-skis will be made available. Race registration starts at 7:30 a.m. at Tyrol Basin. If you are over 22 the cost is only \$20. If you are under 22 the cost is \$15. This is a good chance to test your early season form and have some fun. For directions see www.tyrolbasin.com. For more information email Yuriy Gusev at: Yuriy@rsss-usa.com or visit Madnorski.org



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From page 2

compact car, a faded red Renault and we were off to his place.

I would be staying with him and his girlfriend Dasa, in their 10'x12' garden house. His place was very cozy, with a wood burning stove for heat, some indoor plumbing and a toilet outside; my new home for the next 3 weeks.

The next day we drove half an hour to Baderkov for the race. It was snowing hard, the race course needed it too. The day before the race they were shoveling snow onto the track. We went to pick up my start number. The volunteers pulled my bib from the 3rd wave box. "Yep, that's me" I confirmed. Instead of giving it to me, they printed a new label and grabbed a fresh envelope from the first wave box. Most races don't have an elite wave, they just put them in the front row of the first wave. So I would be starting with the "big guns"; Rezac, Auckland, Zannatel, and Olle; this was going to be a good one.

January 12th First race – Jizerská Padesátka

Heavy snows three day's ago, the temps yesterday were well above freezing. Today it's in the low 20's—freaking fast? One would think, but the race is

on a mountain, conditions will vary greatly. Universal klister is the call. The first 10 km is rolling terrain with a 10 km climb to the summit. A few km after the summit there's a long south-facing down hill. Tracks are ice. I believe this is the fastest I've ever gone on skis. Halfway down this hill I'm in on the far right, even with the skier right next to me. We're slowly gaining on someone on the far left when I feel a tug on my pole. It can't be the guy next to me. I look down and see ski tips creeping up between me and my neighbors boots! Touching shoulders as a left-hander is quickly approaching. I get out of my tuck immediately, the tracks end and the guy I just traded paint with step-turns and hits the apex. His dancing partner to the left follows suit. As for me I ski the thing nearly out of control, cutting in front of a fourth guy, exit the turn wide, and barely stay on the course.

The last 5 km, conditions turn to mashed potatoes and my klister migrates to the tails of my skies—it takes me over 3 hours to finish.



The classic Jizerská Padesátka in Baderkov, Check Republic.

At the finishing area I see George and Stanislav's wife Lenka and son Tomas. I asked about Stansislav, "He's busy with the press and sponsors right now." He finished third. A friend of Standa's joined us for lunch one day; Honza was planning on doing the Marchialoga (Italy's World Loppet race) in two weeks. Atomic wanted Standa to do the Austrian WL race the week before. They both asked if I had a place to stay; I didn't. Honza said, "why don't we all travel together?"—a great idea that would become the best part of my adventure.

The next Issue: Austrian Thieves; Stanislav 3 km uphill double-pole to victory in Italy; 300 pound Italian lady in 300 pound fiat = near death.



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MadNorSki Announces Director of Instruction

Jimmy VandenBrook of Mt. Horeb has been named the Director of Instruction. Jimmy V., MadNorSki past-president and long-time instructor has volunteered to step-up for this position of responsibility, (just don't make promises of snow—we saw the results of those promises). Jimmy an avid skier, biker and good-times seeker, will come out of hiding to lead MadNorSki's Instructional program into the next 25 years of skiing. We welcome you with Klistered fingers into this prestigious role.

Give Back to the Trails

MadNorSki continues its illustrious tradition of giving back to the trails. This fall we will again have two trail work days at Blue Mound State Park and Elver Park.

The Blue Mound work day will be lead by Willi VanHaren (psh@itis.com) on October 8th at 11:00 am. Since you will be in the neighborhood

for the pursuit race at Tyrol, plan on cooling down afterwards with Willi's workday. Meet at the pool parking lot. Bring your favorite gloves and tools for culvert work, brush trimming, etc. Rain date is Sunday, October 9th.

Join Tom Kaufman (runski@charter.net) at the Elver Park Shelter on Sunday October 23rd at 1:00 pm. Help clear the trails for winter fun. The rain date is Sunday, October 30th.

Seeking Volunteers

MadNorSki has been running like a finely tuned machine because of our excellent volunteers. Help continue our efforts; we can always use volunteers for the programs we offer. This 25 year-old active Nordic ski club is seeking enthusiastic volunteers to help with workdays, races, and youth programs. We specifically need volunteers for the following:

SilverSki Coach

Long-time SilverSki coach Greg Jones is hanging up his SilverSki hat, but is

not vanishing. Greg will continue to represent the Youth Programs on the Board and will be helping Don coach the Juniors program. Thanks Greg for your committed years of Silver Ski service! If you would like to glide up and help out, please let Greg know (jones6601@ameritech.net).

MadNorSki Instructors

With the announcement of our new Director of Instruction we have become more formal in our lesson offerings. If you want to be a part of the MadNorSki Instruction Team, please contact Jimmy so he can get you into the instruction pool. (jpvanden@mhtc.net).


KidSki

Mark Webber is continuing as KidSki coordinator for this season, he would welcome volunteers to help instruct. Last year KidSki had 30 participants, help is appreciated. Contact Mark for information (webber@chorus.net).

Reality Check

Walt Meanwell

After over a year of deliberation and research the club has chosen to purchase insurance for all of our many activities. This was primarily a liability driven issue. A recreational skier coming up the big hill at Elver in the dark the wrong way during a Tuesday night race was the final straw. We felt that in this day and age that unfortunately we could no longer rely on luck any longer. We sent out four R.F.P's over the course of last winter and spring to USSA, CXC, McKay Ins., and Klinzing Ins. We have gone with the agent who does all of CXC's insurance, Scott Chapin. He is a racer and he is on the board of the Birkie Foundation. He knows Nordic skiing and racing and the issues that we face. The price was what we expected, which is a little over \$2600 per year. If any of you have any questions on the need for insurance or on the process that we undertook to evaluate and purchase it please let me know.



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R.S.S.S./MadNorSki Ski Clinics

This fall and winter the Madison Nordic Ski Club and the Russian Style Ski School are co-hosting three clinics for cross-country skiers. This is a good chance for you to tune up your technique with top level racers. All three events are being sponsored by Rossignol. The clinics will be broken out by gender and feature separate top-level instruction for men and women.

The woman's clinic will be run by Russian Olympic hopeful Natasha Narigkina; (Team Rossignol, World Cup skier and Russian National Championship podium finisher) and Lori Wesolek (Team Rossignol, Birkie top 20).

The men's clinic will be run by Alexander Churikov; (Team Rossignol, Russian Junior National Championship podium finisher, 2005 Mora Vasa 5th) and Yuriy Gusev, (CXC Program Director and Regional Development Coordinator).

Here are the dates and prices:

Roller-ski clinic

October 29th and 30th (limit 15 participants per gender). Saturday, skate; Sunday, classic.

Before Oct. 23rd the two-day clinic is \$100 (free clinic t-shirt) and the one-day clinic is \$60. After October 24th the two-day is \$140 and the one-day is \$80.

Location: Badger Prairie Park-Verona, WI. www.countyofdane.com/lwrp/parks/parklist

Season Kickoff Ski Clinic

Dec. 10th and 11th (limit 15 participants per gender). Saturday, skate; Sunday, classic.

Before Dec. 3rd the two-day clinic is \$100 (free clinic t-shirt) and the one-day clinic is \$60. After Dec. 4th the

two-day clinic is \$140 and the one-day clinic is \$80.

Location: Blackhawk Ski Club, Middleton, WI.
www.blackhawkskiarea.org

Pre-Birkie Ski Clinic

Feb. 18th and 19th (limit 15 participants per gender). Saturday, skate; Sunday, classic.

Before Feb. 15th the two-day clinic is \$100 (free clinic t-shirt) and the one-day clinic is \$60. After Feb. 16th the two-day clinic is \$140 and the one-day clinic is \$80.

Location: Blackhawk Ski Club, Middleton, WI.
www.blackhawkskiarea.org

For more information contact Yuriy at: yuriy@rsss-usa.com or 608-385-8864.

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Roller-skiing; *From page 4*

See the light When rolling at night be like your Christmas tree.

Go for the green Choose your route so that it is predominantly lined with grass in case you have to bail. Avoid busy roads if possible.

Wear a helmet and gloves, and pads if you prefer. Duh.

Stay sharp Keep your pole tips honed. A solid pole plant is a beautiful thing.

Play nice If you choose to wave to motorists use all five fingers. Roller-skiing on local roads is a privilege, not a right. Bikes have rights to the roadway because D.O.T. classifies them as a form of transportation. You don't.

Be friendly Try to ski with a friend or three. It's safer and more fun.

Get thin Revert to double poling when a car is coming up behind you. You can narrow your profile to about bike width, which most motorists can relate to. You need more double poling work

anyway. Ski with traffic.

Stay focused Practice makes permanent. It's easy to get lazy and develop bad habits. Pay attention to what you are doing. If you tend to zone out or have a short attention span try going awhile with out poles. Mix it up.

If in doubt, walk it out If you don't think you can make it down the hill safely simply take off your skis and walk down.

Two flavors There are two kinds of roller-skiers; those who have fallen, and those who will. Be prepared.

Tag 'em and bag 'em Tape your name, blood type, and emergency contact info. in your helmet. Scotch tape keeps the rain and sweat from blurring the ink.

Watch for critters Living things choose the strangest times to scamper across the road. Don't let them wipe you out.

Watch the wind Don't let a sudden gust blow your pole plant over into your ski. Pay special attention on

windy days with a serious cross wind.




Don't be a tar baby When it's hot the tar melts in the cracks and grabs your wheel. Don't let a crack take you down.

Start small If you do not have a lot of experience roller-skiing start on flat roads or bike paths. Many people like roller-skis with speed reducers or brakes. Practice aggressive snowplowing to keep your speed down.

Get help There is no substitute for good instruction. Take advantage of the region's many excellent instructors.

Have fun!






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