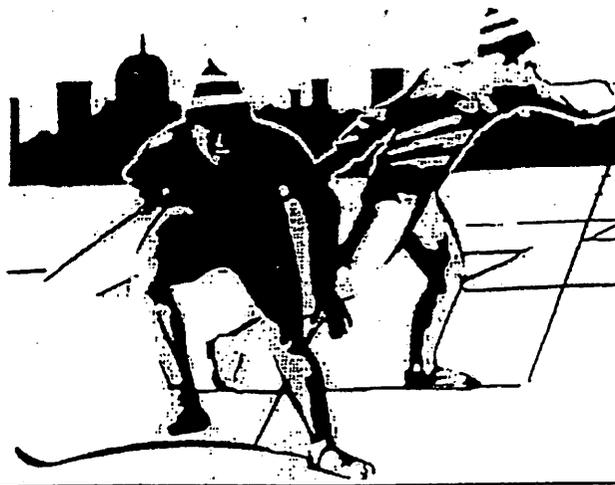


MADISON NORDIC ski club

Newsletter



Cross Country
Skiing
for everyone

MARCH 1997

Vol. 16, No. 5

It's a potluck!

Monday, March 10, 7 PM
Shorewood Community Center
902 Swarthmore Court

Join us for the final club meeting of the season. The March meeting often is poorly attended so let's break with tradition and pack the Shorewood Community Center. As always, the club provides the beer, soda and coffee. You bring a dish to pass, a hearty appetite and plenty of stories!

Top Birkie results

Compiled by Kristen Sippel

Many of our ski club members skied at the 25th Birkebeiner. Top finishers included: Top 100 men, Chris Ransom, place: 46, 2:10:54. Top women: Jennifer Pearson, place: 267, 2:27:57; Jane Stevenson, place: 590, 2:42:20; Carolyn Senty, place: 1045, 2:58:15. Top Kortelopet men: Thomas Kaufman, place 21, 1:08:15; Rod Duncan, place 51, 1:16:57. Top Kortelopet women: Chele Isaac, place 384, 1:52:39. John Kotar, a Birkebeiner Founder, skied the Birkie in 3:17.

Birkie and Kortelopet results

Compiled by Jim Winters

Following are finishing times for other MNSC members who skied the Birkebeiner (apologies to anyone who was missed):

Adkins, Randy	3:37:37
Anderson, Pete	2:51:47
Babler, David	3:40:35
Bruskewitz, Eileen	4:55:56
Calhoon, David	3:00:45
Crouch, Susan	3:12:54
Gjerde, Richard	4:25:14
Daering, Connie	4:36:01
Dosch, Tom	2:46:35
Duncan, Ian	3:13:13
Fanney, Dale	3:33:13

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Farewell address from your outgoing president

By Mike Ivey

While I always look forward to getting back on the bicycle each spring, the melting snow is a bit depressing since it signals the end of the ski season. And this March finds me particularly reflective since it marks the end of my term as president of the Madison Nordic Ski Club.

For the most part, it's been a great experience, a chance to work with dozens of dedicated volunteers who've taken time out of their busy lives to help boost the sport of cross country skiing.

Those who've served as board members include Tim Wadlington, Liz McBride, Jan Wood, Dave Calhoon, Pete Anderson, Dory Owen, Brian Watzke, Kristen Sippel, Errol Hartman, Pamala Zill, Melody Marler, Kris Long, Bob Rabin, Scott Spoolman, Ann Pollock, Ryan Wheeler and Kathy Zuelsdorff.

When I took on this position three years ago, one goal was to break the perception that the MNSC was just a "racing club" for hot shot skiers. While the club certainly has a lot of excellent ski racers it's by no means the only thing we do.

Along those lines, it's been wonderful to see the growth of the KidSki program. This is the future of our sport and those who've worked hard on the KidSki deserve a lot of credit.

Also, the club has been able to introduce regular weekend ski lessons at Odana. One of the questions I'm asked most often is "where can I get ski lessons?" Thanks to Tim Wadlington, and this year Errol Hartman and Pamala Zill, we've been able to help countless new skiers learn the basics.

Ian Duncan and Don Fariss also deserve thanks for keeping the MadNorski Junior program alive. There were more junior skiers participating this year than ever before. They also got coaching help on Wednesday nights from some of the older racers in the club.

Let's hope our programs for younger and beginner skiers continue.

And we haven't forgotten the racing crowd either. The Tuesday night Elver Series has proven extremely popular, as

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Farewell message

(continued from page 1)

well as a consistent money maker for the club. The money we've made off the Elver races is one reason the club has over \$4,000 in the treasury, just waiting for the next president to spend.

Actually, what to do with our resources is going to be a major question for the new board and president to consider. One goal I failed to accomplish during my term was getting things moving at Elver in terms of expanded trails or a shelter just for skiers. Hopefully, the new board can make some moves in that direction.

Of course, this won't mark the end of my involvement with the MNSC. I plan to keep the hotline updated and continue serving on the Madison Parks Commission Ad Hoc Cross Country Ski Committee. I'm hoping this committee can be a vehicle to make cross country skiing a winter sports priority with the city. Most of you would agree the city has come a long way in terms of grooming the trails but more can always be done.

Finally, I want to urge both new and long-time club members to get involved next season, whether it's something as simple as helping clean up after meetings or organizing a weekend trip. The success of the Madison Nordic Ski Club is linked to the commitment of its members.

Thanks again for all your support and I'll see you on the trails.

Roller skiing video features club members

Erroll Hartman and Pamala Zill are producing a video on roller skiing, featuring many ski club members. They hope to have it finished in the next couple of months. Dale Niggeman, SISU Co., is going to distribute the video, so call Dale for more information on purchasing a copy.

For those of you who missed it at the last (video night) meeting, the Mt. Vernon Roller Ski footage will be shown again on the second Thursday of March at 8 p.m. It will be shown on the program "Almost Profound" on cable channel 4, WYOU.

Possible fall dryland clinic with Antonina Anikin

If there is enough interest, Antonina would come to Madison for a clinic in September or October. Cost of a two-day clinic would be about \$85. A possible location for the clinic would be Tyrol Basin ski area. If interested call Sue or Mike Capp at 238-2480 before April 1st so that the feasibility of a clinic can be ascertained.

Kidski wrap-up

By Pete Anderson

Almost 50 kids showed for Kidski this year, and we were pretty lucky with snow. We did the usual assortment of games, tours, relays and a few drills, aided this year by our new curriculum from the Wisconsin Youth Ski League. We are, of course, always looking for feedback, suggestions, and coaches for next year.

Our coaches deserve lots of thanks for showing up every week, planning activities, and generally lighting the way for kids. In no particular order, our heroes include Brock Woods, Greg and Linda Jones, Leslie Taylor, Pamala Zill, Derek Popp, Tom Gallagher, Brian Zuelsdorf, Tom Dosch, Dave Calhoon, and Pete Anderson.

If your kids get balky about family tours or skiing in general, bring them to Kidski next year. In fact, the balkier the better. When they see a bunch of other kids skiing, well, that puts it in a different light. Let's face it, their peers have a lot more credibility than mom and dad do when it comes to knowing what's cool. Kidski gives them a chance to make friends with other skiers. They may be transformed into total ski crazies.

If you want to keep the ball rolling (the ski gliding?) over the summer, Antonina Anikina may be doing dryland ski clinics for kids. Local kids who attended one at the Birkie had a lot of fun, and came away chanting Anikinisms the rest of the day ("behind boot, behind boot, behind boot..."). For more information, give me a call at 222-1928.

Badger State results

Compiled by Kristen Sippel

20k Classic Open: gold, Jen Pearson: 1:13:10.

20k Classic Age Group Winners: gold, Connie Meek, 1:37:09; silver, Kristen Sippel, 1:26:40; bronze: Marie Heiligenstein, 1:31:47; bronze, Carol Ricker 1:27:54.

10K Freestyle Age Group Winners: gold, Tom Kaufman: 28:48; gold, Carolyn Senty, 35:15; silver, Gordon Faulkner, 32:03; bronze, Margaret Rankin, 38:34; bronze, Connie Meek, 40:48.

Madison was well represented with 9 teams in the 4X4 Relay Race! Team Enduroski (Jen Pearson, Doug Hoffman, Ken Lambrecht, Tom Kaufman) won the silver medal in 33:38.

20k Freestyle Open: gold, Jen Pearson, 1:03:34.

20k Freestyle age group winners: gold, Jane Stevenson, 1:07:39; silver, Ann Pollock: 1:14:18; silver: Kristen Sippel, 1:12:43; silver, Margaret Rankin, 1:19:23; bronze, Rod Duncan 1:05:10.

Congrats to all who participated! Our apologies if we failed to recognize members who won medals.

Elver Park '97 race series successful, needs volunteers

By Brian Watzke, Race Director

Despite the sparse and sporadic snow cover this year we were able to hold five out of seven events at Elver Park. Three races were changed to time trials on a modified course due to bad conditions near the ball diamonds. The first race on Jan. 7 was cancelled for lack of snow and the last race on Feb. 18 was cancelled because of water saturated snow. One hundred and two individuals participated in the races; of those, 48 were club members. The largest group (59 racers) showed up on Jan. 28 when it was -2 degrees.

Thanks to all of the racers for attending this year despite the marginal snows. Thanks to Active Endeavors and Vauhti Ski Wax for the door prizes, and a special thanks to Dave Robb for helping out so much again this year.

I have agreed to direct the races again in 1998 for a third and final year. At the end of the series a new director will be needed. It would be good to work with the new director in the 98 series.

I believe that the races could be run better with a network of volunteers coordinated by the race director. I don't think that racers should expect non-racers to run the races for them. There is an ample supply racers in the club to volunteer to satisfy everyone's racing needs. There are many volunteer positions available. Many of them allow the skier to still race that evening.

The registration table could be handled more efficiently by three or four people. Another two could be available just to explain the race course or course modifications to inquiring registrants. This would greatly relieve congestion at the registration table.

It's unfortunate when new racers get lost because marker flags have fallen over. Course marshals are always needed to direct skiers. Because we need to keep the trails open to other skiers at Elver, we can't block off intersections to guide the racers.

There usually are some club members watching the races who could just as well be directing racers at some key intersections. Many racers don't show up on Tuesday night because they're recovering from a busy weekend of racing and/or training. We need you on the course or at the finish line.

Finally, someone can ski around and pick up the marker flags after the race. This is a perfect job for a couple of racers cooling down after the race.

I'll be asking for volunteers again next year, but this time more actively. Each race will have a volunteer roster that will need to be filled. If it is not filled I'll have to start calling racers to volunteer. If you volunteer as a course marshal you'll receive a free race in return.

See you next season.

Trip report: Kids storm Iola, win big at the races

By Pete Anderson

Living by the motto "the one who has the most fun wins," Madnorski kids won big at the Iola Bill Koch League kid races. They took home some trophies, too. We had a great weekend of low-key racing, touring, bonfires and hot dog roasts, chasing up and down the motel halls, snow forts, and even ski jumping. Even the adults got their fill of skiing some great winding, rolling, and very fun trails.

But on this trip, kids got to be the center of attention. The races were fun competitions, surrounded by crowds of cheering grownups. All the kids skied like champions, and Manuela di Centa or Vladimir Smirnov never tried any harder. We saw the diagonal stride done as if they'd been doing all their lives, which actually they had. We saw Bjorn Dahlie finishes. We saw the Lillehammer relay replayed. We also saw Packers racing suits and the importance of having the right pacifier to match snow conditions. Best of all, we saw Kyle Adkins and Ellie Anderson take firsts, Saskia Taylor take third, and Corrina and Louise Jones, Madeline Calhoon, Jigme Groves, Blair Adkins, Annalisse Taylor, Tim Black, and Erika, Allison and Kristin Gallagher all ski really well. There were a lot of proud parents.

If you go to races at all, you'll notice that the 40-44 age group is always the toughest. This same cohort was also the fastest age group at 25-29, 30-34, and 35-39, and it's also the age group of the "glory years" of US skiing featuring Bill

Koch. This is the bunch that got into skiing in the last big boom, and recruitment into the sport has been slow ever since. Well, some of us started noticing that a lot of us have kids, and that a lot of those kids are getting into skiing. Stay tuned.

Anyway, after touring and roasting hot dogs in the woods Saturday afternoon, Sunday was touring on your own, with adults spelling each other on the kids. Perhaps the highlight of the trip was when the local jumpers outfitted us with jumping skis and coached us on the small hills. Tim Black, Madeline Calhoon, Ellie Anderson, and even a couple of us old guys conquered the 5-meter jump. If you don't think this sounds big, try standing at the top with a pair of twenty pound skis that won't steer and that you can barely step around on. Honors go to Walter Meanwell, another old guy, and Saskia Taylor, age 6, who managed pretty well off the 10-meter. But, hey, she does have a 34-year age advantage on some of us.

So if your kids think cross-country is a pretty lame experience and would rather downhill, bring them to Iola next year. We'll get them excited.

A race perspective

By Ken Lambrecht

What goes through the mind of an elite wave Birkie skier before the gun goes off? The same things that go through the mind of any ski racer who shows up to the Birkie after their first; I would like a faster time than last year, to finish without falling, have faster skis than all the skiers around me, not bonk, finish the race with enough left to sprint down mainstreet with the crowd cheering. There's only one additional pressure that we deal with: *I need to maintain my top 200 status at all costs!*

First a brief history. I've skied 15 Birkies, all of them great experiences! (OK, so the time I bonked so hard that I stood by the side of the trail and watched hundreds of skiers passing me, helpless to even move was not great!), but overall each race taught me something. I started as a tourer of the Birkie when there were no waves, just 6,000 striders in a mass start so my goals have changed quite a bit over the years. Up until about 5 years ago it was enough just to finish without a fall! My goal from then on was to truly race the Birkie with the "big dogs," and that meant making the elite wave.

After three years finishing in the top 200 it still feels kind of unreal that I get to start next to the likes of professional athletes like Tom Schuler, Davis Phinea and Austrian skier Manfred Nagl. Placement in the wave is based on your rank from the previous year and your bib # is the number of your exact placing. When you look over and see #2 or #3 it is a bit intimidating to say the least! Because you are placed from a single race and not a per kilometer time from your best race in the past 3 years as in other Birkie waves, a single bad race due to a broken pole or going out too hard could result in losing your preferred start. That's where a bit of additional pressure comes in. Why would that be so bad to lose an elite wave start? Isn't it just about the same as racing in the front of Wave 1?

There are several very nice perks about the starting position in the elite wave. First, everyone is an accomplished racer and isn't likely to do anything to interfere with your race. In fact, one of the first things I did after my warmup was to locate my teammates (I am lucky enough to ski with the Fischer ambassador team which includes local, regional & national members) so we could get started off fairly close together. It's easier to find people you want to ski with in a group of 200 and skiing in packs helps to conserve energy and is a lot more fun than skiing alone. For me, pack skiing with teammates is one of the best parts of bigger races because the race becomes a shared experience. The next advantage is that you can pretty much warmup until 5 mins before the gun and you will still have a nice starting position (versus standing in the freezing cold or being funnelled through those cattle chutes etc... now that that was stressful)

After the race is actually underway there are further advantages. First the course is usually beautiful up there! There is often perfect "corduroy" and off to the side a nice track or two if you care to use it. Some years we will find the track faster in sections and will use it for diagonal skating. Along the course at several locations are support people from Fischer, Salomon, Atomic, etc. to feed their respective team members. They often use a stronger electrolyte mixture and it is in a small bottle that can be carried for a while then dropped. They are located at strategic points along the course, as racers almost never stop at food stations. Then they race along the backroads to meet us 10 or 15 K's up the course with more. It makes for a nice energy and morale boost to have their support! I even got a "feed" from the Atomic support crew at Rosie's field who held out a bottle and said "cooold Budweiser!" Instinctively, I reached out and snagged it. His sportsmanship in feeding a member of another team impressed me and his style made me smile. The spirit of the Birkie is incredible no matter where you ski the race, isn't it?

The race itself then becomes a balance of judging how fast a pack you can stay with without "blowing up" or getting "shelled." I faded a little energy wise this year and my wax seemed to slow down a bit after the Kortelopet finish and I got dropped off the pack I had started with going into the woods after the powerlines. After I lost track of Greg Greene & teammate Tommy Schuler I skied with Jim Mullen, a former Madison skier, for most of the rest of the race. Several large packs of skiers came by but neither of us had the energy to jump in with them so we continued at our own pace. We came upon Terry Tansey, a previous Madnorski teammate. I found out later that he had gone out with a fast pack that ended up finishing in the top 100, but hadn't been able to hang on. I grunted a few hopefully encouraging words but he was unable to jump in with us. After my "cooold bud," Jim and I cruised across the lake together, but he was unable to take any pulls. Not wanting to get involved in a sprint with a former ice speedskater, I picked up the pace and left him near the end of the lake! I ended up being outsprinted by a birchleggings bibbed skier (20 year veteran) from the twin cities and never knew where he came from! We congratulated each other on a good race and it was time to enjoy the festivities!

Good company, minimal prerace starting stress (except what I can always fabricate!), no ruts, light traffic, teammates, support people, what could be better? Not much from my perspective! It becomes a strong motivator to train all summer/fall just to stay there!

What I would like to see is more skiers from Madison in this top group so we can show those Northern skiers what a little motivation and teamwork can do even though we come from the "banana belt." I hope to see you out on the roads this summer!

Ice Age Trail offers year-round opportunities

By Don Ferber

The Ice Age Trail is a National Park Service trail designed primarily for foot travel which includes skiing. (A number of our members are avid skiers.) We work on the Trail year around and would welcome the Madison Nordic Ski Club's help building trail, providing input on design and layout of the trail, or having trail outings.

The Dane County Chapter of the Ice Age Park and Trail Foundation will again sponsor a National Trails Day Festival in 1997. This event, scheduled for Saturday, June 7, at Badger Prairie County Park, will showcase the wonderful landscape of Dane County that is recognized and cherished by so many in our community, the work that has and is being done to preserve and enhance it, and the opportunities to enjoy it and become involved in caring for our environment here. Building upon National Trails Day and Dane County's designation last year as a "Trail Town USA" by the American Hiking Society, this Festival will promote the Ice Age and other trails, environmental and recreational opportunities in the Dane County area, and provide support for the Ice Age Junction and green space. In recognition and support of the exemplary public-private partnership to acquire land in the Ice Age Junction, all profits from the Festival will be used to match state and county funds already designated for the purchase of land in the Ice Age Junction.

The Festival is supported by the Dane County Parks Commission and is being co-sponsored by the Bicycle Federation of Wisconsin, *LifeStyle Sports* magazine, and the Madison Audubon Society. Many area recreation and environmental groups have agreed to participate. A wide range of events will be offered to allow people to recreate, participate, learn, and just HAVE FUN. The main park shelter and several large tents will provide cover for suitable events.

The proposed schedule outline indicates the framework of events for the day. Events planned include:

- Nature and bird hikes;
- Bike rides;
- Environmental fair and displays;
- Environmental and outdoor workshops;
- Sports demos and games;
- Children's events, crafts and games;
- Food;
- Music.

This Festival is an opportunity for the recreational and environmental community to showcase their roles and the opportunities that make this county and state special. We welcome all interested in participating in this event, or ideas about others who might be interested in or appropriate for such an event. If you have ideas or an interest in this event, please call Don Ferber (222-9376) or Gary Werner (249-7870).

Coming attractions...the Trail in 1997

Ready to hit the Trail in '97? We have a multitude of wonderful events planned with many opportunities to participate and have fun.

Providing the weather cooperates, we'll do controlled burns in the spring at the Holmes, Gust and Valley View tracts. Fire breaks were cleared last fall at Gust and Valley View, and a burn attempted at Valley View, but the humidity was too high. We'll look for better conditions this spring.

Like to spend time talking with people about the Trail? We'll have a Trail booth at the Garden Expo in February and Canoecopia in March. We still need more volunteers to staff the table at Canoecopia. To help call Dan Wallace at 835-5144. Otherwise, just stop by to chat or say hello.

Also in March is the Volunteer Recognition Party - a great chance to meet other local Trail enthusiasts, hear what's happening on the Trail, and learn about opportunities to get involved so you can be recognized at next years party!

Looking for relaxing and educational events where you can meet new people? Join others from around Wisconsin, and see and learn about other areas of the Trail at the state Trail meeting at the Central Wisconsin Environmental Station April 11 - 13. And come to the Crane Hike at Lodi Marsh Wildlife Area April 20. It's called a wildlife area for good reason!

April 12 will mark another cooperative outing with Dane County Parks at the County Tower site. See how much has been achieved, and while you're at it take on a honeysuckle or multiflora rose or two! It's one of many Trail outings you'll be glad you came to.

In late April the Farmer's Market begins again. Jim Franck (246-2550) says he welcomes all offers to help meet, greet, and teach unaware Marketeers about Wisconsin's very own Ice Age National Scenic Trail at our Trail table.

1998 Masters World Cup scheduled in Lake Placid

By Pete Anderson

For all you over 30 types, consider taking advantage of the fact that the 1998 Masters World Cup is going to be on this continent in Lake Placid. These are also supposed to be the friendliest trails to be found in recent years. Entry qualifications are stiff, however, and consist mostly of the ability to sign your name on a check. Racing will take place from about March 1 through March 7. I don't know too many details yet, but it will certainly be a chance to race against great European competition and to say you've had your poles broken by a Norwegian. These people may take it more seriously than we do.

Call me at 222-1928 if you're interested. I'm beginning to look into accommodations, and apparently now's the time for reservations. This may yet become an official club trip.

Ski club members' Birkie finishes

(continued from page 1)

Fariss, Don	2:52:56	Meek, Connie	3:47:22	Wolter, Niels	3:03:31
Faulkner, Gordon	2:43:23	Miller, John	2:55:17	Wood, Greg	3:13:12
Fisher, Ernie	5:19:29	Neis, John	3:31:07	Woods, Brock	3:20:26
Gallagher, Tom	4:42:23	Ostrom, Marcy	4:57:45	Zuelsdorff, Ned	3:33:11
Gasner, Tom	3:19:27	Palmer, Jeff	4:09:29		
Gillich, John	4:56:10	Pearson, Jennifer	2:27:57	Korteloped finishers	
Giltz, Carol	5:38:25	Pollock, Ann	3:20:40	Austin, Maxine	3:27:58
Giorgi, Gary	4:49:18	Possin, Charles	3:13:55	Bartholomew, Gordy	1:59:28
Harding, Cary	5:08:20	Rankin, Margaret	3:30:31	Brooks, Peggy	2:59:16
Hayman, Brian	3:07:58	Ransom, Chris	2:10:54	Duncan, Rod	1:16:57
Heiligenstein, Eric	3:08:36	Rashka, Kay	3:50:31	Gasner, Ann	2:07:03
Heiligenstein, Marie	3:32:43	Reinebach, Ken	4:56:36	Hartman, Errol	2:05:57
Hoffman, Doug	2:37:21	Richardson, Mike	4:05:19	Herweijer, Hans	2:33:59
Holcomb, Mike	5:01:51	Ricker, Carol	3:12:39	Hewett, Heather	2:30:33
Hole, Sarah	6:40:28	Robb, David	3:47:04	Hulsey, Brett	1:28:48
Holloway, Bob	5:27:42	Russell, Faith	4:19:10	Jeanne, Jamie	2:44:34
Interrante, Gina	4:09:12	Santowski, Paul	2:33:34	Jeanne, Louise	4:06:34
Ivey, Mike	2:37:59	Schelly, James	4:12:34	Jeanne, Thomas	1:43:47
Jeanne, Bob	4:37:49	Schoonveld, Mike	3:37:56	Kaufman, Noah	1:40:19
Jones, Greg	3:27:32	Schulz, Bill	4:42:36	Kaufman, Tom	1:08:15
King, Mike	2:24:59	Sency, Carolyn	2:58:15	Klawitter, Sharon	3:30:38
Ladwig, Greg	3:30:19	Sippel, Kristen	3:24:54	Larson, Deb	3:22:59
Lambrechr, Ken	2:20:52	Spoolman, Scott	6:48:46	Maloney, Christine	4:01:44
Larson, Jeff	4:01:43	Stephenson, John	3:18:24	Peterson, Margaret	2:56:50
Leroy, Kevin	4:41:01	Stevenson, Jane	2:42:20	Popp, Derek	1:29:10
Meanwell, Walter	3:00:55	Uraneck, Madeline	5:41:09	Squitieri, Amy	2:58:30
		Vandenbrook, Jimmy	2:54:23	Stampen, John	2:42:02
		Watzke, Brian	3:03:35	Stampen, Kristine	4:12:59
		Winters, Jim	3:23:43		

MADISON NORDIC ski club



P.O. Box 55281

Madison, WI 53705

Next Meeting:

Potluck!

Monday, March 10, 7 p.m.

Shorewood Community Center