

# MADISON NORDIC ski club Newsletter



Cross  
country  
skiing for  
everyone

FEBRUARY 1998

VOL. 17, NO. 4

## Pizza and Video Night

Monday, February 9, at 7 PM  
Rocky Rococo's, 7952 Tree Lane

## Call For Videos and Birkie Stories

February's meeting will be our annual Pizza and Video Night at Rocky's (at Tree Lane and Mineral Point, next to Erehwon). We'll watch ski videos on Rocky's big screen TV and enjoy a pizza, salad, and soda buffet. The cost for the meal is \$6. This is not an all-you-can-eat deal, so please, carbo-loaders, exercise some restraint!

We are also adopting a suggestion from former President Don Fariss for this, our last club meeting before the Birkie. If you have an interesting, unusual, or amusing Birkie story you'd be willing to share, we invite you to share it with us at the meeting. Given the huge number of Birkies skied by our members, there must be a lot of great stories out there! If you have a video or story to share, please call Dave Calhoon at 831-9039 and let him know so that he can coordinate the show.

## 1998 MEMBERSHIP NOTES

BY G. RAE VAN SLUYS

Thanks to members Sue Capp and John Duggleby for a smooth skate through the December 8th Potluck meeting registration. All 1998 Club members registered as of 12/31/97 were included in the Membership Directory mailed out with the January newsletters.

As of the 1/12/98 meeting, MNSC is comprised of 99 individual members and 95 family memberships, with 130 renewals and 64 new memberships boosting the total to 194 club members. Welcome new members, and greetings to all who share the trails but remain unrecognizable due to speed (yours) or wardrobe (glasses, hats, interestingly designed and colored tights).

## President's Column

BY DAVE CALHOON

The city heard us loud and clear on the issue of the Elver Park shelter at the public hearing held on Tuesday, January 13. (See article by Mike Ivey, page 2.) About 30 MNSC members, along with a few other interested citizens, showed up at the hearing. Most of us were still cooling down from our first Tuesday night race of the season. Those in attendance were *unanimous* in their opposition to a shelter at the top of the sledding hill. I'd like to thank everyone who turned out—I was so proud of you all!

Ian Duncan, Dave Robb, and I also attended the Parks Commission meeting on Wednesday, the 14th, just to make sure there were no surprises. All went well, and the city has indicated an interest in working with us on the design and development of the new shelter at the bottom of the hill. This just goes to show you that people can have an influence on local planning and political decisions if they'll only get involved.

The Madison Nordic Ski Club designed a card, which was signed by several club members, wishing the US Ski Team well in their February events. Our card was delivered to the US Olympic team. By the time we next meet, the Nagano Olympics will be under way. Last fall I talked to former Olympian Luke Bodensteiner, a native of West Bend, who is now our national team's Competition Director. He was enthusiastic about the team's prospects, and said they're hoping for some top 15 finishes this season. He said that John Bauer and Justin Wadsworth were doing especially well. Unfortunately, American media coverage of Olympic cross-country skiing will probably be woefully inadequate. If we're lucky, maybe we'll get to see a few people cross the finish line. I'll be relying on you net surfers out there to keep me posted on race results. Until then, continue to send good vibes our team's way.

The schedule for cross country skiing at the XVIII Olympic Winter Games in Nagano can be found at <http://www.nagano.olympic.org>

## New Elver Shelter to Accommodate Skiers

BY MIKE IVEY

The city Parks Commission on Jan. 14 voted to site the new shelter at Elver Park at the bottom of the sledding hill where it can accommodate skiers. Construction is scheduled for this summer meaning the building should be ready for next ski season.

Building the shelter in this location is a victory for all skiers and for the Madison Nordic Ski Club. Some city officials had endorsed an unheated picnic shelter at the top of the sledding hill, complete with a new road up the hill and a 140-car parking lot.

But due to lobbying by the club and support on the Parks Commission, an alternative site with a four-season heated facility was selected. Everyone who turned out for the public hearing on Jan. 13 should give themselves a pat on the back. The club has a lot of weight to throw around if people would get more involved in lobbying their aldermen.

The issue now is working with the city to make sure the new shelter is constructed with skiers in mind. The facility will also be used for group events and as a warming house for skating/sledding.

The MNSC might want to consider making a donation that could be used in conjunction with development of the

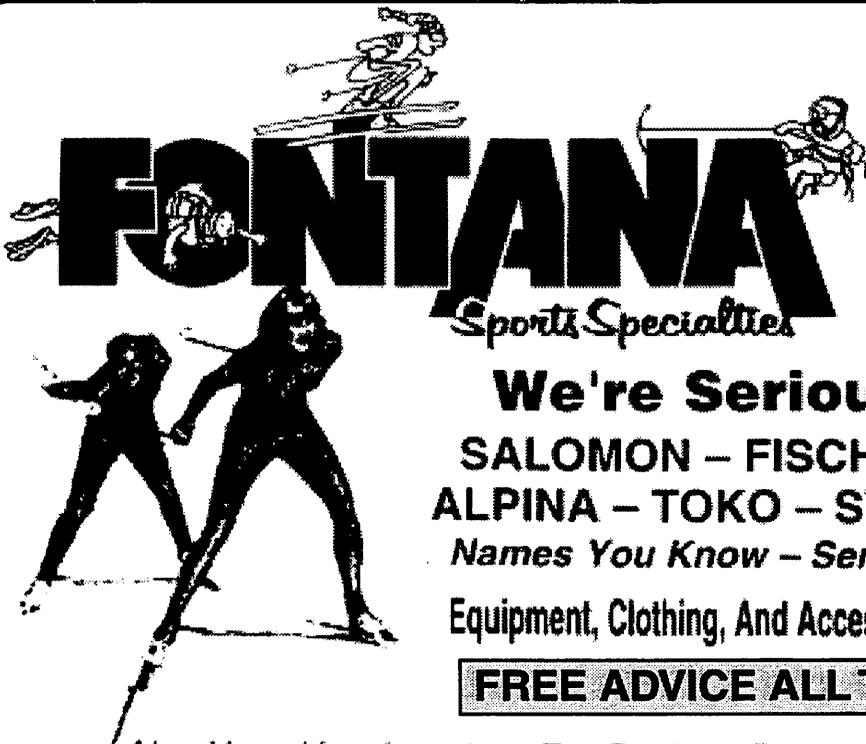
shelter. That could include trees along the trails, money for additional lighting or other projects. For more information on getting involved, call Mike at 233-8014.

## New Qualifying Races, Wave Placement Criteria for 1999 Birkie

EXCERPTED FROM THE BIRKIE WEB PAGE

Three new races have been accepted as qualifiers for the Birkebeiner and Kortelopet in 1999. They are the Red Earth Loppet in Marquette, Mich.; the Great Bear Chase in Calumet, Mich.; and the Badger State Games, Wausau. The 1999 dates of these races will be published in the Results Issue of the Birch Scroll.

There are also new wave placement criteria for the 1999 race. The goal is to find a system that seeds skiers according to their placement in relation to the fastest skiers and to maintain a consistent wave size. For detailed information, see the Birkie web page at <http://winona.com/birkie/news/> or call (715) 634-5025.



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## UW Nordic Raises Fledgling Team

BY MADELINE URANECK

Wisconsin may be famous for snowmobile races, ice hockey teams and ice fishing championships, but when it comes to collegiate skiing, it's an underdog's world.

"The University of Wisconsin-Madison is not interested in sponsoring a Nordic ski team at this time", says captain Finn Ryan, secondary English education major and sophomore from Minnesota. "Because of Title IX, the university definitely has an interest in developing more women's teams, but at this time our group only has three women in it, so we're on our own."

The last 10 years' boom in junior league skiing among high schools in Canada and northern states like Alaska and Minnesota has produced an outstanding crop of young skiers. "It's a difficult decision when it comes time to pick a college," says Finn. "You can go for academics, or you can get a ski scholarship."

Universities with outstanding cross-country ski teams, like the Universities of Alaska and Vermont, are few, and lucrative or even modest ski scholarships are fewer.

So what's a skier to do?

Roommates Finn Ryan and Katie Pratt, both former captains of Minneapolis' South High School Men's and Women's Nordic Ski Teams, respectively, decided to look for more of their own kind.

They soon found Spanish/Zoology major Julia Olmstead, ex-captain of St. Paul's Central High School Nordic Team, and by recruiting through Hooper's Ski and Snowboard Club, in the dorms, and through word of mouth, they located a handful of enthusiastic cross-country ski buffs, including former Wisconsin state juniors champion Hans Hinke and his brother Jeff, formerly of Marshfield High School's tiny Nordic team, and two real live Norwegian exchange students, Jan Parr and Helge ("Hal") Aanodt.

A few calls to ski shops and equipment reps got them bright red racing suits (they had to pay for them themselves), a volunteer/occasional coach (elite women's Nordic ski racer, Cindy Kruse, who joined the Active Endeavors staff last summer), a faculty adviser (Dr. Eric Heiligenstein), and a schedule of races.

The team, whooping "Go Badgers" in English, and "Heia,

Heia" in Norwegian, made its debut at Madison Nordic Ski Club's Tuesday Night Elver Race Series, on January 20. Eleven racers in red lowered times, raised eyebrows, and improved the overall fashion quotient of the collected 75 skiers, many of them including many speedy, if graying, Baby Boomers.

At the Seely Hills Classic in Hayward on January 24, the fledgling UW team swept the 19-and under age group, with Finn Ryan getting a first, Hans Hinke a second and Julia Olmstead and Katie Pratt placing 1-2 in the women's

division. They will go against UW-Green Bay's Nordic Ski Team, a Division I NCAA team, at a race in Minocqua next weekend. On February 7-8, the team will again travel toward Cable, this time for the NCAA Qualifier, hosted by the University of Northern Michigan.

As skiers not officially sponsored by their university, the team belongs to the United States Collegiate Ski Association. They can ski in NCAA events as individuals, but their team results aren't "counted".

There are five or six similar teams in the midwest, but the big USCSA action is on the East Coast, with more than 20 unaffiliated teams.

The UW Nordic team will be out in full for the 26th Annual American Birkebeiner Ski Race on February 21, again on the rolling tracks that connect Cable to Hayward. If they can find funds, some will try to travel to New Hampshire at the end of February for USCSA's national races.

"We did dryland training in the fall," said Finn, "and ski three times a week as a team. Any student is welcome. You don't have to be an ex-high school champ."

"There are advantages to not being officially sponsored by your school," reflects Finn. "We're a student-controlled team. There's a certain energy that comes from that, and it's lots of fun. When you're on scholarship, racing for a university, it's more stressful and wearing. This is a relaxed team. We study hard and use skiing to relax."

Nonetheless, the team is looking toward eventual university sponsorship. Goals for now are to build up their numbers, attract more women, find a coach, raise money for uniforms, race fees, transportation, and develop new leadership so that the team continues when present students graduate.

Heia, UW Nordic!



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## Women's Technique Clinic Attracts Big Numbers



Women came from Chicago, Oshkosh, Mt. Horeb, Milwaukee, and many other surrounding towns, to attend this women's ski clinic. Was it to improve technique or to escape "Packer Madness?" Pictured here are Marilee Sushoveba and Gail Moede, both of Madison.

**N**inety five women turned on Super Bowl Sunday for the only event in town that didn't feature green and gold — a chance to ski the slopes of Elver Park and have their ski technique critiqued by five outstanding ski coaches.

The "First Annual" Women's Ski Technique Clinic, a joint endeavor of women from Madison Nordic Ski Club and Active Endeavors of Madison, surprised everyone, including organizers Cindy Kruse, Madeline Uraneck, and Jan DeVore, with an overwhelming response to just a modest bit of publicity.

"We easily could have had 300 people, and we had to turn away 50-100 women," said Kruse. The phones at Active Endeavors rang off the wall, especially after David Medaris, Isthmus newspaper staff writer, penned a tongue-in-cheek article about the event entitled, "Equal Opportunity Ski Instruction."

But Uraneck feels the response reflected just the tip of interest among women skiers, whose numbers are poorly represented in Nordic ski crowds. "Women's running and other women's sports are booming. There's a need for the right approach. The appeal to many beginning / intermediate level women skiers is not waxing, competition or racing opportunities. These women want more opportunities to get out to enjoy the winter beauty, to smooth out their technique (for example, eliminating terror on the downhills), and most



Cindy Kruse organized the First Annual Women's Ski Technique Clinic with women of the Madison Nordic Ski Club, and Active Endeavors.

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Susan Parmen's intermediate classical skiers learn to "tuck" in preparation for big hills.

Article and photos by Madeline Uraneck

importantly, to find a welcoming, friendly network where they can comfortably build new skills and ask advice. The clinic offered all these things."

Besides Kruse, coaching staff included Susan Dibiase, elite women's ski racer from Winter Park in Colorado, Susan Parmen from Wausau, and MadNorSki's own Marie Heiligenstein and Sue Crouch.

While dozens of men secretly wished to land clinic positions as videographers, coaches chose visually talented threesome Dave Robb, Mike Halstead, and Bob Limey.

Griff's Restaurant, across from Elver Park, helped the event avert near-disaster when the Madison Parks Department said it couldn't consider opening the warming hut in the morning for registration. Manager Brent Griff concluded, "This was a great event for us. I have five daughters myself. I think anything that gets women out and active is great. I'd be pleased to help the ski community again with future events."



Coach Susan Parmen taught ski technique at the clinic, along with MadNorSki's Marie Heiligenstein, Wausau's Sue Crouch, and Sue Dibiase, from Winter Park, Colo.

# MADISON NORDIC ski club



*For the latest info on snow conditions & upcoming events and to leave messages for the club:*

## H O T L I N E

233-MADK  
(233-6235)

# MNSC board members

Contact us if you have questions or info to share...

President ..... Dave Calhoon  
 Vice President ..... Jimmy VandenBrook  
 Treasurer ..... Kathy Zuelsdorff  
 Social Chairs ..... Madeline Uraneck/Clair Krueger

Publicity Chair ..... Sharon Klawitter  
 Tour Chairs ..... Errol Hartman/Pamala Zill  
 Race Chair ..... Brian Watzke  
 Membership Chair ..... Gail Van Sluys  
 Newsletter Editor ..... Melody Marler

## Madison Nordic Ski Club Membership Form



Sign me up for the 1997-98 cross-country ski season!

Renewal    New Member    Individual \$15    Family \$20    Kidski \$25 plus club membership

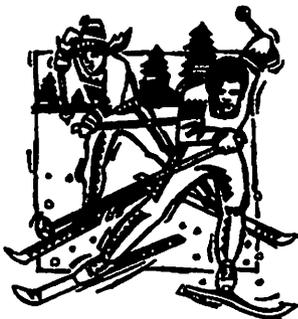
Name(s): \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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# Birkie Preparation Headquarters

REI is proud to continue being a sponsor of the American Birkebeiner. We have just received a new supply of Swix and Toko waxes for all your race day needs.

### President's Day Sale February 13-16

- Additional markdowns in our ski department
- and prepare for summer by checking out our great deals on boats

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### SWIX

# Elver Park Race Series Off to a Great Start

BY BRIAN WATZKE

**A** lack of snow cancelled our first race on January 6 but by the next Tuesday we had enough snow to hold a 4 and 8k timetrial. 39 racers showed up on a cold night (-2° F). The temperature actually rose about 3 degrees during the race.

Greg Wood and Joellen Torressani registered the racers and also raced that evening. This didn't slow Joellen up since she still was the fastest woman in the long race. Dave Calhoun and Clair Krueger were the course marshals, along with a last minute volunteer. I didn't get his name, but thanks a lot!!

January 20 was a milder 22° F which brought out a large group. We hit the jackpot with 75 racers that night. That might be a record for our series. For a while I thought we would run out of race bibs. I added the loop around the ball diamonds to make it a 4.8 and 9.6k timetrial. Ann Pollock, Mike Capp, and Ned Zuelsdorff were the course marshalls while Troy Kattreh helped at the finish line.

Thirty-nine racers have registered for the entire series including a skier from Roscoe, Illinois. Preregistered racers pick up their own race bibs on race night and avoid waiting

in line. On January 20, a group of the University of Wisconsin Cross Country Ski Team signed up for the remaining series.

Results have been posted on the back side of the wooden sign board at the trailhead (where you purchase the trail passes). Thanks to Willi Van Haren and Joe King, the results can now be found on the web page.

Remember that registration is from 6 to 6:45 so that we have time to start the race at 7pm.

See you at Elver Park.

## A note about KidSki...

The board would like to clarify what the \$25 KidSki fee covers. Per child, the fee covers liability insurance in accordance with Minnesota Ski League, and teaching manuals for coaches. Coaches are volunteers, although coaches who show up for the full season receive a refund for one child's participation in KidSki.

The family's membership in the Madison Nordic Ski Club is encouraged, but not required; this is primarily to facilitate communication about KidSki to parents.

# SKIING MAKES ME HOT!



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DEC 6-7: On snow clinic. Technique instruction. 9 mile ski area in Wausau.  
 JAN 25: Superbowl Sunday women's ski day. On-snow instructional clinic at Elver Park in Madison, WI.

## FOR SALE or WANTED

**For sale:** Atomic ATC classic skis, 190cm. Flexed for 125-130lb, Salomon bindings. New \$290, now \$160. Call 238-2480.

**Wanted:** Skating skis for a woman, 130 lbs., with or without Salomon bindings. Call Jane at 831-5601.

**Found:** Pair of tan, hand-knit gloves with blue and brown trim, left at Jan. 12 Ski Club meeting. Call Shorewood Police at 267-2680 to claim.

**Skate Skis for Sale:** Pair of 194 cm Peltonen Supra "cap" racing skis. These are the top-of-the-line skate skis. They were a replacement sent to me from the factory for a pair that I broke last year during a crash at the Birkie. Unfortunately, the Peltonen factory sent a pair that are too stiff for me at 165 lbs. They are flexed for someone who weighs 190 lbs. or more. The skis have bindings mounted and have been skied less than 5K. They normally list for \$385 without bindings. I will sell them for \$250 with the bindings mounted. This is a great deal. Call Mike Ivey (h) 233-8014 or (w) 252-6431.

**For sale:** Women's Salomon SR801 diagonal stride boots, size 40 (6-1/2-7), like new (worn only 1 season), \$40. Call Gail at 238-1662 - boots will be at 2/98 meeting.

**For sale:** Salomon 911 skating boots, great shape, size 11, \$100. Peltonen Infra striding skis, 210 cm, very fast for 150-170 pounders, with Profil bindings, asking \$160. Call Brett at 238-5711 or check them out at the next meeting.

**For rent:** Big snow country house for rent with all comforts of home, located in Montreal, Wis. \$50 per night, weekly rates available. Call Mark, 608-924-6000.

## Contribute to the newsletter

The Madison Nordic Ski Club Newsletter is published monthly from November to March. Please submit articles or ads via e-mail to [marler@globaldialog.com](mailto:marler@globaldialog.com), or on 3.5-inch diskette (Macintosh or IBM, almost any software is OK, please also send a printed copy). Mail submissions to: **Melody Marler, 1403 Middleton Street, Middleton, WI 53562.** If you have a last-minute submission, you may fax to 827-8701, and call 831-5229 to let us know you've faxed something. Deadline: 25th of the month preceding the issue.

**MADISON  
NORDIC  
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P.O. Box 55281  
Madison, WI 53705



**Next meeting:**

*Pizza and Video Night*

**Monday, February 9, 7 p.m.  
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