

MADISON NORDIC ski club Newsletter



Cross
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everyone

MARCH 1998

VOL. 17, NO. 5

Potluck & Net Surfing!

Monday, March 9, 7:00 p.m.
Shorewood Community Center
901 Swarthmore Court

Our final club meeting of the season will be another potluck, so please outdo yourselves once again with your marvelous dishes to pass. We will present the club Birkie and Kortie trophies (which may seem a bit redundant this year, but what the heck!), the Elver Park Race Series awards, and several other awards. We will announce (and may present) a special new award. We will also offer some off-season training tips.

In lieu of surfing fresh powder, we'll do a little net surfing. MadNorSki WebMaster Joe King, who created our web site and has been doing such a great job maintaining it for us, will give a talk on the internet. Projecting his computer screen onto Shorewood's big screen, Joe will take us on a guided tour of the site and show us how net surfers can access many other ski-related sites. Who knows, maybe we'll wind up in a chat room with Bjørn Dæhlie! So come on down and enjoy our last meeting of the season.

President's Column

BY DAVE CALHOON

I had hoped for better weather during my first season as club President. Note that the snow song we performed at our January meeting worked: it brought us snow in January. We should have performed it again at the February meeting. Guess I picked a good year to take a trip to Norway. What's remarkable, though, is how well the season turned out in the upper midwest, considering El Niño. The club managed to hold five out of seven scheduled Elver races and to hold five out of six KidSki sessions outdoors. Although the Seeley Hills Classic was postponed due to lack of snow, it took place two weeks later in perfect conditions. The Birkie was shortened, but they pulled it off.

Nominees Needed For Vacant Board Positions

BY DAVE CALHOON

Alas, time and chance happeneth to us all, and as a result, we have three vacancies on the board for next year. Our very capable Newsletter Editor, Melody Marler, is, unfortunately, unable to continue. Melody is a professional newsletter editor and has done an outstanding job with the newsletter over the past year. Her skills, knowledge, and computer stuff will be sorely missed. Thank you, Melody!

Also, Errol Hartman and Pamala Zill are stepping down as Tour Co-Chairs. Errol and Pamala have presided over two seasons' worth of ambitious trips and tours programs, and all of us who have participated in a club trip during that time owe them a thank you.

I should also mention that our intrepid Race Chair, Brian Watzke, is stepping down after three seasons. Brian's job is, in some ways, the most difficult position on the board. After all, he not only has to deal with the weather week after week, he has to handle a bunch of testosterone-crazed racers (and yes, that includes the women racers) while writing down their times in the dark. At least this season's mild temperatures have been a little easier on Brian's extremities. Thanks, Brian!

Fortunately, Jimmy VandenBrook and Ned Zuelsdorff have already volunteered to take over as Race Co-Chairs for next season.

As this article was going to press, I found out that our Treasurer, Kathy Zuelsdorff, is also resigning. Kathy has bounced fewer czechs than the U.S. hockey team and has been great to work with.

If you are interested in serving as Newsletter Editor, Tours Chair, or Treasurer, please contact any board member and let them know. Melody, Errol, Pamala, or Kathy will be happy to answer your questions about the positions.

(CONTINUED ON PAGE 2)

President's Column

(CONTINUED FROM PAGE 1)

And what a Birkie it was! The Birkie Foundation nicknamed it the Bikini Birkie. Club pundit Dave Robb dubbed the deplorable El Niño conditions "Tony Wise's revenge." That last one is funny, but I can't buy the concept; Tony was too nice a guy. I think all who attended the Birkie will agree that the American Birkebeiner Foundation did an outstanding job of preparing the trail and running the race, given the

circumstances. And any day you ski the Birkie is a great day. As our season draws to a close, I am reminded that there are many people (in addition to the board members mentioned elsewhere) who deserve our thanks for helping to make the various club activities possible. I won't attempt to name you all here because I know I'll miss too many of you. So I'll thank you all as a group, and I know our fellow members join me in doing so. The club wouldn't be what it is without you. Farewell for this season, and have a great dryland season!

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Ski season notes...

BY DON FARISS

Kudos to MadNorSki Juniors

I'm really excited about this year's crop of MadNorSki Junior skiers. Fourteen signed up for coaching and ten attended regularly. We saw a lot of improvement this year and next year these kids are going to surprise many of you when they come zipping by. They include Rod Duncan (50th in '98 Korteloppet), Noah Kaufman, Nate Gourley, Peter Rebholz, Hope Stege, Peter Nordenberg, Ben Cline, Ken Van Haren, Hans Stege, Louise Duncan, and Emily Greb. Next year we will meet for dryland training intermittently until November. We will take one or two early snow trips in November and December, travel to four races together as a team and finish off the season with a fun spring crust skiing trip. Any skier in 8th to 12th grade is welcome to join.

Kudos to one of our own

One of our members reached a significant milestone February 21st. Carolyn Senty completed her 20th Birkebeiner. This means she was an inductee into the honorary Birchleggings Club. Normally she would have been awarded a Birchleggings bib to wear, but because of her race performance last year, she wore an Elite Women's wave bib. She then proceeded to take 2nd in her age class. And that was by no means her first skiing award this year. Congratulations Carolyn. You're not getting older, you're getting better!



Comparing Women

We all know winning race times for women are slower than men's. Why? Women have proportionately smaller hearts, less oxygen carrying ability in the blood, denser bone mass and the burden of a higher percentage of body fat. If you compare world records for women and men in running and cross-country skiing you'll find the women are approximately 10% slower. In skiing the women's fields are often smaller thereby making it hard to compare yourself to a significant number of others. But if you subtract 10% from your finish times you can get an idea how you would compare to equally fit men. Try it.

Don't Miss It Again!

Mark your calendar because you probably missed all the fun last time. Next season we will plan a one day bus trip to Minocqua's fabulous Winter Park once again. Up to 5 hours of great early season skiing on Wisconsin's best trails, schmoozing on the bus with your ski buddies, watching ski videos en route, the possibility of free ski lessons.....this trip's got it all. The best parts? You don't have to drive and it only takes 12 hours out of your busy December weekend.

This time we've got to get at least 30 people to sign-up early or it's a "no-go." So plan ahead this time. Mark your calendar right now for for Saturday, December 12th.



Plan now to join next year's Madison Nordic Ski Club bus trip to Winter Park in Minocqua.



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As ski season comes to an end,
remember REI is your cycling source.



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ski area in Wausau.
JAN 25: Superbowl Sunday
women's ski day. On-snow
instructional clinic at Elver Park
in Madison, WI.

Father, Son Again Share Birkebeiner Experience

BY KATHERINE WILLIAMS

Reprinted with permission from *The Capital Times*

Madison's Glenn Gourley, 48, and son Nathan Gourley, 14, will race the American Birkebeiner together on Saturday.

They skied the 27K Pre-Birkie two weekends ago, with Nathan improving his time to 1:39 from 2:07 a year ago.

When they are not skiing: Glenn is a pediatric gastroenterologist and professor at University of Wisconsin Hospital and Clinics. Nathan is a soccer-playing freshman and orchestra member at Madison West High School.

Why they ski the Birkie: Last year was Glenn's 10th Birkie, and Nathan's first Kortelopet, after skiing the Barnebirkie (5 kilometers) since he was 5.

"The Birkie is a funny thing," Glenn said. "It's a disease. It has a real mystique and allure to it, like the Boston Marathon."

Said Nathan: "I've just always done it. I like the atmosphere. And the Telemark Lodge is really neat."

Why Glenn skis in general: "For my first 18 years, in North Dakota, ice hockey was the most important thing in my life. I liked to skate. And about 15 years ago, when the skating technique got really popular, I got drawn into skiing."

Why Nathan skis: "Well, I've been doing it since I was 5." On their preparation: "No matter how hard you train, it's still the hardest day of the year," Glenn said. "We usually do roller-blading together, but this year we didn't. Most of our training has actually been playing disc golf at Elver Park in the summer, running after the Frisbees. So I'm not anticipating any great performance this time."

Nathan also played on West's freshman gold soccer team last fall. "But I haven't skied as much this winter as I should have," he concedes.

Nathan, on skiing with his father: "He kind of urges me to ski more. In the Pre-Birkie, I beat him by five or six minutes. He didn't have a good race at all. But maybe that's because he had to do all the driving, while I could sleep in the car."

Glenn, on skiing with his son: "He skates well, he has good endurance, and he's a pretty good skier. Doing the Kortelopet with him last year (and then skiing on to the Birkie finish) made it by far the most fun Birkie for me."

On last year's Birkie: Ordinarily a second-wave starter,



Nathan and Glenn Gourley at the Telemark Lodge after the Birkebeiner.

Glenn dropped back to the fifth wave to join Nathan. "He set the pace, and it helped me avoid my tendency to go out too fast," Glenn said. "It was very easy, but toward the end he really picked it up. He said later his goal was to finish under two hours."

Nathan's 1:55 finish last year got him 14th place in his age group. It also qualified them to move up this year to the fourth wave.

On doing things together: In addition to skiing the Birkie, both Gourleys have black belts in karate. They are also both musicians: Nathan has studied the violin since age 5; Glenn is half of Buffalo Trail, the fiddle-featuring folk duo that plays around Madison.

FOR SALE or WANTED

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.

For sale: Salomon 611 Profil boots, size 39 women's. Excellent condition, bought too large, \$45. Kris at 243-1923.

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 Ura-neck/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

Elver Park Race Series

BY BRIAN WATZKE

Despite our mild winter we managed to pull off 5 out of 7 races this year. Given the goofy weather pattern we've been stuck in, I think we were very lucky to have good snow. 126 racers participated in this year's series. 39 signed up for the entire series. We had a high of 75 racers on January 20 and a low of 30 racers on our last race on February 10.

I would like to thank all the volunteers who helped out this year. They include:

Greg Wood, Jan Wood, Joellen Torresani, Mark Torresani, Dave Calhoon, Clair Krueger, Troy Kattreh, Ann Pollock, James Coors, Mike Capp, Ned Zuelsdorff, Mike Ivey, Don Fariss, Kay Rashka, Peter Berbee, Jon Nordenberg, and Tom Kaufman who stood out in the light rain on February 10th as a course marshal. I apologize if I left anyone out. Special thanks to Willie Van Haren and Joe King for getting the race results on the Madnorski web page.

I would also like to thank Lionel Martin for providing us with a lot of Vauhti ski wax for door prizes, Fontana for all the gift certificates, and REI for other door prizes.

There will be new race directors for the next season. Please lend the new directors a hand next season.

**MADISON
NORDIC
ski club**

P.O. Box 55281
Madison, WI 53705



Next meeting:

Potluck and Net Surfing

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