

NORDIC ski club Newsletter



Cross
country
skiing for
everyone

November 1998

Vol. 18, No. 1

The President's Pen

*****NEW LOCATION for Nov. Meeting!!!*****

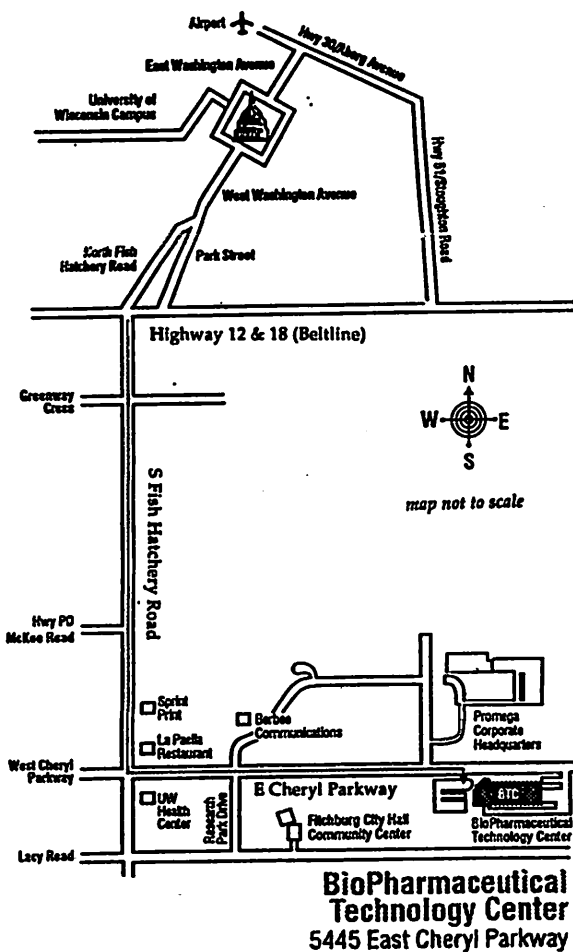
**Promega BioPharmaceutical Technology Center
5445 E Cheryl Parkway (off S Fish Hatchery)
Monday, November 9, 7:00 p.m.**

Program: Cross-Country Bazaar and Toko Wax Clinic

representative for Toko, to present a clinic at this year's November meeting. He will focus on two things: 1. How to do a simple, fast wax job. 2. Kickwaxing. Feel free, though, to ask Drew any questions you may have about waxing. Mike Ivey will also update us on the 1999 Norway trip, and I will share a few slides from the '98 trip. Several vendors will be on hand for the Cross-Country Bazaar, and, as always, there will be many announcements about this season's club trips and programs. Not to mention our usual complimentary beverages and the chance to socialize with the ski buds you haven't seen all summer!

Meeting Space

It seems that we have outgrown the space at the Shorewood Community Center, at least for our most heavily attended meetings (usually Nov. and Dec.). The meeting room can be overcrowded and noisy, especially during the Cross-Country Bazaar. As you know, speakers can sometimes not be heard on his or her side of the curtain that divides the room in half. The loudspeaker that we rented for last season's Jan. meeting improved this situation, and some common courtesy would help even further. Some people wind up parking far away from the Community Center. The Village of Shorewood Hills is considering remodelling the Community Center. While it may improve the usefulness of this space for us, it may also mean that the space is not available for some of our meetings. Shorewood residents, please keep us informed! Over the summer, the board worked hard to find an alternate site for our club meetings. We



**BioPharmaceutical
Technology Center
5445 East Cheryl Parkway**

NOTE: Hwy. PD is closed N. of Osmundson Rd.

As many of you will recall, last year we had a wax clinic presented by Swix at our November meeting. In order to allow a competitor equal time, we have invited Drew Holbrook, midwest

The Presidential Pen, cont.

considered 14 sites, visited several of them, and found that, for a city of its size, Madison has surprisingly few good meeting places for a group such as ours. Most of the sites have at least one major problem associated with them. Several would not allow us to serve alcohol. Some do not have convenient parking. Others were not available on the second Monday night of the month. After careful consideration, the board decided to hold the November club meeting at Promega and have the members vote on whether or not to continue holding them there. On the plus side, Promega is a beautiful new facility with ample free parking. On the negative side, it is farther away for most of our members, and it is more expensive. At Shorewood, we pay \$35 per meeting, as long as a Shorewood resident is willing to sponsor us. At Promega, we will normally pay \$130 per meeting. When we are using the atrium in addition to the cafeteria (or auditorium), as for our Cross-Country Bazaar, we will pay \$195. So, in a normal year, meeting at Promega would cost the club an extra \$445. (Remember that the February meeting is held at Rocky's.) That's not an amount of money to sneeze at, but it works out to about an extra \$1.50 per member peryear.

Vote!

Please come to the November meeting, check-out Promega, and vote! Since we will be collecting ballots, we decided to simultaneously survey you to find out about your interests and priorities. This will help the board to develop a mission statement and budget. If you are unable to attend the November meeting, you may vote by calling me at 831-9039 through November 9 and leaving your name, your vote, and, if you desire, an indication of what you think the club's priorities should be.

Elver Shelter Update

As most of you will recall, last January the club demonstrated its clout by turning out in force for a public meeting on proposals regarding a shelter at Elver Park. Those of you who have been to Elver recently may have noticed that no shelter construction is under way. According to Russ Hefty, the reason for this is that, due to the current Madison-area construction boom, the bids came in much higher than expected. As a result, the city will re-bid the project. They may make some changes to lower the cost, such as substituting wooden walls for stone. If you are interested in commenting on this, contact the Madison Parks Division.

UW Team Goes to Nationals

The UW Cross-Country Ski Team sent us a card thanking us for our \$200 contribution toward their trip to Nationals last spring. Ian Duncan suggested that we should urge the university to provide more support to the team, a suggestion with which, I'm sure, most of us would agree. Several club members are also UW faculty members; no doubt their input would carry a lot of weight. Perhaps we could circulate a letter for UW faculty, staff, and students to sign. So, how 'bout it, professors? Is there someone out there who'd be willing to coordinate such an effort? Please let us know.

Junior Program

Last spring, Don Fariss announced a scholarship offer for junior skiers interested in attending a summer camp. Up-and-coming racer Hope Stege took Don up on the offer, and received an \$80 scholarship to attend a clinic with the Anikins last summer. Ian Duncan, who has worked with the juniors quite a bit over the last few years, announced that he is stepping down this season due to the demands of work. Thank you for your efforts, Ian! Don Fariss will lead the junior program this year.

WINN (Wisconsin Nordic Network)

In late July we mailed out the DNR's State Comprehensive Outdoor Recreation Plan (SCORP) survey sent to us by WINN. Hope you sent yours in. WINN is trying to give cross-country skiers a voice at the state level comparable to what the snowmobilers and ORVers have. This is definitely a worthwhile effort. Another benefit that WINN may be able to deliver is the opportunity for Wisconsin ski clubs to purchase liability insurance at reasonable rates. Their recent newsletter also says that they're working on creating a positive image of winter: "[President Kine] Torinus suggested that all WINN Board members should look for opportunities to project a positive view of skiing in the media, and to combat negative views of snow and winter weather. [Vice President Charlie] Dee suggested and Board decided to combat negative views by writing all TV station weatherpersons, encouraging more positive views of snow and cold weather. This will be done next season, and the letter will include invitations for WINN members to give free ski lessons to weather reporters in January, 1999 in conjunction with Ski Fest."

Long overdue! If only we can figure out a way to ski without getting your hair mussed. WINN's fall meeting will be at the Iola Winter Sports Club on November 7. If you are interested in getting involved in WINN, contact Treasurer Ryan Wheeler, P.O. Box 521, Sheboygan, WI 53081-0521, 414-962-0441, vinity@execpc.com; Membership Chair Karen McFadzen, 920-892-6271, mcfadzen@compuser.com; or President Kine Torinus, 4983 Lake Drive, West Bend, WI 53095, 414-644-7402, torinus@hnet.net

Work Parties

Unfortunately, our October 3 work party and picnic at Elver Park got rained out (Although your trusty board leaders showed up). However, 13 club members, friends, and associates did turn out on a perfect fall day, October 24, for our work party at Indian Lake. After just an hour and a half of trail maintenance and cleaning the warming house, we enjoyed picnicking on the leftovers from October 3.

Help Needed and Wanted


MadNorSki seeks Trips Chair to coordinate club trips. If we don't get one, the trips may not happen! MadNorSki also seeks trip leaders to lead individual trips. The City of Madison seeks people to monitor city ski trails during the season for compliance with the trail pass requirement and to sell concessions at Odana. The city is very pleased with the response to the new passes, but has no idea what the rate of compliance is. They are looking for 4-5 people interested in part-time jobs to ski the trails, remind skiers of the requirement and sell passes. You wouldn't get to carry a badge or gun, but you would get paid to ski! It pays \$8.21/hr., and you must be a City of Madison resident. To apply, call the City Human Resources Dept. at 266-6500, for more info or an application. Also, Dane County is looking for ski patrollers to patrol county parks. If you can commit to doing 4 four-hour shifts, you get a free season trail pass!

Stocking Stuffer Idea! (Or something cool to just buy)

One of the many reasons to attend the November meeting is to see the unveiling of the long-awaited MadNorSki ski scrapers! Who doesn't need a scraper!? A design that is both functional and sassy! The proceeds support the club, and they're a bargain at only \$4.00!

The Birkie Is Coming
The Birkie Is Coming

You Can Start Training Now



See
The Calendar For
A Ski Roller Ski
Clinic Near You

The ENDURO SKI has an integrated binding system with a loose heel like XC skis and an in-line skate boot for stability and durability. The roller ski that brings fun and safety to your XC training comes with a 30 day money back guarantee.
Also, model available which uses XC boots.

ENDURO SKI

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Wisconsin Rapids, WI 54494
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1-715-421-4706

Snow Country Notebook

by Jimmy Vanden Brook

The perennially troubled Telemark Lodge has always been at the heart of the American birkebeiner. Telemark has alternately played host to the race start, then finish, then start area once again. The lodge has become the skiers focal point. Who doesn't remember walking past that mammoth stone hearth, past the pantheon of Birkie champions, to register for their first big race? Maybe you were a little anxious, thinking about race day, but you had made it to North America's XC ski Mecca.

You probably recall one or two things about actually skiing your first race but I'll bet you have more memories of the finish and being in that lodge after the event. There you swapped tales of heroics and waited to make sure each friend arrived intact. You collapsed next to that fireplace, gazed up at the huge bronze figures and wondered how those ancient Norwegians skied 55k carrying a broadaxe and a two year old kid. And they did it on barrel slats! But, you met your own challenges and added to the collective energy of thousands of skiers. I can't imagine the Birkie without Telemark. Unfortunately, we all might have to.

Last year, with the Coliseum shut down, the closing ceremonies were moved to the casino. Telemark, still the hub of pre-race festivities, felt like a morgue after the race. It was sad. It seemed as though 25 years of memories had been abandoned. But more change was coming.

During the summer, the skin of the Coliseum was removed and now the skeleton is being carted away. In July, Telemark filed for Chapter 11 bankruptcy. The county and creditors were owed significant sums, prompting the reorganization of debts and development of a new business plan. Telemark management is attempting to change the image of the lodge. Telemark is now to be known as Telemark Lodge and Snow

Park. A snowboard half-pipe and a tubing run are to be installed this winter. But can the lodge make it through to winter?

Telemark had a good weekend for the Chequamegon 40 but, at this writing things look bleak. Bayfield Electric has shut off power to large parts of the lodge. It survives as if on life support. The Birkie Foundation moved its offices out of Telemark. Tentatively, registration for the 1999 race will be at the casino. Not quite the atmosphere I was looking forward to.

Maybe I'm just a sentimental old geezer that abhors change. But if that lodge goes down, a lot of memories go down with it. There is a ray of hope however. The Carlson Group, from the Twin Cities, is inquiring about a potential purchase of the lodge. As owners of Radisson Hotels, they have the muscle to make the many needed changes and upgrades to the property. Will we see an operational Telemark Lodge in February? Stay tuned.

Madison Instruction

by Willi Van Haren

Just a reminder that there are some excellent nordic instructors around town. Many of us have taken various group clinics. While I always find these to be fun and informative, I'm usually left wanting more comments specific to my own skiing. A solution to this is to take a private lesson with a good instructor. This intense hour will be aimed at *your* level. that means that you can work on things that will directly impact your skiing and instead of getting general comments over the course of a day. A focused, skilled teacher can give you enough in one hour to work on for a season. Remember, for most of us, improved technique is the most efficient way to faster, easier skiing. I took an hour lesson with Madnorski club member Peter Berbee. I got what I needed, and then some. Feedback is the name of the game. So check out lessons and improve your skiing.

Trip Announcements by Don Fariss

Blue Mound 830 foot Challenge

Nope, it's not a race. It a friendly, no-fee get-together to take on a personal challenge. The Challenge: Can you walk, bike, run, rollerski, roller blade or whatever from the intersection of Ryan and Moyer Roads to the top of Blue Mound State Park? Traveling your own pace, you'll cover 3 1/2 miles and climb 830 vertical feet. Can you do it? Sure you can. Water and shuttle ride back down will be provided. We'll start at 1:00pm on Sunday, November 15th at Ryan and Moyer. If you're unsure how to get there, head toward the park entrance outside the Village of Blue Mounds and follow the signs. Questions? Call Don Fariss at 437-8076.

Bring Your Checkbook

The 2nd annual Minoqua Winter Park one-day bus trip won't work unless you all bring your checkbook to the first club meeting. We must have a \$25.00 deposit that night from at least 30 of you or we'll be forced to cancel the trip.

Last year we had a blast. We watched ski videos, smoozed and snoozed all the way up to get in the mood for 5 hours of skiing on Winter Park's incredible 70 kilometers of trails. We took advantage of Demo Days by trying out all kinds of new equipment for free. We warmed-up, ate, rested and shopped in the lodge. Some took advantage of the free ski lessons provided by club member Pete Berbee, a PSIA-certified instructor. On the way home we watched the Red Green movie, downed some suds and socialized up & down the aisles of the bus. Many of these participants have eagerly etched this year's date, Saturday, December 12th, into their datebooks. We leave at 7:00am and return 7:00pm (in time for you to get to any Christmas party). The bus portion of the trip will cost \$25.00 if we fill the bus (42 skiers) and up to \$36.00 if we only get the minimum of 30 skiers. Expensive? Absolutely not. It would cost you \$0.25/mile to drive those 400 miles in your car. Split 2 or 3 ways that's still \$33 to \$50. Don't forget to add lodging to your costs, because you wouldn't drive both ways in one day, would you?
Don't forget your checkbook!

Calling All Junior Skiers

They're at it again. Those junior speedsters that zipped past you on the trails last year are training their hearts out again. But they need some more company. The group includes of 7th to 12th graders who are interested in ski racing or would like to learn more about it. Do you know youngsters who might be interested?

The juniors are working out 3 times per week under the direction of Don Fariss on local park trails and less traveled roads. There will be at least one team overnight trip per month to races or ski camps and probably more. One major focus will be the Wisconsin high school state meet February 13-14 at Telemark. If you can suggest any new recruits or have questions, call Don at 437-8076.

Dryland Training

If you'd like to get some conditioning for the trails, join Cindy Kruse and members of the Wheel & Sprocket Ski Team every Saturday morning at Lapham Peak State Park, near Delafield, Wisconsin, 8:00-9:30 am. Meet at the lower parking lot and bring ski poles, drinking water, and running shoes. Hey, anyone willing to coordinate dryland training closer to home? Perhaps rotating leaders to inspire us through some Sat. am exercises (possibly Elver Park, 9-10 am)? Grab a small group of friends and pass the word to begin; we'll put it in next month's newsletter to help it continue, and we'll try to help you find more leaders.

Ski Camps

There are two early season ski camps coming up that some members may be interested in. The first is Nov. 27-19 at Cresthill Resort in Hayward, WI and will feature former Russian coach Nikolai Anikin. The second is sponsored by the Birke Foundation. It will be held at Lakewoods Resort in Cable, WI on Dec. 5-6 and will feature 3 time Olympian John Bauer who has been coached by the Anikins. For info on either call Scott Wilson, owner of the Cresthill at 715-462-9911. Some info can also be obtained through the Birkie's web site.

SKI OUTINGS, SKI RACES, and SKI RUMORS- By Madeline Uraneck

*February 5-7, Badger State Winter Games at the Everest Inn B & B, Wausau.

*Our BSWG grip is on again for this year. Once again, we have reserved the beautiful, homey Everest Inn B & B. Trip leader needed!

ALL LADIES DAY ON SNOW Sat, Dec. 19, 1998 Lapham Peak near Delafield (see directions under Dryland Training). 9:30 am - 4:00 pm. For schedule and price information, call or write Cindy Kruse at Wheel & Sprocket, 13925 W. Capitol Drive, Brookfield, Wisconsin 53005, (414) 783-0700.

CANDLELIT SKI and guided naturalist hike Saturday, January 16, 1999 Lapham Peak State Park, 5-10 pm, (414) 646-3025

MADISON / NORTHSTAR CLUB COMBINED OUTING TO RIVER FALLS STATE FOREST Saturday, January 23, 1999-Black River Falls, WI. Join us for a day of skiing at the Black River State Forest Trails in Black River Falls in western Wisconsin. There are 40 K of groomed classical trails through hardwood and pine forests. The trails have much variety and are in a beautiful setting. Beginner, intermediate and advanced skiing. We'll meet North Star skiers at the trail head and break up into different ability groups (or *Ski Pals*) and ski for 2-4 hours. Wear something that identifies you as a *Wisconsin* or *Madnorski skier* The MN folks will do the same. After skiing we'll eat at a restaurant in Black River Falls. More information on car pooling and directions in future newsletters or by calling trip leader Madeline Uraneck (608) 233-1930. North Star leaders are Greg Fangel and Liz Wagner (751) 770-9381.

2ND ANNUAL WOMEN'S SKI CLINIC On Super Sunday, January 24, 1999-Super Bowl Sunday. This event last year tapped unexpected enthusiasm and had to turn away interested skiers. Lapham Peak State Park near Delafield (see directions under Dryland Training). For schedule and price information, call Cindy Kruse at Wheel & Sprocket-414-783-0700.

NOQUEMANON SKI MARATHON (PRON: *NAH-KAY-MEN-ON) Saturday, January 30, 1999 National Ski Hall of Fame Half marathon 23 & 50 Km Freestyle & Classical ; plus 2.5 and 5 Km Kid's Races. The race is a qualifier for the Birkebeiner Ski Race.

CANDLELIT SKI and guided naturalist hike Saturday, February 13, 1999 Lapham Peak State Park, 5-10 pm, (414) 646-3025 in Delafield, WI

Tuesday Night Races

For wanna-be racers (first-time racers welcome) and the real thing. New race directors are Ned Zuelsdorff and Jimmy Vandebrook. Races start in January, 1999, once again scheduled for Elver Park on Madison's west side, with registration at 6:00 pm and the race at 7:00 pm.

Thursday Night Ski Instruction

Free ski instruction at Lapham Peak State Park with Cindy Kruse and members of the Wheel & Sprocket Ski Team, 7:00 - 9:00 pm, every Thursday once the snow falls. For more information call Cindy at (414) 783-0700.

Add Your Favorite Event to Madnorski*s Web Page Calendar Madnorski member Joe King has graciously assented to serve as Madnorski*s Webpage master another year. He originated this page and finds it has *hits* year round, from Australian skiers in the summer to skiers across the US all winter long. We truly appreciate all he does. The web page has a great set of links to ski clubs and events all over the US and the world.

Joe's inaugurated a nice feature whereby you can inform other club members of events by filling it details to an easy-to-use calendar. Help him, and help us all, by getting events onto our calendar. <http://danet.wicip.org/madnord/club.html> You can correspond with Joe King directly via his e-mail at jking@mailbox.com

°F °C
-15 = -26
-10 = -24
-5 = -21
0 = +18
+5 = +15



°F °C
+10 = -12
+15 = -9
+20 = -7
+25 = -4
+35 = +2

Madison Nordic Ski Club

HOT LINE 233-MADK

°F = (9/5°C) + 32

°C = (°F - 32) 5/9

For Sale: Peltonen Infra Classic Skiis with Profil Bindings, 210 cm, \$130; Peltonen Eagle NoWax Touring Skiis, 200cm, never mounted, \$95; Saloman Profile Skating boots, size 46 or 11, \$80; Lifa One-piece Uni, Blue, Size Large, \$30. Call Brett at 238-5711 or see him at the next ski club meeting.

***Please fill out membership form and bring to our first meeting**

Contribute to the newsletter

The Madison Nordic Ski Club Newsletter is published monthly from Nov.- March. Submit articles or ads via e-mail to Stacey @Midplains.net., or on 3.5 IBM FORMAT diskettes. Please also send a printed copy. Ads need to be camera ready and cannot be taken off of previous publications! Mail submissions to Stacey Meanwell, 3202 Lake Mendota Drive, Madison, WI 53705-1467. Phone 238-7822
Deadline: 20th of the month preceding the issue.

Madison Nordic Ski Club Membership Form

Sign me up for the 1998-99 cross-country ski season!

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

Name(s) _____ Home Phone () _____

Address _____ Work Phone () _____

City _____ State _____ Zip _____

Cut out and bring to the first meeting!

Make checks payable to: Madison Nordic Ski Club, PO Box 55281, Madison, WI 53705

**MADISON
NORDIC
ski club**

PO BOX 55281
MADISON, WI 53705



**Next Meeting at Promega!!
NOTE THE NEW LOCATION
See map on page 1
Monday, Nov. 9, 7 pm**