

# Madison NORDIC ski club Newsletter



Cross  
country  
skiing for  
everyone

January 1999

Vol. 18, No. 3

## The President's Pen

### Next Club Meeting:

Promega Bio Pharmaceutical Tech Center (BTC)  
5445 E Cheryl Pkwy (off Fish Hatchery)  
Monday, January 11, 7:00pm  
Speaker: Ian Dunkin discussing the Canadian Ski Marathon

### New Trips Chair

Margaret Rankin has graciously stepped up to the plate (actually she was pushed, prodded, and pleaded with) and agreed to serve as Trips Chair. Thank you Margaret!! You definitely Rankin # 1 in the boards eyes. Since Margaret is getting off to a late start in the season, we will all need to pitch in to aid her in her effort to learn the ropes.

### Individual Trip Chairs Needed\*

We need volunteers to lead individual trips. These need not be complicated. Day trips and half-day trips are just fine. We can still advertise them on the hotline, at the January meeting, and in the February newsletter.

### Norway '99 - See Insert

Excitement is building as the departure date for our '99 Norway trip approaches. You saw the slide show; you've heard the stories-now join in the fun and adventure as we return to the cradle of skiing for the cross-country ski vacation of a lifetime. This trip has it all: skiing, sightseeing, and the chance to participate in the Holmenkollen Ski Festival. And remember, on top of the many benefits of MadNorSki membership is a \$50.00 discount on the package price. Take advantage of this, and your MadNorSki family membership has paid for itself two and a half times over! The deadline for deposits is February 1, but you'll want to get your in right away to be assured space. Join Jerry, Mike and friends on what will be a truly memorable trip.

### Food Drive Update by Stacey Meanwell

Well, the result of the Second Harvest food drive was disappointing. With just two bags of food donated, and less than \$10.00 in contributions, it leads me to believe we weren't ready for the idea. I'd like to think that my timing was off. Maybe we were all thinking "potluck" instead of "hungry neighbors". Any suggestions for future attempts out there?

### Raffle sponsors and winners!

The Madison Nordic Ski Club sends out a big "THANKS" to all the vendors who contributed to the December Raffle. We really appreciate your support!

The vendors included: Active Endeavors-Fontana-DNR-Bicycle Doctor-REI-Sepp's Ski Shop-Erehwon-Williamson Bicycle Works  
Private Ski Instructors: Errol Hartman, Peter Berbee, Brock Woods

### Winners of the top ten "grand prizes" included:

- # 10 Yoko gloves: (Active Endeavors) Ian Duncan
- # 9 \$50 gift certificate: (Bicycle Doctor) Jonathan Reed
- # 8 \$50 gift certificate: (Bicycle Doctor) Harry Lum
- # 7 \$50 gift certificate: (Sepp's) Jonee Harding
- # 6 Gear bag; (REI) Lynn Van Ells
- # 5 Pearlizumi vest: (Active Endeavors) Mike Conway
- # 4 Pearlizumi jersey: (Active Endeavors) Patrick Conway
- # 3 Racing Jacket: (Active Endeavors) Christine Conway
- # 2 Rotobrush: (Erehwon) Walt Meanwell
- # 1 Grand Prize winner, Mary Prochinak, scores Rollerskis: from Williamson Bike Works!

👉 **WOW** 👈

Check Out Who Our Supporters Are!!

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(608) 833-6680

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Mogasheen Resort

## Junior Update

The Madison area currently has 14 Eighth through Twelfth grade skiers participating in the Junior Ski team program led by Don Fariss. They have been dryland training 3 days a week for two months now and are eagerly awaiting the real white stuff. You can expect to see them at the Tuesday night race series as well as many of the citizen races further north. Many hope the highlight of their season will be Wisconsin High School Championships February 13th and 14th held near Cable. So cheer them on when you see them on the trails!

## Ski Class Offered By UW-Madison

A 5 week beginning cross country ski class is being offered 2nd semester by the UW-Madison Dept. of Kinesiology. IT CARRIES A SPECIAL INVITATION TO TEACHERS to increase the likelihood that skiing will be taught as a life-long sport in our schools. Brock Woods, a XC instructor for 20 years, will teach the class. So, if you are a teacher or know a teacher who should join the class please note the following. The class meets for 5 weeks on most Tuesdays and Thursdays from 4:45-6:45 PM. The first is on Tuesday, Jan. 19, at the community housing center on Brooks St. (old university YMCA.) Indoor meetings will be there or ski shop(s), but most classes will be at local ski areas. There will be at least one or two longer field trips on weekend days (to be determined.) Sign up for the class by becoming a special student (this is easy by calling 262-1156), then call the PE Elect office at 262-1690 for permission to register on 1/14-15/1999. Cost of the class for 1 credit, about \$147. This class is very popular with the students and openings for community participants are being held until the first class. If you are unsure about attending, come to the first class to decide. Questions? Contact Brock Woods at:

bewoods@facstaff.wisc.edu  
905 Lorraine Drive  
Phone: 608-233-7595  
Madison, WI 53705

## Skating Leg Movements

by Unknown E-mailer!! Who are you?  
We want to give credit where credit is due.

### The Beginner Lesson

In the first stages of learning to skate, skiers rely nearly 100% on the V1 technique. That's not a problem in itself if all this repetition isn't too tiring. However, I find many beginners needlessly tire themselves out by focusing all their

leg push on the leg that propels them in the direction of their pole plant. They neglect to put an equal effort into their other leg. The result? They bog down on their non-poling side and need to put extra effort into the poling side again to maintain momentum. The solution? At the beginning of each outing spend 5 to 15 minutes skating with no poles. Focus on equally powerful leg pushes to both sides. Try this on a nice flat area first (lakes are good) so balance is less of an issue. Then slowly graduate to small to medium hills. Even after you "even out", you'll still have to consciously think about making this an element of your V1 stroke.

### The Intermediate Lesson

I see many intermediate skiers V1 up a shallow slope at a relaxed tempo, but when the pitch abruptly steepens, they lumber on with the very same tempo, putting huge strength efforts into each stroke. Think about your bike. What do you do when you approach a steep hill? You downshift so your legs spin faster but the pushing effort is kept about the same. Think about running. You shorten your stride and quicken your tempo as the hills get steeper, right?

Practice increasing your tempo and keep your arm and leg efforts light and quick on the hills. You'll breeze up the hills. You may find you have 5 speeds, 10 speeds, or ??? Don't be a One-Speed Barney!

### The Advanced Lesson

Almost all of us have a side we prefer skiing the V1 technique toward. Mine is the right side. In a race, when I'm a little brain-dead, I probably ski 80% of my V1 strokes to the right. Just like you, I feel stronger to my "good side" and can maintain better momentum.

Why? I've wrestled with that for years. It's many intertwined reasons I suppose. First, if you draw a line straight down the trail, our skis leave an asymmetrical pattern referenced to it.. The ski print on the poling side is closer to parallel with the imaginary line drawn because the poling adds more power and therefore we ski farther on each stroke than on the non-poling side. If we ski 80% of the time on one side, I think that pattern is set or ingrained. So when we switch sides, we consciously have to bring one ski in closer to our centerline and splay the other out in a little wider V.

Second, we do nearly the same thing with our poles. Be conscious how you angle your poles to your good side & see if your weak side is a mirror image. I'm talking about both left and right angles and forward and back angles. Watching your shadow on a sunny day sometimes helps you see this.

Third, you may be overcompensating with your poles (as I realized I was recently). You may be trying to put extra power onto you poles when skiing to your weak side. In doing so, you may place them at inefficient angles. Slight changes in pole angles can sometimes make a great deal of difference in propulsion. Play around with this a little bit.

Finally, you may just be a weak, wimpy little "girly man" (apologies to Hans & Franz). If you ski to one side 80% of the time, the other side will naturally be weaker. Ski to the other side more often!

If you have any theories on why the weak side is weak, I'd love to hear them. Remember: Train your weaknesses and race your strengths.

## Membership Numbers and Notes

by G.Rae Van Sluys

Just 3 days prior to the newsletter deadline of 12/20/98, I finished entering the 174th membership for 1999 into the MNSC database. Renewals stand at 109 "veteran" memberships, and 65 "new" memberships. From 97 individual members, 47 are "new" while 50 are renewals; and of the 77 family memberships, 18 are "new" while 59 are renewals. The 12/14/98 potluck/raffle meeting alone attracted 14 new members and 32 renewals, totaling 46 registrations processed with Sharon Klawitter's help. And Kidski already has 17 kids and 5 coaches for a good start to the season with Pete Anderson. Everyone registered by 12/31/98 is listed in the 1999 Member Directory enclosed in this newsletter. However, there's still time to get your friends, neighbors and co-workers involved in 1999 club activities and meetings. Snow or no, turn your past and present experiences into a creative endeavor and dare to share your tall ski tales — check the last page of this newsletter for submission info.

## Winter Found! Ski Club Under Suspicion

While local XC skiers suffer through a non-existent early ski season, winter is going full blast on the other side of the world. A little light was shed on this situation by a confidential inside source at the Madison Nordic Ski Club. In short, our mole informs us that the MNSC may have sold the early season snow to a European Ski Power seeking good conditions for training. Reportedly, the Euros will endorse the much ballyhooed MNSC ski scraper. "We want to dominate the scraper market" was a quote from one board member; "There is a good demand for our early season snow, and it's much higher in flouros than snow from less affluent areas.

The Euros love it! And it's great exposure for us." While scraper sales are up at the club, questions are being asked about the acute lack of snow. "We fully expect the mid-season snow to stay in Madison" an officer stated "It's not worth as much as the early stuff. Iowa was interested, but we want to protect the image of the product." "Our marketing people tell us that skiers will actually buy more gear during a time of no snow. &nbsp;&nbsp;&nbsp;It seems the skier brain is relatively simple and just needs some kind of ski related activity every so often to keep it happy, so they buy instead of glide. It's a testament to their commitment." How the weather was moved puzzled us until our mole got the scoop. Madison is, again, well suited for this as it has more weather radar power per capita than any other city in the world. "The MNSC board hacked its way into the local weather computers and by synchronizing &nbsp;&nbsp;&nbsp;their echos was able to drive the jet stream north about 800 miles. The Euros were impressed, MNSC delivered the goods." The board knows that it will have to justify this action. "The club is big on micro-brews, said the social chair, "The stuff's expensive. No snow is one thing, cheap beer is another. We think its easier to explain this than the other way around. We're confident the snow will return after the first of the year if we can get back into the computers."



## Snow Country Notebook

by Jimmy Vanden Brook (with thanks to Gary Crandall)

The following Telemark update is stolen in near entirety from the electronic quill of the Chequama mama himself, Gary Crandall, race director of the Chequamegon Fat Tire Festival, northwoods bon vivant, and rapier tongued respondent to whiners in Silent Sports. According to Gary: The saga continues at **TELEDARK**, formerly Telemark Lodge. The name of the resort is now "Teledark" in keeping with the ambiance currently being displayed at the once great ski destination.

On December 15th, Bayfield Electric came in and shut off the remaining power to the resort. What is still powered are the outside condos, the well and the sewage treatment plant. We may be dark but you can still go to the bathroom. Also on the 15th, the Nashville bankruptcy court gave Mr. Papaik (owner of Telemark, er... Teledark) and company 45 days to

something with Telemark or have the proceedings flipped to a chapter 7 and moved to the Eau Claire district court. On the same day, Ernie Allar, outside maintenance guy at Teledark, chained the front doors and put the CLOSED sign in the entry way. It was Ernie's opinion (he is as close to somebody in charge around here as anybody) that the resort would not reopen again under Mr. Papaik's reign and that he (Mr. Papaik) would use the 45 days to find a buyer for the parts of the former Tony Wise empire that are still left and of value.

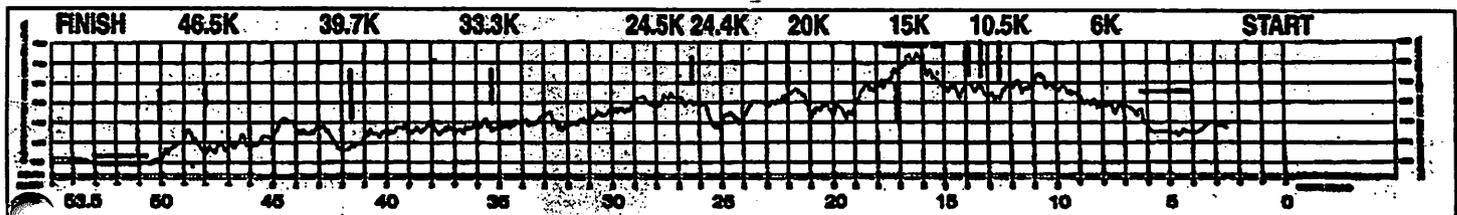
As Gary Crandall reported this news the temperature was dropping to single digits and the power (read heat at this point) was not on at the resort. Cold, dark and incipient wetness would creep through Teledark if the power didn't get turned back on. Gary's impression is that the timeshare owners will be back in court asap with the judge to point out the above and that something has to be done sooner rather

than later to get the thing going, or at least get the power on.

Imagine the mess if the power doesn't get turned on. And you thought Saddam Hussein was good at brinksmanship. It may be that the timeshare owners will be able to pony up some dough to keep the lights and heat on, but obviously something has to happen fast.

In the meantime, a few precious inches of snow have fallen on the Birkie trail and the southern half has been rolled. The mercury continues to retreat and hopefully a large dump of snow is on the way. Hope you had a great holiday season, found snow, and got the boards on the white stuff.

## The Birkie's Coming!!



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## UPCOMING EVENTS

Bicycle Doctor's Nashotah Park X-C Ski Race  
Saturday, January 9, 5 & 10 K

Bicycle Doctor's Sons of Norway Barnelopet  
Sunday, January 24 Children's Race 1 & 3 K  
at Minooka Park in Waukesha

Bicycle Doctor's Lapham Loppet X-C Ski &  
Snowshoe Races Saturday, January 23, 10K,  
5K Snowshoe

Bicycle Doctor's Lapham Peak Wednesday  
Night Race Series

Saturday & Sunday Roller & Snow Group Skis  
Women's Group Skis Mondays & Fridays

X-C Ski Rentals Lapham Peak State Park -  
Homestead Hollow

Wax Clinics - Thursday Nights at  
Bicycle Doctor through February 18th

MADSHUS ROSSIGNOL ATOMIC FISCHER SALOMON TOKO SWIX VAUHTI EXEL YOKO NNN KOCH XC BJORN DAERLIE START BRICO STAR FEAKL IZIMI VOMAX SWIX WIJWAM

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## Family Trip to Standing Rocks/Iola

by Walter Meanwell

(\*Thank you to our first individual trip's chair volunteer) Jan. 16-17. This is an extremely fun trip! The camaraderie is great. Come up for 1, 2 or 3 days and choose from a wide variety of cool stuff to do.

*Sat: Standing rocks Nordski Rendezvous:*

1- 2k kids, 6k Junior and 12k Adults races.

*Sun: Iola Norseman Challenge:*

2-3k kids, 15k Freestyle and 10k Classical races

Also included is the famous bonfire weenie roast in the greater outdoors. Concessions available, door prizes and medals. Ski Condition hotline phone line 715-445-3411. We have reserved a number of rooms at the Norseman Inn. 715-445-3300. If we are lucky, Pete Anderson may be prevailed upon to turn on his considerable charm and get us Eddie the Eagle Skis again. Contact me at 238-7822 or e-mail Walt@midplains.net. It's a memorable family event.

## No Snow Forces XC Demo Date changes

The Silent Sports-Minocqua Winter cross country ski Demo Days, originally scheduled for Dec. 12-13, has been rescheduled for Jan. 9-10. The New Moon Demo Day in Hayward on the Birkie Trail has been moved to Wednesday, Dec. 30 from its original Dec. 5 date. A complete lack of snow at both locations forced the date changes. In its 11-year history, this is the first time the Silent Sports Demo Days has been postponed. The New Moon Demo will be from 10 a.m.-4 p.m. with representatives from all major ski companies and Atlas snowshoes on hand. There is no charge to attend. For more information contact:

Steve Morales, New Moon,  
P.O. Box 591, Hayward,  
WI 54843; 715/634-8685.

At the Silent Sports-Winter Park Demo Days, in addition to ski company and snowshoe reps, there will be numerous clinics on waxing and ski technique, as well as some fun and games. Among the drawing prizes awarded through the weekend will be Salomon boots and bindings, Exel poles and Tubbs snowshoes. There is no charge to attend Demo Days, although there will be the normal trail fee charged. For more information contact Silent Sports at 715/258-XXXX, email wpcompany@aol.com, or Minocqua Winter Park, 12375 Scotchman Lake Rd., Minocqua, WI 54548; 715/356-3309, 1-800/44-NORTH.

## Park Demo Days in Minocqua

by Heidi Hastings

Hi everyone. I have volunteered to lead the rescheduled bus trip to Winter Park Demo Days in Minocqua on Saturday Jan 9th. (\* Thank you volunteer # 2!!) Please make your \$25 check payable to MadNorSki Club and mail ASAP to:

Heidi Hastings

1014 Yale Road

Madison, WI 53705

231-1346/ e-mail heidi1066@aol.com

If I get 30 people we will go. I will work hard to try and fill the bus to 47 people. The cost will be between \$25 -\$36 depending on how many people go. So please recruit a friend or two! The group rate for trail fees will be \$9/skier. We will leave lot 60 (UW campus, near the soccer fields) at 7:00a.m. sharp, the bus will be there by 6:30 a.m. We will return by 7:30 p.m. I'm open to suggestions on what videos to show! Bring snacks, food is also available in the chalet. Don't forget, this is demo days, so you can try out equipment. Club member Errol Hartman has agreed to give us free lessons — thanks Errol!

This is a fun way to meet new people, yet have 5 hours to ski on 70 kilometers of groomed trails. At this point I have over 60 names of interested people. It is possible that we will have a waiting list. Don't miss out, and send in that check today! Rescheduled bus trip to Minocqua Winter Park Demo Days

## The Dane County Chapter of the Ice Age Trail

by Dan Wallace

A day "ski" outing has been planned at the Brooklyn Wildlife Area on Sunday Jan 10 at 10 AM. Depending on the snow cover we will ski, snowshoe or hike. The trail passes through beautiful woods and prairies with some challenging hills. Beginners are welcome and we will have some experienced skiers on hand to help out. Bring a lunch and your preferred beverage. Kids are welcome. We will ski (hopefully) a 10 mile (16 km) loop with several options for shorter loops.

The trailhead is located on Hy DD about 1 mile south of the junction of Hy D and Hy DD, which is about 2 miles east of Belleville. For more information, please call me at 835-5144, or e-mail me at: Dan.Wallace@SRC.wisc.edu.

### Contribute to YOUR Newsletter!

The Madison Nordic Ski Club Newsletter is published monthly from November - March. Submit articles or ads via e-mail to: [Staceym@midplains.net](mailto:Staceym@midplains.net). Or send a 3.5 IBM Format diskette along with a printed copy to:  
Stacey Meanwell  
3202 Lake Mendota Drive  
Madison, WI 53705-1467  
Phone (608) 238-7822

\*Ads must be camera ready.

The deadline for the February issue is January 20th. Please respect this date and submit your articles or ads on time.

Check out the web site:  
[www.norwiski.com](http://www.norwiski.com)

### Your Elected MNSC Board Members

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

- President.....Dave Calhoon (831-9039)
- Vice President.....Jimmy Vanden Brook (437-4192)
- Treasurer.....Willi Van Haren (437-3782)
- Publicity Chair.....Sharon Klawitter (257-6852)
- Membership.....Gail Van Sluys (238-1662)
- Trips Chair.....Margaret Rankin (836-6695)
- Newsletter Editor.....Stacey Meanwell (238-7822)
- Advertising.....Clair Kruger (244-6203)
- Social Chairs.....Madeline Uранеcek (233-1930)  
Clair Kruger (244-6203)
- Race Chairs.....Jimmy Vanden Brook (437-4192)  
Ned Zuesldorf (231-1876)

For the Latest Info on Snow Conditions & Upcoming Events call: 233-MADK (233-6235)

## MADISON NORDIC ski club

PO BOX 55281  
MADISON, WI 53705



Ski ya at the Next Meeting at:  
Promega  
Monday, January 11th, 7pm

Let it snow! Let it snow!