

# Madison NORDIC ski club Newsletter



Cross  
country  
skiing for  
everyone

Vol. 18, No. 1

## Calhoon's Cross Country Column

**Next Club Meeting:**  
**Monday, February 8, 7:00 p.m.**  
**Pizza and Video Night at Rocky's**

### Bring Your Videos!

As part of our ongoing efforts to help you with your carbo-loading, 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 enjoy a pizza, bread sticks, salad, and soda buffet. The cost for the meal is \$6.25, and it's all you should eat, not all you can eat.

We'll also inform and entertain you by showing ski videos on Rocky's big screen TV. If you have a video to share, please call Dave Calhoon at 831-9039 and let him know so that he can choreograph the show. We are interested in both professionally produced ski videos and home videos of club activities and members. We will have a guest that evening, too. Penni Klein, Park Manager at Governor Nelson State Park, will drop by to tell us about the new ski trails at the park and other news of state park skiing. Penni is not only a park manager, she has also been a PSIA-certified Alpine and Nordic instructor for the past 15 years. So now we have ski-friendly folks on the staff at Blue Mound (Karl Heil) and Governor Nelson. Wahoo! Are we lucky, or what?

### Board Vacancies

Four of your board members are resigning at the end of the season, so we have the following vacancies on the board for next season: President, Newsletter Editor, Membership Chair, and Publicity Chair. Having creative, energetic people on the board is very important to

the success of the club. Serving on the board is a great way to meet people and learn a lot while making a substantial contribution to the club. Heck, it can even be fun. Especially the annual season-end board junket to Barbados.

I have noticed that we tend to see the same faces volunteering for the club year after year, so I especially encourage those of you out there who have been enjoying our programs, but haven't yet volunteered, to consider serving on the board. Now, like Moses, you may be protesting, "Who am I, Dave, that I should serve on the board? I'm no lycra-clad aerobic animal, zooming up hills on the Birkie Trail so fast that I leave a trail of slush behind me." No problem. A lot of our board members don't even race. In fact, not racing may be advantageous for board members, because it frees up a lot of time for club business. Not to mention a lot of oxygen for your brain. "But," you may say, "I'm not even a very good skier." That's OK. Skiing ability isn't required, just an interest in skiing. "But I don't know many people in the club," you object, "or much about your programs." What better way to meet those people and learn about those programs? "But I don't have time," you cry. Well, . . . can't help you there, except to point out that all of the other board members are busy people, too. If you don't have time to serve on the board, I hope you'll consider volunteering for the club in some other way. We are an all-volunteer organization, and it takes the help of a lot of people to run our vast array of programs and services.

### Trip Leaders Needed For Next Season

As announced at the January meeting, we would like to plan our trips farther ahead. We'd like to have the list of trips finalized by September 30 so that we can better make arrangements for them and publicize them. Please think about what trips you'd like to lead next season and contact Trips Chair Margaret Rankin to let her know. Some trips will probably be offered every

## Calhoon's Column, cont.

year, such as our trips to the Seeley Hills Classic and the Badger State Winter Games. We may need leaders for those as well as for whatever other trips you dream up.

### Call For Nominations For Outstanding Service Award

Last year we created our Outstanding Service Award for outstanding service to cross-country skiing in the Madison area and awarded the first one to Sepp Candinas. At our March meeting, we hope to award the second one, but the board reserves the right not to award one this year if we do not feel any of the nominees are worthy. Nominees should have made a substantial contribution to cross-country skiing in the Madison area over a period of several years. Their contribution should extend above and beyond fulfilling the minimum requirements of any ski-related job or official position they may have held. If you would like to nominate someone, please send a written explanation of why this person deserves the award to Dave Calhoon, 1210 Boundary Road, Middleton, WI 53562, by February 17.

### MEMBERS NEAR AND FAR by G.Rae Van Sluys

As of the 1/10/99 club meeting, the MNSC has 207 memberships — the same number as on this date last year. If all actual "bodies" are counted, true to the article in the December issue of Silent Sports, MNSC is comprised of approximately 300 ski-loving souls!

#### \*\*\*\*Special Report\*\*\*\*

For those of you who spend endless hours wondering where all our hearty MNSC members ski from . . . here is an official comprehensive report of our 1999 membership. Forget the onerous task of counting through the alphabetized directory (like you'd be doing if there were no snow) — the following figures (from a zip-code-sort-

		Memberships	
Area	Zip	Actual #	Percent
Madison midwest	53705, 11	93	45.0%
Madison far west & Middleton	53713, 19, 53562	18	8.7%
Madison northeast	53704, 14	21	10.0%
Madison central	53701, 15	12	5.8%
Madison south	53711	4	2.0%
Fitchburg	53713	4	2.0%
Menasha	53716	8	3.7%
Dane County	*Other	70	33.5%
Out of County	**	4	2.0%
Illinois		6	3.0%
Oklahoma		1	.5%

ed list) reveal the location from where the club draws its' constituents:

\*Other: towns beyond Madison (i.e., surrounding communities), skiing clockwise from east to west, include: Sun Prairie, Cambridge, Oregon, Stoughton, Belleville, McFarland, Verona, Mount Horeb, Blue Mounds, Mazomanie, Cross Plains, Waunakee and Deforest.

\*\*Beyond Dane County: Cedarburg, Evansville, Janesville, Monroe, Mineral Point, Bameveld and Lodi.

Although the above "groupings" are based on a general area, the number of members belonging in each zip code of those areas is nearly equal (e.g., "Madison far west & Middleton").

**Disclaimer:** Although playing with the above numbers drawn from the registration database is part of the (optional and superfluous) fun of being the membership chairperson, the author is not a certified statistician. If you have ideas for improved (more whimsical? witty? humorous?) reports regarding membership, the MNSC board needs this position filled for the fall '99 into winter 2000. A simple fail-proof registration database in Clarisworks software is guaranteed not to crash on the advent of 2YK. If you don't have a Macintosh, a conversion is possible. Transfer of materials and training is, of course, included. Interested parties will be given a sneak preview of the database, its capabilities and custom-designed layouts, plus refreshments. Call 238-1662 for your free flash seminar today!

### MEMBERSHIP MINDERS by G.Rae Van Sluys

Apologies to members who were excluded or misprinted in the 1999 Membership Directory — only 2 were brought to my attention. One was our well-loved President Dave Calhoon (not a good year for presidents). Be assured that Dave is a member in good standing — his registration was the first to be processed for the 1999 New Year, and he didn't miss a day! Dave's phone number can be found on the last page of every Newsletter, along with all the other board members. Please call me if you notice an error in the Directory ("Veron" = "Verona" for C.Daering's residence). Exclusions occur when payments are received after 12/31, so if you're looking for someone who's not listed, call your membership chairperson for registrant update info.

## Membership, Cont.

Of the methods used to decrease registration status "margin of error", guess which one below is least reliable:

1. Registration form (some folks don't do one).
2. Computer database list used at each club meeting registration table to update/add payments.
3. Check # and date from the member, unless they paid in cash.
4. Memory.

Keeping checklists and utilizing more than one way to document payment helps keep the membership chairperson's job a manageable and meaningful one!

### INNOVATIVE IDEA (imagine light bulb here)

A member at the 1/11/99 Club meeting suggested we promote the purchase of gift certificates. While you can buy anyone a club membership at any time, this certificate idea is warmly welcomed as an easy reminder for members to give the gift of winter health, exercise, fitness and fun! With the board's approval, certificates should be ready to purchase as soon as a special form designed to be included in both the newsletter and at

meetings. "Gift dues" received by mail could specify the option of whether the giver wants the certificate mailed to them to present personally, or being sent directly to the lucky new member, with a personal note from the giver inscribed on the certificate.

While the Christmans season has passed, other holidays, birthdays and "special occasions" can be honored with a ski club gift membership — maybe to compliment that Silent Sports subscription? Other attitude enhancing ideas are always welcome; talk to a board member, or better yet, get involved by filling one of the available positions!

### \$\$\$\$\$\$\$\$\$\$\$Club Finances\$\$\$\$\$\$\$\$\$\$\$\$

The club is fiscally sound. Our checkbook balance as of Jan. 15, 1999 is \$9932.00. The board voted to put \$6,000.00 of this into a 6 month CD. We've received most of our revenue for the year and will have the expenses of the next couple of meetings. It looks like we need some ideas for projects. We welcome your ideas!

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**February 25th - 27th**

### Ski Wax Basics Clinic

**Tuesday, February 16 at 7 pm**

**Free**

This clinic will cover the basics of ski waxing including application and selection of wax. We will cover both glide and kick waxes. Don't miss this opportunity to learn how simple it is to wax your own skis!

## MadNorSki gets results at IOLA Norseman Challenge

by Willi Van Haren

On Sunday January 17th numerous members skied in the races at Iola. Iola Winter Sport Club is a wonderful area, owned and operated by their Club. It was founded in 1910! They just finished building a new 60 meter ski jump, it is very impressive. Conditions for nordic racing were sweet with temps rising to about 30 degrees and the snow staying in good shape. In the morning 10K classic race Dale Niggemann nipped Chris Ransom by 4 seconds for the overall win. Mark Torresani won the 35-39 age group and Pete Anderson was 4th in the 40-44. Looks like Sepp Candinas edged your Pres, Dave Calhoon, by 1 second. On the womens side Liese Pfeifer of Waunakee was second in her age group. Joanna Fanney of Lodi was first in her age group. Nice going. The Iola course is a nice mix of hills and flats. At noon the 15K freestyle got underway and Dale grabbed another win. Chris came in third. Lots of local finishers in this race. Mike King 5 (2nd in age group), Doug Hoffman 11(4), Thom Kaufan 13(3), Ken Lambrecht 18(2), Gordon Faulkner 24(1), Mark Torresani 31(9), Pete Anderson 35 (4), Our old pal Cindy Kruse was the first woman and

Lorie Oler won her age group. Joellen Torresani was 3rd woman overall and second in her age group. (She scored The Gold the day before at Standing Rock!) Liese Pfeifer was second in her age group. It was a great day to race and visit with friends from near and far. If you haven't visited Iola check it out, it is a really great place for kids.

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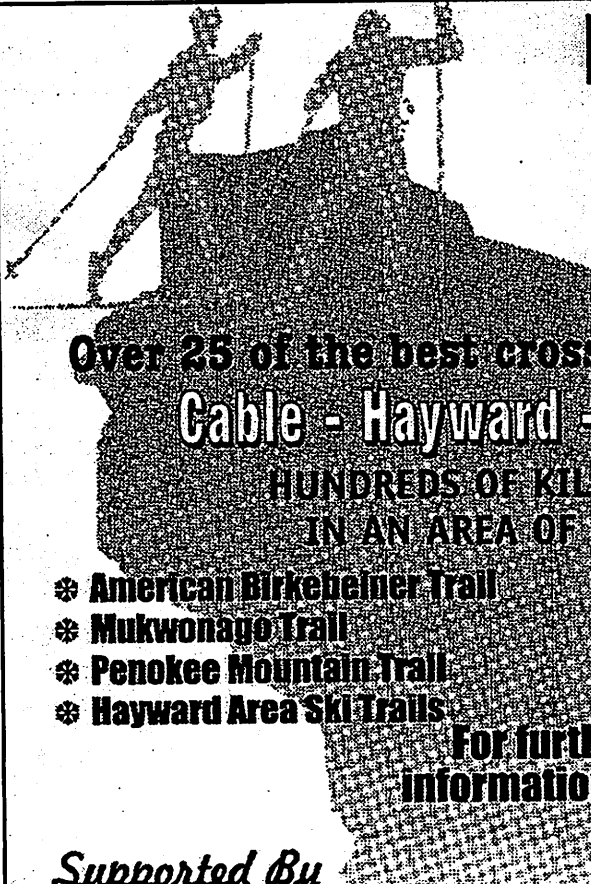
## Birchleggings Club Enters Its Seventh Year by Nina albanese-Kotar

The Birchleggings Club is a honorary fellowship that recognizes the completion of twenty Birkebeiners. The club, initiated in 1992 with the completion of 20 races by nine of the Birkie Founders, will be seven years old this February, and currently has 199 members. John Kotar, one of the Founders, spearheaded organization of this club.

Kotar's motivation for organizing this group was to pass along the special recognition that the Founders have enjoyed over the years to fellow skiers who show the same level of commitment to the sport. In the spirit of Tony Wise, Kotar feels that recognition of this type strengthens the tradition of the Birkebeiner. In addition, Kotar hopes that this club will give a diverse and wide-flung group of people an opportunity for greater camaraderie and interaction. Lastly, his vision is that the Birchleggers will eventually provide guiding

input to the Birkie Foundation and other organizations involved with cross country skiing.

Kotar worked with the Birkebeiner Foundation to develop the distinctive purple-and-gold Birchleggings Club bib that skiers are entitled to wear in their 20th and subsequent Birkebeiners. One of the problems initially faced was finding a combination of colors that would be approved by Birkebeiner sponsors. A bigger problem was faced in getting permanent bib numbers assigned for each Birchlegger that represent the order of completion of the 20th race. Dave Landgraf earned the # 1 spot and Kotar himself is # 2. The other Founders in the top nine are Ernie St. Germaine (# 3), Wayne Lindskoog (# 4), Jacque Lindskoog (# 5), John Gannet (# 6), Fred Constalie (# 7), Rick Scott (# 8), and Karl Andresen (# 9).



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## Birchleggings, cont.

The next five Birchleggers came along in 1993, and include Brad Peterson (# 10), Gary Gross (# 11), George Hovland (# 12), John Burton (# 13), and Charlie Banks (# 14).

The first woman to complete 20 races was, of course, Founder Jacque Lindskoog (# 5). She was followed by Elizabeth Schluter (# 32) and Ann Berry (# 45) in 1995, Joan McNaughton (# 68) in 1996, and Cheryl Hiltibran (# 120) and Solveig Olson (# 125) in 1997. Only eleven women are currently Birchleggers.

Madison Nordic Ski Club's own Carolyn Senty (# 149) became the seventh woman to become a Birchlegger in 1998. Other Madison area skiers include David Balsiger (# 75) of Oregon, Henrik Hartmann (# 131) of Madison, Jerald Ensign (# 177) of Madison, and Louis Mirek (# 179) of Sun Prairie.

Kotar has also helped skiers reconstruct their Birkie record to confirm their eligibility by consulting his own collection of Birch Scrolls. Future Birchleggers should be in Birkie computer files so this should no longer be a task for him. Some skiers, eager to join the ranks, may overlook a missed Birkie or two. For the most part, eligibility is expected to follow the honor system. Kotar has also been working with Jeannie Kosfeld (spouse of Birchlegger William Kosfeld, # 31) to develop a club logo and 20-year award. The award consists of a trophy with a gold medallion and personalized inscription. It will be awarded belatedly this year to the previous 199 members whose permanent numbers have been assigned already. Birchleggers inducted in 1999 will be sent their awards when results have been finalized and their numbers assigned and inscribed.

Kotar hopes the Birchleggings Club will become increasingly active in coming years. David Balsiger has volunteered to be club treasurer. Kotar has plans to develop a club jacket and perhaps a special award to single out a particular Birchlegger each year. It has been suggested that this award honor the memory of Charlie Banks who passed away in 1997. Someone has suggested that in future Birkies, a starting wave might be reserved for Birchleggers alone.

The first annual awards breakfast for new and old inductees is set for Sunday morning after the Birkebeiner at the Hayward Country Inn and Suites. Tickets for Birchleggers and their guests are \$6.95 per person. Contact Kotar at 608-795-4688 for more information.

## JUNIOR UPDATE

By Don Fariss

We're getting faster, stronger and a little more race savvy. So far the junior team has attended 3 Elver and 3 weekend citizen races. At the Nashotah Park race in Waukesha, Noah Kaufman, Hope Stege and Christof Ibele snagged age group golds, Ken Van Haren and Luke Stevens struck silver and Peter Rebholz picked up a bronze. At Standing Rocks we raced in the team category with Hope Stege placing 3rd in her age group (5 seconds out of first) and fifth female overall. At Iola, Peter grabbed a third once again. As I write, we are off to Eau Claire for the Fridtjof Nansen races. There should be some very hot competition there since this is also a Junior Tryout race for USSA Junior Nationals in Alaska. Then Wisc. Rapids, Badger State, Wisc. High School Championships, the Korteloppet and finally the Howard Young Cup in March. Get to know these talented skiers and help cheer them on!

## PRODUCT REVIEW

By Don Fariss

Ok, Ok. You dress layers for X-C skiing. Your first layer is some sort of sweat-wicking material. But if you ski hard or race, it's hard to find the perfect system for some temperatures. When it starts to get really cold, you put on another thin layer, but then you're too hot. Where is the middle ground? I've discovered Super Brynje of Norway mesh underwear. You may have seen it in Reliable Racing Supply's catalog (643 Upper Glen St., Queensbury, NY 12804 Ph. 800-223-4448) and it is a little pricey, but it's worth it. They are a perfect first layer. The mesh creates huge trapped warm air pockets that your next form fitting wicking layer seals off. They are also great as your only underwear layer on those warmer Spring days when you're not sure if you can go without "longies" or not. I own the zip T-neck a crew shirt and bottoms and love them

# Junior Update, Cont.

all. I would caution that the ribbed cuffs tend to get a little tight after cleaning.

## TECHNIQUE TIP

By Don Fariss

Never ever push on your poles when they are planted vertically. This is true for every technique. Where do you intend to push yourself? Straight up? It is OK to plant them straight. One example would be in a high speed double pole. Just wait until your body glides ahead a little before you apply your power to the pole. The pole will have a better angle to the snow then. Use this knowledge to your advantage. Is there any technique where you bog down between leg pushes? Maybe you start your poling with 1 or 2 poles planted too vertically. Place them at an angle so that pushing on them drives you in the direction of travel.

## SAYINGS TO LIVE BY (and SKI by!) :By

Don Fariss

1. Bad weather always looks worse through a window.
2. There is no such thing as bad weather, only bad clothing. - Norwegian saying
3. I went out for a walk and finally concluded to stay out until sundown, for going out, I found, was really going in. - John Muir
4. Our greatest glory is not in never falling, but in rising every time we fall. - Confucius
5. ... it's not the magnitude of the adventure we embark on that matters, but our own capacity for wonder when we engage ourselves with the world. What matters is not the details of the individual adventures, but that we continue to nurture our adventuring spirit in a society that rewards complacency and endorses routine. What is important is that we remember above all that the world holds adventure in every moment for us; we only need the courage to make it our own.

**Don Farris was our "mystery author" from last month's Skiing Techniques. Thank You, Don!!**

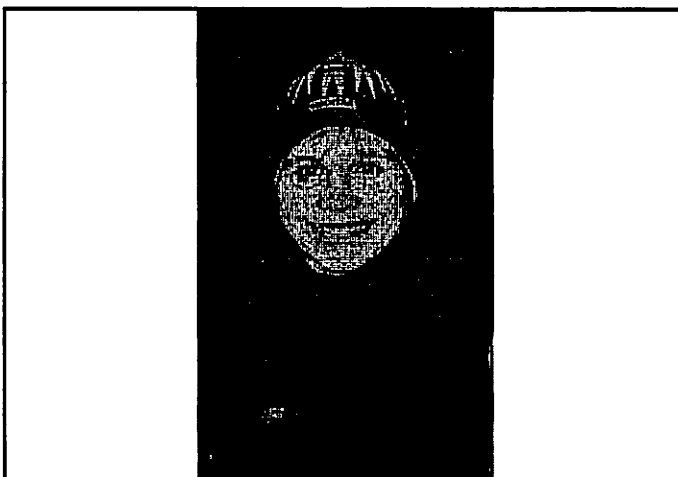
## Junior Profiles by Don Farris

### MEET YOUR MAD-JUNIOR SKIERS

You've seen us zip by you on the local trails. "Who are those junior racers?" Let us introduce ourselves.

The following questions were asked of each skier.

- 1) How many years have you skied?
- 2) Raced?
- 3) What is the best part of your skiing?
- 4) What needs work?
- 5) Why is skiing fun?
- 6) What motivates you?
- 7) Best mental skill?
- 8) Skier you admire
- 9) Heroes?
- 10) Favorite expression?
- 11) What should MadNorSkis cheer or say to you in a race?
- 12) Anything else?



Hope Stege is a junior at Madison West

- 1) 14 yrs
- 2) 2 yrs
- 3) My drive & stamina
- 4) V2! & arm strength
- 5) I love being outside and the exhilaration of going fast on snow
- 6) The feeling I get at the end of a race, competition with team mates & my inner drive
- 7) To concentrate on just one thing at once.
- 8) Christa Case (a Top 15 US senior skier with the Gitchie Gummi program in Duluth)
- 9) My grandparents
- 10) That's the worst! (w/ a certain tone)
- 11) Nice hat! Beat the guys!
- 12) other activities: trombone, peer mediation, tutoring, Japanese, soccer, tennis and, yes, homework





**Jamie Jeanne is a sophomore at Madison West**

- 1) 11 yrs
- 2) 3 yrs
- 3) technique/sprinting
- 4) strength/endurance
- 5) It's fun to be outdoors & active in winter
- 6) others who push me in races
- 7) maintain tempo
- 8) Bjorn Dahlie
- 11) Yay! It's a really cool Mad NorSki Junior Dude!
- 12) other activities: symphony, my music

**Josh Rapp, cont.**

- 1) 3 yrs 2) 2 yrs
- 3) catching on quickly/learning
- 4) technique at high speeds
- 5) I love racing competition
- 6) other skiers passing me
- 7) using energy wisely & knowing the course
- 8) Dale Fanney
- 9) Michael Jordan, Bjorn Dahlie
- 11) Nice hat!
- 12 other activities: basketball, skating down my driveway



**Luke Stevens is a junior at Madison abundant Life**

- 1) 3 yrs
- 2) 2 yrs
- 3) endurance
- 4) form
- 5) people
- 7) Don Fariss
- 11) Do good!
- 12) other activities: running, fingernail painting

**\*Editor's Note:**

**Congratulations, students, on your noteworthy ski careers!!**



**Josh Rapp is a sophomore at Lodi High School**



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## UPCOMING EVENTS

# Good Luck In the Birkie!!

from the Bicycle Doctor

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 -  
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MADSHUS ROSSIGNOL ATOMIC FISCHER SALOMON TOKO SWIX VAUHTI EXEL YOKO NNN KOCH XC BUORN DAERLIE START BRICO

# MadNorSki's "Wave" of the Future Top photos by Stacey Meanwell



Walter Meanwell, 7, tucks a downhill at the race in Iola, WI.



Andrew Torresani, 3, guns the finish. Motivation, mom is just behind the finish line



Sarah Meanwell, 4, smiles at the start of her first race, January 19th.

Just say the Magic Words and you will receive a 30% discount on all nordic ski wax and accessories at Erewhon on the entire day of the February ski meeting, Monday, Feb. 8th!

\*\*Magic Words are: I belong to the Madison Nordic Ski club. Want to join?

**MADISON  
NORDIC**  
ski club

PO BOX 55281  
MADISON, WI 53705



**Next Meeting at Rocky's!!  
Monday, Feb. 8th, 7 pm**