



Madison NORDIC Ski Club

Cross
Country
Skiing
For
Everyone

January
2000
Vol. 19
No. 4

Q: Why Do We Ski?

by Jimmy VandenBrook

If you couldn't attend the January 10th Club meeting at the Shorewood Community Center you missed something. Never mind the yammering of your club president, the featured presentation by Eric Mittlesteadt and Tom Klein reminded me why I love to ski and how it can bring out the best in us all. Eric and Tom, both from the Bicycle Doctor in Oconomowoc, regaled the assembly with tales of their epic ski across Finland last March near the Arctic Circle. They did 444K in seven days. They met unforgettable skiers from all over Europe who became their comrades. They were greeted by enthusiastic school children who found Americans interesting. They ate enormous quantities of food while skiing the equivalent of one and a quarter Birkies a day! And, get this, they did it in truly classic style, striding. But, to top it all off, Eric and Tom raised over \$6,000 in pledges to help combat multiple sclerosis. It would be hard to feel a greater sense of satisfaction than these two must have felt after completing this journey for such a good cause.

While some of us are avid racers, many are not. I think it would be a shame to get so lost in racing that you couldn't enjoy the simplicity of the outdoors. Racing is exciting but competition rarely expands your thinking or opens your heart. Eric and Tom, very accomplished skiers and racers, found a lot more on this journey than just a medal and a fast finish time. As the only Americans participating in the event they were forced to adapt to a different culture. Imagine skiing with Finns who ski 6 months out of the year and many times for transportation. They're strong and steady. The directional signs to neighboring villages are set on ski trails. It snows a lot. Large, beautiful log warming huts anticipate the arrival of skiers who might well stay the night. And you can encounter reindeer, not to mention Santa Claus himself!

Eric and Tom reminded me how much simple joy can be derived from skiing. So, if you were lucky enough to catch their presentation you must be suitably pumped

up. If not, snow has returned to most areas of the state, so get on out there. I'm tempted to take out my dad's woodies. Anybody have some left over pine tar?



Nordic Updates by Jimmy VandenBrook February Club Meeting

The Club will meet at 7pm, Monday, February 7th at Rocky's next to Erehwon. The program features ski videos (some incriminating) on the big 200 inch screen.

It's pizza night so bring \$6.50 and your appetite. As a little teaser, a special skit will be performed that you will not want to miss. So, come to the meeting and tell lies about your exploits at Badger State Games.

Elver Tuesday Night Race Series
After a bit of hiccup the first race of the series was held on January

6th, two nights later than scheduled. Almost 60 racers zipped around Elver on surprisingly fast and fun snow. The new shelter made for pleasant gathering post race. The second race was cancelled due to bad vibes from somewhere in the nordic community which allowed the big melt. Hopefully, the remainder of the races will go as scheduled. Think only good thoughts.

Trips, trips, trips

Well, Jan Wood's Northshore trip filled up and we'll get a report at the club meeting. Matt Muir will lead the Badger State Games trip and we'll hear about that as well. Still last minute room for the January 29-30 Seely Hills Classic trip. Call Errol Hartman at 255-6637.



**GOOD LUCK TO THE
BADGER STATE GAMES PARTICIPANTS-
BRING US BACK SOME WINNING STORIES!**

**PRAYER MEETING:
MORE/ANY SNOW, PLEASE!
CLUB MEETING:
Monday, February 7, 7:00 P.M.
Rocky's Pizza, Mineral Point Road
PROGRAM**

- Ski Videos and skits?
- Pizza and stuff

MEMBERSHIP NOTES

by Jim Coors

As I write this I'm on a long and treacherous journey, surrounded by snowmobilers, slipping and sliding on a tortuous ribbon of ice, enveloped in a deepening darkness. Yes, another exhausting Friday night driving north on Hwy 51 in a never-ending struggle to find good snow. Actually I'm not really driving while typing this on my computer. It's my companion's shift at the wheel. It's not that I couldn't pound on computer keys while driving. I'm certainly stupid enough to try it. A number of years ago, in a frantic attempt to be as time-efficient as possible, I changed from a coat, tie, etc. into racing tights, boots, etc. while driving (alone) from Baraboo to Wausau. If only I'd had a cell phone going as well, I might have achieved some sort of crazed record.

So what does this have to do with membership, you ask? Quite a lot, actually. If we all act like maniacs in the pursuit of our skiing addictions, so many of us will burn out (or die in the process) that our membership numbers will never increase. We are tantalizingly close right now to an official, all-time record, and we need you alive to reach our membership potential. So calm down and enjoy yourself. All we need is six more members by March, and if all current members hang in with us a little longer, we will climb to a new high of 219.

As an added inducement to those who still can't decide whether they want to join the Madison Nordic Ski Club, we'll make it worthwhile. A generous (but anonymous) sponsor has graciously agreed to donate a MadNorSki ski scrapper to the 219th member. So round up your friends and relatives, copy the membership form on the back of this newsletter, and go for it.

I have a good supply of the 2000 MadNorSki Membership Directory. If you would like a copy let me know, and I will send it to you.

NORTHWOODS MISSIVE...

by John Taylor

My family was on the road recently, trailing long, swerving lines of crated Polarises and black draped Skidoos in search of the adequate ski. This annual pilgrimage, and its series of ski stops, involves Dave Welo and Amy Schultz effortlessly organizing First Unitarian Society members (they have done such a good job for so many years, it's become the FUS winter event) into one giant mass of kick and glide. We make this yearly trek to Trees For Tomorrow, a WW II Conservation Corps camp located on the northwest limit of Eagle River for a long weekend of continuous skiing.

The first stop was at 'Nine Mile,' south and west of Wausau, off of Hwy 51. Site of the famous Badger State

Winter Games, the trails are well maintained for both striders and skaters, and partially lighted. The trail system and terrain, while not as challenging as some, offers an opportunity for a generous work out, good focussing time and a variety of loop lengths for any skier. The snow was dry with a little bit of a surface slowing skaters and providing ample grip for striders.

Our late arrival at Trees always makes for a time warped jolt, a step back into '40's/war time practicalities-2x4 bunks, chow lines, shared bathrooms (one is requested to change the door sign before using), and linoleum and wood paneled everything. The facility is staffed with a great group of ski and outdoor knowledged folk. While Trees doesn't offer ski trails, it is central to a trove of state forrest and parks that do.

Anvil lake is our usual first group ski. The area abuts Nicolet forrest and is well groomed for all ranks of skiers. It's a tricky ski though, as are most Northwood's skis, sharing summer walking and hiking trails partially shadowed by tall, skinny pines and scrub birches. As is the usual too, there are a variety of thrills and visuals to keep the kids entertained while we adults puff around.

I didn't make the opportunity to ski Nicolet Forrest's trails, but others in our group did. They reported the trails to be a bit narrow but very skiable. They were only partially groomed and the connector to Eagle River Nordic is no longer (what's happening there?).

Just outside of Minocqua we skied Razor Back, a system similar in design but less confined than Anvil's. The snow was packed, groomed and cold in the morning but warmed up and got sticky towards mid-afternoon. We wondered, as we met up with many MadNorSkiers, what would happen to these facilities and trail systems if it weren't for Madison's patronage.

We sewed things up at famed Winter Park. Management is always great and they offer a fine facility, great trails, lessons and a comfortable ski outlet for childful households. The trails were great and a windy snow storm hit early afternoon, lightly covering the skied off ares (WP had its all time, record breaking sales Saturday = +650!).

The Northwoods were truly a winter wonder land this past weekend (Jan 14 +). Snow and air temps were steady and comfortable, fresh snow was ample and most courses and trails were well groomed.

Thanks to the NW citizens and businesses for their efforts. What will they do when we get a good snow? While we may have temporarily left behind the abundance of winter recreation sights Madison City and Dane County personnel painfully and snowlessly maintain for our pleasure, let's not hold them in contempt when we rail our esteemed president for his misclaims of-how did he put it-'HUGE snow.'

Aw shucks, Jimmy, just kidding.

HOW 'BOUT THOSE JUNIORS?

by Don Farris

Who are all those high school skiers with the cool red, white, and blue hats at the races? They are the Mad-NorSki Juniors, of course. Let us introduce you to a few. Each skier was asked:

- 1) How many years have you skied?
- 2) How many have you raced?
- 3) What's the best part of your skiing?
- 4) What needs work?
- 5) Why is skiing fun?
- 6) What motivates you?
- 7) Name a skier you admire?
- 8) Do you have any heroes?
- 9) Favorite expression?
- 10) What should we yell to cheer you on in a race?
- 11) What are your other sports or hobbies?
- 12) What's one word your friends use to describe you?
- 13) What one word would you use to describe yourself?

Amanda Durkin is a freshman at LaFollette.

- 1) 0 2) 0 3) It gets better every day.
- 4) Pretty much everything
- 5) It's a way to play in snow, stay fit and hang out with really friendly and talented people
- 6) Desire to live each day to the fullest
- 7) Daehlie 8) Sarah Foster, LaFollette CC runner
- 9) Do or die, there is no try.
- 10) Anything but "Clean your room" is a motivator.
- 11) Drawing, roller blading, hockey, CC running
- 12) Easygoing 13) Spirited

Linden Klein is a junior at Madison Memorial.

- 1) 0 2) 0 3) Endurance 4) Technique 5) Speed, competition 8) Lance Armstrong 9) Ow!
- 11) CC running, mountain biking

Ben Cline is a sophomore at Madison West.

- 1) 12 2) 2 3) decent technique 4) endurance and technique 5) Adrenaline rush of speed and physical challenge
- 6) Constant improvement physically and technically
- 7) Bjorn Daehlie, Vladamir Smirnov, John Koski
- 8) John Koski, my Dad, Bjorn Daehlie
- 9) The ski is the limit.
- 11) Tennis and downhill skiing 12) passionate

Michael Fettiplace is sophomore at Madison West.

- 1) 0 2) 0 3) Nothing 4) Everything
- 5) It's exhilarating 6) To keep improving
- 9) That's the way the cookie crumbles
- 11) Running, guitar

Matt Nicolai is a junior at Madison West.

- 1) 14 2) 0 3) Upper body compression
- 4) Pushing more with legs and lower hands
- 5) I enjoy working out & the exhilaration
- 6) Competing and conquering my deficiencies
- 7) Phillip Boit, Kenyan Olympic skier
- 8) Jesus, Cal Ripkin, Jr.
- 9) The reward of a thing well done is to have done it. - Emerson
- 10) Give advice 11) shooting, hunting, running, biking, reading, hanging out 12) generous 13) helpful

Mike Ivey prompts you to help maintain the Elver trails. He has donated MadNorSki-stickered shovel and rake to help move snow and vegetation to and from the trails (exclusively, mind you). Thanks!

AND A BIG THANKS TO...

All of the vendors, Advertisers and organizations whom help keep MadNorSki's 'skis waxed':

**Fontana
REI**

**Phil Van Valkenberg,
Telemark Resort
Winter Park
Bike Doctors**

Miriam Levenson,

Feldenkrais

Sepp Sports

Silent Sports

Pete Anderson, KidSki

Joe King, Dane Net

Madison Parks Division

...and to any ommitted, we're grateful for your friendship.

Your Elected MNSC Board Members:

- President.....Jimmy Vanden Brook (437.4192)
- Vice President.....Brett Larson (232.9675)
- Treasurer.....Willi Van Haren (437.3782)
- Publicity Chair.....Deborah Ahlstedt (238.3804)
- Membership.....Jim Coors (231.3593)
- Trips Chair.....Margaret Rankin (836.6695)
- Race Chair.....Ned Zuelsdorff (231.1876)
- Advertising.....Clair Kruger (244.6203)
- Newsletter.....John Taylor (236.4565)
- KidSki.....Pete Anderson (222.1928)
- Social Chair.....Madeline Uranek (233.1930)

Please Write!

The Madison Nordic Ski Club Newsletter is published four times anually. Submit articles via the NET to: John Taylor, 1206 Dartmouth Road, 53705 voice 236.4565; e-mail to lvtaylor@facstaff.wisc.edu, (pictures='TIF,' text=text) Ads will not be accepted out of previous publications! No Ad will run without prepayment!

Deadline: 18th of the month preceding next issue.

**Check out the MadNorSki website- the world's oldest cross country skiing activity web site:
www.danenet.org/madnord**

Madison Nordic Ski Club Membership Form

Sign up now for the 1999-00 cross-country ski season!

Is this a Renewal or a New Membership?

What type of membership: Individual \$15 Family \$20 Kidski \$25 plus club membership

Name(s) _____ Home Phone () _____

Address _____ Work Phone () _____

City _____ State _____ Zip _____

Email _____

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

**Call the MadNorSki HotLine: 233.MADK (6235)
for snow conditions, meeting dates, and skiing info!**

STAMP
HERE

**Madison
NORDIC**

**Ski Club
PO 55281
Madison
53705**



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