

# MADNORSKI NEWS

News for the members of the Madison Nordic Ski Club Vol. 20 No. 3

- A WORD FROM JIMMY -

## Join the Club and Live Longer!

BY JIMMY VANDEN BROOK, PRESIDENT



Becoming a member of the Madison Nordic Ski Club can literally save your life. There are lots of good reasons to be a club member including organized trips, inspirational meetings, door prizes to live for, racing, and kid stuff, but just belonging to our little band of skiers can keep you around longer. The life prolonging aspect of the ski club is not the cardio-vascular benefit of skiing, which you can do on your lonesome, but rather the social aspect of connecting with your community of skiers.

According to Harvard social scientist, Robert Putnam, in his new book, *Bowling Alone*, folks who belong to no group reduce their risk of dying during the upcoming year by half if they join one. His study shows that Americans are becoming more and more isolated socially. As a society we drive to and from our work alone, enter our homes without contact with our neighbors, watch a lot of TV, and eat a lot of fast food. We don't play together like we used to and end up bowling or skiing alone. Putnam cites evidence that social connections are as positive to our health as smoking is negative.

I'm not suggesting that the Madison Nordic Ski Club is a panacea for life's ills, but I think the benefits of aerobic activity amongst friends can't be bad.

During this holiday season I hope you find yourself enjoying the winter landscape with some old and new friends. We should all challenge ourselves to become a part of our larger community through volunteerism in programs like Ski for Light, work on a clean-up project, helping conduct the Elver races, or simply introducing yourself to a skier you don't know. It's a very small risk with a generally large payback, for everyone.

**"...FOLKS WHO BELONG TO NO GROUP REDUCE THEIR RISKING OF DYING DURING THE UPCOMING YEAR BY HALF IF THEY JOIN ONE.."**

One way to extend your circle a bit would be to join the Club at Telemark for the weekend of January 26-28, 2001. That weekend, clubs from the Twin Cities, St. Cloud, Milwaukee, Chicago, and Madison will be gathering for a first-ever convocation of these clubs (trip signup will conclude at the January 8th Club meeting). It will be a great couple of days of skiing, dining, and commiserating with like-minded souls. I will be coordinating this trip and hope we can have a good-sized contingent there to show the flag. Call me at 608-437-4192 for details or e-mail me at [jpvanden@mhtc.net](mailto:jpvanden@mhtc.net). Here's to a long life of skiing. ❄️



### OUR NEXT MEETING

January 8th, 7:00 pm  
Shorewood Community Ctr.

#### Agenda

- 7:00: Socialize, signup for trips
- 7:30: Announcements — Kid-ski, Juniors, Ski lessons, Racing at Elver
- 8:00: Sports Nutrition

### MNSC BOARD OF DIRECTORS

#### Jimmy Vanden Brook

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#### Pete Anderson

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#### John Taylor

Social Director  
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- WHERE ARE WE GOING? -

# Let it Snow, Let it Snow, Let's Go!

MARGARET RANKIN RILEY

This season is getting off to an excellent beginning with many trails in the north woods already providing well groomed conditions! The Telemark trails, Birkie trail and the Seeley Hills trails all currently have very good skiing. Tracks were even set so those of us that still enjoy striding were able to participate in a hip flexor workout this past weekend. I personally have tested these trails recently and it is well worth the drive. But, as I am writing this article from my windowless office, I know that outside the weatherman is finally doing his bit for the skiing community here in Madison. IT IS ABOUT TIME! Snow is falling rapidly, businesses are closing down, schools are closed, ain't life great!

So, let's get down to business:

The **WOMEN'S SKI CLINIC** with **CINDY SWIFT** will be held at **Elver Park, JAN. 7TH**. All skill levels are welcome and both classical and skating technique will be covered. More information will be provided at the next club meeting.



**JAN 11-15TH**, is the **NORTHSHORE LAKE SUPERIOR** ski trip lead by Jan Wood. Please contact Jan immediately at 836-9512 if you have any interest or questions. There is limited cabin space available so act fast, give Jan a call and get a deposit check off to her ASAP.

We are still in need of a trip leader for the **SEELEY HILL CLASSIC JAN. 20-21**. Rooms are available at the Telemark Lodge.

The weekend of **JAN. 26-28** will be a huge gathering of skiers from all the surrounding ski clubs. Our club currently has 10 rooms available at the **TELEMARK LODGE** for this event and an \$80 (based on double occupancy, per night) deposit is needed by the next club

meeting to secure a space for this fabulous trip. And to make it even more fabulous, our fantastic Prez, **JIMMY VANDEN BROOK**, has stepped up to plate to be the trips leader for this weekend. He will be able to represent our club at the dinner on Saturday night, the 27th at the Telemark Lodge, \$19 per person, please join him! We currently have 10 people interested in this trip but a deposit will be necessary by the Jan. club meeting to secure a room at the Lodge. You may contact Jimmy at (608) 437-4192, Margaret Rankin Riley at 836-6695 or Phil Van Valkenberg at the Telemark Lodge at 877-798-4718, ext. 503.

**JAN. 27-28** is the **FAMILY TRIP TO IOLA**, contact Pete Anderson (222-1928) for more information.

Madeline Uranek will be leading the trip to the **CANADIAN SKI MARATHON, FEB. 10-11, 2001**. Please contact her for more information. (see last months club letter also for more information).

For any other trip ideas please let Margaret know! \*

- WHAT'S UP WITH KIDSKI -

## Kids Events Starting Soon!

BY PETE ANDERSON

Our **KIDSKI** program for younger kids will get them out for games, relays, and tours this winter. It will again be **THURSDAYS AT 4 PM AT ODANA, FROM JANUARY 4 TO FEBRUARY 15**, culminating with pizza and awards at Rocky's on the 15th. Call Pete Anderson (222-1928) for more details.

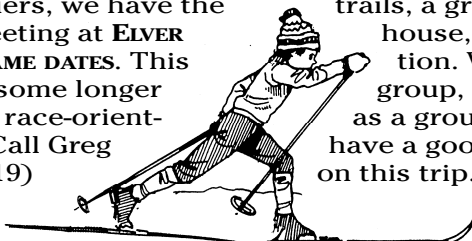
For older skiers, we have the **SILVER SKIS**, meeting at **ELVER PARK ON THE SAME DATES**. This group will do some longer distances and race-oriented activities. Call Greg Jones (273-3919) for more information.



Our family trip to Iola is on again this year.

On Jan. 27 and 28 we plan to head north, for about the fifth year in a row, for their youth races, which happen on Jan. 28. You can

choose from two races for adults, a high school race, and the best part, age group races of 1-3 K for kids. Iola has great trails, a great warming house, and fun competition. We stay as a group, and go to dinner as a group. The kids really have a good time together on this trip. Contact Pete for more information on this. \*



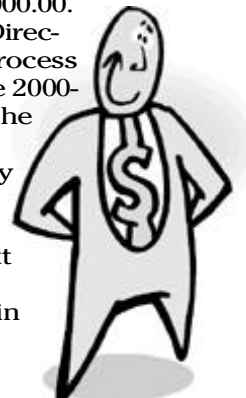
TREASURE'S REPORT

## Financial Status

(As of 12/5/00)

BY BRETT LARSON

The club has a balance of \$2,695.45 in the general account and a balance of \$1082.54 in the junior's account. In addition, we have a CD with a balance of \$6,000.00. The Board of Directors is in the process of finalizing the 2000-2001 budget. The budget will be available to any club member. Contact our Treasurer, Brett Larson, if you are interested in a copy. \*



# Membership Has Many Benefits

By JIM COORS

On behalf of the ski club board and, in fact, the entire XC community, I want to thank all of those who have made donations to support club activities. The fifteen donors to date will remain anonymous, but you know who you are, and we are grateful for your generosity.

In the last couple of snowless years, I have tried to make the case to prospective members that the many and varied activities of the ski club can substitute for on-snow time. For example, attending meetings at the Shorewood Community Center provides the equivalent of hill bounding since one has to go up and down the stairs several times each meeting. Waxing demos, if you pay close pay attention, might lead to shorter race times or less exhaustion of at the end of a long ski day in the woods. Those of us who write articles for the newsletter definitely know how to use the club's resources to good advantage. Some have even gone so far as to provide misleading

advice to their race competitors via the newsletter in order to gain a place or two (e.g., "cut off the curvy thing at the front of your ski if you really want to go fast!") I have to admit that my past advice on these

**"...THE MANY AND  
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pages to "skate like a robot stomping on bugs" was just a ploy to get all the gullible 50-year old men to trip over their skis so I could claim the top spot in my age group. That might seem an awful thing to do (and it also didn't work). But, by means of comparison, I recall that one of our more prominent club

officers spent a lot of column inches in last year's newsletters trying to convince the membership that females ski faster than males. At first glance this seemed merely to be a clumsy attempt at political correctness, but the real reason for these articles was to persuade a portion of our male membership to schedule major surgery in early winter. I also happen to know that this certain prominent board member spreads fresh testosterone on his bagel every morning.

But now there's snow, and the playing field is level again. It is time to forgive our past misdeeds, to join hands in the true spirit of cooperation, and to form a stronger, more perfect union. To this end, take a look at the new email discussion group. Joe King is the list administrator, and all you need to do to join the list is send the message "subscribe xc" to majordomo@danenet.org. I know I am going to join the list. I have lots of good advice I want to give to my fellow skiers. \*

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# Snow is here! Equipment is ready. Are YOU ready?

By JACKY BUDWEG

Let it snow. Let it snow. Let it snow! Well, the snow has finally arrived and it brings with it nicely groomed ski trails and an excitement for skiing. You have probably already waxed your skis once, twice, maybe three times in preparation for this season. Now I ask, have you been trying to maximize your performance through proper fueling? Good nutrition is important all year round and particularly, at race time. You may be asking, what's the best diet for an athlete? The answer is a sound, balanced, high-energy plan that will help you get stronger, give you endurance, make consistent progress in your sport, and help you beat the competition.

A performance nutrition plan balanced with **carbohydrates** (55-65% of the diet), **protein** (15% of the diet), and **fat** (20-30% of the diet) is recommended for high-energy performance. The training diet is higher in carbohydrates (CHO) to help increase glycogen storage and fuel the muscles. CHOs are important because they are our immediate source of energy. Complex carbohydrates such as unrefined cereals, breads, vegetables, lentils, etc. also supply fiber, vitamins, and minerals and are absorbed slower into the body. These are beneficial when you are skiing in an endurance event because they stay with you longer than simple concentrated sugars. It is suggested that you follow the recommended guidelines of a healthy diet that are listed below.

See the chart on this page for the recommended MINIMUM number of servings for the training diet.

You will need to eat enough calories to provide energy for exercising muscles and if gaining muscle and strength is your goal, you will need additional food to balance your workouts.

Have you heard this before? "I don't have to eat healthy, I'll just take a multivitamin." This sounds familiar to me and my response has been, "multivitamins aren't enough." We would be robbing ourselves of all the beneficial



Food Group	Min. # of servings
Breads/Cereals .....	8-11
Vegetables.....	3-5
Fruits.....	2-4
Milk.....	2-4
Meat/Protein.....	2-3

items in foods that the scientific field has yet to discover. For example, it is important to eat at least 5 servings of fruits and vegetables per day because they contain antioxidants that may help repair your body's cells; thus, help improve your athletic condition.

Now, with the ski events quickly approaching we need to look at the pre-exercise and competition diet. Try to plan your pre-exercise and competition meal so that it is 3-4 hours before the event if you are eating a bigger meal, 2-3 hours ahead of time for a smaller meal, and 1-2 hours before the event for a small snack. Again, you want to eat foods high in complex CHOs such as breads/pasta, cereals, fruits, milk, yogurt, etc. and try to avoid the simple sugars such as sweets. Simple sugars enter the system too quickly and can actually throw you into a low blood sugar situation. You also want to eat foods low in fat to avoid foods sitting in your stomach and try to eat smaller portions of meats to keep the diet moderate in protein. The amounts and choices of foods is highly individualized and is determined through trial and error. However, whatever you choose to eat, make sure the foods do not bother your stomach. Never try new foods before a big event. Now you are in the heart of your workout or ski event and you've exercised longer than 60 minutes. What would be a good pick-me-up? Some foods like fruit, granola

bars, graham crackers, cereal bars, bite size-cereal, and pretzels can be good choices. Also, at this time you can consume a moderate amount of sugar without resulting in a low blood sugar situation. However, if large amounts of sugar are consumed, then a low blood sugar situation could still occur.

You've completed your ski event and your glycogen stores are depleted. It is very important at this time to try to eat 0.5 grams CHO per pound of body weight within the first hour post-exercise, second dose 1-3 hours later, and then snacks every 2 hours. The fastest muscle glycogen replacement occurs within the first 2 hours after exercise.

It's time to address hydration. Are you drinking enough? Fluid loss without replacement results in poor body temperature control, weakness, exhaustion, and decreased muscular endurance. Generally speaking, you are well hydrated if you urinate ~ 4x/day and your urine is pale yellow. When you are skiing, you will need to drink 12-20 ounces of water prior to the event, 8 ounces of fluid every 15 minutes during the event, and when completed you should drink 16 ounces of fluid for every pound lost during the ski event. Water is the best fluid to drink if you are skiing < 60 minutes. However, diluted CHO containing beverages, such as Sports Drinks, are good if you ski > 60 minutes. After the event, it is best to replenish with a non-diluted CHO containing beverage or fruit juice.

Now you are ready to fuel for performance. Start today by following the recommended number of daily servings. Make your efforts count and be your best! Happy trails to you. \*

.....  
*Jacky Budweg, is an RD/LD, CPT Registered dietitian, Certified personal trainer and owner of Life in Motion. Check out her website at [lifeinmotiononline.com](http://lifeinmotiononline.com), or e-mail her at [lim@rconnect.com](mailto:lim@rconnect.com)*

# MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
Tuesday Dec 19th	Monday January 8, 2001, 7:00 pm	Holiday Ski Parties gifts for skiers	Holiday and Racing Nutrition	Shorewood Community Center	<b>Dec. 14</b>
Wednesday January 31	Monday February 12, 2001, 7:00 pm	Birkie Stories and non-race activities	Video Night and pizza	Rocky's	<b>January 24</b>
Wednesday February 28	Monday March 12, 2001, 7:00 pm	Spring Skiing options	Potluck, awards	Shorewood Community Center	<b>February 21</b>



## Please Write!

The Madison Nordic Ski Club Newsletter is published five times annually. Submit articles via e-mail to: [jpvanden@mhtc.net](mailto:jpvanden@mhtc.net)  
Ads will not be accepted out of previous publica-

tions! No Ad will run without prepayment! See the schedule for deadlines. If you don't meet the submission deadline, there is no guarantee that it will get into the newsletter. \*

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# 2001 Candlelight Skis and Hikes at Wisconsin State Parks, Forests and Trails

## Saturday, January 6

**Blue Mound State Park**, Blue Mounds, (608) 437-5711 - Candlelight Ski Event. Two trails will be lit, a one-mile loop and a two-mile loop. A bonfire and grills will be provided. The Friends of Blue Mound State Park will serve free hot chocolate and the Sons of The American Legion will sell brats and chili. 6-9 p.m.

**Mirror Lake State Park**, Baraboo, (608) 254-2333 - Candlelight Ski. Two 1-mile trails lit by candlelight, warming fires, and charcoal grills. Friends of Mirror Lake State Park may furnish refreshments. 6-9 p.m.

## Saturday, January 13

**Lake Kegonsa State Park**, Stoughton, (608) 873-9695 - Candlelight Ski. Join us for a candlelight ski. We'll have a bonfire, grills to cook on, and refreshments for sale. 6-9 p.m.

**Lapham Peak Unit Kettle Moraine State Forest**, Delafield, (262) 646-3025 - Candlelight Ski. Cross-country skiing, ice-skating, refreshments, and bonfire. Grill available for your use. 5-9:30 p.m.

## Saturday, January 20

**Governor Dodge State Park**, Dodgeville, (608) 935-2315 - Candlelight Ski. Skiing on candlelit trails, ice-skating, ski lessons, and refreshments. Cox Hollow Beach Parking Lot. 6-9 p.m.

**Mirror Lake State Park**, Baraboo, (608) 254-2333 - Candlelight Ski. Two 1-mile trails lit by candlelight, warming fires, and charcoal grills. Friends of Mirror Lake State Park may furnish refreshments. 6-9 p.m.

## Saturday, January 27

**Governor Nelson State Park**, Waunakee, (608) 831-3005 - Candlelight Ski. Candlelight ski on 1/2-mile lighted trail. Bonfire, hot chocolate, cookies, grills for cooking. Pet swim area. 6-9 p.m.

### CHECK OUT OTHER STATE PARK CANDLELIGHT SKIS AT:

<http://www.dnr.state.wi.us/org/caer/ce/news/candlelight.htm>

## Saturday, February 10

**Blue Mound State Park**, Blue Mounds, (608) 437-5711 - Candlelight Ski Event. Two trails will be lit, a one-mile loop and a two-mile loop. A bonfire and grills will be provided. The Friends of Blue Mound State Park will serve free hot chocolate and the Sons of The American Legion will sell brats and chili. 6-9 p.m.

**Lapham Peak Unit Kettle Moraine State Forest**, Delafield, (262) 646-3025 - Candlelight Ski. Cross-country skiing, ice-skating, refreshments, and bonfire. Grill available for your use. 5:30-9:30 p.m.

**Mirror Lake State Park**, Baraboo, (608) 254-2333 - Candlelight Ski. Two 1-mile trails lit by candlelight, warming fires, and charcoal grills. Friends of Mirror Lake State Park may furnish refreshments. 6-9 p.m.

## Saturday, February 24

**Governor Nelson State Park**, Waunakee, (608) 831-3005 - Candlelight Ski. Candlelight ski on 1/2-mile lighted trail. Bonfire, hot chocolate, cookies, grills for cooking. Pet swim area. 6-9 p.m.

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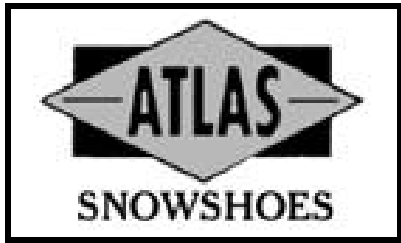
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**Sat. Jan. 20th:** The Bicycle Doctor/Lapham Loppet(at Lapham Peak State park)



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# Activities Going On At Telemark

## Dec 29 • Candlelight Ski/Snowshoe

At the Telemark Resort Hut, 7 pm to 8 pm. Venture through the Northwoods night on a candle lit trail to a warm cabin where hot chocolate awaits. 4 K (2.5 miles) round trip, snowshoe & XC ski rentals available. 715/798-3999, ext 577.

## Dec 30 • Great Lakes Ski Team Birkie Trail Ski

Fast-paced recreational ski from Fish Hatchery near Hayward to Telemark Resort and back with the Great Lakes Ski Team (pro-cyclists turned skiers), 9 am, ski entire length or part, no fee, no frills, (bring your own food and water). contact Tom Schuler, 262/549-6801, ext 14.

## Dec 30 • Kids Snowshoe Hike

At the Telemark Resort Hut, 10 am. A short, fun hike from the Hut to the skating pond bonfire. Kids find and identify animal tracks then enjoy hot chocolate by the bonfire. Snowshoe rentals available. 715/798-3999, ext 577.

## Dec 31 • New Year's Eve

Snowboard, tube or ski until midnight on New Years Eve. Join us for the year end celebration. Click for details of our New Year's Celebration Package.

## Jan 5 • Candlelight Ski/Snowshoe

At the Telemark Resort Hut, 7 pm - 8 pm. See Dec 29 for details.

## Jan 6 • Kids Snowshoe Hike

At the Telemark Resort Hut, 10 am. See Dec 30 for details.

## Jan 6 • Double O Shuttle Bus

Pick up at in front of Telemark Resort or at the Birkie Trail, Double O cabin, 11 am & 11:45 am. Ski half of the famous Birkebeiner Trail from Telemark or to Telemark. Free for all Telemark XC Pass holders.

## Jan 12 • Candlelight Ski/Snowshoe

At the Telemark Resort Hut, 7 pm - 8 pm. See Dec 29 for details.

## Jan 13 • Kids Snowshoe Hike

At the Telemark Resort Hut, 10 am. See Dec 30 for details.

## Jan 13 • Double O Shuttle Bus

Pick up at in front of Telemark Resort or at the Birkie Trail, Double O cabin, 11 am & 11:45 am. See Jan 6 for details.

## Jan 13-14 • 24 Hours of Telemark

At the Telemark Resort Hut, 12 noon Sat - 12 noon Sun America's first ever 24 hour cross country ski race will take place Mar-

tin Luther King weekend with teams of 1 - 6 members competing against each other in different age divisions and categories, including a 12-hour race option for junior skiers and others. The team in each category that can complete the most laps on a 10 km course within 24 hours is the winner. Contact Team Sports at: www.teamsportsinc.com, email: telemark24@aol.com. Phone: 262-549-6801 ext. 15, Fax: 262-549-6825.

## Jan 13-14 • Dog Sledding Weekend

At the Telemark Resort Hut. Two days of dog sledding action on Martin Luther King weekend with our friends (two and four-legged) from Wilderness Haven Resort. They'll be giving free dog sled rides to kids each morning (check for times) and for-fee rides the rest of the day on Saturday and Sunday. Enjoy the thrill of flying over the snow at dog team speed. The fun will be repeated on Presidents Weekend, Feb 17-18.

## Jan 19 • Candlelight Ski/Snowshoe

At the Telemark Resort Hut, 7 pm - 8 pm. See Dec 29 for details.

## Jan 20 • Seeley Hills Classic

At the County OO Birkie Trail rest cabin. Classical technique cross country ski racing on the famous Birkebeiner Ski Trail.



Are you ready to hit the trail?

### Special Event at REI

We're proud to welcome Toko Tech Team Member  
**Eric Mittelsteadt**

for a special **Advanced Ski Waxing Clinic** on  
**Tuesday, January 16<sup>th</sup> at 7:00pm.**

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**Jan 20 • Kids Snowshoe Hike**

At the Telemark Resort Hut, 10 am. See Dec 30 for details.

**Jan 20 • Double O Shuttle Bus**

Pick up at in front of Telemark Resort or at the Birkie Trail, Double O cabin, 11 am & 11:45 am. See Jan 6 for details.

**Jan 19 - 21 • Nikolai Anikin Birkie Tune Up Training Camp at Telemark**

Olympic Gold Medallist and former Soviet Union Master Coach, Nikolai Anikin will put on a special training camp for skiers who train for the Birkie or Kortelopez for one month instead of six. Click for details.

**Jan 26 • Candlelight Ski/Snowshoe**

At the Telemark Resort Hut, 7 pm - 8 pm. See Dec 29 for details.

**Jan 27 • Kids Snowshoe Hike**

At the Telemark Resort Hut, 10 am. See Dec 30 for details.

**Jan 27 • Double O Shuttle Bus**

Pick up at in front of Telemark Resort or at the Birkie Trail, Double O cabin, 11 am

& 11:45 am. See Jan 6 for details.

**Feb 2 • Candlelight Ski/Snowshoe**

At the Telemark Resort Hut, 7 pm - 8 pm. See Dec 29 for details.

**Feb 3 • Kids Snowshoe Hike**

At the Telemark Resort Hut, 10 am. See Dec 30 for details.

**Feb 3 • Double O Shuttle Bus**

Pick up at in front of Telemark Resort or at the Birkie Trail, Double O cabin, 11 am & 11:45 am. See Jan 6 for details.

**Feb 9 • Candlelight Ski/Snowshoe**

At the Telemark Resort Hut, 7 pm - 8 pm. See Dec 29 for details.

**Feb 10 • Kids Snowshoe Hike**

At the Telemark Resort Hut, 10 am. See Dec 30 for details.

**Feb 10 • Double O Shuttle Bus**

Pick up at in front of Telemark Resort or at the Birkie Trail, Double O cabin, 11 am & 11:45 am. See Jan 6 for details.

**Feb 10 • Hayward Lions Pre-Birkie**

Lake Hayward to Double O. Popular 27K freestyle cross country ski race on the Birkebeiner Trail. Contact Hayward Lions Club, 715/634-6456.

**Feb 11 • North End Classic - A Kortelopez Preview**

At Telemark Resort, 10 am. New 20K

classical technique cross country ski race following the new Kortelopez race route. Contact North End Ski Club, 715/798-3599.

**Feb 16 • Candlelight Ski/Snowshoe**

At the Telemark Resort Hut, 7 pm - 8 pm. See Dec 29 for details.

**Feb 17 • Kids Snowshoe Hike**

At the Telemark Resort Hut, 10 am. See Dec 30 for details.

**Feb 17 • Double O Shuttle Bus**

Pick up at in front of Telemark Resort or at the Birkie Trail, Double O cabin, 11 am & 11:45 am. See Jan 6 for details.

**Feb 17-18 • Dog Sledding Weekend**

At the Telemark Resort Hut. See Jan 13-14 for details.

**Feb 21 • Shuttle Bus Ride to County OO Birkie Trail**

At the Telemark Resort Hut, 10 am to 2 pm. A chance to ski the Birkie Trail on the last open day before the race. You can start at Telemark and get picked up at the County OO rest cabin or get dropped off there and ski back. Free to Telemark XC ticket holders. 715/798-3999, ext 577.

.....  
Last modified November 4th. For more information contact Phil VanValkenberg at [www.telemarkresort.com](http://www.telemarkresort.com)

# CHECK OUT OUR PLANET

## 10% OFF ON SKIS AND WAX



### 2000 Model Ski Sale

Germina Cap SXC 900 Skate/Classic .....	\$355.00
Germina SXC 901 Skate/Classic .....	\$299.00
Germina RX 801 Skate .....	\$179.00
Germina RX 801 No Wax Classic .....	\$179.00
Wax Bench .....	\$189.00
Vauhti 60 grm Glidewax .....	\$6.75
Vauhti 45grm Fluoro Glide Wax .....	\$20.00
Enduro Roller Ski w/o Brake .....	\$370.00



Our catalog will be out soon...call and reserve your copy today.

## PLANET XC NORDIC SKI CATALOG

120 Shorewood Terrace, Wisconsin Rapids, WI 54494  
800-380-8412 • <http://www.planetxc.com>

# Cross Country Ski Instruction offered by Madison School and Community Recreation

Beginning to advanced instruction for youth to seniors. Youth instruction and Adult Saturday classes in classic style only. Individual or Group Adult Instruction offers instruction in any of three styles: classic, skating or telemarking. Rentals available on site: Adult: \$4/first hr; \$2 each additional; Youth \$2/hr. Participants also pay trail user fee at site. Need 6 inches of

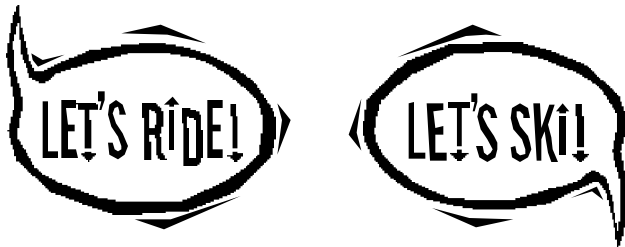
snow to start the season.

Individually Arranged Instruction for Individuals or Groups (Beginners to Advanced) Individuals and groups can reserve private time for instruction. Video analysis available with this option: add \$15/person. Instructor will call to arrange day/site of 1 hour single lesson. For more information, call (608) 266-6255. \*

INDIVIDUALLY ARRANGED INSTRUCTION FOR INDIVIDUALS OR GROUPS							
AGE	LOCATION	DAYS	DATES	TIME	FEE	COURSE#	
13+	Varied	Any	First good snow		\$20 first person/ \$10/each additional person	orccsa207	
YOUTH INSTRUCTION (ALL ABILITY LEVELS WELCOME)							
AGE	LOCATION	DAYS	DATES	TIME	FEE	COURSE#	
5-12	Odana	Sat	1/6	1-2:30 pm	\$13	orccsy201	
5-12	Odana	Sat	1/13	1-2:30 pm	\$13	orccsy202	
5-12	Odana	Sat	1/20	1-2:30 pm	\$13	orccsy203	
5-12	Odana	Sat	1/27	1-2:30 pm	\$13	orccsy204	
5-12	Odana	Sat	2/3	1-2:30 pm	\$13	orccsy205	
5-12	Odana	Sat	2/10	1-2:30 pm	\$13	orccsy206	
ADULT INSTRUCTION (BEGINNERS ONLY)							
AGE	LOCATION	DAYS	DATES	TIME	FEE	COURSE#	
13+	Odana	Sat	1/6 & 1/13	1-2:30 pm	\$26	orccsa201	
13+	Odana	Sat	1/6 & 1/13	1-2:30 pm	\$26	orccsa202	
13+	Odana	Sat	1/20 & 1/27	1-2:30 pm	\$26	orccsa203	
13+	Odana	Sat	1/20 & 1/27	1-2:30 pm	\$26	orccsa204	
13+	Odana	Sat	2/3 & 2/10	1-2:30 pm	\$26	orccsa205	
13+	Odana	Sat	2/3 & 2/10	1-2:30 pm	\$26	orccsa206	

## IOWA IS NOT FLAT!

...And that's why Decorah, Iowa is a great place to xc-ski and bike! Lots of fun, great people and a great shop to get cool stuff at a reasonable price. And, its less than a 3-hour drive from Madison!



AT PRESS TIME, SKI CONDITIONS IN DECORAH IA ARE AS FOLLOWS:

7" base with 7 miles of skating, 12 miles of classical and *excellent* conditions!

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WEB: www.decorahbicycles.com



On **Saturday**, March 3rd, 2001,

**Sleeping Giant Provincial Park** will

once again provide the spectacular backdrop for the **24th Annual** Sibley Ski Tour.

Holding true to its name, this exciting event is **open to ever yone**, young and old, beginners and advanced. Three **immaculately groomed** distances are offered for both classic and skate techniques: the **10km** family event, the **20km** tour, and the "sibley amazing" **50km** race. Take your pick and experience the **best** for yourself!

**For entry forms or more information please contact:**

Kamview Nordic Centre 807-475-7081

Diane Ambro, Tour Co-ordinator 807-628-4846

Website: www.nordictrails-tb.on.ca E-mail: tbnta@air.on.ca



Call 1-807-577-8481 for special Sibley pricing!

- Waterslide
- Indoor Pool
- Sauna

"This was the friendliest, most welcoming atmosphere I've ever seen at a ski race."

Doug Olsen,  
Duluth, MN

"At 40km I thought it was the nicest 50 km track I've ever done anywhere—Europe, U.S., Canada. It's the most scenic, the best laid out, with the right amount of up, down, flat."

Jerry Curnow,  
Rice Lake, WI

"Even if your dollar was at par with ours, this weekend would still be a bargain."

Sean O'Brian,  
Superior, WI



# Wish list

The Madison Nordic Ski Club is in need (want) of a few things. If anyone has these items they would like to donate to the club, it would be greatly appreciated!

- any used cross-country ski equipment for KidSki or Juniors, even stuff that you may think is worthless, can be used for parts.
- trail maintenance tools, like rakes, shovels, loppers, leaf blowers.
- entries for the funstuff puzzle on this page.

## WOMEN'S Ski Clinic

WITH CINDY SWIFT

**Who:** Women skiers of all skill levels, skating and classical technique.

**What:** A Women's only ski clinic. (Men would just get in the way.)

**When:** Sunday, Jan 7th

**Where:** Elver park in Madison

**Why:** Because we like you and want you to learn how to ski. (And you can learn a lot from Cindy!)

**PUT NEW DETAILS IN KAY!**



# CLASSIFIEDS

Ads run free for MNSC Club members!

### FOR SALE

Atomic ARC classical racing skis.  
203 cm, flexed for about 145-155 lbs.  
\$125.

Contact Pete  
222-1928.

### TELEMARK TOWNHOUSE FOR RENT

**For rent:** 4 Bedroom Valhalla Townhouse next to Telemark Available for select weeks or weekends, includes full kitchen, wood stove, waxing benches, washer & dryer Holds up to 12 folks - \$25/person/night 2 night minimum View the finish to the Korteloppet from the deck

Contact Ned Zuelsdorff  
608-231-1876 for details

### Got Something you want to sell?

Looking for something? If you are a member of the Madison Nordic Ski Club, we will run your ad for free! Submit Classified ads to Jimmy at [jpvanden@mhtc.net](mailto:jpvanden@mhtc.net).

## Funstuff

**W**ell, nobody entered our contest, so I guess we get to keep the scrapers for now! Hey!, since this is a new feature of the newsletter, and you probably need time to get used to it, how about if we give you another chance to enter? Maybe after you ski a few times, the scraper will seem a bit more valuable! So now, you have until January 23rd to e-mail us with your entry! But why wait? enter TODAY! Enter by e-mailing Jimmy at [jpvanden@mhtc.net](mailto:jpvanden@mhtc.net) (please!)



# MEMBERSHIP FORM

## Sign up now for the 2000-2001 cross-country ski season!

(you can also sign up on-line at <http://danenet.wictp.org/madnord/club.html>)

Is this a  renewal or a  new membership?

### What type of membership?

- Individual \$15
- Family \$20
- Junior \$10 (18 or under)
- Kidski \$25 plus club membership

Additional donation \$ \_\_\_ to support local ski groups, trails, and promote XC activities

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Email address: \_\_\_\_\_

*Membership information is for club members only and is not supplied to commercial vendors.  
If you do not want your email to appear in the membership list, please check here \_\_\_*

### BRING TO NEXT MEETING OR SEND TO:

Madison Nordic Ski Club • PO Box 55281 • Madison, WI 53711

## Madison Nordic Ski Club

P.O. Box 55281 • Madison, WI 53705

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stick it here.