

MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 21 No. 2

- A WORD FROM JIMMY -

Guilty, Guilty, Guilty

REUTERS NEW SERVICE



President George W. Bush's executive order to exempt full public disclosure of Presidential papers has come too late to save the nation's other chief executive, Madison Nordic Ski Club President Jimmy Vanden

Brook, from embarrassing and ultimately criminal, ski related revelations. Just before Thanksgiving, Vanden Brook plead guilty to multiple counts of misrepresentation, abduction, obstruction of an investigation, and impersonating a ski club officer. Charges of excessive daydreaming about skiing while at work were dropped. The prosecution was unable to establish criminal intent since his mental states of daydreaming and concentration while at work were indistinguishable. He is being detained at a maximum security state agency until sentencing.

The charges of misrepresentation stem from a long history of unsubstantiated claims of future ski conditions, which led to his impeachment in November 2000. The abduction charges involved several incidents on ski trails around Telemark. Vanden Brook plead guilty to enticing skiers off the trails to dine at his Valhalla townhouse near the lodge. Invariably, victims were overfed and reported their Birkie times affected.

In a ploy similar to the Iran/Contra, arms for hostages deal, Vanden Brook approved the actions of Harry "Ollie North" Lum, MNSC promotions guru, to provide fabulous prizes to boost club membership. This "skis for members" concept was found contrary to the club by-laws though

apparently not contrary to most club members. Mr. Lum avoided prosecution himself by turning state's evidence. "I've got a book in the works and plan to appear on the talk-show circuit," he said.

Vanden Brook also plead guilty to obstructing investigations into the sudden appearance of ski gear into the First Family's residence without adequate documentation or approval. While the First Lady, Judy Vanden Brook, was not compelled to testify, she did state that her husband "simply can't help himself". Lastly, by refusing to surrender the reins of power, Vanden Brook plead guilty to impersonating a club officer after being impeached by his club membership for wrongful snow predictions.

Vanden Brook might have avoided incarceration but for a bizarre turn of events

during the trial. After alienating the legal community at the last club meeting by making a few "lawyer jokes", Vanden Brook represented himself at the trial. Caught up in the heat of the moment, Vanden Brook cross-examined himself, alternately posing questions, then taking a seat in the witness box and answering his own questions. In Perry Mason-like fashion, counselor Vanden Brook peppered witness Vanden Brook with questions until he broke down and plead guilty to all but the daydreaming charges.

In an interview today, Vanden Brook seems undaunted while he awaits his sentence. Apparently, the Madison Nordic Ski Club by-laws are silent on the criminal status of its officers. Continuing to direct club business while incarcerated at his state job, Vanden Brook explained, "...as long as I get Huber privileges, I can still show up for club meetings." ❄️

**HE BROKE DOWN
AND PLEAD GUILTY
TO ALL BUT THE
DAYDREAMING
CHARGES.**

OUR NEXT MEETING

Monday, Dec. 10th, 7:00 pm
Shorewood Community Center

Agenda

7:00: Potluck!

8:00: Tales of the Birkie,
Door Prizes

MNSC BOARD OF DIRECTORS

Jimmy Vanden Brook

President
(608) 437-4192
jpvanden@mhtc.net

Willi VanHaren

Vice President
(608) 437-3782
psh@itis.com

Hans Herweijer

Treasurer
hans@genetransfer.com

Nancy Hoene

Publicity
(608) 226-0730
nhoene@chorus.net

Jim Coors

Membership
(608) 231-3593
jgcoors@facstaff.wisc.edu

Ned Zuelsdorff

Race Chair
(608) 231-1876
nedz@itis.com

Harry Lum

Advertising/Promotions
(608) 273-2821
convenience@mailbag.com

Kay Lum

Newsletter
(608) 249-0186 ext. 110

Pete Anderson

KidSki Chair
222.1928
pjander2@facstaff.wisc.edu

John Taylor

Social Director
236-4565
jtaylor826@excite.com

Membership Notes?

By JIM COORS

It is a little early in the season to be updating membership information, so don't worry about an onslaught of boring membership stats. Instead, I will merely remind you that last year we had 276 dues-paying members and that our impact on the sport is significant. But our potential has yet to be completely tapped.

Recently, I decided to retrieve Ann's and my store of gear in preparation for the upcoming season. Ann and I first got together back in 1973 for a XC ski trip to Yosemite. We had both independently purchased our first XC skis (wooden Bonna 2400s), so it seemed to us that we shared a common vision. We still have these skis and use them every winter for touring through the northern woods. We also still have nearly every other ski, pole, and boot collected over the past 28 years. We did get rid of the odd pair now and then. My first fiberglass skis were Asnes purchased in the late 70s for my first race series at a small XC course near Podunk, New York. (Yes, there really is a town in New York named Podunk). Initially it was hard to develop much affection for fiberglass, so I disposed of the Asnes after a few years. Ann also had a pair of horrible Landsems that she eventually got rid of. But it seems that we have kept nearly every other piece of XC equipment we've ever purchased.

To get to the point, last weekend I discovered we had 14 pairs of skis hidden away in various places. This represents an accumulation rate of 0.25 pairs of skis per person year. I don't think we are that atypical, although we do have a little trouble getting rid of things. If we aren't that strange, it would seem that all Mad-



Her owners, skis.

NorSki club members might account for well in excess of 1,500 pairs of skis, boots, and poles. This is nearly enough to equip the 10th Mountain Division. Better yet, why not equip the Juniors or SilverSkiers? At the November meeting, Don Fariss and

Greg Jones made an impassioned plea for donations of equipment, so let's do it. *

.....
For minformation on exactly what it is that the Juniors need, see "Junior Biz" on page 5 of this issue.

Ski for Light Needs You!

On the weekend of **January 25-27** The 18th Annual Wisconsin regional Ski for light program will be held at the Lion's camp in Rosholt, Wi. (just east of Stevens Point). By volunteering your time you are helping a visually-impaired skier to experience Nordic skiing and the enjoyment of winter activities in a safe, friendly learning environment.

The entire weekend's events meals and lodging will be provided at no cost to guides. For those wishing to,

2 * MNSC DECEMBER 2001

transportation via bus from Madison is also available at no cost.

A special training program will be held Friday evening for new guides (1st and 2nd year) and Saturday morning for all guides. For planning purposes, we would like to have all the applications filed by **December 22**. We cannot accept skiers until we know how many guides we will have available.

If you would like to volunteer, or know of others who would, please

contact Mike Graper, Guide Coordinator, by email at: grapes@tznnet.com or call him at (715) 687-4330 (H) or (715) 389-3413 (W). *



- WHAT'S UP WITH KIDSKI - Kidski 2002

BY PETE ANDERSON

Kidski returns in 2002 with more than ever: our traditional Odana program, now in its seventh year, and a new Elver program for older and more accomplished skiers.

Odana this year will be under the leadership of Kris Long. This program is for kids ages four and up. Kids will play games, go on short tours, get some very low-key instruction, and enjoy the winter outdoors. Low cost rentals are available at Odana. Preschoolers should bring their own adult, and everyone is invited to help coach. We try to keep a low kid to coach ratio, and a desire to play with kids is vastly more important than ski knowledge or ability. We can guarantee a good time for coaches, so, if you're at all inclined, please let us know.

The Odana group will hit the snow Wednesdays at 4 pm and retreat to the warming house at 5 pm. Program runs from January 2 through



February 13, concluding with a pizza party at Rocky's that night.

A new group will meet at Elver for those who've outgrown Odana's modest terrain and who want a low-key chance to ski with other kids. Kids should be about 9 and up, confident enough on skis for Elver's hills, and able to ski a few loops. Mostly, we'll just free ski, with occasional games, relays, and instruction. If there's fresh snow, we'll learn telemark turns on the sledding hill and maybe shovel in a few jumps. This will be the Norwegian learning-by-

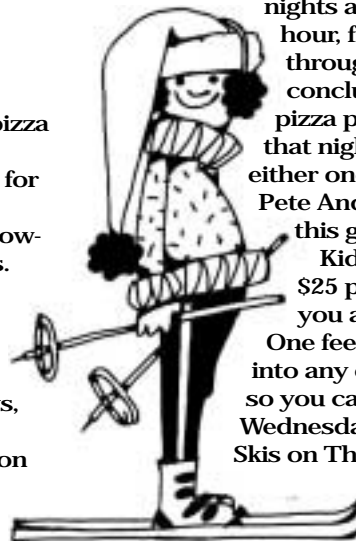
watching-and-doing approach. Kids wanting more of a competitive focus should consider the Silver Skis program. We just want to have fun.

The Elver group will meet both Wednesday and Thursday

nights at 5:15 for an hour, from January 2 through February 13, concluding with a pizza party at Rocky's that night. You can come either one or both nights. Pete Anderson will lead this group.

Kidski costs just \$25 per kid, and gets you a nice ski hat.

One fee also gets you into any of the programs, so you can do Kidski on Wednesdays and Silver Skis on Thursdays, as well as either Kidski program both days. *



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- JUNIORS ARE ON THE MOVE! - Junior's Biz

BY DON FARISS



The juniors have been ski training since late October. Many of them came fresh off their cross-country running seasons with no break. More than half of the 24 skiers who are trying XC this year are "never-ever" skiers and will need all the encouragement you can offer when you see us during our Tues., Wed., Thurs. practices and at the Tues. night Elver races.

SKI CALENDARS

EVERYONE who reserved a ski calendar with the Juniors at the November Club meeting, please bring your \$15.00 to the Dec. meeting. We don't want to have to charge more for you shipping.

YOUR OLD SKI GEAR

YEAH, you could get a few bucks for it at some swap, but why not donate it to a deserving new junior skier and feel better? We need Salomon boots with plastic cuffs, Salomon Profil bindings, any ski poles under 150 cm (even singles), skis for people under 150 lbs; touring, no-wax, racing, classical or skate, any kind! We will also take old roller skis in any condition (even 3 wheelers) You can bring any of this to the Dec. 10th club meeting or contact Don at 437-8076 or farissd@chorus.net. Thanks!

THE BEN CLINE UPDATE

BEN will spend the last week of 2001 and the first of 2002 in Colorado and Montana training at altitude for the junior races held during U.S. Senior Nationals Jan. 5-7 in Bozeman, Montana. He hopes to be one of 6 American males in his age group to qualify to go on the J1 Scandinavian Cup trip to Norway that will be occur over the last 2 weeks of Jan. He'll be back in Feb. for a shot at the top spot at Wisconsin's High School Championship and then back out West in early Mar. to compete at Junior Nationals in McCall, Idaho. And people say we can't ski in southern Wisconsin because we don't have enough snow! *Go Ben GO!**

-THE STORY OF MADNORDSKI- What's in a Name

BY JOE KING

It was three in the morning and I had to have a new name. It was also January 1995 and I was working on the first major update to a web site that I had created in the fall of '94. That web site was called, "The Madison Area Nordic Skiing Page." This was before the world wide web had become a household word and some people were still debating the relative merits of things like the Web, Archie, Gopher, and Wais. The later three are now nothing more than refuse strewn on the side of the Information Highway. Even then, however, one could see that the rapid expansion of the web would make it hard to find the skiing page in a burgeoning sea of names.

As an inactive member of the Madison Nordic Ski Club I was largely unfamiliar with the goings on of the club. Perhaps I had seen a bumper sticker or some publication of with MadNorSki on it but I didn't recall it at the time. All I know is that as soon as I thought of the name Madnordski, it clicked. It was immediately important that it be written just that way as if it was a person's name. That really fit with the web in '95 because back then the web was personal. Back then, no one posted anything about Nordic Skiing - whether it was in Wisconsin or Australia, without dropping me a line. The messages I got asking for a link to be listed always complimented the site and some were a joy to read. In other words, calling the web page, Madnordski seemed like the perfect

choice at the time. It was (and still is) a unique name with personality.

Later that year, November 1995 in fact, I approached the Madison Nordic Ski Club. In less than a year, the Internet had changed and was changing the world. Suddenly everyone needed to be on the web and it seemed to me that Madnordski was the perfect home for the Madison Nordic Ski Club. It was surreal presenting this idea at a club board meeting immediately after attending a

funeral. I must have looked like a used car sales person in my suit and tie as I tried to explain how the web can help the club serve its members. I couldn't hide my slight embarrassment that the name of the web page, Madnordski, was confusingly similar to the club logo, MadNorSki.

**"BACK THEN,
NO ONE POSTED
ANYTHING
ABOUT NORDIC
SKIING..."**

As time went by the club has gotten much more involved in the web page. So much so that the line between Madnordski and MadNorSki has become as blurred as the differences between the names. In fact, the club is now paying for the web space. When I recently discovered that the web address MadNorSki.org was still available, the club jumped on the opportunity to buy it up.

So now it's time say good-bye to old man Madnordski because we have retired his name. In his place you'll find MadNorSki. Finding her is as easy as www.MadNorSki.org or www.madnorski.org, if you prefer. When you stop in for a visit, please give her my regards. *

-Oops!-

We Missed Some Donors!

WE ARE SORRY WE MISSED YOU!

Unfortunately, several donors were not included in the groomer donation list provided in the November newsletter. We are very sorry for this mistake and are grateful for the support provided by

Susan and John Miller

Maddie Roth

Gordon Faulkner

Gail and Willi Van Haren"

Jan Hansen

- TO BE, OR NOT TO BE -

A New Course for the Madison Nordic Ski Club?

BY JIMMY VANDEN BROOK

The Madison Nordic Ski Club may be having an identity crisis. The questions raised at the November club meeting regarding the pursuit of tax-exempt status has us evaluating who we are as a club. Are we just a bunch of beer imbibing boomers that ski? I think we are a lot more than that, though I fit the boomer profile and I do like a beer occasionally.

The volunteer hours that go to young skiers through the Kid-ski, Silver-ski, and Junior programs are more than considerable. We provide a platform and volunteers for the Ski for Light program. Trail maintenance, free lessons, and the clinics we provide are community services for which we do not profit. Through our fund raisers we have become a long-term and consistent mechanism for the improvement of local ski venues. Without the club we wouldn't have lights or protective plantings at Elver. And the newly purchased snow-machines for Madison Parks and Blue Mounds State Park might never have come. Without club jaw-boning a cou-

ple years ago, the Elver Shelter would be located on top of the hill, away from the main ski trails.

Club membership should be fun but also produce enough energy to make improvements for all Madison area skiers. Indeed, our club motto is "Cross-country skiing for everyone". So I think we can put to rest the notion that we're only together for a monthly kegger.

The question is whether we want to take the club to another level so that ski programs and projects can grow, benefiting more of the community.

Assuming the club can become a tax-exempt organization, the changes could be significant. So, the time we spend discussing this issue is well worth it. The primary purpose of becoming tax-exempt is the ability to solicit much larger sums of money for



projects that we have been unable to fund so far. That would be great but we would also have the burden of annual activity reporting, financial reporting, processing grants, and administrative details that we don't have now. We would have to become more business-like. That can be a problem for a completely volunteer organization.

I extend my thanks to

Jorge Fuentes, Susan Miller, Walt Meanwell, and Willi VanHaren for their willingness to pursue this topic in greater detail. They will report back to the club in December. Thanks also to Jeff Archibald for his time researching club eligibility and developing his opinion. In the meantime, think about where you think the club should be going and feel free to contact me at jpvanden@mhtc.net or 437-4192. *

2001-02 MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
Tuesday Nov. 27 TBA	Monday Dec 10, 7:00 pm	Holiday Ski parties Gifts for skiers	Potluck, Raffle, Tales of the Birkie	Shorewood Community Center	November 12
Wednesday Jan. 2 TBA	Monday Jan 14, 6:30 pm	Waxing Racing	Ski before the meeting Waxing tips	Lake Farm County Park <small>(more info in next issue)</small>	December 17
Wednesday Jan. 30 TBA	Monday Feb. 11, 6:30 pm	Birkie war stories/ Birkie alternatives	Ski Videos Pizza!	Rocky Rococo's	January 14
Wednesday Feb. 27 TBA	Monday Mar. 11, 6:30 pm	Racing wrap up	Awards & Potluck	Shorewood Community Center	February 11

Please Write!

The Madison Nordic Ski Club Newsletter is published five times annually. Submit articles via e-mail to: jpvanden@mhtc.net

See the schedule for deadlines. If you don't meet the submission deadline, there is no guarantee that it will get into the newsletter. *

-MORE COOL APPAREL-

Now You Can Look Cool Before, During, and After Skiing!

We are getting Custom Sewn Mt. Borah Teamwear! This is a small Wisconsin company and all sewing is done right here in Wisconsin (In Coon Valley in the Coulee region southeast of Lacrosse). We are offering a choice of 3 different garments in 2 colors: Red and Blue. (Same as last 2 years). They will go nicely with the new team racing suits.

New this year is the 14 oz. Yukon Fleece from Canada. It is warmer than their standard 9.5 oz. fleece. I'm told that it's quite nice. They are giving it to us for the same price as the 9.5 as their contribution to our cause.

THE 3 GARMENTS WE ARE OFFERING:

(You can also see the garments at the Mt. Borah website: www.mtborah.com (select "teamwear" at left)

1. Supplex Warm Up Jacket — Same as last 2 years

- Soft, windproof, water and stain resistant
- Mesh vented back yoke for breathability
- Soft black micro fiber lining in the collar
- Zip mesh side pockets for further ventilation
- Black with choice of red or blue yoke.
- \$55.00 plus \$5.00 for name, or slogan.



1.

2. Team Fleece Jacket in 14 oz. Galtier X-treme Yukon Fleece (New this year)

- Windproof Supplex shoulder yoke panels in a choice of red or blue.
- Full length YKK zipper with mesh side pockets for ventilation
- Lycra-reinforced waist and cuffs
- \$60.00 plus \$5.00 for name or slogan.



2.

3. Team Fleece Vest 14 oz. Glacier X-treme Yukon Fleece

- Windproof Supplex shoulder panels in red or blue
- Full length YKK front zipper with mesh lined side pockets
- Lycra-reinforced waist
- \$50.00 plus \$5.00 for name or slogan.



3.

ANY of the items above can also have your name, nickname, slogan or saying added for an additional \$5. (We have had SEVERAL stories of spacey MadNorSki's leaving their clothing at various nordic ski venues and then subsequently getting them back because their name was on their coat. Paying \$5.00 to keep your coat from getting ripped off is a good investment.)

IMPORTANT! Wisc. residents need to add 6% for State sales tax. The club is paying for shipping. All items provided at cost. Such a deal.

DEADLINE FOR ORDERS IS MONDAY, DEC. 10TH, which happens to be our next club meeting!

Checks should be made payable to Mt. Borah Teamwear and sent to the attention of Walter Meanwell at First Union Secs. 725 Heartland Trail Suite #200 Madison, Wi. 53717. Be sure to include:

Name: _____

Address: _____

Phone: _____

e-mail: _____

Garment Choice: **Supplex Warm Up Jacket**
 Team Fleece Jacket
 Team Fleece Vest

Size: YM__ YL__ XS__ SM__ MD__ LG__ XL__

Color : Red or Blue Yoke Shoulder Panel. Black body with white logo and name. Stylin'!

Red__ Blue__

Name or nickname to be screened onto left front chest: _____

Any Questions? E-mail Walter Meanwell at wmeanwell@firstunion1.com

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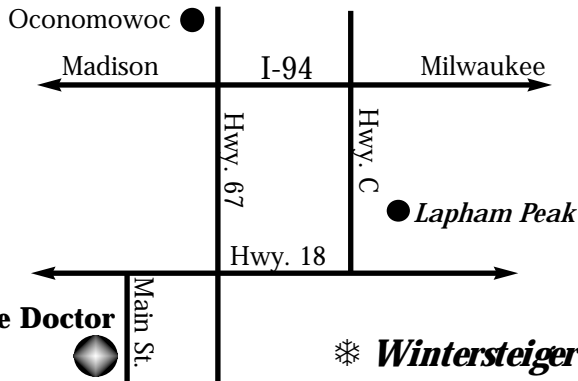
December Waxing Clinics

❄ **Monday December 3, 2001-6:30pm**

BEGINNER SKI WAXING CLINIC
 Learn the basics for skating & classic XC ski waxing.

❄ **Thursday December 13, 2001-6:30pm**

BOCK WITH THE DOC
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Technique Tip

By DON FARISS

Question: Why do the really good skiers look so effortless? They look like the aren't even working hard. Answer: The carry their momentum well.

Most of us push-off powerfully with our legs (hopefully in the right direction), but if you recall the technique tip I wrote several years ago, as soon as the leg push stops, we begin slowing down. So one way to conserve momentum is to time the arm push so that it fills the gap between leg pushes. The only reason you have poles is to conserve momentum between leg pushes.

Have you ever seen a bicyclist on an uphill riding a multi-speed bike in a high gear with a very low cadence? They stand on the pedals and grimace with each stroke. I want to lean out my car window and yell at these one-speed wonders, "Shift, SHIFT!" Dropping to

a lower gear allows the rider to pedal faster with less effort on each stroke. It's much less tiring.

A similar thing happens on the uphill V-1. Many people have one tempo for the flats and never "shift down" for the uphills. You should think, "Quick and light, quick and light". Increase the frequency of your push-offs and don't put as much power into the arm & leg push-offs. You'll actually save energy.

This will also help conserve momentum because if you use slow, powerful strokes, you often have a time gap between the end of one stroke and the beginning of the next. This causes you to slow down more and you have to start creating the momentum you lost all over again with each stroke. Practice tip: Watch or ski behind the fast skiers and try to duplicate their tempo. *



- OUR PLEASURE -
Hey
MadNorSkis!

A huge THANK YOU! for the \$2500 donation to the Junior and Silver Skis youth skiing programs you all voted for at the November club meeting. We will put it to good use mostly for equipment (skis, bindings, poles, reflective roller ski vest and the like). Many skiers are going to have many new opportunities to try this sport thanks to you! We're very grateful!
Ski ya,
Don Fariss

Thank
YOU!

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A. Germina SXC 901 Skate

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B. Germina SXC 901 Classic

The race proven laminate construction ski with the new geometry. The SX 901 class ski allows for excellent gliding and stability. This is the classic ski of Olympic and World Champions. Sizes: 180, 190-210 cm #11-G901C **\$225.00**

C. Germina RX 801 Skate

Skating race skis with proven laminate construction technology. Sintered base with race-ready microstructure finish. Sizes: 175-195 cm

#11-G **\$150.00**

D. Germina RX 801 Tri- Step

The same ski as the RX 801 Classic, but with the new GERMINA Tri-step technology. The Tri-Step offers easier gliding and a surer kick because the no wax pattern is less aggressive on the ends of the glide zone and more aggressive under foot. Tri-step is the simple, but uncompromising solution to difficult waxing conditions. Sizes: 180, 190-210 cm

#11-G **\$150.00**

E. Germina TR 200

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#11-G **\$65.00**

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An awesome all-around ski boot. A removeable high top boot that offers control for skating and freedom for classic. The Sensifit system provides comfort and added control for the demands of xc skiing. Additional features include fixed heel strap, hinged stabilizer for stability and control in the ankle, and a heat-molded insole. Recommended binding: Salomon skate and classic. Specify sizes 3.5-13 (available in half sizes). **\$55.00**



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Funstuff



This photo, taken last March, was given to Karl Heil as a way to thank him for his fantastic grooming at Blue Mounds State park. From left to right: Val Stromquist, Peter Berbee, Mike Capp, Carolyn Senty, Karl Heil, Carol Ricker, JoEllen Torresani, Ann Pollock, Sue Capp. Jim Coors is the guy behind the camera!



Dave Robb has trouble deciding what to eat at the huge spread at the Vendor Fair.

SEND US YOUR PHOTOS!

Got a good picture of a ski adventure? Submit it to us. (If you take a digital photo, save it at the highest resolution possible.) Call Kay at 608-249-0186 ext. 110 for more information. Think Snow!

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Scenes from Vendor Fair 2001...



Vendor Fair organizer Harry Lum tries to keep track of the 15 (or was it 16?) vendors he lined up.



Gina Interrante and Kathy Rice talk to a fellow member about how to become a volunteer for Ski for Light.



The board was busy taking checks for new memberships and membership renewals.



Club members kept the booth workers busy, asking questions and gathering information.



Jim Coors prays that Jimmy will have a quick "wrap up" at the "short" November meeting.



Meet our new Treasurer, Hans Herwiejer. He will be happy to take your membership check!



Germina Rep Joe Gollinger pulls the lucky winner of the brand new skis he donated. (Come on up and claim your prize, Tom Woody!)



Genuine photographic proof that even really good skiers enjoy a beer every now and then.

MEMBERSHIP FORM

Sign up now for the
2001-2002 cross-country ski season!

(you can also sign up on-line at <http://danenet.wicip.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

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