

MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 21 No. 3

- A WORD FROM JIMMY -

Snow on the Brain, Chocolate on the Hips

REUTERS NEWS SERVICE



Small tubular, columnar, white transparent, often branched crystals of frozen water belonging to the hexagonal system of crystallization... snow. Here it is, late December, and we don't have any of the real stuff to look at.

with 5 brothers who schooled me in the fine art of fast fueling. And, while I have a slightly more discriminating palate than my little dog (I won't munch on charcoal briquettes for instance), I have to admit I never met a meal I didn't like. The only possible exception is the nightmare of my youth: hot tuna-noodle casserole, interlaced with canned peas, crowned with soggy potato chips, and exuding a piquant aroma of tin. That Friday night

I've reverted to looking up definitions and longing for last year's record December snowfall amounts. The forecast through Christmas day calls for above average temps and no appreciable snow from Madison all the way up to our get-away spot near Telemark. But no amount of reminiscing or virtual visits to lands of snow can remove the angst caused by such a bleak skiing forecast. And that discomfort has put me in the danger zone.

I count on skiing in the winter to manage my calorie battle of uptake vs. burn. In the summer, biking gives me a chance but now I'm losing the war. I should have better control of my appetite but food is everywhere and I hate to disappoint folks by turning up my nose at their offerings. Without ski activity I'm starting to look like the average Packer fan, well protected from the cold with ample layers of body insulation.

I sympathize with my little dog Lucy who, though quite svelte, comes from a large group of food-crazed littermates, who taught her that dalliance while dining meant hunger. Likewise, I grew up

Catholic standard aside, I find that the over-abundance of comforting, edible holiday delights takes my mind off the brown and unskiable trails. Unfortunately, this displacement behavior is a recipe for fast skis on the downhill but slow boards going up.

So, I'm looking for help. Perhaps at our next meeting, if you notice my hand going for the chips you could say, "Hey, Fat Boy! Put that down", or something equally discreet. Or call me at work around 11:30 am and ask if I'm going for a run at noon.

Better yet, bring yourself over and get me out of my cubicle. Nothing like a little positive peer pressure to do the right thing. Best of all, you could think very positive thoughts and turn the snow machine on. Getting us on our skis will reduce both belt-buckle and emotional stress. Here's to seeing you at the Wednesday night ski-lessons, a Ski Clinic, the Elver Race Series, and/or one of our club trips. That type of weight control program sounds much more appealing than meals planned around tuna-noodle casserole. *

"... IF YOU NOTICE MY HAND GOING FOR THE CHIPS YOU COULD SAY, "HEY, FAT BOY! PUT THAT DOWN"

OUR NEXT MEETING

Monday, Jan. 14th, 2002
Lussier Family Heritage Center

Agenda

5:30-6:30: Ski the trails at Lussier! (if there is snow, that is!)

6:30-7:30: Waxing tips from Dale Niggeman

7:30-8:30: Meeting, Fabulous Door prizes

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- WHAT ARE THE SILVER SKIERS DOING? - Silver Ski Update

By GREG JONES

The Silver skiers have been meeting since the beginning of November. The group has been comprised of 15-20 middle school kids. Several first timers have joined us, which we are very pleased about. We get together for dryland training exercises at Elver Park every Saturday. We have been striding and running with poles, hill bounding, and everyone enjoys the ladder drills. The most popular have been the crane walks and wall sits (not), resulting in sore butt checks. The Verona contingent has already made a pilgrimage north to find snow. Look out for us in the "first timer" races at Elver.

We will be moving our meeting time to **Thursday evenings in January**. We are always looking for new members. If you are middle school age, or if you know someone who is,



we would love to have you come join us. The cost is \$25 for the entire season, which will include the new Silver Ski hat.

The Silver ski program would like to thank the club for their generous donation. We have bought some skis with the money. This is making skiing possible for some of our first time skiers. For some of the returnees it will make it possible for them to be able to both skate and classic ski. We have encouraged them to get combi boots so all they needed was the second pair of skies. Fontana has helped us out with a discount on the bindings and the mountings. I would like to thank them by encouraging you to patronize their store. They are well stocked with XC Ski gear. Thank you again Madison Nordic Ski Club for helping to create a whole new generation of ski enthusiasts. *

Bikers on Skis

FEBRUARY 15-18, 2002

This 8th annual cross country skiing weekend at a B&B in the Northern White Mountains, features gourmet food and a hot tub. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing in the Zealand Falls area. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike. The trip spans the three day President's Day weekend. Cost of \$200 for the weekend includes three nights lodging, three breakfasts and two dinners.

To register, send a check made out to Charles River Wheelmen and a self-addressed, stamped envelope or e-mail address by Jan. 15 to: Bikers on Skis, c/o Jack Donohue, 26 Fox Run Road, Bedford, MA 01730-1104.

For more information, you can contact the leaders: Jack Donohue and Susan Grieb (781) 275-3991 (before 9pm ES) jdonohue@world.std.com *

LAST CHANCE FOR NORWAY!

The deadline for the \$100 club discount on the trip to Norway has been extended to the club meeting on January 14th. If you've ever wanted to ski Norway, and if you've ever wanted to ski the Norwegian Birkebeiner, here's your chance. Jerry Norseman, of the Nordic Company, in conjunction with the Madison Nordic Ski Club, is offering a March 20 to March 30, 2002 ski trip to Norway. The club went in 1998 and had an incredible time. This time we want to go and have the option of skiing the Birkie too. Basically, for \$2,095, you get just about everything including all air and ground transportation, all accommodations, and most meals.

Take a quick virtual tour of the Rauland area, www.rauland.org the Gausdal hotel (in Norwegian), www.gausdal.com/hotell the Hotel Karl Johan www.virtu-alslo.com/html/body_hotel_karl_johan.html and the city of Oslo www.visitoslo.com

To coax you a little more, here's a testimonial from Dave Calhoun, ex-President, and traveler on the first MadNorSki trip to Norway in 1998:

"OUR TRIP TO NORWAY WAS FANTASTIC! FROM THE MOUNTAINS OF TELEMARK TO THE NIGHT LIFE OF OSLO, THAT TRIP OFFERED IT ALL: GREAT TRAILS AND CONDITIONS, AN EXPERIENCED NORWEGIAN GUIDE, CHARMING MOUNTAIN HOTELS AND VILLAGES, WONDERFUL SIDE TRIPS TO CULTURAL AND HISTORIC SITES, AND A CHANCE TO IMMERSE OURSELVES IN A 'SKI CULTURE.' JERRY KNOWS NORWAY LIKE THE BACK OF HIS HAND AND IS VERY WELL CONNECTED THERE — SOME OF THE CULTURAL SITES WE VISITED WERE CLOSED TO THE GENERAL PUBLIC AT THE TIME AND WERE OPENED UP JUST FOR OUR GROUP. ALSO, JERRY WAS VERY SENSITIVE TO OUR FAMILY'S SPECIAL NEEDS. I ONLY HOPE I GET TO GO BACK"

Call me at 608-437-4192 or Jerry Norseman at 288-8070. I hope you can join Judy (MNSC First Lady) and me for a very special trip. Thanks, and I hope you can make it. d

— JIMMY VANDENBROOK,, MNSC PRESIDENT



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Have a Bock with the Doc!

By HARRY LUM

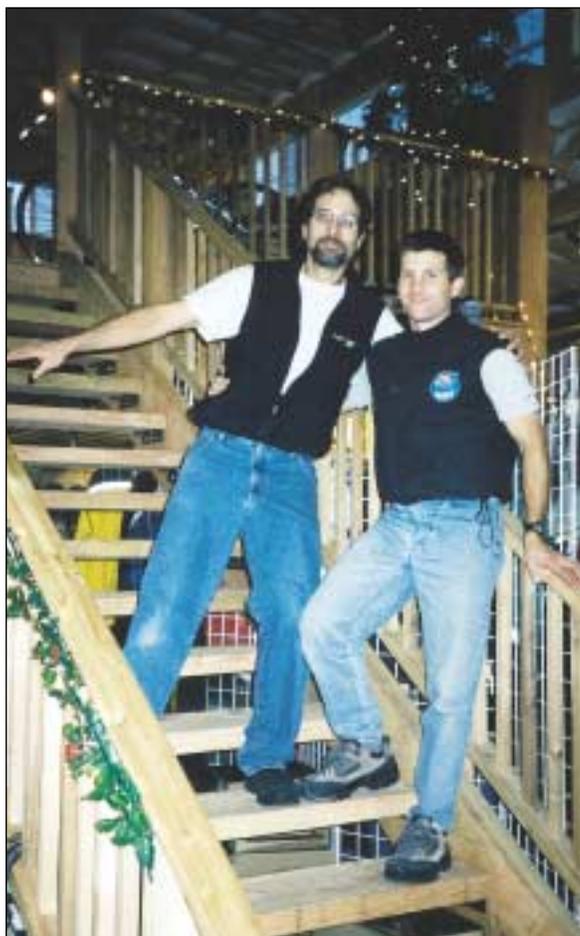
The Bicycle Doctor has moved to a new 10,000 square foot building, (about half is retail and half is warehouse) at 105 N. Main Street in Dousman, Wisconsin. It has a cozy atmosphere with fireplace, coffee bar, and the first retail shop serving beer and wine. Outside it looks like a tall barn with windows. Inside it has a warm, up north pine environment. All that's missing is all the Christmas lights.

But with all buildings its location, location, location. So when we get snow, you can ski at Lapham Peak, Scuppernong, and McMiller in the southern Kettle Moraine and stop in at the Bicycle Doctor to cool down and have tall cool one while looking at the latest equipment and gear. Sounds to me like a place to stop either before or after a good workout.

But how did he get to all this vision? Tom (also known as the Doc) and Barb Klein started the business in a small garage in Delafield in 1983. They started repairing bicycles which



Look at all those skis! Eric and Tom proudly show off their huge selection of skis displayed in their new location.



The "Bicycle Doctors" stop for a picture on the stairway that leads to the loft where they have their offices — an a place to escape to if the need arises!



is how they got the name "Bicycle Doctor."

Tom also wanted to sponsor a team in a citizen bike race and needed a logo for a team jersey. At that time he had a display of pink flamingos in the window. A friend, Jerry Sawyer, who designed the bronze flamingo at the Milwaukee County Zoo did his logo with the flamingo and wheel. And the rest is history.

In 1986, the Bicycle Doctor moved to Main street in Oconomowoc and started doing bicycle and cross country ski retail. An opening became available in the Whitman Park Shopping Center in 1992 and the Doc was on the move again. In 1998 the Doc purchased a building in downtown Dousman on the Glacial Drumlin Bicycle Trail, this became his

warehouse and satellite retail operation. With the new addition complete, he hopes 2001 will be his last move.

The Doc felt it was necessary to work out of one location, to be able to hire enough knowledgeable people to provide the service level he wanted to be known for. One of his key employees is Eric Mittelsteadt. He was a customer when he was in high school, but after graduation he moved to Madison. He moved back to work with the Bicycle Doctor seven years ago. The Doc introduced Eric to cross country skiing and beat him his first Birkie. Since then Eric has been in the elite wave and hasn't looked back.

If your looking for wax for that extra edge, go to the Bicycle Doctor's and talk to Eric about TOKO Wax. He is the TOKO rep and races for the TOKO Race team. Tom is the Star Eclipse wax rep. I wonder who sells the most wax? I think it's always good to get two opinions. *

- READY, SET, GO! -

2002 Elver Race Series Update

BY NED ZUELSDORFF

Yes it will snow, and yes the Elver Race Series will begin on Thursday night, January 3, 2002! Races will be held at Elver Park on Madison's southwest side. Subsequent races will be held on Tuesday nights through February 12. The general race format will be similar to last year's although we'll be trying some new things, including "First-Timer" races (described further below). Skiers will usually have the option of short or long races, and classic or freestyle techniques. The actual course will vary each week. Classic skiers will have a separate start from the freestyle race. *Registration will begin at 5:45 and close at 6:45 in the Elver Park shelter with the race start at 7 PM sharp.*

Following is a tentative schedule of races, assuming conditions permit:

Thursday, January 3

5 or 10K distance, mass start, Classic and Freestyle at 7 PM

Tuesday, January 8

5 or 10K distance, mass start, Classic and Freestyle at 7 PM, plus "First-timer" race at 6 PM

Tuesday, January 15

"Classical Night" (skiers are encouraged to race using the classical style, but freestyle will be held with a delayed start) 5 or 10K distance, mass start at 7 PM, plus "First-timer" race at 6 PM

Tuesday, January 22

"Time Prediction Night" (skiers predict their finish time, closest prediction wins), 5 or 10K distance, wave start (10 skiers), Classic and Freestyle at 7 PM

Tuesday, January 29

"15K Night", 5 or 15K, mass start, Classic and Freestyle at 7 PM

Tuesday, February 5

"Wave Night", 5 or 10K distance, wave start (10 skiers), Classic and Freestyle at 7 PM

Tuesday, February 12

"Relay Night", 4 X 3K (organize your own 4 person team), skiers must register by 6:45, organizational meeting at 7, race begins at 7:15 PM

Race plans are subject to change based on course conditions. Our goal



is to provide skiers of all ages with a quality, safe and fun event. The course is normally groomed by the city on race day. Course conditions will be checked and races may be postponed until conditions improve later in the week. We greatly appreciate this flexibility the city has provided the club that has allowed us to hold nearly a full slate of races in each of the last two years. Racers can check on the status of a planned race by calling the club's hotline at 608/233-MADK (6235). We will also use email notices to the clubs list-serve. Race results will be posted as soon as possible on the club's website at <http://www.madnorski.org/club/index.html>

"First-Timer Races"

New this year will be at least two "first-timer" races for beginning racers and younger skiers. These races will be held on Tuesday, January 8 and Tuesday, January 15. Additional races will be scheduled, if there is sufficient interest. First-timer races will be 3K in length for both classic and freestyle skiers. We hope that this will give inexperienced skiers a chance to try racing in a smaller group and perhaps less intensive atmosphere. *Registration for these races will be from 5:15 to 5:45 with a race start at 6 PM.*

Fees for single races will be \$6 and \$8 for adult members and non-members, \$3 and \$5 for junior (high school and younger) members and non-members. The seven race series fee will be \$25 and \$40 for adult members and non-members, \$12 and \$20 for junior members and non-members. You can register for the series at the January club meeting, or at any of the first three races. First-timer race fees will be \$3 for adults and \$2 for juniors. All proceeds from the race series will be used to promote skiing and trails in the area.

Don Miller Subaru is sponsoring the

club's 2002 seven-race series. The sponsorship allowed us to purchase new race bibs, improved timing software and other supplies needed to further improve the race experience for everyone. We are grateful to Don Miller and Subaru for their interest and help in our club's efforts. Any adult who test drives a Subaru at Don Millers from November 15 through January 15 can receive a certificate good for either two single race registrations or a \$10 discount on a series registration.

Volunteers are needed to help make the races a success and enjoyable for everyone. Volunteers will help with registration, direct racers on the course and help pick up at the end of the race. Volunteering for even one night will make a big difference and still allow you to participate in the remaining races. Please contact me at nedz@itis.com or 231-1876 if you have any questions or if you're able to help out. *

XC Mailing List — The Full Story

BY JOE KING

The way one subscribes to the XC mailing list has changed. The old method no longer works. It is replaced by two new methods:

Method one: send email to xc-request@danenet.org with the word "subscribe" as the subject of the message. The body of the message should be left blank.

Method two: visit <http://www.danenet.org/mailman/listinfo/xc> and follow the instructions on that page.

Links to the above methods are also given here: <http://www.MadNorSki.org/discussion.html> under the "Join the XC" heading.

This change was brought about by a switch from Majordomo list management software to MailMan list management software. The later gives subscribers more control over list options such as

(SEE STORY, CONTINUED ON PAGE 8)

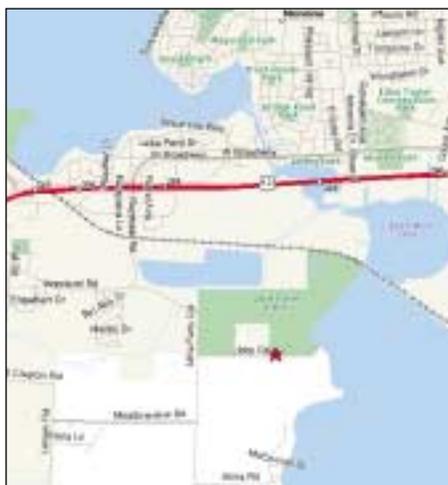
- MONDAY, JANUARY 14TH -

Lussier Family Heritage Center — Home to Our Next Meeting

By JIM COORS

Our January meeting will be held at the Lussier Family Heritage Center. The Lussier Family Heritage Center is located at Lake Farm County Park, right along the south-east portion of the Capital Cities trail. Lake Farm County Park is part of a former Indian camp on the northwest shore of Lake Waubesa. The park is home to prehistoric sites and has a path lined with interpretive signs of the scenery. The Lussier Family Heritage Center has recreational facilities, a museum and an environmental education center. To get there from the Beltline, take the South Towne exit at Raywood Road south, turn left at the sewer plant on Moorland Road, which then becomes Lake Farm Road, and then turn left again onto Libby Road, which leads to the park. If you are interested in learning more about the Lussier Family Heritage Center see <http://www.co.dane.wi.us/parks/adult/action/2000/fall2000.pdf>. *

If there is snow, bring your skis and ski on the trails at the Lussier Family Heritage center before the meeting (5:30ish)!



Running Clinic Coming to Madison!

By JOANNA FANNEY

Do you run to train for skiing? Are you a runner frustrated with nagging injuries? Would you like to learn to run injury free? Research has shown that running utilizing the Pose Method™ decreases stress at the knee joint by an average of 30%.

Running is a skill, much like skiing, where some people have more success than others. The Pose Method™ of running has been in development for over 25 years by Dr. Nicholas Romanov (USA Triathlon Coaching Committee member and U.K. Olympic Team Coach).

Pose Tech Corp, a company founded to promote the benefits of the Pose Method™ of running, would like to invite members to attend a clinic with Dr. Romanov in Madison on April 19 - 21.

The clinic options are 1-day or 3-day and will focus not only on running and running drills, but also on unique strength and flexibility exercises applicable to any sport. For clinic pricing and registration the local contact is Joanna Fanney @ 608-592-7817. For further clinic information email connie@posetech.com, or visit the website at: www.posetech.com. *

2001-02 MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
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. *

2001 - 2002 MadNorSki Junior Directory

COMPIED BY DON FARRIS

These are the questions that were asked of the members of the Madison Nordic Junior Ski team:

1. Favorite subject
2. Number of years skied
3. Number of years raced
4. Name an athlete you admire
5. Name any heroes you have
6. What is the best part of your skiing?
7. What needs work?
8. Why is skiing fun for you?
9. What other sports or hobbies do you enjoy?
10. Favorite music type or group?
11. Favorite food
12. Favorite movie
13. What should your teammates know about you?
14. What one word would your friends use to describe you?
15. What one word would you use to describe yourself?
16. What is your best skiing/winter memory?
17. Do you have a favorite ski race?
18. What should MadNorSki members and fans yell to cheer you on in a race?
19. Anything else about you we should know?

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Want to check in on the Juniors? Check out their basic events web page at <http://madnorski.tripod.com> (note: there is no "www").



Emily Dunn is a freshman at East
Parents: Jim and Jean
1) science 2) 11 3) 0 4) Chantel Smith 5) Joan Benoit-Samuelson, Jacki Joyner-Kersey 6) grace 7) speed 8) relaxing 9) Cross-country,

ballet, canoeing, camping, cooking, music 10) U2 11) bread 12) Dirty Dancing
13) I love to have Fun! 14) fantastic 15) outgoing 16) skiing in the woods with friends 18) "Come on Emily!"



Paul Kronser is a junior at Middleton
Parents: Chris and Ann
1) Physics 2) 2 3)2 4) Lance Armstrong 5) my aunt 6) the cross training 7) classic 8) the training 9) Biking, running 10) DMB 11) Pizza 12) Dumb and Dumber 13) I am doing this to cross train 14) nice 15) cool 16) last year's snow 17) nope 18) Go



Erin McMahan is a senior at East
Parents: Tom and Kate
1) science (in general) 2)lots 3) 4 4) Ed Viesters (mountain climber) 5) Lisa Simpson, Lance Armstrong 6) classic 7) skating,

V2 8) I like the skiing and I like the team
9) CC, piano, outdoor sports 10) everything (but country) 11) chocolate 12) Monty Python and the Holy Grail 13) I'm kinda quiet, but I like having fun 14) smart 15) unique 16) skiing in Colorado 17) nope 18) Go Erin!



Tom Richner is a junior at Middleton
Parents: Bill and Joan
1) recess 2) 1 year 6) V2 alternate 7) Classical 8) I like to go fast 9) CC running, windsurfing 10) Jazz, Rock 11)

Apple Pie 17) State Championships 2001



Mikaela Robertson is a freshman at West
Parents: Mac and Marilee
1) Art 2) 13 3) 0 4) Wilma Rudolph (who doesn't?) 5) Tigger- he's always so happy 8) It just is... 9) Running!! 10)

80'smusic! 11)pumpkin pie 12) Harry Potter (jk) umm... Billy Elliot and Chocolat 14) spontaneous 15) Nice (is that generic or what?) 16) skiing in the Sylvania wilderness 18) Anything you normally would... umm, nothing special...



Martha Sample is a freshman at West
Parents: David and Joan
1) Art 2) 8 3) 0 4) Sherisa Livingston 5) mountain climbers 6) having fun 7) technique 8) b/c skiing is fun

and the people are cool 9) rowing and art
10) Dixie Chicks! 11) Chinese 12) Office Space 13) I LOVE camping and backpacking 14) energetic 15) vivacious 16) staying in the cabin @ ABR 17) nope 18) YEA! GO MARTHA! 19) I hope not



Karen Stolzenberg is a freshman at West
Parents: John and Lou
Nickname: wren-ladie
1) History 2) 4 or so when I was younger... 3) none 4) Lindsey Davenport

5):wonderwomen
6) i am not sure 7) most things 8) its fun to be outdoors and be traveling by a different mode of transportation 9) bicycling and tap dance 10) alternative/weezer 11) banana popsicles 12) breakfast at tiffany's 13) i am very optimistic 14) pleasant 15) creative 16) Skiing with my family when I was younger 17) no 18) i have no idea

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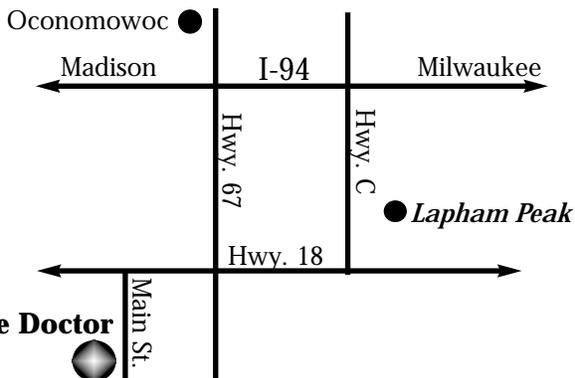


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News from Norway

(ADAPTED FROM AN ARTICLE BY LARS LUNE, KINESIO TECH INSTITUTE OF NORDIC SPORTS, NORDKAPP, NORWAY)

Finally, a completely new direction in XC technique! It has been nearly 20 years since Bill Koch revolutionized cross-country skiing by perfecting the skate. Now, from the visionaries at the KinesioTech Institute of Nordic Sports, a profound advance based on thorough evaluation of the physiological processes of locomotion, not only in humans, but other animals as well. The Nordic community has not yet settled on an accepted name for the technique, but let's call it the V4 for lack of better term.

The V4 is simple to describe in words, but a good deal more difficult to accomplish on skis. To start, assume the standard, slightly hunched posture, with weight evenly distributed over both skis, which are turned slightly outward. Then, to begin the power thrust, bend the knees to preload, but remember to think of kicking off both skis, not just one! At the same time, bring both poles forward in preparation for a joint pole plant about 2 feet in front of your torso, right between your

skis. As your skis separate and you complete the preload, the poles should be forcefully driven into the ground using the full weight of your upper body. This action will propel your entire body forward, and if you time your two-legged kick correctly, you will almost leap down the trail.

The recovery is little more difficult, and some aspects are under intensive study. If you achieve a little lift off from the two-legged kick, then it's relatively easy to reorient arms, legs, skis and poles for the next kick. But if an edge drags, or a pole sticks, it might be a little difficult to recover in time for the next stroke. Pole and ski lengths might need to be altered a bit before you become comfortable with the V4.

A cautionary note, the V4 can be dangerous to the uninitiated, so be very careful the first few times you try it. This technique is more easily mastered on snow than on roller skis. Better yet — contact the KinesioTech Institute for their introductory video (<http://KinesioTech/XC/frog>). *

STORY (CONTINUED FROM PAGE 4)

digest mode and notices. Subscribers can choose to get at most one email message per day from the list by selecting digest mode. Digest mode collects the messages sent to the list over the previous 24 hours and sends them to the subscriber in one email message. Some formatting is lost when this method is used.

In addition, the archives for the list are much more usable. Subscribers now have the option of turning off email delivery altogether and use their web browser to read and reply to messages in the archives. This allows subscribers to view messages when they want. Overall the MailMain software provides a better service to subscribers and I'm happy to have made the transition. It's worth noting that there is nothing that current subscribers need to do. The list will appear to be unchanged in this respect. Any subscriber can explore the options and find out more about the XC list at any time by visiting www.Mad-NorSki.org/discussion.html. *

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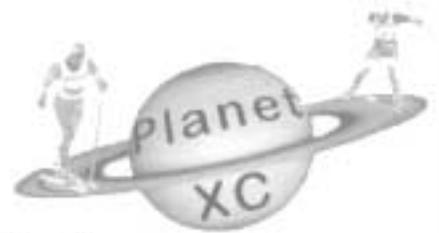
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- C. Germina RX 801 Skate**
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- D. Germina RX 801 Tri- Step**
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- E. Germina TR 200**
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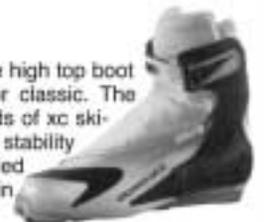


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Funstuff



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Jim Coors shot this image of a lawn decoration at the home of (perhaps) a frustrated cross-country skier! I wonder if the residents of this home are members of Madnorski?



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Monday & Thursday	10 to 8
Tues., Weds., Fri., Sat.	10 to 6
Sunday	11 to 6

Scenes From Our December Meeting...



Club members listen intently as Paul Pederson talks about the latest happenings for Birkie 2002.

Left: Harry Lum and Jimmy the Prez. present Walter Meanwell (the younger) with brand new Infinity poles that he won as a door prize — just for being a member and being at the meeting, imagine that!



Meet our new Trips Chair — Mike Cockrem! Thanks for stepping in Mike!

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- Kidski \$25 plus club membership

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BRING TO NEXT MEETING OR SEND TO:

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