

# MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 22 No. 1

- A WORD FROM JIMMY -

## Kick It Up A Notch!

By JIMMY VANDEN BROOK, PRESIDENT



So, how was your exercise cuisine this summer? Was it bland, monotonous, and a little too heavy? I hope you were able to keep up your appetite with a diet rich in long, slow, enjoyable dis-

tances, light on the interval training, but with a pinch of ski-specific exercise. As Emeril is fond of exclaiming on his food show, I hope you "kicked up" the spice in your workout recipes to keep things exciting. I tried a few new things this summer that not only got me in reasonable ski shape but also made this summer quite fun.

The key to improvement in any exercise program is consistency. Every coach will tell you that. It's just like flossing your teeth. Establishing and maintaining a routine is critical. The only problem is that most of us can find more excuses not to initiate a workout than peel out a yard of floss. Not only do you have to devote time consistently but you have to stay motivated. And summer brings along its own distractions.

Normally my summer activity revolves around biking, usually solo to work. This can get a little stale but this year I stirred the pot. During Bike-to-Work week in May, I challenged my work mates to match my number and distance of rides to work. I had to shell out in cookies and cassoulet but got in a lot of riding, encouraged by my colleagues. I'll do that again. In July, Judy and I, another couple, and B.O.B. rode 720 miles around Lake Michigan for our summer vacation. B.O.B. is the trailer I pulled that weighed in at a svelte 50

pounds and turned out to be a quiet though quite effective and constant training partner. Not that I wanted to be a mule but the challenge and novelty were worth it. The cherries on top of the biking sundae were the 50 mile, Firehouse 4 person time trial in August and the off-road Chequamegon 40 in September.

Running is not my cup of tea but I ran a fair bit this summer, and stayed motivated by sprinkling in a few 10K's. The highlights included the Musky Run in Hayward where a very thin 50-59 crowd allowed one of my rare age-class finishes. It was a little like getting the \$10 Community Chest prize in Monopoly for 2nd place in the

beauty contest. There may have been only two in the contest, but, what the heck, take your victories where you can. To cap my running season I participated in the 20th running of the Cow Chip Run in Prairie du Sac on Labor Day weekend. A sizable field abolished all thoughts of any age-class finish but donning the race t-shirt was worth showing up. No event t-shirt I know of sports a running piece of cow dung.

Talk about class!

This summer I peppered the biking and running with Yuriy Gusev's (Planet X-C sponsored) twice-a-week Russian-style ski school (see Silent Sports for a fall schedule). A whole summer of ski-specific dryland drills and strengthening was just the ticket for a change of pace and a challenge to my whole approach to ski training. The key is to relax... and concentrate on form, something I usually don't do while skiing. These sessions included a wide

(SEE **KICK**, CONTINUED ON PAGE 7)

**NO EVENT T-SHIRT  
I KNOW OF SPORTS  
A RUNNING PIECE  
OF COW DUNG.**

### OUR NEXT MEETING

Monday, Nov. 11th, 2002  
Lussier Family  
Heritage Center

#### Agenda

6:30: Vendor Fair, social hour, trips signup, brief business meeting and a short Norway trip recap.

### 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

Mike Cockrem  
Trips Chair  
mcockrem@kiwichem.com

Nancy Hoene  
Publicity  
(608) 226-9994  
nhoene@chorus.net

Jim Coors/  
Scott Bachmeier  
Membership  
(608) 231-3593  
jgcoors@facstaff.wisc.edu

Karen Wesley  
New Member Chair  
KWesley@madison.com

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  
kay@athleticbusiness.com

Pete Anderson  
KidSki Chair  
222-1928  
pjander2@facstaff.wisc.edu

John Taylor  
Social Director  
236-4565  
jtaylor826@excite.com

## - MNSC TRIPS 2002-2003 -

By MIKE COCKREM, TRIPS CHAIR

# December Demo Day Bus Trip

Minocqua, Wisconsin  
December 14th 2002



We will try to run the one day bus trip to Minocqua once again. We leave at 6 am, ski from 10:30 am to 4:00 pm and are back in Madison by about 9 pm. We take a comfy 35 seater bus, space is limited.

If you have not skied at Minocqua Winter Park, note that there is a nice warming hut, lots of trails of different lengths, classic and skate.

We will make a decision re: snow by about Dec 4th, 2002, as we will need to notify the bus company. We will need to signup before the November meeting, Nov 5th 2002. (Guy Fawkes day). Full refunds will be made if we don't go.

This is a great trip when it runs. Jimmy tells me he has already arranged for a 2 ft base and 3 inches of fresh snow for this years trip.

Check out <http://www.skimwp.org/> for winter park details, and [http://www.skimwp.org/trail\\_report.htm](http://www.skimwp.org/trail_report.htm) for a picture of the snow!

## Book Across the Bay

Ashland, Wisconsin  
February 15th

Ski the seventh annual Book Across the Bay. This 10-km race crosses the frozen Chequamegon Bay of Lake Superior, beginning in Ashland, WI and ending in Washburn, WI. The entire

course is lit by hundreds of candles in ice luminaries. The event is open to participants of all ages and ability levels; the course will be groomed for classic-style and skate-style skiers. Snowshoers are welcome too. Proceeds from the race benefit the local Medical Society and Public Library. You can call the Ashland Area Chamber of Commerce at (800) 284-9484 or [www.batb.org](http://www.batb.org). The race starts at 6 pm.

We will need to book accomodation by Dec 6th. Last date for deposit \$50.00. Estimated cost of motel is \$80/room/night for two nights.

We will car pool from Madison, probably with cars leaving Thursday evening and also Friday sometime. A good family weekend, fireworks after the race.

Bib pickup is 5 - 8 pm Friday at the Ashland Middle School. The Ashland High School cross-country ski team will host a fund-raising spaghetti dinner there then too.

Race-day registration and check-in will be held from 2:00 - 5:00 p.m. on Saturday, Feb. 16, 2002 in Ashland at the Hotel Chequamegon, 101 Lake Shore Drive West.

Preregistration (before February) fee last year was \$15 for adults.

We park in Washburn, near the finish line catch a shuttle to Ashland before the race (2-5pm). [www.cheqnet.net/~tomc/asta](http://www.cheqnet.net/~tomc/asta) for other local trails

# The Third Annual Nordic Ski Rendezvous

Cable, Wisconsin  
Jan 28-30, 2003

The Third Annual Nordic Ski Rendezvous will be held on January 28 -30, 2003 at Telemark Lodge near Cable, Wisconsin, USA. Telemark is home to the American Birkebeiner cross-country ski race and to some of the best nordic ski trails in America.

Accommodations at Telemark Lodge, approx cost \$85 per room per night, two nights. Most rooms have two twin beds. Deposit \$50.00 required by Nov 6th 2002, as we must prebook these rooms. We cannot make refunds of the deposit. Transport by car pool. Usually leave Thursday evening or Friday and ski Fri/Sat/Sun.

Ski Clubs from Minneapolis/St. Paul, Minnesota, Milwaukee, Madison and Wausau, Wisconsin will join together for a weekend of cross-country skiing, socializing and comparing notes. This event is open to any cross country ski club or individual that would like to join the fun.

The Telemark Lodge is located at 42225 Telemark Road, Cable, WI 54821. It is East of Cable on County Road M 1-877-798-4718 (toll free) or (715) 798-3999 fax (715) 798-3995 [www.telemarkresort.com](http://www.telemarkresort.com)

To see some photos from last years rendezvous, go to the Northstar club web site at NorthStar <http://www.north-stars.org/rendezvous02.htm> \*

## Blue Mound Challenge

Sunday, November 17th at 1:00 p.m.

By DON FARISS

This free, non-race, low-key event is open to all. You are welcome to bike, hike, run, roller ski or whatever up 900 vertical feet in three and a half miles. No times are kept. We meet and start at Ryan & Moyer Roads northeast of the park. Follow the signs from the park entrance. Shuttle rides will be provided back down to your car. Can you do it? Sure you can! For info call Don Fariss at 437-876. Where else in Wisconsin can you say you climbed a "mountain"? \*

## Red Roller Ski Jackets

Back by popular demand, now in solid red for maximum visibility and safety. These are the Mt. Borah hand sewn Supplex jackets with the vent front pockets and back. Mad Nor Ski snowflake logo on back yoke with the soft fuzzy lining in the collar. Great for roller skiing, biking, and running. Be visible. Be safe. Sizes Med., Large, X-L \$45.00. Call Walter Meanwell at 608-833-4040, or email him at [wmeanwell@wachoviasec.com](mailto:wmeanwell@wachoviasec.com) \*

# Back to School... Now is your chance!

By DON FARISS

I'm referring to Russian-style Ski School of course. 23 of your fellow club members have been meeting with young Russian coach Yuriy Gusev twice a week all summer. Both the experts and novices among us have been amazed by Yuriy's precise knowledge of technique & training and by the way we have all improved by "leaps and bounds" through his personalized attention. His methods work with beginners and "old pros" alike.

## YOU DID NOT MISS OUT!

While the summer group will progress to "Level 2" this fall in their Tuesday & Thursday evening sessions, YOU can dial your skiing up a notch or two by joining the fall program (Sept. 9 - Nov. 27). The level one program is for all abilities and highly recommended before you start doing the level II program. Yuriy will be offering a twice a week or one day a week Level 1 program (Mon. & Wed. evenings) for those who didn't have the pleasure of being coached by him this summer. The program will include technique drills and ski imitation in both the classical and freestyle techniques, general & specific strength training, ski conditioning,

"lectures" on training and some roller skiing. There may be some roller ski rentals available for those without them. If you are signing up late we will either extend the duration of the clinic into December or we will have some additional class to get the late comers up to speed. Just give Yuriy a call (1-608-385-8864) and he will help you with any questions you may have. \*



## DONATIONS MAKE A DIFFERENCE

By JIM COORS

The price of nearly everything has gone up. Nearly everything - but not membership dues for the Madison Nordic Ski Club. Membership dues have not changed for a long, long time. I can't remember when they weren't \$15 for individuals and \$20 for families. Don't worry! This is not a prelude to increased membership fees. Your wise MadNorSki board decided once again not to raise the dues.

There is a good reason why dues haven't changed. We now have a donations request line on the membership form, and many of you have been very generous in the past few years. We no longer have to rely exclusively on dues for those special projects that come up each year. Last year we received \$800 in unsolicited donations with our regular renewals. Now, for example, we can easily help equip the Juniors or support Karl Heil with trail grading at Blue Mound State Park.

We are very grateful to those who have been so generous to the club. Those \$5, \$10, or \$25 donations go a long way because there are so many of you who give. My only advice for the 2002/3 season - keep it up. Donations really do make a difference. \*

## 2002-03 MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
Wednesday Oct 30 TBA	Monday November 11, 6:30 p.m.	New gear, pre-season activities, trip signup	<b>Vendor Fair!</b> social hour trips signup	Lussier Family Heritage Center	Monday October 21
Tuesday Nov. 26 TBA	Monday Dec 9, 6:30 pm	"A Year of Living Strenuously"	Presentation by Bill McKibben, X-C Ski Author	Promega	Monday November 18
Wednesday Thur Jan. 2 TBA	Monday Jan 13, 6:30 pm	Waxing for racing and recreation	Ski, pot luck Waxing tips	Lussier Family Heritage Center	Thursday December 19
Wednesday Jan. 29 TBA	Monday Feb. 10, 6:30 pm	Birkie war stories/ Birkie alternatives	Ski Videos Pizza!	East side Rocky's	Monday January 20
Wednesday Feb. 26 TBA	Monday Mar. 10, 6:30 pm	Racing wrap up	Awards & Potluck	Shorewood Community Center	February 19

# Be a Member of "Team MadNorSki"!

You saw the MadNorSki clothing last year and wished you ordered. Well, now is your chance to be a part of the fashion trend sweeping the XC trails of the Upper Midwest. Based on the tremendous response to the debut of MadNorSki ski attire, Dirk Mason is coordinating another order for this season. The clothing can be order as a suit or by the individual garment. In addition to the jersey and tights, a jacket is also available in the same design as the jersey.

The jersey and tights are made of brushed polyester that is warm and soft. The jacket is constructed of soft nylon with a dryfleece lining, great as pre and post ski attire. The cost of the clothing is dependent on the amount ordered. Additionally, to place an order, a minimum order quantity of 16 items per style is necessary. Therefore, if you wish to place an order I need to hear from you by September 27th with a 50% deposit to ensure a delivery in early January. If the minimum is not met, your deposit will be returned.

## ANTICIPATED COSTS (APPROX.):

**Jersey:** \$65 - \$70 (\$35 deposit)

**Tights:** \$50 - \$55 (\$25 deposit)

**Jacket:** \$100 - \$110 (\$55 deposit)

To more accurately determine your proper size, a couple of fittings will be scheduled. Exact times and locations of the fittings will be posted on the XC list serve and MadNorSki website. Bring your checkbook at this time. Or if you already know your size and what you want, mail your order and deposit to:

**Dirk Mason, 4605 Onaway Pass,  
Madison, WI 53711**

The club still has a limited supply of jerseys and tights, available immediately. Here's your chance to get into MadNorSki clothing prior to January.

## CURRENT INVENTORY IS:

Jerseys: 1 small, 1 medium, 1 large  
Tights: 2 small, 2 large

The cost is \$70 for the jersey and \$55 for tights or \$125 for the combo.



Ski suit designer/ski club member Ben Neff demonstrates how cool you can look in the MadNorSki suits!



For additional information or questions contact Dirk at [dmason1027@yahoo.com](mailto:dmason1027@yahoo.com) or 277-1805 (day) / 277-1881 (evening).

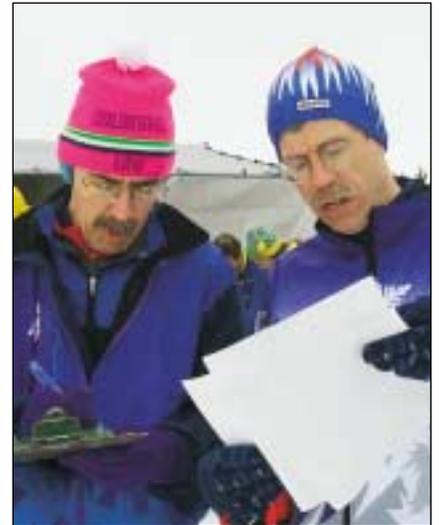
## SIZING CHART:

Louis Garneau — MADNORSKI  
Clothing — Unisex

SIZE	XS	S	M	L	XL	XXL
<b>CHEST</b>	34	36	38	40	42	44
<b>WAIST</b>	28	30	32	34	36	38
<b>HIPS</b>	34	36	38	40	42	44

# In Memoriam

Club member Tom Rebholz, age 47, died on Sept. 3rd following the crash of an experimental plane he was piloting. Tom was an avid cyclist, downhill and nordic skier & racer. Tom selflessly assisted in coaching the MadNorSki Juniors during the past 4 years even though his own son spent only a year in the program. Tom could often be seen riding his bike to work or logging some extra Ks with his headlamp at Elver. He competed in the Birkebeiner and loved the Seeley Hills Classic. He is survived by his wife, Nancy, and two teenaged sons, Peter and Dan. \*



Tom and Don Fariss putting together split timing sheets just prior to 2002 High School Championships.



Waxing for the same event with Ben Cline and Rider Clauss. Tom is wearing the bathrobe the athletes gave him the previous year as a "waxing apron".

Make travel plans



Do your online banking



File your taxes



Get late-breaking news



Watch live webcasts



# What can you do

# easier with a faster

# Internet connection?

Comparison shop



Sell your car



Download software



Send an e-greeting



# Hmm. Let's see...

Bid in online auctions



Apply for an auto loan



# CHECK THE SNOW CONDITIONS!

Look for a new home



Apply for a student loan



Watch music videos



Play games online



Get instant stock quotes



Get medical advice



Shop for airline tickets



How about almost everything? In fact, Charter Pipeline™ high-speed Internet service only from Charter Communications® will completely transform your Internet experience. Plus, it's always on. So you won't experience a minute's frustration waiting for a dial-up connection. And if all these great benefits aren't enough, now Charter Pipeline™ comes with one more. Check out the offer below and get blazing fast Internet service in your home.

# HAVE A GREAT SEASON OF SKIING!

To find out about our great Value Packages that include  
Charter Pipeline™ High-Speed Internet Service call

# 800-581-0081



**Charter**  
COMMUNICATIONS®

A WIRED WORLD COMPANY™

www.charter.com

Nasdaq: (CHTR)

©Charter Communications 2002. Franchise fees and taxes are applicable. Other restrictions may apply. Charter® and Charter Digital® are among the trademarks of Charter Communications. Other trademarks belong to their respective owners.

# Hard in Training, Easy in Race!

By GAIL MOEDE

(DEDICATED TO SCOTT, A SKI-SCHOOL STUDENT, RUTH, AND HEIDI BACHMEIER)

Wise words from the young Russian ski coach were heard at this summer's 13-week ski school. Along with encouragement from Yuriy Gusev (RELAX!), one of the top junior skiers at the Moscow Cross Country Ski School of Olympic Reserve, ski school students were taught about a whole method of Russian-style ski training and in June, began to apply it. Yuriy began the first few classes with a short lecture, where we learned about periodization, which is structuring one's training schedule over the year into periods – the basic premise being that training should progress from general to specific fitness.

Early in the session, ski school students completed a fitness test (one-legged squats, broad jump, jumping over a given height, push-ups, pull-ups, and a 500-meter or a 1,000-meter run) so Yuriy could evaluate our general level of fitness, and, in conjunction with a survey we filled out earlier, develop a detailed training plan for each student. The training plan consists of how much time you should spend working out each week in which activity, such as ski imitation, speed endurance, easy endurance, general strength, specific strength, technical drills, or marathon threshold. Yuriy took time with each student to go over their training plan and he also helped students set goals for the fitness test to be given at the end of the 13-week session.

Classes were held twice a week



JoEllen Torresani tries out the new AT skis from Planet XC

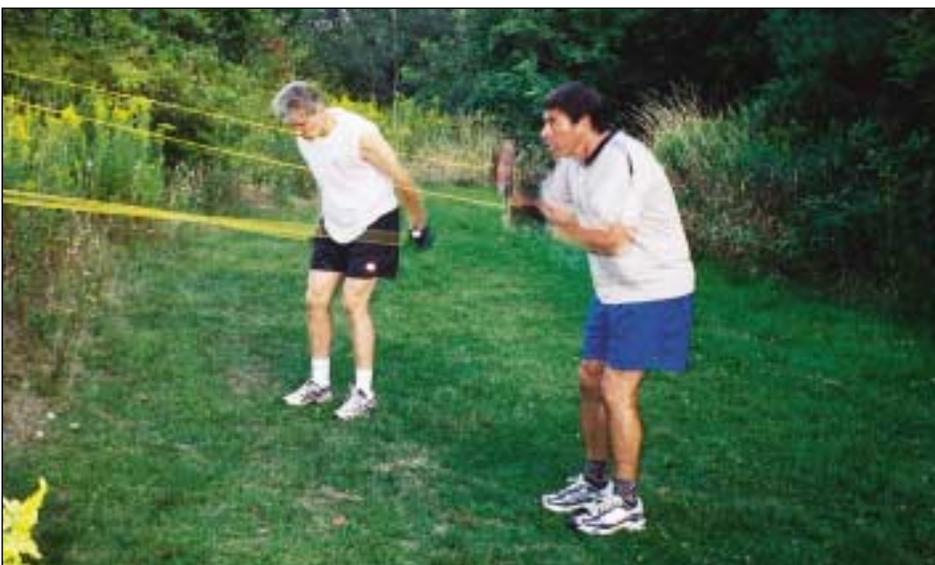
and were two hours long— each week one day was dedicated to classic technique drills and ski imitation, the other day to skate technique work. Roller skis were not used in class until about the 7th week. We learned about and completed a whole circuit of training exercises to develop specific strength. Motion drills helped students develop relaxed and efficient technique and were useful in breaking bad habits. For example, the classical stride was dissected into five stages before weight was transferred to the next foot. At each stage, we'd strive for correct alignment of feet, legs, back, arms,



Tim Magee and Tom Pogodzinski work out with bungee cords to build strength for poling

and head. We learned how to push with the whole foot, not just the toe, important in both classical and skate technique. Practicing the motion drill for skate technique, students looked like slow Frankensteins heading down the path at Elver, ready to scare small children as well as learning how to transfer weight before taking that next wide step forward. Bad habits to break included bringing ankles together between skate strokes (take wider steps), twisting the body side to side (keep your body facing forward), and incorrect pole and arm alignment (keep elbows out). Using video analysis during a ski walking session, bad habits were easy to spot and analyze. Students developed poling strength for classical technique by resistance work using a special type of bungee cord with pole straps, which was secured to a tree. Occasionally we'd break up into teams for relay races, which consisted of running, jumping, bungee poling, high heart rates, sweating, and eventually laughing.

Now that fall is upon us, the next level of training (level 2) has arrived for the participants at this summer's ski school. And new level 1 skiers have a lot great instruction to look forward to. As Yuriy says "Better to finish last among lions than first among dogs." \*



Gordy Bartholomew and Rob Lucas work on double poling technique.

# Introduce Someone to Cross-Country Skiing!

By KAREN WESLEY

Do you know a friend, family member, or colleague from your business, profession or elsewhere who has expressed interest or curiosity in your skiing endeavors? If you know someone interested in checking out MADNORSKI, consider bringing him or her to our first membership meeting on Monday November 11th. You're not required to wear lycra and ski the Birkie in 2 hours to join our club either - we welcome all levels of skiers, whether you're interested in casual touring or improving your technique through racing.

The membership committee would like to make a push for new members the focus of this 1st club meeting. We encourage you to invite potential new members to the meeting, introduce them to others and have them fill out the "Tell Me More" sign up sheet at the meeting so that we can better track these soon to be Madnorskis. Be sure to tell them about all the great door prizes that the vendors will be raffling off.

If you cannot bring someone please introduce yourself to others you don't recognize and tell them why you love being a member of our great club. Parents, bring your kids and let them mingle with the juniors. Spouses, bring those husbands and wives we keep hearing about. Have fun! \*



(KICK, CONTINUED FROM PAGE 1)

range of skiers whom I think really had fun. We did some hard intervals but only towards the end. We received an entire year's daily training schedule based on our individual time allotment and base of training. It was fun, interesting, challenging, and beneficial. And everyone improved.

Lastly, I joined my wife Judy for a twice-weekly weight and core body workout at the Mount Horeb High School. Frosting on the cake.

Everyone has different goals and individual workout volumes vary a lot. But getting ready for the ski season doesn't have to be a chore. Each workout doesn't have to be like eating cold oatmeal or tuna noodle casserole. Be adventurous, add variety, try some new activity or a new workout group. You can work up a gourmet routine yourself or you could get master chef Yuriy to whip one up as well. As a key to longevity and zest for life, Julia Child recommended the following as she turned 90 recently, "Try everything!"

Bon appetit! \*

## Russian Ski School

### FALL SESSION OUTLINE FOR LEVEL I PROGRAM

#### DRYLAND TRAINING

- Bounding with and without poles
- Ski walking
- Motion drills

#### SKATE AND CLASSIC TECHNIQUE

- Using roller skis and dryland exercises
- Video analysis of ski technique

#### DEVELOP CUSTOM TRAINING SCHEDULE

- Periodization training hours
- Utilization of Supercompensation training for maximum performance
- Physical testing to determine training volume and intensity

#### FALL SESSION LEVEL I:

Program Sept 9th-Nov. 20th  
Monday & Wednesday  
(5:30pm-7:30pm Approximate Time)

#### FALL SESSION LEVEL II

Program Sept. 10th — Nov. 21st  
(5:30pm-7:30pm Approx. Time)  
Junior Program dates to be determined. (Please call if interested)

#### COST

Level I or Level II two days a week \$300  
Level I or Level II one day a week \$150

#### HOW TO REGISTER:

- You May register by mail, or by calling Planet XC at 1-800-380-8412 or 1-(715)-421-4706 or Yuriy Gusev at 1-608-385-8864
- Send check and registration to Planet XC, 120 Shorewood Ter. Wis. Rapids, WI 54494

*Late-comers are welcome!  
We will have some make-up dates to get late-comers up to speed.*

## Infinity Nordic Gloves

Totally awesome winter sport gloves!  
Very light-weight and warm!

Infinity Patton Nordic glove. Medium weight glove insulated with Thermolite Active by DuPont. Thin insulation for high activity, movement and warmth. Tough Cordura palm and box fingers constructions with knitted cuff. Please specify color and size!



**Ships out the next business day!**

Regular Price: \$35.95

Sale Price: \$24.99

Cool Sports Equipment, LLC

N2555 Wildenberg Drive

Lodi, WI 53555

888-208-4770

M-F, 8-4 Central

<http://shop.store.yahoo.com/csskiequipment/menladinglov.html>

e-mail: [info@coolsportsequip.com](mailto:info@coolsportsequip.com)

# MEMBERSHIP FORM

Sign up now for the  
2002-2003 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

P.O. Box 55281 • Madison, WI 53705

THE STAMP  
GOES RIGHT  
ABOUT HERE.

CALL THE  
**MAD  
NOR  
SKI**



HotLine:  
**233-MADK**  
**(233-6235)**

---

JOIN THE XC LIST AND  
GET BREAKING CLUB  
NEWS AND CONDITION  
REPORTS SENT TO YOUR  
EMAIL ACCOUNT. SEE  
**WWW.MADNORSKI.**  
**ORG/DISCUSSION.HTML**  
FOR DETAILS.

stick it here, nice and straight.