

- A Word From Jimmy -What? Me worry?

By Jimmy Vanden Brook, President



L s the evening news adding a little too much angst to your life? Are you stressing out over pending war, political corruption at the state and federal level, the economy in a death spiral, and

Martha Stewart gone bad as a week old piece of tuna? Well I've got the tonic for

you. Eight inches of snow fell on October 21st up nort', heralding the start of another ski season. Snowflakes will improve most dispositions but, if you're a club member involved in half the offered activities, you can kiss Seasonal Affective Disorder

goodbye! Too bad we can't apply this seasonal salve to our state, national, and international maladies.

Just imagine what kind of foreign policv would have emerged if Don Rumsfeld. Colin Powell, and Condi Rice settled their differences on skis. Instead of Iran, Iraq, and North Korea, the axis of evil might have included a different trio... perhaps Klister, El Nino, and dog-doo in the classic tracks. And what if George W. and Saddam squared off in a head-to-head 10K with no Sixth Fleet or Republican Guard to back them up? Why, the only weapons of mass destruction to be found would be Fisher RCSs and CERA F. What a different culture we would have if our national leader was a skier like King Olav V of Norway who skied the Norwegian Birkie until his 70's! Big sigh.

While I'm just wistful about our national political figures taking up skiing, we do have our own State Assembly representative, Spencer Black, who not only skis but is a club member too! I think it no accident that Spencer's association with our wholesome sport correlates with his absence from the recent scandals under the capitol dome. Of course, club politics are scrupulously clean. The only "pay for play" that we require in our club are our nominal membership fees. These have afforded your president only the occasional perk like use of the club Jaguar E-type (strictly for club promotional activi-

ties), a few weeks at the club chalet in St. Moritz for stress reduction, and the required training trips to the Austrian glaciers to maintain some credibility as a skier.

I have to admit though, that even I have been a bit

perturbed by the giant sucking sound coming out of my deferred compensation account. During the summer (and last summer too) I fussed and fussed about putting the whole wad in some stodgy but safe bonds. But, now that snow is in the air I've calmed down and reasoned that given my knowledge of the market, I would undoubtedly pull out at the wrong time. Sometimes inertia can be good. So, rather than fume about it, I just left the quarterly report unopened in my stack of low priority mail which expands this time of year. Ignorance is bliss. But, rest assured, your ski club accounts are in good hands (not mine), and invested in a very safe CD.

Which leaves us with poor Martha. If only she had invested in something she knew about instead of a dubious colon cancer cure. Why she could have designed a line of very tasteful ski suits that flatter the feminine form. Just think of the tasty energy bars that she

(See Worry, continued on page 7)

#### 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 <u>nhoene@chorus.net</u>

Scott Bachmeier Membership (608) 231-3593

(608) 231-3593 bachmeier@mac.com

Karen Wesley New Member Chair KWesley@madison.com

> Ned Zuelsdorff Race Chair (608) 231-1876 nedz@chorus.net

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

**Kay Lum** Newsletter (608) 249-0186 ext. 110 <u>kay@a</u>thleticbusiness.com

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

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

## SNOWFLAKES WILL IMPROVE MOST DISPOSITIONS...

## -Races Begin January 7-2003 Elver Race Series Sponsored by Don Miller Subaru

**Don Miller Subaru** is sponsoring the club's 2003 seven race series. This is the second year of their sponsorship which covers many of the costs associated with holding the races and will help us to hold safe, quality and fun events. We are grateful to Don Miller Subaru for their continued interest and help in the club's efforts.

The 2003 Elver Race Series will begin on Tuesday night, January 7. Six subsequent races are scheduled for Tuesday nights through February 18, which is Birkie week. Skiers will generally have a choice of either 5K or 10K distances, using either classic or freestyle techniques. The actual format and course will varv each week at Elver Park. located on the southwest side of Madison. Classic skiers will generally have a separate start when mass starts are used. Some races will use wave or individual interval starts. Registration will be held in the park shelter from 5:45 to 6:45 PM with a race start at 7 PM sharp.

We hope to provide a great event for skiers of all ages and abilities. The course is normally groomed on race day. Course conditions will be checked early in the day and a deciBY NED ZUELSDORFF



sion will be made to either proceed with the race that evening or postpone the event. The city has provided us with the flexibility to postpone a race until one or two days later, if conditions improve. Racers can check on the status of a planned race either by calling the club's hotline at 608/233-MADK (6235) or by subscribing to the club's listserve at xc@danenet.org The races will be electronically timed and results normally published the night of the race on the club's website www.madnorski.org/ club. Results are also emailed to subscribers of the listserve.

We will again hold a "First-Timer" race for beginning racers. It will be held on January 14. This event will be 2-3K in length for both classic and freestyle skiers. This will provide less experienced skiers with a chance to try racing in a smaller group and less intensive atmosphere. Registration for the "First-Timer" race will be from 5:15 to 5:45 PM with a race start at 6 PM. No

registration fee will be charged.

Fees for single races will again be \$6 and \$8 for adult members and non-members, and \$3 and \$5 for student (including college) members and non-members. Series registration will be available for the seven races at \$25 and \$35 for adult members and non-members. and \$12 and \$20 for student members and non-members. Series registration will be available at the December and January club meetings, and the first two race nights. All proceeds from the race series will be used to promote skiing and improve trails in the area. \*

For more information contact Ned at 608/231-1876 or nedz@chorus.net .

## Vendor Fair 2002 — This One's for You!

C ould we have another weather year like last year? I was golfing in December and biking in February. If you skied at all last year like I did, your good skis are now rock skis. Well, it's a new ski season and it's time for new equipment, but what and where to buy them?

Come to Vendor Fair 2002, for all your answers. Not only do you get a chance to comparison shop but you also get to meet the folks that will show you how to fit you to your equipment. So does your old equipment still fit you?

A new location, the Lussier Family Center at Lake Farms Park will be able to accommodate Vendor Fair all in one room. We also hope to have company representatives at this year's meeting. We know James Mills will be there! The man-

#### By HARRY LUM

ufacturers of Fast Wax have signed up and will be able to answer all your technical questions. So if you're the experienced skier and want the "Racer's Edge" we will have the people who know. But if you're new to skiing and want the best fit and value. we will have all the local establishments represented to assist you with the complete package deal. I know for Kay and I it's time to replace those rock skies from last year.

The last two years we have been blessed with many advertisers who have contributed to all the raffles we have at every meeting. So to all you lucky winners, it's time to give



back a little and shop around and support your retail establishment. Our club has grown under the leadership of President Jimmy and we want to continue to hold raffles at each meeting, we only can do this with your help. It's time to buy! \*

## Friends of Governor Dodge State Park Gets New Grooming Equipment

wanted to express his appreciation, along with the staff of the park, for MadNorSki's help in raising funds for the new Tidd Tech tenderizer and track setter which arrived this fall at the park. Starting with a 50% matching grant from a state Friends Group Stewardship Fund, the small group of Friends reached out to their skiing buddies, including the MadNorSki Club, who's Board of Directors offered up a \$350 matching grant towards our members' donations. The goal of raising all \$1,390 of the Friends of Governor Dodge 50% portion was met in August, several months ahead of plan! Thanks from the Friends Group and Park staff go out to the MadNorSki's Board of

Directors, and the following members who donated towards the equipment: Janice Ketelle, Ann Pollock, Stuart Rudolph, Willi & Gail Van Heren, Scott Wipperman, and Richard Zimmer. We all look forward to better groomed trails at Governor Dodge this winter! I'd like to invite you to come out for our 4th Annual Candlelight Ski on Saturday, January 18th, from 6 pm to 9 pm. Along with the usual bonfire, free hot drinks, and food available for sale, there will be a short dedication ceremony for the new equipment at 7:30 pm.

I would also like to say that Park Superintendent Kathy Gruentzel and Park Ranger John Arthur, who is the main operator of the grooming equipment, were pleased to receive the new gear, which replaces

a home-made steel plate with steel 2x4s welded to the bottom. They are happy to be able to provide a better skiing surface to the park's winter visitors. \*

> - STUART RUDOLPH, DIRECTOR OF THE FRIENDS OF GOVERNOR DODGE STATE PARK the new Tidd Tech tenderizer and tracksetter - ain't she a beaut!

## **Free Skiing!**

#### SKI FOR LIGHT — JAN. 24-26, 2003

C onsider giving your time and talents to become a guide skier to help a visually-, or mobility-impaired skiers experience nordic skiing and the enjoyment of winter activities not otherwise available to them.

There is a waiting list of visuallymobility-impaired skiers. Please note, every one additional guide means one more skier is granted an opportunity to experience our wonderful sport!

There will be training sessions for guides on Friday night and Saturday morning. Applications to be a ski guide are due by Dec. 18th. for more information, contact Mark Graper, Guide Coordinator/Trainer at grapes@tznet.com.

Ski for Light has long been supported by Sons of Norway and other contributing organizations such as the Lions Club. Please let us know if you are aware of other organizations that might help us fund the event at any level (corporate or personal). The Wisconsin Regional Ski for Light event is unique in that all expenses will be paid for guide skiers. (including great food) and there will be round-trip bus service from Madison. The bus will leave the Badger Bus depot at approx. 5 PM on Friday and return at 5 PM on Sunday. \*

## 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		

MNSC NOVEMBER 2002 \* 3

## Blue Mounds Trail Work

By Willi Van Haren

he venerable MadNorSki trail crew made a solid showing on the second day of this years trail work weekend. Booked for Oct. 4 and 5 at Blue Mound State Park, we started a little slow as a crew of 2 showed up to help Karl Heil. Still a culvert and a half were finished on Sat. morning and we hoped for a larger crew on Sunday. Just like a ski race, its not how you start, its how you finish, and the big crew came on Sunday and we dug in another 3 and one half culverts. These were "baby" culverts at only 16 inch diameter compared to last year's 36 inch monsters. These culverts are installed to replace sagging bridges and to manage runoff water that washes trails in the summer and ices them in the winter. Over the last 3 years the club has helped to install at least a dozen or so culverts around the Mound. Many thanks to club participants Gail Van Haren, Don Fariss, Galen Kenover and Jimmy Vanden Brook as well as 3 members of the Friends of BMSP and our pal from Nature Conservancy, Sherren. Thanks to Gail for supplying the muffins and Karl for organizing the work. Join us next year, it's a nice feeling to invest some sweat into this great park. Join us next year! \*



Delicate glass snowflakes will be available for purchase at the meetings made by Liese Pfeifer. These window or tree ornaments are hand blown of clear glass with some flecks of color and come in a gift box. \$5.00 from each purchase will be given to Madnorski juniors to be used as the club sees fit. The price is \$16.00 each. \*

JUNIORS

## News From NIN

(THAT'S NORTHERN ILLINOIS NORDIC)

I fit's white, we ski on it. We're not fussy in Illinois. So here's the early-season look at the "Banana Belt" racing scene, Illinois Division.

Because of a business conflict for me, we can't have the Northern Illinois Nordic on the second weekend of January as we usually do, so it will be the following weekend. However, to entice you to enter, corace director Joe Gollinger has set up a special offer. The first 25 people to sign up for the NIN will receive a FREE pair of Germina LS 300 Classic Skis. You must attend the race to get your skis. These are entry level skis, perfect for the veteran who wants something to bang around in and great for the novice who is just getting started. Here is the URL for NIN online registration: http://www.signmeup. com/16382

Here is a quick look a how the local races are shaping up. All will be on the "Illinois Nordic Series" circuit.

#### THE SCHEDULE (SO FAR):

**Sunday, Jan. 12:** *Island Loppet 12K*, Blue Island Meadows Golf Course, Blue Island. Greg Roll, 708-597-6964, GRoll313@aol.com. Note: Greg and his gang put on a first-class race in March last year on almost no notice.

**Saturday, Jan. 18:** Northern Illinois Nordic 11K (also 3.5 or so K race for 14 and under. Arrowhead Golf Club, Wheaton. We are considering having a very short kids race for very young kids, but only if we have volunteers (HINT). Bob Richards, 630-832-1765, bobnanrun@aol.com

**Sunday, Jan. 19:** *Joliet Nordic 10K* (also 3K fun ski), Woodruff Golf Course, Joliet. Bill Kozol, 815-722-6076, wkozol@rcklawfirm.com.

**February ?:** — It is very possible that Jim Heil and Co., at Crystal Lake Ski & Bike will put on a Classic only race in Crystal Lake. We'll provide updates.

Also, Greg Roll has rehabbed two units near great skiing in the Escanaba, MI area. They are available for rental. Call or e-mail Greg for details (Greg Roll, 708-597-6964, GRoll313@aol.com).\*

- BOB RICHARDS

## - Don't Forget! -The Blue Mound Challenge

SUNDAY, NOVEMBER 17TH AT 1:00 P.M.

Wew meeting location (due to new pea-gravel: Mounds Park Road and County "K". You can still follow the signs from the park entrance. This free non-race event is open to all. You are welcome to bike, hike, run, roller ski or whatever up 900 vertical feet in four miles. No times are kept. Shuttle rides will be provided back down to your car. Can you do it? Sure you can! For info call Don Fariss at 437-8076. \*

### **Calling All Teens**

BY DON FARISS

nce again, we are searching for active high

✓ active high school aged students interested in joining the Junior MadNorSki Ski Team and need your help recruiting. Consider your neighbor's or coworker's kids. They need not be skiers, we can provide instruction.



However, some basic aerobic fitness is advisable. Any kid who is always outdoors running, playing soccer, on a bike or active with their parents is a likely candidate. Talk it up with them & have them call (608) 437-8076 to have Don send potential team members a brochure. Or the can visit http://madnorski.tripod.com

During your cold, blustery, dark, tough fall training sessions, remember one of Coach Yuriy's favorite sayings, "Hard in training, easy in race." \*

#### NEWS FLASH FROM TELEMARK LODGE

Telemark Resort, near the Northwoods village of Cable, Wisconsin, has completed its new XC Snow Park in time for the cross country skiing season. The Snow Park, a 2 kilometer loop trail, is linked to Telemark's snow making system. It is specially designed for man-made snow. *Stay tuned...* \*

know I hyped the club's trip to

but I really under-served you if you

didn't go. I figured we would have

fabulous skiing, be surrounded by

breathtaking scenery, and be thrilled

to partake in the grand daddy of all

ski marathons, but my expectations

elogue is meant as a little teaser for

next time.

were too low. The following mini-trav-

As it turned out, the trip almost

didn't happen. We were perilously

close to not having enough folks to

from snowless Madison, gathered

on March 10th, 2002 for an eleven

Robb, Cindy Easley, John Gillich,

Meek, First Lady Judy and I were

Loos. From Colorado, David's pal

group. And our fearless leader, Jer-

ry Norsman, who put the trip to-

gether from the Nordic Company,

the start our little band jelled as a

group and every phase of travel

took us across the pond. Right from

joined by Milwaukee Ski Club mem-

Don Fariss, Tom Hooyer, Roger

Perkins, Wendy Sundby, Tom

Schirz, Mike Cockrem, Connie

bers John Idzekowski, and Jeff

Scott Jacob's rounded out our

day adventure. MadNorSki's David

make it go. But 15 souls, mostly

Norway last March shamelessly,

## **Norway — Expectations Exceeded**

By Jimmy Vanden Brook

and play was a good time. While it wasn't hard to have fun, our good attitudes really helped.

Flying over Oslo in the mid-afternoon of the 11th did not look promising to a skier. But the airport is farther inland, a few hundred meters above sea-level and there was definitely more snow there. We hopped on our bus and traveled north past Hamar and Lillehammer with snow

amounts picking up all the time. Just as light began to fade snow began to fall in gobs. In the time it took to unload at our mountain lodge we were all covered in a white cape. Snow fell most of the night. When we tumbled out it was Friday morning, and the 8 or so inches received the night before was already groomed!

We had the first of our amazing breakfast buffets and took our prebirkie spin on the local trails. Then on to Lillehammer to pick up our

race packets for the race the next day. We had time to ski around Lillehammer and what a treat that was. We cruised down to the finish area and saw that we would be coming into Birkebeiner stadium just like they did in the '94 Olympics. We pretended we were Bjorn and Silvio and dueled one another in sprints for Norwegian and Italian glory. A quick visit to see

the Lillehammer ski jump and back to the hotel to dine, wax skis, and get jittery about the big race.

We jumped on our bus early, ate a breakfast (including pickles!) that was packed for us, and arrived at Rena for the start. Our nice heated bus parked about 200 meters from the start! Heaven. It was just a degree or two below freezing and the start of each wave was carried off with very little fanfare. Those Norge's just get out there and ski.

(SEE NORWAY, CONTINUED ON PAGE 6)

## **Flexall Eases Pain of Snowless Winter**

hat happens when the snow doesn't fly and not enough time is spent in the wax room? During the 2001/2002 ski season, I found myself in severe depression waiting for my part-time job as house wax master (otherwise known as wax boy) to kick in. During a typical year, I find myself in the workshop with about 20 pairs of skis for our family to be taken care of for important events like the Elver Tuesday night races and the hill climbing races at Black Hawk (the rope tow skiers always win). But last winter was different. I found myself aimlessly wandering in the basement and unable to sleep. What I needed was a ski related project. Then the idea hit me. How about a Flexall. A simple inexpensive ski flex tester that can be made and operated at home.

The Flexall ski flex tester was designed and constructed over

#### By Mark Torresani

the course of a few months and is now operational. Preliminary ski testing last year on a Team Madnorski racer's skis (my wife, JoEllen's) revealed some interesting and promising results. Proper ski fit for various snow conditions is the goal. Galen Kenoyer has had the Flexall in his wax room for the past several months testing skis for the junior team and himself. The Flexall is ex-

pected to be the start of a new business venture for a firm that will specialize in kits for the do-it-yourselfers out there. "Make your own skis and have fun doing it in the basement" will be their motto.



Mark proudly displays the Flexall flex-tester.

Heck, if people can build their own canoes and snowshoes why not skis? Just think of the accomplishment it would be to finish the Birkie on a pair of skis that you made. Any venture capitalists out there wanting to give me startup money can contact me at a club meeting.

The **Flexall** will be available for limited testing of club members skis during club meetings, that is if

you buy me a beer or don't already ski too fast. An idle mind and body caused by a lack of snow truly can be dangerous. Think snow for 2002/2003. I would hate to start production on a pair of skis. \*

## World Masters in Quebec City!

BY WILLI VAN HAREN

he 2001 World Masters XC championships were held in Ouebec City, Oue. at the end of Feb. 2002. Mad-NorSki had a number of skiers testing their luck against the international competition. The highlight for most of us was just being in this fabulous old, old city. A city that embraces winter, Quebec was an inspiration for all participants. We arrived right after the winter carnival and all its ice sculptures and palaces. Huge parks with groomed trails overlooking the mighty St. Lawrence River adjoined the downtown area. The Habitants were out walking, ice skating and sledding at all hours. A municipal toboggan chute was quite a rush as well. While we stayed downtown, the racing was about 30 km away at the Canadian National Biathalon Course. A steady stream of shuttle buses made for easy, social commuting. The biathalon course was an intimidating layout of lung bursting climbs and screaming, technical descents. Fortunate for us, there was milder terrain for us to do most of the racing on. The racing was highly organized, with assigned starting spots and tight schedules. At World Masters, you have to pick Classic or Freesyle skiing for each distance, and then there is a day of

Classic and then Freestyle. So you race every other day. You can do one distance Classic and another Freestyle if you wish. Some fields are as large as 60 skiers in a 5 year age group. Of course there were many very fast world class skiers, but everyone had skiers to race against and quite a few spectators to urge you on. Club members who participated were Liese Pfieffer, Galen Kenover, Chris Ransom, Frank and Laura Farwell and me. A number of other Wisconsin skiers also participated. Galen and I spent our day off at the fabulous Mt Saint Anne XC ski area about 30 KM from Quebec City. This is a huge (200K) area next to the downhill resort. A huge new lodge looks out over the trails, with cafeteria and huge wax room. It would take many days to explore this gem, we saw what we could in day and went home very impressed. World Masters will be back in North America in 4 years, but Quebec City will be there every year. If you are looking for a winter destination, check it out. I didn't mention the food yet, but the dining was awesome in the old city, and the Quebecois were wonderful hosts. The 2003 WM is in Austria and 2004 is in Lillehammer, Norway. \*

## - MEMBERSHIP NOTES -Who's the New Guy?

BY SCOTT BACHMEIER

llow me to introduce myself: I'm Scott Bachmeier, the new MadNorSki Membership Chair. Jim Coors and the rest of the Club were brave enough to pass the responsibility on to me, so I'll make every effort to carry on the fine tradition of database management and hassle-free new member recruiting tactics. While I am employed as a research meteorologist at UW-Madison, I make no guarantees to the Club about my ability to either predict or modify the weather or anything related to it. My hands are tied yet again this winter, what with another El Nino to contend with -- but I remain optimistic that somehow we will have a season of good Nordic skiing in Wisconsin.



Scott Bachmeier, happy to accept his new position!

As of March 2001 the Madison Nordic Ski Club had grown to over 300 members. We should all make an effort to continue the growth of our club, so try to encourage any prospective new members you know of to come to our meetings and learn what we're all about. \*

(NORWAY, CONTINUED FROM PAGE 5) And ski they do, mostly faster than me. It was fun to see the top skiers from subsequent waves go by. Their classic technique is just that. The first 15K is a gradual climb and it got a little colder as we went higher. We broke out onto a beautifully expansive plateau unlike anyplace I've ever seen. The sky was a deep, dark, crystal blue dome over a skier's playground encircled by vast, distant mountains. Not heaven... Valhalla.

Downhills! Long, fast, straight, ski-chattering-in-the-tracks downhills. Whooooweee! And all along the trail, spectators were hunkered into pits in the snow having a great time despite knowing only one cheer: heija, heija, which really doesn't mean anything. No matter, I enjoyed it all, even if it was the longest classic race, in distance, and time, I've done. The best part of course was the finish. Judy was there with most of the MadNorSki's. It was sunny, warm, with no wind. Glorious.

The next day we broke camp for the Telemark region and stayed for four days in a fabulous high mountain hotel. Let's just say that only Norway's ski culture could support such an incredible facility. We arrived in the evening and from our window a full moon illuminated the distant mountain range ... breathtaking. The skiing was unbelievable on seemingly limitless kilometers packed with over 100 cm of snow. We skiled to little villages to eat and shop and ski some more. Invariably, the local people we met were gracious and helpful. What a civilized country.

While the skiing was more than I hoped for, I was really impressed with Norwegian history and culture which we had a number of opportunities to explore. The visit to the heavy water plant where Norwegian commandos sabotaged Nazi efforts to build an A-bomb was very moving. Imagine defending your homeland on skis, relying on your wits to survive. Heros. My micro amount of Norwegian heritage was very proud.

But the Norwegian love of the outdoors and their ski culture is still alive. Even in snowless Oslo you can see skis being toted off to the train for a quick ride up to Holmenkollen for a little afternoon ski. And Oslo is the most welcoming, accessible, clean, lovely capital city I've seen. These Norwegians know how to live. We're going back. \* (WORRY, CONTINUED FROM PAGE 1) could have concocted filled with unobtainable ingredients and wrapped in edible silver foil (a proven performance enhancer). Martha could have cornered a significant part of the ski wax market with a soy-based product called "Flash-away" that not only had tremendous grip but could double as a substitute for hormone replacement therapy. I bet Martha wishes she were skiing right now. It would be a good thing. \*

### ELVER CLEANUP

ey folks! You are needed **November 9th at 9AM** at Elver to brush the trails for the upcoming season. Implements of destruction and gloves will be provided. We'll also have refreshments for you and the conviviality of your fellow MadNorSki's who enjoy doing something good for the community. We'll be done by noon so you can go home and finish that gutter cleaning you've been putting off. See you there. \*



**1. YOUR OLD, OLD, OLD SKATING SKIS** to be used as rock skis for the Junior MadNorSkis. The need to fit skiers under 160 pounds. We take skis in any condition.

2. YOUR OLD SALOMON BINDINGS. Let's say you upgrade from Profil bindings to the new Pilots, why not give your old bindings to the Juniors for their team skis & roller skis. We'll even take automatic touring bindings.

**3. ANYTHING THAT IS SALEABLE THAT YOU'D LIKE TO DONATE.** If it doesn't fit a junior, we'll take it to the Hoofer's Resale and use the proceeds for more gear. \*

If you have any of the above items and would like to donate them, contact Don Fariss at 437-8076.

# **CLASSIFIEDS**

Ads run free for MNSC Club members!

#### FOR SALE

**ROLLERSKIS-V2 805's** (skate) good condition, recent new wheels, Solomon bindings, asking \$175. 608/238-6552 or 608/233-1116.

**V2 920 CLASSIC ROLLER SKIS.** Salomon Profil bindings, speed reducers. Like new, used lightly for 2 hours. \$350. 608/238-6552.

HONDA 3810 RIDING LAWN MOWER 10HP with a 38 inch cut. Can pull box springs for grooming but chains not included. Used to mow large lawn many times. Make offer contact Harry at 608/273-2821.

#### 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 Kay Lum at kay@athleticbusiness.com

## Another Way to Cross Country







The all-new **2003 Forester**. The ruggedness and versatility you need, without sacrificing the security, comfort and performance you deserve. Full-time All-Wheel Drive,

more interior room and more safety features than anything in its

class. The new Subaru Forester — When you get it, you get it.

## 801 East Washington Avenue • Madison 1-608-258-3500

A D I	S	0	Ν	Ν	0	R	D	I	С	S	K	1	С	L	U	В
			Ņ	<b>1</b> EN	<b>1B</b>	E <b>R</b>	SH	IP	FOI	RM						
				-		-			or the			_				
			02-20						-							
	(У	ou can	also sigi	n up on	-line at	t http:,	//dan	enet.	wicip.org	g/madn	ord/clu	ıb.html)				
			Is this	s a 🗆	renev	<b>val</b> o	r a 🗌	nev	<b>v</b> mem	nbersh	ip?					
				W	hat ty	ype o	of me	mbe	ership?	•						
	🗌 Ir	ndivid	ual \$15	5				[	] Fam	ily \$2	0					
		unior	\$10 (1	8 or u	nder)			[	Kids	ski \$2	5 plus	s club n	nembe	rship		
Addition				-	-			_	-		-		C activ	ities		
Address:_																
City:						5	State	:		Zi	p:					
Home pho	ne:					W	ork p	hone	e:							
Email addı	ress:															
Me			ormation t want you													
			BR	ING TO	) NE	хт м	EET	NG	OR SE	ND TO	):					
	Ma	disor	n Nordic	c Ski C	lub •	PO	Box !	552	81 • N	1adiso	n, Wl	53711	L			

## Madison Nordic Ski Club

P.O. Box 55281 • Madison, WI 53705

THE STAMP GOES RIGHT ABOUT HERE.



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.