

MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 22 No. 3

- A WORD FROM JIMMY -

It's a Wonderful Ski Club!

By JIMMY (STEWART) VANDEN BROOK, PRESIDENT



The crass commercialism of the holiday season makes me nostalgic for a simpler time. That's why I rarely tire of another showing of my favorite Jimmy Stewart film "It's a Wonderful Life".

Malls, video games, and plastic trees had not been invented in 1946. This movie gets me in the mood to ski with its snowy scenes and holiday atmosphere.

In this 1940's fable, George Bailey (Stewart) gives up his dream of leaving tiny Bedford Falls to travel the world. He ends up scratching to keep his father's savings and loan afloat. To working class folks he's the heroic alternative to the town's heartless banker, Mr. Potter. But, just before Christmas, a financial disaster has George wishing he'd never been born. An angel grants his wish and he sees a world that is greatly diminished by his absence. He learns that family and friends count a lot more than money. Recently, I had a dream that merged "It's a Wonderful Life" with skiing.

I dreamt I was at a ski club meeting and there was a run on the ski club treasury! Maddened MadNorSkis were holding up empty beer bottles and demanding more. Some threatened to leave to join the local snowmobile club. Every MadNorSki was lined up at the membership table demanding their dues back, some for the past 10 years. It looked like disaster so I jumped on top of table and exclaimed, "You don't understand. I don't have your beer! Why, your beer money bought that groomer at Governor Dodge, the trail improvements at Blue Mounds, the new

snow machine for the city, and those skis for little ZuZu!" But the crowd was urged on by a few ex-presidents of the ski club who noisily continued to demand more beer. It looked like the end of Madison Nordic Ski Club.

Suddenly, my bride to be, Judy, burst into the meeting hall, and pushed her way through the clamoring throng. She shouted over their heads, "The beer is on its way!". Sensing the impending debacle, Judy had spent all our honeymoon cash on beer for the club. Slowly, the crowd backed off, the crisis averted. So, no trip to Norway. But, hey, what a gal!

As can only occur in a dream, I was training hard for inclusion on the U.S. Olympic Team. In reality, I couldn't make it on the Olympic ski waxing squad, but in dreamland anything is possible. I got an interview before the nordic

selection committee who liked my C.V. and indicated that I could have a spot on the team with one small condition. An influential member of the committee, Ole Potter-Svenson, from Minneapolis, would allow my inclusion, if I would agree to disband the Madison Nordic Ski Club and allow it to be absorbed by his NorthStars Ski Club from the Twin Cities. There it was. Olympic glory just a pen stroke away. Easy. So, I took up the pen, found the line, and... wait a minute. "No &#!*% way, Ole!" I yelled. "Those NorthStars will never get the best club members in the world." What was I thinking? Consorting with Viking fans? Unimaginable.

I was getting feverish now because I knew that Mr. Potter-Svenson wouldn't give up until he'd squashed the Mad-

(SEE WONDERFUL, CONTINUED ON PAGE 8)

OUR NEXT MEETING

Monday, Dec. 9th, 2002
Promega Corp.
Technology Center
(see map on page 3)

Agenda

6:30: socializing
7:15: Business Meeting
7:45: Author Bill McKibben discusses skiing, training, racing & the environment.

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

BY GREG JONES

Silver Skis is a program for middle school age boys and girls to participate in cross-country skiing. Our emphasis is on trying to go fast on skis. We work on both techniques, skating and classical. We are currently meeting every Sunday afternoon for dryland workouts at Elver Park. After the 1st of the year when the snow comes we plan to meet twice a week on Wednesdays and Thursdays. It looks like we will have about 15 to 20 skiers on our team again this year. Hopefully there will be a full compliment of Elver races this year for our skiers to compete in.

We have a small rack of skis that we purchased from a generous donation by MNSC last year. We rent



these skis out mostly to first time skiers. We plowed the money from last year's rental back in to some new equipment for this year. Fontana Sports has come through for us again this year and has given us a price break on the bindings we needed and donated the mountings. We applaud Fontana Sports for their support of youth skiing. Sepp Sports also helped out with a generous

donation. We needed poles for dryland training i.e. hill bounding and running the trails with poles. Sepp donated 7 pairs of poles to our cause. We hope that our club membership can return the favor and support Fontana and Sepp with our patronage. Both of these stores have had long term commitments to cross country skiing and are well stocked. If anyone has any old equipment that his or her children have out grown we could put it to good use.

If there are any more kids out there in grades 5-8 who are thinking of joining, come out and give it a try. You can join any time in the season.

The cost is low and it is a fun group. *

Big Changes for 2003 Badger State Games!

NEW SPORTS, NEW SCHEDULE, NEW LOOK; REGISTER NOW FOR BOTH WINTER AND SUMMER GAMES; SAVE MONEY BY REGISTERING ONLINE

BY DIANE WALDER

Along with an updated logo, the Badger State Games is entering its 19th year with some significant changes.

These include:

- DISCOUNTS FOR ONLINE REGISTRATION

To make registration easier, more convenient and cheaper, athletes can register for both winter and summer games right now at SportsInWisconsin.com. If you register online you'll receive a discount on the athlete fee. Please note that because you can register online up to the day of the Games there will be no onsite registration.

- NEW 2003 BADGER STATE GAMES GUIDE

A new publication, the 2003 BSG, is an overview of the Games and is being widely distributed statewide. Athletes who have participated in the Games in previous years should have received a Guide in the mail along with a flyer containing the details of the sport they participated in.

- NEW SUMMER GAMES SCHEDULE
- In an effort to accommodate peo-



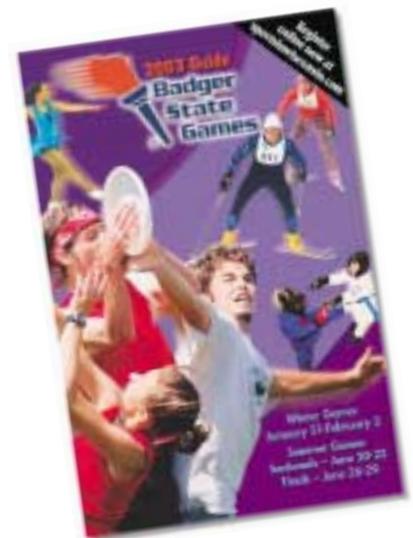
ples' busy summer schedules, the Summer Sectionals will take place June 20-22, one week prior to the Finals in Madison on June 26-29. We hope this will make it more convenient for people to schedule their summer plans.

- NEW SPORTS

Try them! New winter events include the Nordic Combined and what we're calling The Snowman, which is the combined times of the 40K and 43K.

New summer events include baseball and the triathlon. You can sign up right now for these and all other Badger State Games sports.

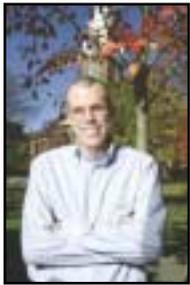
For fees, registration deadlines, all sport and other details, visit our website, SportsInWisconsin.com, or call us at (608) 226-4780.



Whether you compete at a high level or just for the fun of it, it doesn't matter why you play, just so you play!

The Badger State Games is a property of the Wisconsin Sports Development Corporation, a nonprofit sports management organization that promotes health and fitness. Its other properties are Ironman Wisconsin Triathlon, Wisconsin Athletic Hall of Fame and various health education programs. *

Bill McKibben to Address the Madison Nordic Ski Club December 9th



Come hear a reading and presentation by Bill McKibben a former staff writer for The New Yorker and author of *Long Distance – A year of living strenuously*.

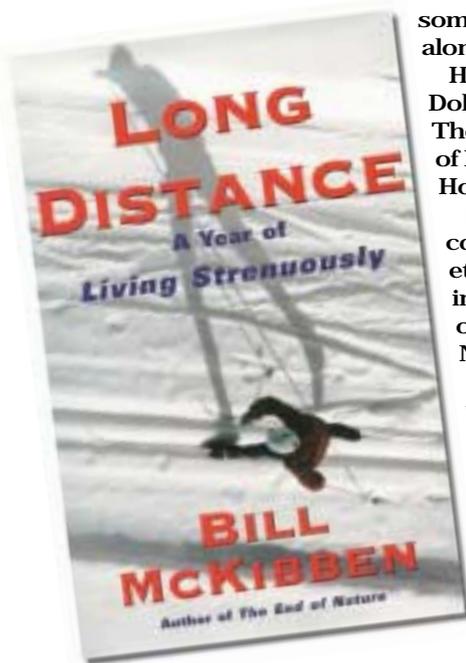
In his late 30's, McKibben decided the time had come to really test his body. Cross-country skiing his challenge of choice, he lived the fantasy of many amateur athletes and trained – with the help of a guru/coach – nearly full time, putting in hours and miles typical of an Olympic hopeful. For one vigorous year McKibben experienced his body's rhythms and possibilities as never before. He pushed his body and soul to the breaking point and learned some unexpected truths along the way.

His books include Hundred Dollar Holiday, Maybe One, The End of Nature, The Age of Missing Information and Hope, Human and Wild.

McKibben is a frequent contributor to a wide variety of publications, including The New York Review of Books, Outside, and The New York Times.

McKibben lives with his wife and daughter in the Adirondack Mountains of New York, where he is a Sunday school superintendent of the local Methodist church.

Be sure to come. This will be an evening to remember. *



MEETING AGENDA:

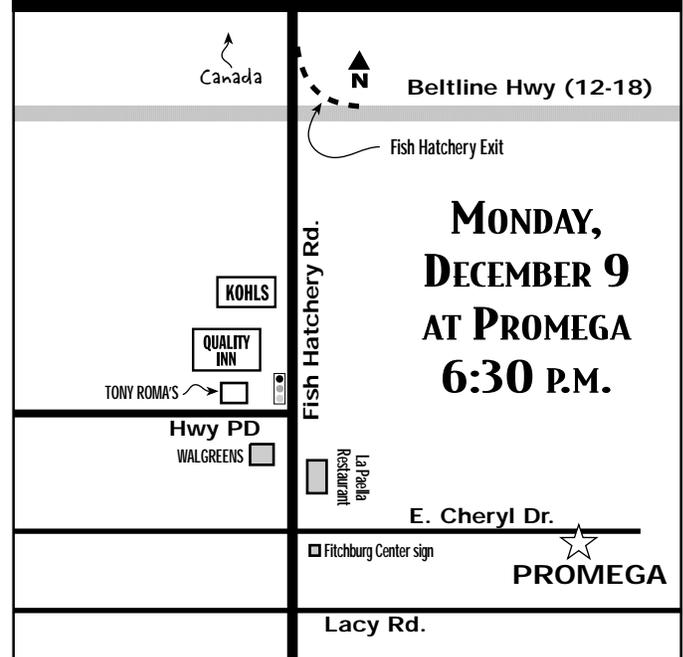
6:30 pm December 9, 2002
at Promega Corporation, BioPharmaceutical
Technology Center, 5445 East Cheryl Parkway.

6:30 to 7:15: Socializing with complimentary refreshments, trip signup, race series signup

7:15 to 7:45: Business Meeting

7:45 to 9:00: Noted author Bill McKibben discusses skiing, training, racing & the environment

HOW TO GET TO PROMEGA:



2002-03 MadNorSki Meeting Schedule

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

Will There be A Birkie in 2025?

By GREG JONES

I had the opportunity to talk to a couple of Birkie Foundation board members the other day. They related a startling fact to me, the AVERAGE age of a person skiing the Birkie last year was 47 years old! I wonder how many of them will be around to ski the Birkie in 2025? The Birkie Founda-

tion is worried about this trend. They were about to vote on a resolution to appropriate \$10,000 to be used to help promote youth cross country skiing. Without the youth there is a dim future for our sport. Fortunately we have some good youth programs established in the Madison area.

There is the "Kid Ski" program for elementary school ages, the "Silver Skis" for the middle school kids, and the Juniors program for the high schoolers. These programs operate mostly through volunteers. There has never been much of a fee to participate in these programs. A large fee could serve to dissuade some from joining in when they already have to make substantial investments in equipment. Unfortunately a result of the low fee is that programs must operate on a shoestring budget.

I know that you care about the future of cross country skiing and ski

THE AVERAGE AGE OF A PERSON SKIING THE BIRKIE LAST YEAR WAS 47 YEARS OLD!

racing. There is now a way for you to help get youth involved in our sport and to support the kids while they participate. Your donation can be in the form of appreciated stock, mutual fund shares, and/or cash. The entire value of your contribution is tax deductible.

The Wisconsin Nordic Sports Foundation is the mechanism through which all donations must pass in order for you to qualify for tax deductible status. All checks for example would need to be made payable to the W.N.S. Foundation with a note on the memo line indicating what the money is to be used for. Please contact Walter Meanwell if you would like to make a contribution or if you have any questions. He can be reached at wmeanwell@wachovasec.com or at home after 6:30 at 238-7822. Thank you for your support of the children. *

Got a Story to Tell?

Have a ski-related story you want to share with the club? Want to promote a ski event? Want to buy or sell something? Anyone can submit copy. Please submit copy to Kay Lum and kay@athleticbusiness.com by the deadline on the chart on page 3. If there's room, it will be in the next newsletter! *

~ PLANET XC ~

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The race proven laminate construction race ski with the new geometry. The SX 901 skate ski allows for excellent gliding & stability & is a fine choice for all trail conditions. Sizes: 175-195 cm #11-G901S . **\$125.00** JRS. **\$75.00**

B. Germina SXC 901 Classic
The race proven laminate construction ski with the new geometry. The SX 901 classic ski allows for excellent gliding and stability. This is the classic ski of Olympic and World Champions. Sizes: 180, 190-210 cm #11-G901C . **\$125.00**

C. Germina RX 801 Skate & Classic
Skating & Classic race skis with proven laminate construction technology. Entered base with race-ready microstructure finish. Sizes: 175-195 cm #11-G. Skate . **\$75.00** Classic . **\$75.00**

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 . **\$100.00**

E. Germina TR 200
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Madison Russian Ski School: Winter Program

First of all, there is a 20 Person Limit on Level I and Level II so don't forget to sign up soon

In Russia a ski school is comprehensive program that focuses on physical conditioning and learning how to cross country ski. Russian ski schools are government sponsored and every person is allowed to participate. In fact, every small town has one. Just think if we had a program like this in the United States, how our insurance rates would drop.

The Russian Ski School focuses on all aspect of cross-country skiing. The program will first start out by evaluating the skier with fitness testing. Once, the skiers fitness level is determined a training program for the skier is developed. The training program is continually adjusted by re-testing the skier at specific times each month. This periodic testing provides feed back to the skier on how he or she is progressing during the training program. The training program is based on a concept called super compensation. Super compensation means to gradually build for a few weeks and then rest. After the rest, you build again, but a little more than the previous time and then rest.

Besides the training program, the Russian Ski School has hundreds of motion drills to develop relaxed and efficient cross-country ski technique. These drills are also very useful in breaking bad habits. In fact motion drills are the only way to break bad habits. In Madison we will be having two levels. The level I is the introductory level where skiers will learn the basics of the Russian method of training. The major focus on level I is technique and knowledge. Level II is

a continuation of level I except there will be more of a focus on applying what was learned in level one to training.

Yuriy Gusev will be the primary ski school coach and teacher. Yuriy has been skiing for 19 years in the Russian ski program. He skied for the Moscow Cross Country Ski School for 2 years. He became one of the top Junior Skiers in Russia at this School. Yuriy also has a college degree in Physical Education with concentration in Cross Country Skiing and Physical Therapy.

Here are some highlights of the program:

DRYLAND TRAINING

- Ski walking
- Motion drills

SKATE AND CLASSIC TECHNIQUE

- Using roller skis, technique snow skis
- Ski games

RACE PREPARATION

- Interval training, time trials, tempo training and etc.
- Tactical and psychological race preparation

DEVELOP CUSTOM TRAINING SCHEDULE

- Periodization training hours
- Utilization of Supercompensation training for maximum performance
- Physical testing to of determine training volume and intensity
- There is an additional \$50 charge for developing an annual ski program. This program will tell you what -level to train at and how long to train at this level. It will also tell what workouts to do when.

INFORMATIONAL MEETING.

- This meeting will give an overview of the program and allow people to pre-register for winter program.
- You will be able to meet with your group and start making training pals.
- Fill out necessary forms to get you started.
- Date December 9th after Madison Nordic Ski Club Meeting

IMPORTANT NOTE

We only allow 20 people per session. So whoever pays first gets the spot.

DATES

Winter Session Level I: Program (December: 9th thru March 9th 5:30pm-7:30pm Approximate Time) Monday and Tuesday

Winter Session Level II: Program (December: 9th thru March 9th 5:30pm-7:30pm Approximate Time) Wednesday and Thursday

COST

Level I or Level II two days a week \$300

Level I or Level II one day a week \$150

\$50 Annual Ski program

WHAT TO BRING TO CLASS

- Please bring your helmet, protective pads, ski poles, roller skis and running shoes.

HOW TO REGISTER

- 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

Make check payable to Planet XC

*Hope to see ya! **

Thanks to the Elver Clean-Up Crew!

PHOTOS BY WILLI VAN HAREN — (WHO SAYS NEVER BUY A DISPOSABLE DIGITAL CAMERA)



- JUNIORS ARE ON THE MOVE! -
Many Thanks!

BY DON FARISS



The Juniors extend many thanks to:

- Those who bought ski calendars Juniors (we'll order even more next year) (\$150 profit)
- Those who donated cash to the Junior Equipment fund at the Nov. meeting (we netted \$184)
- Liese Pfeifer for donating part of her (really cool) glass snowflake sales to the Juniors
- Nancy Rebholz, Connie Meek, Gordon Faulker, Connie Meek, Pete Berbee, Val Stromquist & Matt Muir for donations of used equipment.
- Also to Fontana, Sepp Sports, REI & Planet XC for deals on new gear (bindings, wheels, poles & award "bennies").
- Those who are pondering a tax-deductible donation to the Foundation (see article on Birkie 2025)

Many of you will want to know what these monies will cover. Because the junior team's numbers have doubled

in the last 2 years, this year \$2900 has already been spent on following equipment:

- 8 pair used roller skis (ave. \$72 ea.)
- 18 roller ski wheels & parts
- 8 new \$180 Quasar skis (\$50 ea.)
- 13 pair bindings for above (\$37 ea.)
- 6 pair new poles (\$37 ea.)
- 8 reflective vests (night roller skiing)
- 10 blinkie lights (for same)
- 3 heart rate monitors (\$30 ea.)
- 4 med. Balls (\$20 ea.)
- 30 pair bungee training devices
- pole baskets, straps, binding flexors

This represents lots of "wise shopping", and bargain hunting!

First year junior skiers are asked to

buy only a full set of skating gear to keep their initial expenses down (to about \$400). We don't want cost to scare them away. So the team provides roller skis, reflective vests, rock skis and classical race skis free the first year. After that year, they can rent the team classical skis, but still use the rest for free. Lots of "pieces/parts" are purchased every year just to keep the "fleet" in repair. Last year was particularly hard on our ragged collection rock skis, as you might imagine.

So we are appealing to the club membership to cover the cost of all this much needed gear for our growing group and maybe provide a little seed money for future growth. The MNSC Board has put together a direct mail fundraising campaign that (hopefully) many of you will respond favorably to. Donations are tax-deductible.

Again, our many thanks to one and all for launching these youngsters into a lifetime love of our sport. *

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- For more reasons, check out the Decorah Bicycles web site: www.decorahbicycles.com



Ward and Jacky want to meet you! Take the scenic drive to Decorah and they will take care of all your biking and skiing equipment needs! If you ask, they will even tell you the hot spots to bike and ski, and they may even join you!

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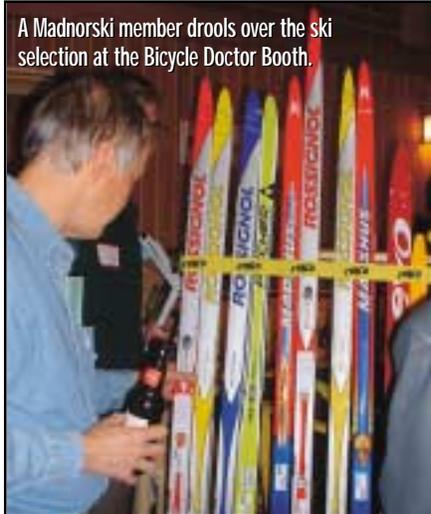
101 College Drive • Decorah, Iowa 52101
 Phone: 319-382-8209 • Fax: 319-382-9126
 Web: www.decorahbicycles.com

Scenes From Vendor Fair 2002

Membership Chair Scott Bachmeier is hard at work registering new members and renewing old members with the help of his better half, Ruth.



A Madnorski member drools over the ski selection at the Bicycle Doctor Booth.



Look! It's spinning Guru Johnny G at the Williamson Bicycle Booth!

How would you like to meet these two out on the trail?



Owner of Decorah Bicycles, Ward Budweg, talks skis with Barb Dawson.



Matt from the Bicycle Docor broke his foot the Russian way—Dryland training, that is!

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(WONDERFUL, CONTINUED FROM PAGE 1)

NorSkis. He bore down hard, offering free lutefisk and lefse if club members would just switch allegiance. But, Ole didn't count on the MadNorSki love of cheese and sausage and the membership remained solid. The holidays were nearing, snow was falling, skiing was great and moral was high. And then, the world seemed to melt.

In what seemed like an astute financial move, the club converted all its cash reserves into beer futures. All was rosy until the Director of the new Department of Homeland Security, Tom Ridge, with sweeping powers granted by Congress and President Bush, froze the club's assets, citing evidence that the Madison Nordic Ski Club was fronting money to Al-Qaida.

Apparently, in the database on international terrorism, the club's financial transaction on beer futures was incorrectly entered as "fomenting domestic riot" instead of "fermented domestic malt". With the club crippled,



pled, Mr. Potter-Svenson saw his chance to take over the club. Filing charges of malfeasance, the club had until noon the following day to come up with \$10,000 in cash. What to do? It was 10 am on December 24th. I wished I'd never been born.

But the club officers rallied with a great idea. A fundraiser! Thus was born the first annual "Holiday 24 Hours of Bratwurst" ski marathon. At noon that day, club members skied around Elver Park earning a bratwurst

from a local vendor for every 5K lap completed. Supportive Madisonians gobbled up the immediately cooked brats at \$2.00 a pop. The 5,000 laps needed at Elver seemed

impossible but over 350 MadNorSkis turned out and skied just over 70K each. It approached noon on Christmas Day with 4,999 laps completed and only one club member within sight. It was Chris Ransom. He was 1K out with one minute to go. He'd already completed 495K but looked fresh. Could he do it?

Breaking into a new skating stroke, now known as the V8, Chris rocketed across the line, helicopter style, with 5 seconds to spare. The club board was so excited it was moved, seconded, and approved on the spot to

waive his club dues for one year. Ahh... what a club. Even out of dreamland our club has done some very good things and been a lot of fun to be around. So, happy holiday dreams to you. *

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LIKE AN ASTUTE
FINANCIAL MOVE,
THE CLUB
CONVERTED ALL
ITS CASH
RESERVES INTO
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The Joy of Kicking

BY WILLI VAN HAREN

Kick wax is the little miracle of XC skiing, allowing you to ski straight up a hill and still slide down the other side. The ability of the ski and wax to grip and then glide is a tribute to ingenuity of our foreskiers. Too bad that many skiers dread the task of getting the wax right. Let's try to work on some of our issues.

ISSUE: NOT KNOWING WHAT IT FEELS LIKE.

You have to experience really good kick, there is nothing like it. You have skis that stick like burrs on a dog and you can zoom up any hill. Take the time, using some suggestions below, to get your classic skis kicking like this. Don't settle for a cursed half-kick, half-slip arrangement. Don't worry about glide, just get the kick going. It's the difference between fun and futility.

ISSUE: SKIS TOO STIFF, WAX TOO HARD.

Sometimes we expect too much. Watch out for skis rated right at your weight, I think manufacturers are working with a 170 lb Bjorn Dahlie

model and I'm a 170 lb parts car. I guarantee that young, strong legs can stomp twice the camber that I can. When I traded my "custom" classic skis for those of a person 25 lbs lighter than me, it was a revelation. Especially on a long ski day or race, your legs get tired and then your kick is weak and then you burn out your arms etc. Try borrowing a pair of softer skis and see how they can flatten out the hills for you.

Wax, generally something will work and work well. If you have trouble with kick, start with wax softer (warmer) than indicated by the thermometer. There are no wax police, you can make your own rules. Use several layers of wax to build up a pad in your kick zone and extend the zone if you need to. A nice trick is to put soft wax on first then something harder over it. Like blue over red. Keep messing in your wax box until your kick works for you, next time will be easier because you got it right once. Which brings up a point...

ISSUE: FAITH -YOU GOTTA BELIEVE
Two things here: One, trust your own bio-feedback. If you're slipping, you're slipping! It doesn't matter what anyone else is using, they might be lying, or hoping! Your technique or skis might be wanting, but at a given moment you are not going to change that. Get more or softer wax on those boards. If wax can hide the blemishes in my technique, call me Max Factor. I test wax by seeing if I can ski up a slight incline without poles, like coming up from the Elver parking lot. If I can't do that I change something.

Two, getting good kick will make you a better classic skier. Because you trust the ski to stick you'll put more weight on it and your banana belt technique receives an instant upgrade. The point here is not a waxing lesson, but a suggestion that you find out what good kick is and not try to get by with the thinnest layer of the hardest wax for the day. Kick is the basis for classic skiing, get it working for you! *

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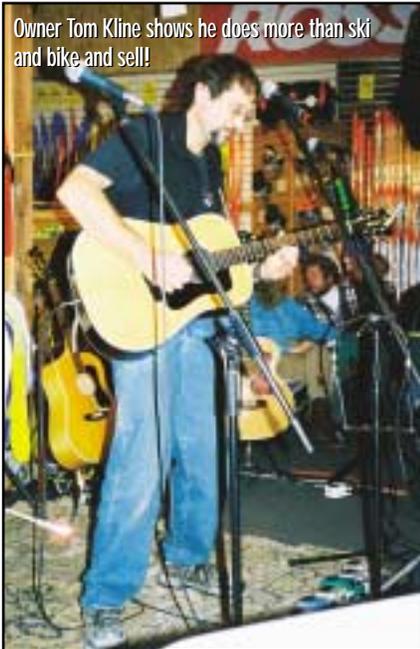
Bike & Ski Shop? Coffeebar? Nightclub? You Decide!

By KAY LUM

Did you ever drive an hour to a **bike shop** to see a **band**, have a **beer** and meet some **friends**? On a Saturday night in late October, my hubby Harry and I did just that. Tom Kline, the owner of the Bicycle Doctor Bike and Ski shop in Dousman WI called us up and told us that a band was going to be playing in the store from 7-10 P.M. He said it was the band called the Golden BoscOs, and one of the members was guy who wrote the Birkie Fever song, you know the one you hear on WOJB Birkie weekend: "I got Birkie fever, I'm as eager as a beaver...". needless to say, we were curious to see what this would be like!

We got there fashionably late, at about 8 pm or so. I couldn't believe how many people were there! I'd say 50-60 people were all seated at tables that were scattered in the front of the sales floor! They had moved some of the merchandise, turned off the overhead lights, and had the band set up with "nightclub" type lighting! The stage and band setup wasn't the only odd thing about this "bike shop"—along one wall there is a huge bar, complete

with barstools. You can order food, espresso, coffee, latté, and yes, even beer and wine! (quite the variety too, I may add!) We ordered 2 Spaten Octoberfests and wandered around a bit.

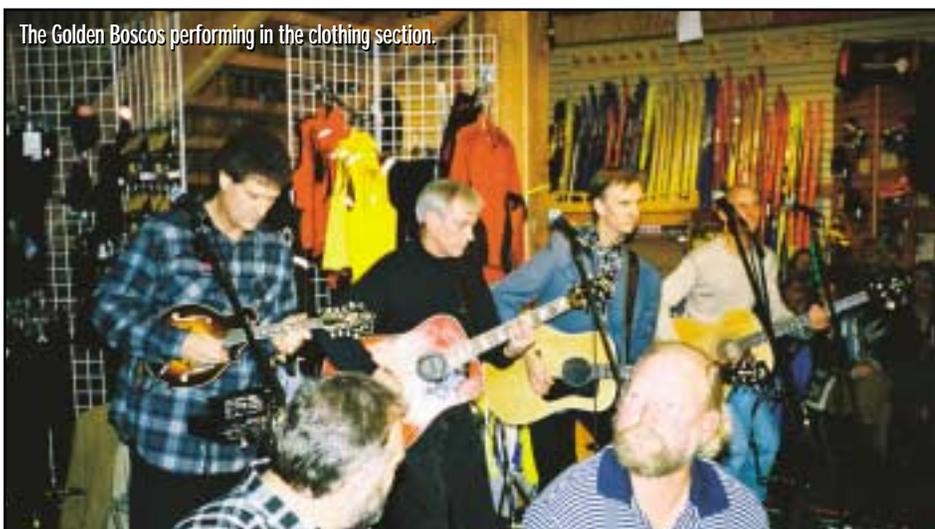


Owner Tom Kline shows he does more than ski and bike and sell!

I walked back into the dark part of the store, looking for Tom. When I found him I (jokingly) asked how he expected folks to shop when all the lights were out? He said, there was no shopping that night! (And here I thought the band was a lure for shoppers!)

The Golden BoscOs were very good! It was funny to see ski clothing and skis as the backdrop to the band! (I still think Tom should have had the band modeling some of his ski

clothing!) Some of the audience even got up and danced! The biggest treat was when Tom Himself got up and performed! (I learned that he was a musician in a previous life). What a multi-talented guy! If his dream of being a pro x-c skier falls through, he can go back to music! (oh, but then who would run the shop?). Anyway, the Bicycle Doctor is worth a visit, even if just for a cup o' Joe or a Bock with the Doc! *



The Golden BoscOs performing in the clothing section.

WANTED! Classical Skiers

SKI FOR LIGHT —
JAN. 24-26, 2003

Share your passion for skiing with somebody else. Consider volunteering as a ski-guide for a visually/physically disabled skier. Join us for an action packed weekend that happens only once a year in Rosholt, WI at the Lion's Camp. For every volunteer, one more visually/physically disabled skier will be invited to the Ski-For-Light weekend. Make a difference in someone's life by volunteering.

WHAT YOU NEED TO KNOW:

You do not need to be an expert skier, but you should have basic knowledge & experience on classical skis. All you need to bring is your classical skis and the willingness to help out. Lodging (cabins) and meals are free! Ski-guide training will take place in Rosholt on Friday P.M. If you are interested, contact Mike Graper at grapes@tzn.net or call him at (715) 423-4384.

Send your application by Dec. 18th to: Mike Graper, 3641 Lincoln St., Wisconsin Rapids, WI 54494 *



3 CHEERS FOR JIMMY!

I had space to kill, so I figured I would dedicate it to our Prez.! So, let's hear it for Jimmy! Four more years!

— YOUR EDITOR



A Personal Invitation for the Subaru Noquemanon Ski Marathon

By CAROL FULSHER

The tallies have been totaled and we've found that 62 Madisonites have trekked up to Marquette, Michigan to experience the Subaru Noquemanon Ski Marathon and Ski Hall of Fame Half Marathon (55k and 25k respectively). Those 62 skiers have found skiing nirvana: an area that received 317" of snow last year; a course that takes you through a pristine wilderness area featuring Lake Superior overlooks, granite outcroppings and forests of 100-foot red pines, elevation changes throughout (you'll especially appreciate the 1000 foot descent the last 25K), a new piston bully groomer at our disposal, friendly volunteers (yes, some do have strange Canadian accents, eh?), and a finish at a real live domed stadium—the Superior Dome—the headquarters for Noque related events all weekend long! The Dome offers you hot showers, food, brews, heat, vendor expo, and a ski valet to watch your skis while you indulge in post-race celebration. Perhaps most important, the Noque is a race that rewards classical and freestyle skiers with their own races, where classic skiers start well before the freestylers and the skaters do actually honor the tracks.

While you'll enjoy all this on the course, you'll be pleased to know that



A Noque skier feeling detached from civilization among the 100-foot red pines.



we are a university town strewn with restaurants, nightlife, and lodging. Experience the charm of the downtown outfitted in historic native sand-

stone architecture backdropped against the tempestuous Lake Superior.

But, back to the race. The Noque and Ski Hall of Fame Half Marathon are made up of four races each: female and male classical and female and male freestyle. Plus, each race has awards for the top three skiers in each race and age group, broken down by five-year increments. Not only will you have your own ski story to tell, you may find yourself with one of those coveted Moen cowbells. And by the raucous whoops emitting from the crowd every time a MadNorSki member comes on stage, we know you'll have your own cheering section. We have taken note!

The race committee has made a commitment to build the Noque into a world-class event, both on the course and off. The trail receives a lot of attention and undergoes continuous improvement each year. This summer trail widening and grading was done in the Zhulkie Pass area, in Granite Pointe, and on a 2k section of new trail in the Forrestville area. Added to last year's new 2k wooded section, skiers will now enjoy four twisting, turning k's leading into Forrestville that replace a flat, straight roadway. The last half of the course will also remain open season long with regular grooming and new trail signs to keep you from ending up in Michigamme.

Off the course amenities include a spacious, warm finish at the Superior Dome (with lots of parking), a quality Swix Noque-logoed ski hat, commemorative cloth ski bibs, sponsor samples in the skier bags, and lots of opportunity to win thousands of dollars of merchandise at the award ceremony.

We extend a personal invitation to you to join those 62 before you and come up for the 5th annual Subaru Noquemanon Ski Marathon and Ski Hall of Fame Half Marathon on the weekend of January 24. To learn more, visit us at www.noquemanon.com or call 1-888-578-6489. *

Wisconsin Nordic Sports Foundation

By WALTER MEANWELL

Last spring MadNorSki created a board level position for a club officer to serve on the board of the Wisconsin Nordic Sports Foundation. This was done to establish a mechanism for club members to make contributions to club projects that were 100% tax deductible. I recently attended a meeting of the Foundations board. The foundation serves as the tax-exempt umbrella organization for the local area speed skating, alpine racing, nordic ski jumping, and nordic skiing clubs. The foundation was originally organized to provide money for people like the Heidens to race. The current speedskating representative on the board is Jeff Fitzrandolph. You may have heard of his son Casey who can skate really really fast. Sepp used to be the nordic skiing communities representative but he never really got stuck in as the British say. The Foundation board is extremely interested in promoting nordic skiing. They would also like to see more coordination among the various area clubs. This is especially so between MadNorSki and the Blackhawk Ski Club. You will see and hear more about the Wisconsin Nordic Sports Foundation in the future. Should you have any questions please contact me at your earliest convenience: wmeanwell@wacho.viasec.com or at home after 6:30 at 238-7822. *

Bring a Friend
to the Next
Meeting!

Blue Mound Update

BY KARL HEIL

I would like to update you on a few things going on at Blue Mound State Park. First of all a belated thank you to the club members and others who helped install five new culverts and drainage ditches along our trails on Oct. 5th and 6th. A special thanks to Willi Van Haren for coordinating the effort again this year.

In other trail news we were able to level out some poorly side sloped areas on the Pleasure Valley and Walnut Hollow ski trails. The rental of heavy equipment to accomplish this task was paid for by donations from the Ski Club and the Friends of Blue Mound State Park. Thank you!

We have **two candlelight skis** scheduled for this season, Jan. 4th and Feb. 15th, 2003 from 6-9 p.m. Both events will also feature a separate, lit trail for hiking and snowshoeing. Leashed pets are allowed on the snowshoe trails. As in past years the Friends of Blue Mound will provide a bonfire, warming shelter, and free hot drinks. The Mt. Horeb track team will

be selling brats, hot dogs, chili, and baked goods.

2003 ANNUAL PARK STICKERS AND TRAIL PASSES GO ON SALE DECEMBER 1ST.

Both 2002 and 2003 stickers are valid for park admission during Dec. 2002. You may purchase stickers and trail passes in person at the park, via mail (P.O. Box 98, Blue Mounds, WI 53517), or by phone (608-437-5711). 2003 annual stickers remain at \$20.00 for vehicles with WI license plates, \$30.00 for out of state vehicles, and annual trail passes are \$10.00 per person (16 yrs or older). Park stickers and trail passes make great Christmas gifts. I am planning on attending the ski club meeting on Dec. 9th and will bring some stickers along with me.

Blue Mound will most likely be charging a trail pass for skiers 16 and over beginning this ski season. The Department has set up criteria determining which parks MUST charge a trail pass for skiers, and which parks MAY charge a fee. Whether or not

Blue Mound meets all the MUST charge criteria is still somewhat questionable at this time. I will update the club when I find out more. I personally have been opposed to charging a trail pass for skiers at Blue Mound for several reasons that I am willing to elaborate with anyone in person.

DEER HUNTING WILL CONTINUE AT BLUE MOUND SEVEN DAYS A WEEK, ALL DAY, THROUGH DEC. 15TH.

Anyone wishing to use the park should plan on wearing **blaze orange**. There really has been very little hunting pressure in the park so far, so I do imagine there will be a lot of hunters in the park during the regular 9-day gun deer season (Nov. 23 – Dec. 1st). That may be a good time to plan on recreating elsewhere. Due to the hunting I do not plan on doing any ski trail grooming until after December 15th.

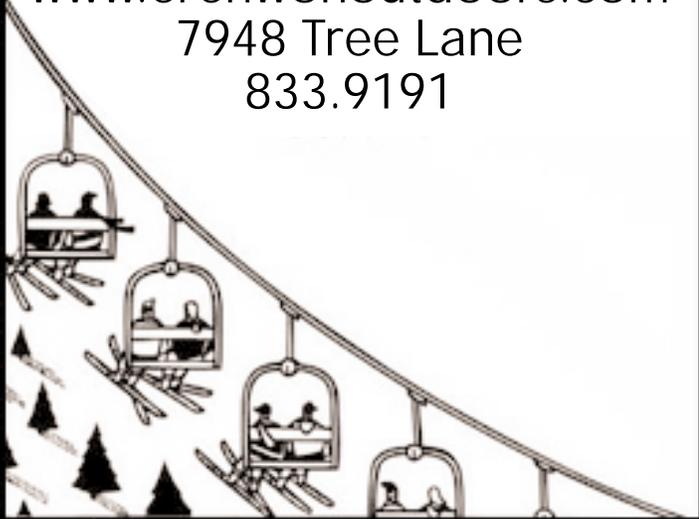
Thank you for your continued support of cross-country skiing at Blue Mound. As always, if you have any concerns or comments, feel free to contact me. *



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used as the club sees fit.

The price is \$16.00 each.



CLASSIFIEDS

Ads run free for MNSC Club members!

FOR SALE

The following items are for sale. Please call Dale or Joanna @ 608-592-7817 for more info.

1. Solomon 7.1 combi ski boot, size 35. Good condition, \$10
2. Solomon team combi ski boot, size 36, great condition, \$15
3. Atomic Combi 44 junior skate ski, 150 cm, with Solomon jr. bindings, great condition, \$50
4. Fischer RSC Sprint Crown 150 cm, beginner junior waxless classic ski with Solomon Jr. binding, great condition, \$50
5. Beautiful Atomic VOMax racing suit, size unisex XS. Perfect condition, flashy colors, black, red, white & royal. Asking \$30.

FOR SALE

BABY JOGGER 2 Off road wheels with sun canopy, Raspberry color, \$75.00. Call Liese at 608-849-9527

LOOKING TO BUY

I WOULD LIKE TO BUY A PAIR OF SKATE SKIS, used for 5'6" tall 125 lbs woman. Do not have to be fancy, would like something very reasonable. Kat Myhre, 262-7775 Day, myhre@enr.wisc.edu

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



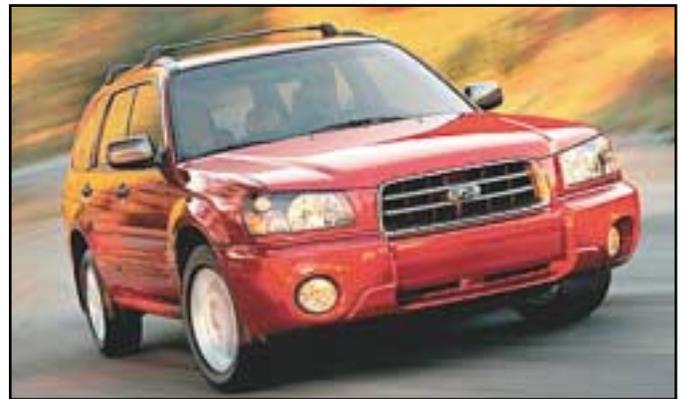
A Special Thanks!

On behalf of all Madnorskis, I would like to send a special thanks to **Jim Cunningham**, our official club cab driver. Jim has graciously offered to spread our news all over Madison. Jim takes copies of our newsletter to local shops so we can reach potential new members! Way to go, Jim! *

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