

Cross-Country Skiing for Everyone ❄️

JANUARY 2003

MADNORSKI News

News for the members of the Madison Nordic Ski Club

Vol. 22

No. 4

- A WORD FROM JIMMY -

"Sherman! Set the WABAC for the year 1982."

By JIMMY VANDEN BROOK, PRESIDENT



Remember the Rocky and Bullwinkle show and the cartoon "Peabody's Improbable History"? Mr. Peabody, a professorial dog, and his teenage kid assistant, Sherman, used a time machine (the WABAC) to visit exotic locales way back in history. Though naturally resistant to all things cultural, that cartoon sparked my interest in history despite college term papers, and now results in a nightly spousal joust with the remote over Larry King Live and the History Channel. Wouldn't it be great to get in the WABAC machine and set the dial for the year 1206 A.D. somewhere along the route of the first two Birkebeiners? You could be there to cheer them along as they skied the little prince to safety. I wonder if they would understand "Hieja, Hieja, Hieja" or just come at you with their spear and broad-axe?

Lacking a WABAC, I can't give a first-hand account of the first use of skis or tell you whether the first skier was a woman or man, prehistoric Norwegian, Finn, or Swede. I can't even zip back to 1932 and the first Norwegian Birkebeiner. But, in my rummaging around in the down-stairs closet I came across a MadNorSki WABAC of sorts. I discovered a cache of old Madison Nordic Ski Club newsletters that took me back to the birth of the club. The club did some pretty cool things way back then. And, thanks to Jan Hansen, three 1996 MNSC newsletters contain an anthol-

ogy of club activities which made my trip to the past easy. We'll update this history later this year. But first, let's set the MadNorSki WABAC for the late '70s. The scene: the heart of the UW-Madison campus, the Rathskeller in the old Memorial Union.

The Rathskeller has seen its share of grand schemes hatched over a few tall frosties. And so, here it was that the big thinkers Mike Zweifel, Tom Masogaller,

Tom Rutland, Charles Cur-tain, and Dave & Sue Janssen and a few others met to talk about ski racing, roller-skiing, and other Nordic things. Importantly, Sepp Candinas had been organizing roller-ski races since about 1977. It was these folks who concocted the notion that enough people cared about nordic skiing that a club could be sustained. From this milieu and these forbears it is not

**THE RATHSKELLER
HAS SEEN ITS
SHARE OF GRAND
SCHEMES HATCHED
OVER A FEW TALL
FROSTIES.**

surprising that the current Madison Nordic Ski Club has a certain emphasis on the convergence of performance and socializing (usually with beer). But it took a few years to formalize the club.

The Club officially formed in December 1981, complete with by-laws and articles of incorporation. The first officers included club president Dave Janssen, vice president Tom Mosgaller, treasurer Pat Terry and secretary Sue Janssen. Initially, the club was affiliated with the university. The first meeting attracted 30 souls, not all of whom were members, but an impressive showing at the time. For a fledgling organization, a surprising number of activities were

(SEE WABAC, CONTINUED ON PAGE 6)

OUR NEXT MEETING

Monday, Jan. 13th, 2002
Lussier Family Heritage
Center — POT LUCK

Agenda

5:30: ski! (if there is snow!)
6:30: POT LUCK socializing
and wax demo
7:30: Ski South America and
Finland.
8:15: More wax demo

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

Scott Bachmeier
Membership
(608) 233-9336
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
hlum@convenience
electronics.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

- SPONSORED BY DON MILLER SUBARU -

2003 Elver Race Series Update

By NED ZUELSDORFF

If it snows, we race. While many excellent ski racers participate in our events, our focus is on fun and participation regardless of your level of ability. If you participate, you'll find a wide range of skiers on the course. We've had racers ages 8 to 73. So give us a try, whether you race every weekend, or have never raced before.

The 2003 race series will begin on Tuesday night, January 7, 2003. Races will be held at Elver Park on Madison's southwest side. Subsequent races will be held on Tuesday nights through Birkie week, February 18. Race format will be similar to previous years. Skiers will generally have a choice of short or long races, and classic and freestyle techniques. The actual course will vary from race to race. Classic skiers will have a separate start from the freestyle race. *Registration will be from 5:45 to 6:45 in the heated Elver Park shelter with race start at 7 P.M. sharp.*

RACE SCHEDULE

Following is the tentative schedule of races:

Tuesday, January 7 - 5 or 10K distance, mass start, classic and freestyle at 7 P.M.

Tuesday, January 14 - 5 or 10K distance, mass start, classic and freestyle at 7 P.M.; "First-timer" race at 6 P.M.

Tuesday, January 21 - "Classical Night", skiers are encouraged to race using the classical style. A freestyle race will be held with a delayed start. Five or 10K distance, mass start at 7 P.M.

Tuesday, January 28 - "Time Prediction Night", racers predict their finish times, closest prediction wins. Five or 10K distance, mass start, classic and freestyle at 7 P.M.

Tuesday, February 4 - "15K Night", 5 or 15K distance, mass start, classic and freestyle at 7 P.M.

Tuesday, February 11 - "Solo Night", 5 or 10K distance, interval start with racers starting individually at 15 second intervals, classic and freestyle at 7 P.M.

Tuesday, February 18 - "Relay Night", 4 X 3K (organize your own 4-person team, or we'll match you up), skiers must register by 6:45, organizational meeting at 7, race begins at 7:15 P.M.



Race plans are subject to change based on course conditions. The course is normally groomed on race day. Course conditions are checked by noon on race day, and races may be postponed until conditions improve later in the week. Racers can check on the status of a planned race by calling the club's hotline at 608/233-MADK (6235). We also post race status reports on the club's listserve that you can subscribe to at xc@danenet.org. Race results are posted on the club website at <http://www.madnorski.org/club/index.html>.

FIRST-TIMER RACE

A "First-Timer" race for beginning racers and younger skiers will be held on Tuesday, January 14. The race will be 3K in length for both classic and freestyle skiers. We hope this event will give inexperienced skiers a chance to try racing in a smaller group and less intense atmosphere. Registration for the race will be from 5:15 to 5:45 with a race start at 6 P.M.

RACE FEES

Fees for single races will be \$6 and \$8 for adult members and non-members, and \$3 and \$5 for student (including full-time college) members and non-members. The seven race series fee will be \$25 and \$35 for adult members and non-members, and \$12 and \$20 for student members and non-members. You can register for the race series at the January club meeting, and at the first three races. Series racers will receive express check-in and bib pickup on race nights. *There will be no fee charged for the First-Timer race.* All proceeds from the race series are used to promote skiing and trails in the area.

SPONSORSHIP

Don Miller Subaru is again the major sponsor of the race series. The sponsorship allowed us to purchase a new computer for race timing and

results, as well as race supplies to improve the race experience for everyone. In addition, **New Moon Ski Shop**, Hayward and **Fontana Sports Specialties**, Madison donated door prizes for each race. Prize winners will be selected using a random drawing of participants at that night's race. We greatly appreciate the support of our sponsors. Please keep these businesses in mind.

VOLUNTEERS NEEDED

Volunteers are needed to help make the races a success. Volunteers are needed to help with registration, direct racers on the course, and help with clean-up. Helping out with even one race will make a big difference and still allow you to participate in the remaining races. Please contact me at nedz@chorus.net or 231-1876, if you're able to help, or have any questions. *



Mike Ivey, Gail and Willi Van Haren pose at the steps of what has become known as the "Ice Palace" in Ironwood Michigan. They are happy that not only is there snow on the ground in Ironwood, but that the toilets are now in fine working condition.

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

By GREG JONES

The Silver skiers have been meeting regularly since the beginning of November. Our enrollment has leveled off to 19 young skiers. They range from 5th through 8th grade. The level of enthusiasm seems to be high. We have had some hard training sessions involving circuit training and lots of running. They all keep coming back for more getting tougher every week. We have only been on snow as a group for one week. The week we got the 1.3 inches we were skiing on the pond at Odana Golf Course.

We had 6 skiers in the program make the trip to ABR for the "Season Opener" race weekend. Four of them raced that weekend. The other two



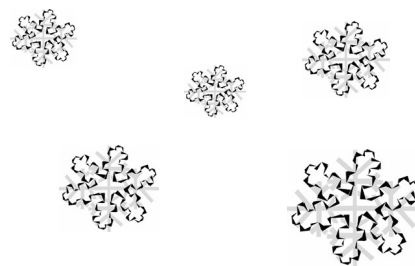
are new to the sport and came along as spectators. We were happy to have them there encouraging their team mates and seeing what a Cross Country Ski race is like. Most of all we were all happy just to get some time on snow. We hope to see all 19 of the Silver Skiers in some races by the end of the season.

The majority of the club skis have been rented out to skiers for the season. We thank the club again for making these skis available to our young skiers. Now if the club would just help supply us with a nice base of snow to ski on here in Madison, we can make good use of the skis. In fact that would please the entire ski community who is desperately seeking snow. *

New XC Ski Area Opens in Middleton

By WILLI VAN HAREN

The City of Middleton Public Lands Dept. has created a new ski trail system at the Pleasant View Golf Course off of Pleasant View Road. There are 4 ski loops laid out on the property. Total Length looks to be about 5 or 6 kilometers, with rolling terrain. There is no fee for use of the trails and plans call for grooming on Mondays and Fridays when there is snow. Trail conditions are available by phone at 827-1086. Thanks to Penny Klein at MPL for bringing this project to fruition. There will be some maps available at the next club meeting. Enjoy! (Before golf is a year round activity). *



Is This A Bad Ski December, Or What?

By WILLI VAN HAREN

Looking through my chicken scratch exercise records from the last 6 years, here is my estimate of skiable days (for the nut case) in the Madison area in December. Interesting?

1997 — 28 plus 3 in November

1998 — 3

1999 — 15

2000 — 29 plus 5 in Nov.

2001 — 0

2002 — 10 as of 12/2

Maybe you have records going back a little farther, it would be kind of interesting. I am counting any day on any natural snow, no matter how ugly. So we average about 15 days, not too bad. So why does it feel so bad? Well only in '97 and '00 did we have any good skiing in town in Dec. Other years were marginal or non-existent. *

2002-03 MadNorSki Meeting Schedule

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

Skiers Needed

**FOR ASTHMA
RESEARCH AT UW**

A research study evaluating lung function during exercise in trained asthmatic endurance athletes is being conducted by the John Rankin Laboratory of Pulmonary Medicine in the UW-Medical School. We are looking for individuals with asthma or exercise-induced asthma who exercise regularly to participate in this study. Participants will receive information and insight into their asthma, information on many exercise variables such as VO_2 max and lactate analysis, and monetary payment (~\$25.00 per hour). The study involves up to 7 visits to the lab, with each visit lasting between 2 and 5 hours. If you would like more information please contact Hans Haverkamp at 608-263-1754 or e-mail hchaverkamp@students.wisc.edu. *

Snowshoe Demo

Fontana Sports Specialties will be have a snowshoe demo with Tubbs snowshoes and Ben & Jerry's Ice Cream on Saturday January 11, 2003 from 10 A.M. to 3 P.M. at Olin Park. For more information contact Fontana at (608) 257-5043. *



WANTED: Local Classical Ski-Guides!

By GINA INTERRANTE

We are looking for anyone interested in helping visually impaired skiers enjoy an evening of classical skiing on Wed. nights from Jan.-Feb. (snow permitting) at Elver Park. All you will need is a desire to help others ski and your own classical skis! Come join in on the fun! We will be creating a phone/e-mail list so when the snow looks good we will contact each other. We usually ski from 6:30-8:30 p.m. We had a good time last year even though we only met twice due to the poor snow conditions!

If you are interested in helping out, please contact Kathy Rice : Kathy.rice@eds.com or Gina Interrante : purplebike@aol.com *

new moon ski-shop

**SERVING SKIERS FOR 27 YEARS IN HAYWARD, WISCONSIN
AND AROUND THE WORLD.**

Shop our well stocked store on your way to the Birkie trail, or Order **toll free** from our 56 page **FREE CATALOG** featuring the best selection of Nordic ski goods, clothing & accessories.

Call toll free 1-800-754-8685 to get a copy or place an order.

Call for trail
conditions before you
head this way. We'll
give you the
straight scoop.

- FISCHER • ROSSIGNOL • MADSHUS • PELTONEN • SALOMON
- ALPINA • SWIX • EXEL • PEARL IZUMI • CRAFT
- HIND • PATAGONIA • REX WAX • ...AND LOTS MORE.

HIGHWAY 63 NORTH IN HAYWARD. • OPEN 9-5 M-SAT. 10-4 SUNDAY

Discover X-Country Skiing Paradise

*In the heart of the Kettle Moraine
— just minutes from Lapham Peak.*

Fischer

Rossignol

Star

Yoko

Toko

Atomic

Swix

**Saturday
January
18th**

LAPHAM LOPET SKI RACE

- Various Races, first race starting at 11 a. m.
- Call The Friends of Lapham Peak at 262-965-2636 or call the Bike Doc for more information!
- Rossignol, Fischer & Yoko 2-3-2 pole demo after the race.

**Monday
6:30 P.M.**

**January
13th**

Right here in Madison!

“BOCK WITH THE DOC” WAX CLINIC

- Tom Kline — Star Wax
- Mike Mandli — Toko Wax



Everyday

*After a romp
in the woods...*

VISIT OUR ESPRESSO CAFE

filled with...

**Hot Cocoa, Espresso,
Coffee, Chai, Beer, Wine,
Bagels, Pasties Scones,
and more!**

COFFEEBAR HOURS:

M-F 7-8, Sat. 7:30-5, Sun. 12-4.

*Think
Snow!*

*20 Years of
Ski Fitting
Experience!*



**BICYCLE DOCTOR
NORDIC SKI SHOP**

...it's a lifestyle!

*E-MAIL US FOR UPCOMING EVENTS SUCH AS THE SWIX WAX CLINIC, HIGH SCHOOL
WAX CLINIC, THE BICYCLE DOCTOR/LAPHAM PEAK RACE, BICYCLE
DOCTOR/NASHOTA PARK RACE, AND DON'T FORGET WE HAVE PARTIES
WITH LIVE MUSIC AND ENTERTAINMENT! BIKEDR@BIKEDR.COM*

105 N. Main Street • Dousman, WI 53118
Phone: 262-965-4144 • **Fax:** 262-965-5214
e-mail: bikedr@bikedr.com
Hours: M-F 10-8 Sat. 10-5 Sun. 12-4.

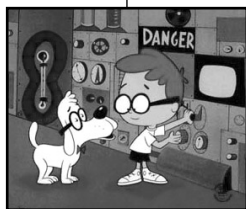
(WABAC, CONTINUED FROM PAGE 1)
 offered the first year. These included the 5th running of Sepp's roller-ski race out of Mt. Horeb; a Beer and Base Party (I wonder if this was about building beer drinking capacity?); a Thanksgiving trip to Stokley Creek; a Wine and Fondue party (I think we should recreate this as a retro potluck); Trip to Telemark and the infamous Youth Hostel (this trip saw a number of budding romances!); and, a host of scheduled races in the Midwest.

The first documentation of club activities began with the club newsletter in 1982. My favorite article in the first newsletter was a question and answer piece titled "Ask Nordic Norm". The best query asked if it is better to be a heavy or light cross-country skier.

Nordic Norm consulted a top sports

physiologist who indicated that, "all things being equal", the heavier skier would be faster since they would reduce friction more by using a stiffer ski. I don't know how that holds up to today's conventional wisdom but I like (and fit) the concept.

The club decided in the first few years to expand its reach beyond the university to include the entire community. From then on the club motto has been "Cross Country Skiing for Everyone". I hope we can maintain that spirit in spite of the increasing number of El Niño winters. In future articles we'll hop in the MadNorSki WABAC and check out whom the movers and shakers were, what they were up to, and where they are now. Here's a malty toast to all those early visionaries who made it



**THE FIRST
 DOCUMENTATION
 OF CLUB
 ACTIVITIES BEGAN
 WITH THE CLUB
 NEWSLETTER IN
 1982.**

happen. *

DON'T FORGET!

the January Meeting is a **POT LUCK!**
 Bring your favorite dish to share!

Swix Wax

Headquarters

Sporthill clothing in stock!

Free

Velcro Ski Ties with Coupon.
 (Limit one per customer)

Free Nordic Wax Clinic
 (Thursdays - 6:30 P.M.) January

Free Down Hill Wax Clinic
 (Mondays - 6:30 P.M.) January

All Cross Country Packages include mounting and special pricing!

Shop on-line.

www.fontanasports.com

**Fischer
 Salomon
 Rossignol
 Atomic
 Alpina
 Swix
 Toko**



Hours

Monday & Thursday 10 to 8

Tues., Weds., Fri.. Sat. 10 to 6

Sunday 11 to 5

608-257-5043

**251 State Street,
 Madison**



**We carry Tubbs & Atlas
 Snow Shoes**

Bill McKibben Rocks!

By JIMMY VANDEN BROOK



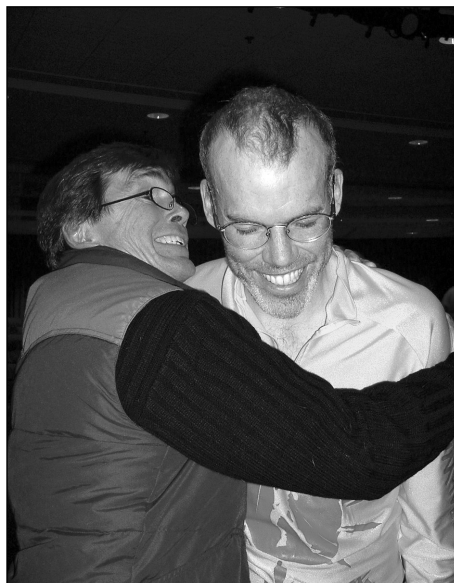
Bill wears his concern for global warming on his sleeve...proclaiming that "slush sucks".

His book about training for cross-country ski racing is a wry look at the ski scene from a novice racer's perspective. But it morphs into reflections on how awareness of the limits of your body helps you understand your mind and how to appreciate this inseparable combination in those you love.

Bill turns down most of his speaking requests and it's probably only because MadNorSki's are so rabid

Best selling author and cross-country skier, Bill McKibben, provided arguably the best MadNorSki club meeting to date. McKibben sounded the global warming bell back in 1989 and now the confirming evidence seems to be accelerating. He has written a number of books that investigate our impacts on the earth and how we can learn to live more lightly on it.

His book about training for cross-country ski racing is a wry look at the ski scene from a novice



Club member Dave Robb shows Bill McKibben how grateful he is that Bill came and spoke at our club meeting.

**HIS LOVE OF
SKIING PUSHED
HIM TO WRITE
ABOUT THE
DETERIORATION
OF THE CLIMATE...**

about skiing that he consented to visit us from his snowy retreat in the Adirondacks. It also didn't hurt that Pete Anderson was so persistent and persuasive. Nor, that Bill fits our demographic so well in terms of age and predilection for fermented malt beverages as well as a willingness to ski on what was largely a memory of snow. Pete asked him how someone so engaged in environmental matters came to write about skiing. Bill responded that it was the other way around. His love of skiing pushed him to write about the deterioration of the climate that supports his favorite sport.

Thanks to Pete once again for organizing Bill's visit and to ex-president Dave Calhoun for providing transport. And, thanks again to Bill for his willingness to spend time, insights, and inspiration with us. Finally, let's all welcome Bill as our first honorary life-time MadNorSki member. *



Jimmy thanks Bill for a great talk and presents him with an official Madnorski ski jacket, while the cardboard version of Bill looks on.

- WHAT'S UP WITH KIDSKI - KidSki 2003

By PETE ANDERSON



KidSki returns in 2003 with a new location: we are now running it at Elver Park. Elver offers more exciting terrain, and, if there's no snow, we can ice skate. That means we'll be able to meet every week, unless it's pretty warm.

KidSki is for kids ages four and up. Younger kids will play games, go on short tours, get some very low-key instruction, and enjoy the winter outdoors. Low cost ski and skate rentals are available. Preschoolers should bring their own adult, and everyone is invited to help coach.

We also have something to offer older kids who want a low-key chance to ski with other kids. We'll free ski, with occasional games, relays, and instruction. If there's fresh snow, we'll learn telemark turns on the sledding hill and maybe shovel in a few jumps. This will be the Norwegian learning-by-watching-and-doing approach. Kids wanting more of a competitive focus should consider the Silver Skis program. We just want to have fun.

We do need coaches yet this year. We try to keep a low kid to coach ratio, and a desire to play with kids is vastly more important than ski knowledge or ability. We can guarantee a good time for coaches, so, if you're at all inclined, please let us know.

We'll hit the snow Wednesdays at 5:30 pm and retreat to the warming house about 6:30 pm. Program runs from January 8 through February 12, concluding with a pizza party at Rocky's the last night. Pizza will be \$7.50 for adults and kids 9 or older, and \$5.00 for 8 and younger.

KidSki costs just \$15 per kid, and first timers get a really cool ski hat—worth it for the hat alone. Call Pete Anderson (222-1928) or Kris Long (243-1923) for more information. If conditions are warm, really cold, or otherwise doubtful, call 222-1928 before driving. We'll ice skate if there's ice but no snow. *

- JUNIORS ARE ON THE MOVE! - Juniors Update

By DON FARISS

Our high school-aged Juniors group has been working out 4 times a week since late October by roller skiing, running, running with poles, technique drills, strength workouts, hill work, bungee workouts and some alpine skiing. (An aside about Strength: We conducted a special strength workout this fall. Two of our girls built up to the point where they actually beat some of Ben Clines old records!) The juniors are as eager for snow as you are even after two December trips to ABR.

This year we have athletes from 8 different schools. We have enough

to form 3 girls teams (Middleton, Madison Memorial and Madison West), but sadly, the boys will be racing as individuals this year. State rules require



there to be at least 3 individuals from one school to form a "core team", then other "orphans" from other schools can join them. This year we have only 1 or 2 from 4 different schools.

Dang!

Once again, our season's focus will be on the (22nd Annual) Wisconsin High School Nordic Champi-

onships to be held this year at the Schwan Conference Center near Trego, WI on Feb. 8 & 9. Although we have no contenders for the overall title this year, we have a few that could take home Top 10 medals.

If you see our distinctive hats with the spiky white design on the trails, give use a "Way ta Go!" cheer.

For more info, see the Juniors web site at <http://madnorski.tripod.com>. *

**THE JUNIORS
ARE AS EAGER
FOR SNOW AS
YOU ARE ...**

- We Can Use It! - Junior Equipment Donations

By DON FARISS

Yes, the club is soliciting monetary donations for our Junior Fund. But I'd like to call attention to equipment donations. So often I hear, "Do you take...?" No matter what it is, the answer is almost always YES! Things you think are useless crap, we can put to use. Examples: Worn-out skis, single poles, old binding systems and boots, 3-wheel roller wooden skis, old wax, etc. Yes, we like to get gear for small or lightweight adults. But if it won't fit our athletes, we'll save it to sell at the next Hoofers Ski Resale and use the funds for appropriate gear.

Once again, THANK YOU adult MadNorSkis for all you do for our junior programs! *



FAST WAX™

SKI WAX

What are all your products?

How do I apply Flite?

How did the race team wax their skis for the 2002 Birkie?

Find the answers at

www.skifastwax.com

Which wax should I use today?

Where can I buy Fast Wax?

What is the cost of the high-fluor race wax?

Guaranteed for Speed

Premium quality waxes at affordable prices

Made in the USA

Call us to "talk wax" 651-436-1006 or 888-754-9292



Are you ready to hit the trail?

Have your XC skis tuned, waxed or repaired in our full-service shop!

	<u>Members</u>	<u>Non-Memb.</u>
Basic tune-up	\$20.00	\$30.00
Hot wax: tip and tail or full length	\$10.00	\$15.00
Performance Hot wax:	\$16.00	\$21.00
Wood ski base prep	\$30.00	\$40.00
Base clean	\$7.00	\$10.00
Stonegrind	\$10.00	\$15.00

SALOMON • FISCHER • ALPINA
ROSSIGNOL • KARHU • MADSHUS



7483 West Towne Way
Madison, WI 53719
(located behind W. Towne Mall)
608-833-6680

Rock n' Roll with Rock Skis

BY MIKE IVEY

For us Banana Belters, the most important skis in your bag might be the "rock skis." Having an reliable pair of beater skis is often the difference between getting out on snow versus staying home and complaining about poor conditions. If you've got waxless skis, all the better.

Case in point, the inch of snow that fell in Madison on Dec. 2 was just enough for some decent golf course or frozen lake skiing. With the cold temperatures that followed, we were treated to 10 consecutive days of early season skiing. Not bad.

So where were Madnorski's getting out? Just about anywhere that was holding snow. Elver Park, for example, had skiable conditions for nearly a week on the grassy section of trails. The city had even done a bit of grooming to help get the frost into the ground.

Any golf course is a good early season bet, especially for classical on the waxless skis. Heck, I've even heard of guys getting out on morning frost on a nice firm golf course. Just stay off

the greens and tees. But maybe the best place during light snow cover is a frozen pond or lake with just a dusting of the white stuff.

One Sunday morning in December, a group of local racers gathered at the pond at Odana golf course for an informal training session and relay race. At one point there were a dozen guys, and one girl, in tights zipping around the outside edge of the pond. Conditions were so good, most people were skiing on hard wax, at least until the sun got high enough to glaze the skied-in tracks. Likewise, Lake Wingra was getting heavy use during the 10 days of early December. Enough snow had collected around the edges to make for a nice long loop.

I was getting a lot of use out of Monona Bay, which is walking distance to our house on West Lakeside Street. A northwesterly wind had blown most of the early December snow onto the south shore of the bay, leaving it four inches deep in spots. No lie.

I was able to ski in a good track and use hard wax for nearly a week. When

things started to melt, I skied in another track with my waxless skis that lasted right up until the temps hits the 40s and the big meltdown. But what the heck. I had 10 straight days on snow in December right out my back door.

The point here is that conditions in southern Wisconsin are never going to be ideal. Waiting for the big dump means missing out.

For those who don't have rock skis, I suggest finding some ASAP. Garage sales, ski store closeouts or ski club resales are a good place to find cheap skis. I once bought a pair of Fischer Europa racing classic skis for \$2 at a garage sale. With a bit of cleaning and new bindings, they are now my wife Vicki's favorite skis – and the fastest in her bag.

Having rock skis allows you to plow with confidence over dirt, rocks, leaves, pine needles or whatever else passes for snow cover in Wisconsin. In fact, there's something extra special about getting out when others are sitting home with the blue wax blues. *

Hey...MadNorSki Members
Get off the flats
& into the hills

Come &
Ski the
January 25, 2003 Ishpeming to Marquette
www.noquemanon.com
888-578-6489 • 906-226-6591



Who wants
snow?

Guarantee Snow this winter!
Buy a Snowflake

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.

Blue Mound Update

BY KARL HEIL

Hello Madison Nordic Skiers, Blue Mound State Park will be charging a trail pass for skiers age 16 and over beginning this ski season. This is the same pass that is required for skiing at Lapham Peak, among others. The trail passes cost \$3.00/day or \$10.00 for the annual pass. 2003 passes are available now and are valid from Dec. 1, 2002 through Dec. 31st, 2003. The state trail pass is valid on all state bicycle trails including the Military Ridge and the Capital City State Trail. If our entrance station is not manned when you arrive at the park there is a self-registration station

at the ski trail head for trail pass registration. Once you have an annual pass it will speed up your entry into the park if you have it out to show the entrance station workers upon your arrival.

In other news deer hunting at Blue Mound ended on Sunday, Dec. 15th. There will be no hunting taking place at Blue Mound during the ski season. Until we get skiable snow our mountain bike trails remain open. The bike trails that are separate from the ski trails will be open for winter hiking. Our 2003 candlelight ski dates are Sat. Jan. 4th and Sat. Feb. 15th from 6-9 p.m. *

Oh Ski With Me In Argentiina

BY WILLI VAN HAREN

If you think you live too far south to get snow anymore, you're incorrect. You just have to go Farther south in the months of June-September to find groomed nordic skiing in the Land of Fire. In August of this past year our "old" buddy Matt Muir went to Tierra del Feugo, Argentina where he cross country skied for two weeks and raced in there big FIS race, the Marchablanca. Now, he's putting together a return trip in 2003 and we are all invited (I think at our expense— ha ha) Matt will be giving a short presentation at the January meeting. Come out and see how Matt is doing as an ex-patriot and new father. He'd love to see all of you. *

Clothing Pick Up

If you ordered Madnorski clothing and haven't picked it up yet, bring your checkbook to the meeting on January 13th and pick it up then! If you didn't order any clothing, but wish you did, bring your checkbook, extra clothing will be for sale!

Then put it on and get out and find some snow! *

3, 6, 12 & 24 HOURS OF TELEMAR

Telemark Resort, Cable, Wisconsin, Jan. 11-12, 2003



**telemark
resort**



AMERICA'S ONLY
24 HOUR CROSS COUNTRY SKI
TEAM RELAY RACE!

SOLO TO 6 SKIER
TEAMS COMPETE
ON A 10KM LOOP
FOR 24 HOURS.
THE HIGHEST LAP
COUNT IN 24
HOURS WINS!

SPECIAL ROOM RATES!

19 CATEGORIES!

FEES:
\$50-65 PER SKIER
SIGN UP EARLY
AND SAVE!

JUNIORS ALWAYS \$30



3, 6, 12 OR 24-HOUR
OPTIONS!

FOR MORE INFO CONTACT:
TS EVENTS
W220 N1560 JERICHO CT #3
WAUKESHA, WI 53186

TIMEX



nightpro®
lighting systems



FISCHER



WWW.TSEVENTS.ORG

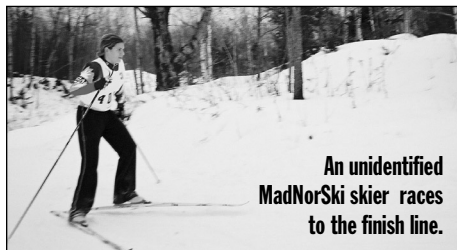
CABLE AREA
CHAMBER OF COMMERCE



T: (262) 549-6801 EXT.16
F: (262) 549-6825
E: INFO@TSEVENTS.ORG
W: WWW.TSEVENTS.ORG

Scenes From ABR

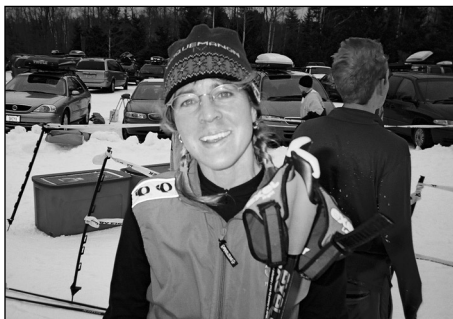
PHOTOS BY WILLI VAN HAREN



An unidentified MadNorSki skier races to the finish line.



Ben Neff stretches and smiles for the camera before doing the ABR Season Opener 10k on Dec. 15th.



Gail Moede (above) and Mark Torresani and Walter Meanwell (below) are just happy to be somewhere where there is snow!



CLASSIFIEDS

**Ads run free for
MNSC Club members!**

BIRKIE LODGING AVAILABLE

LODGING 5 MINUTES FROM BIRKIE START. Seven bedroom lodge on private lake with many amenities, including two fireplaces, bar, game tables, laundry room. Five minutes from Birkie start. Prices include transportation to and from Telemark and continental breakfast and range from \$150.00 per night for twin bedroom to \$200.00 per night for master suite. Funds raised from rental will be paid to Madison Horizons Rotary (a civic/charitable organization). Minimum stay and deposit and other requirements apply. Please contact Robert Cox at bobcox@earthlink.net or 251-8783 for information.

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



**DON
MILLER
SUBARU**

The Beauty of All Wheel Drive



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 • donmillersubaru.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.



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.