

Cross-Country Skiing for Everyone ❄️

NOVEMBER 2003

# MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 23 No. 1

- A WORD FROM JIMMY -

## Hostile Takeover of MadNorSki by NRA Looms

By JIMMY VANDEN BROOK



Being President of the Madison Nordic Ski Club has not been easy. Sure, it might look like a cake walk (with a beer chaser), but let me tell you, the pressure to perform is relentless. Just look at the graying, blown-out, decrepit band of MadNorSki ex-presidents if you want to see the toll taken by this post. During my own brief tenure I've had to withstand 3 recall elections just because we've had a few lousy winters. You think Gray Davis had it tough. And then there was that other President, George W. Bush, suggesting that "regime change" might be a good thing in places in addition to Afghanistan and Iraq. I'd be paranoid if I thought about it much. But the latest crisis involves more than my pathetic need to hang onto presidential power. The very soul of the Madison Nordic Ski Club is up for grabs. Believe it or not, the National Rifle Association plans to take over our club. Well placed sources inform me that the NRA intends packing the club's Board of Directors with loyal members giving them controlling interest in the vast resources of the Madison Nordic Ski Club.

But why, you might ask, would the NRA be interested in a ski club? Recent legal and financial setbacks to national gun interests have moved the NRA to seek a more positive public image through the

acquisition of wholesome, lucrative, and growing organizations such as ours. I'm afraid we are the victims of our own success. Our dramatically increasing membership, fabulous youth and adult programs, recreational and race-related ski activities, inspirational meetings, and positive cash-flow puts us in NRA's cross-hairs. Unfortunately, club member Mark Torresani's great work to establish a biathlon program makes the club a "must-have" for the NRA. Guns and Lycra: simply irresistible.

### GUNS AND LYCRA: SIMPLY IRRESISTIBLE.

What are we to become? Will we remain advocates of Nordic sports or promoters of the latest state legislative effort to allow "concealed carry" of firearms? Will MadNorSki be packing heat in their fanny packs to ward off sociopaths they meet on the ski trail? Talk about cold comfort. It's your choice. If anyone is still skeptical about the NRA's motives, I have proof of an effort to unseat your Commander in Chief (that would be me) through a blatant coup d'etat. I have seen bumper stickers in plain view that declare: "My President is Charlton Heston". Need I say more?

So, now it's up to you, dear MadNorSki members. I've given the clarion call. There are open seats on the MadNorSki Board that must be filled. Please step up and fulfill your Nordic destiny. You can make a difference. Your gift of time is the greatest thing you can give to the ski community. And actually, I don't care if you are an NRA member. We need you. Call me. Or chat me up at the November 10 club meeting at the Lussier Center.

That fuzzy stuff aside, I feel I must send a clear, "hands-off" message to Mr. Heston in his own lingo. The only way he will take my MadNorSki is **from my cold, dead hands!** \*

### OUR NEXT MEETING

Monday, Nov. 10th, 2003  
Lussier Family  
Heritage Center

#### Agenda

**6:30-7:30: Vendor Fair!**  
15 XC businesses with their latest wares, and activities.  
**7:30-8:30: MNSC Business Meeting**  
**8:30-9:00: Fabulous Doorprizes** lots of swag, including new skis! Must be present to win.

### MNSC BOARD OF DIRECTORS

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Vice President  
(608) 437-3782  
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Vacant  
Trips Chair  
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# Ice Age Challenge Returns to Madison January 4<sup>th</sup>!

By FRANK FARWELL

START YOUR RACE SEASON WITH THE MADNORSKI SUBARU ICE AGE CHALLENGE, A 5- AND 15K FREESTYLE AND CLASSIC RACE AT ELVER PARK. IF SNOW IS SCARCE, NO PROBLEM—JUST BRING YOUR RUNNING SHOES, AND THE EVENT WILL MORPH INTO A FOOT RACE.

After a hiatus of several years, the Ice Age Challenge is back. It's happening January 4<sup>th</sup>, 2004, and it's called the MadNorSki Subaru Ice Age Challenge, a 5- and 15K freestyle and classic ski event in the hills and hollows of Elver Park, on the eastern fringe of the pre-historic Ice Age Trail.

Race time is 9 am for classic, and 9:15 am for freestyle. Trophies will be awarded for the top three overall finishers, male and female, in the 5- and 15K freestyle, and results will be listed by age group (13-and-under, 14-15, 16-17, 18-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+). Classic skiers will be timed separately, but no awards will be given.

There will also be a MadNorSki—Don Miller Subaru trophy for the best overall high school boys' and girls' teams, with the top three skiers from each school scoring points.

The fast, scenic course runs over the two wooded ridge lines and incorporates three climbs—one gradual hill right after the start, one moderate climb as the course enters the north-west ridge, and the steep, near-nose-bleed wall as the course re-enters the southeast woods.

If the snow Gods don't cooperate in time, no problem. Just change your ski boots for running shoes, and the show goes on. As Ned Zuelsdorf, (veteran organizer of the Tuesday night

race series) says, "Snow or no, we go."

Registration information is available at [iceagechallenge@yahoo.com](mailto:iceagechallenge@yahoo.com). Race fees are \$15 for high school students, \$20 for adults before December 27<sup>th</sup>. From December 28<sup>th</sup> to 8:30 am January 4<sup>th</sup>, late registration is \$25 for high school students and \$30 for adults. Entry forms should be downloaded and mailed to Madison Nordic Ski Club, c/o Dirk Mason, 4605 Onaway Pass, Madison, Wisconsin 53711. For questions, call 608-277-1881.

Registration is open until 8:30 am the day of the race. Registration is limited to the first 200 registrants, so early registration is recommended. \*

## - WHAT ARE THE SILVER SKIERS DOING? -

### Silver Skiers Look Forward To Another Year

By: GREG JONES

For those of you who do not know about the Silver Ski program, it is a group of young skiers ranging from 5<sup>th</sup> through 8<sup>th</sup> grade. They come from all over Dane county to ski together. Our focus is on having fun and racing. We are always trying to become more efficient and stronger skiers and thus going down the trail faster. There are several races that are on our list to attend. The highlight of our season usually comes at the Wisconsin High School Championships, where there is a middle school division which we compete in.

We plan to meet twice a week on Wednesdays and Thursdays early in the evening. We will meet at Elver Park for dry land training and when there are good snow conditions to ski. As you all know we have been cursed by some poor snow conditions the past few years. Now there is a solution to that problem. The Blackhawk ski club will make snow this year for a cross country trail loop. I'm sure you will be able to read more about that in other articles in this



newsletter. The Silver Skiers will have one or two time slots a week reserved for us on that loop. That means registration for Silver Ski this year will have to include a \$50 non tow membership at Blackhawk. We

will also need some volunteers help to work on trails. This should all be well worth it as we almost have a guarantee of snow to ski on. All we need to have are temperatures below freezing for a while.

If you need skis, no problem there either. We have some very good rental skis available through the club. Both skating and classical skis are available. We will try to match you with a good fit and you will rent these skis for an entire season for only \$20 (plus deposit). You will still need your own boots and poles.

We will probably begin meeting November 22<sup>nd</sup>. The program runs until the end of February. If you are interested or know someone that is contact Greg Jones at a club meeting or call him at 273-3919. You can also email Greg at [jones6601@ameritech.net](mailto:jones6601@ameritech.net) for more information. \*

## - DREAM DESTINATIONS -

### Far Hills Inn, Val-Morin, Quebec

By FRANK FARWELL

Last New Year's my wife Laura and I flew to Burlington, Vermont, and drove 2 ½ hours NW to the small townships where Jackrabbit Johannsen, the granddad of cross-country skiing in North America, had cleared the Maple Leaf Trail during the Depression, and where he lived in a cabin until his death at 111 in the 1980's.

Jackrabbit's legendary trail has since been joined to numerous hiking trails, including The Linear park, a 220 kilometer rails-to-trails pathway, groomed for classic and skating, that link a series of French-Canadian small towns northwest of Montreal.

On a hilltop meadow above one of these towns, Val Morin, sits The Far Hills Inn, with 72 rooms in three buildings, and 95k of groomed trails (25k groomed for skating, and 50k of back country skiing). Far Hills is a 75-minute drive from Montreal, so it has enough weekend and conference business to fill its dining room and lodge rooms year-round.

Far Hills' trails are groomed for skating and classic, and they are beautiful. Far Hills' lodging facilities

(SEE QUEBEC, CONTINUED ON PAGE 12)

# Membership Notes

By SCOTT BACHMEIER

It's that time of year again – the Three R's of Autumn: Raking leaves, Rollerskiing, and Renewing your MadNorSki membership dues. Keeping with the trend of national fiscal crises, the Club needs to raise about \$87 Billion to cover the costs of beer at the meetings. As a result, you'll notice that the MadNorSki membership dues have increased this season: \$20 for Individuals, \$30 for Families, yet still \$10 for Juniors. While we were hesitant to evoke such a rate increase, we think you'll still agree that it remains a good value, and we hope that you'll continue to support the Club. There is talk circulating amongst the meteorological rumor mill that this winter might finally reward us with something that resembles a more typical Wisconsin winter – I'm not at liberty to discuss such rumors, but I have begun to stock my waxing table with enough waxes and klusters to get me through the worst (or best) of winter conditions.

So don't forget to mail your 2003-2004 membership dues to:

Madison Nordic Ski Club  
P.O. Box 55281  
Madison, Wisconsin 53705

Alternatively, you can "pre-register" at the MadNorSki web site: <http://www.madnorski.org/club/join.html>

Then either bring your money to the first meeting, or pop it in the mail. While you're on the web site, don't forget to join the XC discussion group (the "Listserv") to keep up with everything going on in our busy Nordic skiing world: <http://www.madnorski.org/discussion.html>

Let's try to set a new membership record this season, to match the new snowfall records that are sure to be established over the coming winter months! \*

## Monthly Ski Tip From Coach Don

We'll be on snow sooner this year (the odds are with us). When you get there, remember to GO SLOW. Don't kick up your heels and go race pace right away. Do a week or more of long, slow distance working focusing on technique refinement. You'll just thrash and trash at high speed. And don't worry if you flounder a bit even after lots of dryland training. The snow is likely in the worst groomed condition of the whole season to come and your on-snow "touch" will be rusty.

Self-coached technique tip: Ski where you can observe your shadow. \*

## Juniors Sales Agents

The MadNorSki Juniors will be selling 2 items at the November MNSC meeting: Ski calendars and an embroidered patch of the MadNorSki logo. The \$15 calendars are loaded with great photos of the World's & US's best skiers. The cool patches will be available separately or sewn onto hats and possibly shirts. \*

## Think About Your Friends...

...your neighbors & co-workers. Any of them have teenaged children that you always see outside being active? Are they a bit adventurous? Or maybe in need of an adventure?

Then tell them about the MadNorSki Juniors XC program. They don't even need to know how to ski. We'll bring them up to speed and have them racing in no time. Have them contact Don Fariss at 235-7961 or check the Junior web page at: <http://madnorski.tripod.com/index.html> (also linked to adult MNSC page)

Don has brochures you can give prospective candidates. \*

## 2003-04 MadNorSki Meeting Schedule

| Board Meeting             | Club Meeting                       | Meeting Theme                              | Meeting Agenda                     | Club Meeting Location          | Newsletter/Ad Deadline |
|---------------------------|------------------------------------|--|------------------------------------|--------------------------------|------------------------|
| Thursday<br>Oct 30<br>TBA | Monday<br>November 10<br>6:30 p.m. | New gear, pre-season, activities           | <b>Vendor Fair!</b><br>social hour | Lussier Family Heritage Center | Friday<br>October 17   |
| Tuesday<br>Nov. 25<br>TBA | Monday<br>Dec 8<br>6:30 pm         | POT LUCK                                   | TBD                                | Lussier Family Heritage Center | Friday<br>November 14  |
| Tuesday<br>Dec. 23<br>TBA | Monday<br>Jan 12<br>6:30 pm        | Waxing for racing and recreation           | Wax Demo                           | Lussier Family Heritage Center | Friday<br>December 12  |
| Tuesday<br>Jan. 27<br>TBA | Monday<br>Feb. 9<br>6:30 pm        | Birkie war stories/<br>Birkie alternatives | Juniors Fund Raiser<br>Chili feed  | Lussier Family Heritage Center | Friday<br>January 16   |
| Tuesday<br>Feb. 24<br>TBA | Monday<br>Mar. 8,<br>6:30 pm       | Racing wrap up<br>POT LUCK                 | Election of Officers               | Lussier Family Heritage Center | Friday<br>February 13  |

# A Report From a Young Skier

By KATIE KOTAR

Thank you for the \$10 gift certificate to New Moon Ski Shop. I really liked winning the prize and having pizza with my Dad and the Dancing Daves at the February ski club meeting. I would come everytime if there were pizza and prizes.

Mom and Dad took me to New Moon the day before the Barnebirkie. That gift certificate was burning a hole in my pocket and I was eager to find just the right thing. I saw a white ski hat with a blue silky tassle that was very nice, but when we went upstairs to see why it was taking Dad so long to buy some boots, Mom suggested ski poles! My old ones were for babies and getting way too short. My new ones have leather straps and real metal points. Mom says its a sure sign of Birkie fever when you buy new gear the day before the big event.

The Barnebirkie was great. It was sunny and warm and the snow was just right. I was very patient in the starting area listening to the announcers. That Tony Hartmann sure is funny! But I was too short to see the Norse

warriors leading off the pack even though I can say their names, Torstein Shevla and Shervald Screwka, better than they can.

My toy mouse rode in my pack and I talked to him and my Dad all the way. I was really excited to get to Main Street and very determined to ski the whole way. I only fell once. It kind of hurt and I cried a little bit, but Mom gave me a hug and told me I was doing fine, so I kept going. I liked



Katie Kotar eyes the Oreo cookies soon after completing the 2003 Barnebirkie.

seeing the clowns and the crowds of kids cheering in front of the school. It was a little scary when the bigger kids came skating through but I stayed in my track and skied a little harder.

I loved getting my medal and hitting the cookies at the end. I always look for the Oreos—they're my favorite. Mom said I should try the home-baked cookies, but I just wanted Oreos. I saw my friend Lauren at the finish too. Her whole preschool skied together! Wouldn't that be fun? The kids at my preschool admired my medal when I got back, but I don't think they really know what its like to ski in such a big event.

Dad says I'm a real skier now, and both Mom and Dad are extra proud of me.

I'm proud of myself too, and looking forward to next year. I'm going to get new skis, boots and bindings for my sixth birthday next December. Silver boots—just like Dad's.

Thank you again for the gift certificate. See you at Rocky's again next year. \*

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# Nordic News From Blackhawk Ski Club

By MARK TORRESANI

Imagine having a cross country ski area that is equipped with work-out facilities, trails that are covered with manmade snow when nature doesn't cooperate, piston bully grooming, a Nordic combined program, and a biathlon range. Now imagine this facility is just on the outskirts of Madison. This isn't a dream but rather Blackhawk Ski Club located about 1 mile west of Middleton. Since the end of the 2002-03 ski season there has been an ongoing effort by a group of volunteers at Blackhawk Ski Club to develop Nordic ski programs and a ski trails that will be covered with manmade snow. Through the spring, summer and fall work has included the construction of an exercise area, a 10-meter air rifle biathlon range and a cross-country ski trail that connects the bottom of all the alpine runs, the ski jump out-runs and the existing cross country ski trails. The new trail will form a loop that is approximately 3 kilometers in length and will be instrumental in helping to develop the biathlon,

Nordic combined and cross country ski programs in the Madison area.

Nordic programs at Blackhawk started this year with a Biathlon Clinic held on September 27-28. Bill Meyer, a biathlon instructor and coach with the Minnesota Biathlon Association and the US Biathlon Association (USBA), led the clinic. The clinic provided an introduction to both competing in biathlon and in coaching biathlon. The course covered safety, equipment, sighting, shooting, and the transition from skiing to shooting. The clinic culminated with a summer style biathlon event that included running and shooting. There were a total of 24 participants in the clinic ranging in age from 8 to adult. Several members of Blackhawk Ski Club will be working with Bill Meyer to become USBA certified coaches.

As the Nordic programs grow at Blackhawk there is need for

the cross-country ski community to help out and get involved. One simple way is to join as a non-tow member for \$50, which gets you access to the club facilities for a year. You must be a member of Blackhawk Ski Club to use the trails and other facilities at Blackhawk.

Anyone interested in learning more about Blackhawk Ski Club can visit their web site or talk to a member. Those interested in helping with the Blackhawk biathlon or Nordic programs can contact Mark or JoEllen Torresani at (608) 662-5374 or [torresan@chorus.net](mailto:torresan@chorus.net).



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Subaru Ore to Shore, Subaru National Masters & Lake Superior Short Run

(SEE CHAMPS, CONTINUED ON PAGE 10)

# The CAT Ski Story



Dale Niggemann started the quest to make a better Classic ski around 12 years ago but he did not want to copy the competition. He wanted to beat the competition. So, he talk to coaches, did a few clinics with some coaches on classic technique, read a little about classic skiing and he came up with an idea late one night in his laboratory several years ago. The idea he came up with was the **CAT Ski** which stands for **Classic All Terrian Ski** and he means all terrian! Other manufactures say their skis are all terrian but they are not. The CAT skis can go on sand, ice, grass, pavement or mud. In fact they can go where mountain bikes can't even go! We have several customers who ski when it is cold and dark. They put their CAT skis on in the garage and CAT ski right out their garage onto the lighted 1000 km CAT ski trail (lighted city streets). They ski for 30 minute to 2 hours and ski right back into there garage. They love it because they don't even have chance to get cold. The CAT skis have another feature that is quite nice. You can ski side by side with your CAT ski buddies and talk. It can be very difficult to do this on other roller skis because of traffic and narrow trails.



A future Birkie skier starts training early.

## CAT Ski testimonial by Lowell McCoy

*"MAXIMIZE SKI-SPECIFIC FITNESS WITH MINIMUM INVESTMENT IN TIME. AS EASY TO FIT INTO DAILY ROUTINE AS RUNNING. BUT MORE EFFICIENT BECAUSE ITS SKI SPECIFIC AND INCLUDES UPPER BODY WORKOUT AND CLASSIC TECHNIQUE. DURING THE BUILD PART OF MY TRAINING YEAR, CAT SKIS TAKE ON AN INCREASING ROLE IN MY TRAINING. CAT SKIING MIXES WELL WITH ENDURO ROLLER SKIING (SKATE TECHNIQUE AND POLING) AND TRAIL RUNNING TO BUILD SPEED ENDURANCE. BY MIXING THE 3 TRAINING ROUTINES, I AVOID OVERUSE INJURY WHILE INSURING ATTENTION TO ALL THE BALANCE AND MUSCLE TRAINING NEEDED FOR THE UPCOMING SEASON. AS THE WEATHER GETS COLD, WET, WINDY AND JUST PLAIN MISERABLE, I RELY ON THE CAT SKIS. THEY ACTUALLY MAKE IT PLEASANT TO SKI DURING THIS TYPE OF WEATHER. I INVEST ALMOST NO TIME IN DRIVING, WAITING FOR THE ROADS TO DRY, OR AVOIDING TRAFFIC. I DON'T HAVE TO QUIT BECAUSE ITS DARK. I JUST HOPE THAT THE OTHER GUYS IN MY AGE GROUP HAVEN'T FOUND CAT SKIING YET. I NEED EVERY ADVANTAGE THAT I CAN GET. LAST SUNDAY, FOR THE LAST 20 MINUTES OF A RAIN-SOAKED CAT SKI SESSION, I GOT THAT WONDERFUL MID-SEASON FEELING WHEN THE RHYTHM AND BALANCE OF CLASSIC SKIING COME TOGETHER IN A NEAR EFFORTLESS MOTION. AND ITS ONLY SEPTEMBER."*

## CAT Ski testimonial by David Deverell

*"I HAVE LOGGED JUST OVER A HUNDRED HOURS ON THE CAT SKIS OVER THE SUMMER MONTHS. I HAVE SKIED IN 90 PLUS HEAT, RAIN, & ANYTHING MOTHER NATURE DECIDED TO SURPRISE ME WITH. I WENT OUT YESTERDAY FOR MY DAILY SKI AND I WAS STILL SO EXCITED TO GO. IT WAS ALMOST LIKE A KID WAITING FOR CHRISTMAS MORNING TO COME OR WAITING TO GET OUT ON A FRESHLY GROOMED TRAIL AFTER A GOOD NIGHTS SNOW-FALL. I TRIED TO PUT MY FINGER ON IT AND SIMPLY PUT CAT SKIING IS REAL SKIING AND NOTHING ELSE IS UNLESS THERE IS SNOW. I LOVE TO SKI AND THE CAT SKI LETS ME SKI YEAR ROUND. I LOVE THE GLIDE OVER A CRISP SNOWY TRAIL, THE JANUARY AIR BITING AT YOUR NOSE AND FINGER-TIPS. THERE IS NOTHING BETTER AND THE JOY IT BRINGS EACH TIME IS REALLY PRICELESS. THE LAST COUPLE OF WINTERS HAVE LEFT US WHO LOVE THIS SPORT DAZED & DEPRESSED. YOUR CAT SKI IS THE ANSWER TO ANY SKIERS PRAYERS. I NOW CAN SKI ANYTIME, ANYWHERE, AND ON ANY THING. THE CAT SKI IS THE ONLY TRUE OFF ROAD ALL TERRAIN SKI. ALMOST NOTHING STOPS IT. IN THE PAST I HAD TRIED RUNNING WITH POLES, SKI WALKING, & ROLLER SKIING. ROLLERSKIING WAS THE MOST CRITICAL OF THE THREE. I WENT OUT & BOUGHT THE SUPPOSED TOP OF THE LINE ROLLER SKI WITH SPEED REDUCERS. AFTER I PUT ON MY HELMET, ELBOW PADS, WRIST GUARDS, GLOVES, & KNEE PADS I FELT MORE LIKE A KNIGHT GOING INTO BATTLE INSTEAD OF A CROSS COUNTRY SKIER. I WENT OUT ON A FAIRLY SMOOTH ROAD & AFTER GETTING BREEZED BY MANY CARS I REALIZED THIS WAS NOT SKIING AT ALL. I WAS BUNDLED UP LIKE AN X GAME PARTICIPANT, GOING WAY TO FAST ON UNSTABLE ROLLER SKIS FEARING FOR A BROKEN BONE OR ROAD RASH. THE NOISE OF CARS ZOOMING BY & THE SMELL OF EXHAUST WAS NOT WHAT I SENSE WHEN I*

*AM ON MY FAVORITE TRAIL. IN 3 YEARS I PROBABLY PUT MAYBE 30 HOURS ON THEM. I HAVE SINCE SOLD THEM ON A POPULAR WEBSITE. THE CAT SKI HAS CHANGED ALL THAT. I CAN SKI MY FAVORITE TRAIL ANYTIME I WANT. I JUST PUT ON MY NORMAL SKI BOOTS, GRAB MY POLES AND GO. BEFORE I KNOW IT I AM GLIDING ALONG WATCHING THE SUN DANCE ITS WAY THROUGH THE PINES. THE DEER ARE WATCHING JUST OFF TRAIL & THE SQUIRRELS ARE BOUNDING AROUND IN FRONT OF ME. AS I SKI PAST LARGE ROCKS LEFT BY A MELTED GLACIER I REALIZE I AM SEEING THINGS I NEVER SEE IN THE WINTERTIME. WHEN I AM DONE I HAVE JUST GOTTEN A FABULOUS WORKOUT AS A BONUS. THE CAT SKI HAS TAUGHT ME PROPER WEIGHT TRANSFER & HOW TO PUSH WITH MY WHOLE FOOT. IT IS MY PERSONAL COACH THAT KEEPS ME FOCUSED EVERYTIME I USE THEM. I HAVE DEVELOPED AMAZING STRENGTH BOTH UPPER BODY & LEGS. THE BUNGEE RESISTANCE PROVIDES ALL OF THAT I NEED TO DEVELOP STRONG SKI MUSCLES. MY USUAL SKI TRAIL OFFERS, PINE NEEDLES, DIRT, STICKS, STONES, GRAVEL, GRASS, & SAND. THE CAT SKI JUST MOTORS EFFORTLESSLY THROUGH ALL OF IT. FOR THOSE WHO HAVEN'T TRIED THIS SKI, YOU ARE REALLY MISSING OUT. IT IS IN TWO WORDS AMAZINGLY FUN. IT HAS GIVEN ME THE OPPORTUNITY TO DO WHAT I LOVE MOST WHICH IS TO SKI. I CAN NOW GO ANYTIME IN ANY WEATHER. I HAVE HAD MORE FUN THAN EVER THIS SUMMER ON THE CAT SKI'S AND AM SO EXCITED ABOUT FALL. IN A WAY, I AM NOT SURE IF WHEN WE GET SNOW IF I WILL GET THE SAME WORKOUT I DO WITH THE CAT SKI. IT IS THE MOST FUN ANYONE CAN HAVE WITHOUT SNOW. THANK YOU AGAIN AND I CAN'T WAIT FOR THE BIRKIE. BRING ON THE HILLS I AM READY TO GO. THANKS AGAIN DALE FOR YOUR VISION!"*

**DALE IS GOING TO BE AT THE VENDOR FAIR EARLY THIS YEAR TO DEMO THE CAT SKI, SO IF YOU WOULD LIKE TO TRY OUT THE NEW CAT SKI COME EARLY TO THE NOVEMBER MEETING AND TRY IT OUT FOR FREE!**



# The Ski for Light Equation: (Skills + Sharing) + Enthusiasm = FUN

BY CHRISTINE FALTZ

Eija Jacobsen is originally from Finland and, while not quite born wearing skis, she was introduced to cross-country skiing at the age of four. Yet, after applying to be and accepted as an instructor/guide for an international weeklong cross-country skiing event, she was "terrified."

Eija is an excellent skier and certainly knows how to demonstrate and teach the fundamentals of the sport. So why the fears and insecurities? She knew her pupil for the week would be blind.

Her pupil turned out to be Tom Torvie, a visually impaired resident of Anchorage, Alaska. Eija and Tom joined 110 other guide/skier pairs as participants at the 2003 Ski for Light (SFL) event.

Ski for Light is an all-volunteer, nonprofit organization founded in 1975. Its mission is to make available physical fitness opportunities to blind, visually or mobility impaired adults in an environment where "we can't" is replaced with "we can." Sighted guides are paired with disabled skiers for the week and together they decide how long, how often and on what type of terrain they will ski. First time guides are paired with experienced skiers while first time skiers are paired with more experienced guides.

"I knew all about SFL and I finally decided it was time to stop procrastinating and do something different, do something for someone else and share the fun of skiing," Eija says. This determination did not prevent Eija from feeling extremely nervous. And she wasn't alone.

Turk Ellis, another first time instructor/guide, recalls "I knew that I loved to ski and I've always enjoyed passing on this passion to anyone willing to give it a try. But this was so very different. I didn't know if I was capable of guiding a blind skier."

Those fears were put to rest for Eija and Turk by the end of their first meeting with the guide trainers, pairs of seasoned skiers and guides who train the new guides. Both also had the opportunity to talk with other

"rookies" who shared the same fears. By the end of their daylong training session Eija and Turk had mastered the necessary communication skills and guiding techniques and were ready to hit the trails with their skiers the next day.

"Tom was very understanding and forgave me my lack of experience," Eija laughs. "In the beginning, I would



Visually impaired skier Tom Torvie (Anchorage, Alaska) and guide Eija Jacobsen (Valley Stream, N.Y.) share a hug during their week together at Ski for Light.

tell him 'Tom, we're coming to a hill,' and he would tease 'Yes, Eija, it would help to know if that's uphill or downhill?'"

"Eija was always cheerful, even when the weather and snow conditions did not merit such behavior," Tom grins. "At times Eija was the voice of reason as she would suggest breaks at good times or allow skiers of greater ability to ski ahead of us on difficult terrain. Although," he reflects, "I never imagined my voice of reason would have a Finnish accent!"

"It wasn't always clear who was the guide," smiles Eija. "Ski for Light is about sharing the experience of skiing, having fun, growing and learning. It was not so much my being Tom's eyes; it was Tom guiding me with such ease that I was finding new ways to look at the world around us."

"I have never felt so alive and so important and yet so small," echoes Turk. "I went to SFL to ski, to do something for someone other than myself. I came away with so much more. It was truly a life-changing experience."

If you are a strong, confident, classic cross-country skier, or if you are a blind, visually or mobility impaired individual who is interested in skiing, please consider attending the 29th Ski for Light week from February 8 - 15, 2004, in Green Bay, Wisconsin. Attendees will stay at the Radisson Hotel & Conference Center and ski at the Brown County Reforestation Camp. For applications and additional information please contact Brenda Seeger at 507-274-5502 or [brenda@sfl.org](mailto:brenda@sfl.org) or visit [www.sfl.org](http://www.sfl.org). \*

## EXPERIENCE SKI FOR LIGHT CLOSE TO HOME: ATTEND A REGIONAL PROGRAM!

If you're interested in seeing what Ski for Light, Inc.® is all about but you can't make it to the annual week-long event (or you just can't get enough of a good thing!), give your nearest Regional a try. Regionals are similar in structure to SFL but are shorter, generally held over a weekend. Regionals are being held on various dates January through March (many Regional programs are also active year-round) and include:

### Black Hills Regional Ski for Light

25th Anniversary  
January 25 - 29, 2004  
Deer Mountain Ski Resort,  
Deadwood, South Dakota  
**Cost:** \$190 (Scholarships are available)

**Web site:** <http://www.bhski-forlight.org>

**Telephone:** 605-341-3626

**Contact:** Don Theye

**Email:** [artpimp1@rap.midco.net](mailto:artpimp1@rap.midco.net)

### Michigan Regional Ski for Light

January 23 - 25, 2004  
**Web site:** <http://www.msfl.org>  
**Contact:** Jim Ellickson  
810 West Park Street  
St. Johns, Michigan 48879  
**Telephone:** 989-224-8288  
**Email:** [ellickson@voyager.net](mailto:ellickson@voyager.net)

### Wisconsin Regional Ski for Light

January 23 - 25, 2004  
Wisconsin Lion's Camp,  
Rosholt, Wisconsin  
**Contact:** Bev Helland  
10168 Amber Trail  
Edgerton, Wisconsin 53534  
**Telephone:** 608-884-4955  
**Email:**

[bhelland@madison.k12.wi.us](mailto:bhelland@madison.k12.wi.us)

*As with SFL, no prior experience with visually or mobility impaired people is necessary. If you're confident on skis, you can share your love of the outdoors by being a Guide.*



# Birkie Camp 2003

BY MIKAELA ROBERTSON

I had wanted to go to ski camp for a long time. Throughout the past winter, my teammate, Louise would wave to someone at ski races and if I asked how she knew them, the answer would always be "Birkie Camp." Kristin talked about camp too, and Marta told us how they stole the Burger King sign from the restaurant in Hayward during one of the camp's traditional 'nights on the town.' So when I was skiing on one of the last days of snow, I calculated the number of hours I would have to babysit to pay for ski camp. I didn't want to throw away my whole summer working. So I gave up the idea of Birkie Camp. But then at the team banquet, I was surprised to receive an award in memory of our late assistant coach, Tom Rebholz. This Rebholz scholarship enabled me to go to Telemark Resort for half a week in June for their annual Birkie Camp.

I went with Louise and Corrina Jones. Their mom, Linda drove us up; we left after ski practice on June 18th. We grilled dinner in the woods on the Joneses' land near Telemark — veggie

burgers, their first time trying them.

Later, we registered and then set-

led into Telemark Lodge, by far the nicest camp facilities I've ever stayed in. What set us apart from the normal hotel guests were the ten pairs of poles, eight pairs of rollerskis, four helmets, five or six pairs of ski boots, kneepads, socks, and countless gloves and water bottles propped up in our coat closet. That night, we waded through the pile to get to our classical gear and tried classic roller-skiing in the parking lot for the first time in seven months. Whew!

For four days, we focused on nothing but skiing. Each daily schedule was similar: Tai chi was before breakfast. If, before ski races this winter, you see Louise and I in

quiet meditation, sweeping our hands through the air in slow gestures, you

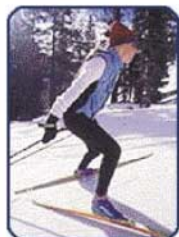
will know why — we learned it at ski camp. During the last Tai Chi session we even learned a method that really worked to make your hand grow bigger and stronger in five minutes through meditation.

After breakfast, strength and power sessions were offered, which were sometimes held in the pool. We used medicine balls, mini-bands, hurdles, and cables, which were suspiciously like coach Yuriy's bungees. The afternoon sessions included rollerskiing, dryland technique drills or ski walking.

The things we discussed and the way we went through the practices was

(SEE **CAMP**, CONTINUED ON PAGE 10)

**I GAVE UP THE IDEA  
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BUT THEN ... I  
WAS SURPRISED  
TO RECEIVE AN  
AWARD IN  
MEMORY OF OUR  
LATE ASSISTANT  
COACH, TOM  
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*"Skiing faster doesn't make you better. But skiing better makes everything more FUN!"*

(CAMP, CONTINUED FROM PAGE 9)

very comparable to what we do at practices here in Madison, but there were fewer drills that broke full stride into pieces and more analysis of whole techniques as we skied under the discerning eyes of the camp's coaches. Through all of the techniques, the biggest emphasis was put on keeping your hips forward, your ankles bent, and making each motion explosive. During one session, the coaches videotaped us and we reviewed the tape that night. The afternoon workouts would wind down in time for dinner and other activities, a picnic or video or discussion. Our sessions, mostly easy distance and technique, didn't seem to tire me at first. However, despite the lack of intensity in our workouts, the high volume of time we spent training had me very tired by Sunday. When I woke up on Monday, the day after camp let out, I was absolutely exhausted. I didn't realize how much we really did train until after camp when I was recording in my training log the hours spent running, rollerskiing, launching medicine balls, stretching cables, swimming, ski walking, and honing technique.

After a whole spring of ski training

with Yuriy, many motions we covered were very familiar. Louise and I skillfully demonstrated the ski imitation and knew how to use the stretchy cables. But anything we hadn't covered, I felt timid and shaky doing. I tumbled to the pavement during one afternoon classical rollerskiing and cringed when I saw the video that had been taken of my V1.

However, what I missed most was the comfort of the Madison ski practice routine that we had grown so accustomed to. I felt that doing ski training without the others who trained with me this spring was somewhat unsettling. For the first two days, I couldn't wait for Yuriy to arrive at camp, not because I was homesick or unhappy, but just because he represented the comfort and familiarity of our ski team.

The many times we relaxed and giggled after workout sessions made the length of our ski training sessions worth it. "Recovery fun" in the hotel pools was our nighttime ritual. We rested in the hot tub until we almost

boiled and then raced to the outdoor pool to jump in and swim under the stars. We picnicked and saunaed and swam at camp director Scott Wilson's lake house. And when we awoke on Sunday morning, we gazed in sleepy disbelief at the 3-foot-tall green plastic man in our room, compliments of Lindsay Williams and Maria Stuber's trip to Muskie Fest the previous night. Maria had scaled our porch railing

## IT HELPED ME SEE WHY PEOPLE DEDICATE SO MUCH TO THE SPORT...

to sneak it inside at night.

Overall, I was really impressed by my experience at camp and how it broadened my perspective on skiing. It helped me see why people dedicate so much to the sport and push themselves to higher levels as hard as they do. I still think back to the camp when I need some motivation to get out and train. Remembering the dedication for skiing that was apparent in everyone there, I am spurred on to reach higher and try harder. Most of all, Birkie camp gave me a much deeper appreciation for the support, knowledge, and opportunity we have here in Madison. \*

## SUBARU National Masters 2004 Marquette/Ishpeming, Michigan January 17-24

The Superiorland Cross Country Ski Club and the communities of Ishpeming, Marquette and Negaunee invite skiers from across the United States to "catch the Lake Effect Express" and experience the 2004 Subaru National Masters in Michigan's beautiful Upper Peninsula.

Racers can expect a cutting-edge trail system and a challenging race venue along with unique and astonishing views and terrific lake effect snow.

The Subaru NM2004 will feature four days of exhilarating National Championship race action at Al Quaal Recreation area followed by the exciting Noquemanon Ski Marathon and National Ski Hall of Fame Half Marathon as an unofficial finale.

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# Yunost Adventure

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## Why enter this program?

It is known that ages 8 – 14 are optimal in terms of developing and learning motor skills. The body's nervous system, which controls our muscular movements, is nearly fully developed (90 – 95 %) at age 10. The combination of an almost fully developed nervous system and a small and light body is optimal for learning new skills. It is therefore important to include and practice many and different physical activities at this age, such that a broad all-around foundation of motor skills and coordination can be developed. Broad and varied movement-skills have shown to be optimal in terms of further development and specialization later in life.

We all also know that children love to play and have fun, and that it is through play and games that they best develop social and physical skills and learn how to tackle challenges.

All sessions in "Yunost" adventure program are planned such that children develop all-around skills, such as reaction, rhythm, balance, speed and flexibility.

## Program goals:

- to create activities that the children enjoy
- to create an environment where the children enjoy themselves
- to forget measured results and other typical "adult" principles
- to find each child's ability level
- to focus on the process – "we will have fun here and now!"

- to build the program's content such that having fun creates a need for learning more

**Who:** Yuriy Gusev will be running this program. Yuriy is the founder and director of the Russian Style Ski School (year round outdoor fitness program with concentration in x-c skiing for citizen and elite skiers) and



Yunost Junior Program (comprehensive outdoor fitness program with concentrations in x-c skiing for juniors). Yuriy also has the highest educational degree in cross-country ski coaching in Russia and bachelor's degree in Physical Education in U.S.

The program will be held twice a week on Tuesday and Thursday from 4.15pm till 5.15pm. Locations will be announced one month in advance. Approximate locations: Elver Park, Badger Prairie Park and Black Hawk Ski Club. Program Limit is 15 participants. Program will start on November 1st from parents meeting at 4.00pm in Elver Park (new shelter).

Example of sports activities which will be introduced in the program through the year: downhill skiing, biathlon, telemark skiing, slalom, winter orienteering, ski archery, ice skating, biking, swimming, hiking, soccer, volleyball, basketball, orienteering, summer biathlon, wall climbing etc. \*

*For more information please call 608-385-8864 or e-mail gusev\_yura@hotmail.com.*

*(QUEBEC, CONTINUED FROM PAGE 2)*

are very good, though not as upscale, some might say, as Hotel du lac Carling, a few dozen miles to the southwest. Far Hills takes a close second in both these categories.

But in all other categories, and overall, Far Hills Inn beats the competition. It is more family-oriented than most US Nordic resorts, and its cuisine is country-chic French, at a relatively moderate cost, thanks to the US-to-Canadian currency discount. And food service is truly excellent.

Should you get restless at Far Hills after a few days of skiing and dining, you can freestyle or classic through the woods to the next town.

The ski shop at Far Hills is well staffed and inventoried. The ski school is staffed with nationally certified instructors who truly love teaching children to cross country ski.

After-ski amenities are massage, indoor swimming, hot tub, ping-pong, fireside bar ... does this sound like a skiing family's nirvana? It is.

Weekly and weekend rates include breakfast, dinner, lodging and trail passes. Contact: Far Hills at 800-567-6636, or [www.farhillsinn.com](http://www.farhillsinn.com).

If you really want to go upscale and don't mind giving up a few dozen k's of trails, pack a long dress and dinner jacket and call Hotel du lac Carling: 800-661-9211. \*

# MadNorSkiers at it Again!

*By KARL HEIL, PARK MANAGER, BLUE MOUND STATE PARK*

On Saturday, Oct. 11th members of the ski club, one biker, and several juniors got some early season upper body training on the ski trails at Blue Mound State Park. This hearty group installed 5 culverts on the ski trails. While skiers may not notice these improvements while skiing, the culverts will help reduce trail erosion, allowing the park to spend less time and money every year repairing trails, and more time IMPROVING the trails. One of the culverts replaced a bridge that was collapsing. Something skiers may miss, due to the groups' efforts, is scraping their skis on the water bars going up the big hill on the Willow Springs Trail. With a look of glee in his eyes, Willi Van Haren ripped out 5 more water bars (several were removed last year... did you notice?) on this section of trail. Don and the Juniors followed Willi, spreading black dirt, seeding, and mulching the "reclaimed" area. So if you don't scrape your skis as much this season, blame Don Farris, Willi Van Haren, Ned Zuelsdorf, Ali (a biker), and Juniors Martha, Mikeala, Karen, and Ansel! A special thanks to Willi for coordinating these workdays the past several years, it's much appreciated! \*

# Nordic Ski Sale at Hoofers Resale

At this year fortieth annual Hoofers Resale scheduled for December 6-7 2003 there will be more than the usual alpine skis, snowboards and accessories for sale. This year the resale will offer a large selection of Nordic skis by Germinia. There will be hundreds of models and sizes, mostly waxless, available to choose from.



The Resale is located at Memorial Union, 800 Langdon Street, Madison Wisconsin. [www.hoofers.org](http://www.hoofers.org) \*

- SPONSORED BY DON MILLER SUBARU -

# 2004 MadNorSki Race Series

BY NED ZUELSENDORFF

The 2004 MadNorSki Race Series will begin on Tuesday night, January 6, just two days after the returning Ice Age Challenge Race. Six subsequent races are scheduled for Tuesday nights through February 17, which is Birkie week. Don Miller Subaru is sponsoring the club's 2004 race series. This is the third year of their sponsorship which covers many of the costs associated with 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.

All races are planned to be held at Elver Park on Madison's west side. Skiers will generally have a choice of either 5K or 10K distances, using either classic or skating techniques. The actual format and course will vary each week. 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. You can be as serious or as casual as you choose. Course conditions will be checked early in the day and a decision 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 by subscribing to the club's listserve at [xc@danenet.org](mailto:xc@danenet.org), or by signing up for "Race Alerts" delivered to your mobile phone (see sidebar). Races will be electronically timed. Results are emailed to subscribers of the listserve and posted on the club's website, [www.madnorski.org/club/racere-sults.html](http://www.madnorski.org/club/racere-sults.html).

We will hold two "First-Timer" races for beginning racers. They are scheduled for January 20 and February 3. These events will be 2-3K in length for both classic and skating 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. Skiers registered for the series will be able to pick up their race bibs without having to wait in line on race night. 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](mailto:nedz@chorus.net). \*

## Get Race Alerts Sent to Your Mobile Phone

Don't miss late breaking news when it comes to MadNorSki races. We will send a text message to your Cingular or US Cellular mobile phone on the day of each MadNorSki race. You sign up for Race Alerts by visiting: [http://www.madnorski.org/cgi-bin/madnord/alert\\_signup.cgi](http://www.madnorski.org/cgi-bin/madnord/alert_signup.cgi). Fill in the form with your mobile phone number, name, and email address, and press submit. You will then be sent an automated email message to which you must reply. The message will let you know if a race will be held or postponed. The information you provide not used for any other purpose. For more information, contact Joe King at [jking@mail-bag.com](mailto:jking@mail-bag.com). \*

## Ski the Ironman?

BY NANCY WIEGAND

A number of ski club members did some serious cross training this summer and participated in the Wisconsin Ironman event Sept. 7. Ian Duncan took 5th place in his age group. Tom Woody was 86th overall and qualified for Hawaii. Chris Ransom, Scott Cooper, and Stephanie Holmes also finished. Congratulations! It was a hot day. Liz Zelandais and I didn't finish but are going to try again. (I hope I didn't miss any MadNorSki participants!)

Why would anyone want to try to swim 2.4 miles, bike 112 miles, and run a marathon? I signed up because it sounded doable and was a great

motivator to get back into shape. I've always wanted to do the Ironman, and it was a good excuse for taking time to do things I love to do. But, training takes a tremendous amount of time. My life became very hectic. Almost every day I went through problems such as "I need to swim today, but wait, if I don't bike, I won't be able to bike until Sat. Whoops, I have a meeting at work and can't get away." It seemed most minutes of every day I was in "must do today" mode because I was so backed up by taking training time! I also



became obsessed with calculations. If it took me x minutes to do y miles for event z, will I be able to do...? and so on. And, the last several days before the race were particularly overwhelming with the event's logistics.

But, it was a great experience. I learned a lot about the event, training, equipment, and nutrition. I found I really like distance swimming, especially in open water. It's a wonderful experience. I need to upgrade some equipment and try getting used to "fake food". Then, I hope to be set for next year! \*

# Blue Mound 900 Foot Challenge

Nope, it's not a race. It a friendly, no-fee get-together to take on a personal challenge. The Challenge: Can you walk, bike, run, rollerski, roller blade or whatever from the intersection of Ryan and Moyer Roads to the top of Blue Mound State Park? Traveling your own pace, you'll cover 3 ½ miles and climb 830 vertical feet. Can you do it? Sure you can. Water and shuttle ride back down will be provided.

We'll start at 1:00pm on Sunday, November 16th at Ryan/Moyer. If you're unsure how to get there, head toward the park entrance outside the Village of Blue Mounds and follow the signs. Questions? Call Don Fariss at 235-7961. \*

## True Birkie Colors

By PAT CONWAY

To be honest about it, as I was purchasing one of those fancy new MadNorSki two-piece racing suits I was more nervous than thrilled – perhaps even a little embarrassed. I was having second thoughts about wearing lycra for the first time – especially a race suit with identifying logos.

Part of me was hoping that Dirk had lost my order that fateful night at the Lussier Family Heritage Center. Even after I brought the suit home, I tossed it in a drawer without even telling my wife. I couldn't believe I had "gone lycra" on her. What was she going to say?

Deb shocked me when she finally saw the race suit. Instead of laughing or scolding me for disregarding our family budget for ski stuff (again) that crafty woman did worse — she asked me to put it on to show her and the kids. The race suit stayed in the drawer.

You see I am a modest mid-waver in the Birkie whom by sheer will (not training) had gutted my way up to a wave four start. My biggest concern for the 30th running of the Birkie was not peak performance, proper carbo-loading, technique, wax or even hydration. My main fear was wearing MadNorSki logos all over my body and then embarrassing the club as every Tom, Dick and Jane in Wave 4, 5 and 6 passed me.

Well, the Birkie arrived and so did the moment when I needed to take off my warm clothes and hop into



Pat in Birkie 2003, showing his colors!

my wave. Believe me, taking off that outer layer felt like I had just lost the final hand in a strip poker game. There I stood (cold as heck by the way) me, my new lycra and those darn MadNorSki logos all over the place.

Trying not to be noticed, I slid quietly into Wave 4 and wouldn't you know it, within a second of two I was recognized by another MadNorSki member. Hey Pat, how ya doing?!"

Gulp... "Hi Bill." "Hey, Pat we look like team members."

But you know, a special thing happened in the start area and throughout the race. First of all, I realized that Yuri's class was paying off big time. I was actually finding a rhythm! Then one by one kind skiers recognized those pesky MadNorSki logos and yell out to me. "Hey Mad-NorSki!" "Go MadNorSki!" "What's your name MadNorSki?" "I am a MadNorSki member too."

You know, I was starting to warm up to the idea of being noticed. I met more people on the Birkie trail than ever before. And when people yelled out I seemed to ski a little bit smoother and perhaps faster.

One of my lasting memories from the 2003 Birkie (besides my near frozen chin and ear lobes) will be the last couple of K's across Lake Hayward where I found burst of adrenaline and passed a dozen or more skiers! I was feeling great pride in wearing those wonderful Mad-NorSki logos — especially the ones on my back. Thanks Dirk! \*

## What's Up at the Mound?

By KARL HEIL, PARK MANAGER,  
BLUE MOUND STATE PARK

This year there will be deer hunting again at Blue Mound. From Oct. 30th through Nov. 2nd, deer hunting will run from sunrise until noon. Then from Nov. 3rd, through Dec. 14th there will be hunting every day, all day. Therefore there will be no ski trail grooming until December 15th... let's hope there is snow to groom by then!

The picnic area and half of the campground are closed to hunting. The park does remain open to other users throughout the hunting season, although we definitely advise wearing blaze orange or other bright colors. Last year there were really very few hunters in the park, except during the regular 9 day, November deer season, so don't cancel all your outings to the park.

Blue Mound has two candlelight skis and hike/snowshoe events (on the single track mountain bike trails) scheduled for 2004. They run from 6-9 pm on Jan. 3rd and Feb. 7th. Trail pass fees will be waived for the candlelight ski events.

2004 Annual Park Stickers and Trail passes go on sale Dec. 1st. Both the 2004 and 2003 stickers are valid for Dec. 2003. Annual park stickers will remain at \$20 for vehicles with WI license plates, \$30 for out of state vehicles. Annual trail passes are increasing to \$15, and are required for skiers age 16 or older. You may purchase stickers and trail passes in person, by phone (608-437-5711) or by mail (Blue Mound State Park, POB 98, Blue Mounds, 53517).

Thank you all for your support over the years. I'm looking forward to a great ski season! \*

## Pre-meeting Coach Talks

This year Don & Yuriy will be offering hour long "Coach Talks" one hour prior to each MNSC meeting. They'll share their best stuff with you concerning training and technique. Not only will your \$5 (recommended contribution) be well-spent, all proceeds go to benefit the juniors in the MadNorSki Juniors program. \*



## Other Stuff...



Ned Zuelsdorff explains the one of the events at the first annual Family Fun Day last March at the Lussier Center.



Proof that you do not need to be a good cook, or heck any kind of cook, to participate in the MadNorSki Potlucks. It's amazing what a bit of Cilantro and Gumdrops can do for a Big Mac!



A MadNorSki skier is spotted at the 24 Hours of Telemark last January. Be sure to sign up for this year's race (which will be held on January 10-11) at our November meeting!



A scene from past summers first summer biathlon event, which consisted of running and shooting. Could these be future board members?

## WHAT'S NEW ABOUT THIS YEAR'S VENDOR FAIR?

Be sure to come to our first meeting, A.K.A. **"VENDOR FAIR"**. Come early and demo the new **CAT SKI**! Dale will be set up early to demo his new CAT SKI free to all members. Do you have skis you keep around but not sure if they are the correct length or stiffness? **BRING IN YOUR OLD SKIS** and get them fitted by the **BIKE DOC**. He can tell you if you need to lose a few pounds or not! Bring your calendar and checkbook — most of the races will be present, so you can sign up on the spot! And last but not least, you can win a pair of skis in our raffle, but only if you are a member, so renew that membership! \*

## CLASSIFIEDS

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# MEMBERSHIP FORM

Sign up now for the  
2003-2004 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 \$20

☐ Family \$30

☐ 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 53705

## Madison Nordic Ski Club

P.O. Box 55281 • Madison, WI 53705

THE STAMP  
GOES RIGHT  
ABOUT HERE.

Let's  
Talk!

## JOIN THE XC LIST!

Get breaking club news  
and condition reports  
sent to your email  
account. See

[www.MadNorSki.org  
/discussion.html](http://www.MadNorSki.org/discussion.html)  
for details.

Put the label here carefully.