

MADNORSKI News

News for the members of the Madison Nordic Ski Club

Vol. 23

No. 2

- A WORD FROM JIMMY -

VandenBrook Sees Bio-pic As "Negative"

MADNORSKI NEWS INTERVIEWS THE PRESIDENT



MadNorSki News recently caught up with Madison Nordic Ski Club President, Jimmy VandenBrook, to get his reaction to the upcoming biographical TV mini-series: "Snowless and Hapless - The VandenBrook Legacy". The mini-series will air on Mount Horeb Community Access Television at 3:45 am, Sunday mornings in March.

MadNorSkiNews: We understand that you believe the biography is not exactly "fair and balanced"?

VandenBrook: *I suspect a vast centrist conspiracy behind this portrayal which focuses entirely on the negative aspects of my administration. I am just another poor victim of the "media" assault on public figures. First, it was the Martha Stewart bio on TV, then the Reagan docu-drama, and now me. You know, Nancy (Reagan) and I often pine for the 1980's when media coverage was more accurate.*

MNSN: But isn't it true that you have presided over the worst snow conditions in MadNorSki history, including the only cancelled Birkebeiner, and countless other cancelled ski events?

Vandy: *Can you say "nattering nabobs of negativism"? So it didn't snow last year. Big deal. That's what they make roller-skis and CAT (classical all-terrain) skis for.*

MNSN: We also understand that you take issue with the casting of particular characters in the mini-series?

Vandy: *I heard that neither Thomas Als-*

gaard nor Bjorn Daihle was available to play my part but casting Homer Simpson as club president was a little over the top in my opinion. And casting the South Park kids as our Juniors was a little insensitive. On the other hand, casting Catherine Zeta-Jones as Judy, our First Lady, was not bad.

MNSN: There have been reports that you found the depiction of your skiing prowess to be less than flattering. In what way?

Vandy: *Well, I don't think that ski event organizers are increasing their insurance*

... CASTING THE
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*coverage just because I am entered. I particularly take issue with the scene of race officials gleefully high-fiving after I finished **without** an injury. And, while it is true that I did ski into a steel fence post that was placed in the middle of the Birkie trail during the 2003 Birkebeiner, I think the super-slo-mo reenactment dwelt a little too long on me cursing and flopping about like a codfish on ice.*

MNSN: What do you plan to do to address your grievances?

Vandy: *First, I don't believe in civil action in this case. Mount Horeb would surely lose the suit and I don't want to be responsible for raising taxes in my home community. Second, I may actually take a few ski lessons. Third, I am considering producing, directing, and starring in my own made-for-TV movie about my tenure as MadNorSki President. It will be similar to the recent TV "documentary" of George W. Bush. Why focus on the negative?*

MNSN: That would be the first TV autobiography. Have you settled on a theme and title?

(SEE BIO, CONTINUED ON PAGE 2)

OUR NEXT MEETING

Monday, Dec. 8th, 2003
Lussier Family
Heritage Center

Agenda

6:30: Potluck

7:30: Business Meeting

8:00: Guest Speaker

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

Scott Bachmeier
Membership
(608) 233-9336
bachmeier@mac.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

Greg Jones
Youth Ski Chair
273-3919
jones6601@ameritech.net

Mark Webber
KidSki Chair
(608) 245-7019
webber@chorus.net

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

Walter Meanwell
Wisconsin Nordic
Sports Foundation Liaison
walt.meanwell@
wachoviasec.com

Karen Wesley
New Member Chair
kareniam99@hotmail.com

Do You Have What it Takes?

By WALTER MEANWELL

Any schmutz can go out and suffer through a Nordic Ski race for hours. (If you don't believe this just look around you at the next club meeting) The real test of intestinal fortitude comes from volunteering to support the racers during their ordeal.

Watching and facilitating these levels of pain and enduring the attendant whining and wheezing is where the real tough duty can lie.

We need more volunteers to help us put on the Ice Age Challenge races Sunday, January 4th at Elver Park. In addition, I have been criticized for pulling so many of our local heroes out of the race to volunteer in supporting roles.

Please consider volunteering to

help us if you are not planning to race. Better yet, volunteer your Spouse or Significant Other if you are racing but he/she is not. He/she will have a great time and you will get full credit for being so considerate.

If we have more racers competing and flying the team colors, and more non-racers helping with the race, balance and harmony will be restored to the universe.

Help restore balance and order to the universe. Volunteer someone today.

Call me at 576-4871 (voicemail) or email me at:

walt.meanwell@wacho viasec.com .

Thank you for your support!

The Race Committee *

(Bio, CONTINUED FROM PAGE 1)

Vandy: *It will have a shipwreck theme based on Ernest Shackleton's aborted crossing of the Antarctic Continent in 1914. Dreamers on an improbable mission against the cold with inadequate planning, but plenty of drink, on a ship called the "Endurance". A captain in charge of a rebellious, starving crew that could drain a flask in milliseconds. Skiing impossible distances only to be marooned for months. So many similarities to the ski club. But, I'm also tempted by the "Gilligan's Island" metaphor. As for a title, I think I'll leave that for the club members after they have previewed the rushes.*

MNSN: Lastly, Mr. President, some say you've been in office too long, don't take your responsibilities seriously, and should consider retirement.

Vandy: *Well, in fact I have considered it, and advocate it. But, even doing a bad job can't get me ousted. Unfortunately, MadNorSkis won't let you bomb. Any fool could be a success at the head of this club. I've proven that. Good people step up to help me out, especially the First Lady. Maybe "The Producers" would make a better model for my autobio. **

Thanks!

The Juniors would like to thank the adults for their purchases of ski calendars and patches at the November meeting. Half of your purchase price went directly to our program. Expect to see us again at your February MNSC meeting raising more funds by putting on a Spaghetti Dinner for you. See you at the races! *

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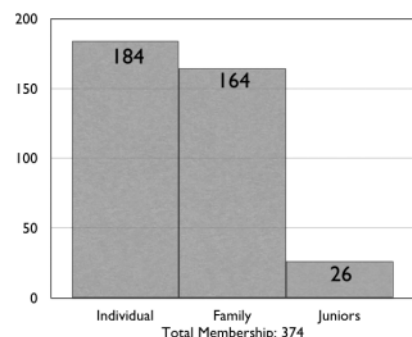
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- Who ARE We? -

How Does Our Membership Stack Up?

Madison Nordic Ski Club 2002-2003 Ski Season



What's Cookin'?

Don't forget about the potluck at our December meeting!

Russian Style Ski School

2-day Cross-Country Ski Clinic for all levels skiers

Where: Active Backwoods Retreat, (a.k.a. ABR) in Ironwood Michigan

When: December 6th and 7th (Saturday and Sunday).

Who: Russian Nordic Ski Coach Yuriy Gusev. Yuriy is the head coach and director of the RSSS program and Yunost Development Group. Yuriy has the highest educational degree in cross-country ski coaching in Russia, experience with the top-level Russian coaches, US Ski Team coaches, and cross-country ski experts from other countries and is now working in the

U.S. with elite, citizen and junior level athletes.

Cost: \$180.00 (two days) if you signed up after November 22nd or on a clinic day.

\$120.00 (one day) if you signed up after November 22nd or on a clinic day.

Make check payable to Yuriy Gusev Consulting and send to: P.O.Box 930442, Verona, WI 53593

Contact Information: (608) 385-8864 or gusev_yura@hotmail.com

Limited to 15 participants *

SCHEDULE

SATURDAY

- 9:00 A.M.: Classroom (How to effectively organize your training, transitions with other sports, setting up training plan, periodization)
- 10:00 A.M.: Dry-land drills skate (basic and important principals of skating)
- 10:30 A.M.: Ski skate (technique)
- 12:00 P.M.: Lunch
- 12:30 P.M.: Dry-land classic
- 13:00 P.M.: Ski classic (technique)
- 2:30 P.M.: Video analyses

SUNDAY

- 9:00 A.M.: Classroom (Strength training on skis and world cup technique analyses)
- 10:00 A.M.: Ski skate (technique)
- 11:30 A.M.: Video Analysis Skate
- 12:00 P.M.: Lunch
- 12:30 P.M.: Ski classic (technique)
- 2:00 P.M.: Video Analysis Classic
- 2:30 P.M.: Questions and answers



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Surviving The TDL

Poorly equipped and with zero technique, two MadNorSkis survive a 120 K adventure in Québec

By MADELINE URANEK

Looking back, we shouldn't have done it. Why did we even consider it? "Who told you about La Traversée des Laurentides (TDL)?" the first e-mail from Brian asked suspiciously.

This unadvertised word-of-mouth adventure in the Laurentian Mountains, an hour north of Montréal, takes skiers through mountainous terrain, where, depending on the year, the casually estimated kilometer requirement can demand 40-70 Kilometers per day of endurance, over 3 to 7 days.

The strong pull was skiing in Canada. Previous skip trips to Gatineau Park, the Canadian Ski Marathon, the Wabbos Loppet at Stokeley Creek, and Tuckamor Trails' Monts Groulx trek near Labrador had been pin-nacles of our ski careers –the rich culture of Québec, plus breath-taking wilderness. Pushing us to foolhardiness might have been Wisconsin's lack of snow and the sparse information we could get about the trip. Rather than discouraging us, both just made us eager to go.

We bought two cheap tickets to Montréal. Our bags practically packed, we finally received the trip details. The materials described an awesome 3-day circle, 40-55 K / day, from Ste. Agathe to Auberge L'Interval, over Montagne Noire and Montagne Grise to the village of Lac du Superior, and finally back to Ste. Agathe. The form said we'd have 12 hours to finish 40 K. Surely we could ski 40 K a day? There were some additional cautions about untracked skiing. Maybe we can blame our poor French for continuing to head north toward trouble.

They looked normal enough. The 100 people the "TDL" attracted looked normal enough. The usual 50's, slightly graying, trim, casual, x-c crowd. We met in a high school gymnasium covered with sleeping pads, skis lining the hallways, gear everywhere.

All announcements were in French. We rightly concluded it was life or

death information and swallowed our pride about wanting to try our French, shamelessly letting our new friend Sharon whisper translations to us.

Each morning began with alarms going off at 5 or 5:30 am, breakfast at 6, and 100 skiers hitting the trails by 7

am. On our first day, however, we were immediately sobered when skiers, who looked nothing like racers, left us in the dust. With amusement now, we remember that one of our first errors was trying to take photos of the magnificent scenery: the sunrise over the lake, rushing mountain streams.

Our more important error was not understanding that skiing 40 K in the mountains, on untracked, ungroomed trails, over logs, around 90° turns to miss trees, across creeks and over

slushy lakes has a manifold time requirement to skiing our "usual", tracked 40 K. Still, we still couldn't imagine needing more than 12 hours to complete the day's distance.

Just two problems.

Generally, we made good progress, with two exceptions: uphill and downhill. Unfortunately for us, there were a lot of both. These were not just Midwestern-style uphill and downhill, but panting, hour-long climbs up mountains, stumbling, side-stepping or herring-boning slowly with our awkward skis in deep snow, followed by long, winding, screaming, terror-filled descents that took us equally long to complete. I literally cart-wheeled down slopes, with face plants and summersaults. Gail did long butt-slides. The days were warm and the snow soft, but each fall cost us time, energy, and confidence. Wallowing like awkward buffalos, our skis over our heads, we struggled to get back upright, legs shaking with

exhaustion, snow jammed into glasses, hair; coats, pockets, gaiters. We were soon soaking wet. Neither of us was taking photos.

"Ees that how you ski in Weesconsin?" a passing Québécois quipped, smiling.

How *did* the others get down hills? Wringing out our mittens, we watched as folks slid past us. We surmised there were two main approaches — the continuous orgasm (guys with Telly turns who zoomed through the narrow trees and swooshed across open slopes) and the crawl (cautious, tiny women with upper thighs of steel, who inched cautiously down the steepest of slopes, poles digging in to the side trails or crossed between their legs, in total control).

Saved by a baby. Normally, there is no need to apologize for a 7-hour ski. By 2 pm each day, however, Gail and I were always only at the half-way point — having completed 20-25 kilometers, wet, exhausted, and simply glad to be alive. Our salvation came in the form of a 20-pound baby, Karina. Mom and Dad, both remarkable skiers, traded baby-care mid-day, so that each could enjoy a half-day of skiing. By paying careful attention to where the baby-drop was to take place, Gail and I learned we could

make graceful exits mid-afternoon. It was the reverse of Birkebeiner men saving Baby Prince Håkon: Princess Karina was saving us.

We joined the applause each evening, as the last skiers arrived through the darkness, headlamps blazing, accompanied by the day's assigned fermeur, or trail closers. We knew our own arrival would have been still later.

Cautiously recommended. Had we know the caliber of the 100 skiers (½ were "Gold Camp" Courier de Bois of the Canadian Ski Marathon; the other ½ eschew "track skiing") or the difficulty of the trails, Gail and I would not have signed up for the trip. We feel extremely cautious in recommending

(SEE **TDL**, CONTINUED ON PAGE 6)

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- GOT A QUESTION? - Hey Coach!

Q: *After years of skiing, I'm still confused about V1, V2, open skate, etc. I can ski all the different techniques, but I get mixed up on what they are called. Can you make sense of this? And when should I be using these different techniques in a long race?*

A: Years ago we started with names like "Asymmetrical V-Skate" and "D-2 Paddle Dance". Be glad the details were distilled down to V1, V2, etc. (BTW, I still suggest "V-0" to as shorthand for "no pole skate".)

As to "what and when", let's look at a progression. When skiing up and over a steep hill, V1 is your prime choice on the steep ups. When the slope flattens, break into your V2 as your strength and momentum allow. As you pick up speed over the crest, use V2-Alternate (sometimes called "Open Field" in the Midwest). As you plunge down the backside of the hill, only a double pole will feel appropriate. At top speed, drop into your best tuck, hang on and grin!

V1 > V2 > V2>> DP > Tuck

If even this is too much to remember, how 'bout thinking of it as a ball-room dance move: 1, 2, aaaah, DiP, Tuck

Some other options:

1. If you are very tired or just weak on a very, very steep hill, an efficient Single Pole Skate (called Sliding Herringbone by some — or my favorite term "Skatebone") can be as fast as a labored, slow tempo V1.
2. When you reach DP in the progression, get in the set tracks. It allows your small lower leg muscles to rest instead of fighting the bumpy skate lanes in long races. Always pick a technique that allows you to keep a higher tempo. A slow labored tempo is like pounding too big a bicycle gear uphill. It will trash you fast & leave you floating in a puddle of lactic acid.

— COACH DON FARRE

Q: *Is it true that a flat ski is a fast ski or has that thinking changed?*

A: Ski glide is a crucial moment in skating technique, which provides greater length of the cycle that means higher speed. It has been said for a long time around coaches that a "flat ski" is a fast ski, both in downhill and cross-country skiing. However we have a different situation in skating. It is required (in skating) to

(SEE **HEY COACH!**, CONTINUED ON PAGE 8)

- WHAT'S UP WITH KIDSKI - Guaranteed Snow?

BY MARK WEBBER



Do you know any young skiers that get cranky when it doesn't snow during the winter? (Sound like any adult-sized kids you know?) Well there may be a remedy. As of this writing, KidSki is evaluating the possibility of having our program at Blackhawk Ski Club. Blackhawk makes its own snow for Downhill, Jumping and Nordic. If Blackhawk is chosen, additional details like equipment (for those that do not own) and fees need to be finalized. However, Odana GC and Elver Park are still possibilities.

Regardless of our ultimate location, participants are guaranteed plenty of ski fun and games this season. (I've heard rumors that the adults have just as much fun as the kids.) We are likely to start the first week of January, possibly Wednesday nights again. Input from parents, other adults and young skiers would be greatly appreciated. Contact Mark Webber at 245-7019 (w), 831-7803 (h), or webber@chorus.net to sign-up and to help create an unforgettable KidSki season. *

ALL OF OUR MEETINGS THIS YEAR ARE AT THE
LUSSIER FAMILY HERITAGE CENTER, LOCATED AT
3101 LAKE FARM ROAD, 608-224-3604

2003-04 MadNorSki Meeting Schedule

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda	Club Meeting Location	Newsletter/ Ad Deadline
Tuesday Nov. 25 TBA	Monday Dec 8 6:30 pm	POT LUCK	Presentation: Ski Trips to Cool Spots!	Lussier Family Heritage Center	Friday November 14
Tuesday Dec. 23 TBA	Monday Jan 12 6:30 pm	Waxing for racing and recreation	Wax Demo	Lussier Family Heritage Center	Friday December 12
Tuesday Jan. 27 TBA	Monday Feb. 9 6:30 pm	Birkie war stories/ Birkie alternatives	Juniors Fund Raiser Chili feed	Lussier Family Heritage Center	Friday January 16
Tuesday Feb. 24 TBA	Monday Mar. 8, 6:30 pm	Racing wrap up POT LUCK	Election of Officers	Lussier Family Heritage Center	Friday February 13

2004 Badger State Games — It'Snow Joke.

By DIANE WALDER

It can't happen again, can it? We're believing that it's highly improbable that a third consecutive year of no snow can happen and we're looking forward to a successful 2004 Badger State Winter Games on Feb 6-8 with *lots of snow on the ground* in Wausau and Central Wisconsin.

All Nordic skiing events will take place at Nine Mile Forest in the town of Rib Mountain on Feb. 6-8. The Quad is set for Sunday, Feb. 8 at Sylvan Hill Park in Wausau. We've added a new sport—freestyle skiing, to be held at Cascade Mountain in Portage. The Nordic Combined will not be offered this year.

FYI, we've also added two indoor sports to the winter roster—Bowling, Jan. 31-Feb 1 at Dale's Lanes in Westfield, and Archery, Feb 7-8, at the Rib Mountain Bowmen Archery Club in

Brokaw.

For more information on specific youth and adult events, fees and deadlines, and times please visit our website, www.SportsInWisconsin.com or call us at (608) 226-4780. If you register online by certain deadlines you will receive a discount on your athlete fee. There's no on-site registration for any event.

**Badger
State
Games**

owned by the Wisconsin Sports Development Corporation, a non-profit sports management organization that helps develop sports tourism in Wisconsin and promotes positive lifestyles and physical fitness through amateur athletic events and health education programs. *

We look forward to seeing you at the 2004 Badger State Winter Games!

The Badger State Games is

(TDL, CONTINUED FROM PAGE 4)
it to anyone but the hardest back country skiers who have proper equipment, excellent technique and a clearer understanding of the word "montagne" (mountain). On day three, Gail met a tree on one of her descents and saw colors. She specifically remembers yellow. I did a mid-air cartwheel and heard two rips – my pants and a groin muscle. A new friend Henri fell forward on a ski tip and dented his eye cornea. Serious accidents can happen easily, and we were all many kilometers from easy rescue.

By the grace of baby Karina, however, we experienced magnificent scenery and saw close-up the power and fortitude of fabulous Québécois skiers. Their kindness, gentleness, and good humor were not lost on us. Their love of a day outdoors in true wilderness, as they took part in a 29-year old tradition, inspired us, and we stood in admiration of our brothers and sisters up north. *

Contact information about next year's 7-day, end of January ski is deliberately omitted. Some trips should be harder to locate. (With thanks to her best ski friend, Gail Van Haren, for sharing another memorable adventure)

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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 FINGERTIPS. 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!"

Afterglow Lake Resort

By LESLIE TAYLOR

Ever since our girls were babies we've celebrated Martin Luther King Day by taking advantage of the 3 day weekend to go skiing. For many years we traveled to different resorts always looking for something better. For me, the only fanatic skier in the family, I've wanted a place where I can ski for hours on end. John, A.K.A. your Social Chair, is satisfied with a briefer time on skis and our girls as they get older prefer to skip the skiing altogether. If you have a family you know the options; you leave everyone at home, you take 2 cars and tons of patience or you thank your lucky snow clouds you've discovered Afterglow Lake Resort. Afterglow doesn't offer the kilometers of trails other big name resorts do, but as you can ski the trails both ways it is like doubling your mileage AND when many trails in the immediate area, i.e. Anvil, Razorback are closed due to poor snow, Afterglow always offers perfect conditions. Why? Because Pete Moline who owns the resort with his wife Gail, is obsessed with grooming. He picks debris up off his trails with his hands, grooms in the middle of the night, shovels snow from his lake into a boat to haul to the trails, trims trees, fills holes etc. In other words he works inordinately hard to make his ski trails perfect for the skier.

And that's just the trails and the skiing... here's a snapshot of the rest of

the weekend.

FRIDAY: try to leave town as early as possible to get in a ski before dark, settle into the cozy cabins and meet for refreshments and games at the main lodge, ie Rec room. Study schedule of weekend events to plan ahead.

SAT A.M.: early morning ski or Yoga or be entertained watching the likes of Spencer Black and others attempt difficult yoga poses for the first time. Broomball on the lake... if you've never played this game watch out because it can be viciously intense with people in everyday shoes on ice with brooms in their hands swatting at some sort of a puck like object

SAT NOON: hot dog roast around the bonfire with hot cocoa

SAT P.M.: The Ultimate Polar Plunge... yes this is the true test of one's fortitude and strength. The first year we all came up to Afterglow everyone hemmed and hawed about jumping until a few hardy soles convinced everyone else to put their suits and socks on and to go for it. At the end, only a few, had enough of jumping before the hole in the lake was

closed off. It's not as bad as it sounds, you wear socks to protect your feet from freezing, dunking your head in the water is not required unless you

are under the age of 18 and there is a sauna and a whirlpool within 20 feet.

SAT EVENING: potluck and games: multiple rounds of Cranium with brandy.

SUN. A.M.: Another Yoga offering for the early riser Snowshoe trip Sun pm Family relay races with fabulous prizes tubing down the tubing hill with optional motorized uphill transport.

SUN EVENING: another themed potluck with games and bonfire, and evening ski and sauna

MON: ski a lot and try to drag yourself away and back home.

The Madison only trip (we rent out the entire resort) is planned for January 16th to 18th and there are a few openings remaining. Call me at 236-4565 or email at lesliev.taylor@dean-care.com for more information. Costs vary depending on size of cabin. See Afterglow website at www.afterglowresort.com for more details and for information on other openings throughout the winter. *

**AFTERGLOW ALWAYS
OFFERS PERFECT
CONDITIONS. WHY?
BECAUSE THE
OWNERS ARE
OBSESSED WITH
GROOMING.**

(HEY COACH!, CONTINUED FROM PAGE 5) place your ski on an edge in order to have a more powerful pushoff.

While it is reasonable to expect higher drag force on an edge of the ski than on the flat ski, the increase of the drag amount is unknown even in these hi-tec days. Norwegian and Finnish sports scientists did research on this topic during 50km skate race at 1992 Olympics. They found that none of the top 17 skiers demonstrated maintaining a flat ski position. Almost all skiers put their ski on the snow flat initially, but then all of them moved their ski immediately onto an edge. Even though you would have a better glide with a flat ski, it can be a big disadvantage to the powerful pushoff.

— COACH YURIY GUSEV

Q: I'm a classic skier and I love to stay right in the tracks. What's the proper etiquette for passing a slower skier ahead of me?

A: Usually saying "Track" is enough to be polite and aware the skier ahead of you that you are ready to pass, if the skier you are passing knows English. "Ready to pass" means you are able to pass in 2-4 strides, not when you are 200 feet away. In some cases it is a lot easier and faster to jump out of the tracks and ski around. There is a rule in cross-country ski racing that says you cannot ask for a track on a downhill. Try to pass a slower skier before it. It will be a lot safer for both of you.

— COACH YURIY GUSEV

Q: I'm a classic skier and stick right in the tracks on the downhills... when the trails curves where should my weight be? Should I be leaning towards the inside or the outside of the tracks to stay upright?

A: You can try to move your inside ski a little bit ahead. That will help to transfer your weight on inside ski and lean inside as well. If the turn is too sharp I would recommend staying away from the tracks. You will save your poles and skis. If you really enjoy the challenge of surviving the sharp turns while staying in tracks... go for it and good luck.

— COACH YURIY GUSEV

If you have a question for Hey, Coach, email your question to Don Farris at farissd@charter.net AND Yuriy Gusev at gusev_yura@hotmail.com

- SPONSORED BY DON MILLER SUBARU -

2004 Tuesday Night Race Series Update

BY NED ZUELSORFF

The focus of the Tuesday Night Races is 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 the races a try, whether you race every weekend, or have never raced before.

The 2004 race series will begin on Tuesday night, January 6, 2004. Races will be held at Elver Park on Madison's southwest side. Subsequent races will be held on Tuesday nights through Birkie week, February 17. 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 6: 5 or 10K distance, mass start, classic and freestyle at 7 p.m.

Tuesday, January 13: 5 or 10K distance, mass start, classic and freestyle at 7 p.m.

Tuesday, January 20: "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. "First-timer" race at 6 p.m.

Tuesday, January 27: "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 3: "15K Night", 5 or 15K distance, mass start, classic and freestyle at 7 PM. "First-timer" race at 6 p.m.

Tuesday, February 10: "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 17: "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
(SEE **RACE SERIES**, CONTINUED ON PAGE 18)

AFTERGLOW LAKE RESORT

www.afterglowresort.com

One Stop Winter Resort

Afterglow Lake Resort is a 4-season private resort located within 240 acres of serene woodlands surrounded by the Nicolet National Forest. We are centrally located between Razorback, Sylvania, and Anvil trails.

LOOK TO AFTERGLOW THIS WINTER FOR:

- | | |
|--|--|
| • Public & Private XC-ski & snowshoe trails | • Whirlpool & Sauna |
| • 11 miles of xc-skiing | • Indoor recreation, pool table, ping pong, foosball, weight-lifting, etc. |
| • 7 miles marked snowshoe trails | • Lighted lake ice skating, broomball games |
| • Atlas snowshoe rentals | • Ice fishing 55' deep (no license required) |
| • Average snowfall is 120 inches! | • 300' tubing hill |
| • Trails groomed for classical & skate skiing 58 times in 2003 | • "All skier" weekends available |
| • Cabin rentals available with fireplaces, 2-5 bedrooms | |

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Phone: (715) 545-2560



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by Coach Don Fariss

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- on skis
- Lessons with video analysis
- Lessons with take-home video comparing you to world's best

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HOT BOXING FOR YOUR SKIS

(deeper wax penetration at lower temps.)

Call Don at 235-7961 or email nordicdon@yahoo.com

"Skiing faster doesn't make you better. But skiing better makes everything more FUN!"

Hotboxing

By DON FARRIS

A hotbox? Isn't that where you trap a base runner in a "pickle" between 3rd & home plate? Well, yes... but we're talkin' skiing here!

The hot box is a "new" device to saturate your skis with wax. Think of it as taking your skis into the sauna with you instead of slaving over them for hours with a hot wax iron.

The head Swix rep in the U.S. once admitted to me that ski bases only "absorb" wax to a depth of 2 or 3 ten thousandths of an inch! 0.0003! So why do we make countless trips to the basement to wax, cool, & scrape, wax, cool, & scrape, wax, cool, & scrape 5 to 10 layers into the bases of our new skis? Well, the truth is that there are open gaps (some say "pores") in the structure of sintered P-tex bases (the bases you find on the more expensive skis). And, small as they are, those spaces do indeed fill

up deeper & deeper with wax by repeated waxing with soft paraffin waxes. It is generally agreed that this time-consuming process will make skis faster and make them less susceptible to drying out.

Enter hotboxing. This contraption slowly heats up the ski & holds it at an even temperature so a soft paraffin wax can be gradually be absorbed over a period of one to many hours. A well-constructed box can hold several pairs and allow their bases to almost "drink" wax into the P-tex voids.

Sure, sure, some of you have heard scary stories about skis "exploding" with this method or having the glue melt that holds the P-tex to the ski or worst of all, actually melting the P-tex (at 85 degrees C.). But that only happens when temps are set too high. In fact, proper hotboxing has the advantage of increased wax absorption at temps well below those that wax irons are set at.

For a wax iron to melt the wax on a ski, it needs to be about 20 degrees C hotter than the actual melting point of the wax. And since an iron can

only heat up a small portion of the ski, it must be dangerously hot to get the job done. Hot boxes are usually set at only around 50-55 degrees C. That doesn't even visibly melt the wax. It only gets tacky to touch, but it is still fluid enough to "flow" deeply into the base. Evidence? Weighing the ski before and after hotboxing shows dramatically more

wax is absorbed than by ironing.

So what? Well, after driving the soft paraffin in deeply and then hardening it off with a colder, harder wax (with a 2nd cycle through the hotbox), skis will retain their wax for 10s or possibly 100s of kilometers longer. And after these 2 cycles, you only need to apply the wax of the day (or 2 coats on race day) to be ready to fly. Think of it, only 2 trips to the basement!

A decent box has a heat source that

evenly creates & distributes its heat. It also needs a (or several) precise temperature control(s) with failsafe shutoffs to protect its precious cargo. But because wax bonds to the ski more slowly at these lower temperatures, skis must be in the box longer (1 hr. min., up to 6 or 12 hr. max.).

For effective hotboxing, the ski base surface needs to be opened up with a vigorous brushing with a brass or copper brush. Or better yet, by stonegrinding. Unfortunately, there is a downside. Hotboxing rearranges the microscopic structure of the ski which can result in a slight cupping or "de-flattening" of the surface. It cannot be avoided, but is not usually severe enough to avoid doing it.

Do you want your new or old skis to benefit from this thorough waxing? Well, I am aware of 2 places locally that offer hotboxing: the Bicycle Doctors and myself. For more info, consult my business web page at: <http://donsventures.tripod.com>. (note: there is no "www" in the address.) On your mark, get set, WAX! *

**THE HOT BOX IS A
"NEW" DEVICE TO
SATURATE YOUR SKIS
WITH WAX. THINK OF
IT AS TAKING YOUR
SKIS INTO THE SAUNA
WITH YOU INSTEAD OF
SLAVING OVER THEM
FOR HOURS WITH A
HOT WAX IRON.**

- SPONSORED BY DON MILLER - MadNorSki Subaru Ice Age Challenge

SUNDAY, JAN. 4, 2004, 9 AM
(5K FREESTYLE)

9:15 AM (15K FREESTYLE)

Where: Elver Park, Madison (5 minutes South of the Beltline)

What: Freestyle and skating divisions (classic skiers will be timed; awards will be presented to freestyle entrants only)

If no snow: Trail run same time and place.

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, 70+.

Trophies: for top three male and female finishers in both 5k and 15k events.

Trophies for best overall high school boys' and girls' teams (top 3 finishers from each school).

Entry fees: \$15 for high school students if received by December 27th. \$25 late or on-site registration fee.

\$20 for adults before December 27th; \$30 late or on-site registration fee. Registration is open on-site at Elver Park until 8:30 am the day of the race.

Registration information: → use the form at right, or download entry form and flyer from www.madnorski.org and send registration form and checks to: Madison Nordic Ski Club, c/o Dirk Mason, 4605 Onaway Pass, Madison, Wisconsin 53711.

Questions? E-mail them to iceagechallenge@yahoo.com or call Dirk at 608-277-1881.

Celebrate the first weekend of 2004 by racing or recreationally touring this scenic and challenging 5K or 15K course, on the edge of the historic Ice Age Trail. *

**REGISTRATION CLOSSES AFTER
FIRST 200 ENTRANTS.**

Sponsored by:



Driven by What's Inside



Cross-Country Ski Race

Sunday, January 4, 2004, 9:00am Elver Park, Madison, Wisconsin

5K and 15K, Freestyle and Classic Cross-Country Ski Race. Alternative trail run of 5K and 8K (if non-skiable conditions are present).

Name: _____

Address: _____

City: _____

State: _____ Zipcode: _____

Phone: _____

e-mail: _____

Age on race day: _____ Gender: M F

High school team: _____

Ski event (circle one) 5km Freestyle 15km Freestyle
 5km Classic 15km Classic

In case non-skiable conditions are present, circle one:

5km run 8km run

Limited to 200 participants. Registration closes at 8:30 am on day of race. Event changes will cost \$5. No refunds will be given. A water station will be provided on the race course. T-shirts to all registrants.

Start times

5K – 9:00 am

15K – 9:20 am

Age Classes

13 and under, 14-15, 16-17, 18-19, 20-29,

30-39, 40-49, 50-59, 60-69 and 70+

Race fees

High school and younger

Pre-registered \$15 (postmarked by Dec 27)

Late/day-of \$25

Adults

Pre-registered \$20 (postmarked by Dec 27)

Late/day-of \$30

Awards

Overall male and female winners for each race and overall male and female High School Teams. High School Team category for the 5K event only—coaches responsible for scoring. Top three skiers for each team earn points. Classic skiers' results will be listed separately, but no awards will be given.

Contact info:

www.madnorski.org

Dirk Mason

608-277-2881

email: iceagechallenge@yahoo.com

Checks payable to Madnorski.

Mail registration and fee to:

Madnorski Ice Age Challenge

c/o Dirk Mason

4605 Onaway Pass

Madison, WI 53711



www.madnorski.org

Release and Waiver Form. Do not participate in the event if you do not accept the following conditions:

I know that Nordic skiing is an action sport that has risks of personal injury, death or property damage. I know that those risks are, in part, determined by my own health, conditioning and abilities, snow conditions, the terrain, and natural or manmade hazards at Elver Park, and other skiers. I know that other skiers may use the ski trails at Elver Park during the Madison Nordic Ski Club MadNorSki Ice Age Challenge Race.

I agree that I am responsible for inspecting the race course conditions and evaluating the risks before the MadNorSki Ice Age Challenge Race and that I am responsible for my own safety while participating in and observing the MadNorSki Ice Age Challenge Race. For the safety of myself and others using Elver Park, I agree to ski within my abilities and the conditions.

I release the Madison Nordic Ski Club and its directors, officers and volunteers, and the City of Madison and its officials, employees and agents from all liability and waive all claims that I, or my heirs or personal representative, may have against any of them for any personal injury, property damage or other loss I may suffer related to the MadNorSki Ice Age Challenge Race, other than if caused by their reckless or willful misconduct.

Signature _____ Date _____

(Parent or guardian must sign if skier is under 18)

Parent/guardian _____

(Print name and relationship to minor)

Why Bike To Ski?

BY JOE KING

A few of us in the club like to ride our bikes to our skiing venues whenever possible. Now why should that be? Clearly we've lost some basic faculty of reasoning from too many hours spent out in the cold. Be that as it may, that doesn't mean there isn't anything to it at all.

Could it be that winter biking is not as impossibly crazy as it seems? That was the question I asked myself about ten years ago when I decided to look into it. That year I attended a presentation on the basics of winter biking and right then and there I decided to give it a try. To my surprise biking in winter was much more pleasant than I had imagined.

The key to winter biking is clothes. It didn't take me long to figure out which layers of clothes I needed as the temperatures fell. For example, at 5 degrees and below, I bike with not even the tiniest bit of exposed skin. If the temperature is above freezing, clothes that can breathe work best. In any case, I always make sure that my hands and feet are kept warm. For the most part, clothes designed for skiing are ideal for winter biking because they are warm, breathable, and allow free movement.

The other insight from that very first presentation was the importance of lowering the seat when biking in snow. In addition, you'll want to equip your bike with knobby tires and keep the pressure in them lower than normal. If you discover you love biking in winter, you can pop for a studded tire. If you do, put the studded tire up front.

Apart from biking more slowly and looking out for ice, that's all you really need to know to give winter biking a

try. The secret to winter biking is the attitude. There are two aspects to this that you'll have to work on. First your internal mental attitude has to be somewhat adventurous. Something like, "well I'll try this and see what happens." The attitude you show others has to be one of extreme self-righteousness. After all you're out there braving the elements and the traffic so that others can park closer to the building. I'm continually surprised by the people who thank me for biking in the winter because frankly, I only do it because I love it! I'm obviously still working on that self-righteousness thing.

There are many ways to express the joy of winter biking. One of my favorites is the somewhat informal ski-bike-ski race we put on two years ago and are planning to revive this year. This race is truly one for the winter cyclist because it is held in darkness. Biking in the winter at night is something that every winter commuter knows well. You do it by getting a good light and a reflective vest. You'll need to see the road so a light with a good lens that illuminates your path is very important. Although a thousand or so cyclists bike all year in Madison, your presence on the road won't always be expected by motorists so it is vital that you are well illuminated from the rear. Despite being unfashionable, reflective vests are ideal for this purpose and are highly recommended. Don't be surprised to find that you tend to get

more respect from motorists when biking in winter conditions.

Part of the fun of winter biking is not knowing what to expect. It helps, however, to be aware of a few things. First, you'll need to take care of your bike or buy a junker. The winter snow, water, and salt will eat away at your drive chain. Keeping your bike dry is

more important than keeping it clean. The other nasty of winter biking is pot holes. They seem to pop up like daisies in February and March. Speaking of March, it is typically the most challenging of biking months. Usually when

some one asks me about winter biking the first thing they want to know about is falling. I always say I fall three times a year, typically in March. Bundled up as I am, however, I've never been even slightly injured by a slip on snow.

There is a lot of advice on biking in winter on the web. A good place to start is the Chicago Bike Winter site, www.BikeWinter.org. There you will find advice and inspiration. The ultimate inspiration is of course the chance to take part in the 2004 MadNorSki Ski-Bike-Ski race. If you're interested, check out the report on our 2002 event at www.MadNorSki.org/biathlon.html. To enter, you'll have to be comfortable biking at night in winter conditions. The race date and time will be announced on the XC List (see www.MadNorSki.org/discussion.html). Until then keep slip, sliding away. *

THE SECRET TO
WINTER BIKING IS
THE ATTITUDE.

Thank You

BY DAVE CALHOON

The family of Dave Calhoon and Laurie Noll thanks everyone who turned out for our benefit bike ride in April and everyone who contributed but wasn't able to make it. The ride was organized by the dynamic duo of Advertising/Promotions Chair Harry Lum and Newsletter Editor Kay Lum. On a perfect, warm spring day, we all met at Christy's Landing on Lake Waubesa and did our choice of short or long loops,

followed by food, fun, and fabulous prizes back at Christy's, with music by Shoes Off, No Foolin'. The ride was a smashing success and raised over \$4,000. We are overwhelmed by your generosity and support. Thank you, thank you, thank you! *

Editors note: Dave's wife Laurie has MS. We all are grateful for our health and were more than happy to help out the Calhoon Family (and have a good time doing it!)



Dave with Harry, getting ready to pick a winner for a fabulous prize after the ride.



SKI TRAB U.S.A.

Distributor Joseph S. Gollinger
& Associates

2224 Wild Timothy Rd

Naperville, IL 60564

630-922-5855

joemar1999@msn.com

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• Ask for it •

Secret Training Plan Uncovered!

BY KARL HEIL, PARK MANAGER, BLUE MOUND STATE PARK

On Sunday, October 19, following a trail run by Sherren Clark and a Sunday Super Roll by Willi VanHaren, Ned Zuelsdorff, Dirk Mason, and Chris Halverson, the aforementioned, along with chef Gail Van Haren started phase 2 of their secret training plan!

Why will this crew be passing you by at the Ice Age Challenge? Because they are following Willi's plan... unwind from some ski specific exercises with a workout at the Mound. While Slick Willi promised his soldiers a "short two hour workout", his unsuspecting troops were in for a much longer occupation of the Mound! First bridges were destroyed, stranding hikers on the Flintrock trail. Then the assault team proceeded hauling and stacking boulders and wrestling with a 17 foot long, 3

foot diameter culvert. Finally, near dusk victory was declared and the weary warriors headed home!

**... UNWIND FROM
SOME SKI
SPECIFIC
EXERCISES WITH
A WORKOUT AT
THE MOUND.**

All kidding aside, I truly wish to thank the above named crew for their labor, and thank ALL the members of the ski club for generously providing funds to pay for the culverts and other materials used to repair the ski trails from this spring's heavy rains. These funds were used not simply to repair the trails, but to upgrade them, hopefully reducing future damage from heavy rains. The less time and money we need to spend on trail repairs, the more we can spend on trail improvements. With the state budget cuts, the Club's financial assistance has been especially welcome. Thanks again! *

Vendor Fair 2003

BY HARRY LUM

We had a great turnout for the first meeting and I want to thank all the vendors that took time out to make Vendor Fair '03 a big success. Many traveled from up north with reports of snow on the ground. Could this be a sign of things to come?

Those who attended had a chance at a free pair of CAT Skis donated by Planet XC and a new pair of Ski Trab skis from Italy donated by Joe Gollinger. Next meeting make sure you attend for more exciting prizes, but only for paid members, so be sure your membership dues are paid up! *

Steve Morales of New Moon Ski shop in Hayward, and Tom Kline of the Bicycle Doctor in Dousman, both look like they are ready for a beer.



MARQUETTE COUNTRY

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All-American City
2003

CATCH THE
LAKE EFFECT
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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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Monthly Ski Tip From Coach Don

Why do many of us "bog down" doing V-1 to our "weak" side? In most skiers I observe, its because their "weak leg" is even weaker. Huh?

In V-1, when we both pole and skate to one side (let's just say left side in this example), lots of power is available. But skiing back to the other (right) side, we only have the skating leg to give power. Many people put way too much effort into their poling side and then just passively step back to the non-poling side instead of skating forcefully back.

There is an added deficiency when you ski V-1 to your "weak" (non-preferred) side. You are likely now using the weaker of your legs for the non-poling push.

So, how do you correct it? Ski a lot without poles to even out your leg pushes and leg strength. Then skate a while with just legs, add a few V-1 arm strokes in, then go back to just legs. The poles should only add to the leg motion, not change it. Leg pushes should be even to both sides. Good Luck,*

- WHAT ARE THE SILVER SKIERS DOING? - It's Not Too Late To Join!

BY GREG JONES



For those of you who do not know about the Silver Ski program, it is meant for kids in grade 5 through grade 8. We are just getting started on the new season and it is not too late to join. With the man made snow at Blackhawk we will almost have a guarantee of skiing on snow for the entire season. We will meet twice a week on Wednesdays and Thursdays early in the evening. We have some returnees and some skiers new to the program. We always have lots of fun, so if you are of the right age why not come join us? If you know of a skier the right age tell them about us. *

Until The Snow Flies...

We would rather be on snow, but heck, this looks pretty fun too! The Sunday Super Rolls have been quite a success as proven by this photo! To make sure you get notified about the Super Rolls, sign up on the discussion list! See www.MadNorSki.org/discussion.html for details. *



Wanna Go To Norway?

February 10 to February 18, 2004

THE BASICS:

Leave: Feb 10, 2004

Return: Feb 18, 2004

Cost: \$1500 per person
double occupancy

What is included:

- round trip air from Chicago to Oslo on SAS/coach class
- ground transportation from Oslo Airport to Sjusjoen to Oslo City Center to Oslo Airport
- 6 nights hotel in Sjusjoen
- 6 breakfasts
- 6 take away lunches from the breakfast buffet
- 6 dinners
- 1 night hotel in Oslo

At this time 16 people have registered for this trip.

ACTIVITIES

- **CROSS COUNTRY SKIING:** THERE ARE OVER 100 MILES OF SUPERBLY TRACKED TRAILS IN THE AREA. YOU CAN CROSS COUNTRY SKI RIGHT FROM THE HOTEL DOOR. THESE TRAILS CONNECT TO NUMEROUS VILLAGES WHERE YOU CAN GET SOMETHING TO EAT OR DRINK. YOU CAN EVEN SKI TO LILLEHAMMER, SITE OF THE 1996 WINTER OLYMPICS, WHICH IS ABOUT 10 MILES AWAY. THERE IS NO CHARGE TO USE THE CROSS COUNTRY SKI TRAILS IN NORWAY.
- **DAY TRIPS BY PUBLIC TRANSPORTATION:** YOU CAN TAKE A DAY TRIP TO THE DELIGHTFUL OLYMPIC TOWN OF LILLEHAMMER OR TO HAMMER; BOTH ARE ACCESSIBLE BY PUBLIC TRANSPORTATION. THE COST OF THIS OR OTHER SIDE TRIPS IS NOT INCLUDED IN THE PACKAGE.
- **DOG SLEDDING:** YOU CAN ARRANGE FOR A DOG SLED RIDE IN SJUSJOEN THE COST OF WHICH IS NOT INCLUDED IN THE PACKAGE.
- **SLEIGH RIDE:** YOU CAN ARRANGE FOR AN EVENING SLEIGH RIDE IN SJUSJOEN THE COST OF WHICH IS NOT INCLUDED IN THE PACKAGE.
- **ICE SKATING:** YOU CAN ICE SKATE ON A FROZEN POND IN FRONT OF THE HOTEL.
- **DOWNHILL SKIING:** THERE IS DOWNHILL SKIING ABOUT 20 MILES AWAY. THE COST OF TRANSPORTATION AND LIFT TICKETS IS NOT INCLUDED IN THE PACKAGE.

THIS TRIP IS ORGANIZED AND LED BY BOB WALSH. BOB HAS COMPLETED 15 AMERICAN BIRKEBEINER CROSS COUNTRY SKI RACES AS WELL AS 9 OTHER WORLDLOPPET RACES INCLUDING: NORWAY (1), SWEDEN (1), FINLAND (1), AUSTRIA (2), ITALY (2), GERMANY (1) AND FRANCE (1).

BOB CAN BE CONTACTED AT: 40 SOUTH CAROLINE STREET, CRYSTAL LAKE, IL 60014-6108

TELEPHONE: 815-459-9034 • EMAIL: bobwalshnd@aol.com

IF YOU ARE INTERESTED IN SKIING THE BIRKEBEINER RENNEN 58 KM IN NORWAY ON SATURDAY, MARCH 20, 2004, PLEASE CONTACT BOB. HE WILL PUT TOGETHER A TRIP FOR A MINIMUM OF 10 PEOPLE.

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(RACE SERIES, CONTINUED FROM PAGE 9)
 based on course conditions. 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, 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/raceresults.html

"First-Timer" races are for beginning racers. 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 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 regis-

tered 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.

**THE FOCUS OF THE
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 RACES IS FUN AND
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 REGARDLESS OF
 YOUR LEVEL OF
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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. 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 will not be used for any other purpose. For more information, contact Joe King at jking@mailbag.com. *



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FOR MORE INFORMATION, CONTACT: TS EVENTS, INC. • PHONE: DENNIS KRUSE (715) 798-3571
 FAX: (715) 798-3995 EMAIL: KRUSESKI@CHEQNET.NET • WEB: WWW.TEAMSPORTSEVENTS.COM

Other Stuff...



Joe Gollinger (Ski Trab) and Dale Niggemann (Planet XC) talk with MadNorSki members visiting their booth at the vendor fair at the November meeting.

The Juniors worked hard at the first meeting selling their usual calendars and something new for this year, official MadNorSki patches!



Harry Lum holds the 2003 Birkie poster (which happens to feature his picture) as Prez. Jimmy announces the lucky winner!



Swag-master Harry Lum describes the CAT Skis donated by Planet XC while Jimmy frantically digs for his number to win this fabulous prize!

CLASSIFIEDS

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

Looking for something? Got something to sell? If you are a member of MadNorSki, we will run your ad for free! Submit Classified ads to Kay Lum at kay@athleticbusiness.com



Dave Hill demonstrates his carbo-loading technique at the November meeting.

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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:

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

Put the label here carefully.