

MADNORSKI News

News for the members of the Madison Nordic Ski Club Vol. 23 No. 3

- A WORD FROM JIMMY -

Resolve to Ski

By JIMMY VANDENBROOK



A little time on skis can be the perfect antidote to holiday frenzy. With all the preparations surrounding the holiday season it's easy to miss the point of it all. As much as we hear about ways to reduce stress this time of year, I still manage to miss the message sometimes. And the fuss is generally over very tiny things. Skiing, even thinking about gliding on snow, usually gets me out of myself. Something I should have done recently.

Judy and I started our holiday season this year by celebrating Thanksgiving at Telemark where early season snow promised very good skiing and a relaxing, quiet holiday. Who could ask for more? As it turns out, Judy could. I admit to few unreasonable passions, but I have a genetic defect when it comes to my devotion to the Green Bay Packers who were playing the lowly Lions on Thanksgiving Day with the Division lead on the line. Suffice to say I watched the Pack play a horrible game. I let it get under my skin. I ranted and raved. And for what? Besides getting in a funk, I upset Judy and scared the dog. It wasn't until we got out for a ski

after the game that my sanity returned. Just the physical act of moving over the snow got rid of the frustration, silly as it was. After apologies, we had a very pleasant, relaxing, ski-filled holiday.

This little parable is about perspective and how skiing let me appreciate my own good fortune. On the trail you are alive, free, flying, and very lucky. It's a simple yet important indulgence. We all need to move in the free air. It's something we mostly take for granted. But even the greatest physical gifts mean nothing without family, partners, and friends. Maybe

this reflection occurs more to baby-boomers like me who are reminded ever more frequently of the fragility of bodies, the permanence of loss, and the importance of human bonds. We have a lot to be thankful for. And for those not so lucky, this is the time of year when it is especially important to extend a hand where we can.

Skiing won't bring world peace, but we can make skiing a celebration of life. We can broaden our circle a little. We can find time to help others if we're not sweating the small, insignificant stuff. Personally, I have resolved that skiing trumps football, and Judy trumps everything. So, go forth, do good things, and ski with righteousness this

holiday season. *

EDITORS NOTE: Just to clarify Jimmy's comments to Brett and the boys in Green Bay: On snowless days, the Packers DO come before skiing, but never ever do the Packers, or any other football team for that matter, come before Judy!

I HAVE RESOLVED
THAT SKIING
TRUMPS
FOOTBALL, AND
JUDY TRUMPS
EVERYTHING.



OUR NEXT MEETING

Monday, Jan. 12, 2004
Lussier Family
Heritage Center

Agenda

- 5:30: Hot Chocolate & Candlelit Ski
- 6:30: Waxing demos & Socializing
- 7:30: Business meeting
- 8:00: More waxing

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The Birth of XC-Sprints at Tyrol Basin

By YUYI GUSEV

Sprint racing started appearing in 1960 in Scandinavian countries mostly for entertainment purposes. The distance of these races varied from 100 meters to 1.5 km. In 1996, the first sprint race was included in World Cup circuit. Since that time sprint racing has developed very rapidly all over the world and has become very popular among skiers, media and spectators for its simplicity, high speeds, new heroes and

spectacular and dramatic actions. In 2002 Sprints were included in the Olympic program at Salt Lake City. Sprints are not races only for elite skiers. In Drammen, Norway last year there were 600 kids racing with masters after the World Cup.

I got the idea to have sprint race in Madison last year from a sprint in Dusseldorf (Germany) in late October and from one of my friends and a coach from Austria. Since last spring I

started working on this event by trying to convince Tyrol Basin to try cross-country ski racing and getting sponsors support. And on November 22nd we got 38 people from Minnesota, Michigan, Illinois, Wisconsin entered in the sprint races and an additional 25 or so skiing around and demo-ing Rossignol skis. Twenty-Six skiers out of this group were MadNorSki members. Plans for next year are to have a 400-meter loop on man



Lori Wesolek takes the Women's final over UW - Green Bay.



Gordy Bartholomew presses on... regardless!

made snow and two days of racing, Saturday and Sunday. The first day will be a sprint and the second day will be a sprint relay.

Good luck and see you next year at Tyrol Basin! *

Big thanks to all sponsors (Tyrol Basin Ski Area, MadNorSki Club, Sepp Sport, Rossignol and TOKO) for the support of the event.

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—GORDY BARTHOLOMEW



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- WHAT'S UP WITH KIDSKI - Come Ski & Have Fun!

BY MARK WEBBER



Who:

Ages 4 & up (generally through middle school)

Where:

Elver Park – Main Shelter

When:

Wednesday Evenings from 6:00-7:00pm Starting Jan. 7, 2004 (possibly earlier if we have snow)

Cost:

\$15 per individual / \$25 for 2 or more (family)

Equipment:

No need to buy; option to rent from Shelter for night

Apres-Ski:

Hot Chocolate & Snacks available in Shelter, or bring your own

Lots of cross-country skiing fun & games; some instruction and short tours. Every child gets a really cool ski hat, if they do not have one already. (Considering other options for those with hats.) Several "theme" nights including "Costume" Ski, "Treasure Hunt," etc. End-of-Season Pizza Celebration Party in late-February, or early March.

Parents are important contributors to the design/activities of this program, and are encouraged to participate with youngest children.

If there is no snow on Jan 7, we will still be meeting at the shelter for a Hike and "Illuminated" Soccer (bring poles if you have them). Other non-snow activities include Ice-Skating.

Come Join
Us for Some
Winter Fun! *

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- EXCLUSIVE INTERVIEW -

Two-time Olympic Champion Julia Chepalova

INTERVIEWED BY YURIY GUSEV

BEING THE SPRINT CHAMPION AT THE LAST OLYMPIC GAMES, IT'S SURPRISING THAT YOU MISSED THE FIRST WORLD CUP SPRINT IN GERMANY, WHY WAS THAT?

That race was at the end of October and I was not in race shape. Even now I'm not there, not physically — I feel a general discomfort in my body. To tell you the truth, this is the first time in my life I have ever felt this way, but I expect to get back in a good shape by the end of December.

DOES THIS RELATE TO THE FACT THAT YOU HAVE RECENTLY HAD A CHILD?

I think so.

YOU LOOK LIKE YOU ARE BACK IN GOOD CONDITION NOW.

There were scary memories. After I gave birth, my weight was 65 kilograms (143 lbs.). I began training 4 months after that. Now I have my weight back down to 56 kilograms (123 lbs.), mostly by working out. When I talk about discomfort in my body, I mean the condition of my muscles. I was passive for so long, and now I am much more active. In addition to that, hormonal processes are changing too.

HOW DID YOU FEEL AFTER YOU FINISHED 12TH IN THE HANTI-MANSIYSK (RUSSIAN NATIONAL RANKING RACE), BEING AN OLYMPIC CHAMPION?

It was hard. I weighed 62 kilograms (136 lbs.) at that time. It was hard mentally. However it motivated me to lose weight. On the other hand, I think anyone who is weak mentally would probably give up. You know, for all the time I've been in this sport, I've gotten used to getting a lot of compliments from everyone. That's why I was afraid to put my racing suit on. I'm always asking my husband how do I look in a racing suit? He just wrinkles his face and I'm thinking "I need to train more".

How?

Pretty simple, I roller skied for about 60 km and lost about 4 kilograms. I was so hungry after the 50 km point, but I had enough willpower to say to myself "no".

ARE YOU AFRAID TO GET BACK TO THE

WORLD CIRCUIT AND COMPETE WITH THE BEST?

No. I think a person can get used to anything. When I did my interval workout with girls from the national team, it was scary. I was almost last all the time, but now I'm passing them again.

SO FROM NOW ON ARE YOU GOING TO RACE ALL WORLD CUP RACES?

No. I'll race in Norway and after that I'll go to the training camp in the Italian Alps, and after that I'm planning to race all World Class races.

WHAT DISTANCES DO YOU THINK ARE PRIORITIES FOR YOU NOW?

Once I race, I'll decide. For now I still like classic more. I'm still far away from my ideal physical form, that's why I don't make high expectations for myself. The most important thing now is that I have to judge how I feel during the race,

analyze my off-season training and shape, and compare myself to the other world level skiers. In Ramsau, I saw how seriously the German women's team trained and I know they will be strong this season.

DO YOU THINK BENTE SKARI WILL NOT COME BACK BIG IN THIS SPORT?

Now she is with her husband traveling around the world, but I think she will be back. I'm an elite athlete and I know, that it is not possible to quit elite racing so suddenly. Especially if she was telling everyone that she will race ten more years, and then just say She's going to retire because it's getting too boring

WHAT DO YOU THINK ABOUT THE X-C SKI SITUATION IN RUSSIA TODAY?

It is hard right now. The Women's team got the "pregnancy virus". Everyone decided to have a child. However I'm sure that in one year when they all come back on the trails, they will race like crazy. They will have to feed their family. And I know that that is a big motivator. *



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MENTALLY WOULD
PROBABLY GIVE UP.**

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Resting Heart Rate and Overtraining

BY JOE KING

It is hard to pick up a training guide and not find something about the importance of tracking your resting heart rate. Chris Carmichael tells cyclists to listen to their resting heart rate because an elevated reading "is a sure sign that your body is still recovering."

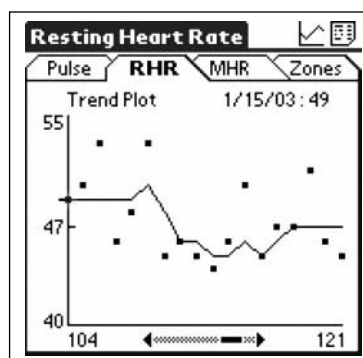
Overtraining and rest are serious problems for most amateur athletes which makes tracking indicators of stress important. Even for the professionals, there is no single clear-cut indicator of overtraining. Resting heart rate is one of several indicators that you should be taking into account. Another important indicator is your mood. If you find you are more easily moved to anger or irritability than normal, it's time to look for some of the other signs such as changes in your diet, lowering of performance, inability to reach a target heart rate, and resting heart rate.

Resting heart rate is influenced by a number of factors. Key among these is dehydration and physical stress. For me, just the act of taking my resting heart everyday, reminds me to hydrate. When your body is recovering from a hard workout, your resting heart rate is elevated. This is a good time to finally do that recovery workout you keep putting off. When you monitor resting heart rate, you should also be aware of your sleep. Variations in your sleep pattern can influence your resting heart rate.

Fitness will also influence your resting

heart. As you become more fit, your resting heart rate will drop. I can look back at my spring training and see the first signs of improving fitness in my resting heart rate record. I have found that the first drop is the most pronounced and occurs only a few weeks into a training program. I have also seen my resting heart rate rise again after only a week of relative inactivity.

Unfortunately monitoring your resting heart rate accurately is not as easy as it sounds. Most of us don't want to mess around with a heart rate monitor and a chest strap in bed and you shouldn't need to. All you need to do is get a heart rate reading just before you get out of bed in the morning. You'll want to do this without having to mess about too much, however. If you have to fumble about to turn on a light and operate a stop watch, that will introduce additional variability into your readings. Still doing it that way is better than not at all. My company PDAFIT, LLC, created the Heart Rate Pal which I of course think is the best possible way to track your resting heart rate. It not only makes it easy to get your resting heart rate but it also plots your readings so that you can



The trend in resting heart rate (line) drops in response to improving fitness. Actual readings from March 2003 as displayed by the Heart Rate Pal.

make sense of them.

In order to benefit from tracking your resting heart rate, you need to measure it daily. There is a large degree of daily variation so in order to get the most out of the readings it is important to know what the trend is over time. If you wait until you have other symptoms of overtraining to start checking your resting heart rate, your readings won't

mean much. On the other hand, if you suspect you're on the edge of overtraining, looking back on a months worth of daily readings can be illuminating.

Whether it's a lighted stop watch or the Heart Rate Pal, it's a good idea to work out a method of tracking your resting heart rate daily. It should be so easy that it quickly becomes a habit so that when you need it, the information is there. *

Joe King is owner of PDAFIT, LLC which creates fitness software. The Heart Rate Pal is a unique tool for monitoring your resting heart. The Exercise Pal which is due to release in the spring of 2004 is designed to track your aerobic and strength workouts. More information can be found at www.PDAFIT.com.

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 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



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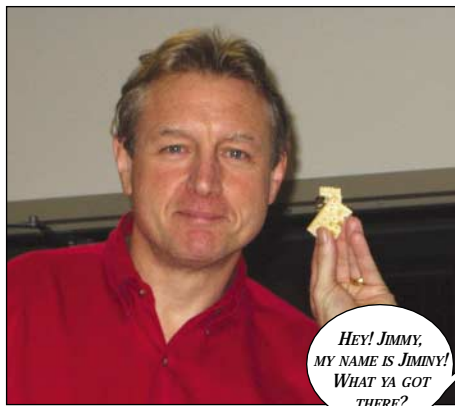
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I Never Met a Cricket I Didn't Like

By JIMMY VANDENBROOK

Given the announcements at the December 8th club meeting that Kay Lum, our Newsletter Editor, and Harry Lum, our Promotions Chair are leaving their posts after this season, a flood of potential recruits have come in. The ever-energetic Jiminy Cricket looked like a shoe-in for the Promotions Chair. He cooled to the job when he witnessed my ghastly treatment of a Jiminy colleague who



appeared briefly at the last club pot-luck sandwiched between two saltines. Subsequently, Jiminy was not available for comment and his whereabouts remain a mystery.

Since the fall of Saddam Hussein's regime, many of his old stalwarts are looking for jobs. The old Iraqi Information Minister, "Baghdad Bob", has expressed interest in the Newsletter Editor's position. With his incredible eye for truth and accuracy, he makes a strong candidate. In a late breaking development, Saddam himself finds that jumping in and out of spider holes was getting a little tedious and that he presumes he will be available for any post we might have. He feels he would be strongest as President, citing over 30 years of experience in a similar position. While he has not tendered a formal resignation as President of Iraq, he believes he could start at any time given two-weeks notice. *



FREE Ski Lessons!

The Madison Nordic Ski Club offers free ski lessons to anyone who wishes to improve their skills.

Classic and/or skating techniques are offered. Skiers meet coaches on Wednesday nights at 6 pm at Elver Park when there is enough snow to go. Just call Jimmy at 608-437-4192 or e-mail at jpvanden@mhtc.net to set up an appointment. We'll make sure that you get plenty of personal attention in a very low-pressure atmosphere. *

Tantalizer:

At the Feb. 9th MadNorSki meeting the MadNorSki Juniors will be putting on fundraising dinner for you all. We may do chili or pasta. We might even have a chili cook-off if some of you express interest in contributing a batch. Mark your calendars for this first time event.

All proceeds will go to the Juniors, specifically to support anyone who qualifies for the Junior Olympics race in Lake Placid, New York in March. *

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- WHAT ARE THE SILVER SKIERS DOING? -

Silver Skiers Are Active

BY: GREG JONES

The Silver skiers have been meeting since the beginning of November. We were all very happy to finally get onto some snow. We met on Wednesday evening, the night of our first snow "storm". I don't know how it went for the rest of you, but that first night at our house was a little hectic. Where are my gloves? What underwear should I wear? Rock skis? I can't find my boots? Which boots did I wear last year? When we got to Elver we gathered up a great group of kids and coaches and had a wonderful first ski of the year. We were the first ones on the new snow and in heaven breaking trail. We went back to Elver on Thursday night but this time we had one skier without skis. He ran along side us all night with poles. Another had to ski without poles, and yet another skier broke a pole while skiing. In spite of our little problems we all stayed out and had a lot of fun.

We have some new skiers on the team who have never skied before. We



also have several returnees who can keep up with the best of them in their age group. If you are anywhere from 5th to 8th grade come out and join us, I'm sure you would fit right in and enjoy it. The snow making at Blackhawk will also provide more snow time for us this year.

If any of you reading this could donate wax to the Silver Skiers it would be greatly appreciated. What we need most is kick wax. If you have any old "stubby ends" of kick or glide wax we could put it to good use. Bring it to the next club meeting, or contact anyone in the Silver Ski program.

We appreciate the past support that has been shown us by the Madison Nordic Ski Club and its members, as well as the Blackhawk Ski Club and its members. We also appreciate the support we have been shown by the local merchants, such as Fontana Sports and Sepp Sports, and from the cross country ski community as a whole. Thank-you to all of you from all of the Silver Skiers. *



We Need You.

BY KAY LUM

My name is Kay Lum, and this is my fourth year as your newsletter editor. My husband/sidekick Harry, has been the ad sales/promotions guru for that same period. It has really been a lot of fun! We have gotten to know many of the race organizers, shop owners and big wigs in our little xc ski world. I have had the opportunity to poke fun at fellow club members, (not to mention our Prez, Jimmy), put photos of myself and family members in print and gotten to know more of the members of the ski club much better! It has been actually quite fun. But all good things must come to an end. We would both like to retire... Walter Meanwell has volunteered to fill Harry's shoes, (mens size 7 extra wide). I am looking for someone to fit into my slippers... they are very stretchy and one size fits most.

Anyone who does desktop publishing for fun or profit out there? If you are not sure what it all entails, please feel free to ask me! (kay@athleticbusiness.com) You can use the template I have (its in Quark Xpress-Mac) Or you can take it and run with it, redesign it, make it your own! You have creative freedom!

I will help you get started (if needed) to the best of my ability. The board is full of wonderful people, and they are pretty good with their deadlines, if you poke them a little.

Just think of the applause you will get at every club meeting! (I will make sure of that!) You can feel good about helping the community and the club. And remember, this isn't a full year-round commitment, the newsletter comes out about 5 times a year, November through March. Think about it. Thanks *

Monthly Ski Tip From Coach Don

What can you do when your classical wax slips on the uphill?

First, concentrate on subtly shifting your weight from side to side so it is centered over the kicking ski.

Next push your forward foot just slightly farther ahead on each stride – even just an inch. This will put your foot under you weight in a fore & aft aspect and keep you from bending forward at the waist.

If it still doesn't work, do a little jog and land hard on each ski to make the grip wax contact the snow. However, this makes the ski stop dead on each stride rather than gliding a little bit.

COMMON ERRORS:

- **Using more arms to save slipping legs.** Arms are small muscles compared to legs (especially triceps). Don't overuse them & quickly burn them out. Get the legs right first, then add arms.
- **Bending over at the waist for**

more arm power. This actually pushes your weight behind your feet & your skis slip even more. Instead, try to think of pushing your stomach into the uphill.

- **Switching to a warmer wax whenever you slip.** If your skis aren't too stiff and the wax is right for the conditions, its probably your technique. Correct that first.
- **Adding the same wax but making a smooth wax job rougher.** A smooth surface is always best as it will give you contact with more snowflakes. After all, you are trying to grip the tips of the snowflakes, not create a rough mechanical surface like a no-wax ski.

Good luck. Stride on! *



Other Stuff...



What a spread! Those MadNorSkis sure like to eat!



Social Chair John Taylor works on the presentation of the food. If you are interested in being Social Chair next year contact John at jtaylor826@excite.com



Paul and Karen Matteoni enjoy the potluck meal so much, Paul immediately takes a nap. Wake up Paul!



Dave Robb demonstrates the proper way to eat a cricket at our December Pot Luck. (thanks for bringing them, Jim Cunningham!)



President Jimmy has been frantically working on his replacement. Here he can be seen grooming Chloe M. as a candidate for the next president of MadNorSki. If you think that perhaps Chloe isn't quite ready for the presidency and would like to run against her, please contact Jimmy immediately.

SNOW, SNOW, SNOW!



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