hat type of membership?		Options
renewal	🗌 Individual \$25	🗌 KidSki \$25.00
new	🗌 Family \$35	General donation (specify amount \$)
	🗌 Junior \$10 (18 or under)	Youth donation (specify amount \$)
City:		State: Zip:
Home phone:	Work phone:	
Email address:		
		ers only and is not supplied to commercial vendors. ar in the membership list, please check here



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





Greetings From Your New Presidents!



Dirk Mason and Walt Meanwell

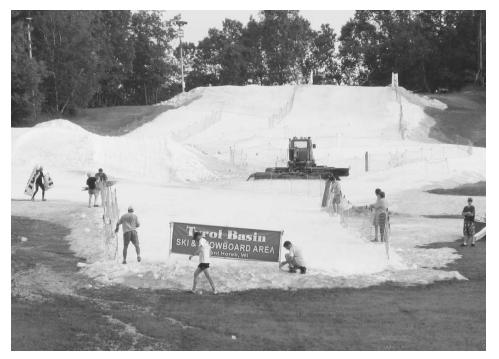
As we sit down to write this, the weather is getting cooler, reports of snow falls have already trickled in and we are reminded that winter and skiing is right around the corner.

We reflect on were this Presidential endeavor all began. With another enjoyable 24 Hours of Telemark under our belts, we were jubilantly talking about how we could help the club. In that sleep deprived moment we decide—let's step-up by being Presidents. We knew with all the hard work that our past president put in, it would take two of us to fill those shoes. With the toast of our glasses and a firm hand shake we were off and running; or, were we? Both of us began to wonder, "what on earth have we volunteered for"? How would be fulfill the tremendous expectations of the proud MadNorSki membership?

Quickly and quietly we rounded up a slate of very talented and dedicated list of board candidates consisting of some familiar names and some new ones. With some relief we finally were able to rest knowing we wouldn't be doing this alone. And, we were off and running.

Most skiers spend the summer hopping on a bike, dipping a paddle in a lake and river, or lacing up hiking boots for a visit to their favorite ski trails. This year area skiers have also been enjoying ski activities, with the first Madison area Summer Ski Race on-snow in June and the Summer Cross-Country Ski Championships in August, both hosted by Tyrol Basin Ski Area and organized by Russian Style Ski School (RSSS) Coach, Yuriy Gusev.

These events laid the groundwork with Tyrol Basin for the Tuesday night races in November. An inaugural



Partnership between MadNorSki Racing, Tyrol Basin Ski Area and the Russian Style Ski School brought on-snow skiing to Dane County in June.

First Club Meeting Monday, November 8th

Where: Lussier Natural Heritage Center

When: Social begins at 6:00 p.m. Meeting is 6:45-7:45 p.m. Social begins at 7:45 p.m.

Program: Vendor Fair

Libations: Refreshments will be served, of course!

Children: Limited child care and games will be provided.

Bringing the Snow to You, Banana Belt Skiers!

Walt Meanwell

For the past few years now we have worried about all the windshield time that you log to go cross-country skiing. The lack of consistent snow close to home has forced many of us to travel far to ski. To that end the club has been working very hard to develop access to man-made snow. Our vision is to provide reliable cross-country skiing from November to March within a half-hour drive of Madison. We are very close to succeeding.

This year we are offering up to four races at Tyrol Basin starting November 20th. Tyrol started making snow October 15th. The first race is put on by Yuriy Gusev and the Russian Style Ski School. It begins at 10:00 a.m. and they will be sprints so it is nice and short for an early season tune up. This is a great way to get on snow early and have some fun right here close to home. The Tyrol Tuesday Night Race Series begins November 30th and also goes on December 7th and 14th. All races begin at 7:00 p.m., registration opens at 6:00 p.m. The warm and cozy upstairs bar will be open for all manner of libations and we'll serve munchies as well. You don't have to race to come out and have fun. Bring the kids, come heckle your friends—this will be a festive affair!

Our vision is to provide reliable cross-country skiing within a half-hour drive of Madison

Our affiliation with Blackhawk ski club is also flourishing. Last year we got on snow at Blackhawk in early December and stayed there until late March. We expect to do the same this year. Club member's John and Leslie Taylor made a generous contribution to Blackhawk that enabled the club to buy two rotary snow fans that can really make snow.

MadNorSki muscle was instrumental in helping snow the hills and trails of Blackhawk last year. An annual nontow individual membership is only \$75.00 and also gives you year-round access to mountain biking and running trails.

We are hoping to continue to expand the Nordic effort at both of these areas in the years to come.

What can you do to help? You can help in three ways. First and most importantly, come out and ski. We need participation to demonstrate to Tyrol and Blackhawk that the investments that they are making in Nordic skiing

Continued on page 11



2004–2005 MadNorSki Calendar

November '04

- 4 Board Meeting 6:45 p.m. Meanwells'
- 8 Club Meeting; 6:45 p.m. Social begins at 6 p.m. Lussier Center Lower Level
- 20 RSSS/Tyrol Race; 7 p.m.
- 20 8-day club trip to Silver Star B.C.
- 30 Tuesday Night Tyrol Race Series; 7 p.m.

December '04

- 9 Board Meeting; 6:45 p.m. Meanwells' 11-12
 - J.O./F.I.S. Races at Wolverine U.P. Focus hotel: AmericInn: Ironwood
- 7 Tuesday Night Tyrol Race Series; 7 p.m.
- 13 Club Meeting; 6:45 p.m. Social begins
- at 6 p.m. Lussier Center Lower Level14 Tuesday Night Tyrol Race Series; 7 p.m.
- 25 Have a safe and peaceful holiday

January '05

- 4 Tuesday Night Elver Race Series; 7 p.m.
- 6 Board Meeting; 6:45. Meanwells'
- 15-16 Capitol Square Sprints
- 10 Club Meeting; 6:45. Social begins at 6 p.m. Lussier Center Lower Level
- 11 Tuesday Night Elver Race Series ; 7 p.m.
- 15 Seeley Hills Classic. Focus Hotel: Telemark Lodge
- 18 Tuesday Night Elver Race Series; 7 p.m.
- 20 Ice Age Challenge Race at Elver Park; 10 a.m. NOTE NEW DATE
- 22-23 Trip with Minneapolis Ski Club. Focus Hotel: Telemark Resort

- 25 Tuesday Night Elver Race Series; 7 p.m.
- 29-30 Nequemanon Ski Race. Focus Hotel: Nordic Bay Lodge
- 29-30 Book Across the Bay-Ashland

February '05

- 1 Tuesday Night Elver Race Series; 7 p.m.
- 5-6 Badger State Games. Focus Hotel: Hampton Inn
- 8 Tuesday Night Elver Race Series; 7 p.m.
- 10 Board Meeting; 6:45 p.m.
- 12-13 Pre-Birkie and North End Classic. Focus Hotel: Telemark Resort
- 13 Mora Vassa. Focus Hotel: Ivey's Aunts House
- 14 Club Meeting; 6:45. Social begins at 6 p.m. Lussier Center Lower Level
- 15 Tuesday Night Elver Race Series; 7 p.m.
- 19-20 Blackhawk Sprints and Kids' Races
- 26 American Birkebiner

March'05

- 5 Howard Young Cup. Focus Hotel: The Pointe.
- 10 Board Meeting@ 6:45 Meanwells'
- 14 Club Meeting@ 6:45. Social Begins at 6 p.m. Potluck. Lussier Lower Level
- 13 Great Bear Chase

June '05

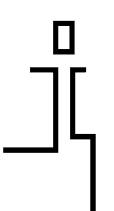
7 RSSS/Tyrol Summer Championships on Snow. This one Rocks!

Board Meeting	Club Meeting	Meeting Theme	Meeting Agenda
Thursday, Nov. 4	Monday, Nov. 8	New gear, pre-season activities	Vendor Fair! Social hour
Thursday, Dec. 9	Monday, Dec. 13	Pot Luck	TBD
Thursday, Jan. 6	Monday, Jan. 10	Waxing	Wax Demo
Thursday, Feb. 10	Monday, Feb. 14	Birkie stories	Juniors fund raiser
Thursday, March 10	Monday, March 14	Racing wrap-up Pot Luck	Election of officers

Madnorski/Tyrol Basin Tuesday Night Race Series

Three early-season races at Tyrol Basin will kick off the southern Wisconsin racing season this year and man-made snow will remove the doubt of cancellation! Set aside these Tuesday nights: Nov. 30, Dec. 7, Dec. 14. Races begin at 7 p.m.

Hors d'oeuvres will be provided and the bar will be open. It will be a great opportunity to get on snow and get festive!



2004-05 Board

Presidents Dirk Mason: ddmason@charter.net Walter Meanwell: waltmeanwell@tds.net

Vice President Tom Kaufman: runski@charter.net

Treasurer Duncan Bathe: bathe@sbcglobal.net

Membership Scott Bachmeier: bachmeier@mac.com

Publicity Ruth Bachmeier: bachmeier@mac.com

Race Directors Ned Zuelsdorff: nedz@chorus.net Joe King: jking@pdafit.com

Advertising/Promotions John Riley: john_riley@trekbike.com

Newsletter Ben Neff: BenN964@aol.com Kristi Wagner: kwagner@uwcu.org

Youth Ski Chair Greg Jones: jones6601@ameritech.net

KidSki Chair Mark Webber: webber@chorus.net

Social Director Gordy Barthowome: wgbartholomew@charter.net

Webmaster Joe King: jking@pdafit.com

WNSF Walter Meanwell: waltmeanwell@tds.net

Trips Walter Meanwell: waltmeanwell@tds.net

UNLIMITED NORDIC SKIING

Cross-Country Canada enthusiastically endorses XCZONE.TV's new DVD as a key resource for beginning and experience skiers looking for clear, correct and easily-understood guidance for improving their skiing technique.

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Introducing another speed merchant from Italy, *Ski Trab*, Nordic race skis ready to speed you to the finish line.

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Competitive Advantage: Quadriaxial Aero Tech. This design feature creates high stability with low weight. The Race Aero Skating also incorporates an extended elastic platform underfoot, which provides responsiveness and directional control for superior tracking and turning.

Data Points:

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For more information, contact

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 - P: (630) 922-5855
 - F: (630) 922-7385
 - A: 2224 Wild Timothy Road Naperville Illinois 60564
 - W: www.skitrab.com

Daylight for KidSki!

Mark Webber

This winter season KidSki will shift from weeknights to daylight hours. Our group will meet on Sunday afternoons and use Odana Golf Course and Elver Park as our regular trailheads. Travel plans include a short bus trip local venues for variety.

Our focus is fun and exercise for kids ages four and up. Rental equipment is available from Odana and Elver sites and we have an inventory of available equipment as well. We are also considering a short indoor "gametime" following our outings —the social aspect is important for our group. We may do some hiking and/or orienteering prior to snow arrival.

Cost is \$15 per individual and \$25 per family (same as last year). New participants receive ski hats.

Register online and contact Mark Webber at 245-7019 (w), 831-7803 (h) or mwebber@chorus.net for more information.

Technology Enhances MadNorSki Membership Services

Walt Meanwell

Why create a more efficient club infrastructure? It is easier and better for the club and its members. Efficiency means your board can spend more energy finding man-made snow venues for you to ski on, supporting national-caliber events like the Capitol Square Sprints or securing the future of youth skiing programs while more mundane things like tracking membership can be taken care of more accurately and quickly through technological enhancements.

Through his expertise and the generous investment of his time, club webmaster Joe King has substantially expanded the club's capabilities in e-commerce. You can now manage your membership, renew it, and make contributions to the club with a credit card in a secure environment from the warmth of your own computer. It's no longer necessary to stand in line at the November meeting to renew your membership. It's also easier and more efficient for our membership team if you renew online. And it doesn't cost anything extra to do so!

Have a question about any club event, time, or date? Look it up on the club calendar on the web site. Do you have a new e-mail address and want to update it for the club list-serve? That can be easily handled on the club web site as well. TheMadNorSki listserve has over 200 happy souls and is growing too, by the way. The club newsletter, race results, wonderful links and a host of other useful things are available online. We will continue to invest in enhancing the efficiency and effectiveness of the club. Give Joe a big kiss (as I will) when you see him, for without his help none of this would be possible. See Joe's article on page 8 for details and a short tutorial.



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Come ski on the streets!





Visit www.capitolsquaresprints.org for details and registration

January 15th

10 km Skate/Classic Criterium-style Citizen Race Winter/Outdoor Sports Expo X-C Ski Industry Demo High School Sprint Relay

January 16th

Whealth

U.S. Ski Team Olympic Qualifier Classic Sprint Junior Olympic Qualifier Classic Sprint U.S. Disabled Ski Team race

(TYROL)



Silver Ski Program Teaches Racing to Middle Schoolers

Greg Jones

The Silver ski program is designed to help middle school age children transition into the world of Cross-Country ski racing. We make it a fun experience for them while they learn what it takes to train and race.

How old are the Silver Skiers? They are usually Middle school age, that is, between grades 6th through 8th. There are exceptions. If a fifth grader can ski well enough they are also welcome. They need to be able to ski for at least an hour with out stopping. That would usually translate into about 5k in the dark without Mom or Dad.

When do we meet? Our first meeting will be on a Sunday November 21st, then a week off for Thanksgiving. Before we get snow, we will meet once a week (probably on Sundays in December). Once there's snow, our regular meeting time will be on Wednesday and Thursday nights from 5:45 to 7:00. We will start on week

nights after the first of the year unless we get skiable snow sooner.

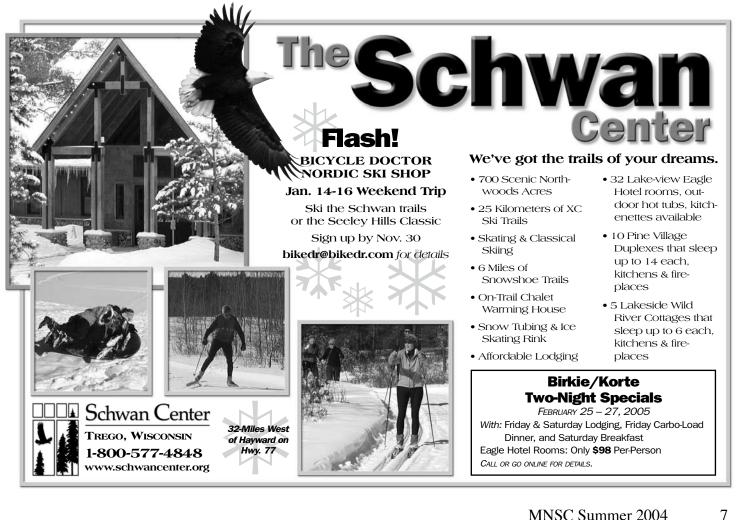
Where do we meet? When there is snow our regular meeting place will be Elver Park. We will also meet there for the dry-land training. If there is no snow after January we may go to Blackhawk Ski Club (membership required). Blackhawk has the capability to make snow. If we have a very thin layer of snow and the trails at Elver are not skiable we may seek out natural snow other places, i.e. Odana Golf Course, or on the ice of a local pond.

How much does it cost? The fee is only \$25 for the entire season. This fee also includes one of the coveted Silver Skier hats (one time only). If we go to Blackhawk during the season to ski on man-made snow a Blackhawk membership is REQUIRED. A single non-tow membership will be \$75 this year, or the whole family can join for \$140 (that's for an entire year). The facility can be used year-round for trail running, mountain biking, picnicking, etc

What races do we do? There is usually a "fist timer" race or two at Elver that are perfect for our beginners. Some of our skiers also race the 5k adult race on Tuesday nights. We will also go to the State High School Cross Country Ski Championships again this year where there is a Middle School division. This is a fun overnight weekend with 2 days of racing. We also strongly encourage participation in the Badger State Games. There are also races at Iola and Green Bay that are appropriate for us.

What about equipment? We have a rental program to help get you on skis. The fee is \$20 for a pair of skis for the season. We have both skating and diagonal skis; boots and poles are not included.

If you want more information or know someone who might be interested, contact Coach Greg Jones at 273-3919.



Renew Your Membership Online in Three Easy Steps

Joey King

Joining the Madison Nordic Ski Club or renewing your membership is easy and fun. What's more, by renewing or joining online you are assured that your membership will be recorded properly. At the time of this writing, online verification of memberships has only been available for a week and already two misspellings of last names and countless e-mail addresses have been corrected.

Here's how to renew your membership online.

Step 1: Verify your e-mail address

While our tireless volunteers have done a great job over the years, keeping all of the e-mail addresses in our membership database up to date was never a priority. Since the renewal processes will use the e-mail address we have on file, you'll need to have yours updated before renewing. Just visit www.MadNorSki.org/cgi-bin/ verify.cgi. There you will enter your last name and the e-mail address you want to use when you renew your membership. If there's a perfect match, verify-dot-cgi will tell you when your membership expires and give you a link for renewing. If the match is lessthan-perfect, verify-dot-cgi will ask

you for your first name, street address, and phone number. This information is shuttled off to the webmaster who will look it over and may interact with you until everything is sorted out. Once that happens, you'll be able to renew online.

Step 2 : Request Your Membership Renewal Link

Renew your membership online using your credit card. The club has a secure server specifically for this purpose. Just visit: www.MadNorSki.org/cgi-bin/ join.cgi. There you will see the current dues and various membership add-ons. At the bottom of the page is a button labeled, "Renew My Membership." Press it. That will cause an e-mail message to be sent which contains a renewal link. If you skipped step one and we don't have the correct e-mail address for you on file, you will be directed to verify-dot-cgi so that we can update your e-mail address.

Step 3: Renew Your Membership Using Your Renewal Link

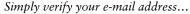
The successful completion of step 2 will result in you receiving an e-mail message with the link you need to renew. Just click the link or copy and paste it into a browser window. This will take you to the membership form and payment page. Fill in the blanks to renew and pay for your membership. Be sure to check that the address and name match what is on file with your credit card company. Once the form is completed, submit it by pressing the, "Pay for Membership" button. When you do, payment will be verified and a receipt will be presented. A copy of this receipt will also be sent to you via e-mail. That's it—you did it!

Here's now to join the club for the first time.

Step 1: Join as a New Member

Just send your browser off to: www.MadNorSki.org/cgi-bin/join.cgi. Review the membership options and add-ons and press the "Become a Member" button. This will take you to the membership form and payment page. Fill in the blanks to renew and pay for your membership. Be sure to check that the address and name match what is on file with your credit card company. Once the form is completed, submit it by pressing the, "Pay for Membership" button. When you do, payment will be verified and a receipt will be presented. A copy of this receipt will also be sent to you via e-mail. That's it—you did it!

Verify Your Me	mbership	MAAD #
Enter Name & Ema	il Address	- NOR
	mail address with the club. Doing this nov newal and race registrations go more	Madison Nordic Ski Club
Member's Last Name	Member's Email Address	Private & Secure
(required)	(required) Back to Start	Maintained by your club webmaster, Joseph King.
Verify My Membership	Back to Start	
Tip #1: Enter the emai with your men	l address that you want to be using ibership.	
Tip #2: Never enter an longer use.	email address that you can no	



Renewing online is quick, easy and doesn't cost any more than renewing via regular mail or at meetings. It also saves volunteer time and improves accuracy.



Then, after requesting your membership renewal link, select a new or renewal membership, enter credit card info, and you're done!



A familiar scene; roller-skiers on rural roads south of Mt. Horeb during the pre-winter season (autumn). Turnout usually tops twenty participants, demonstrating the strength of Nordic skiing in Dane County. A major goal of the club this year is to partner with snowmaking venues so MadNorSkis don't have to drive so far for snow during the regular ski season (winter).



Skiers scraped off their storage wax and lined up for a rare chance to get on snow this June at Tyrol Basin Ski Area. Reports were that the Don Miller race bibs chafed a little without a T-shirt...

Presidents from page 1

summer newsletter went out; with so much planning and activities in the summer we needed to get the word out earlier than November. Thanks to our newsletter crew for finding some behind-the-scenes efficiencies for us. Inside this newsletter are details on several initiatives the Board has been working on to provide value for your membership dollars. Learn how to avoid the long membership renewal lines at meetings. Find out the details on racing at Tyrol Basin. By the way, feel free to come out watch-cold and warm beverages will be available in the bar. Stay tuned to learn more about the unique ski venue this year, the Capitol Square. Yes, you will be able to ski and race around the Capitol this winter!

With another enjoyable 24 Hours of Telemark under our belts, we were jubilantly talking about how we could help the club. In that sleep deprived moment we decide—let's step-up by being Presidents.

Never fear, this administration will continue many activities our esteemed membership has come to expect. The November meeting will feature the vendor fair as in years past and of course, we will continue the fine tradition of having snacks and beverages (how else would we keep attendance up)? We look forward to seeing many familiar and new faces in November.

In the meantime, enjoy the fall weather in anticipation of a white winter. We have seen glimpses of snow in the Rocky Mountains and Sierras. Start waxing those skis for November skiing!

Darn, I Forgot the Wine!

Kristi Wagner

And yet the 2004 Women's Cross Country Ski Clinic was a fabulous weekend for the 20 beginner-tointermediate skiers who gathered at the Telemark Resort in Cable, Wisconsin. With the colors peaking that early October weekend, we learned dry-land training drills on the beautiful ski/hiking trails. We also worked on skating/classic technique with demo roller skis (on newly paved roads!), and learned strength and flexibility routines specific to Nordic training.

After dinner, we had sessions on waxing, choosing proper equipment, and nutrition. The coaching staff included Marcia Engebretson of Outdoor Ventures, Cindy Swift of Riverbrook Bike & Ski, Josie Nelson of Fast Wax, and many other talented, energetic women with a strong background in Nordic skiing.

Participants varied in age and experience but had a lot of the same questions about equipment, training, waxing, and where to go for snow. I left with a wealth of information!

The weekend was topped off with wax parties, hot tubbing, and an excellent bottle of Chardonnay—that someone else remembered to bring!

Classifieds

For sale: 1 pair of CAT skis with Salamon bindings. Very good condition; \$150. Contact Ben Neff at 236-0017 or benn964@aol.com.

Got something to sell? E-mail your classified ad to Ben Neff at benn964@aol.com.

Why MadNorSki?

Walter Meanwell

We need your help. MadNorSki does many things on many levels. We have no paid staff and everything is done by volunteers. Dues are modest and programs are many. Specifically, I am asking you Dear Member, to consider making a donation to the club. We all get hit up for money all of the time. Why contribute to MadNorSki? With no bureaucracy and no slippage, 100% of your investment goes to support the following:

Ski trail improvements. We work on the trails you ski on. In addition, we have helped pay for lights at Elver Park, grooming machines, culverts at Blue Mounds State Park and a number of other local area trail improvements.

Children. We teach the next generation of Nordic skiers. Our youth and young adult programs teach children how to ski, develop a life-long love for the sport, and provide excellent exercise for kids of all ages.

Reliable skiing. Our outreach program to Blackhawk Ski Club and Tyrol Basin Ski Area is flourishing. Both now provide snow making. Last year many club members got on local snow in November at Tyrol Basin and skied December through March at Blackhawk. Our goal is to provide you reliable cross-country skiing locally from November through March. **Existence value.** Having a visible and vibrant Nordic ski club in the Capital is a good thing. From the upcoming Capitol Square Sprints, to clinics, to local races, legislators and decision makers know that Nordic skiing is alive and well.

Social scene. Cross-country skiers have the opportunity to meet other likeminded folks at club meetings, trips, races and other functions.

Racing. This year we are planning to begin racing locally November 20th. We hope to have four races at Tyrol Basin before the holidays on man-made snow. Racing at Elver Park then begins in January and culminates in the Ice Age Classic races February 20th.

Free stuff. Last year over \$3,000.00 worth of skis and gear was raffled off at club meetings.

Club list-serve. Over 200 members provide trail reports, tips, weather data, items for sale and link up for carpooling via the clubs e-mail directory.

Club web site. The award-winning MadNorSki web site is filled with useful information, including the club calendar.

As you can see you get a lot for a little. Help us out. Invest in cross-country skiing locally. Making a contribution is easier now than ever, simply go to www.madnorski.org. Thank you!



Junior skiers stylin' at last year's Season Closer at ABR, Ironwood, Michigan. They remind us that MadNorSki fun always extends beyond the snow! Youth ski programs are one of many benefits MadNorSki brings to its members. More details on MadNorski youth programs are on pages 5 and 7.

Bringing the Snow to You from page 2

will attract enough skiers to make it worth their while. Another way for you to help us is to volunteer your time. We have several wonderful volunteers that make snow and cut trails at Blackhawk and help put on the races at Tyrol Basin. It's fun and it is also excellent exercise in a pretty setting. Come join us. Finally, you can help us with your contributions. Your support is crucial.

With your help we can provide Banana Belt skiers with reliable snow, close to home. We can achieve it!

Touch the boots of Olympians

If you are intrigued by the idea of getting close to Olympic-caliber athletes or have ever wondered what it's like to be at a World Cup race, now is your chance to be on the "inside" of an elite event. Capitol Square Sprints coming to town this January 15 and 16, needs ski-knowlegable volunteers for numerous positions. Help MadNorSki by being part of this event; volunteer for both days and get an event jacket and a ticket to the volunteer banquet. Visit www.capitolsquaresprints.org for details. The deadline for these key positions is November 12, so don't delay!

Club Wish List

The club is in need of a few things for its youth programs. If you have any of the following items lying around, KidSki, SilverSki or Juniors programs would greatly appreciate an equipment donation!

- any used cross-country ski equipment, even stuff that you may think is worthless, can be used for parts.
 trail maintenance tools, like rakes, shovels, loppers, leaf blowers.
- Contact Greg Jones, Mark Webber or Don Farris for details.

We're having to much fun at the Doc Come join us.

Upcoming Events

*Sat. Nov. 6th

Winter welcome party, featuring the Golden Boscos performing Birkie Fever. Guest performance by the Doc. Beer on tap and micro brews along with Brats, it's like being in Hayward, eh.

*Sat. Nov. 13th

Waukesha West High School ski swap. Skis for sale must be dropped off on Thursday the 11th call or e-mail for details.

*Sat. Nov. 13th & Sun. Nov. 14th Pre season ski sale, great selection of all the cool stuff to get you down the trail.

*Thursday Dec. 2nd 6 pm until ???

Bock with the Doc, everybody's favorite wax clinic. Free bock beer and hors devours. With wax stars Dale Niggeman, Mike Mandli, and Eric Mittelsteadt.

*Best selection of Nordic skis in southern Wi.

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